



Peachy Keen

I remember standing on a small wooden footstool next to my Grandmother's stove while she stirred a large pot of peach jam. The aroma that filled her kitchen is to this day such a poignant memory of my childhood. She taught my mother and me the values of saving the fruits of the harvest for use later that winter. Growing up in Canada we had such short growing seasons that I learned to make the most of what we had while the fruit was at its peak. We used to make jams, jellies, relishes and chutneys and tuck them away in the root cellar.

These days I make jams to continue a lost art and tradition. It doesn't take a lot of effort or equipment to make a few jars of peachy goodness. You need a large pot, a wooden spoon, a large measuring cup and a few clean jars. There are a few hints that Grandma taught me. Always use ripe and tasty fruit. If the peaches are old and mealy the jam will not be as nice. A few bruises can always be cut out. Use castor sugar. Stir often to prevent the jam from catching to the bottom and scorching. The last tip, always add a 50 cent sized piece of the best quality, chilled butter at the end. This helps reduce foaming and adds a luxurious quality to the jam.

I have a few peaches and a couple of plums on the kitchen bench. I think I'll make a quick pot of jam to accompany some scones for afternoon tea. I am sure Grandma is smiling knowing her recipes, although tweaked a bit, are still being passed on.

If you would like a copy of Grandma's Peach Jam recipe or become an Urban Graze Member please send an email to cook@urbangraze.com.au

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Column: Hills Shire Times For January 30th 2008 From Urban Graze Cooking School

