

How to make a simple yet delicious carrot jam

With a bit of time and ingenuity, you can easily make carrot jam at home to invite guests during the upcoming Lunar New Year.

The characteristic sweetness and crispness of carrot jam makes many people really love this snack. With a bit of time and ingenuity, you can easily make a delicious home-made carrot jam to ensure food hygiene and safety to invite guests during the upcoming Lunar New Year.

Resources

1. Carrot: 1kg
2. White sugar: 500g
3. Lime: 2 spoons
4. Sour alum: 1 spoon

How to choose fresh carrots



When choosing carrots you should pay attention:

1. Choose deep-orange bulbs that are hard and smooth.
2. Choose bulbs that are small and moderate because the big carrots are often fibrous and have no sweetness.

3. If the roots are still full of leaves, then choose the leaves that are still fresh and not withered or crushed.
4. Avoid choosing carrots with many branches at the base or large thick shoulders because they are usually large and not sweet. The smaller the middle core, the sweeter the carrot is concentrated in the outer layer.

How to make carrot jam

Carrot grated, washed and drained. Cut carrots into circles or squares just to eat (you can prune the flowers for a nice look).



Dissolve the lime in the water, wait for a while and then remove the clear water to soak carrots for about 2 hours. This stage will help the carrot stiffer, not crushed when jam.

Take out the carrots, rinse several times with clean water to remove the smell of lime. Add the alum to a pot of water and then boil it on the stove. When the water boils, drop the carrots over for about 2 minutes then pour them back and wash with cold water and drain.



Put carrots in a large bowl to marinate in a ratio of 1kg + 500g sugar, one layer of carrot spread a layer of sugar and then stir it evenly.

After about 3.4 hours, sugar is melted, put carrots and even sugar water on a thick pan. When there is plenty of water, you leave the medium medium, gently stirring occasionally for sugar jam.



When the sugar water starts to match, you turn down the fire to the lowest level and continuously turn. When you see the crystallized sugar, stick evenly on the piece of jam, you quickly add a little vanilla to create the aroma, stir several times and then turn off the stove.

Keep moving your hands evenly for the jam to dry completely. When the jam is cooled to a glass jar or a balloon bag, use it gradually.



So you've got fresh yellow carrot jam with white sugar coating outside, a little sweet, crunchy sweet to sip and invite guests to enjoy this Tet holiday. Good luck!

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