

# East African Banana Jam

## Ingredients

350g sugar (preferably jam sugar)  
1 tablespoon lemon zest  
120ml fresh lemon juice  
6-7 ripe bananas

## Equipment

One large jar or two smaller ones (enough for around 500ml of jam)  
Thermometer



## Instructions

- Put the sugar, lemon juice and lemon zest into a large bowl and stir until the sugar has almost dissolved.
- Peel and slice the bananas, and add them to the lemon mixture making sure that they are well coated.
- Cover bowl and leave to marinate.
- After one hour, pour the mixture into a large pan – preferably a jam pan, but any large pan with a thick bottom will do.
- Place the pan on a low heat, and bring the mixture to the boil. You will need to stir occasionally to stop it sticking.
- Boil until the mixture reaches 110°C.
- Whilst you are waiting for the jam to boil, in a separate pan sterilize your jar (or jars) by carefully placing in boiling water for around one minute, then leaving to drain and dry by itself.
- Carefully pour the jam (ideally using a funnel) into each jar, filling it right to the top, cover and store in the fridge for up to one month.

## Safety tip:

Be very careful when boiling and transferring the jam as it gets extremely hot. This isn't really suitable for getting the children involved – try one of our other yummy recipes for that!

