

Nuts: Preserve It!

Sour Cherry Walnut Conserve

Yield: about 7 half-pints

3 oranges
3 lemons
5 cups pitted sour cherries, with juice
2 cups chopped cored peeled tart apples
3/4 cup water
3-1/2 cups granulated sugar
3/4 cup chopped toasted walnuts
1/4 cup amaretto liqueur (optional)

1. Grate zest from oranges and 1 of the lemons. Set aside. Cut oranges and lemons in half. Remove seeds. Working over a large, deep stainless steel saucepan, use a spoon to scoop pulp into saucepan. Add grated zest, cherries, apples and water. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring occasionally, until cherries are softened, about 35 minutes.
2. Remove from heat and stir in walnuts and amaretto liqueur, if using.
3. Return to a boil over medium-high heat. Boil hard, stirring constantly, for 4 minutes.
4. Remove from heat and test gel. If gel stage reached, skim off foam.
5. Ladle hot conserve into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot conserve. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: *Ball Complete Book of Home Preserving*, 2012



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