



Sweet Achocha Jam

(Adapted from Sweet Cucumber Jam in 'How To Preserve Your Garden Produce')

500g achocha, seeds removed
500g granulated sugar
2 tablespoons water
1 unwaxed lemon, juice + grated zest Optional:
A good pinch of both ground ginger and ground cinnamon.

Top and tail the achocha so that the seeds can be easily pushed out with the stamen. (Keep these for your seedbox!) Cut the achocha into fine slices - approx. 3-5mm will do.

Put in a pan, simmer in the water until soft. Add the lemon juice and sugar. Stir until sugar is completely dissolved, then bring to the boil. Keep boiling until setting point has been reached. (I used a jam thermometer; you may like to test by putting a spoonful onto a cold saucer, leaving for a minute and then seeing if the jam wrinkles.)

Once setting point has been reached, pour into sterilised jars, seal, allow to cool and label.

Sweet Achocha Pickle

(Adapted from Sweet Cucumber Pickle from National Trust Jams, Pickles and Chutneys)

Delicious with crusty bread and cheese, curries and even fish and chips!

450g achocha pods
1 large shallot
½ a yellow sweet bell pepper

½ a red chilli, finely diced

Optional: A few sliced rings from the above chilli

225ml (approx.) of white wine vinegar

115g granulated sugar

1 tablespoon whole mustard seeds

½ teaspoon of ground ginger

Remove seeds from the achocha pods and finely slice all vegetables.

(The original recipe calls for the vegetables to be left in a glass bowl overnight, sprinkled with a tablespoon of cooking salt. Drained, rinsed and dried the following morning. Probably an excellent idea but I omitted this step in favour of getting on with it.)

Put the vinegar, sugar and spices into a large pan and heat slowly, stirring, until the sugar has completely dissolved. Bring to the boil, add the vegetables and simmer for 5 minutes only so that they keep their colour.

Spoon the pickles into hot, sterilised jars. Top up with any remaining vinegar so that the pickle is covered. Seal tightly and store until needed.