

Recipes

By Eden

Homemade mincemeat is the perfect ingredient for all your Christmas baking. Mincemeat is a mixture of chopped dried fruit, distilled spirits and spices, and sometimes beef suet, beef, or venison. Originally, mincemeat always contained meat. The "mince" in mincemeat comes from the Middle English mincen, and the Old French mincier both traceable to the Vulgar Latin minutiare and Latin minutia meaning smallness. The word mincemeat is an adaptation of an earlier term minced meat, meaning finely chopped meat.

Try making your mincemeat at home following Eden's recipe. We make ours well in advance of Christmas to give the flavours maximum time to mature. Although many recipes still contain beef suet, we use vegetarian suet to make ours.

INGREDIENTS

- Bramley Cooking Apples 105.5 g
- Suet Vegetarian 77.5 g
- Raisins 127 g
- Sultanas 77.5 g
- Orange Peel 77.5 g
- Soft Brown Sugar 127 g
- Flaked Almonds 17.5 g
- Mixed Spice 3.5 g
- Ground Cinnamon 0.80 g
- Nutmeg 0.40 g
- Brandy 32 ml
- Lemon Zest and Juice 8.5ml

METHOD

- Combine all ingredients
- Decant into deep baking trays, cover with foil and leave overnight
- Preheat oven to 120°C & place trays, covered, in oven for 3 hours
- Stir thoroughly and allow to cool
- Add brandy and mix through
- Spoon the mincemeat into sterilised jars, seal tightly and store in a cool place

