

CANTALOUPE PRESERVES

INGREDIENTS:

1/2 medium cantaloupe
3/4 pound granulated sugar
3 tablespoons fresh lemon juice

PREPARATION:

Cut cantaloupe into sections. Remove seeds. Remove rind. Cut firm portion of pulp into uniform pieces (should have about 1 pound). In a non-reactive saucepan, add sugar to melon in alternate layers of melon and sugar. Let stand 24 hours. Add the juice of one lemon. Bring to boil and boil quickly until the fruit is clear and tender. Remove fruit to shallow dishes or trays with slotted spoon. If syrup is too thin, continue cooking until thicker. Pour hot syrup over fruit and allow to stand overnight so fruit will absorb some of the syrup. Next day, boil jars, seals, and rings to sterilize, following manufacturer's directions. Pack cantaloupe cold in sterilized jars. Seal and process at simmering for 30 minutes.
Makes about 3 8-ounce jars.