

Miele

Preserved feijoas

By Miele

20 minutes

Preparation time

17 minutes

Cooking time

Serves



INGREDIENTS

Fresh feijoas – as many as you have available

METHOD

1. Scoop out feijoa pulp and discard the outer shells.
2. Place clean preserving jars and lids inverted into a perforated steam container and place in the steam oven.
3. Steam at 100°C for 15 minutes to sterilise, allow to cool.
4. Cut feijoas in half, pack tightly into sterilised jars and secure the lid.
5. Steam at 100°C for 2 minutes and then 90°C for 15 minutes and allow to cool.
6. Ensure all lids are sealed correctly and a vacuum has been created in the jar.
7. Fruit can now be stored on a dark, cool shelf at room temperature for up to 12 months.

Hints and tips

1. Feijoas's are the perfect addition to your winter porridge.