



**Miele**

# Fruit preserves

By Miele

**15 minutes**

Preparation time

**1 hour**

Cooking time

**Makes 2 large jars**

Serves

## INGREDIENTS

### Preserved peaches

750 ml (3 cups) water

220 g (1 cups) white sugar

8 yellow peaches

### Miele accessories

Perforated steam container

## METHOD

### Preserved peaches

1. Combine the water and sugar in a saucepan on medium heat, induction setting 6. Stir until the sugar is dissolved, approximately 5 minutes.
2. Meanwhile, halve the peaches and removed the stones. Place the peaches cut side down on a large perforated steam container. Place into the steam oven and Steam at 100°C for 1 minute. Remove from the oven and peel off the skins, cut into quarters
3. Sterilise the jars using the 'disinfect items' function on Miele steam ovens. Alternatively Steam the bottles upside down for 10 minutes at 100°C
4. Pack the peaches into sterilised jars and carefully pour syrup over the fruit.
5. Place the lids onto the jars and place into the steam oven. Steam at 85°C for 55 minutes.
6. Store the jars in a cool dark place for up to 3 months.

### Bottling in a Miele steam oven

- Only use unblemished, fresh produce which is in good condition. Remove skins from fruit with thick skin. Either peel (apples and pears) or remove using the steam oven (peaches and nectarines).
- Use clean glass jars and accessories and check them for any defects. Glass jars with twist off lids or glass lids with a rubber seal are suitable. Make sure that all the glass jars are the same size so that bottling is carried out evenly.
- After you have filled the jars with the bottled produce, clean the glass rims with a clean cloth and hot water and then seal the jars.
- Sort fruit carefully, rinse it briefly but thoroughly and allow it to drain. Take great care when cleaning soft fruit as it is very delicate and squashes easily. Remove any peel, stalks, cores or stones. Cut up large fruit. For example, cut apples into slices.
- If you are bottling fruit with stones (e.g. plums, apricots) without removing the stones, pierce the fruit several times with a fork or wooden skewer as otherwise it will burst.
- Fill the glass jars with produce up to no more than 3 cm below the rim. Do not pack it down as this will damage the cell walls of the produce. Tap the jar gently onto a cloth to help distribute the contents evenly. Fill the jars with liquid. The produce must be completely covered.
- Make use of residual heat by leaving the jars in the oven for 30 minutes after it has switched off. – Then cover the jars with a cloth and allow to cool for approx. 24 hours.

### Preserve fruit using the following settings:

- Berries – 80°C for 50 minutes
- Cherries, plums, nectarines and peaches – 85°C for 55 minutes
- Apples and pears – 90°C for 50 minutes
- Quinces – 90°C for 65 minutes