Hibiscus Chutney



Southern University Agricultural Research & Extension Center

Nutrition Facts

Serving Size (15g) 1 Tablespoon
Servings Per Container

Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Hibiscus Chutney

Ingredients:

1 Box fruit Pectin
4 cups of cooked hibiscus pulp (saved after juice is extracted)
½ cup vinegar
¼ cup fresh lemon juice
1 cup golden raisins
¼ cup slivered preserved ginger (I prefer fresh ginger)
1/3 cup finely chopped onion
2 finely chopped jalapeno pepper
1 Tablespoon salt
1 teaspoon ground allspice, ½ teaspoon each ground cinnamon, cloves (or 2 teaspoon of Gram Masala)
4 ½ cups sugar
¾ cup brown sugar.

Procedure:

1-In a large pot mix all ingredients except sugar
2-Add fruit pectin and mix well
3-Bring mixture to full boil, continuously stirring
4-Add sugar and bring mixture back to boil for 2 to 3 more minutes
5-Remove from heat, skim foam and transfer to hot sterilized jars

Canning:
Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour hot water over flat lids and set aside. Let stand until ready to use. Drain jars well before filling. After filling jars process in boiling water for 5 minutes.



Hibiscus Jelly

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Nutrition Facts

Serving Size (15g) 1 Tablespoon
Servings Per Container

Amount Per Serving	
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

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	Calories:	2,000	2,500
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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Hibiscus Jelly

Ingredients:

4 cups prepared juice or

2lb. fully ripe sorrel sepals and 4-1/2 cups water

1 box SURE.JELL Fruit Pectin

5 cups sugar, measured into separate bowl



Procedure:

•Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain jars well before filling.

•Place hibiscus fruit (calyxes) in large saucepan. Add water. Bring to boil. Reduce heat to low; cover and simmer 10 min., stirring occasionally. Crush cooked sorrel. Place three layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Press gently. Measure exactly 4 cups prepared juice into 6- or 8-qt. saucepot (add water if necessary to make 4 cups). **Save the pulp to make chutney.**

•Stir pectin into juice in saucepot. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.

•Pour immediately into prepared jars, filling within 1/8 inch of top. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.). Cover; bring water to gentle boil. Process 5 min. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary).