

How to Make Citron Melon Preserves

Ingredients:

- 1 Citron Melon (or a watermelon but use the rind!)
- Sugar
- Water
- Optional:
 - Ginger
 - Lemon

Steps:

1. Cut the rind off of the citron melon.
2. Cut the citron melon in half, saving the seeds as you go
3. Cut the melon into 1-inch chunks (roughly). The area with the seeds can be used, but once seeded, it is spongy and will fall apart. Weigh the chunks!
4. Boil in water until translucent. Taste for bitterness. If bitter, drain add fresh water, and boil (repeat as needed) until it tastes of bland squash. Set aside and return pan to the stove and add water.
5. Put same amount of water in pan as before with the same weight in sugar as the citron from step 3. (Optional: If you are feeling “18th c. fancy” add a peeled knob of ginger, or sliced lemon...or both!) Simmer for about 30 minutes to thicken.
6. Add the citron back to the pot and simmer for 20-30 minutes, to get the flavor through them. Then take out the citron again and boil the syrup down until it's the consistency of runny honey.
7. Spoon the citron into jars, pouring syrup over to cover and add a lid. Remember! These are not canned, so store them in the refrigerator. They will last for weeks!

Notes:

- **Preserves** are preparations of fruits (or vegetables) and sugar, heated and stored in glass jam jars. The ingredients used and how they are prepared determined the types of preserves: jams, jellies, and marmalades all being examples of types of fruit preserves!
- Preserves weren't invented to be a sweet, delicious treat. They were invented as a method of *preserving* food so it could be stored over long, cold winters, and to be used as potential medicines for illnesses! Other ways food was preserved: Canning, Drying, Pickling, Salting, Smoking
- We have many methods of preserving food. Here are the 5 main historic methods:
 - Pickling: putting the vegetables, meat, or fish in vinegar or saltwater
 - Salting: rubbing and covering the meat, fish, or vegetables in dry salt
 - Preserving: preparations of fruits or vegetables and sugar, heated and stored in
 - Smoking: Sitting or hanging the food (usually salted first) into a room filled with smoke
 - Freezing: Keeping the food cold or frozen
- Citron melon preserves are an old relish enjoyed frequently with meats, a tasty sweet side to counteract the greasiness of the main dish.
- Amelia Simmons (“An American Orphan” she claims) included a simple recipe for this treat in her 1796 “American Cookery”.
- All types of food can be turned into preserves! Blackberries, Raspberries, Peaches, Apricots, Strawberries, etc. Let us know your favorite kind today!

