

Orange Marmalade

5 pounds ripe oranges
4 cups water
6 cups sugar
pint jars with sealable lids



Wash and dry the oranges. Use a sharp vegetable peeler or paring knife, remove the brightly colored zest, just the outer layer of orange skin avoiding the white pith. Slice the skin into small strips and set aside.

Cut the ends off of each orange and then slice off the white pith. Discard the pith, quarter the oranges and remove any seeds. Chop the oranges by hand or put them in a food processor and process until the skin and membranes are well chopped.

Place the water, sugar, the sliced orange rind and chopped oranges into a medium stock pot. Stir to dissolve the sugar and bring to a boil. Reduce the heat and simmer. Use a candy thermometer and simmer the marmalade until it reaches 220 degrees.

While the mixture is simmering, put a canning kettle full of water on to boil. When the kettle water boils, sterilize the jars and lids by submerging them for 10 minutes in the boiling water. Transfer them to a wooden cutting board or clean dish towel. Avoid putting hot jars on a tile, metal, or stone surface to avoid cracking.

Once the marmalade reaches 220 degrees continue simmering an additional five minutes. Put a dollop of the mixture on a chilled plate, swirl the plate to spread the mixture a bit, and drag a spoon through the mixture. A "set" mixture will hold a clean track behind the spoon.

Use a ladle to transfer the marmalade into the jars, leaving 1/2 inch of headspace at the top of each jar. Put lids on the jars.

Place the jars in the canning kettle and process for 10 minutes in the boiling water. Carefully transfer the hot jars to a wooden surface or a dish towel lined counter to cool. The jars will make a popping sound as they cool.

Canned marmalade can be stored at room temperature until opened for several months.

Chocolate Fudge

- 1 12 oz. bag non-dairy chocolate chips
- 1 cup unsweetened non-dairy cream
- 2 tablespoons vegan butter
- 1 teaspoon vanilla
- 1 cup chopped walnuts



Place an inch of water in a medium saucepan and bring to a boil. Reduce the heat to simmer and place a large stainless steel or pyrex dish on top of the pan. Make sure the bowl fits easily and securely over the saucepan. Add the chocolate to the bowl and stir until melted. Add the cream, butter, and vanilla, stir until blended. Stir in the chopped walnuts.

Prepare a 8x6 inch pyrex or a loaf pan by lightly greasing it with a small amount of vegan butter. Pour the fudge mixture into the pan and spread evenly. Top with a small additional amount of chopped walnuts (optional). Cover the fudge and place in the refrigerator for two hours or until firm. Cut into pieces and store covered at room temperature or chilled for up to two weeks.

Indian Spice Mix

- 2 tablespoons curry
- 2 tablespoons cumin
- 2 teaspoons turmeric
- 2 teaspoons coriander
- 2 teaspoons ginger



Place all ingredients in a mixing bowl and mix well. Store in a glass jar.

Mexican Spice Mix

- 1/4 cup chili powder
- 2 tablespoons cumin
- 2 teaspoons dried oregano
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper

Place all ingredients in a mixing bowl and mix well. Store in a glass jar.