DietCloud – Recipe

Recipe Name: Tomato Jam Recipe

Diet Type:

Course: World Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 kg Tomato - ripe • 3/4 kg Sugar • Salt - a pinch • 2 tablespoons Lemon juice • 2 Cinnamon Stick (Dalchini) - crush into coarse powder • 6 Cloves (Laung) - crush into coarse powder	10

Preparation

- To begin making the Tomato Jam recipe, wash tomatoes and make a slit in cross (X) in endways.
- Boil water nicely.
- Switch off and drop tomatoes inside hot water.
- Let it remain in it for about 5 to 10 minutes.
- This will help to peel skin off from tomatoes easily.
- Take them out from water, allow to cool.
- Peel off skin and discard them.
- Squeeze out some of the juice and seeds from it.
- You can use it for something else.
- Chop tomato into very fine pieces or blend in a processor for few seconds.
- Take a heavy bottom large pan/kadai.
- Pour tomatoes into it.
- Boil for about 15 minutes on medium high flame to reduce liquid.
- Add sugar, cinnamon and cloves powder.
- Mix well and let the gas be on medium flame.
- Bring mixture to full boil stirring frequently in between.

- As it thickens, stir constantly and reduce the flame.
- Make sure not to overcook.
- Jam will thicken as it cools.
- When the jam has reached a thick sauce consistency, add lemon juice.
- Mix well, turn off flame.
- Cool for about 10 minutes and pour into clean sterilised glass bottles.
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- Mix well, turn off flame.
- Cool for about 10 mins and pour into clean sterilised glass bottles.
- Once it cools completely, close the lid and refrigerate/store in a cool dry place.
- Use when required for bread, buns, chapathi etc.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)