

HONEY FERMENTED CARROT JAM

INGREDIENTS

150g carrots, coarsely grated (4 carrots)
1 tablespoon raisins
1 teaspoon freshly grated ginger
1/2 teaspoon cinnamon
1/8 teaspoon cloves
Freshly grated nutmeg
1 teaspoon ground cardamon
1 teaspoon orange zest
1 tbsp orange juice
150g pure unpasteurized honey
A half pint mason jar with an airtight lid

INSTRUCTIONS

In a bowl, mix the grated carrots with the raisins, fresh ginger, spices, orange zest and juice. Pack the mix into the jar.

Pour the honey over the carrot mix, so it moves down to the bottom of the jar and fully covers the carrots. Stir together and mix well. Top up with more honey, if necessary, to ensure there's a layer of honey covering the carrot. Be sure to leave some headspace at the top.

Cover with a lid but don't make it airtight. Set the jar on a small plate to catch any bubbling juices and leave to ferment at room temperature for 1 week.

Transfer the jam to the fridge and store for up to 2 months or until ready to eat. Ensure the carrot is always submerged under the honey, which will become runnier and darker over time.