



Rosella

Darwin Gardeners Gourmet Guide & DPIFM, Darwin

Rosella Jam

Rosella fruit consists of a round green seed pod surrounded by five dark red fleshy calyxes. Pick the fruit when the inside pods are still green. Pull the calyxes off the pods, wash and cover with water and boil for about 20 minutes, until it becomes pulpy. Take half the remaining green pods and cover them in water and boil quickly. Strain the juice from the pods into the fleshy pulp and boil for 10 minutes. Measure 1 cup of sugar to 1 cup of pulp and boil together for about 1 hour, when it should be ready to bottle. (If boiled too long it loses its colour)

Rosella & Ginger Drink

Ingredients: 1½ kg ripe rosellas, 25 cm green ginger, 1-2 pieces dried orange peel, 12 cloves, 3½ litres boiling water, few grains of barley or rice, 1 kg sugar.

Method: Discard seeds, wash and put rosella calyxes (fleshy red part) into container. Add ginger, orange peel and cloves. Pour on boiling water, cover with a cloth and set aside for 24 hours. Strain and put a few grains of barley or rice into each bottle (this helps fermentation) and add sugar. Cork and leave overnight.

Rosella Liqueur

Ingredients: 1½ kg Rosellas (use calyxes only), 1½ kg sugar, 1 x 750 ml bottle of dark rum, 3 teaspoons Angostura bitters.

Method: Clean and wash rosellas, pull off calyxes and place in large container and add sugar, rum and bitters. Cover tightly and set aside for 3 weeks. Strain and bottle. Serve with cracked ice.

Rosella Cordial

Ingredients: Put a quantity of whole fruit into a pan, cover with water and boil until fruit is soft, about 30 minutes. Stand for 10 minutes, then strain off liquid. Allow 1 cup sugar to 1 cup of rosella liquid and boil together at a fast rate for 10–15 minutes. Use as cordial for drinks or as topping for desserts.

Rosella Chutney

Ingredients: ½ kg Rosella calyxes washed & dried thoroughly, ½ kg cooking apples, ½ kg onions, 2 large chillies (or capsicums), 2½ cups vinegar, ½ cup Worcestershire sauce, ½ cup raisins, 1 dessertspoon salt, 1 teaspoon black pepper, ½ kg sugar.

Spice bag (1 dessertspoon whole allspice, 1 teaspoon cloves, 2 inch cinnamon stick, combine in clean muslin bag, remove before bottling).

Method: Finely chop the rosella calyxes, apples, onions and chillies. Add remaining ingredients and boil together for 10 minutes. Add sugar and boil for ¾ - 1 hour, stirring frequently. Bottle and seal in sterilised jars.

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