

## MĀNUKA BLOSSOM

### CITRON/ ETROG-QUINCE PRESERVE

#### *Helou Etrog*

Etrog is the Hebrew name for the wonderfully aromatic citron, a citrus fruit used exclusively in the Hoshana ceremonies on the holiday of Sukkot (The Festival of Booths). After the close of Sukkot, Jewish cooks globally collect leftover citrons, not a very palatable raw fruit, and prepare a sweet delectable, fragrant preserve. Helou etrog is often given to pregnant women because the etrog is considered to be a protective remedy (segulah in Hebrew) that will bring an easy birth and a healthy baby.

"In *The Jewish Holidays: A Guide and Commentary*, Michael Strassfeld notes that the fruit, with its breast-like shape, was considered to have a special relationship to women, and a variety of Old World practices connected it to pregnancy and birth. A childless woman who wanted to bear a son was advised to bite the pitom (tip) of an etrog. A pregnant woman who ate the etrog after Sukkot, according to the Talmud, would give birth to a "fragrant" child—the equivalent of a "good" child. And a woman in labor could ease the pain of childbirth, it was said, by placing the etrog's pitom under her pillow."

<https://jewishorangenj.org/jewish-life/wao-weekly-e-blast-news-articles/after-sukkot-is-over-dont-discard-that-etrog>

Manuka honey is native to New Zealand and is known for its antiviral, anti-inflammatory, and antioxidant benefits. In addition, mānuka's antibacterial properties are superior to those found in traditional honey.

#### Ingredients:

1 citron, seeded and cut lengthwise into thin slices

1 orange, seeded and cut lengthwise into thin slices

1 quince, seeded, and cut lengthwise into thin slices

2 cups mānuka honey\*

1 teaspoon organic orange extract\*

½ teaspoon lemon juice

2 tablespoons arrowroot powder\*

½ teaspoon orange blossom water

¼ cup edible flower buds\*

1. In a medium bowl, cover the citron and orange slices with water. Soak the fruit for 8 hours or overnight.
2. Drain the water and place the fruit in a medium sized heavy cast-iron enameled saucepan. Cover with water and bring to a boil over medium-high heat. When it reaches a boil, drain the water. Add the quince, lemon juice, and honey, and cook over low heat for about 45 minutes, or until the honey liquefies and the fruit begins to break down into a jam-like consistency.

3. Add arrowroot powder diluted in 1/2 cup of water and slowly pour into mixture stirring constantly to thicken preserve. About 2 minutes.
4. Let cool, add orange blossom water and flower buds. Transfer to a jar with the syrup, and store in the refrigerator for up to 1 year.