

BLACKCURRANT CHRISTMAS MINCE



The original Christmas mince pie dates back to medieval times when it did in fact contain meat. Over the centuries the meat has been slowly replaced with more spices, sugars and dried fruit as they became readily available. At one stage the pie was made oval in shape to symbolize the manger and the mince meat contained 3 spices symbolizing the gifts from the Three Kings. To ensure a

lucky year the story goes that you should eat 12 pies between Christmas Day and the Twelfth Day !!!

Combined with honey, blackcurrants give a delightful flavor to this Christmas Mince.

Ingredients for Blackcurrant Christmas Mince

- cup frozen blackcurrants
- 2 cups mixed fruit
- 1 cup dates - chopped and tightly packed
- flesh from 1 tangelo - chopped
- ¼ cup honey
- ¼ teaspoon mixed spice
- 3 tablespoons brandy

PREPARATION OF BLACKCURRANT CHRISTMAS MINCE

Place blackcurrants into a saucepan. Over a low heat cook until thawed and juices run. Stir in mixed fruit, dates, tangelo flesh, honey and spice. Slowly bring to the boil, simmer gently uncovered for 8-10 minutes or until thick and pulpy. Stir

frequently to prevent sticking. Remove from heat. Stir in brandy. Spoon into sterilized jars. Seal. Store in refrigerator.

This Blackcurrant Christmas Mince is wonderful in mince pies:



Or, in a more innovative way, in a coconut creme brulee with Christmas Mince:



Our thanks to Australian-based food writer Anne Morton for this delightful recipe!