



# Strawberry Jellies

**15 minutes**

Hands on

**20-25**

Portion(s)

**1**

Difficulty



## Method

- Heat the strawberries, 40 g sugar and 650 ml water in a pot over medium to high heat.
- When the mixture starts to simmer, turn off heat and immediately cover with plastic wrap. Set aside for 1 hour to cool and allow all of the aromas and colors to be released into the mixture.
- Pass mixture through a strainer into a deep pot. It should be about 850 ml.
- Add the glucose, vanilla seeds (from the pod) and remaining sugar. Cook for about 15-20 minutes over medium heat until mixture reaches 116\* C (240\* F).
- In the meantime, soak the gelatin in a bowl with cold water for 3-5 minutes, until it softens.
- Squeeze to release extra water and add them to the mixture and stir until they dissolve completely.
- Pour mixture into a 22 cm square baking pan, lined with plastic wrap.
- Refrigerate for at least 6 hours or overnight until it becomes more firm.
- Combine the ingredients for the aromatic sugar coating in a bowl and set aside.
- When jelly has chilled, remove from refrigerator and turn out onto working surface that is lined with parchment paper. Remove the plastic wrap from the jelly.
- Cut into 4x4 cm cubes. Dip them in the aromatic sugar and lime zest to coat and serve.

## Ingredients

- 500 g strawberries
- 800 g granulated sugar
- 650 g water
- 4 g glucose
- 1 vanilla pod
- 60 g gelatin sheets

For the aromatic sugar coating

- 125 g granulated sugar
- lime zest, of 2 limes

## Διατροφικός πίνακας

Nutrition information per portion

173 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	40.0 Total Carbs (g)
9%	0%	0%	15%
40.0 Sugars (g)	2.4 Protein (g)	0.8 Fibre (g)	0.03 Sodium (g)
44%	5%	3%	1%