

Recipes



Medlar, *Mespilus germanica*

Tips

- The fruit is ready to eat when soft, after it is bletted (over ripened)
- The flesh of the fruit will be the consistency of applesauce
- Eat raw or cook to make jam or medlar cheese
- Make medlar puree and use in place of pumpkin in a pumpkin pie recipe

Medlar Jelly

Medlars must be “bletted”, which involves storing them in a single layer in a cool place, not the refrigerator, until they are soft and brown inside. They are ready when they are very soft and squishy to the touch.

3 pounds medlars, bletted

1 green apple

½ lemon

3 cups sugar

Rinse and quarter the medlars, and put them in a large pot, skins, seeds and all. Chop up the apple and add, with the seeds and core as well. Then add the lemon half to the pot, and pour in enough water so that the medlars are floating in liquid, about 2 quarts.

Cook the mixture until it begins to boil, then reduce the heat and let it cook at a low boil for 45 minutes.

Line a colander with several layers of cheesecloth or gauze, set it over a deep bowl, and ladle the cook medlars and the liquid into a colander. Let it strain overnight undisturbed. Do not press down on the cooked fruit to extract more juice from it or your jelly will be cloudy.

The next day, pour the liquid into a large pot – you should have about 1 quart. Put a small plate in the freezer. Add the sugar to the juice in the pot and cook the jelly until it reaches 220°F or until it jells, which may happen a little before or after that temperature.

To test the jelly, put a spoonful on the plate in the freezer and let chill a few minutes. If, once cold, it wrinkles when you push it with your finger, it's done. If not, continue to cook the jelly until it jells. When ready, if you wish, you can offset sweetness with a few drops of fresh lemon juice.

Ladle the jelly into clean jars. The jelly will keep up to one year in the refrigerator.

David Lebovitz, davidlebovitz.com

Medlar Cheese

Bag of medlars, bletted
Granulated sugar

Prepare the medlars by squeezing to break the skin and scooping the insides out with a spoon. Press the pulp through a sieve to remove the seeds and skin. Weigh the pulp and place in a heavy-bottomed pan with an exactly equivalent amount of granulated sugar and heat over a low heat, stirring well until the sugar is dissolved.

Turn up the heat and continue stirring until it becomes really thick. During the process it will “plop” and gurgle. Be careful not to let the medlar mixture splash on your face or hands as it is very hot. Continue until the mixture is really, really thick so that it won’t even drip off the wooden spoon.

Pour the hot mixture into a lightly greased pan, such as a cupcake or loaf pan.

Once the medlar cheese has cooled, which may take a few hours or overnight, the loaf will become hard and can be sliced into chunks.

Adapted from Angus
Woodlands.co.uk

Do you have any recipes featuring medlar to share?

Contact educator@herbsociety.org