

Lemony Carrot Marmellata

Marmellata di Carote e Limone

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Maria Pellizzari's lavish breakfast spread for guests of Palazzo Malaspina, her family's inn, almost always includes homemade preserves from seasonal produce. In summer you might have to choose between her fig marmellata and an unusual one made with fresh tomatoes. In fall and winter, it's time to mix up a batch of Maria's lemony carrot jam. I especially love to eat it over a thin layer of ricotta on crusty bread, toasted or not. Team this lustrous orange-colored marmellata with a hazelnut or giandua spread or peanut butter and whole-wheat bread, and you've got one terrific breakfast sandwich. — Toni Lydecker

INGREDIENTS

3 large lemons
10 medium carrots, trimmed (about 2 pounds)
3 cups sugar (see note)

Makes about 1 quart

Prep: 20 Minutes | Cook: 40 Minutes

PREPARATION

1. Use a zester to produce fine threads of lemon zest (yellow part only). (alternatively, grate the zest; or, use a peeler to remove strips of the zest, and cut into julienne strips.) Halve the lemons and squeeze the juice (about 1 cup).
2. Cut the carrots into chunks and place them in a medium saucepan with 1/2 cup water. Bring to a boil and simmer, partly covered, until very tender, about 30 minutes.
3. Meanwhile, combine the sugar with 3/4 cup water in a medium saucepan. Heat over medium-low heat until the sugar dissolves, creating a cloudy liquid that eventually turns into a transparent syrup.
4. Drain the carrots and add with the lemon juice to the saucepan with the syrup; simmer over low heat for about 10 minutes.
5. Scrape the carrot mixture into a food processor bowl. Process until smooth. It should be very dense; if it seems too loose, return the mixture to the saucepan and cook a little longer. Cool and transfer to clean mason jars or other containers. The jam keeps well in the refrigerator for several weeks.



Dara O'Brien

NOTE

Making *marmellata* this way produces a slightly runny, not-too-sweet spread. For a thicker, jammier jam, increase the sugar to 3 1/2 cups.

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