

# TABOON



SWEET & SAVOURY  
DELIGHTS FROM THE  
LEBANESE BAKERY

HISHAM ASSAAD





# Jazariye

## Candied pumpkin jam with pumpkin spice

### MAKES 2 SMALL JARS

500 g (1 lb 2 oz) pumpkin flesh,  
skin and seeds removed  
400 g (scant 2 cups) white  
granulated sugar  
200 ml (generous  $\frac{3}{4}$  cup) water  
1 teaspoon lemon juice (or a small  
pinch of citric acid)  
150 g (5 oz) mixed nuts (pine nuts,  
blanched almonds, cashews  
and pistachios)

### FOR THE SPICE MIX

$\frac{1}{2}$  cinnamon stick  
small piece of fresh nutmeg  
4 cloves  
small knob of fresh root ginger  
4 allspice berries

### FOR THE ALTERNATIVE SPICE MIX

$\frac{1}{4}$ – $\frac{1}{2}$  teaspoon of the same ground  
spices, to taste

### OPTIONAL PICKLING LIME METHOD

50 g (1 $\frac{3}{4}$  oz) pickling lime (optional)  
1.5 litres (6 cups) water

*Despite the fact that the name refers to jazar (carrots), this sweet preserve is made with pumpkin – the name could be a reference to the shape and colour of the finished product, which resembles grated carrots. Nouh Al Haddad, the man behind Halawet el Shmayse (page 122), displays large trays of jazariye in his shop. It comes in two forms: a regular jammy, sticky preserve, which can also feature nuts, or a shredded type that is more crunchy. The crunchy type is made by soaking the shredded pumpkin in pickling lime, which helps preserve the texture and prevents it from disintegrating into jam. I have suggested either way here, but the preserve made with pickling lime is certainly my favourite!*

Grate the pumpkin flesh into a saucepan and add the sugar and water. Place the spices into a muslin cloth or an infusion bag and add to the pan. (If using ground spices, add them directly to the pan.)

Bring to the boil, then reduce the heat and simmer, stirring frequently to prevent sticking and burning, until the pumpkin breaks down in the sugar mix and it thickens and comes together. This usually takes around 20 minutes.

Remove from the heat, add the lemon juice (or citric acid) and the nuts, then decant into sterilised jars. Store for up to 6 months.

If using the pickling lime method, soak the pickling lime in the measured water overnight. The next day, without disturbing the sediment, remove the clear liquid at the top and discard the sediment. Soak the grated pumpkin in the lime water overnight, then rinse very well with 3 rounds of fresh water and let the water drain. Proceed to cook the jam as instructed above.