

金柑の甘露煮 *Kinkan no Kanro Ni* Kumquats in Syrup



Kumquats in syrup are a New Year's delicacy in Japan. The sweet-and-tart fruit helps balance the salty flavor profile of *osechi* (special foods served at New Year's time) foods prepared with soy sauce, salt and miso. The bright color adds a cheerful note to the holiday display. Kumquats in syrup would also be wonderful served with any roasted meat or poultry.

Makes about 10 portions.

- 25-30 firm fresh kumquats, about 350 grams/12 ounces
- 1 and 1/2 teaspoons *saké*
- 1 cup water
- 1 cup sugar

Remove any leaves from the kumquats and wash the fruit well. Pat dry. Make 4 or 5 vertical slits to make removing the pits later on easier.



Place the *saké* and water in a saucepan and bring to a boil. Add the kumquats, adjust the heat to maintain a simmer and cook for 5 minutes. Remove from the stove and let the kumquats cool until you can handle them comfortably. Remove the kumquats from the saucepan, one at a time, reserving the liquid.



Hold the kumquat between thumb and forefinger. Press gently top and bottom so that the slits part slightly to expose flesh and seeds. With a toothpick, carefully poke out the seeds. Repeat to remove seeds from all the kumquats.

Return the saucepan to the stove and add the sugar. Over medium heat, cook stirring to dissolve the sugar. Return the de-seeded kumquats to the pot and cover with parchment paper. Simmer over gentle heat for about 5 minutes until the liquid thickens to a syrupy consistency.



Let the kumquats cool, covered, in the syrup.

Just before serving, drain of excess syrup. If you wish, save the syrup (to use on ice cream, pancakes or French toast). Return remaining syrup to the saucepan and simmer for 2 to 3 minutes before transferring to a glass jar. Seal and refrigerate for up to one month.



If you will not be serving the kumquats immediately, transfer the fruit to a glass jar and pour in syrup to cover. Seal and refrigerate for up to one month.