



**November 18, 2015**

## **Get a Head Start on Holiday Shopping with Gifts in a Jar**

Christmas is just five weeks away! Avoid the busy shopping malls this holiday season and get a head start by cooking up this year's gifts in your own kitchen. Your friends and family will love receiving a present that truly comes from the heart.

Our Breakfast in a Jar is perfect for the on-the-go person in your life, and beats instant oatmeal packets any day! Save a few as a gift for yourself – you deserve those extra minutes of beauty sleep. The jars are easily customizable with your favourite dried fruit and spices. Try adding nuts and seeds for a bit of extra crunch. Don't forget to print a tag with the instructions to include with the jars!

Take advantage of the winter citrus that is showing up at grocery stores with our simple, four-ingredient Blood Orange Marmalade. The striking red, jewel tones and sweet aroma of this marmalade will certainly grab people's attention! If you love the smell of orange pomanders, try adding a pinch of cloves to the fruit mixture.

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### **BREAKFAST IN A JAR**

Enjoy breakfast on the go with these individual servings of breakfast oats mix. Just add boiling water!

#### **Ingredients:**

- 1 whole vanilla bean
- 3 cups quick-cooking rolled oats
- 2 cups chopped assorted dried fruit
- 1/4 cup skim milk powder
- 4 tsp natural wheat bran or oat bran
- 2 tsp packed golden brown sugar
- 1 tsp ground flaxseed

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1 tsp cinnamon  
1/2 tsp salt  
1/4 tsp nutmeg

**Method:**

1. Cut vanilla bean in half lengthwise and scrape seeds from pod; discard pod or reserve for another use. Combine seeds, oats, dried fruit, skim milk powder, wheat bran, brown sugar, flaxseed, cinnamon, salt and nutmeg.
2. Divide oats mixture among 8 wide-mouth half-pint (250 mL) jars. Jars will be about half full. Seal jars.
3. Store in refrigerator for up to 2 weeks. May be frozen. Makes 8 jars.

To Make Breakfast in a Jar: Uncover 1 jar. Pour 1/4 cup boiling water over oats mixture and stir to combine. Let stand for 2 minutes. *Serves 1.*

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**BLOOD ORANGE MARMALADE**

**Ingredients:**

5 unpeeled medium blood oranges, ends removed  
1 unpeeled lemon, end removed  
1/2 cup apple juice  
5 cups granulated sugar

**Method:**

1. Cut oranges and lemon into chunks; remove and discard cores and seeds.
2. Working in batches, place oranges, lemon and apple juice in a food processor; process, using an on/off motion, until fruit is finely chopped. There should be about 4 cups fruit mixture.



3. Combine fruit mixture and sugar in a non-reactive Dutch oven. Bring to a full rolling boil over medium-high heat, stirring constantly; boil hard, stirring, until gel stage is reached, about 20 minutes. Remove from heat and skim foam.
4. Ladle marmalade into hot sterilized half-pint (250 mL) jars, leaving 1/4 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. If necessary, add additional marmalade to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth.
5. Seal and process in a boiling water bath for 10 minutes at all altitudes in Alberta. *Makes about 4 cups.*

*Cook's Note:* One way to test if the gel stage has been reached requires placing a few small plates in the freezer before preparing this recipe. Remove marmalade from heat and spoon a small amount of marmalade onto a frozen plate. Return plate to freezer for 1 minute.

Remove plate from freezer and run a spoon through centre of marmalade. If marmalade stays apart, it has reached the gel stage. If marmalade slowly goes back together, it should be cooked further and this test should be repeated with another frozen plate.