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ORIGINS OF CHRISTMAS MINCE

The original Christmas mince pie dates back to medieval times when it did in fact contain meat. Over the centuries the meat has been slowly replaced with more spices, sugars and dried fruit as they became readily available. At one stage the pie was made oval in shape to symbolise the manger and the mince meat contained 3 spices symbolising the gifts from the Three Kings.

To ensure a lucky year the story goes that you should eat 12 pies between Christmas Day and the Twelfth Day !!!

Blackcurrant and Honey Christmas Mince

This nutritious black fruit is high in Vitamin C and antioxidants. Combined with honey they give an interesting flavour to this Christmas Mince.

2 cup frozen blackcurrants
2 cups mixed fruit
1 cup dates – chopped and tightly packed
flesh from 1 tangelo – chopped
¼ cup honey
¼ teaspoon mixed spice
3 tablespoons brandy

Place blackcurrants into a saucepan. Over a low heat cook until thawed and juices run. Stir in mixed fruit, dates, tangelo flesh, honey and spice. Slowly bring to the boil, simmer gently uncovered for 8-10 minutes or until thick and pulpy. Stir frequently to prevent sticking. Remove from heat. Stir in brandy. Spoon into sterilized jars. Seal. Store in refrigerator.

Sarau Festival, Moutere Hills Community Centre – Sunday, February 3rd 2008

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