

ARBUTUS JELLY

Origin: Cork Oak Forest of the Herdade Aldeia de Cima estate.

Wild Medronho (arbutus unedo), in the Serra do Mendro.

Physico-chemical characteristics: Medronho Jelly from the Herdade Aldeia de Cima estate contains among other components and in different percentages glucose, lipids, salt, sodium.

Available format: 700 gr

Additional information: In the Serra do Mendro, it's always the perfect moment to enjoy some traditional jelly, especially arbutus berry jelly that has an elegant aroma reminiscent of the forest in late autumn. The jar should be kept in a dry, cool environment at room temperature.



The Arbutus Jelly

Jelly has been a way of preserving fruit and obtaining sweet products since antiquity. It is also a very Portuguese sweet, and reminds us of countryside aromas and flavours and precious moments spent at the family table.

At the Herdade da Aldeia de Cima estate, every moment is perfect to enjoy some traditional jelly, especially arbutus jelly, with its elegant aroma, that is reminiscent of the forest in the late autumn.

This jelly is obtained by cooking the pulp of the arbutus berries harvested in the Serra do Mendro, adding sugar equivalent to its net weight, achieving a thicker consistency due to the fact that arbutus fruit is high in pectin.

Picking Medronho berries

When we smell the wet schist soil, between October and November, at the Herdade Aldeia de Cima estate this inspires us to harvest red fruits, in particular arbutus berries from the strawberry tree (arbutus unedo), which bring rich colours to the autumnal slopes of the Serra do Mendro.

The strawberry tree's wild and edible fruits result from maturation of the flowers from the previous year and are hand-picked. The fruit has an unusual contrasted texture: beneath the granular peel there is smooth pulp, which has an intense and fruity flavour.

The round trees found on the slopes of the cork oak forest have vibrant colours – when the fruit is ripe it varies between strong yellow and intense red – and seem to herald Christmas, making the strawberry tree one of the most striking Portuguese forest spaces.

