Grape Lemon Jewel Cups

4 grape-lemon jewel cups, about 140 ml each; modest dessert portions · Active 45 min · Total 13 hr

Ingredients

• Unflavored powdered gelatin, 10 g total, divided 4 g grape cubes and 6 g lemon binder, of specified setting strength

• 5 tablespoons cold drinking water (75 ml), divided 30 ml grape and 45 ml lemon

• ¾ cup pasteurized purple grape juice (180 ml), divided

• 1 cup pasteurized apple juice (240 ml), divided

• 2 tablespoons lemon juice (30 ml)

• 2 tablespoons plus 1 teaspoon granulated sugar (30 g), for lemon binder

Set out

Shallow refrigerator-safe dish of at least 300 ml capacity, Small saucepan washed between gels, Mixing bowls and spoon, Knife and clean board, Food scale reading 0.1 g for gelatin and measuring jug, 4 wide refrigerator-safe serving cups of at least 200 ml capacity, Food thermometer, Refrigerator

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Make it

1. Bloom 4 g gelatin over 30 ml cold water 5–10 minutes. Warm 90 ml grape juice to 140–150°F (60–65°C), remove from heat and dissolve bloomed gelatin in it. Add remaining 90 ml grape juice. Pour into shallow dish, cover and refrigerate at 40°F (4°C) or below at least 4 hours until firmly set.

2. Cut grape gel into about ½-inch (1 cm) cubes and keep refrigerated. For binder, bloom 6 g gelatin over 45 ml cold water 5–10 minutes. Warm 120 ml apple juice with sugar to 140–150°F (60–65°C), remove from heat and dissolve gelatin in it. Add remaining 120 ml apple juice and lemon.

3. Refrigerate binder briefly, stirring every few minutes, until no warmer than 80°F (27°C), cool and still fluid, usually 10–20 minutes. Divide cold purple cubes among cups and spoon cool binder around them, about 140 ml total per cup, leaving at least ½ inch (1.25 cm) headroom.

4. Cover and refrigerate at 40°F (4°C) or below at least 4 hours after assembly until softly set. Allow 13 hours total for both sets and preparation. Serve cold with spoons; do not unmold.

Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Ingredient labels

Read juice and gelatin labels. Gelatin is animal-derived.

A useful detail

Grape cubes use 4 g gelatin with 210 ml liquid. Lemon binder uses 6 g gelatin with 315 ml liquid and 30 g sugar. Estimated assembled volume 560 ml divides into four 140 ml cups. No hot binder, dairy or extra fruit is added.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water. Include the first colored-gel setting period when judging original ingredient deadlines.