



HOME-MADE JAM

Using up less-than-perfect fruit to create a sweet treat for your morning toast, pancakes or yogourt

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INGREDIENTS

- 750 mL (3 cups) chopped fruit ---use any combination of fresh or frozen berries, cherries, peaches, plums, nectarines or pears
- 60 mL (1/4 cup) white sugar
- 1/4 apple, grated with skin on
- 15 mL (1 T.) lemon juice

INSTRUCTIONS

01

Clean fruit, remove any brown or damaged spots, remove stems, peel or seeds etc.

02

Thoroughly wash and dry two (500 mL) jars or whatever plastic or glass container you want to store the jam in

03

Add all ingredients to a large pot and heat on the stove (medium-high heat) until bubbling. Immediately reduce heat to simmer for about 30 minutes, stirring occasionally, until thickened

04

Allow to cool before transferring to jars (or other containers). Store in fridge or freezer.

TIPS:

- You need to 'process' home-made jam in a hot-water canner in order for it to be shelf-stable for months -- this jam is not shelf-stable and needs to be eaten in about a week or so (store in fridge) , or you can freeze it for later use.
- It's not recommended to reduce the sugar or skip the apple --try to follow the recipe closely or the jam may not thicken properly--- sugar, pectin (in the apple peel), and acid (lemon) are all important parts of making a 'gel' ---keep in mind the jam will thicken a little bit more once it cools
- Get creative -- use different fruit combinations, add some cinnamon or ginger, experiment with using honey instead of white sugar!