



BEYOND JAMS & JELLIES: CONSERVES, BUTTERS, & MARMALADES
By Monique Wilber
UCCE El Dorado County Master Food Preserver

Kick it up a notch and make some conserves, butters, and marmalades when preserving your harvest. Join the Master Food Preservers on Saturday, September 28 and Tuesday, October 1, for a free class. The MFPs will share recipes and techniques for making conserves, butters, and marmalades.

So what are conserves, butters, and marmalades? Conserves are a mixture of fruits, citrus fruit, nuts, and raisins. Fruit butters are thickened fruit sauces with added spices. Marmalade is a soft gel with pieces of fruit and citrus peel.

With apple season here, enjoy a recipe for a delicious apple conserve.

APPLE CONSERVE

4½ cups finely chopped tart red apples (about 3 pounds apples)
½ cup water
¼ cup lemon juice
½ cup raisins
1 package powdered pectin
5½ cups sugar
½ cup chopped nuts

Yield: About 6 or 7 half-pint jars

Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.

Sort and wash apples. Remove stem and blossom ends and core; do not pare. Chop apples fine.

Combine apples, water, lemon juice, and raisins in a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Add nuts. Remove from heat. Skim off foam if needed.

Fill hot conserve immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a Boiling Water Canner according to these recommendations: 10 minutes at altitudes of 0-1,000 feet; 15 minutes at altitudes of 1,001 – 6,000 feet; and 20 minutes at altitudes above 6,000 feet.

Source: National Center for Home Food Preservation

This year's annual series of free UCCE El Dorado County Master Food Preservers classes are from 10 a.m. to noon in the El Dorado County Fairground's Boardroom at 100 Placerville Drive in Placerville. Master Food Preservers are also available to answer home food preservation questions; leave a message at (530) 621-5506. For more information about the public education classes and activities, go to the Master Food Preserver website at http://ceeldorado.ucdavis.edu/Master_Food_Preservers/. Sign up to receive our Master Food Preservers E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on facebook too!