



2017 Master Food Preserver Training Lab Recipes

Heavenly fig jam

Makes about six 8-ounce (250ml) jars.

Start your day with a smile by sweetening your breakfast cereal with this delicious jam instead of sugar. Thought to be sacred by the ancients, figs were early symbols of peace and prosperity. Dried figs create a full-bodied yet mellow jam that is wonderful as a spread or a dessert sauce.

Tips: for best results, measure the sugar into a bowl so it can be added to the boiling jam all at once. Check your package of pectin for the expiration date and use only fresh pectin. Products that have expired may not be set properly.

Ingredients

- 18 oz. (535g) dried figs
- 3¾ cups (800ml) water
- ½ cup (75ml) orange juice
- 1 tbsp. (15ml) lemon juice
- 1 package (1.75 oz./49 to 57g) regular powdered fruit pectin
- 3½ cups (875ml) granulated sugar
- ½ cup (75ml) orange-flavored liqueur (optional)

Instructions

1. Prepare canner, jars and lids.
2. In a large, deep stainless steel saucepan, combine figs and water. Bring to a boil over medium-high heat, stirring frequently. Reduce heat, cover and boil gently until softened, about 20 minutes. Let cool slightly. Transfer to a food processor fitted with a metal blade and purée. Measure 3 cups (750ml).
3. Return puréed figs to saucepan and add orange juice and lemon juice. Whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute. Immediately stir in orange-flavored liqueur, if using. Remove from heat and skim off foam.
4. Ladle hot jam into hot jars, leaving ¼-inch (0.5cm) headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot jam. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.