

Peach: Preserve It!

Peach Jam

Yield: about 6 half-pints

3-3/4 cups crushed fully ripe peaches (about 3 pounds peaches)
1/4 cup lemon juice
1 package regular powdered fruit pectin
5 cups granulated sugar

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil jars 1 additional minute for each additional 1,000 ft. elevation.
2. Measure crushed peaches into a kettle. Add lemon juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface .
3. Add sugar, continue stirring, and heat again to full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim off foam if necessary.
4. Ladle hot jelly into hot, **sterile** jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process 5 minutes in boiling-water or atmospheric steam canner, adding 1 additional minute per 1,000 feet above sea level.

Source: National Center for Home Food Preservation, 2018

Note: If unsterile jars are used, the filled jars should be processed 10 minutes. Use of sterile jars is preferred, especially when fruits are low in pectin, since the added 5-minute process time may cause weak gels.



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Peaches: Serve It!

Peach Jam

Peachy Roasted Chicken

4 chicken breasts, skinned

1 cup **Peach Jam**

1/4 cup Low Salt Soy Sauce

1 teaspoon Lawry's Seasoned Salt

1 teaspoon rosemary – dried and crushed

1 teaspoon thyme – dried and crushed

½ teaspoon lemon pepper (optional)

1. Preheat the oven to 375°F.
2. Place chicken into a rectangular baking dish.
3. In a small bowl combine the peach jam, soy sauce, Lawry's Seasoned Salt, rosemary, thyme and optional lemon pepper!
4. Stir together. If it appears too thick to be a sauce, add water until you have a desired consistency.
5. Smooth evenly over all of the chicken breasts. Bake at 375°F until meat temperature measures 160°F, about 40 minutes. Cool for 5 minutes and serve.

As an accompaniment to this dish, serve with rice. Spoon more sauce onto the chicken and rice once it is plated. It is a delicious meal and one that will get you many requests in the future!



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