



Master Food Preserver Training Lab Recipes

Strawberry Jam with Pomona Pectin

Low sugar or honey.

Recipes can be doubled, tripled, halved or quartered. Dry or liquid sweeteners that measure like sugar or honey can be used. Examples: xylitol, Sucanat, cup-for-cup Splenda, fructose, agave, maple syrup, concentrated fruit sweetener. See *special directions for stevia concentrate or no sweetener*.

Yield: 4-5 half-pint jars

4 cups mashed fruit

½ cup to 1 cup honey or ¾ cup to 2 cup sugar

2 tsp. pectin

2 tsp. calcium water

Before you start jamming, make calcium water.

Put ½ tsp. white calcium powder and ½ cup water in a small, clear jar with lid. Shake well.

Lasts many months in refrigerator. Freeze for long-term storage. Do not discard unless settled white powder discolors or you see mold. Shake well before using.

1. Wash and rinse jars (4 oz. up to 16 oz.); let stand in hot water. Bring lids to simmer; turn off heat; let stand in hot water. Wash screw bands; set aside.
2. Prepare fruit and measure into pan.
3. Add proper amount of calcium water from jar into pan; stir well.
4. Measure sugar or room temperature honey into separate bowl. Thoroughly mix proper amount of pectin powder into honey or sugar.
5. Bring fruit or juice to a full boil. Add pectin-sweetener. Stir vigorously 1-2 min. to dissolve pectin while mixture returns to full boil. Remove from heat.
6. Fill jars to ¼" of top. Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. Boil 10 min. (add 1 min. more for every 1,000 ft. above sea level). Remove from water. Let jars cool. Check seals; lids should be sucked down. Eat within 1 year. Lasts 3 three weeks once opened and refrigerated.

Directions with stevia concentrate or no sweetener

Follow cooked directions for steps 1, 2 & 3.

4. Bring ¾ cup water to boil. Put in blender/food processor. Add proper amount of pectin powder; vent lid; blend 1-2 min. until all powder is dissolved. Stir while mixture returns to full boil. Remove from heat.
5. Bring your 4 cups mashed fruit to boil. Add pectin-water or pectin-juice and stevia to taste (if using).
6. Same steps as above.



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Developing your own recipes

Fruit = mashed fruit or juice

Pectin: $\frac{1}{2}$ tsp. to $\frac{3}{4}$ tsp. per cup mashed fruit for jam

Pectin: $\frac{3}{4}$ tsp. to 1 tsp. per cup juice for jelly

Calcium water: $\frac{1}{2}$ tsp to 1 tsp. per cup fruit

Lemon juice: for low-acid fruits, 1 tbl. per cup fruit

Sugar: scant $\frac{1}{4}$ cup to $\frac{1}{2}$ cup per cup fruit

Honey: 2 tbl. to $\frac{1}{4}$ cup per cup fruit

Helpful hints

1. To stop foaming, add $\frac{1}{2}$ tsp. butter per 4 cup batch.
2. Taste test for sweetness after pectin is dissolved in mixture. Not sweet enough? Add more sweetener. Stir 1 min. at full boil.
3. Pectin only dissolves properly in a low-sweetener mixture. For higher sweetener recipes, stir pectin into low sweetener (no more than $\frac{1}{2}$ the amount of mashed fruit or juice); add remaining sweetener after pectin is dissolved.
4. If, after jars are sealed, you discover you need to add sweetener, lemon juice, calcium water, fruit or juice, you can empty jars into a pan with new ingredients. Bring mixture to a full boil, stir well 1 min. and re-can.
5. Pectin jells when thoroughly cool. If jam or jelly didn't jell, go to <http://www.pomonapectin.com/jell> to find solutions.
6. Color changes over time do not affect flavor or quality.
7. For a softer jell, use less pectin.
8. Cannot be safely sealed with paraffin.