



UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: edmfpu@ucanr.edu

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Preserve today, Relish tomorrow

Honey-Spiced Peaches

These zesty peaches add a burst of spicy fruit flavor to any oatmeal or bran muffin mix. Add about 1 cup drained, coarsely chopped peaches to the batter just before baking

Don't throw out the liquid! Use it to make syrup for pancakes or ice cream, add it to Jello, or use it in a bbq sauce.

- 1 cup granulated sugar
- 4 cups water
- 2 cups liquid honey
- 8 pounds peaches, peeled, halved, pitted, treated to prevent browning, and drained before using.
- 1 ½ teaspoons whole allspice
- ¾ teaspoon whole cloves
- 6 cinnamon sticks (about 4 inches long)

Yield: about 6 pint jars

Prepare anti-browning solution. Use Ball Fruit Fresh or ¼ cup lemon juice to 4 cups of water,

In a large stainless-steel saucepan, combine sugar, water, and honey. Bring to a boil over medium heat until sugar is dissolved. Reduce heat to low, add peaches one layer at a time and warm until heated through, about 3 minutes.

Using a slotted spoon, pack hot peaches, cavity side down, into hot jars to within a generous ½ inch from the top of the jar. Add 1 cinnamon stick, ¼ tsp. whole allspice, and 1/8 tsp. whole cloves to each jar.

Ladle hot syrup into jars to cover peaches leaving ½ inch of headspace. Remove air bubbles and adjust headspace, if necessary, by adding more hot syrup. Wipe rims clean, Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.

Process pint jars in a boiling water bath or atmospheric steam canner for:

0-1000ft. = 25 minutes, 1001-3000 ft. = 30 minutes, 3001- 6000 ft. = 35 minutes, above 6000 ft. - 40 minutes. Before removing canner lid, wait 5 minutes then remove jars, cool, and store.

Variation: For a delightfully different flavor, substitute 1 large star anise for the cinnamon stick, cloves and allspice in each jar.

Source: *Ball Complete Book of Home Preserving, 2020*

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