

Jams, Jellies & More

**Excerpted from *The Big Book of Preserving the Harvest*, by Carol W
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Making jams, jellies, marmalades, and other fruit spreads transforms the bounty of the harvest into beautiful rows of jars full of delicacies that last right into the leanest days of winter.

The art and science of turning fresh fruits into tempting fruit spreads is endlessly satisfying. My seasonal ritual often includes berry picking with children. Frequently, young berry pickers like to help make jam as well. The perfume of simmering fruit wafting through the house makes memories for everyone. Later, we savor the comforting pleasure of toast with homemade jam—one of the underrated joys of life.

Jams, Jellies & More: The Basics

There are many types of sweetened jarred fruit, and the terms used to describe them can be confusing. Here are some definitions.

Butter. This easy-to-make, naturally thickened fruit spread is most often made from puréed apples, pears, or pumpkin; sugar; and sometimes spices.

Conserve. In the nineteenth century, conserves of whole or sliced fruit in syrup were eaten for dessert. Today, conserves differ from jam in being made of two or more fruits, possibly with added nuts or raisins.

Curd. With fruit, butter, and eggs, curds are smooth, rich preserves most often made from citrus fruits, especially lemons. Curds must be refrigerated and stored for no more than 3 months.

Jam. This spread consists of washed, crushed fruit, sugar, and possibly pectin. Jam can be cooked or freezer-preserved.

Jelly. Clear and lacking in fruit pieces, jellies are made from strained fresh or purchased fruit juice, sugar, and pectin if needed.

Marmalade. Typically made with citrus fruits, marmalade is peel or fruit suspended in a jelly.

Preserve. Often used as a general term for fruit cooked with sugar to prevent decay, *preserve* technically refers to whole fruits in a sugar solution. The solution may be a jelly, a syrup, or anything in between.

Ingredients

The main ingredients of jams, jellies, and other spreads are fruit, sugar, and pectin. Fruit contributes distinctive flavor, sugar both sweetens and preserves the fruit, and pectin (a natural component of many fruits) is crucial for gelling. Though jams, jellies, and other fruit spreads are easy to make, always follow the recipe, changing neither the ratio of fruit to sugar to pectin nor the order in which these ingredients are added to ensure success.

Fruit. Start with the best, fresh produce. If you cannot use it immediately, you can freeze just-picked fruit for later without losing significant flavor. Simply pack the fruit without any liquid or sweetener. There's no need to thaw frozen fruit before cooking; simply combine it with the other ingredients.

When using firm fruits, it is sometimes necessary to add $\frac{1}{4}$ cup of fruit juice for each quart of fruit. Do this only if the fruit doesn't produce its own juice within 1 minute of heating. Recipes may call for fruit acid, usually lemon juice, to be added to preserves made from fruits that lack natural acid.

Pectin. The amount of sugar and the fruit's ripeness and pectin content all affect gelling. Pectin is a natural gelling agent found in fruits, especially in underripe fruits. Thus, including some under-ripe berries or fruit pieces in your fruit spread helps it to set. In recipes calling for added pectin, however, fully ripe fruit gives the best flavor.

Depending on whether pectin is added or derived from the fruit you are using, fruit spreads are

either slow cooked or fast cooked. In the slow-cooking method (see [page 7](#)), no pectin is added and a ratio of 3 parts fully ripe fruit to 1 part slightly ripe fruit is used to produce a gel. This method requires more guesswork than the fast-cooked method, so it is chancy for the less experienced cook.

Liquid or Powdered Pectin?

Either one works well, but don't substitute liquid for powdered pectin in a recipe or vice versa; the change may affect the gel. Always follow directions on the package and in the recipe for adding the pectin to the fruit mixture.

In the fast-cooked method (see [pages 6–7](#)), less fruit is required because pectin is added. The recipe tells the exact quantity and cooking time. Never cook a pectin-added recipe for more than 20 minutes or the pectin will break down.

Sugar and Sweeteners. You may use various sweeteners to make your fruit spreads:

Pectin and Acid in Fruit

The amount of naturally occurring pectin and acid in fruit varies and depends on ripeness. The fruits in the following columns are listed from the highest pectin and acid content to the lowest.

Fruits with High Natural Pectin and Acid

Sour apples
Plums (damson)
Blackberries
Crab apples
Cranberries
Grapes (Eastern Concord)
Quinces
Currants
Citrus fruits

Fruits with Low Natural Pectin and Acid

Apricots
Peaches
Grapes (Western Concord)
Guavas
Figs
Prunes
Pears
Raspberries

Sugar. Granulated cane or beet sugar or light brown sugar can be used. In addition to sweetening and preserving, sugar helps gelling. Never change the ratio of sugar to fruit to pectin.

Honey. A light, mild honey can replace sugar. It has double the sweetening power of sugar and, therefore, fewer calories. Don't simply switch from sugar to honey, however; choose a recipe formulated for honey use.

Artificial Sweeteners. Saccharine, aspartame, and other artificial sweeteners cannot be used for cooked fruit spreads because they break down when heated. Use artificial sweeteners only in uncooked fruit spreads designed to be frozen or refrigerated.

Equipment

Most of the equipment for making jams, jellies, and other preserves is already in your kitchen. You'll need:

Heavy, large stainless-steel or enamel pan (not aluminum or cast iron)

Regulation jars and lids (see [pages 8–9](#))

Cooling rack

Measuring cups and spoons

Jelly bag, or cheesecloth and kitchen twine

Potato ricer, canning strainer, or other masher

Long-handled wooden spoon

Pierced long-handled metal spoon

Clean tea towels

Candy or cooking thermometer

Colander

Soft vegetable brush

Knife

Timer

Spatula

Ladle

Widemouthed funnel

Jar lifter

Boiling-water-bath canner

Kitchen scales

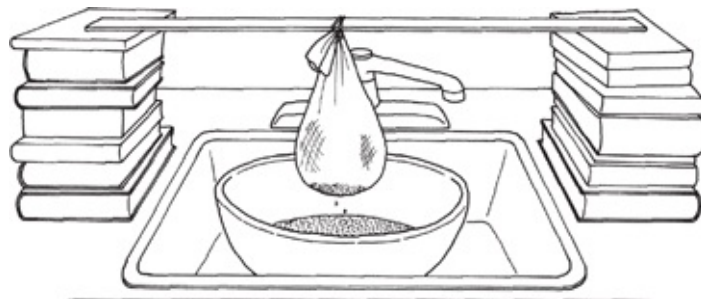


The Jelly Bag

A jelly bag is a simple cloth bag used to strain juice from cooked fruit. You can buy one or make one yourself from several layers of muslin or cheesecloth. Fill the bag with fruit pulp and tie it into a pouch with kitchen twine. Dampen it before use, so juice isn't wicked into the cloth rather than dripping into the bowl.

Suspend the bag over a bowl and allow the juice to drip through. This usually takes 8 to 10 hours, so it's a good idea to begin straining in the evening—that way, you'll be ready to make jelly in the morning.

Don't squeeze the bag to force out more juice because this will cloud your jelly. If you come up short of the required amount of juice, add a little water to the pulp and continue straining.



The Process of Making Fruit Spreads

The following instructions take the guesswork out of making fruit spreads. The process is quite simple, though experience helps achieve delectable taste and perfect texture. Follow carefully the instructions for sterilizing, sealing, and storing in order to avoid the growth of botulism-causing bacteria.

Cooking the Fruit and Juice

The goal of cooking is to create a gel. When you add pectin, use the fast-cooking method. Bring the mixture to a full boil that cannot be stopped by stirring, and maintain it for the amount of time required by the recipe. Add the pectin as specified. Remember, do not substitute powdered pectin for liquid or vice versa.

When you are using high-pectin fruits (see the box on [page 4](#) for some examples), you can use the slow-cooking or “cook-down” method. Recipes indicate approximate cooking times for these fruits, but because the amount of pectin varies, depending on ripeness and variety, some guesswork is involved, too. Some recipes may say “Cook until done.” Other recipes may say “Cook until it reaches 220°F.” Use a candy or cooking thermometer to establish the temperature. At high altitudes, subtract two degrees Fahrenheit for every thousand feet above sea level.

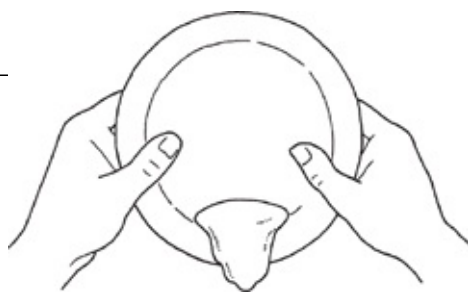
If you don't have a thermometer, there are other methods of testing fruit spreads for doneness. Test jams, preserves, and conserves for doneness by placing a spoonful on a cold spoon or plate. If the fruit mixture holds its shape or mounds up, it is ready. Test jellies and marmalades for doneness with one of the following methods.

The sheeting method. Put a tablespoon or so of the hot spread onto a cold spoon or plate, then tip to the side over the sink. If the spread falls off in one large dollop, or “sheet,” it is done.

The freezer method. Put a tablespoon of the hot mixture on a cold plate and place in the freezer for 1 to 3 minutes. Remove and shake the plate. If the mixture quivers or wrinkles, it is done.



One way to check jellies and marmalades for doneness is to use a candy or cooking thermometer.



If you don't have a thermometer, the sheeting method is another way to test for doneness.

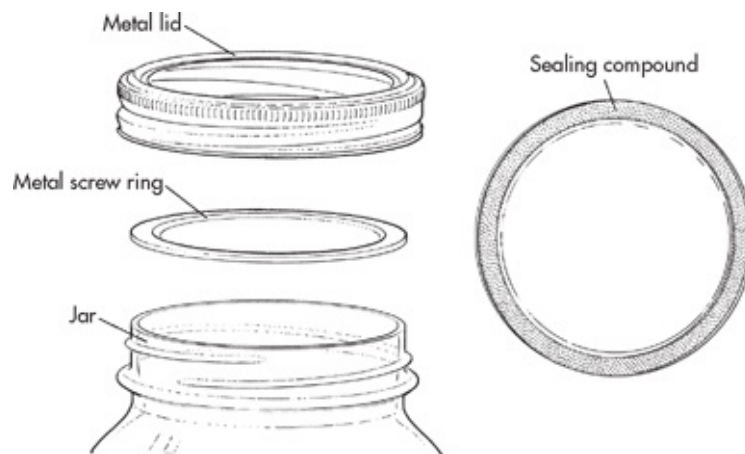
The metal bowl method. Take a metal bowl from the freezer. Drop 1 teaspoon of the hot mixture on it. Wait 1 minute. Run your finger through the mixture. If it separates into two parts that don't run back together, it is ready for processing.

Preparing Jars and Lids

The jars you use for jams, jellies, and other preserves must be canning jars free of cracks and chips. Jars made for commercial fruit spreads should never be reused, as they may not withstand long exposure to high temperatures in the boiling-water bath.

Most recipes call for half-pint jars with a two-piece lid consisting of a new metal vacuum lid and new or reused metal screw ring that holds the lid in place during processing. You can remove the screw ring 24 hours after canning. If left on the jar, the screw lid may rust, in which case you will not be able to use it again. *If the ring is stuck, however, don't force it or you may break the seal; simply leave it in place. Do not tighten the ring after processing—this, too, may break the seal.*

It is not necessary to sterilize jars used for food that is processed in a boiling-water bath for 10 minutes or longer. Simply wash the empty jars in soapy water or the dishwasher, then rinse thoroughly to remove all traces of soap. Keep lids and rings in gently boiling water until you are ready to use them.



These are the components of a canning jar lid.

For boiling-water-bath processing times of less than 10 minutes, you must sterilize the prewashed jars. Fill them with hot tap water, then submerge them in a canner filled with hot (not boiling) water, making sure the water rises 1 inch above the jar tops. At sea level, boil the jars for 10 minutes; at higher elevations, boil for an additional minute for every 1,000 feet above sea level. Use a jar lifter to remove one sterilized jar at a time, then fill immediately with the prepared fruit spread.

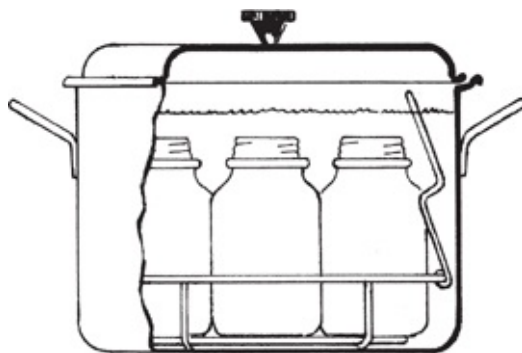
Filling and Sealing Containers

Fill the jars one at a time, making sure you use the jar size and the amount of headspace specified in the recipe. If you leave too little head-space, the contents may escape during canning; if you leave too much headspace, there may be too much air in the jar so it does not seal properly.

The canning funnel and ladle are helpful when filling jars. Wipe away any drips that fall on the jar when you remove the funnel; drips on the rim can spoil the seal.

If bubbles appear in the liquid as you fill a jar, tap the side of the jar with a knife handle or run a clean spatula inside the jar. Do not stir at this point, as this creates more bubbles.

Boil the clean metal lids in a saucepan for 10 minutes. Working with one jar at a time, place the lid on top and secure with a metal ring.



A wire rack in the bottom of a boiling-water-bath canner holds jars away from direct heat and each other and prevents cracking.

Boiling-Water-Bath Method

Follow these steps, which are based on United States Department of Agriculture recommendations, for successfully and safely canning your fruit spreads.

1. Fill the canner halfway with water.
2. Preheat the water to 180°F.
3. Load the filled jars, fitted with lids and screw rings, into the canner rack and lower into the hot water.
4. Add boiling water, if needed, to bring the level at least 1 inch above the jar tops.
5. Heat until the water boils vigorously.
6. Set the timer for the amount of processing required in the recipe.
7. Cover with the canner lid and reduce the heat to maintain a steady boil throughout the processing time stated in the recipe. Adjust for altitude, if necessary, using the table below.
8. Add more boiling water if needed to maintain the level 1–2 inches above the jars.
9. When the boiling time is complete, remove the lid of the canner and use a jar lifter to remove the jars, placing them at least 1 inch apart on a clean towel.

ALTITUDE ADJUSTMENTS FOR BOILING-WATER-BATH CANNING

If you live 1,000 feet above sea level or higher, you must adjust your processing time as shown.

Altitude in Feet	For Processing Times of 20 Minutes or Less, Add
1,000	1 minute
2,000	2 minutes
3,000	3 minutes
4,000	4 minutes
5,000	5 minutes

Checking the Seals

After the jars have cooled for 12 to 24 hours, check the seals. Press hard with your thumbs in the center of each lid. If it does not move downward, or “give,” it is sealed. Alternatively, remove the screw ring and try lifting the jar by the lid, thus using the weight of the jar to test the seal. (Do this over a sink padded with a folded towel to protect yourself in case of a poor seal.) If the seal is faulty, the preserve is not spoiled, but it should be stored in the refrigerator and used within several days.

Labeling, Storing, and Evaluating

Label your canning jars with contents, processing method, and date. Fruit spreads require no expensive storage equipment—just a cool shelf (50°F–70°F) in a dark, dry place. Do not expose them to high temperatures or excessive light.

Evaluating your fruit spreads is a way of learning from your experience. Here are some questions ask:

- 1. Did I examine the jars before storing them?** This gives you a chance to spot problems.
- 2. Are the jars sealed properly?** If the top inch of the spread has turned dark, a poor seal or overly warm storage area may be the culprit. Note, though, that if you used honey rather than sugar, the spread will be darker, and also that bright fruits such as strawberries darken after processing. Mold is the most common indicator of an improper seal, but if the contents of the jar smell “off” or are discolored, don’t take chances—throw them away.
- 3. Has the fruit floated to the top?** After cooking, stir off the heat for 5 minutes before filling the jars. This step may solve the problem.
- 4. Is the spread too liquid?** If you used pectin, a liquid consistency may mean you boiled it too long. Or perhaps you doubled the recipe, used liquid pectin rather than powdered, or used honey instead of sugar. If you did not use pectin, a liquid preserve may indicate that you did not cook the mixture long enough.
- 5. Is the spread too thick?** This can be caused by incorrect ingredient ratios. Also, overcooking a no-pectin spread can make it stiff.

BLACKBERRY PRESERVES

This recipe comes from James R. Coffee, who won the 1996 Ball Canning Award at his local Pennsylvania fair. The blackberries can be frozen, unwashed, until you are ready to use them. Then simply place them in a colander and rinse them thoroughly. Put the washed berries in a covered bowl in the refrigerator overnight, then proceed with the recipe the next day.

3 quarts blackberries

6 cups sugar

1. In a 4-quart saucepan, heat the berries slowly until the juice is extracted, then add the sugar. Boil the mixture, uncovered, for 20 minutes. Skim off the foam with a metal spoon.
2. Pour the preserves into clean 1-pint jars, leaving $\frac{1}{2}$ inch of head-space. Cap and seal. Process in a boiling-water-bath canner for 15 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 4 PINTS

RED RASPBERRY PRESERVES

Raspberries need little preparation, so this midsummer favorite is one of the quickest and easiest jams to make.

4 cups raspberries, washed, picked over, and drained

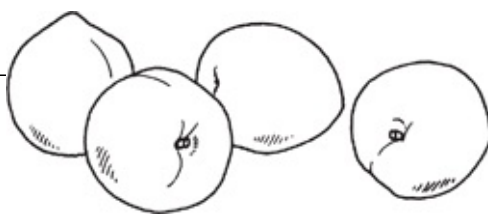
3 cups sugar

$\frac{1}{4}$ cup fresh lemon juice, strained



1. Combine all the ingredients in a ceramic 2-quart bowl, stirring occasionally to let the sugar dissolve, about 2 hours.
2. Pour the mixture into a heavy 3-quart saucepan. Bring to a boil, reduce the heat, and simmer, stirring frequently, until a cooking thermometer reaches 220°F, about 5 minutes. (Or use one of the methods of testing for doneness on [pages 7–8](#).)
3. Remove from the heat and skim off any foam with a metal spoon.
4. Ladle into three clean half-pint jars (see [pages 8–9](#)), allowing $\frac{1}{4}$ inch of headspace. Cap and seal. Process for 15 minutes in a boiling-water-bath canner. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 3 HALF PINTS



This preserve is a classic. You can purchase ascorbic acid (vitamin C) in a drug store or health-food store.

1 quart water

½ teaspoon ascorbic acid (crystals, powder, or crushed tablets)

3½ pounds (about 7 large) peaches, peeled, pitted, and chopped

5 cups sugar

¼ cup lemon juice

¾ teaspoon almond extract

1. Prepare an acid bath by pouring the water into a medium-sized bowl and adding the ascorbic acid.
2. Dip the peaches in the acid bath; drain well. Combine the fruit, sugar, and lemon juice in a heavy 6- to 8-quart saucepan. Stir over medium heat to dissolve the sugar.
3. Boil slowly, stirring constantly, until the mixture thickens, the fruit is translucent, and a cooking thermometer reaches 220°F. (Or use one of the methods of testing for doneness on [pages 7–8](#).)
4. Stir in the almond extract. Remove from the heat and, with a metal spoon, skim off any foam.
5. Ladle into clean 1-pint jars (see [pages 8–9](#)), allowing ¼ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 10 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 7 PINTS

SPICED PEACH JAM

Few jams are more luxurious than this favorite of high summer.

4 pounds (about 8 large) peaches, peeled, pitted, and chopped

5 cups sugar

2 tablespoons lemon juice

½ teaspoon ground nutmeg

⅛ teaspoon ground cinnamon

1. Place all the ingredients in a heavy 8-quart saucepan. Cook over medium heat, stirring constantly to dissolve the sugar.
2. Bring to a boil, stirring constantly until the mixture reaches 220°F on a cooking thermometer. (Or use one of the methods of testing for doneness on [pages 7–8](#).)
3. Ladle into sterile half-pint jars (see [pages 8–9](#)), allowing ¼ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 15 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 5 HALF PINTS

GINGER JAM

This jam brings an Eastern flavor to tea and toast.

2 lemons

8 medium-sized tart apples, peeled, cored, and sliced (about 7 cups)

2½ cups water

1 teaspoon ground ginger

6 cups sugar

½ cup chopped crystallized ginger

1. Peel the lemons, reserving the zest. Cut the peeled lemons in half and squeeze out and reserve the juice.
2. In an 8-quart saucepan, cook the apples with the water, lemon zest, lemon juice, and ground ginger until the apples are soft. Add the sugar and stir until it has dissolved.
3. Boil the mixture rapidly for 15 minutes, stirring frequently, until a candy thermometer reaches 220°F. (Or use one of the methods of testing for doneness on [pages 7–8](#).)
4. Remove the pan from the heat and stir in the crystallized ginger. With a metal spoon, skim off any foam. Let stand for 10 minutes.
5. Pour into clean half-pint jars (see [pages 8–9](#)), leaving ½ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 10 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 10 HALF PINT

SPICED STRAWBERRY JAM

Easy to prepare, this strawberry jam is spicier than most strawberry jams.

5 cups crushed strawberries (about 2 quarts cleaned and stemmed)

½ teaspoon ground allspice

½ teaspoon ground cinnamon

¼ teaspoon ground cloves

1 box (1¾ ounces) powdered fruit pectin

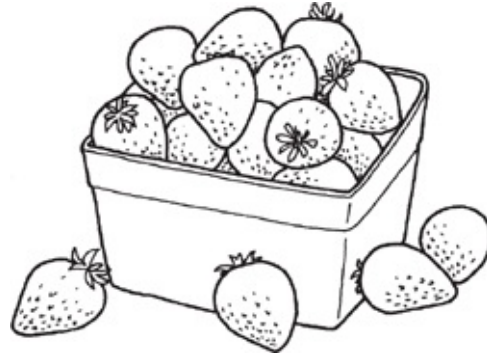
½ teaspoon butter or margarine

7 cups sugar

1. In an 8-quart saucepan, combine the strawberries and the spices. Add the pectin and butter. Bring to a full boil on high heat, stirring constantly.
2. Stir in the sugar and mix well. Return to a full boil and boil for 1 minute exactly, stirring constantly.
3. Remove the saucepan from the heat and, using a metal spoon, skim off any foam.
4. Ladle into sterile half-pint jars (see [pages 8–9](#)), leaving ¼ inch of headspace. Cap and seal. Process for 5 minutes in a boiling-water-bath canner. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 5 HALF PINT

STRAWBERRY



AND BLACKBERRY JAM

This freezer jam is an old favorite adapted from the Ball Blue Book.

2 cups strawberries, rinsed, hulled, halved, and crushed

1 cup firmly packed blackberries

3 tablespoons lemon juice

1 package (1¾ ounces) powdered pectin

½ cup light corn syrup

3½ cups sugar

1. Stir the berries and lemon juice together in a large bowl. Slowly add the pectin, stirring constantly for 2 minutes.
2. Let the mixture stand for 30 minutes, stirring occasionally, then add the corn syrup and stir well.
3. Gradually stir in the sugar, beating well. The jam is ready when the sugar has completely dissolved.
4. Pour the jam into half-pint sterile canning or freezing jars (see [pages 8–9](#)), leaving ½ inch of headspace. Cap, seal, and cool in the refrigerator. Let stand until set, about 24 hours.
5. Label and freeze.

YIELD: 6 HALF PINT

BLUEBERRY AND CHERRY PRESERVES

Two great tastes team up to make this mellow-spiced preserve.

3 cups cherries, washed, pitted, and crushed

3 cups blueberries, rinsed, picked over, and crushed

4½ cups sugar

1 tablespoon thinly sliced lemon zest

½ teaspoon ground nutmeg

1. Combine all the ingredients in a heavy 4-quart saucepan. Stir over medium heat to dissolve the sugar, then boil over high heat, being careful not to burn, until the mixture reaches 220°F on a cooking thermometer. (Or use one of the methods of testing for doneness described on [pages 7–8](#)).

2. Ladle into clean half-pint jars (see [pages 8–9](#)), allowing $\frac{1}{4}$ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 15 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 5 HALF PINT

Marmalade Recipes

TOMATO MARMALADE

Though we usually treat tomatoes as vegetables, they are really a fruit, and combine beautifully with the citrus in this marmalade.

1 medium orange, peeled (reserve the zest and cut into strips)

1 lemon, peeled (reserve the zest and cut into strips)

5 pounds tomatoes, peeled, cored, and chopped (about 8 cups)

3 cups sugar

¼ cup cider vinegar

1½ teaspoons ground allspice

1½ teaspoons ground cinnamon

½ teaspoon ground cloves

1. Carefully remove the white membranes from the orange and lemon and discard. Chop the citrus fruits and combine with the tomatoes, sugar, vinegar, and spices in a heavy 8-quart nonreactive saucepan.
2. Bring to a boil over high heat. Lower the heat and simmer, uncovered, for at least 1 hour, or until the mixture is reduced to about 4 cups. Stir frequently to prevent burning.
3. Ladle into clean half-pint jars (see [pages 8–9](#)), leaving ¼ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 10 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 4 HALF PINT



CARROT AND ORANGE MARMALADE

No one will guess that carrots are the mystery ingredient in this colorful and tasty marmalade!

6 cups water

4 cups raw carrots, peeled and grated

4 medium lemons, peeled (reserve two rinds and grate)

2 medium oranges, peeled (reserve one rind and grate)

4 cups sugar

1/8 teaspoon salt

1. In a 4-quart saucepan, combine the water, carrots, and lemon and orange zest. Cook, covered, until tender, about 30 minutes.
2. Juice and strain the lemons and oranges and add the strained juice to the carrot mixture. Measure the mixture; there should be about 6 cups.
3. Add 2/3 cup of sugar for each cup of the mixture. Stir over medium heat until the sugar has dissolved. Boil, uncovered, until the mixture reaches 220°F on a cooking thermometer or sheets off a spoon (see [page 7](#)). This should take 35–40 minutes. Stir often so the mixture does not burn.
4. Add the salt and remove the pan from the heat. Pour the marmalade into clean half-pint jars (see [pages 8–9](#)), leaving 1/4 inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 10 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 4 HALF PINT



BLUEBERRY MARMALADE

This new combination of flavors is certain to please.

1 lemon

1 medium orange

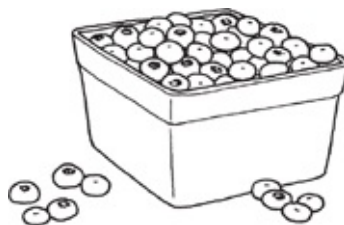
3/4 cup water

1/8 teaspoon baking soda

4 cups blueberries, rinsed, picked over, and crushed

5 cups sugar

6 ounces liquid pectin



1. Peel the lemon and orange and chop the zest.
2. Remove the white membranes from the lemon and orange and chop the pulp.
3. Combine the chopped zest, water, and baking soda in a small saucepan. Bring to a boil, reduce the heat, and simmer, stirring occasionally, for about 10 minutes. Drain well and reserve the zest.
4. Combine the blueberries, citrus pulp, and sugar in an 8-quart saucepan and bring to a boil. Reduce the heat; simmer for 5 minutes.

5. Remove from the heat. Let cool for 5 minutes. Add the drained zest and the liquid pectin and return to a boil. Boil for exactly 1 minute, stirring constantly.

6. Skim off the foam with a metal spoon. Ladle into clean half-pint jars (see [pages 8–9](#)), leaving $\frac{1}{4}$ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 15 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 6 HALF PINT

LIME MARMALADE

In England, lime marmalade competes with the more familiar orange marmalade as a breakfast favorite. To get more juice from limes and other citrus fruits, heat them in a microwave for 10 seconds per fruit or in a 250°F oven for 5 to 6 minutes.

3 pounds (about 18) limes, peeled, with zest cut into thin 2-inch strips

9 cups water

6 pounds (13½ cup) sugar

1. Cut the peeled limes in half and squeeze out the juice. Set aside the juice.
2. Scrape the pulp and seeds from the lime halves. Place in a cheesecloth bag.
3. Place the bag, zest, juice, and water in a 6-quart saucepan, then cover and soak overnight, or for about 8 hours.
4. Bring the water mixture to a boil and cook about 2 hours, until the zest is soft.
5. Remove the bag. Add the sugar to the pan and stir to dissolve. Boil, stirring often, until a cooking thermometer reaches 220°F. (Or use one of the methods of testing for doneness on [pages 7–8](#).)
6. Ladle into clean 1-pint jars (see [pages 8–9](#)), leaving $\frac{1}{4}$ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 15 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 10 PINT



Jelly Recipes

GRAPE JELLY

A favorite with the peanut-butter-and-jelly crowd, this grape jelly is pink, even though it is made from green grapes.

3 pounds green grapes, washed, stemmed, picked over, and chopped

2 lemons, juiced

2 $\frac{1}{3}$ cups water

2 $\frac{1}{4}$ cups sugar

1. Bring the grapes, lemon juice, and water to a boil in an 8-quart saucepan and simmer for about 30 minutes, until the fruit is very soft.
2. Meanwhile, scald a jelly bag with boiling water, squeezing out any excess. Hang the bag in a convenient but out-of-the-way place with a large drip pot positioned beneath.
3. Pour the grape mixture into the wet jelly bag. Let drip for 24 hours or less. (Do not squeeze the pulp in the bag.)
4. Measure the strained juice. Add 2 $\frac{1}{4}$ cups of sugar to 2 $\frac{1}{3}$ cups of juice. Pour into a heavy 3-quart saucepan. Stir the mixture over medium heat until the sugar has dissolved, then boil for 10–12 minutes, or until a cooking thermometer reaches 220°F. (Or use one of the methods of testing for doneness on [pages 7–8](#).)
5. Skim off any foam with a metal spoon. Ladle the jelly into sterile half-pint jars (see [pages 8–9](#)), leaving $\frac{1}{4}$ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 5 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 4 HALF PINTS

STRAWBERRY-RHUBARB JELLY

This jelly, adapted from the USDA, is a southern tradition.

1 $\frac{1}{2}$ pounds red rhubarb stalks, washed and cut into 1-inch pieces

1 $\frac{1}{2}$ quarts strawberries, washed, hulled, and crushed

6 cups sugar

6 ounces liquid fruit pectin

1. Purée the rhubarb in a blender or food processor.
2. Prepare a jelly bag by pouring boiling water through it. Squeeze out the excess moisture. Line the bag with a double layer of cheesecloth.
3. Place both fruits in the bag, let drain into a bowl, and squeeze gently to remove the excess juice.
4. Measure 3 $\frac{1}{2}$ cups of strained juice into a 3-quart saucepan. Add the sugar, mix thoroughly, and boil until the sugar dissolves.

5. Remove the pan from the heat and stir in the pectin. Return to the heat and bring to a full boil. Boil for exactly 1 minute.

6. Remove from the heat and, with a metal spoon, skim off any foam. Ladle the jelly into sterile half-pint jars (see [pages 8–9](#)), leaving ¼ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 5 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 7 HALF PINTS

LEMON JELLY

Delicious with toast, this jelly is also great on angel food cake with fresh strawberries for a nonfat dessert.

3 pounds (about 15) lemons

9 cups water

3 pounds (6¾ cups) sugar

1. Peel the lemons and cut the zest into 2-inch strips, then halve the lemons and squeeze the juice into a bowl. Scrape out the pulp. Set aside the zest, juice, and pulp. Save the seeds.

2. Combine 2½ cups of the water with the seeds and zest and boil for 30 minutes in a 2-quart saucepan. Remove from the heat, cover, and let cool.

3. Place the pulp, juice, and remaining water in a 4-quart saucepan. Strain in the water from the seeds and zest. Simmer, uncovered, for 40 minutes.

4. Pour the pulp mixture through a wet jelly bag and let drain over a 6-quart saucepan overnight. Don't squeeze the bag.

5. Measure the juice. In a saucepan, combine 2 cups of the sugar for each 2½ cups of juice. Stir over low heat to dissolve the sugar, then bring to a boil, stirring frequently. Boil until the mixture reaches 220°F on a cooking thermometer, about 10 minutes. (Or use one of the methods of testing for doneness on [pages 7–8](#).)

6. Ladle into sterile 1-pint jars (see [pages 8–9](#)), leaving ¼ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 5 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 5 PINTS

HORSERADISH JELLY

Serve this with roast beef, or mix it with cream cheese to use as a dip for vegetable sticks.

2 cups white wine vinegar

1 bottle (6 ounces) prepared horseradish (not cream-style)

6 cups sugar

2 cups water

6 ounces liquid pectin

1. Heat the vinegar in a nonreactive saucepan and pour it into a 1-quart jar. Add the horseradish, cover the jar, and let stand at room temperature for 24–48 hours.

2. Strain through a wire strainer into a 2-quart saucepan. You will have 2 cups of the mixture. Add the sugar and water, stirring to dissolve the sugar. Bring to a full boil.

3. Add the liquid pectin and boil the mixture for exactly 1 minute, stirring constantly. Pour the jelly into sterile half-pint jars (see [pages 8–9](#)), leaving $\frac{1}{4}$ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 5 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 7 HALF PINT

QUICK JALAPEÑO CHILE JELLY

Serve this jelly with cream cheese and crackers.

$\frac{1}{4}$ cup (4 to 6 medium) seeded, chopped jalapeño chiles (wear rubber gloves while handling them)

6 cups sugar

2½ cups cider vinegar

1 medium green bell pepper, chopped

6 ounces liquid pectin

1. Mince the chiles in a food processor. Wear rubber gloves while handling them to keep the caustic juices away from your skin.

2. Combine the sugar, vinegar, chiles, and bell pepper in a heavy saucepan. Bring to a full boil over high heat, stirring constantly.

3. Remove from the heat and stir in the liquid pectin. Return to a full boil and boil for 1 minute exactly. Remove from the heat and skim off any foam with a metal spoon.

4. Ladle into sterile half-pint jars (see [pages 8–9](#)), leaving $\frac{1}{4}$ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 5 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 7 HALF PINT



Butter Recipes

APPLE BUTTER

Apple peelings contain a lot of pectin, so they help this butter thicken. In tandem with the spices, they also create an intense flavor.

10 large (about 5 pounds) tart apples, washed, cored, and quartered but not peeled

2 cups apple cider

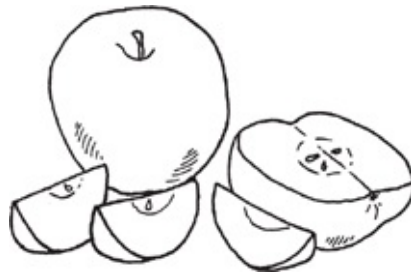
3 to 5 cups sugar

3 teaspoons ground cinnamon

$\frac{3}{4}$ teaspoon ground cloves

$\frac{1}{2}$ teaspoon ground allspice

$\frac{1}{2}$ teaspoon ground nutmeg



1. Cook the unpeeled apple pieces slowly in the cider until tender. Blend in a food processor. You should have 12–14 cups of pulp.
2. Add 3 cups of the sugar, then more as needed to attain the desired sweetness. Add the spices and mix well.
3. Cook in a 350-degree oven or slow cooker for 6–8 hours, stirring often. To test for desired thickness, spoon the mixture onto a cold plate. If no liquid oozes from around the edges, it is thick enough.
4. Ladle into clean half-pint jars (see [pages 8–9](#)), leaving $\frac{1}{4}$ inch of headspace. Cap and seal. Process in a boiling-water-bath canner for 10 minutes. Adjust for altitude (see [page 10](#)), if necessary.

YIELD: 10 HALF PINT

APPLE-PLUM BUTTER

This is a variation on an old favorite.

2½ pounds (about 15 medium) plums, washed and pitted

1 cup water

$\frac{1}{2}$ cup lemon juice

2½ pounds apples, peeled, cored, and sliced

5½ cups sugar

1 teaspoon ground cinnamon

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