



5 ESSENTIAL TIPS FOR THE PERFECT JAM

Making jam is fun and rewarding – if you do it right. Before you get started, put these tips in your back pocket.



Cooked Blueberry Jam | **TRY THIS** >

STICK TO THE PLAN

Tinkering with recipes to make larger batches can be a recipe for disaster. It's easy to make a mistake in measurement and it's also difficult to get a full rolling boil with large batches of jam. Remember your pot must be only half full.

FREEZE FRUITS FOR LATER JAMMING

To individually freeze, place washed, peeled and sectioned fruit on a tray and place in freezer until frozen (4 to 6 hours), then package. There's no need to add sugar, however some fruits such as peaches, apples, pears and apricots darken quickly when exposed to air during freezing. Ascorbic acid (Vitamin C) can be used to help prevent browning. To use for jam, thaw in refrigerator (do not drain) and measure as for fresh fruit.



Cooked Grape Jam | **TRY THIS >**

A jar of dark purple grape jam, partially filled, with a metal lid. The jam has a thick, textured appearance. The jar is set against a background of more jars and some fruit.



Cooked Light Apple or Crabapple Jelly | **TRY THIS** >

KEEP IT CLEAN

It's important to sterilize jars, lids and filling utensils for cooked jams to prevent mould. You can pre-sterilize jars & lids by using one of two methods:

1. Sterilize all jars, lids and filling equipment in a 225°F oven for 10 minutes, then keep in the oven, with heat turned off, until needed so they stay warm.
2. Sterilize all jars, lids and filling equipment in boiling water for 15 minutes and keep warm.



PICK ONLY THE BEST

Use firm ripe fruit without mould or bruises. The better the fruit, the better the jam. Overripe fruit could result in a soft set. Under ripe fruit has reduced juice and will result in poor flavour.



Cooked Peach Jam | **TRY THIS >**

SUGAR IS KEY

Sugar does a lot more than just sweeten your jams. It works with the pectin and fruit acids to form the gel structure we call jam. Sugar acts as a preservative that helps maintain the beautiful colour of the fruit and inhibits mould growth.

If you prefer a less sweet jam, try using Certo Light Pectin Crystals - for jams with less sugar and more fruit. You can also substitute honey for part of the sugar in a jam recipe. Replace no more than 1/4 of the sugar with honey because it can overpower the delicate fruit flavour and too much will produce a very soft set.

No-Cook Raspberry Jam |

TRY THIS >

