


## Making Jams, Jellies, & Fruit Preserves

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Lunch & Learn  
 12 noon to 1 pm  
 June 17, 2013




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## Need Help with Today's Program?

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- Help Desk: 800-442-4614
- Phone in to today's program
  - Toll: 630-424-2356
  - Toll Free: 855-947-8255
  - Passcode: 6774570#
- Program will be archived:  
[www.foodsafety.wisc.edu/preservation.html](http://www.foodsafety.wisc.edu/preservation.html)




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## Making Jams, Jellies & Fruit Preserves

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- Delicious fruits at the peak of ripeness? Time to make fruit spreads!
- Start with the right ingredients:
  - Fruit – fresh and (most often) fully ripe fruit; or try canned or frozen fruit
  - Pectin – plant carbohydrate (fiber) that can form a gel
  - Acid – essential for gel formation and flavor
  - Sugar – aids in gel formation and is a preservative

Fruit can provide: fruit, pectin and acid all in one!

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## Resources for Today

- Making Jams, Jellies & Fruit Preserves (B2909; UWEX)
- National Center for Home Food Preservation [www.uga.edu/nchfp](http://www.uga.edu/nchfp)
  - How do I...Make Jam & Jelly
  - With and without added pectin, remaking product, solving problems
- So Easy to Preserve [www.setp.uga.edu](http://www.setp.uga.edu)
- Ball Complete Book of Home Preserving
  - [www.freshpreserving.com](http://www.freshpreserving.com)




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UW-Extension Web site: [www.foodsafety.wisc.edu](http://www.foodsafety.wisc.edu)




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## Fresh Preserving (*Ball Canning*)

[www.freshpreserving.com](http://www.freshpreserving.com)

- Carrot Cake Jam
- Champagne Blush Jelly
- Fresh Herb Jelly
- Ginger Pear Preserves
- Kiwi Daiquiri Jam
- Mom's Apple Pie in a Jar
- Orange Chili Marmalade
- Strawberry Lemon Marmalade
- Strawberry Margarita Preserves

And about 80 others!




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### What's in a name?



- Jam –thick, smooth mixture of fruit and sugar
- Fruit butter - smooth, creamy spread made by slowly cooking fruit pulp and sugar
- Preserve – chunks of fruit suspended in a soft jelly
- Conserve – combination of fresh and dried fruits and nuts
- Marmalade – a suspension of fruit peel and pulp
- Jelly – clear juice suspended in a tender gel

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### Fruit



Usually fruit is used at the peak of ripeness

- Don't be tempted to use overly ripe or rotten fruit
- Under-ripe fruit can aid in gel formation
- Using canned fruit – use unsweetened fruit canned in juice
- Using frozen fruit – use fruit frozen without sugar *My experience says fruit can be measured BEFORE or AFTER freezing. Your thoughts?*
- Proportions are critical when making jellied fruit products!

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### Pectin



Pectin is a natural plant carbohydrate (fiber) that, when added to the right amount of sugar, acid, and fruit, allows a gel to form on heating.

- Some fruits have enough natural pectin\* to gel.
- Add pectin to other fruits to ensure a good gel, increase yield, speed the cooking process, and allow for the use of very-ripe fruit.
- Liquid and powdered pectin are not interchangeable; low-/no-sugar pectin and regular pectin are not interchangeable.

**Fruits that don't necessarily need added pectin to gel:**  
sour apples and blackberries, crabapples, cranberries, currants, gooseberries, Concord grapes, lemons, loganberries, plums, quince

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**Acid**

- Acid is necessary for pectin to form a gel.
- Acid adds flavor!
- Some fruits provide the acid – rhubarb, crabapples, unripe berries.
- Acid is added in the form of bottled lemon juice.




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**Sugar**

- Sugar imparts flavor, is essential for gel formation, adds texture and preserves color.
- Measure sugar carefully!
- Honey can be used to replace some of the sugar. For modifications see p. 7 of Making Jams, Jellies and Fruit Preserves
- Use Splenda or other sugar substitutes in recipes specifically designed for their use. Search [www.splenda.com](http://www.splenda.com)
  - cherry, raspberry, plum, peach, triple berry and more!

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**For Success...Boiling Water Canning**

- The final 'step for success' when making jellied fruit products
  - Helps form a seal
  - Destroys yeast and mold
  - Extends shelf life
- Fill sterilized jars with hot fruit spread
- Process 5 minutes for ½-pint jars
- Other jar sizes are not recommended




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### A Word about Freezer Spreads

- Refrigerator/freezer spreads are the easiest way to begin – little cooking required and no boiling water canning
- May use other gelling agents, i.e. jello (gelatin)
- May use low-sugar or no-sugar pectin
- ➔ Success is not guaranteed!
- ➔ No-cook jams may be 'grainy'




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### Substitutions

- Berry spreads can be made with a variety of fruits: strawberries, raspberries, blackberries
- Substitute peaches for nectarines; apples for pears; unsweetened canned or frozen fruit in place of fresh

**Caution:**

- Don't add extra low-acid ingredients like chocolate, carrots, or hot peppers.
- Don't substitute type of pectin.
- Don't substitute low-acid squashes for acid fruits in fruit butter.

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### Challenges!

The right ingredients, used in the correct proportions, are critical for success!

- Spread too soft – not enough pectin/sugar
- Spread too firm – too much pectin/sugar
- Spread fails to set – too large a batch, fruit too ripe, wrong type of pectin, spread cooked too long (or not long enough). See p. 15 of Making Jams, Jellies & Fruit Preserves for re-make instructions.
- Fruit floats – fruit under-ripe, sugar content too high.
  - Hint: Allow jam to sit for 5 minutes before ladling into hot jars (and while you skim the foam)!

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**What's new?**

- Ball FreshTECH Automatic Jam & Jelly Maker (\$100)
  - All you have to do is cut up fruit and measure ingredients. The stirring and cooking are done for you in this electric appliance.
  - Waterbath canning not included, but still necessary.




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**What's new?**

- Soft spreads made with ClearJel (not pectin) [www.foodsafety.wisc.edu](http://www.foodsafety.wisc.edu)
  - Use this technique for preparing large batches, especially of low-sugar spread.
- Try a steam juicer for clear juice for jelly.
  - Hint: Use the pulp to make apple, pear or blueberry butter.




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**Next ...in our Lunch & Learn series**



July 1, 2013  
12 noon – 1 pm  
Canning Vegetables Safely

Safely preserve your garden's bounty of vegetables with canning.

Archives will be posted to:  
[www.foodsafety.wisc.edu/preservation.html](http://www.foodsafety.wisc.edu/preservation.html)

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