

Foods Level 1

Strawberry Jam

Makes 2 - 250 ml jars of jam.

Recipe can be quadrupled for a larger batch.

Cooking Principle: preserving

Equipment: 2 sauce pans, baking sheet, medium mixing bowl, measuring equipment, paring knife, potato masher, custard cup, canning jars and lids, oven mitts.

Ingredients:

375 ml fresh strawberries, hulled, sliced and crushed 454 g
280 ml sugar
1/4 pkg (15 ml) light pectin crystals

1. Preheat oven to 250F/120 C. Wash canning jars with hot, soapy water. Rinse well. Place on a baking sheet in oven to sterilize for at least 10 minutes or longer. Leave them in the oven until you're ready to fill them.
2. Meanwhile, place new two-piece canning jar lids in a small saucepan. Cover with water and bring to a boil. Leave them in the hot water until needed.
3. Prepare fruit by washing, hulling, chopping and mashing with potato masher in a large sauce pan.
4. Measure sugar into medium bowl. Remove 15 ml of sugar and place in custard cup with pectin crystals. Set both of these bowls aside.
5. Add sugar-pectin mixture to fruit in saucepan. Stir to combine. Bring to a boil over high heat, stirring constantly, until thickened slightly. Do NOT BURN!
6. When mixture comes to a full boil, add remaining sugar and cook for one minute, stirring constantly.
7. Remove from the heat and ladle into sterilized jars. Fill to within .5 cm of the top. Wipe away any dribbles which can prevent a good seal. Cover with lid and tightly screw on the band. Repeat until all jam is used.
8. Let cool, shaking the jar occasionally to prevent all the fruit from floating to the top as it sets.
9. As the jar cools, you'll hear the lid snap down as a vacuum seal forms in the jar. Any jar that doesn't seal properly should be kept in the fridge. All other jars can be kept at room temperature until opened.
10. Label jar with name, contents and date.

