

NYBG

Seasonal Berry Jam – ONLINE

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Please note that this class is demonstration only, so students are not expected to have these materials on hand for the class itself. However, we would like to provide you with the below list of materials should you wish to recreate the recipes your instructor makes during class on your own time.

Canning Materials

Hot water canner w/ rack
Canning funnel
Bubbler
Jar lifter
Timer
Measuring cups (liquid and dry measure)
Measuring spoons
Colander
Mesh strainer
Food mill (optional)
Candy thermometer
Ladle
Spoons for stirring
Mixing bowls
Masher
Dish towels
Pot holders
Paring Knife
Cutting board
Mason jars. Lids and rings (1/2 pint)
Paper towels

Recipes

Please note that the actual recipes used in class are subject to change based on seasonal availability. Below are a few recipes that may be covered in the class, along with the necessary ingredients.

Extracting Juice for Jelly

Apples and hard fruits

Place fruit into a sauce pan with cold water – 1 cup per pound of fruit

Bring to a boil on high heat, stir to prevent scorching

Reduce heat

Apples and other hard fruit need 20-25 min.

Do not over cook

Pour everything into a wet jelly bag or 4 layers of wet cheesecloth and suspend the bag to drain juice

To keep juice clear do not squeeze or press

Berries and grapes

For grapes and berries use only enough water to prevent scorching

You can crush berries to start the juices

Grapes and berries need 10 min or less to soften

Pour into jelly bag or cheesecloth same as above

Syrup for Use in Canning Fruits

	% sugar	Cups of sugar per Qt of water	Yield/cups
Very light	10%	$\frac{1}{2}$	4.5
Light	20%	1	4.75
Medium	30%	$1\frac{3}{4}$	5
Heavy	40%	$2\frac{3}{4}$	5.33

Commercially prepared unsweetened apple, white grape or pineapple juice may be used as a substitute.

Artificial sweeteners are not recommended as they can become bitter or lose their sweetness during the processing.

Seedless Blackberry Jam

9 cups crushed berries 6 cups granulated sugar

Sterilize canning jars
Crush berries
Place in pot and bring to a boil
When softened remove from heat
Run berries through food mill or push through sieve
Return to pan and combine with sugar
Bring to boil
Stir frequently to prevent scorching
Cook until it reaches jell stage (220 degrees F)
Pour hot jam into jars
Wipe rims and adjust lids
Process in a boiling water bath for 5 minutes

Low Sugar Strawberry Jam

2 quarts (3#) strawberries to yield 4 cups crushed
1.5 cups sugar
1 cup unsweetened fruit juice or water
4.5 Tbls no or low sugar pectin

Wash berries, remove hulls.
Add liquid to pan, bring to boil.
Crush berries 1 cup at a time
Stir in pectin, bring to a full rolling boil that cannot be stirred down.
Add sugar, stir and bring to a full boil stirring constantly for 1 minute.
Remove from heat and skim foam.
Ladle into hot ½ pint jars leaving ¼ inch headspace.
Bubble.
Wipe rims and adjust lids.
Process 10 minutes

Yield about 6 ½ pints

Blueberry-Spice Jam

2.5 pints blueberries	5.5 cups sugar
1 Tbs lemon juice	.75 cups water
½ tsp ground nutmeg	6 Tbls powdered pectin

Wash berries thoroughly.

Crush berries in in a saucepan 1 cup at a time.

Add lemon, spice, water and stir in pectin.

Bring to a full rolling boil over high heat.

Add sugar and return to a full rolling boil, stirring constantly.

Boil hard for 1 min.

Remove from heat, skim off any foam and immediately ladle into hot ½ pint jars, leaving ¼ inch headspace.

Wipe jar rims and adjust lids.

Process 10 minutes.

Yield about 5 half pints