

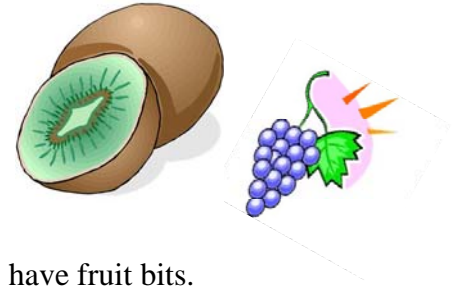


Freezer Jams

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Jellied Products



Jams are made by boiling fruit and sugar to a thick consistency and does have fruit bits.

Jellies are made by boiling sugar, the juice of fruit and with gelatin or pectin, and does not have fruit bits.

Marmalade is a clear sweetened jelly, sometimes with fruit rind and without fruit bits.

Fruit Preserves – fruit made into jams or jellies and cooked whole or in large pieces, so as to keep its shape.

Fruit Syrup is a thick sticky solution of sugar and concentrated juice of a fruit.

Fruit Compote is a dessert of fruit cooked in syrup.

Conserve is a mixture of more than one fruit with added nuts, raisins, coconut, etc. Cooked until it become thick.

Chutney is made from fruit or vegetable and generally has some spices, vinegar and cooked to a chunky sweet-tart flavor.

Fruit Butter is a puree or pulp combined with sugar, lemon juice and spice and cooked to a smooth consistency. It is “spreadable”.

Freezer Jam Supplies

To make freezer jam you will need:

- **Fruit**- Your jam will only be as good as the fruit that you put into it, so be sure to choose ripe fruit. Over or under-ripened fruit won't taste as good, and may cause problems with the jelling process.
- **Pectin**- Available in liquid and powder form, pectin is used to thicken the jam.
- **Sugar** - Sugar serves several purposes in freezer jam. It sweetens the jam, helps it to set up and prevents bacteria growth. If you would prefer to make low-sugar or no-sugar-added jam, a special pectin must be used.
- **Jars**- Use jars that are specifically designed for the freezer – both plastic and glass, wide-mouthed freezer jars are available.

Making Freezer Jam

Some recipes for freezer jam require cooking others do not. Here's a look at what is typically involved in preparing no-cook freezer jam:

1. Wash, hull and stem the fruit.
2. Place the fruit in a large mixing bowl, and crush with a potato masher.
3. Combine the sugar and pectin in another bowl, and stir until well blended.
4. Add the sugar-pectin mixture to the fruit, and stir for three minutes.
5. Pour the resulting mixture into jars, leaving a half-inch of headspace at the top of each jar.
6. Screw on the lids, and clean up any drips.
7. Let stand for 30 minutes, or until thickened.
8. Freeze or refrigerate immediately.

Freezer jam can be stored in the freezer for up to a year or in the refrigerator for up to three weeks.

Tips and Warnings

- 1) Unsweetened, frozen fruit can also be used
- 2) Do not double recipes, as it may interfere with the setting process
- 3) Freezer jars do not need to be sterilized, but should be cleaned before use
- 4) For best results, freezer jam recipes should not be altered.

Freezer Strawberry Jam

2 cups crushed fresh strawberries
4 cups sugar
1 (1.75 ounce) package dry pectin
3/4 cup water

Mix crushed strawberries with sugar, and let stand for 10 minutes. Meanwhile, stir the pectin into the water in a small saucepan. Bring to a boil over medium-high heat, and boil for 1 minute. Stir the boiling water into the strawberries. Allow to stand for 3 minutes before pouring into jars or other storage containers.

Place tops on the containers, and leave for 24 hours. Place into freezer, and store frozen until ready to use.

No Sugar Freezer Strawberry Jam

2 1/2 cups crushed or finely chopped strawberries
1 cup sugar
1/2 cup Splenda
2/3 cup orange juice
splash of lemon juice
1 package Ball Fruit Jell No Sugar Needed Pectin
2/3 cup water

Clean and crush or chop strawberries. Do not use a food processor!

Add sugar, Splenda, orange juice, and a splash of lemon juice. Stir thoroughly. Let this mixture sit for 10 minutes.

In small saucepan, whisk powder pectin into water. Bring to a boil, stirring constantly, and boil while stirring for a full minute.

Pour pectin into a large bowl. Stir in strawberry mixture, and continue stirring for at least 3 minutes.

Ladle into 4 or 5 8 oz jars.

Refrigerate for at least 24 hours.

This jam is the exact same texture and just slightly less sickly sweet than regular freezer

jam which often contains a full cup of sugar for each 8 oz of finished jam.



Freezer Raspberry or Strawberry Jam

2 qt. fresh red raspberries or strawberries (3 1/4 c. pulp)
1/4 c. freshly squeezed lemon juice
1 (3 oz.) pkg. liquid pectin
1 c. light corn syrup
4 1/2 c. white sugar

Wash and mash the berries.

In a large saucepan, measure out 3 1/4 cups pulp. Stir in the lemon juice. Slowly stir in pectin. Mix thoroughly. Set aside for 30 minutes, stirring frequently to allow the pectin to dissolve. Add syrup; mix well. Add syrup gradually, stirring well to dissolve completely. Warm mixture to 100°F using a thermometer to check temperature.

Let set for 10-15 minutes. Stir occasionally to keep fruit equally distributed. Pour in jars and seal. Refrigerates 1 month, freezes 1 year.

Pear Raspberry Freezer Jam

3 lb ripe pears
3 c fresh red raspberries
1 pk (1.75 oz) fruit pectin (powdered)
2 Tbsp lemon juice
1 tsp ginger liquid (optional)
1/4 tsp freshly ground nutmeg
5 cups sugar

Peel, core, and coarsely grind pears; then measure 2 cups fruit. Crush red raspberries; measure 2 cups of berries. In a large pot, combine ground pears, berries, pectin, ginger juice, lemon juice and nutmeg. Bring to a full rolling boil. Stir in the sugar. Boil hard, uncovered, for 1 minute; stir constantly with long-handled spoon. Remove from heat and skim off the foam with a metal spoon. Ladle jam at once into hot, clean half-pint jars, or freezer jars, leaving 1/4-inch headspace.

Kiwi Freezer Jam

2-1/4 cups mashed kiwi fruit (about 9 kiwis; see note)

4 cups sugar

1 pouch (3 ounces) liquid pectin

1/4 cup lemon juice

Prepare the containers by rinsing with hot water. Use plastic containers or small canning jars with lids. Put the kiwi in a large bowl. Gradually stir in the sugar. Mix well and let stand for 10 minutes, stirring occasionally. Meanwhile, in a small bowl, combine the pectin and lemon juice. Add to the fruit mixture and gently stir (do not beat in air) for 3 minutes. Pour into the containers, leaving a 1/2-inch headspace.

Put on the lids. Let stand at room temperature for 24 hours. The jam will keep in the refrigerator for up to 3 weeks or in the freezer for up to 1 year.

Makes 3 1/2 cups

Raspberry/ Blackberry Plum Freezer Jam (reduced sugar)

2 1/3 cups blackberries or red raspberries

2 cups (1 to 1 1/4 pounds) slightly underripe purple or red plums, pitted and chopped into 1/2-inch pieces

2 tablespoons water

2 to 2 1/2 tablespoons lemon juice (use 2 1/2 tablespoons for very ripe, sweet berries)

1/2 teaspoon finely grated lemon zest

2 1/3 cups sugar

2 tablespoons powdered less- or no-sugar-needed pectin

In a large shallow bowl, crush the berries with the bottom of a wide-bottomed jar. Add the plums, water, lemon juice and zest and 1 cup sugar, stirring until well blended. Let stand about 5 minutes, until the fruit juices begin to flow. Set aside.

In a large, wide-bottomed nonreactive pan or deep-sided skillet on medium-high heat, combine the remaining 1 1/3 cups sugar and the pectin until well blended and no lumps remain. Add the fruit mixture, stirring to combine well.

The mixture will come to a full, foamy boil; cook, stirring constantly, for 8 minutes or until the plum skins loosen, the berries are tender and the jam is slightly thickened. If the mixture still appears runny after 7 minutes, drop about a teaspoon of it onto one of the chilled metal tablespoons and let it cool for 15 seconds. If it immediately runs off instead of jelling lightly and clinging to the spoon, continue cooking about 1 minute longer, then check using another chilled tablespoon.

Ladle the jam into jars, leaving 3/4-inch headroom to allow for expansion during freezing. Refrigerate for 24 hours. May refrigerate for up to 3 weeks or transfer to the freezer for up to 1 year.

Strawberry Nectarine (or Peach) Jam

2 1/2 cups nectarines, peeled, pitted and chopped (about 2 1/2 pounds)
1 1/2 cups strawberries, cored and chopped finely (about 1 pound)
2 tablespoons lemon juice
1 cup sugar
Pectin of your choice (since it varies by brand, consult package for correct amount)

In a large bowl, crush nectarines with a potato masher until you have a chunky consistency. The goal is to release a small amount of liquid while keeping mostly good chunks of fruit pulp to give your jam a thicker texture. Add the strawberries and crush a little more, just enough for the strawberries to release some juice and mix with the nectarines. Add lemon juice and mix with a spoon for 30 seconds. Prepare sugar and pectin according to package directions. Fill clean jars with jam, leaving about 3/4-inch of headroom so that the jam has room to expand in the container. Store in the freezer for up to 6 months, or in the refrigerator for 1 week.

Citrus Pear Jam

2 medium-sized sweet naval oranges
3 cups ripe Bartlett pears, peeled, seeded and chopped finely
1 tablespoon lemon juice
1/4 teaspoon ground cardamom
1 1/2 cups sugar, ideally superfine
Pectin of your choice. Using a sharp knife, completely remove the peel of the orange. One at a time, remove each slice of orange, using the knife to cut between the orange flesh and the white pithy membrane that separates each slice. When you're done, you should have [perfectly formed orange slices](#) without any seeds or membranes. If any seeds remain, remove them. Cut each slice

into 3 or 4 chunks. Place them in a bowl and mash gently with a fork until you have a pulpy consistency, and set aside. You should have 1 cup of orange chunks.

Place 1 cup of chopped pears in a bowl, reserving the rest. Sprinkle cardamom on the pears in the bowl and, with a potato masher, crush until you have a thick, chunky consistency. Add the rest of the pears, crushing a little more to gently break up the chopped bits. Mix in lemon juice.

Prepare sugar and pectin according to the package directions. Ladle jam into jars, leaving 3/4-inch of headroom to allow for expansion.

Spiced Fall Preserves

1 1/2 cups apples, peeled, cored and chopped
1 1/2 cups Asian apple pears, peeled, cored and chopped
2 tablespoons lemon juice
1 cup plums, peeled and chopped
1/2 teaspoon cinnamon
1/8 teaspoon ground cloves
1 1/2 cups sugar
Pectin of your choice

In a large bowl, crush apples and pears with a potato masher until they are about halfway pulverized -nothing larger than a half-inch. Using a spoon, stir in lemon juice until it is well combined.

In another bowl, gently crush plums until they have a similar texture to the apples and pears. Pour plums into apple mixture and stir well with a spoon. Mix in cinnamon and cloves, stirring until completely incorporated.

Prepare sugar and pectin according to the package directions. When you mix the pectin into the fruit, make sure to stir for at least 3 minutes. Fill jars with jam, making sure to leave 3/4-inch at the top so that it can expand.

No Sugar Peach Freezer Jam

2 pounds peaches, peeled, pitted and coarsely chopped
1 package (1 3/4 ounces) no-sugar-needed pectin
1 to 1 1/2 cups unsweetened apple juice
1 to 1 1/2 cups EQUAL SPOONFUL

Coarsely mash peaches in large bowl with potato masher or pastry blender gradually stir pectin into apple juice in medium saucepan.

Heat mixture to a rolling boil (one that does not stop when being stirred) over high heat, stirring constantly; boil, stirring constantly, 1 minute.

Stir hot mixture into peaches; stir in Equal Fill jars, allowing 1/2 inch headspace.

Cool jam; seal and freeze up to 3 months.

Peach Freezer Jam

4 fresh California peaches, finely chopped (about 2 cups)
2 cups sugar
1/4 tsp. ground nutmeg
1 (3 oz.) pouch liquid fruit pectin
2 tbs. lemon juice

Combine peaches, sugar and nutmeg.

Let stand 10 minutes until juices run.

Add pectin and lemon juice; let stand 3 minutes, stirring frequently.

Ladle into clean 1/2 pint glass jars or freezer storage bags.

Let stand for several hours at room temperature or until jam is set.

Store up to 3 weeks in refrigerator or up to 1 year in freezer

Strawberry Banana Jam

1 cup bananas, mashed (approx. 2 large)
3 cups strawberries, mashed (about 3 1/2 lbs)

1 1/2 cups sugar

1 (1 5/8 ounce) packages freezer jam pectin

Combine mashed bananas and strawberries in medium bowl; set aside.

Combine sugar and freezer jam pectin in small bowl, stirring to blend evenly.

Gradually stir pectin mixture into prepared fruit, stirring for 3 minutes.

Ladle jam into freezer jars, leaving 1/2 inch headspace. Let jam stand to thicken, not to exceed 30 minutes. Freeze

Lemon Berry Jam

1 (1 5/8 ounce) packages freezer jam pectin

1 1/2 cups sugar

3 (12 ounce) bags frozen unsweetened mixed berries (strawberries, raspberries, blackberries and blueberries)

1 large lemons, zest of

Thaw berries in the refrigerator until soft enough to crush, but some ice crystals still remain. Crush berries with a potato masher.

Measure 4 cups crushed berries; set aside.

Combine freezer jam pectin and sugar in a medium bowl, stirring to evenly blend.

Add crushed berries and lemon zest.

Stir for 3 minutes.

Serve immediately, if desired.

For longer storage, ladle jam into clean freezer jars, leaving 1/2-inch headspace; apply lids. Let stand until thickened, about 30 minutes.

Refrigerate up to 3 weeks or freeze up to 1 year.

Grape Freezer Jam

3 cups crushed grapes

5 1/4 cups sugar

1 box Sure-Jell

Directions

Measure fruit into large bowl.

Measure sugar into medium bowl.

Stir sugar into fruit.

Set aside for 10 minutes.
Stir occasionally.
Stir Sure Jell into 3/4 cups water in small pan.
Bring this mixture to a boil on high heat stirring constantly.
Boil and stir for 1 minute.
Remove from heat.
Stir Sure Jell mixture into fruit.
Stir constantly until sugar is completely dissolved and no longer grainy (about 3 minutes).
Pour quickly into clean plastic containers to within 1/2 inch of tops.
Then store in fridge for immediate use or Freezer for up to 1 year.

Raspberry Chipotle Jam

1/2 g pectin (Must be one 1.59 ounce pouch Ball Fruit Jell Freezer Jam)
1 1/2 cups sugar
2 -3 chipotle chiles in adobo
4 cups crushed raspberries
Directions
Combine freezer jam pectin and sugar in a medium bowl, stirring to evenly blend. Set aside.
In food processor or blender, purée 2-3 chipotle peppers and 3 tablespoons adobo sauce; remove seeds from peppers if less heat is desired. Add chipotle pepper purée and crushed raspberries to pectin mixture. Stir for 3 minutes. Serve immediately, if desired.
For longer storage, ladle jam into clean freezer jars, leaving 1/2-inch headspace; apply lids. Let stand until thickened, about 30 minutes. Refrigerate up to 3 weeks or freeze up to 1 year.

Apricot Freezer Jam

3 cups apricots, mashed
1 tablespoon lemon juice
1/8 teaspoon lemons, rind of, grated

5 cups granulated sugar
1/2 bottle liquid Certo
Directions
Mix apricots, lemon juice and rind.
Add sugar, stir 5 minutes until sugar dissolves.
Let stand 20 minutes.
Stir in pectin.
Ladle into cartons or jars, filling to within 1/2 inch of top. Jar and freeze.

Ball Blue Book Freezer Jam Recipes

Banana-Strawberry Freezer Jam

Yield: about 5 half-pints

3 large bananas
3 cups crushed strawberries (about 1 1/2 quarts)
1 1/2 cups sugar
5 tablespoons Ball Instant Pectin

Preheat oven to 400°F. Cover a baking sheet with aluminum foil. Place bananas on baking sheet; do not peel. Bake for 15 minutes at 400°F. Cool. Peel and crush bananas. Measure 1 cup crushed bananas. Combine bananas and strawberries in a medium bowl; set aside. Stir sugar and instant pectin together in a large bowl until well blended. Add fruit mixture to sugar mixture and stir 3 minutes. Ladle jam into plastic freezer jars, leaving 1/2-inch headspace. Let jam stand 30 minutes to thicken. Label and freeze.



Lemony Blueberry-Nectarine Freezer Jams *Yield: about 5 half-pints*

3 cups chopped, pitted, peeled nectarines (about 4 medium)
1 cup crushed blueberries (about 1 pint)
1 tablespoon grated lemon peel
1 teaspoon lemon juice
1 ½ cups sugar
5 tablespoons Ball Instant Pectin

Combine nectarines, blueberries, lemon peel and lemon juice in a medium bowl; set aside. Stir sugar and instant pectin together in a large bowl until well blended. Add fruit mixture to sugar mixture and stir 3 minutes. Ladle jam into plastic freezer jars, leaving ½-inch headspace. Let jam stand 30 minutes to thicken. Label and freeze.

Plum-Orange Freezer Jam *Yield: about 5 half-pints*

3 pounds plums (about 10 medium)
½ cup water
1 teaspoon grated orange peel
¼ cup orange pulp (about 1 medium)
1 ½ cups sugar
½ teaspoon mace
5 tablespoons Ball Instant Pectin

Wash plums; drain. Pit and finely chop plums. Combine plums and water in a saucepot. Cover and simmer 5 minutes. Measure 3 ¾ cups cooked plums. Combine cooked plums, orange peel, orange pulp, and mace in a medium bowl; set aside. Stir sugar and instant pectin together in a large bowl until well blended. Add fruit mixture to sugar mixture and stir 3 minutes. Ladle jam into plastic freezer jars, leaving ½-inch headspace. Let jam stand 30 minutes to thicken. Label and freeze.

Spiced Apple-Pear Freezer Jam 4 cup chopped, peeled, cored apples (about 5 medium)

4 cups chopped, peeled, cored pears (about 5 medium)
¼ cup water
1 cup granulated sugar
½ cup brown sugar
¾ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon allspice
5 tablespoons Ball Instant Pectin

Combine apples, pears, and water in a saucepot. Cover and simmer 5 minutes. Lightly crush fruit. Measure 4 cups cooked fruit. Combine cooked fruit and spices in a medium bowl; set aside. Stir sugar and instant pectin together in a large bowl until well blended. Add fruit mixture to sugar mixture and stir 3 minutes. Ladle jam into plastic freezer jars, leaving ½-inch headspace. Let jam stand 30 minutes to thicken. Label and freeze.

Triple Berry Freezer Jam *Yield: about 5 half-pints*

2 cups crushed strawberries (about 1 quart)
1 cup crushed red raspberries (about 1 pint)
1 cup crushed blackberries (about 1 pint)
1 ½ cups sugar
5 tablespoons Ball Instant Pectin

Combine strawberries, raspberries, and blackberries in a medium bowl; set aside. Stir sugar and instant pectin together in a large bowl until well blended. Add fruit mixture to sugar mixture and stir 3 minutes. Ladle jam into plastic freezer jars, leaving ½-inch headspace. Let jam stand 30 minutes to thicken. Label and freeze.