

References

Kingry, J., & Devine, L., editors. (2006). *Ball complete book of home preserving*. Toronto, Canada: Robert Rose Inc.

Images and Photos from:

- Microsoft Clipart
- <http://oneordinaryday.wordpress.com/2009/06/12/sparkling-strawberry-lemonade/>
- <http://www.christinespies.com/images/peach.jpg>
- <http://anicecuppa.net/2007/05/07/rhubarb-tea/>

The following recipes are also found in the Ball Blue Book (2009 edition) available at your local County Extension Office and at other retailers or online at www.freshpreserving.com:

- Apple-Cinnamon Syrup (p. 82)
- Danish Cherry Sauce (p. 83)
- Pineapple Topping (p. 84)
- Strawberry Syrup (p. 84)



100 East Center Street, L600
Provo, UT 84606
801-851-8460
<http://extension.usu.edu/utah>

UTAH STATE UNIVERSITY EXTENSION/UTAH COUNTY
100 EAST CENTER STREET, L600
PROVO, UT 84606
801-851-8460
[HTTP://EXTENSION.USU.EDU/UTAH](http://extension.usu.edu/utah)

Food 4 Thought Series 2010

May 2010 Class Handout Making & Canning Fruit Sauces & Syrups

*Preserve the good things of life
because you "can"*



- Enjoy the pleasures of preserving!
- Fun & tasty recipes to preserve fresh spring and summertime flavors!



Utah State University is an affirmative action & equal opportunity institution.

Danish Cherry Sauce	4
Pineapple Topping	4
Strawberry Sauce	5
Chocolate Raspberry Sundae Topper	6
Canned Lemon Curd	6
Strawberry Syrup	9
Apple-Cinnamon Syrup	10
Maple Strawberry Smooch	11
Black Forest Preserves	12
Raspberry Vinegar	13
Strawberry Lemonade Concentrate	14
Sunshine Rhubarb Juice Concentrate	15
Zesty Peach Barbecue Sauce	16
Fruit Ketchup	17
Altitude Conversion Chart	18
Notes	19
References	20

Normally, the processing times given for acid foods in recipes and canning guides are based on an altitude at or below 1,000 feet above sea level using the boiling water method. At altitudes above 1,000 feet, adjust the processing time according to the chart below.

Most places in Utah County are between 3,000 and 6,000 feet. All recipes in this booklet have been adjusted for Utah County Altitude Processing Times.

Altitude (feet)	Increase Processing Time
1,001 to 3,000	5 minutes
3,001 to 6,000	10 minutes
6,001 to 8,000	15 minutes
8,001 to 10,000	20 minutes

[illegible]

Altitude Conversion Chart for Thermometers	
If the water boils at this temperature:	Subtract these degrees from recipe:
200° F	12° F
201° F	11° F
202° F	10° F
203° F	9° F
204° F	8° F
205° F	7° F
206° F	6° F
207° F	5° F
208° F	4° F
209° F	3° F
210° F	2° F
211° F	1° F
212° F	0° F

*For example, if your thermometer reads 204° F when water is boiling and the recipe says to cook to 230° F, subtract 8° F and cook to 222° F.

Basic Principles of Boiling Water Canning

(see USU Extension Publication, *Principles of Boiling Water Canning* for more details)

By Kathleen Riggs, USU Extension Agent

& Brian Nummer, Ph.D., USU Food Safety Specialist

The USDA Cooperative Extension system has been providing safe canning recommendations for over 100 years. It has been known since those early days that heat at the temperature of boiling water can destroy “almost” all microorganisms. Yeast, molds and most bacteria are easily killed at this temperature. The only microorganisms that survive are the bacteria that form protective spores, such as *Clostridium botulinum*.

High acid levels are used to prevent the spore formers, especially *Clostridium botulinum*, from growing. The measurement of a food’s acidity is called pH. When the pH is below 4.6, growth of spore formers is inhibited.

Foods such as fruits, pickles, sauerkraut, jams, jellies, marmalades and fruit butters/spreads fit into the *high acid* group since they have an acidity, or pH level, of 4.6 or lower. Most tomatoes and tomato products also fit into this category. However, some new varieties of tomatoes are borderline acidic and the Cooperative Extension System now recommends adding a little extra acid as a safety measure.

When canning with a Boiling Water Canner, here are some basic tips:

- Prior to filling jars with product, prepare your canner by filling it with enough cold water to come approximately one-inch above the top of the jars when placed in the canner. You may need to add more hot water to the canner once all your jars are in place.
- Place canner on stove and begin to heat gently while preparing your jars with product. If you are filling jars with hot product, bring water temperature in canner to approximately 180°. If filling product with raw product (covered in hot canning liquid), bring water temperature in canner to approximately 140°.
- Do not use a hard rolling boil. After canner has reached a boil, reduce temperature to maintain a gentle rolling boil during the entire processing time.
- **ALWAYS** adjust your processing time according to altitude (see altitude chart on opposite page).
- After processing, allow jars to sit, submerged in canner for 5 minutes prior to removing.
- Place jars upright on a towel or cooling rack out of drafts and leave undisturbed for approximately 24 hours before readying for storage.
- During this time, do not tighten screw-bands.
- Once sealed and cooled, remove screw bands, label, and store in a cool,

Danish Cherry Sauce (Yield: About three pint jars)

1½ cups granulated sugar
 3 cinnamon sticks (each about 4" long)
 1½ teaspoon almond extract
 1 cup water
 ¾ cup corn syrup
 7½ cups pitted sweet or sour cherries

In a large pot, combine sugar, cinnamon sticks, almond extract, water and corn syrup. Boil over medium-high heat, stirring constantly. Reduce heat to a gentle boil. Add cherries and boil gently, stirring until heated through. Discard cinnamon sticks.

Ladle into hot jars and leave a ½-inch headspace. Remove air bubbles and adjust headspace. Wipe rim and place lids and screw bands. Tighten the screw bands finger-tight.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

TIP: to thicken this sauce before serving, combine 1 tablespoon cornstarch and 2 tablespoons water in a saucepan. Add 1 pint Danish Cherry Sauce. Bring to a boil over medium-high heat and cook, stirring until sauce thickens. **DO NOT ADD CORNSTARCH BEFORE CANNING.**

Pineapple Topping (Yield: About five 8-ounce jars)

5 cups crushed fresh or canned pineapple, including juice
 4 cups granulated sugar

In a large pot, combine pineapple and sugar. Slowly bring to a boil over medium heat, stirring constantly, until sugar dissolves. Boil hard, stirring frequently, for 30 minutes. Remove from heat and test gel. If gel stage has been reached, skim off foam.

Ladle into hot jars and leave a ¼-inch headspace. Remove air bubbles and adjust headspace. Wipe rim and place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain, and **process for 25 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time has been adjusted for an altitude between 3,001 - 6,000 feet.

Fruit Ketchup (Yield: four 8-ounce jars)

4 cups chopped, cored, peeled tomatoes
 4 cups chopped, pitted, peeled peaches
 2 cups chopped, cored apples
 1 cup finely chopped onion
 3 cloves finely chopped garlic
 1 cup liquid honey
 ½ cup white vinegar
 2 teaspoons dry mustard
 1 teaspoon salt
 1 teaspoon freshly ground black pepper
 1 teaspoon ground cloves
 ½ teaspoon ground allspice
 ¼ teaspoon cayenne pepper



In a large pot, combine tomatoes, peaches and apples. Over low heat, mash the fruit until juices flow. Add onion and garlic. Increase heat to medium-high and bring to a boil, stirring frequently. Reduce heat, cover and boil gently until fruit is heated through and onions are transparent, about 10 minutes.

Working in batches, transfer mixture to a sieve placed over a bowl and press with the back of a spoon to extract all the liquid and pulp. Measure out 5 cups. Discard solids.

Return liquid and pulp to saucepan. Add honey, vinegar, mustard, salt, black pepper, cloves, allspice and cayenne. Bring to a boil over high heat, stirring occasionally. Reduce heat and boil gently, stirring occasionally, until mixture thickens, about 45 minutes.

Ladle into hot jars and leave a ½-inch headspace. Remove air bubbles and adjust headspace. Wipe rim and place lids and screw bands. Tighten the screw bands finger-tight.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 25 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 ft.

Zesty Peach Barbecue Sauce (Yield: eight 8-ounce jars)

6 cups finely chopped, pitted peeled peaches
 1 cup finely chopped, seeded red bell pepper
 1 cup finely chopped onion
 3 tablespoons finely chopped garlic
 1 ¼ cups liquid honey
 ¾ cup cider vinegar
 1 tablespoon Worcestershire sauce
 2 teaspoons hot pepper flakes (optional)
 2 teaspoons dry mustard
 2 teaspoons salt

In a large pot, combine all the ingredients. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring frequently, until mixture is thickened, about 25 minutes.

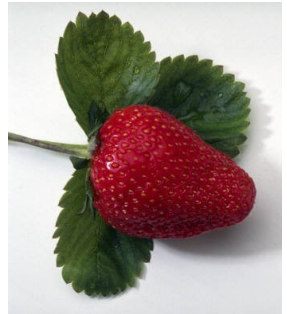
Ladle into hot jars and leave a ½-inch headspace. Remove air bubbles and adjust headspace. Wipe rim and place lids and screw bands. Tighten the screw bands finger-tight.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 25 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.

**Strawberry Sauce** (Yield: About six 8-ounce jars)

9 cups hulled strawberries
 ⅔ cup unsweetened apple juice
 1 tablespoon grated orange zest
 1 ½ cups sugar
 ⅔ cup corn syrup
 ½ cup orange juice



In large pot, combine strawberries, apple juice and orange zest. While gently heating, use a potato masher to crush berries. Bring to a gentle boil and gradually add sugar. Stir until completely dissolved. Continue to boil and gradually stir in corn syrup and orange juice. Stirring constantly, bring to a full rolling boil over high heat. Boil hard for about 15 minutes, stirring occasionally to prevent sticking.

Ladle into hot jars and leave a ¼-inch headspace. Remove air bubbles and adjust headspace. Wipe rim and place lids and screw bands. Tighten the screw bands finger-tight.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.

Variation: Raspberry Sauce

10 cups raspberries	1 cup unsweetened apple juice
1 tablespoon grated orange zest	1 ½ cups granulated sugar
⅔ cup corn syrup	½ cup orange juice

Follow directions for Strawberry Sauce, above. After adding corn syrup and orange juice, reduce boiling time (not processing time) to 12 minutes.

Variation: Blueberry Sauce

7 cups blueberries	2¾ cups unsweetened apple juice
1 tablespoon grated lemon zest	1 ¼ cups sugar
⅔ cup corn syrup	¼ cup lemon juice

Follow directions for Strawberry Sauce, above.



Chocolate Raspberry Sundae Topper (Yield: About six 8-ounce jars)

½ cup sifted unsweetened cocoa powder
 1 (1.75 oz) package regular powdered fruit pectin
 4½ cups crushed red raspberries
 4 tablespoons lemon juice
 6¾ cups granulated sugar

In a medium bowl, combine cocoa powder and pectin, stirring until evenly blended. Set aside.

Place crushed raspberries and lemon juice in large pot. Whisk in pectin mixture until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full roiling boil, stirring constantly. Remove from heat and skim off foam.

Ladle into hot jars and leave a ¼-inch headspace. Remove air bubbles and adjust headspace. Wipe rim and place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.

Canned Lemon Curd (Yield: About three or four 8-ounce jars)

2½ cups superfine sugar*
 ½ cup lemon zest (freshly zested), optional
 1 cup bottled lemon juice**
 ¾ cup unsalted butter, chilled, cut into approximately ¾" pieces
 7 large egg yolks
 4 large whole eggs

Preparation Notes:

* If superfine sugar is not available, run granulated sugar through a grinder or food processor for 1 minute, let settle and use in place of superfine sugar. Do not use powdered sugar.

** Bottled lemon juice is used to standardize acidity. Fresh lemon juice can vary in acidity and is **not recommended**.

Special Equipment Needed: lemon zester, balloon whisk, 1½-quart double boiler*** (the top double boiler pan should be at least 1½-quart volume), strainer, kitchen thermometer measuring at least up to 180° F, glass or stainless steel medium mixing bowl, silicone spatula or cooking spoon and equipment for boiling water canning.

**Sunshine Rhubarb Juice Concentrate** (Yield: About 4 pint jars)

12 cups sliced rhubarb
 4 cups water
 Grated zest and juice of 1 lemon
 Grated zest and juice of 1 orange
 1½ cups sugar

In large pot, combine rhubarb, water, lemon & orange zests and bring to a boil. Stir constantly over medium high heat. Reduce heat, cover and boil gently until rhubarb is soft, about 10 minutes. Remove from heat and stir in lemon juice and orange juice.

Pour into dampened jelly bag or strainer lined with several layers of cheesecloth set over a deep bowl. Let drip for at least 2 hours, undisturbed.

In clean, large pot combine rhubarb juice and sugar. Heat to 190° F. (see altitude adjustment chart, page 18). Stir to dissolve sugar, but do not boil. Remove from heat and skim off foam.

Ladle into hot jars, leave ¼-inch headspace, clean rim, place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.



Strawberry Lemonade Concentrate (Yield: About 7 pint jars)

6 cups hulled strawberries
 4 cups freshly squeezed lemon juice
 6 cups sugar

Use a blender or a food processor and purée the strawberries until smooth and put in a large pot. Add lemon juice and sugar and stir to combine. Heat to 190° F. (see altitude adjustment chart, page 18) using medium-high heat. Stir occasionally and do not boil. Remove from heat and skim off any foam.

Ladle into hot jars, leave ¼-inch headspace, clean rim, place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 25 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.



*** If a double boiler is not available, a substitute can be made with a large bowl or saucepan that can fit partway down into a saucepan of a smaller diameter. If the bottom pan has a larger diameter, the top bowl or pan should have a handle(s) that can rest on the rim of the lower pan. Water in bottom of double boiler should not touch bottom of upper bowl/pan.

Lemon Curd Procedure:

1. Wash 4 half-pint canning jars with warm, soapy water. Rinse well; keep hot until ready to fill. Prepare canning lids according to manufacturer's directions.
2. Fill boiling water canner with enough water to cover the filled jars by 1 to 2 inches. Use a thermometer to preheat the water to reach 180°F by the time filled jars are ready to be added.

Caution: Do not heat the water in the canner to more than 180°F before jars are added. If the water in the canner is too hot when jars are added, the process time will not be long enough. The time it takes for the canner to reach boiling after the jars are added is expected to be 25 to 30 minutes for this product. Process time starts after the water in the canner comes to a full boil over the tops of the jars.

3. Combine the sugar and lemon zest in a small bowl, stir to mix, and set aside about 30 minutes. Pre-measure the lemon juice and prepare the chilled butter pieces.
4. Heat water in the bottom pan of the double boiler until it boils gently. The water should not boil vigorously or touch the bottom of the top double boiler pan or bowl in which the curd is to be cooked. Steam produced will be sufficient for the cooking process to occur.
5. In the top of the double boiler, on the countertop or table, whisk the egg yolks and whole eggs together until thoroughly mixed. Slowly whisk in the sugar and zest, blending until well mixed and smooth. Blend in the lemon juice and then add the butter pieces to the mixture.
6. Place the top of the double boiler over boiling water in the bottom pan. Stir gently but continuously to prevent the mixture from sticking to the bottom of the pan. Continue cooking until the mixture reaches a temperature of 170°F. (see altitude adjustment chart, page 18). Use a food thermometer to monitor the temperature.
7. Remove the double boiler pan from the stove and place on a protected surface, such as a dish cloth or towel on the countertop. Continue to stir gently until the curd thickens (about 5 minutes). Strain curd through a mesh strainer into a glass or stainless steel bowl; discard collected zest.
8. Fill hot strained curd into the clean, hot half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.



9. Process in the prepared boiling water canner according to the recommendations in **Table I** below. Let cool, undisturbed, for 12 to 24 hours and check for seals.

Shelf Life: For best quality, store in a cool, dark place (away from light). Plan to use canned lemon curd within 3 to 4 months. Browning and/or separation may occur with longer storage; discard if these changes are observed.

served.

Prepared lemon curd can also be frozen instead of canned for up to 1 year without quality changes when thawed. Package in freezer containers after straining and cooling to room temperature. To thaw, place container in a refrigerator at 40°F or lower for 24 hours before intended use. After thawing, consume within 4 weeks.

(See *Freezer Lemon Curd*, http://www.uga.edu/nchfp/publications/nchfp/factsheets/freezer_lemoncurd.pdf)

For more detailed information on boiling water canning, see "Using Boiling Water Canners" at http://www.uga.edu/nchfp/publications/uga/using_bw_canners.html

Variation:

For *Lime Curd*, use the same recipe but substitute 1 cup bottled lime juice and ¼ cup fresh lime zest for the lemon juice and zest.

Table I. Recommended process time for Canned Lemon Curd in a boiling-water canner.

		Process Times at Altitudes of:		
Style of Pack	Jar Size	0-1,000 ft	1,001-6,000 ft	Over 6,000 ft
Hot	Half-Pint	15 min.	20 min.	25 min.

Raspberry Vinegar (Yield: About six 8-ounce jars)

4 cups raspberries

5 cups white wine vinegar, divided

Combine raspberries and 1 cup vinegar in a large glass bowl. Lightly crush the raspberries and add remaining vinegar. Stir to combine. Cover tightly with plastic wrap and let stand in a dark, cool place for 1 to 4 weeks, stirring every 2 to 3 days. May be tasted weekly until the desired strength is achieved.

Line a strainer with several layers of cheesecloth. Place over a large stainless steel pot. Strain but do not squeeze, then discard cheesecloth and residue.

Heat vinegar until it reaches 180° F. (see altitude adjustment chart, page 18).

Ladle into hot jars, leave ¼-inch headspace, clean rim, place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.

Use this delightful vinegar to create your own flavored vinaigrette for salads.



Black Forest Preserves (Yield: About seven 8-ounce jars)

6½ cups granulated sugar

⅓ cup sifted unsweetened cocoa powder

3 cups firmly packed coarsely chopped, pitted sweet black cherries

½ cup lemon juice

1 (3 oz.) pouch liquid pectin

½ teaspoon almond extract

In a small bowl, combine sugar and cocoa powder. Stir well and set aside. In large pot, combine cherries and lemon juice. Stir in reserved cocoa mixture. Stir constantly over high heat and bring to a full rolling boil that cannot be stirred down; stir in the pectin. Stir constantly and boil hard for 1 minute; stir in almond extract. Remove from heat, skim off foam.

Ladle immediately into hot jars and leave ¼-inch headspace, remove air bubbles, adjust headspace, and wipe rim. Place the lid on the jar and screw the band on finger-tight.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 ft.

**Strawberry Syrup** (Yield: six 8-ounce jars)

10 cups strawberries, stemmed and crushed

3 cups water, divided

1 strip (2") lemon peel

2½ cups granulated sugar

3½ cups corn syrup

2 tablespoons lemon juice

In a large pot combine strawberries, 1½ cups of the water and lemon peel. Boil gently for 5 minutes.

Transfer to a dampened jelly bag or a strainer lined with several layers of cheesecloth set over a deep bowl. Let drip, undisturbed, for at least 2 hours.

In a clean large pot, combine sugar and remaining 1½ cups water. Bring to a boil over medium-high heat, stirring to dissolve sugar, and cook until temperature reaches 230° F. (see altitude adjustment chart, page 18). Add strawberry juice and corn syrup. Increase heat to high, boil for 5 minutes, stirring occasionally. Remove from heat and stir in lemon juice.

Ladle into hot jars and leave a ¼-inch headspace. Remove air bubbles and adjust headspace. Wipe rim and place lids and screw bands. Tighten the screw bands finger-tight.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.



Apple-Cinnamon Syrup (Yield: About 6 pint jars)

6 cups unsweetened apple juice
 3 cinnamon sticks (each about 4" long, broken in half)
 5 cups granulated sugar
 4 cups water
 3 cups corn syrup
 ¼ cup lemon juice

Prepare canner, jars and lids. Combine apple juice and cinnamon sticks in large saucepan and bring to a boil. Reduce heat. Boil for 5 minutes then remove from heat.

In a separate large saucepan, combine sugar and water and bring to a boil. Cook until syrup reaches 230° F. (see altitude adjustment chart, page 18). Add apple juice, cinnamon sticks and corn syrup and return to a boil. Boil for 5 minutes, stirring occasionally. Remove from heat. Discard cinnamon sticks and stir in lemon juice.

Ladle into hot jars, leave ¼ -inch headspace, clean rim, place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.

**Maple Strawberry Smooch** (Yield: About six 8-ounce jars.)

4¾ cups puréed strawberries
 1½ cups pure maple syrup
 1 cup unsweetened apple juice
 3 tablespoons lemon juice
 1 (1.75 oz.) package regular powdered fruit pectin

In large pot, mix puréed strawberries, maple syrup, apple juice and lemon juice. Cook over medium-high heat, stirring frequently and bring to a boil. Add pectin and stir until dissolved; return to a rolling boil. Boil hard for 1 minute and remove from heat.

Ladle into hot jars, leave ¼ -inch headspace, clean rim, place lids and screw bands.

Place jars in prepared canner, with jars completely under water. Bring to a boil, reduce heat to maintain gentle boil and **process for 20 minutes***. Turn off heat and remove canner lid. Allow jars to sit in canner for 5 minutes before removing. Set jars on rack or towel out of drafts and allow to cool. Remove screw band, label and store.

*Processing time is adjusted for an altitude between 3001 - 6000 feet.

