

# Jam and Jelly

**F**ruit spreads such as jams and jellies add flavor and color to meals and snacks. Characteristics of the spread vary based on the type of fruit used, how it is prepared, the proportion of different ingredients and the methods of cooking the spread.

**Jelly** is made from fruit juice. It should be clean and sparkling and hold its shape.

**Jam** is made from crushed or mashed fruit. It is less firm than jelly and may not hold its shape.

**Preserves** are small whole fruits or pieces of fruit in a clear, jellied syrup.

**Conserves** are a jam-like product mixture of more than one fruit. A true conserve contains nuts, raisins and/or coconut.

**Marmalade**

a modified pectin or alternative thickener. Follow the pectin products directions carefully.

### Equipment/Containers

**Large pot**, 8 to 10 quarts capacity, is essential for making jellied product; the mixture will come to a full rolling boil without boiling over.

**Clock or watch** with a second hand for timing.

**Jelly, candy or deep-fat thermometer** aids in making jelly without added pectin.

**Boiling water canner** with a rack and close-fitting lid. Set on the heat source. Add hot water.

**Canning jars, lids and bands**, washed and rinsed. To sterilize jars, place in the canner, bring to boil. Boil for 10 minutes. Keep jars in hot water until ready to fill. If the boiling water canner processing is more than 10 minutes the jars do not need to be sterilized ahead as it occurs during processing.

### General Preparation

Prepare enough fruit for one batch at a time.

Increasing the size of jellied recipes is not recommended because it provides difficulties in gelling.

There are two methods for preparing jellied products. The conventional long-cook method uses the fruit with natural pectin, mixed with sugar then cooked 30 to 45 minutes, until the gel point is reached. The short-cook method adds pectin.

### Jam without Added Pectin

a cloudy jelly. At this point, the juice is ready and can be used immediately, or it can be canned or frozen for making jelly at a later time.

**Steam juicers** may be used for preparing juices for making jelly. Follow manufacturer's directions for extracting juice in this method.

### Gel Point Tests

