

CHEF AT THE MARKET

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***IMPORTANT:** This is a low sugar recipe. You **MUST** use a low sugar pectin product for this recipe. For health safety, it is important to always follow the manufacturer's recipe instructions provided with the pectin product you purchase.

Strawberry Jam

6 pints of strawberries (fresh or frozen, washed, stems removed)
4 cups of sugar
1 box Sure-Jell low/no sugar fruit pectin*
½ Tbsp butter

Crush strawberries. Fill a large pot (stock pot or canning pot) halfway with water and bring to boil. Wash glass canning jars and screw bands in hot, soapy water. Rinse. Set on cutting boards. Put sealing lids in a pan off-heat; pour boiling water to cover and let sit until ready for use.

Put crushed berries into 6 or 8 quart pot. In a separate small bowl, combine pectin powder with ¼ cup of the sugar (reserving 3 ¾ cups). Mix the sugar-pectin mixture with the strawberries in the pot. Add the butter (this reduces foaming).

Stirring constantly on high heat, bring mixture to a full rolling boil (a boil that doesn't stop bubbling when stirred). Stir in remaining sugar, all at once, and return to a full rolling boil while stirring constantly. **Maintain rolling boil for exactly 1 minute.** Remove from heat and skim off any foam.

Ladle quickly into jars, to within 1/8" of the top. Wipe off top of jar rim and the threads with a clean towel. Cover with the sealing lids and screw on bands – but not too tightly to allow air to escape while canning.

Submerge jars into boiling water, resting them on a rack, NOT bottom of the pot. Make sure water covers the tops of all jars by 1-2" (add more water, if needed). Bring to a gentle boil for 10 minutes. Remove jars from canning bath. Let jars rest for 24 hours on cutting boards or a towel-covered countertop (to prevent cold shock to boiling hot jars).

IMPORTANT: After 24 hours, test seal on jars by pressing on the center of each jar's lid. If it springs back, the jar did not fully seal. These jars of jam **MUST** be stored in the refrigerator and used within 3 weeks.

Sealed jars may be stored in a cool, dry, dark place for up to one year. Refrigerate after opening and use within 3 weeks.

Makes 8 cups of jam.



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