



# Dairy Facts And Figures

**Family Living Focus**  
by  
York Co. Extension Agent  
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**Do's and Don'ts of Jelly Making**  
Strawberry season is here and people are starting to make their favorite jams and jellies. This also starts the season of frantic phone calls from people having problems with their jellies. Here are answers to some frequently asked questions.

**?Can I substitute brands of pectin in recipes?** No! Each brand of pectin has a different formulation and the recipe has been developed for that specific brand of pectin. If you substitute brands, you could end up with a jam or jelly that does not set.

**?Is it all right to add a little more juice or cut down on the sugar in the recipe?** Accurate measurements are a must! Sugar should be measured in dry measuring cups made of metal or plastic and leveled off with the straight edge of a spatula or knife. Prepared fruit should be measured in liquid measuring cups made of glass or plastic and read at eye level. A variation of 1/4 cup more or less fruit can yield a thinner or thicker jelly or jam. Do not cut down on the sugar in the recipe. There are several new "light" products available to use in making low sugar jellies. Look for them in local markets.

**?Do I have to be precise about how long I boil my jam or jelly?** Yes! Start watching the clock when the jam or jelly comes to a full rolling boil (a boil that does not stop when stirred). A rolling boil allows for evaporation that concentrates the fruit mixture to the ideal sugar level. Too long or too short a cooking time may cause setting problems such as a "no set," "soft set," or a "pan set" (jam or jelly that sets in the pan before it can be poured into jars).

**?Can I salvage jelly or jam**

**that is too soft?** If your jelly is too soft, try one of the following methods for re-cooking jelly or jam based on the type of pectin used.

**Remaking Soft Jellies**

Measure jelly to be re-cooked. Work with no more than 4 to 6 cups at a time.

**To remake with powdered pectin:** For each quart of jelly, mix 1/4 cup sugar, 1/2 cup water, 2 tablespoons bottled lemon juice, and 4 teaspoons powdered pectin. Bring to a boil while stirring. Add jelly and bring to a rolling boil over high heat, stirring constantly. Boil hard 1/2 minute. Remove from heat, quickly skim foam off jelly, and fill sterile jars, leaving 1/4 inch headspace. Adjust new lids and process 5 minutes.

**To remake with liquid pectin:** For each quart of jelly, measure 1/4 cup sugar, 2 tablespoons bottled lemon juice, and 2 tablespoons liquid pectin. Bring jelly only to boil over high heat, while stirring. Remove from heat and quickly add the sugar, lemon juice, and pectin. Bring to a full rolling boil, stirring constantly. Boil hard for 1 minute. Quickly skim off foam and fill sterile jars, leaving 1/4 inch headspace. Adjust new lids and process 5 minutes.

**To remove without added pectin:** For each quart of jelly, add 2 tablespoons bottled lemon juice. Heat to boiling and boil for 3 to 4 minutes. Remove from heat, quickly skim off foam, and fill sterile jars, leaving 1/4 inch headspace. Adjust new lids and process 5 minutes.

If you have questions about food preservation call your local extension office or 1-800-43PECTIN.

SOURCE: Complete Guide to Home Canning

Agriculture Information Bulletin 539

The salt in butter not only adds flavor but also increases its shelf life by acting as a preservative. Unsalted butter has a shorter shelf life and is best kept frozen until ready to use.

Compound or flavored butters can quickly dress up grilled meats and poultry, cooked vegetables and breads. Simply soften butter and stir in a flavoring ingredient. Try minced fresh basil, finely chopped garlic, finely chopped sun-dried tomatoes, grated lime peel and ground cumin, finely chopped hazelnuts or crumbled Blue cheese.

Ice cream and cookies is one summertime combo that never goes out of style. For a quick cookies 'n' cream sundae, crumble a cookie in a dessert dish, top with a scoop of ice cream, your favorite ice cream topping and another crumbled cookie. Finish off with a dollop of whipped cream.

According to John Mariani (American Way, November 15, 1994), Americans annually consume 1,929,590,000 pounds of Mozzarella cheese and 3,710,750,000 pounds of tomatoes on their pizzas.

What ice cream flavors score high marks with kids? According to Prepared Foods (March 1995), kids ages six to 12 "very strongly" prefer Vanilla, Rocky Road, S'mores, Cookie Dough, Chocolate and Peanut Butter. Fruity flavors like cherry, banana, even watermelon, did well, too; but kids gave a thumbs down to lemon, blueberry and cranberry.

What do cappuccino, cafe latte, cafe au lait, cafe con leche and cafe mocha have in common? Milk. Each of these popular coffee drinks contains or is served with milk.

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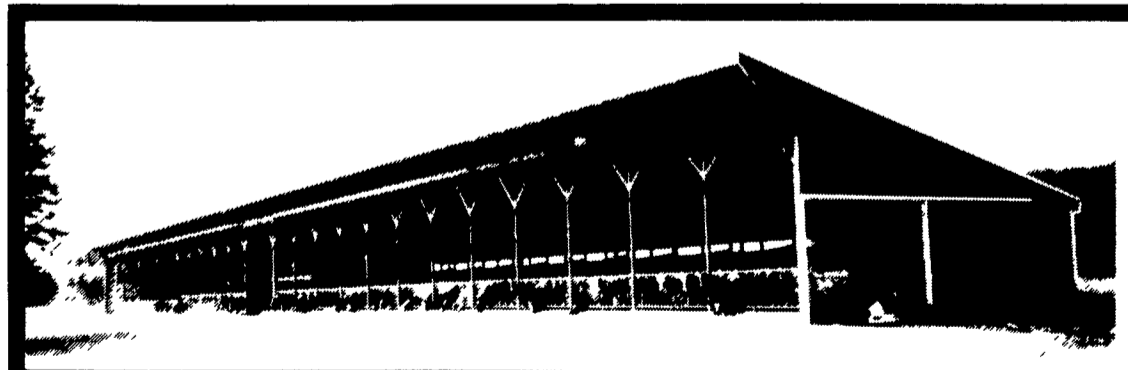


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