

Latest Jam And Jelly Techniques

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RED RASPBERRY SPREAD

5 cups crushed red raspberries
 ½ cup water
 1 package no sugar needed pectin

1½ cups sugar
 ½ cup light corn syrup
 Prepare home canning jars and lids according to manufacturer's instructions.

Combine red raspberries and water in a large saucepot. Gradually stir in pectin. Bring mixture to a boil, stirring constantly. Add sugar and light corn syrup, stirring to dissolve. Return mixture to a rolling boil. Boil one minute, stirring constantly. Remove from heat. Skim foam, if necessary. Carefully ladle hot spread into hot jars, leaving ¼ -inch headspace. Wipe jar rim clean. Place lid on jar and screw down band evenly and firmly until fingertip tight.

Process 10 minutes in a boiling-water canner. Yield: about 4 12-ounce jars.

RHUBARB JELLY

5 cups rhubarb
 4 cups sugar
 Boil together for 8 minutes. Add ¼ cup cherry or strawberry Jell-O. The Jell-O will thicken it. Pour into containers. Cool and freeze.

A. Rissler
 Leola

PEACH-BERRY FREEZER JAM

1 cup crushed peaches
 1 cup red raspberries
 1 tablespoon lemon juice
 1 teaspoon grated lemon peel
 2 teaspoons vanilla
 ¾ cups sugar
 ½ cup corn syrup
 1 package powdered pectin
 ¼ cup water

Prepare freezer jam jars and lids according to manufacturer's instructions.

Combine peaches, red raspberries, lemon juice, lemon peel, and vanilla in a large bowl. Stir in sugar and corn syrup; let stand 10 minutes. Combine pectin and water in a small saucepan; boil hard for 1 minute, stirring constantly. Add pectin to fruit mixture, stirring constantly for 3 minutes. Carefully ladle jam into freezer jam jars, leaving ½ -inch headspace. Adjust caps. Allow to stand at room temperature until set, not to exceed 24 hours. Label. Store in freezer. Yield: about five 8-ounce jars.

Sugar, pectin, acid

Use cane or beet sugars for best results. If you prefer to use honey rather than sugar, select a recipe specifying honey. Do not interchange sugar and honey in a recipe for jams and jellies



Participants at the jam and jelly workshop taught by Nancy Wiker at the Lancaster County Extension taste-test jellies made with reduced sugar and without sugar.

because it will not work.

Jellies jell best if some acid is present. For this reason, many recipes specify lemon juice as an ingredient.

Pectin makes jam jell. It comes in both powder and liquid form.

A tablespoon or two of butter added to boiling fruit reduces foam. Foam should be skimmed off before filling jars.

Berry seed removal

To remove seeds from raspberries, puree the fruit in a blender, then pour the mixture through a coffee filter and allow to drip for four hours in the refrigerator. Juice may be frozen and made into jelly later.

Problems?

Cloudiness:

- Laddling too slowly or too late which results in jelly setting up too fast. Because the jelly traps tiny air bubbles, it appears cloudy. Ladle jelly quickly and immediately into jars.

Gummy Jam or Jelly:

- Overcooking
- Too much sugar. Measure carefully using standard, level cup measurements.

Stiff Jam or Jelly:

- Fruit that is not fully ripe.
- Overcooking. Cook quickly for specified time over highest heat.
- Too much pectin or sugar.

Thin Jam or Jelly:

- Inaccurate measurements.
- Too much prepared juice or too much or not enough sugar.
- Increasing the recipe. Because it is difficult to get a full rolling boil with large quantities, never try to double or increase the recipe. For larger quantities, make separate batches and follow the recipe exactly.
- Judging set too soon. Some fruits like cherries, apricots, and plums, may take two weeks to reach a final set.

PEACH JAM

5 cups sliced peaches
 6 cups sugar
 1 can crushed pineapples
 Mash peaches and cook together ingredients 15 minutes. Add 6 ounces Jell-O, peach or orange flavored. Stir until dissolved. Pour into jars and freeze or seal in boiling water bath.

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What Is It?

Jam: includes small pieces of fruit.

Jelly: clear

Conserve: mixture of fruits, thicker than jams and jellies.

Preserves: whole fruit
 Marmalades: citrus
 Butters: apple, grape, pears, peaches, darker colored than fruit.



Dairy promoters in Wyoming and Lackawanna counties include, front from left, Jaime Luce, dairy princess, and Sara Gozzillo, alternate. Back row, Angela Adams, Lee Ann Newell, Brandi Smith, and Amanda Anderson.

Jaime Luce Represents Wyoming And Lackawanna Counties

TUNKHANNOCK (Wyoming Co.)—Jaime Luce wears the dairy princess crown for Wyoming and Lackawanna counties.

The princess is the daughter of Jim and Jeannette Luce of Meshoppen. At Elk Lake High School, Jaime is in tenth grade and is involved in many sports. At home, she helps with the farm chores where she is in charge of feeding and training calves. She also built the pens for the calves. Jaime is an avid promoter for farm safety as the result of her father's injury when attacked by a bull. Jaime enjoys horse riding and art. She plans to make a career in photography.

Sara Gozzillo is the alternate dairy princess. She is also a tenth grader at Elk Lake High School.

She helps on her parents' John and Kim Gazzillo's farm in Meshoppen.

Five dairy maids included Angela Adams, daughter of Robert and Rose Adams; amanda Anderson, daughter of Ronald and Laura Adams; LeAnne Newell, daughter of David and Lori Bennett; Brandi Smith, daughter of Leslie and Jeanette Cobb; and Karri Urpack, daughter of Joe and Betty Urpack.

At the pageant held recently at the Pink Apple Restaurant Alternate New York State Dairy Princess Melissa Osgood was the guest speaker and Pa. Guernsey Princess Charlene Shupp presented a skit.

A special award was given to Judy Johnson for her help in many agricultural causes and her work to further the image of dairy farming.

What Can You Do If Mixture Doesn't Jell?

You followed all the rules. You measured exactly. But the jam or jell is too thin. Don't despair.

First realize that the consistency of all fruit jellies and that of some jams is determined by the balance among three ingredients: sugar, acid, and pectin. The levels of acid and pectin vary greatly from fruit to fruits. Even the same kind of fruit will have different acid and pectin levels according to variety and to age: underripe fruit is highest in acid and pectin and will set easily, but may not have the flavor. You can increase the acid levels of fruit by added about 2 tablespoons lemon juice to two cups of prepared fruit before preparing the jelly. But if the jelly is already made and doesn't set, try this for those made with No-Cook Sure Jell:

Prepare containers.

Prepare pectin mixture by slowly stirring contents of 1 box Sure-Jell Fruit Pectin into ¼ cup cold water in small saucepan. Bring to a boil over medium heat; then boil 2 minutes, stirring constantly. Remove from heat.

Prepare Trial Batch:

1 cup your jam or jelly
 2 tablespoons sugar
 1 tablespoon pectin mixture

Measure jam or jelly and the sugar into a bowl; stir thoroughly until sugar is dissolved, about 3 minutes. Add pectin mixture and stir until blended, about 3 minutes longer.

Quickly pour into containers and continue as directed in package insert. Store remaining pectin mixture covered in refrigerator.

If the trial batch sets satisfactorily within 24 hours, follow the recipe above, using the listed measures of sugar, and pectin mixture for each 1 cup of jam or jell. After preparing remainder of batch, discard any leftover pectin mixture.

Do not try to remake more than 8 cups jam or jelly at one time. To remake cooked jam or jelly made with Sure Jell Light Fruit Pectin, prepare glasses and lids.

Prepare pectin mixture by slowly stirring contents of one box Sure-Jell Light Fruit Pectin Mixture into 1½ cups cold water in small saucepan. Bring to a boil over medium heat; then boil 2 minutes, stirring constantly. Remove from heat.

Prepare trial batch:

1 cup jam or jelly
 1 tablespoon pectin mixture
 2 tablespoons sugar

Measure jam or jelly, the pectin mixture and sugar into small 1-quart saucepan. Bring to a full rolling boil over high heat, stirring constantly. Boil hard one-half minute.

Remove from heat and skim off any foam with metal spoon. Quickly pour into glass or jar; cover and let stand up to 24 hours to check set of trial batch. Store remaining pectin mixture covered in refrigerator.

If trial batch sets satisfactorily, follow the recipe above, using the listed measures of pectin mixture and sugar for each one cup jam or jelly. Measure into a 6- to 8-quart saucepot. Bring to a full rolling boil as directed; then boil hard one-half minute.

Remove from heat and skim off any foam with metal spoon. Quickly ladle into glasses or jars. Seal as directed in package insert. After preparing remainder of batch, discard any leftover pectin mixture.