

Home on the Range

Fruitful Get Togethers

It's another glorious summer, the season of fruit. It's another chance to savor new flavors, colors, and textures.

But summer passes quickly. Prolong the enjoyment of nature's finest by turning your favorite summer fruits into easy-to-prepare jellies and jams.

Only four basic ingredients are needed to prepare jam or jelly: fruit, sugar, acid (such as lemon juice) and pectin. Pectin is the ingredient that makes your jam or jelly set up or gel. Although pectin is found naturally in fruits, some soft-spread recipes require adding additional pectin, using a commercial pectin and following the packaging instructions assures proper balance of ingredients and a good set.

QUINCE JELLY

6 cups prepared juice (about 4 pounds fully ripen quinces and 6 cups water)
7 cups (3 pounds) sugar
1 box Sure-Jell fruit pectin
First prepare the juice. Remove blossom and stem ends from about 4 pounds quinces. Core (do not peel) and grind or finely chop. Place in saucepan;

add 6 cups water. Bring to a boil, cover, and simmer 15 minutes. Place in jelly cloth or bag and let drip. When dripping has almost ceased, press gently.

Measure 6 cups into 6- or 8-quart saucepan. Make the jelly. Measure sugar and set aside. Mix fruit pectin into juice in saucepan. Place over high heat and stir until mixture comes to a full boil.

Immediately add all sugar and stir. Bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Ladle quickly into hot sterilized jars, filling to within 1/8 inch of tops, wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Invert jars 5 minutes, then turn upright after one hour. Check seals. Or process in boiling water bath for 5 minutes. Makes about 8 3/4-cups or about 10 8-ounce jars.

This recipe is delicious and always a first prize winner at the fairs. I'm been using this recipe for about eight years.

Jane Treichler
Kutztown

BLUEBERRY-LEMON JAM

4 1/2 cups blueberries
1/3 cup lemon juice
2 teaspoons grated lemon peel
6 1/2 cups sugar
2 pouches fruit jel liquid pectin

Prepare home canning jars and lids according to manufacturer's instructions.

Combine blueberries, lemon peel and lemon juice in large saucepan. Add sugar, stirring to dissolve. Bring to a rolling boil over medium-high heat, stirring occasionally. Stir in liquid pectin. Boil hard one minute. Remove from heat. Skim off foam if necessary. Ladle hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Adjust cap.

Process 10 minutes in boiling-water canner. Yield: about eight 8-ounce jars.

GRAPE-PLUM JELLY

3 1/2 pounds ripe plums
3 pounds ripe Concord grapes
1 cup water
1/2 teaspoon butter (optional ingredient to reduce foaming)

8 1/2 cups sugar
1 box powdered pectin
Wash and pit plums; do not peel. Thoroughly crush plums and grapes, one layer at a time, in a saucepan. Add water. Bring to a boil, cover, and simmer 10 minutes. Strain juice through a jelly bag or double layer of cheesecloth. Measure sugar and set aside. Combine 6 1/2 cups juice with butter and pectin in a large saucepan. Bring to a hard boil over heat, stirring occasionally. Remove from heat, skim off foam, quickly fill into sterile half-pint jars, leaving 1/4-inch headspace. Adjust lids and process the jars in boiling water bath for 5 minutes. Yields about 10 half pints.



The Pennsylvania Beef Council has furnished many terrific prizes to help you cook up, grill up, baste up, and eat up beef any style. Besides several full-color beef cookbooks and aprons, prizes include gift certificates to Hoss's Steak House, Doc Holliday's Steakhouse, and Giant grocery store. You may also win a 14-piece knife set in a counter block, a 4-piece steak knife set, stainless steel skewers, a roasting pan and rack, a basting brush, meat thermometers, two grill tool sets, and a grill mitt.

Send Favorite Beef Recipe To Enter Contest

The Pennsylvania Beef Council and Lancaster Farming are sponsoring a beef recipe contest to highlight the versatility and nutritional value of beef. To enter the drawing, pick out your favorite recipe which includes a substantial amount of beef or veal.

Simply give us your favorite recipe to prepare that steak, roast, filet, or ground beef for your hungry family and write a short description on why the recipe is such a hit with your family.

Your recipe may fall into the appetizer, soup, entree, vegetable, snack and salad categories or any other creative way to prepare and present beef and veal.

The deadline to enter recipes is Friday, August 25. Contest winners will be printed in the September 2 issue of Lancaster Farming.

Send your entry immediately. Winners will be selected by a random drawing at the end of August, however Lancaster Farming will be printing beef recipes throughout September.

Please clearly print or type your recipe entry. Also be specific and accurate with measurements, temperatures, times, and sizes of baking dishes to use. We may disqualify entries if these guidelines are not followed.

Along with the recipe include your complete mailing address so we can send you a prize if you're a winner. In addition please enter one recipe per family. Contest participants must be 18 or older.

Send entries to Lou Ann Good, Lancaster Farming Beef Recipe Contest, P.O. Box 609, 1 East Main Street, Ephrata, PA 17522.

Making Low-Sugar Jelly Could Put You In A Jam

You can't just use your regular jam or jelly recipes and leave the sugar out.

Sugar is an essential ingredient in jam and jelly recipes, and it must be available in the proper proportions with pectin and acid to make a good gel. Sugar is also a great preservative, and prevents the growth of microorganisms in your homemade goodies.

Besides, it also contributes to the flavor of the end product. The standard advice is to never change the amount of sugar in a jam or jelly recipe.

The good news is that, if you look hard enough, you'll find recipes that call for little or no added sugar. However, the pectin often called for in jam and jelly recipes does contain

some sugar, so keep that in mind when making these recipes.

Other low- or no-sugar recipes rely upon special, modified pectin. This type of pectin is labeled "light," "less sugar" or "no sugar," and it's made with less sugar or with artificial sweeteners. Follow the directions on the package when you make the recipe.

Still other recipes call for unflavored gelatin as the thickener in the recipe. Again, some type of sweetener is often added. Some recipes call for an artificial sweetener to lighten the calorie load.

Finally, you can boil fruit pulp for an extended period of time. That will cause the pulp to thicken. It's not really a jam or

(Turn to Page B8)

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

July

29 - Summer Salads

August

5 - Tomatoes

12 - Covered Dish Ideas

19 - Garden Vegetables



Great-tasting jams and jellies are one of the easiest ways to preserve summer fruits. Family and friends are sure to appreciate your efforts.