

## PERFECT JAM RECIPE || NFS

### Ingredients:

1 lb. |16 oz. | |453 g| chopped fruit of your choice

1 1/2 c. |300 g| sugar

3/4 c. |6 fl. oz. | |170 g| water

1/2 lemon – halved, juice with seeds removed

### Helpful Hints & Suggestions

\*certain fruits I highly doubt can become a proper jam – i.e. kiwis, lemons which actually can act as pectin but not become a jam in itself.

\*under-ripe fruit contains more pectin and thus you would need less lemons.

\*you can alter the amount of sugar needed based off the fruit you're using. Very ripe strawberries, blueberries, blackberries – these fruit in general – are sweeter than others – nectarines, peaches, grapes, figs etc. – so you would want to add a bit less fruit with berries and maybe some more sugar with stone fruits.

\*adding a pinch of salt can also help balance out flavors. You'd want to use a fine sea salt.

\*you want to remove any of the foam while making your jam – not a lot forms and you'll be able to tell just a simple bubble from a foam – but removing the foam, which can turn grey-ish and goopy after a while – helps perfect your jam.

### Directions:

Sterilize the jar and lids for canning by boiling them.

Place the fruit, sugar, water, and lemon juice and halves (they provide the necessary pectin) in a large bowl and set aside at room temperature for 1 hour.

After 1 hour, transfer the jam mixture into a pot and bring to a boil over medium-high heat. Continue to cook, stirring the jam constantly, for about 15 minutes. Skim any foam from the surface of the jam as it cooks.

After 15 minutes, drop the heat to medium. You want to keep the jam at a constant simmer, stirring frequently, to make sure the jam isn't scorched at the bottom of the pot. After a total of 30 to 45 minutes, check to see if your jam has set by placing a small spoonful of jam on the plate from the freezer. The jam is set when it holds its shape on the cool plate. If it seems loose, continue cooking over medium-low heat until set.

Remove the lemon halves and place the jam your sterilized jar, filling them to the bottom-most ring. Gently tap the bottom of each jar on the counter to release any air bubbles. Using a damp clean towel, wipe the rims of the jars and secure the lids and rings. Process in a water bath for 5 minutes if using pint jars, 10 minutes if using quart jars, remove the containers with tongs and let cool on the counter. When the jam is cool, remove the metal rings, check for proper seals, and label with the date and contents, store in a cool, dark cupboard until ready to use for up to 6 months.

ENJOY!