MAKE YOUR OWN JAM CONCENTRATE

Copy at: http://chicoclasses.org/_More%20Information/10%20JAM/10d%20Jam%20Con.pdf

UNIVERSAL POMONA PECTN IS USED WITH LITTLE OR NO SUGAR

Buy it at S&S, Chico Natural or Collier Hardware Store

Recipes inside box are at: Or on line: <u>https://pomonapectin.com/</u>

http://chicoclasses.org/_More%20Information/10%20JAM/10%20Pomona%20Sheet.pdf

The jams are in groups: A & B as shown on the next page

There is a 8 1/2 by 11 sheet for each group

GET THE FRUIT

- 1. Choose the fruit from the list on the next page
- 2. Buy the fruit from Costco or a super market Fresh or Frozen
- 3. Or get them from your tree, a neighbor, friend, or local fruit stand
- 4. As a sample run, 1/2 pound fruit makes about 1 cups of jam (1/4 of a recipe)

Then fruit to make jam to fill designated area in your freezer for jam

Or can it in mason jars & store the jam outside the freezer

GET SOME OTHER STUFF

- 1. A knife, food processer or blender to cut up the fruit
- 2. Some paper cups or mason jars with lids the size of desired batch
- 3. Get 8 1/2 by 11 plastic recipe holder from Office Depot
- 4. Buy the juice concentrate

YOU ARE READY TO BEGIN

1. Cut up the fruit: Knife: Big chunks

Food Processer: Mid size pieces

Blender: Fine ground

2. Print fruit recipe sheet that is 8 1/2 by 11 sheet

Put recipe in plastic holder from Office Depot

3. Follow the steps in the recipe for the fruit

Use left over cooked fruit in the bowl for some other use

- 4. Put jam in paper cups with lids or can in mason jars
- 5. Put rest of jam in a container & put in the refig use within 2 weeks

WHEN YOU WANT SOME JAM

Open a mason jar & store in frig

Or take one serving out of the freezer the night before for the next day



JAM CONCENTRATE RECIPES by Group

Group A	Group B
Recipe on Page 4	Recipe on Page 5
Apple	Apricot
Blackberry, Sweet	Cherry, Sweet
Blueberry	Guava
Grape, Concord	Mango
Grape, Sweet	Nectarine
Kiwi	Peach
Raspberry	Pear
Strawberry	Plum, Sweet

To make jam using other fruits or vegetables: See Page 6 of 6 To process fruit & make Jam later, see Page 6 of 6

Fruit	% Sugar	Fruit	% Sugar
Apple	13%	Kiwi	11%
Apricot	9%	Mango	15%
Blackberry, Sweet	8%	Nectarine	9%
Blueberry	7%	Peach	9%
Cherry, Sweet	15%	Pear	11%
Grape, Concord		Plum, Sweet	8%
Grape, Sweet	18%	Raspberry	10%
Guava	6%	Strawberry	6%

https://thepaleodiet.com/fruits-and-sugars/

SUGAR EQUIVALENTS

Jams, Jelly & Freezer Jam (19% Sugar)

19% sugar = 4 cups fruit to 3/4 cup sugar

Sweetener	SR	Х	Full	1/2	1/4	1.5 x	2 x	of recipe
S&L-B	0.16	6	1	0	0	1	2	ounces (L)
S&L-L	0.19	6	1	1	0	2	2	ounces (L)
Honey	0.66	6	4	2	1	6	8	ounces (L)
Agave	0.80	6	5	2	1	7	10	ounces (L)
Sugar	1.00	6	6	3	1.5	9	12	ounces (L)
Sugar	1.00		3/4	3/8	3/16	1 1/8	1 1/2	cups

S&L-B = Bulk Sweet&Low

S&L-L = Liquid Sweet&Low

SR = Sweetness ratio = Sweetener/Sugar (Fluid Ounces)

10 ounce of sugar = Sweetness of 8 ounces of Agave

JAM Concentr	trate A 6 to 18% sugar				1		
	Requires Lemon Juice						2
Grape, Concor	d	Apple		Blackberry, Sweet			3
Kiwi	Strawberry	Blueber	rry	Grape,	Sweet		4
Raspberry			-				5
	Recipe	Full	1/2	1/4	1.5 x	2 x	6
Yield:	cups	4	2	1	6	8	7
							8
Frozen Juice Co	ncentrate at room	m tempe	rature: V	White Gra	ape or Ap	ople	##
	Add cups below	v to pot					10
Concentrate	cups	1	0.5	0.25	1.5	2	11
							12
	Wash Fruit and	Add to p	oot (Cor	e & Dice	Apples)		13
Raw Fruit	cups	4	2.25	1.125	6.75	9	14
	Bring to boil at	high hea	ıt; Simm	er & Stir	for 3 mi	nutes	15
	Put cooked fruit in bowl						
	Add one cup of	cooked t	fruit to p	oint Maso	n jar		17
	Add cups below	to pot f	rom bov	vl			18
Cooked Fruit	cups	3	1.5	0.75	4.5	6	19
							20
	Add ingredients			5	pectin o	n top	21
	Shack CA wate	er jar wo	ell befor	e using			22
Pectin	teaspoons	2	1	0.5	3	4	23
Lemon juice	ounces	2	1	0.5	3	4	24
CA water	teaspoons	2	1	0.5	3	4	25
Cooked Fruit	cups	1	1	1	1	1	26
	Mix with stick b			0		k Mix	27
	(Add sweetener			e	2		28
	Bring to boil at	•					29
Test for jell	1. Add a Table	—			int Maso	n jar	30 31
	2. Put in freezer until cool (3 minutes)						
	3. Check for jell: Try to pour Jam/Jelly from jar						32
	4. If no jell, Add some pectin/CA water & return to heat						33

ApricotMangoPearCherry, SweetNectarinePlum, SweetGuavaPeachRecipeFull1/21/41.5x2xYield:cups42168Frozen Juice Concentrate at room temperature: White Grape or AppleAdd cups below to potAdd cups below to pot7Concentratecups10.50.251.52Wash, Pit & Dice Fruit and Add to potRaw Fruitcups42.251.1256.759Bring to boil at high heat; Simmer & Stir for 3 minutesPut cooked fruit in bowlAdd cups below to pot from bowlCooked Fruitcups31.50.754.56Add ingredients below to Mason jar with pectin on topShack CA water jar well before usingPectinteaspoons31.50.754.56Lemon juice210.5342Ooked Fruitcups1111Mix with stick blender in Mason jar; Add to Pot & Mix(Add sweetener to taste, stir - See Page 3 of 6)Bring to boil at high heat; Simmer/Stir for 3 minutes7Add sweetener to taste, stir - See Page 3 of 6)Bring to boil at high heat; Simmer/Stir for 3 minutesAdd cups below to pot of Jam/Jelly into pint Mason jar2	JAM Concentrate B Apricot Cherry, Sweet		6 to 13% sugar						
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4. If no jell, Add some pectin/CA water & return to heat									
J / I		4. If no jell, Add	d some p	ectin/C	A water &	k return	to heat		

How to make jam using other fruits or vegetables

- 1. Find jam recipe with same sugar content as new fruit/vegetable
- 2. Make 1/4 of the recipe
- 3. Test its for jell
- 4. Add or subtract pectin to get the correct jell
- 5. Write the recipe in the given format

PREPARE & FREEZE - FINISH LATER

Prepare large patch of fruit for JAM

Wash & prepare fruit & put in pot

Bring to a boil at high heat; Simmer & Stir for 3 minutes

Store in equal number of two contain sizes:

1 cup contains

Cups in "Yield" section of recipe

Use ZIP lock bags, paper cups w/ lids or mason jars

Put in freezer

Make Jam Later:

Put 1 cup container in pint mason jarPut other container in potWait until both come to room temperatureFollow instructions on recipe sheet