### MAKE YOUR OWN JELLY CONCENTRATE

Copy at: http://chicoclasses.org/\_More%20Information/10%20JAM/10c%20%20Jelly.pdf

### UNIVERSAL POMONA PECTN IS USED WITH LITTLE OR NO SUGAR

Buy it at S&S, Chico Natural or Collier Hardware Store,, Or order it on line from:

Or on line: <a href="https://pomonapectin.com/">https://pomonapectin.com/</a>

Recipes inside box are at:

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

The jelly are in groups: A, B & C as shown on the next page

There is a 8 1/2 by 11 sheet for each group of Jam recipes shown below

### **GET JUICE**

- 1. Choose the fruit from the following list on the next page
- 2, Buy juice from Costco or a super market

Or get them from your tree, a neighbor, friend, or local fruit stand Make the juice

Most small appliance stores have several types of juicers

Coller's Hardware store, Bed, Bath & Beyond

I use a Campion Juicer

3. Make 1/4 recipe to start

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 to cut the fruit if needed
- 2. Some paper cups with lids or mason jars the size of one serving Or mason jars

### YOU ARE READY TO BEGIN

- 1. Print fruit recipe sheet that is 8 1/2 by 11 sheet
  Put recipe in plastic holder from Office Depot
- 2. Follow the steps in the recipe for the fruit
- 3. Follow the steps in the recipe for the fruit
- 4. Put jel.ly 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 JELLY

Open a mason jar & store in frig

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

Page 1 of 13

6/7/2020

## **JELLY CONCENTRATE RECIPES by Group**

Group A	Group B	Group C
Recipe on Page 4	Recipe on Page 5	Recipe on Page 6
Apple	Apricot	Apple Cider
Blackberry, Sweet	Cherry, Sweet	
Blueberry	Guava	
Grape, Concord	Mango	
Grape, Sweet	Nectarine	
Kiwi	Peach	
Raspberry	Pear	
Strawberry	Plum, Sweet	

To make jelly using other fruits or vegetables: See Page 7 of 7 To process fruit & make Jelly later, see Page 7 of 7

Fruit	% Sugar
Apple	13%
Blackberry, Sweet	8%
Blueberry	7%
Grape, Concord	
Grape, Sweet	18%
Kiwi	11%
Raspberry	10%
Strawberry	6%
Apricot	9%

Fruit	% Sugar
Cherry, Sweet	15%
Guava	6%
Mango	15%
Nectarine	9%
Peach	9%
Pear	11%
Plum, Sweet	8%
Apple Cider	

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	X	Full	1/2	1/4	1.5x	2x	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

	JELLY Conce	ntrate A		6 to 18%	% sugar	
Grape, Conco Kiwi Raspberry	rd Strawberry		Apple	erry, Sw	Blueber eet	rry
	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	4	2	1	6	8
Frozen Juice C	oncentrate at roo	m temper	ature: V	Vhite Gra	ape or Ap	pple
	Add cups below	v to pot				
Concentrate	cups	1	0.5	0.25	1.5	2
Juice	Add cups below cups	<b>4</b>	2	1	6	8
	Add ingredients	s below to	) Mason	3		
	Add ingredients Shack CA water	s below to	) Mason	3		
	Add ingredients	s below to	) Mason	3	pectin o	n top
Pectin Lemon juice	Add ingredients Shack CA wate teaspoons	s below to	) Mason	e using 1	pectin o	n top
Pectin Lemon juice CA water	Add ingredients Shack CA wate teaspoons ounces	s below to er jar we 4 2	) Mason	e using 1 0.5	pectin o	8 4
<b>Pectin</b>	Add ingredients Shack CA wate teaspoons ounces teaspoons	s below to er jar we 4 2 2 1 1 blender in to taste, high heat	Mason ll befor 2 1 0.5  Mason stir - Se c; Simme	e using  1 0.5 0.5 0.25 jar; Adde Page 3 er/Stir fo	pectin o  6 3 1.5  I to Pot & of 7) or 3 minu	8 4 4 2  Mix

	<b>JELLY Conce</b>	ntrate B		6 to 15%	% sugar	
Apricot Cherry Guava		Mango Nectarii Peach	ne	Pear Plum, S	Sweet	
	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	4	2	1	6	8
	Concentrate at road Add cups below				•	
Concentrate	cups	1	0.5	0.25	1.5	2
Juice	Make or buy ju Add one cup of Add cups below cups	juice to p	oint Mas	son jar	6	8
	Add ingredients Shack CA wat			_	pectin o	n top
Pectin	teaspoons	4	2	1	6	8
Lemon juice	ounces	2	1	0.5	3	4
CA water	teaspoons	4	2	1	6	8
Concentrate	cups	1	0.5	0.25	1.5	2
	Mix with stick (Add sweetener Bring to boil at	r to taste,	stir - Se	ee Page 3	of 7)	
Test for jell	1. Add a Table 2. Put in freeze	-		•	int Maso	n jar
	2. I ut III IICCZC	1 unun CO(		nucs)		
	3. Check for iel	ll: Try to 1	pour Jar	n/Jellv fr	om iar	
	<ul><li>3. Check for jel</li><li>4. If no jell, Ad</li></ul>	-	_	•	_	to heat

Recipe Full 1/2 1/4 1.5x 2x Yield: cups 5 2.5 1.25 7.5 10  Buy Apple Cider  Apple Cider cups 10 5 2.5 15 20  Boil down by half in microwave or on the stove Put boiled down Apple Cider in a bowl  Frozen Juice Concentrate at room temperature: White Grape or Apple Add cups below to pot  Concentrate cups 1 0.5 0.25 1.5 2  Add one cup of boiled Apple Cider in mason jar Add cups of boiled Apple Cider below to pot  Apple Cider cups 5 2.5 1.25 7.5 10  Add ingredients below to Mason jar with pectin on top Shack CA water jar well before using  Pectin teaspoons 4 2 1 6 8 CA water teaspoons 4 2 1 6 8	Apple Cider	JELLY Concer	ntrate C		13% sug	gar	
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4. If no jell, Add some pectin/CA water & return to heat	Concentrate	Mix with stick to (Add sweetener Bring to boil at 1. Add a Table 2. Put in freezer	to taste, high heat Spoon of until coo	2 0.5 n Mason stir - Se t; Simme Jam/Jel ol (3 min	jar; Add e Page 3 er/Stir fo ly into pr	6 1.5  I to Pot of 7) r 3 minuint Maso	8 2 & Mix
Page 11 of 13	Concentrate	Mix with stick to (Add sweetener Bring to boil at 1. Add a Table 2. Put in freezer 3. Check for jell	to taste, high heat Spoon of until cool: Try to p	2 0.5 n Mason stir - Se t; Simmon Jam/Jel ol (3 min pour Jan	jar; Add e Page 3 er/Stir fo ly into pa nutes) n/Jelly fr	6 1.5  I to Pot of 7) r 3 minuint Maso	8 2  & Mix  Ites  on jar

## How to make jelly using other fruits or vegetables

- 1. Find a recipe that has about the same sugar content
- 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 JELLY

Wash & prepare fruit

Make juice from fruit

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 Jelly Later:

Put 1 cup container in pint mason jar

Put other container in pot

Wait until both come to room temperature

Follow instructions on recipe sheet