

MAKE YOUR OWN JELLY CONCENTRATE

Copy at: <http://chicoclasses.org/More%20Information/10%20JAM/10c%20%20Jelly.pdf>

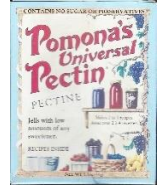
UNIVERSAL POMONA PECTIN IS USED WITH LITTLE OR NO SUGAR

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

Or on line: <https://pomonapectin.com/>

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 Champion 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 jelly 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

JELLY CONCENTRATE RECIPES by Group

Group A Recipe on Page 4	Group B Recipe on Page 5	Group C 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 Concentrate A

6 to 18% sugar

1
2
3
4
5
6
7

Grape, Concord

Requires Lemon Juice

Kiwi

Strawberry

Apple

Blueberry

Raspberry

Blackberry, Sweet

Grape, Sweet

8
9

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	4	2	1	6	8

10
11

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
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14
15

Make or buy juice

Add one cup of juice to pint Mason jar

Add cups below to pot

Juice	cups	4	2	1	6	8
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19
20

Add ingredients below to Mason jar with pectin on top

Shack CA water jar well before using

Pectin	teaspoons	4	2	1	6	8
Lemon juice	ounces	2	1	0.5	3	4
CA water	teaspoons	2	1	0.5	3	4
Concentrate	cups	1	0.5	0.25	1.5	2

26
27

Mix with stick blender in Mason jar; Add to Pot & Mix

(Add sweetener to taste, stir - See Page 3 of 7)

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

30
31

Test for jell

1. Add a Table Spoon of Jam/Jelly into pint Mason jar
2. Put in freezer until cool (3 minutes)
3. Check for jell: Try to pour Jam/Jelly from jar
4. If no jell, Add some pectin/CA water & return to heat

JELLY Concentrate B

6 to 15% sugar

Apricot
Cherry
Guava

Mango
Nectarine
Peach

Pear
Plum, Sweet

1
2
3
4
5
6
7

	Recipe	Full	1/2	1/4	1.5x	2x
Yield:	cups	4	2	1	6	8

8
9
10

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
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11
12

Make or buy juice

Add one cup of juice to pint Mason jar

Add cups below to pot

Juice	cups	4	2	1	6	8
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13
14

Add ingredients below to Mason jar with pectin on top

Shack CA water jar well before using

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

15
16
17

18
19

20
21

Mix with stick blender in Mason jar; Add to Pot & Mix

(Add sweetener to taste, stir - See Page 3 of 7)

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

22
23
24

25
26

27
28

29
30

Test for jell

1. Add a Table Spoon of Jam/Jelly into pint Mason jar
2. Put in freezer until cool (3 minutes)
3. Check for jell: Try to pour Jam/Jelly from jar
4. If no jell, Add some pectin/CA water & return to heat

31
32
33
34

JELLY Concentrate C

13% sugar

Apple Cider

	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
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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
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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
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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
Concentrate	cups	1	0.5	0.25	1.5	2

Mix with stick blender in Mason jar; Add to Pot & Mix

(Add sweetener to taste, stir - See Page 3 of 7)

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

- Test for jell**
1. Add a Table Spoon of Jam/Jelly into pint Mason jar
 2. Put in freezer until cool (3 minutes)
 3. Check for jell: Try to pour Jam/Jelly from jar
 4. If no jell, Add some pectin/CA water & return to heat

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