



Jams and Jellies

CHERRY AND RHUBARB JAM

4 cups (1 L) pitted cherries
3 cups (750 mL) diced rhubarb

3 cups (750 mL) sugar
1 tsp (5 mL) lemon juice

Mash cherries in a Dutch oven. Add rhubarb and bring to a boil. Simmer, stirring frequently, until rhubarb is soft. Add sugar and lemon juice. Bring to a boil and cook, stirring frequently, until thick. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** 4 cups (1 L).

CHERRY AND RASPBERRY JAM

2 cups (500 mL) crushed pitted cherries
1 cup (250 mL) crushed raspberries
2 tbsp (25 mL) lemon juice

1 pkg (57 g) Certo Crystals
6 cups (1.5 L) sugar

Combine cherries and raspberries in a Dutch oven. Stir in lemon juice and Certo. Place Dutch oven over high heat. Bring mixture to a full rolling boil, stirring constantly. Stir in sugar. Continue to stir and cook over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Stir and skim foam for 5 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** 6 cups (1.5 L).

SPICY PEACH AND APRICOT JAM

6 medium peaches, peeled and pitted
8 medium apricots, pitted
2 tbsp (25 mL) lemon juice
1 pkg (57 g) Certo Crystals

5 1/2 cups (1.375 L) sugar
1 tsp (5 mL) cinnamon
1/2 tsp (2 mL) allspice

Finely chop peaches and apricots. Combine fruit with lemon juice and Certo in a Dutch oven. Place Dutch oven over high heat. Bring mixture to a full rolling boil, stirring constantly. Stir in sugar and spices. Continue to stir and cook over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Stir and skim foam for 5 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** 6 cups (1.5 L).

SASKATOON JAM

4 1/2 cups (1.125 L) crushed saskatoons
2 tbsp (25 mL) lemon juice

7 cups (1.75 L) sugar
2 pouches Certo Liquid

Place saskatoons in a Dutch oven. Add lemon juice. Heat gently until juice starts to flow. Simmer, covered, for 15 minutes. Add sugar, mixing well. Over high heat, bring mixture to a full rolling boil, stirring constantly. Boil hard for 1 minute. Remove from heat and immediately stir in Certo. Stir and skim foam for 5 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 9 cups (2.25 L).

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SASKATOON JAM

4 cups (1 L) saskatoons
3 cups (750 mL) sugar

1/4 cup (50 mL) water
Juice and grated peel of 1/2 lemon

Crush saskatoons in a Dutch oven. Heat gently until juice starts to flow. Add sugar and water and bring to a boil, stirring constantly. Add lemon juice and peel. Bring to a boil and cook, stirring frequently until thick, about 15 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 3 cups (750 mL).

RHUBARB AND SASKATOON JAM

1 large navel orange, finely chopped
12 cups (4 L) diced rhubarb
6 cups (1.5 L) sugar

7 1/2 cups (1.875 L) saskatoons
Juice of 1 lemon

Combine orange, rhubarb and sugar in a Dutch oven. Bring to a boil, stirring constantly. Boil, stirring occasionally, until thick. Add saskatoons and lemon juice. Boil, stirring frequently until thick, about 15 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 16 cups (4 L).

CONCORD GRAPE JAM

2 lb (1 kg) Concord grapes, about
4 1/2 cups (1.125 L)

Sugar

Stem and wash grapes; press pulp from skins. Cook pulp until soft, about 10 minutes; rub through a sieve to remove seeds. In a separate saucepan, cook skins until tender in just enough water to cover, about 15 minutes. Combine the two mixtures and bring to a boil; boil 5 minutes. Measure mixture. Add 1/2 cup (125 mL) sugar for **each** 1 cup (250 mL) of mixture. Bring to a boil and cook, stirring frequently, until thick. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 3 cups (750 mL).

RASPBERRY AND BLUEBERRY JAM

4 cups (1 L) raspberries
2 cups (500 mL) blueberries
1/3 cup (75 mL) lemon juice

7 cups (1.75 L) sugar
2 pouches Certo Liquid

Combine berries in a Dutch oven; crush berries. Add lemon juice and sugar, mixing well. Place Dutch oven over high heat and bring mixture to a full rolling boil, stirring constantly. Boil hard for 1 minute. Remove from heat and immediately stir in Certo. Stir and skim foam for 5 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 8 cups (2 L).

PRIZE APRICOT JAM

8 cups (2 L) quartered pitted apricots
4 1/2 cups (1.125 L) sugar
3/4 cup (175 mL) packed brown sugar

Juice and grated peel of 1 orange
1 cup (250 mL) crushed pineapple, with juice
1/8 tsp (0.5 mL) salt

Cut apricots into 1/2 inch (1.25 cm) pieces. Combine all ingredients in a Dutch oven. Bring to a boil. Cook, stirring frequently until thick, about 30 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 8 cups (2 L).

PEAR AND ORANGE JAM

2 oranges
7 - 8 pears, peeled and cored

1 pkg (57 g) Certo Crystals
5 1/2 cups (1.375 L) sugar

Finely chop oranges in a food processor or blender; spoon into measuring cup. Finely chop pears (do not use a food processor or blender). Add to oranges to make 4 1/2 cups (1.125 L). Combine fruit and Certo in a Dutch oven. Place over high heat. Bring mixture to a full rolling boil, stirring constantly. Stir in sugar. Continue to stir and cook over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Stir and skim foam for 5 minutes. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** 7 cups (1.75 L).

CHOKECHERRY AND CRABAPPLE JELLY

8 cups (2 L) ripe chokecherries
2 cups (500 mL) water

12 cups (3 L) quartered crabapples
4 1/2 cups (1.125 L) sugar

To prepare juice, combine chokecherries and 2 cups (500 mL) water in a saucepan. In a separate saucepan, combine crabapples with enough water to cover. Bring mixtures to a boil; reduce heat and simmer, covered, until fruit is soft. Mash mixtures occasionally while cooking. Strain separately through jelly bags. Measure 3 cups (750 mL) chokecherry juice and 3 cups (750 mL) crabapple juice. In a Dutch oven, combine chokecherry juice and crabapple juice; bring to a boil. Add sugar and stir until dissolved. Bring mixture to a boil and boil rapidly until jelly stage is reached, about 20 minutes. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 6 cups (1.5 L).

CHOKECHERRY JELLY

12 cups (3 L) ripe chokecherries
2 1/2 cups (625 mL) water

1 pkg (57 g) Certo Crystals
3 1/2 cups (875 mL) sugar

To prepare juice, place chokecherries and water in a Dutch oven. Bring to a boil; reduce heat and simmer, covered, for 15 minutes. Strain through a jelly bag. Measure 2 1/2 cups (625 mL) juice into a Dutch oven. Stir Certo into juice. Place over high heat and bring mixture to a full rolling boil, stirring constantly. Stir in sugar. Continue to stir and cook over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** 5 cups (1.25 L).

HIGHBUSH CRANBERRY JELLY

8 cups (2 L) ripe highbush cranberries
3 cups (750 mL) water

7 cups (1.75 L) sugar
1 pouch Certo Liquid

To prepare juice, crush cranberries in a Dutch oven; add water. Bring to a boil; reduce heat and simmer, covered, for 10 minutes. Strain through a jelly bag. Measure 5 cups (1.25 L) juice into a Dutch oven. Add sugar and mix well. Place Dutch oven over high heat and bring mixture to a full rolling boil, stirring constantly. Immediately stir in Certo. Continue to stir over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 6 cups (1.5 L).

HIGHBUSH CRANBERRY JELLY

To make jelly without added pectin, cranberries should be picked in the yellow stage when they are just turning red. To prepare juice, place cranberries in a Dutch oven. Add just enough water to cover. Bring to a boil; reduce heat and simmer, covered, until berries are soft. Strain through a jelly bag. Add 1 cup (250 mL) sugar for **each** 1 cup (250 mL) of juice. Stir until sugar is dissolved. Bring mixture to a boil and boil rapidly until jelly stage is reached. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes.

Note: Work with a maximum of 6 cups (1.5 L) juice at one time.

NANKING CHERRY JELLY

16 cups (4 L) ripe Nanking cherries
1 1/4 cups (300 mL) water

5 cups (1.25 L) sugar
2 pouches Certo Liquid

To prepare juice, combine cherries and water in a Dutch oven. Bring to a boil; reduce heat and simmer, covered, for 35 minutes. Mash mixture occasionally while cooking. Strain through a jelly bag. Measure 3 cups (750 mL) juice into a Dutch oven. Add sugar and mix well. Place Dutch oven over high heat and bring mixture to a full rolling boil, stirring constantly. Immediately stir in Certo. Continue to stir over high heat until mixture returns to a full rolling boil. Boil hard for 40 seconds only, stirring constantly. Do not overcook. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 6 cups (1.5 L).

Note: Many recipes for Nanking Cherry Jelly give inconsistent results. This recipe has been distributed for many years by the ATCO Blue Flame Kitchen and used with success.

NANKING CHERRY JELLY

16 cups (4 L) ripe Nanking cherries
1 1/4 cups (300 mL) water
1/4 cup (50 mL) lemon juice

1 pkg (57 g) Certo Crystals
7 cups (1.75 L) sugar

To prepare juice, combine cherries and water in a Dutch oven. Bring to a boil; reduce heat and simmer, covered, for 35 minutes. Mash mixture occasionally while cooking. Strain through a jelly bag. Measure 6 cups (1.5 L) juice into a Dutch oven. Stir lemon juice and Certo into juice. Place over high heat and bring mixture to a full rolling boil, stirring constantly. Stir in sugar. Continue to stir and cook over high heat until mixture returns to a full rolling boil. Boil hard for 2 minutes, stirring constantly. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 9 cups (2.25 L).

Note: Many recipes for Nanking Cherry Jelly give inconsistent results. This recipe has been distributed for many years by the ATCO Blue Flame Kitchen and used with success.

BLUEBERRY RASPBERRY AND RHUBARB JELLY

3 cups (750 mL) blueberries
2 cups (500 mL) raspberries
1 cup (250 mL) chopped rhubarb
2 cups (500 mL) water

2 cups (500 mL) sugar
1 1/2 cups (375 mL) honey
1/4 tsp (1 mL) oil
1 pouch Certo Liquid

To prepare juice, combine blueberries, raspberries, rhubarb and water in a Dutch oven. Bring mixture to a boil; reduce heat and simmer for 5 minutes. Mash mixture occasionally while cooking. Strain through a jelly bag. Measure 2 cups (500 mL) juice into a Dutch oven. Add sugar and honey, mixing well. Place Dutch oven over high heat and bring mixture to a full rolling boil, stirring constantly. Immediately stir in oil and Certo. Continue to stir over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** 4 cups (1 L).

Note: Heavy foaming will occur due to the high proportion of honey in this recipe. Oil is added to reduce foaming.

RHUBARB JELLY

12 cups (3 L) rhubarb pieces, 1 inch (2.5 cm)
7 1/2 cups (1.875 L) sugar

2 pouches Certo Liquid

To prepare juice, puree rhubarb in small batches in a food processor or blender. Squeeze juice through a jelly bag. Measure 4 cups (1 L) juice into a Dutch oven. Add sugar and mix well. Place over high heat and bring mixture to a full rolling boil, stirring constantly. Immediately stir in Certo. Continue to stir over high heat until mixture returns to a full rolling boil. Boil hard for 1 minute. Remove from heat and skim foam if necessary. Pour into hot sterilized jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly. Seal and process in a boiling water bath for 10 minutes. **Yield:** About 6 cups (1.5 L).