



Recipes

FRUIT SYRUP

Fruit Juice, recipe follows

Sugar

Prepare Fruit Juice. Working with a maximum of 6 cups (1.5 L) of fruit juice at a time, measure fruit juice and pour into a Dutch oven. Add 3/4 cup (175 mL) sugar for each 1 cup (250 mL) fruit juice. Stir until sugar is dissolved. Bring mixture to a boil, stirring constantly. Reduce heat to medium and boil mixture gently until slightly thickened, stirring occasionally. Pour into hot sterilized half-pint (250 mL) or pint (500 mL) jars, leaving 1/4 inch (6 mm) headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in a boiling water bath for 15 minutes at altitudes of 1001 - 3000 ft (305 - 914 m) and 20 minutes at altitudes of 3001 - 6000 ft (915 - 1829 m). Syrup may also be poured into freezer containers and frozen for up to 1 year.

Cook's Note: *Most fruit syrups have a thin consistency. Do not overcook, as syrup made from fruit containing high amounts of natural pectin may easily form a gel.*

Fruit Juice: Place prepared fruit and a small amount of water in a Dutch oven. For apples or crabapples, use just enough water to barely cover fruit. Bring to a boil; reduce heat. Cover and simmer until fruit is soft and mushy, mashing fruit occasionally as it cooks. This cooking time may take 5 minutes for berries and up to 30 minutes for hard fruits such as apples. Strain mixture through a jelly bag. For a clear juice, do not squeeze the jelly bag.

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