

## *Preserving Food:* Uncooked Jams *and* Jellies

Uncooked jams and jellies are easy to prepare and have a fresh fruit taste. They can be made from most fresh or frozen fruits or fruit juices. The other ingredients needed are commercial pectin, sugar and in some cases, lemon juice.

Uncooked jams and jellies must be stored in the refrigerator or freezer. But do not store them in the freezer until after the gel is formed. This could take up to 24 hours. Placing them in the freezer too soon will prevent the jam or jelly from "setting."

After the gel has formed, they can be kept up to three weeks in a refrigerator or up to a year in a freezer. Freezer storage is best for maintaining natural color as well as flavor. Room temperature is not recommended because uncooked jellied products will mold or ferment in a short time. Once a container is opened, the product should be used within a few days.

### UNCOOKED BERRY JELLY (about 6 half-pint jars)

### RECIPE

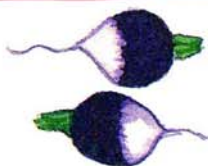
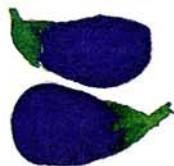
3 cups unsweetened berry juice, fresh\* or frozen  
(strawberry, raspberry, or blackberry)  
4 1/2 cups sugar  
1 box powdered pectin  
1/2 cup water

Add the sugar to 1 1/4 cups of berry juice. Stir thoroughly. Add the pectin slowly to the water. Heat almost to boiling, stirring constantly. Pour the pectin mixture into the remaining 1 3/4 cups of berry juice. Stir until pectin is completely dissolved. Let the pectin mixture stand 15 minutes. Stir occasionally. Mix the juice mixture with the pectin mixture. Stir until all sugar is dissolved.

Pour into freezer containers or canning jars, leaving 1/2-inch headspace. Cover with a tight lid. Let stand at room temperature until set (up to 24 hours). Store in refrigerator or freezer.

\* To extract juice from fresh berries, crush the berries in a saucepan. Bring to a boil over high heat, stirring to prevent scorching. Reduce heat and cook until soft, about 10 minutes.

Pour the cooked product into a damp jelly bag or bag made from several layers of cheesecloth. Allow the juice to drain undisturbed. For the clearest jelly, do not press or squeeze.



### GRAPE JELLY

(about 5 half-pint jars)

2 cups lukewarm water  
1 box powdered pectin  
1 6-ounce can frozen grape juice concentrate  
3 1/4 cups sugar

Mix the pectin slowly into the lukewarm water in a two-quart mixing bowl. Stir constantly until completely dissolved. Let stand 45 minutes. Stir occasionally but do not beat.

Thaw juice by placing can in cold water. When juice is thawed, pour into a one-quart mixing bowl. Add 1 3/4 cups sugar. Mix thoroughly. All the sugar will not be dissolved. Add the remaining 1 1/2 cups of sugar to the dissolved pectin. Stir until all sugar is dissolved. Mix the juice mixture with the pectin mixture. Stir constantly until all sugar is dissolved.

Pour into freezer containers or canning jars, leaving 1/2-inch headspace. Cover with a tight lid. Let stand at room temperature until set (up to 24 hours). Freeze or refrigerate.

### RECIPE

### UNCOOKED STRAWBERRY JAM FROM FRESH FRUIT

(about 4 half-pint jars)

1 3/4 cups crushed strawberries (about 1 quart)  
4 cups sugar  
2 tablespoons lemon juice  
1 pouch liquid pectin

Measure 1 3/4 cups crushed strawberries. Place in an extra large bowl. Add sugar, mix well and let stand for 10 minutes. Measure lemon juice into a small bowl. Add liquid pectin and stir well. Stir into fruit and continue stirring for 3 minutes. Pour jam into freezer containers or canning jars, leaving 1/2-inch headspace. Cover container. Let stand at room temperature until set (up to 24 hours). Freeze or refrigerate.

### RECIPE

### UNCOOKED ORANGE JELLY

(about 6 half-pint jars)

1 box powdered pectin  
2 cups lukewarm water  
1 6-ounce can frozen orange juice concentrate  
4 1/2 cups sugar  
1/4 cup fresh lemon juice

Mix the pectin slowly into the lukewarm water in a two-quart mixing bowl. Stir occasionally until completely dissolved. Let stand 45 minutes. Stir occasionally but do not beat.

Thaw juice by placing can in cold water. When juice is thawed, pour into a one-quart bowl. Add the lemon juice and 2 1/2 cups of the sugar. Mix thoroughly. All the sugar will not dissolve. Add the remaining two cups of sugar to the pectin mixture. Stir constantly until all sugar is dissolved.

Pour into freezer containers or canning jars, leaving 1/2-inch headspace. Cover with a tight lid. Let stand at room temperature until set (up to 24 hours). Freeze or refrigerate.

### RECIPE

### UNCOOKED BLACKBERRY OR RASPBERRY JAM FROM FRESH FRUIT

(about 7 half-pint jars)

3 cups crushed blackberries or raspberries (about 1 1/2 quarts)  
5 1/4 cups sugar  
1 box powdered pectin  
3/4 cups water

If blackberries are very seedy, put part or all of them through a sieve or food mill. Measure 3 cups of prepared berries. Place in an extra large mixing bowl. Add sugar, mix well and let stand for 10 minutes, stirring occasionally. Dissolve the powdered pectin in the water, bring to a boil and boil for one minute.

Add pectin to berries and sugar and stir for 3 minutes.

Pour the jam into freezer containers or canning jars leaving 1/2-inch headspace. Cover container. Let stand at room temperature until set (up to 24 hours). Freeze or refrigerate.

### RECIPE

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