

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

---

Historical Materials from University of Nebraska-  
Lincoln Extension

Extension

---

1974

## EC74-960 Jellies Jams and Preserves

Ethel Diedrichsen

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

---

Diedrichsen, Ethel, "EC74-960 Jellies Jams and Preserves" (1974). *Historical Materials from University of Nebraska-Lincoln Extension*.  
4249.

<http://digitalcommons.unl.edu/extensionhist/4249>

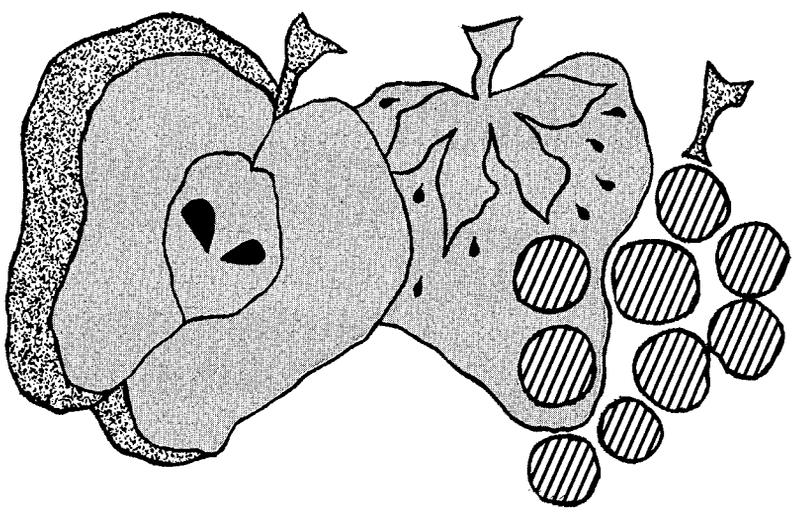
This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

# 74-960

# JELLIES JAMS

AUG 20 1974

# and PRESERVES



EXTENSION WORK IN "AGRICULTURE, HOME ECONOMICS AND SUBJECTS RELATING THERETO,"  
 THE COOPERATIVE EXTENSION SERVICE, INSTITUTE OF AGRICULTURE AND NATURAL RESOURCES,  
 UNIVERSITY OF NEBRASKA-LINCOLN, COOPERATING WITH THE COUNTIES AND THE U. S. DEPARTMENT OF AGRICULTURE  
 J. L. ADAMS, DIRECTOR

# JELLIES, JAMS AND PRESERVES

Ethel Diedrichsen  
Extension Specialist, Food and Nutrition

Jelly, jam and various preserves can add zest to meals. They furnish an accent of color and flavor and provide a good way to use surplus fruits.

Basically these products are much alike. All of them are fruit preserved by means of sugar, and usually all are jellied to some extent. Their individual characteristics depend on the kind of fruit used and the way it is prepared, the proportions of different ingredients in the mixture, and the method of cooking.

**Jelly** is made from fruit juice. It should be clear and sparkling with a characteristic color and flavor. When removed from the glass, it should hold its shape and quiver. It should break with a sharp edge and be so tender that it cuts easily.

**Jam** made from crushed or ground fruit, tends to hold its shape but generally is less firm than jelly.

**Butters** are made by cooking fruit pulp to a thick consistency which will spread easily.

**Marmalades** are soft fruit jellies containing small pieces of fruit or citrus peel evenly suspended throughout the clear transparent jelly.

**Conserve** is a mixture of fruits of soft consistency, often with raisins and nuts added.

**Preserves** are whole fruits or large pieces of fruit in a thick sirup. The fruit retains its shape, is clear and shiny, tender and plump.

## Essential Ingredients

Proper amounts of fruit, pectin, acid and sugar are needed to make a jellied fruit product.

**Fruit** gives each product its characteristic flavor. Without added pectin, a mixture of ripe and underripe fruit is best. The ripe fruit gives color and flavor; the underripe, pectin and acid.

With added pectin, fully ripe fruit is best for flavor.

**Pectin** is a carbohydrate and is usually found just under the skin. Some kinds of fruit have enough natural pectin to make jelly. Others require added pectin to make jellies which hold their shape. To extract the pectin, it is necessary to heat the fruit.

Commercial fruit pectins are made from apples or citrus fruits. Either liquid or powdered form can be used. Store pectins in a cool, dry place. They should not be held over from one year to the next.

**Acid** is needed for flavor and for gel formation. The acid content varies in different fruits and is higher in underripe than in fully ripe fruits. Lemon juice is often added to fruits low in acid.

**Sugar** helps in gel formation, serves as a preserving agent and improves the flavor. It also has a firming effect on fruit preserves. Either beet or cane sugar can be used with equal success.

### **Equipment and Containers**

A flat bottom kettle, large enough to keep the mixture from boiling over, is essential.

A jelly bag or several thicknesses of cheesecloth is needed for straining the juice.

A jelly, candy or deep-fat thermometer helps to give an accurate test for doneness.

Containers that can be sealed air tight are needed for jams, preserves and marmalades. Glasses with lids may be used for jelly. Paraffin is necessary to cover jelly in glasses.

### **Preparation and Storage**

Jelly loses flavor in storage so it is best to make up only the amount that can be used within a few months. Fresh fruits may be canned or frozen as fruit juice and used to make jelly later. Concentrated frozen juices make very flavorful jellies. Dried fruit may be cooked in water until tender and used to make jams and conserves.

Work quickly when filling and sealing jars. To keep fruit from floating to the top, gently shake jars occasionally as they cool. Let jar stand upright to cool.

A single thin layer of paraffin gives a better seal than one thick layer or two thin layers. Prick any air bubbles that may appear. Bubbles cause holes as paraffin hardens, which may prevent a good

seal. A double boiler is best for melting paraffin and keeping it hot without smoking.

Let products stand overnight to avoid breaking gel. Label with name and date, and store in a cool, dry place.

## Jelly

Best jellies are made in small batches—3 to 4 cups of juice at a time—and cooked quickly. Unsatisfactory results can occur if the recipe is doubled.

Wash all fruits in cold running water, or wash them in several changes of cold water, lifting them out of the water each time. Do not let fruit stand in water.

The method of preparing fruit differs with the kind of fruit. Mash juicy berries and add  $\frac{1}{2}$  cup water per quart of fruit. Heat just to boiling and strain.

Crush currants, grapes and plums; add  $\frac{1}{2}$  cup water per quart of fruit and simmer for 10 minutes. Strain.

Cut firm fruits into small pieces. Almost cover with water, simmer until soft and strain.

To strain juice, use a dampened cloth jelly bag or several layers of cheesecloth. The clearest jelly comes from juice that has dripped through a jelly bag without pressing. But a greater yield of juice can be obtained by twisting the bag of fruit tightly and squeezing or pressing. Pressed juice should be restrained without squeezing.

Because of differences between powdered and liquid pectins, each should be used only in recipes worked out for that form. The order in which the ingredients are combined depends on the form of pectin. Powdered pectin is mixed with the unheated fruit juice and brought to a boil before sugar is added. Liquid pectin is added to the boiling juice and sugar mixture.

A one minute boiling time is used with either form of pectin. Time should be counted when the mixture reaches a full rolling boil, one that cannot be stirred down.

Jellies made without added pectin require less sugar per cup of fruit juice to bring the mixture to the proper sugar concentration. Thus the yield of jelly per cup of juice is less when no pectin is added.

It is usually best to have part of the fruit underripe when no pectin is added, because underripe fruit has a higher pectin content

than fully ripe. Use of one-fourth underripe and three-fourths fully ripe fruit is recommended to assure sufficient pectin for making jelly.

### **Test for Doneness**

The biggest problem in making jelly without added pectin is to know when it is done. It is particularly important to remove the mixture from the heat before it is overcooked. Although an undercooked jelly can sometimes be recooked to make a satisfactory product, there is little that can be done to improve an overcooked mixture. Signs of overcooking are a change in color, and a taste or odor of caramelized sugar.

Three methods may be used for testing doneness of jelly. Of these, the temperature test is probably the most dependable.

**Temperature test:** Before cooking the jelly, find the temperature at which water boils in your area. Then cook the jelly mixture to a point 8 degrees higher than the boiling point of water. For an accurate thermometer reading, hold the thermometer in a vertical position and read it at eye level. The bulb of the thermometer must be completely covered with the jelly mixture, but must not touch the bottom of the kettle.

**Spoon or sheet test:** Dip a cool metal spoon in the boiling jelly mixture. Lift spoon and tip it so the jelly drops from the side. When the drops run together and fall off the spoon as one sheet, the jelly is done.

**Refrigerator test:** Pour a small amount of boiling jelly on a cold plate, and put it in the ice compartment of the refrigerator. If the mixture gels in a few minutes, the jelly is done. Remove the jelly mixture from the heat while this test is being made.

To make jellies with added pectin, follow directions that come with the package. Recipes without added pectin follow:

## **Jellies**

### **Apple Jelly**

- 4 cups apple juice (takes 3 lb apples and 3 cups water)
- 2 tablespoons lemon juice (if desired)
- 3 cups sugar

Combine apple juice, lemon juice and sugar and stir well. Boil

over high heat until jelly is done. Remove from heat and skim foam quickly. Pour jelly immediately into hot glasses and seal. Makes 4 to 6 six-ounce glasses.

### **Crabapple Jelly**

4 cups crabapple juice (about 3 lb crabapples and 3 cups water)  
4 cups sugar

Measure juice, add sugar and stir well. Boil over high heat until jelly is done. Remove from heat and skim foam quickly. Pour immediately in hot glasses and seal. Makes 7 six-ounce glasses.

### **Blackberry Jelly**

4 cups blackberry juice (2½ quarts blackberries and ¾ cup water)  
3 cups sugar

Measure juice, add sugar and stir well. Boil over high heat until jelly is done. Remove from heat and skim foam quickly. Pour jelly immediately into hot glasses and seal. Makes about 5 six-ounce glasses.

### **Currant Jelly**

4 cups currant juice (2½ quarts currants and 1 cup water)  
4 cups sugar

Measure juice, sugar and mix well. Boil over heat until jelly is done. Remove from heat, skim and pour immediately into hot glasses and seal. Makes about 5 six-ounce glasses.

### **Plum Jelly**

4 cups plum juice (takes 3½ lb plums and 1½ cups water)  
3 cups sugar

Measure juice, add sugar and stir well. Boil over high heat until jelly is done. Remove from heat, skim and pour immediately into hot containers and seal. Makes about 5 six-ounce glasses.

## Jams, Conserves, Marmalades

Jams, conserves, and marmalades are made from various fruits and combinations of fruits. They contain fruit pulp and tend to stick to the kettle during cooking and require constant stirring to prevent scorching. Cook products until they have thickened somewhat. In judging thickness, allow for the additional thickening of the mixture as it cools. The refrigerator test suggested for jelly may be used.

### Golden Pear Jam

- 8 medium pears
- 1 cup crushed pineapple
- 4 cups sugar
- 1/8 teaspoon ground nutmeg (optional)

Peel and core pears. Grind in food chopper using coarse blade. Measure 4 cups ground pears. Add crushed pineapple and sugar. Cook until thick, about 30 minutes, stirring often. Pour into hot, sterile glasses and seal. Makes 8 six-ounce glasses.

### Pineapple-Apricot Jam

- 3½ lb fresh apricots (7 cups sliced)
- 3 cups crushed pineapple (undrained)
- 5 cups sugar

Slice apricots and mix with sugar and pineapple. Cook until thick, about 25 minutes. Pour into hot jars and seal. Makes 6 half-pints.

### Plum-Peach Jam

- 5 cups red plums
- 4 cups peaches
- 8 cups sugar
- 1 lemon, sliced thin

Pit plums and peaches and cut into small pieces. Add sugar and lemon slices to fruit and stir well. Bring to a boil and cook until mixture thickens. Pour into sterilized jars. Makes 9 half-pints.

## **Plum-Tomato Jam**

- 3 cups pitted tart plums, ground
- 3 cups cooked tomatoes, sieved
- ½ orange, ground pulp and peel
- 4 cups sugar
- 1 stick cinnamon
- 1 tablespoon lemon juice

Combine plums, tomatoes, orange, 2 cups of sugar and cinnamon stick in large saucepan. Bring to a boil and cook for 5 minutes, stirring constantly. Add lemon juice and remainder of sugar and boil about 20 minutes. Remove cinnamon stick and ladle into sterilized jars. Makes 5 half-pints.

## **Strawberry Jam**

- 4 cups crushed strawberries
- 4 cups sugar

Combine strawberries and sugar and stir well. Boil rapidly until mixture thickens. Fill sterilized jars and seal. Makes 4 half-pints.

## **Apple Butter**

- 16 cups thick apple pulp (about 8 lb apples)
- 1 cup vinegar or apple cider
- 8 cups sugar
- 1 teaspoon ground cinnamon

Core and slice apples, but do not peel. Add only enough water to cook apples until soft. Press through fine sieve. Measure pulp and combine all ingredients. Cook until mixture is thickened somewhat (about 1½ hours), stirring frequently. Pour into sterilized jars and seal. Makes 6 pints.

### **Peach-Cantaloupe Marmalade**

- 1 whole lemon
- 1 whole orange
- 4 cups peeled, diced cantaloupe (2 lb)
- 3 cups ground peaches (4 or 5)
- 5 cups sugar
- 3 tablespoons sliced crystallized ginger (optional)

Grind lemon and orange, and combine with cantaloupe and bring to a boil. Cook for 10 minutes, stirring occasionally. Add peaches and sugar, and boil hard for 20 minutes, stirring often. Add ginger and cook 12 to 15 minutes longer. Ladle into hot jars and seal. Makes 5 half-pints.

### **Apricot-Orange Conserve**

- 3½ cups chopped apricots
- 1½ cups orange juice
- Peel of ½ orange, finely shredded
- 2 tablespoons lemon juice
- 3¼ cups sugar
- ½ cup chopped nuts

Combine all ingredients except nuts. Cook until thick, stirring constantly. Add nuts and stir well. Pour into sterilized jars. Makes 5 half-pints.

### **Damson Plum Preserves**

- 1½ quarts damson plums
- 5½ cups sugar
- 1 cup water

Remove pits, leaving plums whole. Dissolve the sugar in the water and bring to a boil. Add plums and boil until fruit is translucent and the sirup is thick. Remove from heat, fill containers and seal. Makes 6 half-pints.

## **Old-Time Tomato Preserves**

- 5 lb firm ripe tomatoes
- 8 cups sugar
- 1 orange sliced thin
- 1 lemon sliced thin

Peel and quarter tomatoes. Cover with sugar and allow to stand overnight. Drain off sirup; heat to a boil and cook until sirup spins a thread (232<sup>o</sup>) Add tomatoes, orange and lemon slices. Cook over low heat until tomatoes are transparent. Ladle into hot sterilized glasses and seal. Makes 12 six-ounce glasses.

## **Jellies and Jams from Frozen Fruits**

Frozen fruit or frozen juice concentrate can be combined with commercial pectin to make jam or jelly with a fresh fruit flavor and color. Because very little cooking is required, fermentation or mold may occur if these are held at room temperature. They may be stored 4 to 6 weeks in the refrigerator or up to 1 year in the freezer. The jam tastes best when freshly made.

### **Grape Jelly from Frozen Concentrate**

- 1 box powdered pectin
- 2¼ cups water
- 6 oz can frozen grape juice concentrate
- 3¼ cups sugar

Combine pectin and water in large saucepan and bring to a full rolling boil. Boil hard for one minute, stirring constantly. Lower heat; add grape juice and sugar and stir until both are completely dissolved. Do not boil. Remove from heat and pour into hot sterilized jars and seal. Store in the refrigerator. Makes 5 half-pints.

## Orange Jelly from Frozen Concentrate

- 1 box powdered pectin
- 2 cups water
- 6 oz can frozen orange juice concentrate
- 3½ cups sugar

Combine pectin and water in a sauce pan and bring to a full rolling boil. Boil hard for 1 minute, stirring constantly. Lower heat; add orange juice and sugar. Stir until both are completely dissolved but do not boil. Remove from heat; pour into glasses and seal. Store in the refrigerator. Makes 6 six-ounce glasses.

## Frozen Berry Jam

- 2 boxes (2½ cups) crushed frozen raspberries, or strawberries
- 1 tablespoon lemon juice
- 2½ cups sugar
- 1 package powdered pectin
- 1 cup water

Allow frozen berries to warm to room temperature. Mix in lemon juice and sugar and let stand for 20 minutes, stirring occasionally. Combine water and pectin in sauce pan and bring to a rolling boil, stirring constantly. Boil for 1 minute. Add pectin solution to the berry and sugar mixture and stir for 2 minutes. Pour jam into jars, leaving ½ inch space at the top. Seal and allow to stand at room temperature until the jam has set. Store in the refrigerator. Makes about 5 half-pints.

If jam is too firm, stir to soften. If it tends to separate, stir to blend. If it is too soft, bring it to a boil; it will thicken on cooling.