

## Cooked Jam Directions

Lids and jars must be sterilized. To sterilize the jars and lids, simmer them in boiling water for at least 10 minutes while your jam or jelly is cooking.

**1** Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into stockpot.

**2** Measure exact amount of sugar into separate bowl with dry measuring cup. (DO NOT REDUCE THE SUGAR OR USE SUGAR SUBSTITUTES SINCE THIS WILL RESULT IN SET FAILURES. For

no-sugar or lower-sugar jams or jellies, use SURE-JELL For Less Sugar or No Sugar Needed Recipes Premium Fruit Pectin.)

**3** Add sugar to prepared fruit or juice; mix well. Add 1/2 tsp. butter or margarine to reduce foaming, if desired. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat; boil exactly 1 min., stirring constantly.

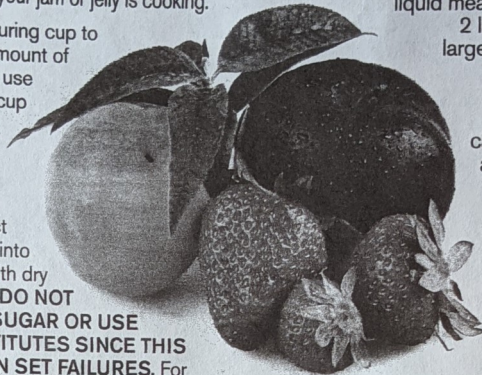
**4** Stir in pectin quickly. Return to full rolling boil; boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

**5** Ladle immediately into prepared jars, filling each to within 1/4 inch of top. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.

**6** Place jars on elevated rack in canner. Lower rack into canner. Water must cover jars by 1 to 2 inches. Add boiling water, if needed. Cover; bring water to gentle boil. Process jellies 5 min. or process jams 10 min., adjusting processing time if necessary as directed in Altitude Chart. Remove jars; place, upright, on towel. Cool completely. After jars cool, check seals by pressing middle of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary).

## SUPPLIES NEEDED

Dry measuring cup,  
liquid measuring cup,  
2 large bowls,  
large saucepan,  
ladle, jars,  
lids and  
ring seals,  
canning rack  
and canner.



Add 5 minutes for  
altitude adjustment

## Cooked Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
<b>Apricot</b> 2-1/2 lb. apricots 2 lemons (May take up to 2 weeks to set.)	Pit and finely chop apricots.	3-1/2 cups finely chopped apricots 1/3 cup fresh lemon juice 5-3/4 cups sugar 1 pouch CERTO	7 cups
<b>Blackberry, Boysenberry, Dewberry or Youngberry</b> 8 cups berries	Crush berries. If desired, press half the crushed fruit through sieve to remove seeds.	4 cups crushed berries 7 cups sugar 1 pouch CERTO	8 cups
<b>Blueberry</b> 8 cups blueberries 1 lemon	Remove and discard blueberry stems. Finely chop or mash blueberries.	4-1/2 cups chopped blueberries 2 Tbsp. fresh lemon juice 7 cups sugar 2 pouches CERTO	9 cups
<b>Cherry (sour)</b> 3 lb. sour cherries	Discard cherry stems. Pit and finely chop cherries.	4 cups finely chopped cherries 6-1/4 cups sugar 2 pouches CERTO	8 cups
<b>Fig</b> 3 lb. figs 2 lemons	Trim and discard stem ends from figs. Finely chop figs.	4 cups finely chopped figs 1/2 cup fresh lemon juice 1/2 cup water 7 cups sugar 1 pouch CERTO	8 cups
<b>Hot Pepper</b> 1 green bell pepper 1 red bell pepper 6 large jalapeño peppers	Remove and discard pepper stems. Cut peppers in half; remove seeds. Finely chop peppers. (Note: When working with hot peppers, wear rubber gloves.)	2-3/4 cups finely chopped mixed green and red bell peppers 1-1/2 cups cider vinegar 1 Tbsp. crushed red pepper (add with the pectin) 6-1/2 cups sugar 1 pouch CERTO	7 cups
<b>Orange Marmalade</b> 3 oranges 2 lemons (May take up to 2 weeks to set)	Use vegetable peeler to remove colored parts of fruit peels. Finely chop removed peel; place in large saucepan. Add 1-1/2 cups water and 1/2 tsp.	3 cups cooked fruit 5 cups sugar 1 pouch CERTO	6 cups

