



Carrot Cake Jam

1-1/2 cups finely grated peeled carrots
1-1/2 cups chopped cored peeled pears
1-3/4 cups canned pineapple, including juice
3 Tbsp lemon juice
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground cloves
1 pkg (57 g) BERNARDIN® Original Fruit Pectin
6-1/2 cups granulated sugar or 4 cups sugar for lower sugar

- In a large, deep stainless steel saucepan, combine carrots, pears, pineapple with juice, lemon juice, cinnamon, nutmeg and cloves. Bring to a boil over high heat, stirring frequently. Reduce heat, cover and boil gently for 20 minutes, stirring occasionally. Remove from heat and whisk in pectin and 1/2 tsp butter or margarine to reduce foaming, until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute. Remove from heat and skim off foam.
- Ladle hot jam into a hot jar to within 1/4 inch of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more jam. Wipe jar rim removing any food residue. Center hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining jam.
- When canner is filled, ensure that all jars are covered by at least one inch (of water). Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process – boil filled jars – 10 minutes.
- When processing time is complete, turn stove off, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; **DO NOT RETIGHTEN** screw bands.
- After cooling check jar seals. Sealed lids curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

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