



# 2017 Master Food Preserver Training Lab Recipes

## Pomona Pectin blueberry freezer jam

Yield: 5-6 Cups

Before you start jamming, make calcium water:

1. Put  $\frac{1}{2}$  tsp. white calcium powder and  $\frac{1}{2}$  C. water in a small clear jar with lid. Shake well.
2. Store in refrigerator between uses. Lasts a number of months – discard only if settled white powder discolors or you see mold. Shake well before using.

### Jam Ingredients

4 C. mashed blueberries (see step #2)  
 $\frac{1}{4}$  C. lemon or lime juice (optional)  
 $\frac{1}{2}$  C. to 1 C. honey or  $\frac{3}{4}$  C. to 2 C. sugar (sweeten to taste)  
 $\frac{3}{4}$  C. water (for dissolving pectin)  
3 tsp. pectin  
4 tsp. to 12 tsp. calcium water  
5-6 air tight 8-oz. containers

### Instructions

1. Wash and rinse containers
2. Prepare fruit: thoroughly wash and remove stems (hulls, pits, skins as required – see note at bottom). Mash or grind fruit to measure 4 cups. Transfer to a large bowl.
3. Add lemon or lime juice, if using, to prepared fruit.
4. Measure desired amount of sweetener and add to prepared fruit. Stir well.
5. Bring  $\frac{3}{4}$  C. water to a boil. Pour into a blender or food processor. Add pectin powder. Vent blender lid and blend 1-2 minutes until all powder is dissolved.
6. Add hot liquid pectin to fruit and stir until well mixed.
7. Add 4 tsp. calcium water from jar and stir well. Jell should appear. If not, continue adding 1 tsp. calcium water at a time, stirring well until jell appears. Jell may be softer than cooked jam.
8. Fill containers to  $\frac{1}{2}$ " of top. Secure lids and immediately place in freezer. Store in freezer for up to 1 year. Keep refrigerated after thawing. Lasts about 1 week in refrigerator.

Note: this jam can also be made using strawberries, raspberries, sour or sweet cherries, pears, kiwis, blackberries or plums in the same portions.