

# POMONA'S® COOKED FRUIT SPREADS



Pomona's Universal Pectin is a low-methoxyl citrus pectin, specially formulated for making low sugar jam & jelly.

Recipes can be doubled, tripled, halved or quartered. Dry or liquid sweeteners that measure like sugar or honey can be used. Examples: xylitol, Sucanat, cup-for-cup Splenda, fructose, agave, maple syrup, concentrated fruit sweetener. See special directions for stevia concentrate or no sweetener.

**Before you start jamming, make calcium water.**

Put ½ tsp. white calcium powder and ½ cup water in a small, clear jar with lid. Shake well.

Lasts many months in refrigerator. Freeze for long-term storage. Do not discard unless settled white powder discolors or you see mold. Shake well before using.

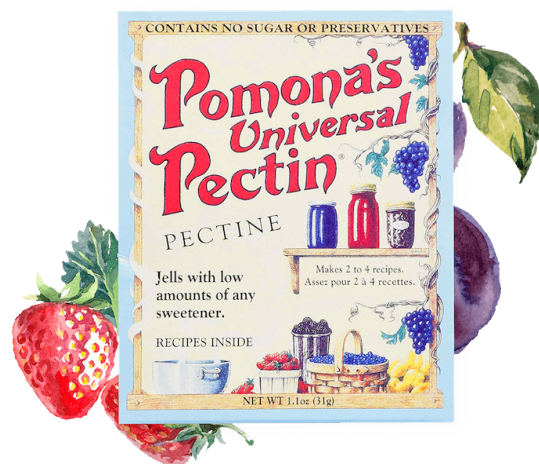
Pomona's Universal Pectin must be dissolved in a low-sugar environment. It cannot fully dissolve in a high-sugar environment. The sugar and honey ranges in our recipes give you a low-sugar environment.

Always stir the pectin into an amount of **dry sweetener** that is no more than **½ the amount** of mashed fruit or juice.

Always stir the pectin into an amount of **liquid sweetener** that is no more than **¼ the amount** of mashed fruit or juice. Add any remaining sweetener after the pectin is dissolved.

Pomona's Universal Pectin must be dispersed into enough sweetener to prevent the pectin grains from clumping together when added to the hot fruit mixture. The table below gives you the minimum amount of sweetener required for adequate disbursement of the pectin.

pectin	sugar or honey
1 tsp.	2 Tbsp.
2 tsp.	1/4 cup
3 tsp.	3/8 cup
4 tsp.	1/2 cup
5 tsp.	5/8 cup
6 tsp.	3/4 cup
7-8 tsp.	1 cup



# INSTRUCTIONS

## BASIC UNIVERSAL INSTRUCTIONS

1. **Wash and rinse jars** (4 oz. up to 16 oz.); let stand in hot water. Bring lids to simmer; turn off heat; let stand in hot water. Wash screw bands; set aside.
2. **Prepare** fruit or juice. **Measure** fruit or juice into pan with lemon or lime juice (if called for in recipe).
3. Add proper amount of **calcium water** from jar into pan; stir well.
4. **Measure** sugar or room temperature honey into separate bowl. Thoroughly **mix** proper amount of **pectin powder** into honey or sugar.
5. Bring fruit or juice to a **full boil**. **Add** pectin-sweetener. Stir vigorously 1-2 min. to **dissolve** pectin, then add the remaining sweetener while mixture returns to full boil. Remove from heat.  
**For Jello:** pour into bowl(s); cool; refrigerate until jelled.
6. **Fill** jars to ¼" of top. Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. **Boil** 10 min. (add 1 min. more for every 1,000 ft. above sea level). Turn off the heat, remove the cover, and wait 5 minutes. Remove from water. Let jars **cool**.
7. **Check seals;** lids should be sucked down. Eat within 1 year. Lasts 3 three weeks once opened & refrigerated.

## COOKED JAM, JELLY, JELLO LOW SUGAR OR HONEY

Follow **BASIC Universal Instructions**.

## COOKED JAM, JELLY, JELLO STEVIA CONCENTRATE OR NO SWEETENER

Follow instructions for **BASIC steps 1, 2 & 3**.

4. **For jam:** bring ¾ cup water or juice to boil.  
**For jelly or Jello:** bring 1 cup of your measured juice to boil.  
Put in blender/food processor. **Add** proper amount of **pectin powder**; vent lid; **blend** 1-2 min. until all powder is dissolved.
5. Bring your 4 cups mashed fruit or 3 cups juice to **boil**. **Add** pectin-water or pectin-juice and stevia to taste (if using). Stir while mixture returns to full boil. Remove from heat.  
**For Jello:** pour into bowl(s); cool; refrigerate until jelled.
6. same **BASIC step 6**.
7. Same **BASIC step 7**.

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*Recipes can be doubled, tripled, halved, or quartered. Dry or liquid sweeteners that measure like sugar or honey can be used—Xylitol, Sucanat, cup-for-cup Stevia, Splenda, Fructose, Agave, Maple Syrup, Concentrated Fruit Sweetener.*

## COOKED JAMS

### ***Strawberry, Kiwi, Currant, Raspberry, Gooseberry, Sour Blackberry, Sour Cherry, Sour Plum, Pineapple***

***Yield: 4-5 cups***

Remove hulls, stems, pits, skin as required; mash fruit.

4 cups mashed fruit  
½ cup to 1 cup honey or  
¾ cup to 2 cups sugar  
2 tsp. pectin  
2 tsp. calcium water

### ***Blueberry, Sweet Blackberry, Mulberry, Elderberry, Ripe Quince, Apple***

***Yield: 4-5 cups***

Berries: remove stems, mash fruit.

Quince: peel, core, grind 3 lbs. Simmer covered with 3 cups water for 15 min.

Apple: peel, core & simmer with a little water until soft.

4 cups mashed or simmered fruit  
¼ cup lemon or lime juice  
½ cup to 1 cup honey or  
¾ cup to 2 cups sugar  
2 tsp. pectin  
2 tsp. calcium water

### ***Peach, Nectarine, Apricot, Sweet Cherry, Sweet Plum, Pear, Mango, Guava***

***Yield: 4-5 cups***

Pit, chop, and mash or peel fruit. Measure 4 cups mashed fruit. Optional: to soften firm fruit, bring to boil with ½ cup water, simmer 5 min. stirring occasionally.

4 cups mashed or simmered fruit  
½ cup lemon or lime juice  
½ cup to 1 cup honey or  
¾ cup to 2 cups sugar  
3 tsp. pectin  
4 tsp. calcium water

### ***Light & Fresh Orange Marmalade***

***(other citrus can be used in place of the orange and grapefruit)***

***Yield: 7-8 cups***

Peel, seed, remove membrane, finely chop ½ grapefruit and 4 oranges. Scrape off the white, then thinly slice the peel from 2 oranges. Bring fruit to boil with 3 cups water or juice. Simmer covered 20 min., stirring occasionally.

6 cups cooked fruit  
3 Tbsp. lemon or lime juice  
1 cup to 1½ cup honey or 2 -3 cups sugar  
4½ tsp. pectin  
3 tsp. calcium water

# JELLY OR JELLO

## UNSWEETENED BOTTLED JUICE CAN BE USED

### *Sweet Apple\*, Tart Apple, Crab Apple, Ripe Quince\**

*Yield: 4-5 cups*

Remove stems and blossom ends from 3 lbs. fruit. Do not peel or core. Cut in small pieces. Bring to boil with 3 cups water. Simmer covered 10 min; stir & mash; simmer 5 min. more. Pour into jelly bag. Let drip until juice stops.

4 cups juice  
 \* $\frac{1}{4}$  cup lemon or lime juice  
 $\frac{1}{2}$  cup to 1 cup honey or  
 $\frac{3}{4}$  cup to 2 cups sugar  
 4 tsp. pectin  
 4 tsp. calcium water

### *Concord Grape, Sweet Grape\*, Sour Plum, Sweet Plum\*, Peach\**

*Yield: 4-5 cups*

Remove stems & mash 4 lbs fruit. Bring to boil with  $\frac{1}{2}$  cup water (grape), or  $1\frac{1}{4}$  cup water (plum, peach). Simmer covered 10 min. Pour into jelly bag. Let drip until juice stops. To avoid crystals, Concord grape juice must sit overnight in refrigerator. Pour off juice; don't disturb sediment.

4 cups juice  
 \* $\frac{1}{4}$  cup lemon or lime juice  
 $\frac{1}{2}$  cup to 1 cup honey or  $\frac{3}{4}$  cup to 2 cup sugar  
 4 tsp. pectin  
 4 tsp. calcium water

### *Sweet Blackberry\*, Sour Blackberry, Raspberry, Elderberry\*, Strawberry, Sour Cherry, Currant, Pomegranate‡*

*Yield: 4-5 cups*

Mash raw fruit through fine sieve and collect juice. Or lightly mash fruit and simmer with a little water; pour simmered fruit into jelly bag and let drip until juice stops.

4 cups juice  
 \* $\frac{1}{4}$  cup lemon or lime juice  
 ‡4 tsp. (for pomegranate)  
 $\frac{1}{2}$  cup to 1 cup honey or  
 $\frac{3}{4}$  cup to 2 cups sugar  
 4 tsp. pectin  
 4 tsp. calcium water

### *Hot Pepper*

*Yield: 3-4 cups*

Bring 1 cup finely chopped bell peppers,  $\frac{1}{3}$  cup finely chopped jalapeño peppers, and  $1\frac{1}{3}$  cup vinegar to a boil. Simmer covered 5 min.

Simmered peppers and vinegar  
 $1\frac{1}{2}$  cup honey or  $2\frac{1}{2}$  cup sugar  
 $1\frac{1}{2}$  tsp. pectin  
 2 tsp. calcium water  
 Stir pectin into  $\frac{1}{2}$  cup honey or  
 $\frac{1}{2}$  cup sugar.  
 Add remaining sweetener after pectin is dissolved (**see BASIC Universal instructions step 5**)

## DEVELOPING YOUR OWN RECIPES

### *Cooked jam or jelly*

- **Fruit** = mashed fruit or juice
- **Pectin:** ½ tsp. to ¾ tsp. per cup mashed fruit for jam
- **Pectin:** ¾ tsp. to 1 tsp. per cup juice for jelly
- **Calcium water:** ½ tsp to 1 tsp. per cup fruit
- **Lemon juice:** for low-acid fruits, 1 Tbsp. per cup fruit
- **Sugar:** scant ¼ cup to ½ cup per cup fruit
- **Honey:** 2 Tbsp. to ¼ cup per cup fruit

## HELPFUL HINTS

1. To stop foaming, add ½ tsp. butter per 4 cup batch.
2. Taste test for sweetness after pectin is dissolved in mixture. Not sweet enough? Add more sweetener. Stir 1 min. at full boil.
3. Pectin only dissolves properly in a low-sweetener mixture. For higher sweetener recipes, stir pectin into low sweetener (no more than ½ the amount of mashed fruit or juice); add remaining sweetener after pectin is dissolved.
4. If, after jars are sealed, you discover you need to add sweetener, lemon juice, calcium water, fruit or juice, you can empty jars into a pan with new ingredients. Bring mixture to a full boil, stir well 1 min. and re-can.
5. Pectin jells when thoroughly cool. If jam or jelly didn't jell, go to <http://www.pomonapectin.com/jell> to find solutions.
6. Color changes over time do not affect flavor or quality.
7. For a softer jell, use less pectin.
8. Cannot be safely sealed with paraffin.

## REFERENCES

Preserving with Pomona's Pectin

## LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county. See your telephone directory for addresses and phone numbers, or visit [http://mfp.ucanr.edu/Contact/Find\\_a\\_Program/](http://mfp.ucanr.edu/Contact/Find_a_Program/).

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