

Fifteen Minute Jam

The ratio for jam making is really simple: just use an equal amount of fruit to sugar. Add some lemon juice to add a little zing and thats all! Strawberries and other berries are high in water (around 91%) so adding water is not necessary. Put the berries in the pan first with the lemon juice and add the sugar on top.



Now this scientifically proven method is for a classic jam that can be stored at ambient temperatures and will last for months. If you prefer a lower sugar jam just use half the amount of sugar to fruit. Remember though, it will have to be stored in a refrigerator after it's cooled and used within 2-3 weeks. It will also have a slightly runnier consistency. If you think making jam involves huge vats of boiling fruit take a fresh look. Making jam in small batches is quick, stress free and will be ready to use as soon as it cools down. In the time it takes to bake and cool a classic Victoria sponge you could have made your own jam for the middle! Use this recipe for stone fruit, berries and currants.

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Fifteen Minute Jam

Ingredients

Just one punnet needed!

300g fresh or defrosted berries (strawberries, raspberries, tayberries or a mix)

Gooseberries, currants and stone fruits will work here too. For stone fruits make sure you remove the stones and discard before cooking the fruit.

300g jam sugar (this has added pectin which helps the jam to set)

Juice of half a fresh lemon (add more for a larger quantity of fruit)

Method

Place the berries/ fruit in a thick-based saucepan and add the sugar and lemon juice. While it is coming up to the boil turn the oven on low. If you are going to use the jam straight away ignore this step. Put 1 large or 2 medium jam jars in a tray in a couple of centimetres of water with the lids by the side Place in the oven to sterilise the jars. As the fruit comes to the boil, stir regularly until it reaches a rolling boil. Don't have the heat up too high as it will boil over but you want it to be visibly bubbling. It should take around 10-15 minutes to reach a syrupy texture (longer if you are using less sugar or a larger amount of fruit). When the jam is ready remove the jars from the oven and spoon in the jam. Allow to cool (I usually cover mine with a sheet of paper towel). Once cooled put on the lids. Low sugar jam will need to be stored in the refrigerator and should last for up to three weeks.

*If you make your jam in larger batches it will take longer to cook



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ORIGINAL RECIPE BY SHIRLEE  @EATSURREY