

No-cook Freezer Jams

Simple and fast using equipment you probably already have.

freezing

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Equipment: Large bowl, potato masher, pot, spoon, clean jars.

Ingredients: Clean, ripe BC fruit for best taste and results. Pectin, used to thicken the jam, is available in liquid and powder form. Sugar used to sweeten, prevent bacteria growth and “set” the jam. The basic ratios for each packet of powdered pectin are:

3 cups mashed fruit

5 cups sugar

1 cup water in which to dissolve and boil the pectin

These amounts can vary, so follow the instructions for your brand of pectin. No-sugar jams require special pectin.

Process:

1. Wash, hull and stem the fruit.
2. Place the fruit in a large mixing bowl, and crush with a potato masher.
3. Combine the sugar and pectin in a small saucepan. Stir until the powder is dissolved; bring it to a boil over high heat, and let it boil for a full minute.
4. Add the sugar-pectin mixture to the fruit, and stir for three minutes.
5. Pour the resulting mixture into jars, leaving a half-inch of headspace at the top of each jar.
6. Screw on the lids, and clean up any drips.
7. Let stand for 30 minutes, or until thickened.
8. Freeze or refrigerate immediately. Jams will keep in freezer for up to 1 year.