



Jam

Bring 2 or 3 jars, preferably with lids



Ingredients - As a general rule use:

- 500g / 1lb fruit e.g. plums, blackberries, apples, strawberries, raspberries – (choose fruits that are just ripe, do not use over-ripe fruits).
- 500g / 1lb granulated sugar
- 125ml / ¼ pint water for hard fruits, none for soft fruits
- Small knob of butter (optional)
- Strawberries and blackberries may need juice of a lemon

Method

1. Wash and rinse the jars. Turn up-side-down on a baking tray and put in the oven to sterilize on the lowest heat.
2. Place one or two small plates in the freezer or fridge to chill.
3. Wash and prepare the fruit. Put it in a large heavy-based saucepan.
4. For blackberries, add 50ml of water and 1½ tablespoons of lemon juice; for plums (halved and stoned), use 125ml of water; for strawberries, add 3 tablespoon of lemon juice (no water); and for raspberries, add nothing.
5. Bring to the boil, then lower the heat.
6. For blackberries, simmer for approx. 15 minutes; for plums, simmer for 30-40 minutes; for raspberries, simmer for 2 minutes; for strawberries, simmer for 5 minutes. The fruit should be soft.
7. Tip in the sugar, stir over a very low heat until the sugar has completely dissolved.
8. Raise the heat, bring to a full rolling boil, then rapidly boil blackberries for approx 10-12 minutes, plums for 10 minutes, raspberries for 5 minutes or strawberries for 20-25 minutes - don't stir though – until the setting point of 105°C is reached. Use a thermometer or do a 'wrinkle test' on a cold plate
9. Remove from the heat, skim off any excess scum, then stir a knob of butter across the surface (this helps to dissolve any remaining scum). Leave for about 10 mins so the fruit can settle.
10. Pour into warm, sterilized jars, seal and label.

