

Tips for Making Great Jams

This tip sheet was produced by Cheapskates Journal—
cheapskates.com.au

There's nothing quite as pleasing as serving afternoon tea of hot scones with your very own homemade jam, taken with pride from the pantry shelf.

Hints for jam making:

1. Use dry, barely ripe (preferably under-ripe) fruit.
2. Use a large, wide saucepan or stockpot, preferably aluminium or stainless steel.
3. Fruit should be partly cooked before adding the sugar.
4. Bring fruit to the boil slowly, to avoid burning and sticking.
5. Use a wooden spoon for stirring, although a slotted metal spoon is ideal for skimming.
6. Add warmed sugar, the helps the sugar to dissolve faster and prevents lowering the temperature and possible over-cooking of the fruit.
7. When sugar is added boil as rapidly as possible. Rapid boiling improves the colour and flavour of the jam and should continue for at least 10 minutes until setting point is reached.
8. Skim with a metal slotted spoon or stir in a lump of butter about the size of a walnut when the jam is cooked. If skimming, only skim once.
9. To test jam put a tiny amount on a saucer. When cooled it should form a skin on top.
10. Jam jars can be any jar that is clean, dry and unchipped. Jars should be sterilised and warmed in the oven to prevent cracking when the hot jam is poured in.
11. Seal immediately with jam covers (Kleer View Preserve Covers from hardware and supermarkets) or warm paraffin wax or wait until jam is completely cold. Never seal lukewarm jam.



Plum Jam

2.7kg plums
2 kg sugar
1 1/4 cups water

Put plums in pot with water and cook slowly until the fruit is very soft and pulpy. Add sugar and boil rapidly for 10—15 minutes. Test. As the fruit softens the stones will float to the surface and you can pick them out. Bottle immediately in sterilised, warm jam jars.