

peach jam



This makes a delicious peach jam from fresh peaches. Perfect for the summer!

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Ingredients

4 cups (about 3 lbs/1,2kg.) fresh peaches (we used a combination of Stonewall white and yellow peaches)

$\frac{1}{4}$ cup (about 2 lemons) fresh lemon juice

$7\frac{1}{2}$ cups sugar

1 pouch Sure-Jell Certo Fruit Pectin (liquid fruit pectin)

Instructions

1.Fill a Canner half-full of water and bring to a simmer over medium-high heat.

2.Wash Mason Canning Jars, Lids and Bands in hot, soapy water and then rinse with warm water. Add jars, screw bands and lids to simmering water. Let stand in hot water until ready to use. Drain well.

3.Remove the skin from the peaches by blanching for 45 seconds in boiling water, then removing and placing in ice cold water for 1 minute. Using a sharp paring knife, make a crisscross slit at the bottom of the peach to create a place to insert the knife blade. Gently grab the skin between your finger and

the knife blade and remove the skin (see photos above). Once skin is removed, remove the pits. Finely chop the peeled, pitted peaches.

4. Measure 4 cups finely chopped peaches and cook over medium-high heat in a saucepan. Add lemon juice to the peaches and stir to combine. Add sugar to saucepan and stir to combine. You may add $\frac{1}{2}$ tsp. unsalted butter to reduce the foaming if you wish.

5. Bring mixture to full rolling boil on high heat, stirring constantly. Stir in pectin pouch quickly. Return to a full rolling boil and boil for exactly 1 minute, stirring constantly. Be careful not to let mixture boil over. Remove from heat and skim off any foam with a metal spoon.

6. Ladle mixture into the prepared, cleaned jars. I really recommend using a Wide-Mouth Funnel to easily ladle mixture into jars. Fill each jar to within $\frac{1}{8}$ -inch from the top. Wipe the jar rims and threads and cover with 2-piece lids. Screw bands on tightly and place jars on elevated Canning Rack in canner. Lower rack into canner so that water covers jars by 1 to 2 inches. If more water is needed, add boiling water. Cover and bring to gently boil for 10 minutes. Remove jars using a Jar Lifter and place upright on a towel to cool completely. After jars cool, check seals by pressing middle of the lid with your finger. If lid springs/pops back, it is not sealed and that jar will need to be refrigerated.

7. Let stand at room temperature for 24 hours. Store unopened jam in a cool, dry, dark place for up to 1 year. Refrigerate opened jams for up to 3 weeks

Strawberry jam without pectin



This strawberry jam contains no pectin and tastes like fresh strawberries!

Old Fashioned Strawberry Jam

Ingredients

- 2 Litres of strawberries
- 5 heaping cups sugar
- $\frac{1}{2}$ cup lemon juice

Instructions

1. Wash strawberries and remove the stems.
2. Chop, mash or puree strawberries and stir in the sugar. Let sit for 2 hours.
3. Add strawberry mixture to a large pot and cook slow over medium heat until it boils, stirring often. Then turn up the heat to med-high and boil fast for 5 more minutes.
4. Add in lemon juice and stir. Boil 5 minutes longer.
5. Pour jam into clean jars and add lids. Place in a hot water bath canner and boil for 10 minutes. Remove from water and let cool to room temperature. Store in a cool dry place for up to 1 year.

Notes

Jars that don't seal correctly can be placed in the fridge to be eaten within the next couple of weeks.

Makes about 10 half pint jars of jam.

Source: happymoneysaver.com

Tomato and Chilli Jam



500g tomatoes

2 red chillies

4 garlic cloves, peeled

2 tsp fresh chopped ginger

2 tbsp fish sauce or 1 heaped tsp miso paste

100ml red wine vinegar

275g caster sugar

1. Roughly dice the tomatoes. Using a stick blender, puree the whole chillies, garlic, ginger, fish sauce or miso and red wine vinegar together. Transfer to a saucepan with the tomatoes and sugar.

2. Bring to the boil and simmer for 30-40 minutes, stirring occasionally, until the tomatoes have broken down and the mixture is quite thick and jammy (remember it will thicken further as it cools.) Remove from the heat and pour into a jar. Cool then refrigerate before serving.

konfyt tertjies



Maak 60 tertjies

Bereiding: 30 minute

verkoeltyd: 4 uur

Gaarmaaktyd: 30 minute

4 x 250 ml (4 k) koekmeel

knippie sout

340 g botter

250 ml (1 k) kookwater

appelkooskonfyt

eiergeel en 'n bietjie melk, geklits

Voorverhit die oond tot 180 °C. Spuit 'n paar bakplate met kossproei.

Sif die meel en sout saam. Smelt die botter in die kookwater en meng by die meel en sout. Vorm in 'n bol, bedek met kleefplastiek en verkoel minstens 4 uur.

Rol die deeg dun uit en druk sirkels uit. Pak die sirkels op die bereide bakplate.

Skep 'n klein bietjie appelkooskonfyt op die een helfte van elke deegsirkel. Verf die kante met water.

Vou die ander helfte oor en druk die kante met 'n vurk vas. Herhaal met al die tertjies.

Verf die tertjies liggies met die eiermelk en bak 25-30 minute of tot goudbruin. Laat afkoel op 'n draadrakkie. Bêre in 'n lugdigte houer.

Passionfruit Jam



10 passionfruits
juice of 1/2 lemon
2 cups sugar

METHOD

Wash the passionfruits.

Halve and scoop out the pulpy seeds. Put aside in the fridge. Put half the quantity of the shells in a pot and fill with enough water to just cover the tops. Boil for about 30 – 40 mins or until it turns translucent and soft.

Drain & cool for easier handling. Save 1 cup of boiled liquid. When cooled, scoop out the inner flesh and discard the papery skins.

Pulse in a food processor or blender until a smooth puree.

Add to reserved seeds together with the lemon juice, reserved liquid and sugar in a deep stainless steel pot.

Stir over medium heat until all the sugar has dissolved. Then bring to a boil.

Set timer to 15 mins and allow to boil slowly without stirring too much except for the occasional scrape or two with a wooden spoon to make sure it doesn't stick to the bottom and burn.

Skim scum. (Say that quickly 5 times :D)

Turn off heat and cool for 15 – 20 mins before ladling into clean, sterilized jars.

* Great as plain ol' jam with toast or use as a filling for pastry or a topping for cheesecakes, ice creams ... go crazy!

Konfyt vir diabetese



Konfyt vir Diabete

Appelkose-en-pynappelkonfyt

250 g gedroogde appelkose

600 ml water

500 ml vars pynappel, in blokkies gesny, harde kern weggegooi

30 g (50 ml) gepelde amandels, grof gekap

sap van 1 groot suurlemoen

25 ml vloeibare kunsmatige versoeter OF na smaak

Week appelkose oornag in water. Plaas appelkose met water in groot kastrol,

voeg pynappel by. Laat kook. Verlaag hitte, prut, onbedek, sowat 25 minute,

tot dik. Plaas in bak of voedselverwerker, verwerk 'n paar sekondes, tot net

grof gekap. Plaas mengsel terug in kastrol, voeg amandels en

suurlemoensap

by, prut 3 minute. Voeg versoeter by, roer goed. Verwyder van hitte, verkoel

effens. Giet in war, droe, gesteriliseerde fles, bedek oppervlak met sirkel

waspapier in brandewyn gedoop. Verseel wanneer koud, plak etiket op en bere

in yskas.

Lewer sowat 650 ml, of 65 x 10 ml porsies

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Peer-en-lemoenkonfyt

Bere tot 2 weke in yskas. Gebruik binne 'n week nadat dit oopgemaak is.

750 ml onversoete peersap

1 pakkie Jelliepoeier vir Diabete (lemoengeur) Genoeg om vir een liter vloeistof

te laat stol. (Sien aanwysings op pakkie)

5 ml vloeibare kunsmatige versoeter OF na smaak

12,5 ml fyngekapte vars kruisement

10 ml fyngerasperde lemoenskil

Kook peersap. Roer jelliepoeier in tot opgelos. Voeg versoeter, kruisement en

lemoenskil by, roer goed. Verwyder van hitte, laat effens afkoel. Giet in warm,

droe, gesteriliseerde fles, bedek oppervlak van konfyt met sirkel waspapier in

brandewyn gedoop. Laat heeltemal afkoel. Verseel, plak etiket op en bere in

yskas.

Lewer 750 ml, of 75 x 10 ml porsies.