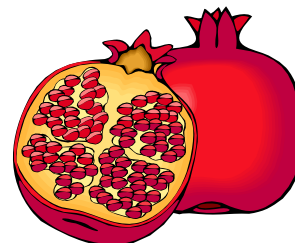




Pomegranate Jelly

- 4 cups prepared juice (the juice from 6-8 large fully ripe pomegranates)
- 7½ cups sugar
- 2 pouches liquid Fruit Pectin (Certo®)



1. Thoroughly mix sugar into juice in saucepan. Place over high heat and bring to a boil, stirring constantly.
2. At once stir in fruit pectin. Then bring to a full rolling boil and boil hard for 1 minute, stirring constantly.
3. Remove from heat and skim off foam with metal spoon.
4. Ladle quickly into clean warm or room temperature jars, filling to within 1/8 inch of tops.
5. Wipe jar rims and threads.
6. Cover with lids that have been treated according to the manufacturer's directions. Secure ring bands.
7. Process in a water bath canner for 15 minutes.
8. Remove from the canner and let cool undisturbed for 24 hours. Wash off jars and remove ring bands from the sealed jars. Label and date Store in a dark, draft free space.

Lower Sugar Pomegranate Jelly

- 6 cups pomegranate juice
- 4½ cups sugar
- 1 box Sure-Jell for Lower Sugar Recipes® Pectin

1. Prepare juice by mashing the pomegranate berries and straining the juice until you have six cups. Pour juice into an 8 quart saucepot.
2. Measure sugar into a bowl and set aside.
3. Take ¼ cup of the sugar and mix with the contents of the fruit pectin box. Stir the mixture into the fruit juice, mixing thoroughly.
4. Place juice mixture over medium high heat. Bring to a **full rolling boil** (or a boil that does not stop when stirred.). Stir constantly so mixture does not scorch.
5. When mixture comes to a **full rolling boil**, add the sugar all at once and stir, mixing well. Bring the mixture back to a full rolling boil and boil for **exactly 1 minute**. You may add ¼ teaspoon margarine to keep mixture from foaming excessively.
6. Remove from the heat and fill sterilized jars to ¼ inch from the top. Cover with flat canning lids that have been prepared according to directions (in boiling water). Secure ring bands. This recipe makes about 8 (8 ounce jars).
7. Process in a water bath canner for 15 minutes.
8. Remove from the canner and let cool undisturbed for 24 hours. Wash off jars and remove ring bands from the sealed jars. Label and date Store in a dark, draft free space.



Pomegranate Syrup (Grenadine)

Measure equal parts of juice and sugar. Bring to a boil, simmer 5 minutes, strain, and pour into clean jars. Add prepared lids and screw on ring bands. Process in a water bath canner for 15 minutes OR allow head space and freeze. Label containers and date.

Other Ways to Use Pomegranates

Pomegranate juice is a splendid coloring for lighter colored fruits and salads. For example apples and pears marinated in pomegranate juice makes a most luscious appearing and tasting fruit cocktail or salad.

Refreshing “pink lemonade” can be made from pomegranate juice, using sugar, water and plenty of ice.

