

QUICK, EASY JAM AND JELLY

RECIPES FOR BEGINNERS

BY

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BASIC MCP COOKED JELLY RECIPES

It is important to follow instructions step by step as follows:

1. Wash glasses, or jars, and lids; scald and drain.
2. To prepare fruit: Use fully ripe fruit for best flavor and color. Do not vary amounts of ingredients or double recipes. Use lemon juice where called for. Lemon juice supplies the lack of fruit acid in some of the mild fruits and berries. See chart for preparation of fruit.
3. Measure ingredients. Use standard measuring cups and level measures for all ingredients. Measure sugar into dry bowl to be added later. Measure juice into 6 or 8 quart kettle. If short of juice, fill last cup with water to equal exact amount. Add lemon juice if called for.
4. To prepare juice: Rest colander in bowl or kettle. Spread cloth or jelly bag over colander. Place hot prepared fruit into cloth or bag. Fold cloth to form bag and twist from top. Press with masher to extract juice. (Use the MCP Jelly Making Set for easier juice extraction and filtering for brilliantly clear jellies. See Jelly Making Aids.)
5. To make jelly:
 - (a) Add package of MCP Jam & Jelly Pectin to juice in kettle. Stir well.
 - (b) Place over high heat; bring to boil, stirring constantly to avoid scorching.
 - (c) Add measured sugar; mix well. Continue stirring and bring to full rolling boil (a boil that cannot be stirred down).
 - (d) Boil hard exactly 2 minutes. Remove from heat. Skim foam and pour into glasses.
6. To seal without paraffin: Use jars with two-piece metal lids. Pour immediately into jars, filling to 1/8 inch from top. Place lids on jars; tighten bands and invert jars. After a few minutes, turn jars upright. Store in cool place.
7. To seal with paraffin: Leave 1/4 inch space at top when filling glasses. Cover jelly with 1/8 inch (about 1 tbs. for a 6 oz. glass) hot paraffin immediately. Prick any air bubbles that form in paraffin as it hardens. Cover with loose-fitting lids. Store in cool place.

8. Keep this recipe instruction sheet for future reference.

For these recipes, follow directions from previous page.

		Berries	Juice	MCP	Sugar	Yield
Blue or Blackberry	3 Qts.	Wash firm ripe berries. Heat to a boil & squeeze out juice. Add 1/4 cup lemon juice to each 3 1/4 cups juice.	3 1/2	1	4 1/2	8
Bottled Grape Juice or Apple Juice	1 pt.	2 cups Concord Grape Juice and 1 cup water.	3	1	3 1/2	7
	1 1/2 pt.	3 cups apple cider or "apple juice".	3	1	4	7
Boysenberry	3 Qts.	Wash firm ripe berries. Crush, heat to a boil and squeeze out juice.	3 1/2	1	4 1/2	8
Strawberry Fig Jam	2 pkg. 3 oz. each strawberry Jello 3 cups mashed figs 3 cups sugar					

Follow MCP recipe steps 1, 2 & 3.

Mix ingredients together and boil for 5 minutes, stirring constantly.

Skim foam off top.

Pour jam into jars and seal following directions 6 & 7.