



Quick-Cook Peach Jam

Source: *Ball Complete Book of Home Preserving, 2020, page 29*



Pectin:

There are three types of pectins: natural, high-methoxyl pectins, and low-methoxyl pectins. High-methoxyl pectin (Acid Gelled) uses acid to reduce the pH and neutralize the negative charge. Two types of High-methoxyl pectins are liquid or powdered. The main difference between liquid and powdered pectin is when you add it. You will add liquid pectin to a hot cooked fruit/sugar mixture and then boil it, while you will add powdered pectin to unheated fruit or juice, then boil it, and add the sugar.



Recipe

Yield: about 6 half-pints

Ingredients:

- 4 cups chopped, peel, pitted peaches
- 2 Tbsp bottled lemon juice
- 6 Tbsp regular powdered fruit pectin
- 5 cups granulated sugar

1. Measure chopped peaches into a pot. Add lemon juice and pectin; stir well. Place on high heat and, stirring constantly.
2. Add sugar all at once, continue stirring, and heat again to full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat.
3. Ladle hot jam into hot leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
4. Process 10 minutes in boiling-water or atmospheric steam canner, adding 1 additional minute per 1,000 feet above sea level

Resources:

- Kingry, Judi, Lauren Devine, and Bernardin Ltd. 2020. *Complete Book of Home Preserving*. page29.
- Powers-Hammond, Lizann. 2018. *Fundamentals of Consumer Food Safety and Preservation Master Handbook*. Edited by Candace Godwin. Washington State University.

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