

Carrot: Preserve It!

Carrot Cake Jam

Yield: about 6 half-pints

1-1/2 cups finely grated peeled carrots
1-1/2 cups chopped cored peeled pears
1-3/4 cups chopped pineapple, including juice
3 tablespoons lemon juice
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
6 tablespoons Ball Classic Pectin
6-1/2 cups sugar

1. Combine carrots, pears, pineapple with juice, lemon juice, cinnamon, nutmeg, and cloves in a 6- or 8-quart saucepan. Bring mixture to a boil over high heat, stirring frequently. Reduce heat, cover and boil gently for 20 minutes, stirring occasionally.
2. Remove from heat and whisk in pectin until dissolved. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring frequently.
3. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.
4. Ladle hot jam into hot jars leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
5. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: Ball Complete Book of Home Preserving, 2012



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