



UCCE Master Food Preserver Program

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Jr. Jams and Jellies



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Low-Sugar Orange Jelly

Yield: 4 half pints

3 tablespoons Ball® RealFruit™ Low or No-Sugar Needed Fruit Pectin

Up to 3 cups sugar **or** 1-1/2 cups SPLENDA® **or** 3/4 to 1 cup honey (*Today we're using 2 cups of sugar*)

4 cups prepared orange juice (32 oz)

1/2 teaspoon butter or margarine (optional)

1. **Heat** clean jars in canner. Wash lids and rings in warm soapy water and set aside.
2. **Measure** juice into an 8-quart saucepan. Gradually stir in pectin. Add up to 1/2 teaspoon butter or margarine to reduce foaming, if desired.
3. **Heat** on high heat stirring constantly. Bring to a full rolling boil that cannot be stirred down.
4. **Add** sugar, continue stirring, and heat again to full rolling boil.
5. **Boil** hard for 1 minute, stirring constantly. Remove from heat and skim off foam if necessary.
6. **Ladle** hot jelly into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a damp clean paper towel; adjust two-piece metal canning lids until fingertip tight.
7. **Process** 10 minutes in boiling-water or atmospheric steam canner at 0-6,000', 15 minutes above 6,000'.
8. **Remove** jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Source: USDA Complete Guide to Home Canning, 2015 & freshpreserving.com, 2018

Low-Sugar Apple Jelly

Yield: 3 half pints

3 tablespoons Ball® RealFruit™ Low or No-Sugar Needed Fruit Pectin

Up to 3/4 cup granulated sugar, sugar substitute, or honey (*Today we are using 3/4 cup sugar*)

3 cups unsweetened apple juice

1/2 cup unsweetened fruit juice or thawed concentrate or water (*Today we are using water*)

1/2 teaspoon butter or margarine (optional)

1. **Heat** clean jars in canner. Wash lids and rings in warm soapy water and set aside.
2. **Measure** all liquid ingredients into an 8-quart saucepan. Gradually stir in pectin. Add up to 1/2 teaspoon butter or margarine to reduce foaming, if desired.
3. **Heat** on high heat stirring constantly. Bring to a full rolling boil that cannot be stirred down.
4. **Add** sugar, continue stirring, and heat again to full rolling boil.
5. **Boil** hard for 1 minute, stirring constantly. Remove from heat and skim off foam if necessary.
6. **Ladle** hot jelly into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a damp clean paper towel; adjust two-piece metal canning lids until fingertip tight.
7. **Process** 10 minutes in boiling-water or atmospheric steam canner at 0-6,000', 15 minutes above 6,000'.
8. **Remove** jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Source: USDA Complete Guide to Home Canning, 2015 & freshpreserving.com, 2018

Low-Sugar Grape Jelly

Yield: 3 half pints

3 tablespoons Ball® RealFruit™ Low or No-Sugar Needed Fruit Pectin
Up to 3/4 cup granulated sugar, sugar substitute, or honey (*Today we are using 3/4 cup sugar*)
3 cups unsweetened grape juice
1/2 cup unsweetened fruit juice or thawed concentrate or water (*Today we are using water*)
1/2 teaspoon butter or margarine (optional)

1. **Heat** clean jars in canner. Wash lids and rings in warm soapy water and set aside.
2. **Measure** all liquid ingredients into an 8-quart saucepan. Gradually stir in pectin. Add up to 1/2 teaspoon butter or margarine to reduce foaming, if desired.
3. **Heat** on high heat stirring constantly. Bring to a full rolling boil that cannot be stirred down.
4. **Add** sugar, continue stirring, and heat again to full rolling boil.
5. **Boil** hard for 1 minute, stirring constantly. Remove from heat and skim off foam if necessary.
6. **Ladle** hot jelly into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a damp clean paper towel; adjust two-piece metal canning lids until fingertip tight.
7. **Process** 10 minutes in boiling-water or atmospheric steam canner at 0-6,000', 15 minutes above 6,000'.
8. **Remove** jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Source: USDA Complete Guide to Home Canning, 2015 & freshpreserving.com, 2018

Golden Pineapple Jelly

Yield: 3 half pints

3 tablespoons Ball® Classic Fruit Pectin
1-1/2 cups granulated sugar
3 cups unsweetened pineapple juice
1/2 cup water
1 tablespoon bottled lemon juice (5% acidity)

1. **Heat** clean jars in canner. Wash lids and rings in warm soapy water and set aside.
2. **Measure** all liquid ingredients into an 8-quart saucepan. Gradually stir in pectin.
3. **Heat** on high heat stirring constantly. Bring to a full rolling boil that cannot be stirred down.
4. **Add** sugar, continue stirring, and heat again to full rolling boil.
5. **Boil** hard for 1 minute, stirring constantly. Remove from heat and skim off foam if necessary.
6. **Ladle** hot jelly into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a damp clean paper towel; adjust two-piece metal canning lids until fingertip tight.
7. **Process** 10 minutes in boiling-water or atmospheric steam canner at 0-6,000', 15 minutes above 6,000'.
8. **Remove** jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Source: USDA Complete Guide to Home Canning, 2015 & freshpreserving.com, 2018

A Note about Low-Sugar Jellies & Jams

We may think the purpose of sugar in a jam or jelly is to make it taste sweet, but it has a scientific purpose that is more important than flavor. Foodborne pathogens (bacteria, yeasts, and molds) all need water to grow. All of our food has water inside of it – that’s what makes it juicy. Sugar’s molecules bind with the food’s water molecules, making the water unavailable for the pathogens to grow. (Sugar protects the food – it’s the food bodyguard!)

Regular jams and jellies have a lot more sugar than these low-sugar recipes. Since there’s less sugar, there’s less protection. We processed the jars of jelly in a boiling water or steam canner which makes them shelf stable and safe to put in your kitchen cupboard for a long time. But **once you open the jar**, you need to eat the jelly within a couple of weeks before the mold starts growing. Even if you put the open jar in the refrigerator, the amount of sugar is not strong enough to keep the pathogens from growing.

Boiling Water Canner Highlights

1. Place jars on a rack on the bottom of the canner.
2. Add enough very hot (but not boiling) water to cover the jars by at least 1 inch.
3. Place lid on canner and bring water to rolling boil, then reduce heat to a gentle boil.
4. Begin counting process time when the water starts to boil. Be sure to add time for altitude, if necessary. If the water stops boiling, return to a boil and **restart** timing.
5. At the end of the process time, turn off the heat, remove the canner lid, and wait no more than five minutes before removing jars.
6. Remove the jars from the canner by lifting them upright and placing them on a folded towel.
7. Leave the jars alone until they have cooled thoroughly (approximately 24 hours).
8. If a jar didn’t seal, refrigerate and use the product within a few days.

Steam Canning Highlights

1. Use recipes for a **boiling water** canner, with a maximum total processing time of 45 minutes.
2. Add hot (not boiling) water to cover the rack.
3. Load jars onto rack and place lid on canner base.
4. Turn heat to high and boil water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. Jars must be processed in pure steam environment.
5. If canner has a temperature sensor, begin processing time when the marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s). Processing time is limited to **45 minutes or less, including any modification for elevation**.
6. Monitor the temperature sensor and/or steady stream of steam during the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
7. At the end of the processing time, turn off the heat, wait 2-3 minutes and remove the lid.
8. Remove the jars and place them on a towel and leave them alone for 24 hours.

Resources:

- National Center for Home Food Preservation: <http://nchfp.uga.edu>