



Preserve Today, Relish Tomorrow

UCCE Master Food Preservers of El Dorado County

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Zesty Red Onion Jelly

Yield: about 3 eight ounce jars

Perfect for bagels with cream cheese and smoked salmon. This would also be a nice addition to a charcuterie platter. Freshly harvested red onions provide the best color.

- 1 cup diced red onion
- 2 tsp lemon zest
- 3/4 cup white vinegar
- 3 cups granulated sugar
- 1 pouch Liquid Pectin

Cut red onion into 1/8 inch slices; cut slices into 1/4 inch dice. Measure 1 cup into a large, deep stainless steel saucepan. With a sharp knife, cut a wide strip of paper-thin yellow peel from lemon; cut into thin strips and measure 2 tsp into saucepan. Stir in vinegar and all the sugar.

Over high heat, bring mixture to a full rolling boil that cannot be stirred down. Add liquid pectin, squeezing entire contents from pouch. Boil hard 1 minute, stirring constantly. Remove from heat and quickly skim off foam, if necessary.



Pour hot jelly into hot sterilized jars, dividing solids equally among jars and filling each jar to within 1/4 inch of top of jar. Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more jelly. Wipe jar rim removing any food residue. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining jelly.

Fill hot jars, leave 1/4-inch headspace. Remove air bubbles. Wipe jar rims clean. Place lids and rings onto jars, tightening rings finger-tip tight.

Process jars in a boiling water or atmospheric steam canner for 10 minutes at 0-1000 ft., 15 minutes at 1001-6000 ft., and 20 min at 6001 ft. and above.

For boiling water canning, turn off the heat, remove canner lid and wait 5 minutes. For atmospheric steam canning, turn off the heat, leave canner lid on and wait 2-3 minutes. Remove jars, cool 12-24 hours, wash, and store in a cool dark place.

Tips:

** To finely chop the red onion for this recipe, cut into 1/8-inch slices and cut the slices into 1/4 inch pieces. To julienne the lemon zest, using a sharp knife, cut a wide strip of paper-thin yellow peel from the lemon. Cut into thin strips.*

*** This is a translucent jelly with colorful particles suspended throughout. To enhance the suspension of these solids, it may be necessary to gently manipulate the jar after processing.*

This procedure can be used only with jellies prepared in 4- or 8-ounce jars.

To enhance particle suspension, cool the processed jars upright for 15 to 30 minutes or just until the lids pop down but the jelly is not fully set. As soon as the lids are concave, carefully and gently twist and/or tilt--do not shake and do not invert--individual jars to distribute solids throughout the jelly. The sealed jar must not be inverted, as this might prevent the formation of a vacuum seal. Repeat as needed during the cooling and setting time until solids are nicely suspended in the jelly.

Some recipes recommend stirring jelly for several minutes to suspend particles within the jelly before pouring it into jars. This process is not recommended as it interferes with the natural gelling process and can, in fact, “break the gel,” which, in turn, may result in gel failure of the completed product

Source: Ball Complete Book of Home Preserving 2012/2016



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