SPREADABLE FIELD BERRIES

Source: Ball’s Complete Book of Home Preserving by Judi Kingry and Lauren Devine (2006, p. 28)
THE INGREDIENTS

- 5 tart apples, peeled, cored, and chopped
- 6 cups strawberries, hulled and halved
- 3 cups raspberries
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- 3 cups cherries, pitted and chopped
- 2 – 12 oz. cans undiluted frozen unsweetened apple juice concentrate, thawed
PREPARE JARS & LIDS

● WASH JARS, LIDS, AND BANDS AND CHECK FOR IMPERFECTIONS ON JAR RIMS

● HEAT JARS IN CANNER FOR 10 MINUTES PRIOR TO FILLING
COOK & MASH FRUIT

- Combine all ingredients in a large stainless-steel saucepan and bring to boil over medium-high heat.

- Reduce heat & boil gently, stirring frequently and mashing fruit until it thickens (about 45 minutes).

- Place 2 or 3 spoons in the refrigerator/freezer (for gel testing).
COOK TIMES/TEMPERATURES

- Cook soft spread until temperature reaches 220° F for elevation level of 1,000 feet or under.

- More cook time is required for elevation levels above 1,000 feet.
GEL TEST / SHEET TEST

- Remove pan of berries from heat to gel test

- Dip a cold metal spoon into boiling soft spread.

- Lift spoon, holding it horizontally and edge down so the syrup runs off the edge.

- As mixture cooks, the drops become heavier and will drop off the spoon separately but two at a time.

- When the drops join together and “sheet” off the spoon, the gel state has been reached.
FILL HEATED JARS

● LADLE HOT JAM INTO HOT JARS, LEAVING 1/4” HEADSPACE.

● REMOVE AIR BUBBLES AND ADJUST HEADSPACE, IF NECESSARY.

● WIPE RIMS; CENTER LID ON JAR; SCREW BAND DOWN UNTIL RESISTANCE IS MET & INCREASE TO FINGER-TIP TIGHT.
PROCESS FRUIT SPREADABLE

- Place jars in Canner, ensuring they are covered with an inch of water.

- Bring water to a boil.

- Process for 10 minutes (1,000 ft. elev.)

- When processing is complete, remove lid for 5 minutes.
JAR REMOVAL

● REMOVE JARS FROM CANNER, BEING CAREFUL NOT TO TILT; PULL UPRIGHT AND ACROSS.

● PLACE PROCESSED JARS ON A TOWEL.

● DO NOT DISTURB JARS FOR 24 HOURS.
JAMS WITH NO ADDED PECTIN

● Softer, less-set texture.

● Must be cooked longer to evaporate moisture and concentrate fruit’s natural pectin.

● Due to longer cooking, produces a darker-colored product, caramelized flavor.

● This recipe has no added sugar and the addition of tart apples boosts the pectin content.