

Consumer and Family Sciences



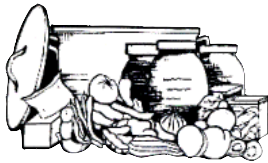
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Department of Foods and
Nutrition

Uncooked Jams

Now you can make jams with the flavor of fresh fruit at any season — and without all the work! How? The answer is found in no-cook jams — so easy that it seems to be unreal. These jams are stored in the freezer or refrigerator.

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What "makes" a no-cook jam?

No-cook or freezer jams are different from regular jams in that they require no cooking of the fruit. Thus, the fruit's natural flavor and color is preserved. Preservation is different though. Since no boiling or heating is done, **these jams have to be stored in the refrigerator or the freezer instead of on a shelf.** The secret of making a successful no-cook jam is the fruit pectin. Pectin helps the jam to set to the right consistency. Fruit contains pectin naturally, but the amount decreases as the fruit ripens. If a fully ripe fruit is used for making jam, you need to add pectin. Pectin will gel with a certain proportion of fruit, acid, and sugar even if the ingredients are combined when cold. It may take only a few minutes for the gel to form, or it may take two or three days. Various brands of pectin, in both powdered and liquid forms, are on the market.

Uncooked jams will mold or ferment if kept at room temperature. That is why it is necessary to store these jams in the freezer. If you want to keep the jams for only a few weeks, refrigerator storage will do.

If the jams are too stiff to serve, stirring will soften them. If syneresis or weeping occurs after the jams have been cut, stirring will blend them.

Table 1. Recipes for Making Jams from FROZEN Fruits

Fruit	Ingredients required and directions for preparing the fruit
Strawberry	2 10-oz. packages of berries 3 c. sugar 1 box powdered pectin <i>or</i> ½ c. liquid pectin
Cherry	2 10-oz. packages of cherries pureed in a blender 3 c. sugar 1 box powdered pectin <i>or</i> ½ c. liquid pectin
Peach	2 10-oz. packages of peaches pureed in a blender 3 c. sugar 1 t. citric acid 1 box powdered pectin <i>or</i> ½ c. liquid pectin
Red raspberry	3 10-oz. packages of berries 4½ c. sugar 1 box powdered pectin <i>or</i> ½ c. liquid pectin

Table 2. Recipes for Making Jams from FRESH Fruit

Fruit	Ingredients and amount	Instructions for preparing the fruit
Strawberry	2 c. berries 4 c. sugar 1 package powdered pectin and 1 c. water <i>or</i> ½ c. liquid pectin	Finely mash or sieve berries.
Black raspberry	Same as for strawberry	Use black raspberries for strawberries.
Cherry	Same as for strawberry	Substitute pitted sour cherries for strawberries. Put through a food chopper before measuring.
Peach	Same as for strawberry	Substitute peaches for strawberries. Add 1 t. powdered citric acid to the mashed peaches.
Red raspberry	3 c. red raspberries 6 c. sugar 1 package powdered pectin and 1 c. water	Finely mash or sieve berries.
Grape	Same as red raspberry	Substitute Concord grapes for red raspberries. Simmer grapes without added water until skins are broken and grapes have softened. Put pulp through a colander or food mill before measuring. Remove seeds. Continue as for red raspberry jam above.
Blackberry	Same as red raspberry but reduce sugar to 5½ c.	Substitute blackberries for red raspberries. Continue as for red raspberry jam above.
Tart plum	Same as red raspberry	Substitute tart plums for red raspberries. Put plums through a food chopper or blender before measuring. Continue as for red raspberry jam above.

Jams from FROZEN fruits

General directions:

1. Thaw the frozen fruit and puree as uniformly as possible, using a colander, food mill, blender, or food grinder.
2. Stir in the sugar. Let stand about 20 minutes, stirring occasionally.
3. If using powdered pectin, boil the pectin and water 1 minute, stirring constantly. (Note: 1 box powdered pectin is dissolved in ¾ cup water).
4. Add fruit to the pectin and stir about 2 minutes.
5. Pour into jelly glasses at once and put lids on jars, leaving ½ inch of head space. Let stand for 24 hours or until set. Store in the freezer or keep a few weeks in the refrigerator.

Jams from FRESH fruit

General directions:

1. Combine the fruit and sugar. Let stand for about 20 minutes, stirring occasionally.
2. Stir the pectin into the water; bring to a boil and boil rapidly for 1 minute, stirring constantly. Remove from stove.
3. Add the fruit, and stir for about 2 minutes.
4. Pour into jelly glasses and put lids on jars, leaving ½ inch of head space. Let stand at room temperature 24 to 48 hours or until set. Store in the freezer, or keep a few weeks in the refrigerator.

Remaking runny freezer jams

Before remaking jelled products, it is best to wait for one to three days while the product rests in a cool place; gelling sometimes takes time. Remake a trial batch using 1 cup of jam first. Do not remake more than 8 cups at one time.

To remake freezer jam with LIQUID pectin

In a bowl mix jam and for each 1 cup of jam add 3 tablespoons sugar and 1½ teaspoons lemon juice. Stir well until sugar is dissolved (about 3 minutes). Add 1½ teaspoons liquid pectin per cup of jam and stir until well-blended (about 3 minutes). Pour into clean containers. Cover with tight lids and let stand in refrigerator until set. Then store in refrigerator or freezer.

To remake freezer jam with POWDERED pectin

In a bowl mix jam and 2 tablespoons sugar for each cup of jam. Stir well until dissolved (about 3 minutes). Measure 1 tablespoon water and 1½ teaspoons powdered pectin for each cup of jam. Place in a small saucepan over low heat, stirring until the pectin is dissolved. Add this mixture to the sugar and fruit mixture and stir until thoroughly blended (about 2-3 minutes). Pour into clean containers. Cover with tight lids. Let stand in refrigerator until set. Then store in refrigerator or freezer.

Related publications

Contact the Extension office in your county for copies of the following related publications, or download pdf files directly from the World Wide Web.

CFS-135-W, *Freezing Fruit at Home*

www.ces.purdue.edu/extmedia/CFS/CFS-135-W.pdf

CFS-584-W, *Let's Preserve Pears*

www.ces.purdue.edu/extmedia/CFS/CFS-584-W.pdf

CFS-585-W, *Let's Preserve Cherries*

www.ces.purdue.edu/extmedia/CFS/CFS-585-W.pdf

CFS-586-W, *Let's Preserve Strawberries*

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CFS-587-W, *Let's Preserve Berries*

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CFS-588-W, *Let's Preserve Peaches, Apricots, Nectarines*

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CFS-590-W, *Let's Preserve Fruit Pie Fillings*

www.ces.purdue.edu/extmedia/CFS/CFS-590-W.pdf

CFS-591-W, *Let's Preserve Jelly, Jam, Spreads*

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