

SWEET PRESERVES

JAM: crushed or chopped fruit with sugar

JELLY: juice from one or more fruits gelatinized.

BUTTER: fruit pulp cooked to thick consistency

CONSERVE: jam-like products with 2+ fruits and either nuts or dried fruits

MARMALADE: jelly-like spread made with fruit and peels

PRESERVE: preserving as much of the full shape of the fruit in sugar.

CURD: spread made with eggs and butter cooked to a thick consistency

PECTIN: A polysaccharide that is in the cell walls of plants. The pectin binds with water in an acidic environment to create the “gel”, sugar helps to increase this ability.

Fruits with large pectin amounts: apples, guava, quince, gooseberries, cranberries and citrus.

Also peeps and cores. Under-ripe versions of these fruits will have higher pectin amounts.

ACID: assists flavor, helps gel formation and is necessary for water-bath processing. Fruit is naturally acidic for water-bath. Acid can be added with lemon/lime juice, citric acid or vinegars (%5 acidity).

SUGAR: along with acid is a preserving and gel agent (in combination with heat). Substitutions of corn syrup, honey or brown/cane/beet sugars can be made.

CITRUS JAM

(Delilah Snell-MFP)

- 4 c. various citrus fruit pulp (no skins or seeds)
- 4c. sugar
- 1 pk powdered pectin (to be mixed with ¼ c. of above sugar)

Prepare the oranges by discarding the seeds, pith and outer skin, just using the flesh of the fruit for your orange jam.

Place the prepared oranges in a heavy steel saucepan, as aluminum pans react. Add about an ounce of sugar and cook over medium heat until the fruit is soft.

Add all the white sugar to the cooked oranges reserving 1/4 cup of sugar to mix with the pectin to assure that jelling takes place.

Boil oranges and sugar over medium heat for 5 minutes. Add dried pectin and boil for 10 min.

Boil the jam for 2 minutes and test for consistency. Prepare lids and jars, fill jam to ½”

headspace and secure lid/ring. Process for 5 minutes in a boiling water bath.

Meyer Lemon Margarita Mix

(Delilah Snell, MFP)

- 4 c. fresh meyer lemon juice
- 2/3 c X 4 agave (or 2/3c for every cup lemon juice) or sugar or honey
- 1-2 c limes (depends on how much you like limes) OR 1/2 tsp citric acid (opt, i like it sour!)

Combine everything into a stainless steel pot and heat thoroughly. Prepare jars and lids. Fill to 1/4 “ off top. Process in a boiling water bath for 15 min. Mix must be diluted with water when preparing drinks-this is a concentrate.

Mixed Citrus Pepper

(Delilah Snell, MFP)

- 1 c dried citrus peels
- whole black peppercorns
- Kosher, sea or Himalayan salt

Peel the citrus using a veggie peeler-try to avoid the white pith. Heat the oven to 200 and place the peels on a cooling rack on a backing sheet and bake for 1-2 hours or until they are dried NOT BROWN (keep your eyes on it-if it burns you will ruin it!)

Using a spice grinder, grind the peels into a powder and measure the final amount. My ratio for the pepper is 1:2:3 (citrus:pepper:salt), grind pepper to the desired amount for the ratio and add salt, mix well.

Delilah Snell

road less traveled store* patchwork show

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