

FOOD PRESERVATION:

MAKING TASTY COOKED STRAWBERRY JAM

More and more people are interested in canning fruits and vegetables and preserving other types of foods. Home canning has been used as a safe means of food preservation for centuries, when done properly. Jam is delicious and can be easy to make. You must follow food safety principles and current, proper canning techniques. Preservation and storage guidelines have changed over the years and some USDA procedures have been modified and improved, since some past procedures have been found to be unsafe. Make sure you are using an up-to-date recipe and a vetted recipe that has been tested. Recipes for this particular product may be found in USDA's Complete Guide to Home Canning, from the commercial manufacturer, or UGA's book *So Easy to Preserve*. Always follow the manufacturer recommendations. The following recipe uses the boiling water method and a boiling water canner.

Cooked Strawberry Jam Directions

Supplies Needed

- dry measuring cup
- liquid measuring cup
- colander
- large kettle
- timer, ladle
- metal spoon
- cutting board
- knife
- 2 large bowls
- jars
- lids and ring seals
- canner with rack and lid
- 8-9 half pint canning jars with 2-piece canning lids
- clean cloth
- towels and/or paper towels

*Jars must be presterilized. Lids should be prepared according to the directions on the package. To sterilize the jars, boil them for 10 minutes in water that covers them by 2 inches. Keep in hot water while your jam is cooking.

Ingredients

- 5 cups crushed strawberries (about 3 pints)
- 1 pkg (2 oz) powdered fruit pectin
- 7 cups granulated sugar

Directions

(Read through all instructions before beginning. Follow manufacturer directions exactly.)

1. Wash hands for at least 20 second with soap and water.
2. Clean and sanitize work surfaces and equipment before preparing ingredients and jam.
3. Remove and discard strawberry stems and rinse in colander. Crush strawberries in a bowl. Use a liquid measuring cup to measure exact amount of prepared fruit into large kettle.
4. Measure exact amount of sugar into separate bowl. (Do not reduce the sugar in recipe since that will result in set failures.)
5. Stir 1 package powdered fruit pectin into prepared fruit in kettle. Add ½ tsp. butter or margarine to reduce foaming, if desired. (But may result in off flavor or aroma.)
6. Bring mixture to a full rolling boil (a boil that does not stop bubbling when stirred) on high heat, stirring constantly.
7. Add sugar to fruit mixture in a kettle. Return to full rolling boil; boil exactly 1-minute stirring constantly. Remove from heat. Skim off any foam with metal spoon.

8. Ladle immediately into prepared jars, filling each to within ¼ inch of top. Wipe jar rims and threads. Cover with two-piece canning lids, then screw ring bands on snugly. Place jars on elevated rack in canner. (Water must cover jars by 2 inches. Add boiling water, if needed. Cover; bring water to gentle boil. Boil the jars for 5 minutes. Remove jars and place upright on a towel to cool completely. (Check your state's recommended time if you live over 1,000 feet elevation.)

9. Let prepared jars stand at room temperature 24 hours (or for length of time indicated on recipe). After 24 hours, check lids for proper seal, then remove ring bands, wipe the threads of the jars, and label for storage. Store unopened jams in cool, dry, dark, place up to 1 year. Refrigerate opened jams up to 3 weeks. Discard after 3 weeks.

Manufacturer Reference: SURE-JELL package insert (Recipe adapted by M. Keith, PhD)

Additional Information

When canning fruits, vegetables, pickles or relishes and meats or seafood, it is CRUCIAL that you use a recipe that has been developed and tested using current knowledge of food safety. The resources listed below, from USDA or the University of Georgia National Center for Home Food Preservation are the two most reliable sources for safe home canning. Deviations from their directions can result in the growth of *Clostridium botulinum*, a bacteria that produces a very potent nerve toxin that can be fatal if ingested. Never take shortcuts, never use old recipes! Low sugar pectin products may not last as long since there is less sugar.

Proper canning methods must still be used to ensure long term storage safety. Again, the USDA or UGA materials are your best reference for these methods.

References

National Center for Food Preservation, [Nchfp.uga.edu](https://nchfp.uga.edu)

For current USDA Food Preservation and Storage guidelines: https://nchfp.uga.edu/publications/publications_usda.html

UF/IFAS Extension, Food Storage and Preservation- https://sfyl.ifas.ufl.edu/archive/families_and_consumers/food_safety/storage_and_preservation.shtml

So Easy to Preserve- <https://setp.uga.edu/>

Sure-Jell, commercial manufacturer <https://www.myfoodandfamily.com/brands/sure-jell/recipes/20001/recipes>