

Peach Ginger Jam

This recipe was developed by Bernardin executive Chef Emerie Brine.

Liquid Pectin allows you to make the freshest cooked jam possible, retaining more flavour and nutrition than with any other type of commercial pectin.

4 cups (1000 ml) crushed peaches, about (1.4 kg) or 9 medium

1/3 cups lemon juice

1 tbsp (15 ml) grated gingerroot

2 pouches (170 ml) BERNARDIN Liquid Pectin

7- 1/2 cups (1875 ml) granulated sugar

- Place 6 to 7 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
- Peel, pit and finely chop or crush peaches, one layer at a time. Measure 4 cups (2 L).
- In a large, deep stainless steel saucepan, stir together prepared fruit, lemon juice, grated ginger and all of the sugar and 1/2 tsp (2 ml) butter or margarine (*to reduce foaming*). Over high heat, bring mixture to a full rolling boil that cannot be stirred down. Add liquid pectin, squeezing entire contents from pouches. Return to boil; boil hard **1 minute**, stirring constantly. Remove from heat and skim off foam.
- Ladle hot jam into a hot jar to within 1/4 inch (0.5 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more jam. 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 jam.
- When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process – *boil filled jars* – **10 minutes**.*
- When processing time is complete, turn stove off, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
- After cooling check jar seals. *Sealed discs curve downward and do not move when pressed*. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

Makes about 6 or 7 x 250 ml jars.

BOILING WATER CANNER - ALTITUDE ADJUSTMENTS			
* At altitudes higher than 1,000 ft (305 m) increase processing time as indicated in chart.	ALTITUDE		INCREASE Processing Time
	FEET	METERS	
	1,001 – 3,000	306 - 915	5 minutes
	3,001 – 6,000	916 – 1,830	10 minutes
	6,001 – 8,000	1,831 – 2,440	15 minutes
8,001 – 10,000	2,441 - 3,050	20 minutes	