

Jam & Jelly – Juice Concentrate

(Blender/Food Processor Required)

Directions

1. **Wash and rinse jars;** let stand in hot water. Bring lids to simmer; turn off heat; let stand in hot water. Wash screw bands.
2. **Prepare calcium water.** Put ½ teaspoon calcium powder and ½ cup water in a lidded jar. Shake well.
3. **Prepare fruit or juice.** Measure fruit or juice into pan with lemon or lime juice (if called for in recipe). Do not add 1C juice concentrate.
4. **Add proper amount of calcium water** into pan; stir well.
5. **Bring 1C concentrate to a boil** separately. Put in blender/food processor. Add proper amount of **pectin powder; vent lid;** blend 1-2 min. until all powder is dissolved.
6. **Bring fruit in pan to a full boil.** Add pectin-concentrate. Stir 1 min. while mixture returns to full boil. Remove from heat.
7. **Fill jars to ¼” of top.** Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. **Boil 10 min.** (add 1 min. more for every 1,000 ft. above sea level). Remove from water. Let jars **cool.** Check seals; lids should be sucked down.



Recipes

Recipes can be doubled, tripled, halved, or quartered. T = tablespoon, t = teaspoon, C = cup

Jam & Jelly	Prepare Washed Fruit	Measured Ingredients	Yield (Cups)
Strawberry, Raspberry, Kiwi, Apple* Sweet Blackberry*, Blueberry*, Sweet Grape*	Jam: Remove hulls, stems, cores, seeds, skin as required; mash fruit or simmer with a little water. Jelly: see other side for juice instructions.	3C mashed or simmered fruit/juice *¼C lemon/lime juice 1C juice concentrate (white grape, apple) Jam: 2t pectin Jelly: 4t pectin 2t calcium water	4
Peach, Nectarine, Apricot, Sweet Cherry, Sweet Plum, Pear, Mango, Guava, Fig	Jam: Pit, chop, and mash OR peel, pit and mash fruit. For firm fruit, simmer with a little water. Jelly: see other side for juice instructions.	3C mashed/simmered fruit or juice ¼C lemon or lime juice 1C juice concentrate (white grape, apple) Jam: 3t pectin Jelly: 4t pectin 4t calcium water	4



Jam & Jelly – Stevia Concentrate or No Sweetener

Follow Steps 1 - 4 for Low Sugar Directions on other side.

5. For **jam:** bring ¾C water or juice to boil. For **jelly:** bring 1C of your measured juice to boil. Put in blender/food processor. Add proper amount of **pectin powder; vent lid; blend** 1-2 min. until all powder is dissolved.
6. Bring your 4C mashed fruit or 3C juice to **boil.** Add pectin-water or pectin-juice and stevia to taste (if using). Stir while mixture returns to full boil. Remove from heat.
7. Follow Step 7 in directions on other side.

Recipes: Follow low-sugar recipes and omit sugar or honey.



Helpful Hints & Facts

1. **Dry or liquid** sweeteners that measure like sugar or honey can be used: Xylitol, sucanat, cup-for-cup stevia, splenda, fructose, agave, maple syrup, concentrated fruit sweetener, etc.
2. **To stop foaming,** add ½ t butter per 4C batch.
3. **Taste test** for sweetness after pectin is dissolved in mixture. **Not sweet enough?** Add more sweetener. Stir 1 min. at full boil.
4. **Pectin ONLY dissolves properly in a low-sweetener mixture.** For higher sweetener recipes, stir pectin into low sweetener (no more than ½ the amount of mashed fruit or juice); add remaining sweetener after pectin is dissolved.
5. **If, after jars are sealed, you discover you need to add** sweetener, lemon juice, calcium water, fruit, or juice, you can empty jars into a pan with new ingredient(s). Bring mixture to a full boil, stir well for one minute and re-can.
6. **Pectin jells** when thoroughly cool. If jam or jelly **didn't jell,** go to WWW.POMONAPECTIN.COM/JELL to find solutions.
7. **Color changes** over time do not affect flavor or quality.
8. **For a softer jell,** use less pectin than the recipe calls for. Experiment by using ¼ to ½ teaspoon less pectin than the recipe calls for, or perhaps up to a teaspoon less for recipes that call for 4 teaspoons of pectin. You would keep the calcium water amount the same.
9. **Cannot** be safely sealed with paraffin.
10. **Use BOTTLED lemon juice** in your recipes that call for lemon juice. Bottled lemon juice has a predictable pH level that ensures your jams and jellies will be preserved safely.
11. **The shelf life** for cooked and processed jam/jellies made with Pomona's is **one year.** Once opened, cooked and processed jam lasts 3 weeks in the refrigerator.
12. **It is possible to destroy the gelling** power of Pomona's Universal Pectin by overcooking. After you have added the pectin to your boiling fruit mixture, if you boil for over 10 minutes you risk breaking down the pectin.

CONGRATULATIONS!

You have just purchased the 100% pure citrus pectin that is the most versatile pectin available: Pomona's Universal Pectin. In the box you will find **2 packets**: the large packet of tan pectin powder and the small packet of white calcium powder.

Pomona's works differently from other pectins. Please read our directions and recipes carefully.

Need Help or Have Questions?



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Visit our Website for info, additional recipes, troubleshooting, how-to videos, ordering, and more!

WWW.POMONAPECTIN.COM

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Developing Your Own Recipes

(Cooked Jam or Jelly)

Fruit = mashed fruit or juice

Pectin: ½ tsp to ¾ tsp per Cup mashed fruit for Jam

Pectin: ¾ tsp to 1 tsp per Cup juice for Jelly

Calcium Water: ½ tsp to 1 tsp per Cup fruit

Lemon Juice: for low-acid fruits, 1 Tbsp per Cup fruit

Sugar: scant ¼ Cup to ½ Cup per Cup fruit

Honey: 2 Tbsp to ¼ Cup per Cup fruit

Jam, Jelly, Marmalade – Low Sugar or Honey



Directions

- 1. Wash and rinse jars;** let stand in hot water. Bring lids to simmer; turn off heat; let stand in hot water. Wash screw bands; set aside.
- 2. Prepare calcium water.** Put ½ teaspoon calcium powder and ½ cup water in a lidded jar. Shake well.
- 3. Prepare fruit or juice. Measure fruit or juice into pan.** Add lemon or lime juice if called for in recipe.
- 4. Add proper amount of calcium water** into pan; stir well.
- 5. Measure sugar or room temperature honey** into separate bowl. Thoroughly mix proper amount of **pectin powder** into honey or sugar.
- 6. Bring fruit or juice to a full boil.** Add pectin-sweetener. Stir vigorously 1-2 min. to **dissolve** pectin while mixture returns to full boil. Remove from heat.
- 7. Fill jars to ¼" of top.** Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. **Boil 10 min.** (add 1 min. more for every 1,000 ft. above sea level). Remove from water. Let jars cool. Check seals; lids should be sucked down.

Recipes

Recipes can be doubled, tripled, halved, or quartered. Dry or liquid sweeteners that measure like sugar or honey can be used.

T = tablespoon, t = teaspoon, C = cup

Jam	Prepare Washed Fruit	Measured Ingredients	Yield (Cups)
Strawberry, Kiwi, Currant, Raspberry, Gooseberry, Sour Blackberry, Sour Cherry, Sour Plum, Pineapple	Remove hulls, stems, pits, skin as required; mash fruit.	4C mashed fruit ½C to 1C honey or ¾C to 2C sugar 2t pectin : 2t calcium water	4–5
Blueberry, Sweet Blackberry, Mulberry, Elderberry, Ripe Quince, Apple	Berries: remove stems, mash fruit. Quince: peel, core, grind 3lbs. Simmer covered with 3C water for 15 min. Apple: peel, core & simmer soft with a little water.	4C mashed or simmered fruit ¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar 2t pectin : 2t calcium water	4–5
Peach, Nectarine, Apricot, Sweet Cherry, Sweet Plum, Pear, Mango, Guava, Fig	Pit, chop, and mash OR peel, pit and mash fruit. Measure 4C mashed fruit. Optional: to soften firm fruit, bring to boil with ½C water, simmer 5 min. stirring occasionally.	4C mashed or simmered fruit ¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar 3t pectin : 4t calcium water	4–5
Light & Fresh Orange Marmalade (Other citrus can be used in place of the orange and grapefruit)	Peel, seed, remove membrane, finely chop ½ grapefruit and 4 oranges. Scrape the white, then thinly slice the peel from 2 oranges. Bring fruit to boil with 3C water or juice. Simmer covered 20 min. stirring occasionally.	6C cooked fruit 3T lemon or lime juice 1C to 1½C honey or 2C to 3C sugar 4½t pectin : 3t calcium water	7–8
Jelly (Unsweetened bottled juice can be used)			
Sweet Apple*, Tart Apple, Crab Apple, Ripe Quince*	Remove stems and blossom ends from 3lbs fruit. Do not peel or core. Cut in small pieces. Bring to boil with 3C water. Simmer covered 10 min; stir & mash; simmer 5 min. more. Pour into jelly bag. Let drip until juice stops.	4C juice *¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar 4t pectin : 4t calcium water	4–5
Sweet Blackberry*, Sour Blackberry, Raspberry, Elderberry*, Strawberry, Sour Cherry, Currant	Mash raw fruit through fine sieve and collect juice. Or lightly mash fruit & simmer with a little water; pour simmered fruit into jelly bag and let drip until juice stops	4C juice *¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar 4t pectin : 4t calcium water	4–5
Sweet Grape*, Sour Plum, Sweet Plum*, Peach*	Remove stems & mash 4lbs fruit. Bring to boil with ½C water (grape) or 1¼C water (plum, peach). Simmer covered 10 min. Pour into jelly bag and let drip until juice stops.	4C juice *¼C lemon or lime juice ½C to 1C honey or ¾C to 2C sugar 4t pectin : 4t calcium water	4–5
Hot Pepper	Bring 1C finely chopped bell peppers, ½C finely chopped jalapeño peppers, and 1½C vinegar to a boil. Simmer covered 5 min.	Simmered peppers and vinegar 1½C honey or 2½C sugar Stir pectin into ½C honey or ½C sugar Add remaining sweetener after pectin is dissolved (step 6). 1½t pectin : 2t calcium water	3–4