

Simple Jam Recipe

Ingredients:

- 750gm of seasonal fruit-washed (stone fruit incl. plums, nectarines, apricots, peach. Raspberries, strawberries, blueberries etc)
- 750gm sugar
- Juice of 1 lemon

Equipment:

- Medium/large saucepan
- Knife
- Chopping board
- Scales
- Juicer
- Mixing spoon
- Bowls to serve
- Sieve to wash fruit
- Small plate

Method:

1. Put small plate in freezer.
2. Using the sieve, wash the fruit.
3. If making jam with stone fruit, chop fruit into small chunks reserving the stones to use to help thicken the jam. If using berries you don't need to chop them up however, if using strawberries, you need to chop them into smaller pieces.
4. Add all fruit and sugar to the saucepan (including stones if using). Make sure you count how many stones you put in!
5. Juice lemon and add to saucepan
6. Turn on the stove to high
7. Cook the jam ingredients on a medium heat until it starts to boil then turn down to medium heat to allow it to simmer and begin to thicken.
8. Stir regularly to ensure it does not stick to the bottom of the pan.
9. After about 30 mins cooking time, remove plate from freezer and test for setting. You will need to put a small spoon full of jam on the plate. Let it sit for 20-30 seconds then run your clean finger through the middle of the blob. If the section doesn't rejoin a full blob then your jam is ready to serve in small bowls.

IMPORTANT! Be careful as they jam will be very hot