

# Homemade Jam



## Basic Ingredients:

- 1kg Raspberries / Strawberries / Blackcurrants / Mixed Fruits
- Juice of 1 Lemon
- 1kg Bag of Jam Sugar (the one with pectin added)

**Please bring a clean, old jar with a lid to store the jam in.**

## Method:

1. Preheat the oven to 100°C or Gas Mark 1.
2. Wash the jars thoroughly and dry them out.
3. Place the jars on a baking tray and warm them in the oven to sterilize them.
4. Place the fruit and sugar into a saucepan and add the lemon juice.
5. Mash the fruit to a pulp using a potato masher in the saucepan. Heat over a low heat and cook for 5 minutes. Continually stir with a white plastic spoon.
6. Bring to the boil and boil rapidly for approximately 5 – 10 minutes. Heat until the jam start to form into a gel like consistency.
7. Once the jam is ready, pour into the sterilised jars.
8. Place a circle of greaseproof paper on top of the jam and seal the jar. It will keep unopened for a year, although the lovely bright colour will darken a little. Once open, keep in the fridge.