



Lewis County

# Master Food Preserver

WASHINGTON STATE UNIVERSITY  
EXTENSION

## Food Safety and Preservation



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## Pectin Pointers

### Adding Powdered Pectin

- Place fruit or juice into pan.
- Stir in dry powdered pectin
- Heat to boiling
- Stir in sugar
- Return to a boil and boil one minute
- Remove from heat, skim, and place into jars
- Process in BWB canner for required time
- Remove lid from canner, let jars sit and additional 5 minutes
- Set jars out to cool and seal

### Adding Liquid Pectin

- Place fruit or juice into pan
- Stir in sugar
- Heat to boiling
- Add liquid pectin
- Return to a boil and boil one minute
- Remove from heat, skim, and place into jars
- Process in BWB canner for required time
- Remove lid from canner, let jars sit an additional 5 minutes
- Set jars out to cool and seal

### Using Clear Jel Instead of Powdered Pectin

- For every package of dry powdered pectin called for, substitute 7 T. Clear Jel for cooked jelly or jam recipes
- For every package of dry powdered pectin called for in a freezer jam recipe, use 3 T. Clear Jel

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## JAM NOTES

In products made with **added pectin**, use  $\frac{1}{4}$  to  $\frac{1}{2}$  cup more **fruit** or juice to make a softer product. Use  $\frac{1}{4}$  to 12 **less** fruit or juice to make a firmer product.

**Freezer Jams** – A freezer jam made with added pectin is not processed and, therefore, retains the taste and bright color of the fresh fruit. It is easier to make freezer jam than regular jam, but freezer jam cannot be stored at room temperature. It will keep for a few weeks in the refrigerator, or 1 – 3 years in the freezer. You will find recipes for freezer jam in packages of commercial pectin.

**Low Sugar Jam and Jellies** – Sugar cannot be successfully reduced or eliminated from conventional jams or jellies because sugar produces part of the gelling action. Sugar works with pectin and acid to thicken or gel fruit and juice, act as a preservative to prevent mold growth, and to enhance flavor.

Low sugar jams and jellies will have a different consistency than conventional products. To make up for the reduction in gelling power from sugar, a thickener or gel substitute needs to be added. Available substitutes include vegetable gum products, gelatin, special pectins or agar flakes. Even when using these ingredients, low sugar jams and jellies will be softer or resemble a fruit/gelatin dessert. The flavor will resemble fresh fruit and be less sweet. Always make the batch size unless otherwise noted. Clear Jel, a modified food starch can be used. For every package of commercial pectin called for, use 7 tablespoons.

**Jams made with pectin** – Jams and jellies made from pectin use a higher proportion of pectin to fruit ratio to make a firmer jellied product. Low sugar or “lite” pectins require less sugar for a satisfactory gel. Some brands use  $\frac{1}{3}$  less sugar than regular pectin. Other brands will set up without any sugar. Recipes are available on package inserts.

**Jams made with gelatin** – Jams and jellies made with commercial powdered gelatin should be made in small batches and kept in the refrigerator. DO NOT FREEZE these products. The gel will disintegrate when thawed. DO NOT CAN these products. Jams and jellies made with gelatin are not stable at room temperature and need to be refrigerated. They will keep in the refrigerator up to 4 weeks.

**Storage** – Because of the reduction in sugar content, low sugar jams are more perishable than regular jams and jellies. If jams and jellies cannot be processed in a boiling water bath or frozen successfully, they should be stored in the refrigerator for no longer than 3 – 4 weeks.

When canning or freezing your own fruits to make jams or jellies later, preserve the fruits unsweetened. Frozen fruits tend to collapse when thawed and this makes accurate measurement difficult. Therefore, measure amounts needed before freezing. Package, mark, and freeze.

Commercially canned or frozen fruit juice frequently have the pectin removed. Jellies made with these juices will be soft in texture.

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