

# SURE-JELL

PREMIUM FRUIT PECTIN

FOR LESS OR NO SUGAR  
NEEDED RECIPES



## Recipes and Instructions

### Tips for Successful Jams & Jellies

Use firm ripe fruit for best flavor and results. Buy new jar lids for tight-fitting seals.

Always thoroughly wash and sanitize jars before use.

Use only the SURE-JELL Pectin product specified in recipe to ensure a proper set. Pectin products are not interchangeable.

**DO NOT REDUCE THE SUGAR IN RECIPE SINCE THAT WILL RESULT IN SET FAILURES.**

We recommend using Domino® or C&H® Pure Cane Sugar.



### Quick & Easy Freezer Jam & Jelly Directions

Freezer jams & jellies have softer sets than cooked jams & jellies but they can be prepared in about half the time.

#### **SUPPLIES NEEDED:**

Dry measuring cup, liquid measuring cup, 2 large bowls, large saucepan, ladle, jars, lids and seals.

- 1 Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into large bowl. Stir in lemon juice if listed in recipe.
- 2 Measure exact amount of sugar into large saucepan with dry measuring cup. **(DO NOT REDUCE THE SUGAR OR USE SUGAR SUBSTITUTE SINCE THIS WILL RESULT IN SET FAILURES.)** Stir in 1 pkg. SURE-JELL For Less Sugar or No Sugar Needed Recipes Premium Fruit Pectin. Add 1 cup water; stir. Bring to boil on medium-high heat, stirring constantly. Boil 1 min., stirring constantly. Remove from heat.
- 3 Add fruit or juice mixture; stir 1 min. or until blended.
- 4 **Fill all containers immediately.** Pour immediately into containers, leaving 1/2 inch space at top of each for expansion during freezing; cover with lids.
- 5 Let stand at room temperature 24 hours or until set. Refrigerate up to 3 weeks. Or, freeze up to 1 year. If frozen, thaw in refrigerator before using.



## Quick and Easy Freezer Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
<b>Apricot</b> 2-1/2 lb. apricots 1 lemon	Pit and finely chop apricots.	4 cups finely chopped apricots 2 Tbsp. fresh lemon juice 3 cups sugar	7 cups
<b>Blackberry</b> 8 cups blackberries	Crush blackberries. If desired, press half the crushed fruit through sieve to remove seeds.	4 cups crushed blackberries 3 cups sugar	6 cups
<b>Blueberry</b> 6 cups blueberries	Remove and discard blueberry stems. Finely chop or mash blueberries.	3 cups chopped blueberries 2-1/2 cups sugar	6 cups
<b>Cherry (sour)</b> 4 lb. sour cherries 1 lemon	Discard cherry stems. Pit and finely chop cherries.	5 cups very finely chopped cherries 2 Tbsp. fresh lemon juice 2-1/2 cups sugar	7 cups
<b>Peach</b> 3 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	4 cups finely chopped peaches 2 Tbsp. fresh lemon juice 2-1/2 cups sugar	6 cups
<b>Peach-Vanilla Bean</b> 3 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	4 cups finely chopped peaches 2 Tbsp. fresh lemon juice 2-1/2 cups sugar 1 Tbsp. vanilla bean paste	6 cups
<b>Red Raspberry</b> 6 cups red raspberries	Crush raspberries. If desired, press half the crushed fruit through sieve to remove seeds.	4 cups crushed berries 3-1/2 cups sugar	6 cups
<b>Raspberry-Peach</b> 4 cups raspberries 1 lb. peaches	Crush raspberries. If desired, press half the crushed fruit through sieve to remove seeds. Peel, pit and finely chop peaches.	3 cups crushed raspberries 1 cup finely chopped peaches 3 cups sugar	6 cups
<b>Strawberry</b> 8 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	4 cups crushed strawberries 3 cups sugar	6 cups
<b>Strawberry-Blueberry</b> 6 cups strawberries 4 cups blueberries	Remove and discard strawberry stems. Crush all berries.	2-1/2 cups crushed strawberries 1-1/2 cups crushed blueberries 3 cups sugar	7 cups

## Quick and Easy Freezer Jelly Recipes

Jelly	Ingredients	Makes (about)
<b>Apple</b>	5 cups bottled or refrigerated apple juice 3-1/2 cups sugar	8 cups
<b>Grape</b>	3 cups bottled or refrigerated grape juice 2-1/2 cups sugar	6 cups
<b>Grapefruit</b>	3-1/2 cups fresh or refrigerated grapefruit juice 3-1/2 cups sugar	6 cups
<b>Hot Pepper</b>	Protect hands with rubber gloves while preparing peppers. 2/3 cup whole pickled jalapeño peppers, drained, seeded and finely chopped (Buy 1 jar [10-1/4 oz.] peppers.) 4 cups bottled apple juice 2 Tbsp. apple cider vinegar 1 or 2 drops green food coloring (add with the peppers and juice.) 4 cups sugar	8 cups

# What To Do if Your Freezer Jam or Jelly Doesn't Set

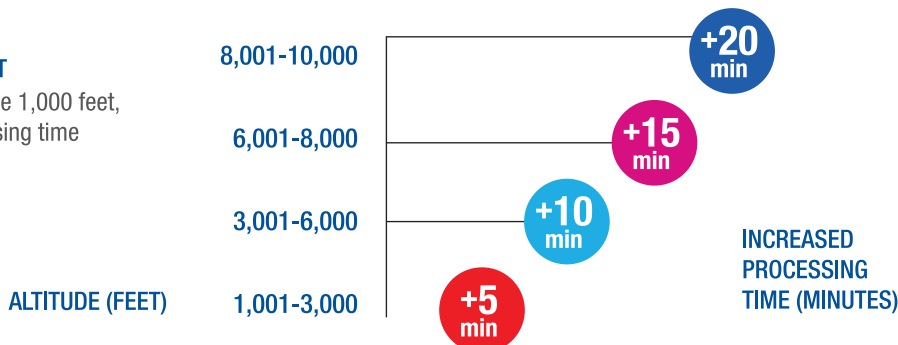
- 1 Prepare Containers:** Rinse clean plastic containers and lids with boiling water; dry thoroughly.
- 2 Prepare Pectin Mixture:** Gradually add 1 pkg. SURE-JELL For Less or No Sugar Needed Recipes Premium Fruit Pectin to 1-1/2 cups water in small saucepan, stirring constantly. Bring to boil on medium heat; boil 2 min., stirring constantly. Remove from heat.
- 3 Trial Batch:** Measure 1 cup unset jam or jelly into small bowl. Add 2 Tbsp. sugar; stir 3 min. or until completely dissolved. Add 1 Tbsp. of the pectin mixture; stir an additional 3 min. Immediately pour into one of the prepared containers. Cover and let stand up to 24 hours before checking to see if set. Meanwhile, store remaining pectin mixture in refrigerator.
- 4 Remainder of Batch:** If Trial Batch sets satisfactorily, prepare remaining jam or jelly, remaking no more than 8 cups of jam or jelly at one time and using same directions as for Trial Batch with the above-listed measures of sugar and pectin mixture for each 1 cup of jam or jelly. Pour into prepared containers. Discard any leftover pectin mixture.

# What To Do if Your Cooked Jam or Jelly Doesn't Set

- 1 Prepare Jars:** as directed in Cooked Jam directions on other side.
- 2 Prepare Pectin Mixture:** Slowly stir contents of 1 pkg. SURE-JELL For Less or No Sugar Needed Recipes Premium Fruit Pectin into 1-1/2 cups cold water in small saucepan. Bring to boil on medium heat; boil 2 min., stirring constantly. Remove from heat.
- 3 Trial Batch:** Measure 1 cup unset jam or jelly, 2 Tbsp. sugar and 1 Tbsp. Pectin Mixture (from step 2) into small saucepan. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Boil 30 sec., stirring constantly. Remove from heat. Skim off any foam. Pour jam or jelly into prepared jar; cover. Let stand 24 hours before checking set. Refrigerate remaining pectin mixture.
- 4 Remainder of Batch:** Do not remake more than 8 cups of jam or jelly at one time. If Trial Batch sets follow the recipe above, using listed measures of sugar and Pectin Mixture for each 1 cup of jam or jelly. Measure jam or jelly into stockpot. Bring to full rolling boil; boil 30 sec., stirring constantly. Remove from heat. Skim off any foam with metal spoon. Ladle jam or jelly into prepared jars. Follow boiling water bath method to process jars. Discard any leftover pectin mixture

## ALTITUDE CHART

At altitudes above 1,000 feet, increase processing time as indicated



## Cooked Jam Directions

Lids and jars must be sterilized. To sterilize the jars and lids, simmer them in boiling water for at least 10 minutes while your jam or jelly is cooking.

### SUPPLIES NEEDED:

Dry measuring cup, liquid measuring cup, large saucepan, ladle, 2 large bowls, jars, lids and ring seals, canning rack and canner.

- 1** Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into large saucepan. Stir in lemon juice and water if listed in recipe.
- 2** Measure exact amount of sugar into separate bowl. **(DO NOT REDUCE THE SUGAR IN RECIPE SINCE THAT WILL RESULT IN SET FAILURES.)**
- 3** Combine 1/4 cup sugar from measured amount and 1 pkg. SURE-JELL For Less or No Sugar Needed Premium Fruit Pectin in small bowl. Stir into fruit. Add 1/2 tsp. butter or margarine to reduce foaming, if desired.
- 4** Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.
- 5** Stir in remaining sugar. Return to full rolling boil; boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.
- 6** Ladle immediately into prepared jars, filling each to within 1/4 inch of top. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.
- 7** Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if needed.) Cover; bring water to gentle boil. Process jellies 5 min. or process jams 10 min., adjusting processing time if necessary as directed in Altitude Chart. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing centers of lids with finger. If lid springs back, lid is not sealed and refrigeration is necessary. Let prepared jars stand at room temperature 24 hours (or for length of time indicated on recipe). Store unopened jams and jellies in cool, dry, dark place up to 1 year. Refrigerate opened jams and jellies up to 3 weeks.

## Cooked Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
<b>Apricot</b> 3-1/2 lb. apricots 1 lemon (May take up to 2 weeks to set)	Pit and finely chop apricots.	6 cups finely chopped apricots 2 Tbsp. fresh lemon juice 4-1/2 cups sugar	7 cups
<b>Blackberry, Boysenberry, Dewberry, Loganberry, Red or Black Raspberry, Youngberry</b> 10 cups berries	Crush berries. If desired, press half the crushed fruit through sieve to remove seeds.	5 cups crushed berries 4 cups sugar	7 cups
<b>Blueberry</b> 10 cups blueberries	Remove and discard blueberry stems. Finely chop or mash blueberries.	6-1/2 cups chopped blueberries 4-1/2 cups sugar	9 cups
<b>Cherry (sour)</b> 3 lb. sour cherries	Discard cherry stems. Pit and finely chop cherries.	5 cups finely chopped cherries 3 cups sugar	5 cups
<b>Fig</b> 1-1/2 lb. figs 2 lemons	Trim and discard stem ends from figs. Finely chop figs.	2-1/2 cups finely chopped figs 1/4 cup lemon juice 1 cup water 3-1/2 cups sugar	5 cups
<b>Hot Pepper Relish</b> 2 green bell peppers 2 red bell peppers 10 large jalapeño peppers	Remove and discard pepper stems. Cut peppers in half; remove seeds. Finely chop peppers. (Note: When working with hot peppers, wear rubber gloves.)	1-1/2 cups <u>each</u> finely chopped green and red bell peppers 1 cup finely chopped jalapeño peppers 1/2 cup cider vinegar 1/2 cup water 3 cups sugar	6 cups
<b>Orange Marmalade</b> 8 oranges 2 lemons (May take up to 2 weeks to set.)	Use vegetable peeler to remove colored parts of fruit peels. Finely chop removed peel; place in large saucepan. Add 2-1/2 cups water and 1/8 tsp. baking soda; stir. Bring to boil; cover. Simmer on medium-low heat 20 min., stirring occasionally. Remove and discard white part of peel from fruit, reserving juice. Chop fruit, reserving juice. Add to ingredients in saucepan; simmer 10 min., stirring occasionally.	5-1/2 cups cooked fruit 4 cups sugar	8 cups
<b>Peach</b> 4 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	4-1/2 cups finely chopped peaches 2 Tbsp. fresh lemon juice 3 cups sugar	5 cups
<b>Plum</b> 3-1/2 lb. plums	Pit and finely chop plums; place in large saucepan. Add 1/2 cup water; stir. Bring to boil; cover. Simmer on medium-low heat 5 min.	6-1/2 cups cooked plums 4-1/2 cups sugar	8 cups
<b>Strawberry</b> 12 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	6 cups crushed strawberries 4 cups sugar	8 cups
<b>Triple Berry</b> 6 cups strawberries 3 cups raspberries 2 cups blackberries	Remove and discard strawberry stems. Crush all berries, using separate bowl for each type of berry.	3 cups crushed strawberries 1-1/2 cups crushed raspberries 1-1/2 cups crushed blackberries 4-1/2 cups sugar	8 cups

# Cooked Jelly Directions

- 1** Prepare lids and jars as directed under Cooked Jam Directions.
- 2** Prepare fruit as directed in the following chart.
- 3** Place 3 layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Tie cheesecloth closed; hang and let drip into bowl until dripping stops. Press gently.
- 4** Measure exact amount of prepared juice into 6- or 8-qt. stockpot. (If necessary, add up to 1/2 cup water to get exact measure.) Stir in lemon juice and water (if required) as indicated in chart. Proceed with Step 2 of Cooked Jam Directions.

## Cooked Jelly Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit to Make Jelly	Ingredients	Makes (about)
<b>Apple or Crabapple</b> 6 lb. apples	Remove and discard stem and blossom ends from apples. Do not core or peel apples. Cut apples into small pieces; place in large saucepan. Add 6 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min. Crush cooked fruit; simmer, covered 5 min.	6 cups prepared juice 4 cups sugar	8 cups
<b>Blackberry, Boysenberry or Dewberry</b> 12 cups berries	Crush berries; place in large saucepan. Add 1 cup water; stir. Bring to boil; cover. Simmer on medium low heat 5 min.	4-1/2 cups prepared juice 3 cups sugar	5 cups
<b>Cherry</b> (sour) 4 lb. sour cherries	Discard cherry stems. Pit, then finely chop cherries; place in large saucepan. Add 1/2 cup water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min.	4-1/2 cups prepared juice 2-1/2 cups sugar	6 cups
<b>Grape</b> (Concord) 5 lb. Concord grapes	Remove and discard grape stems. Crush grapes; place in large saucepan. Add 2 cups water; stir. Bring to boil; simmer on medium-low heat 10 min.	5-1/2 cups prepared juice 3-1/2 cups sugar	7 cups
<b>Mint</b> 2-1/2 cups tightly packed fresh mint leaves	Chop mint leaves finely; place in large saucepan. Add 4-1/2 cups water; stir. Bring to boil; cover. Remove from heat; let stand 10 min. Stir in 2 drops green food coloring.	4-1/2 cups prepared mint infusion 3 cups sugar	5 cups
<b>Peach</b> 6 lb. peaches	Pit and finely chop peaches; place in large saucepan. Stir in 1/2 cup water. Bring to boil; cover. Simmer on medium-low heat. 5 min.	4-1/2 cups prepared juice 3 cups sugar	6 cups
<b>Red Raspberry, Black Raspberry or Loganberry</b> 12 cups berries	Crush berries; place in large saucepan. Add 1/2 cup water; stir. Bring to boil.	4-1/2 cups prepared juice 3 cups sugar	5 cups
<b>Strawberry</b> 16 cups strawberries	Remove and discard strawberry stems. Crush strawberries; place in large saucepan. Add 2 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min.	4 cups prepared juice 3 cups sugar	5 cups

# No Sugar Needed Cooked Jam Directions using Splenda®

(Traditional cooked method, slightly softer set, nice tart cooked fruit taste.)

- 1** Place prepared fruit in large saucepan. Stir in 3/4 cup water\* and 1 pkg. SURE-JELL For Less or No Sugar Needed Recipes Premium Fruit Pectin. \*\*
- 2** Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Boil exactly 1 min., stirring constantly. Remove from heat. Stir in SPLENDA® Granulated or SPLENDA® Packets. Skim off any foam with metal spoon.
- 3** Ladle immediately into prepared jars, filling each to within 1/4 inch of top. Proceed as directed in Cooked Jam Directions (Steps 6 & 7).

\*Note: For a sweeter jam with a firmer set, prepare as directed substituting 1 thawed can (12 oz.) frozen white grape juice concentrate or 1 thawed can (12 oz.) frozen apple juice concentrate for the 3/4 cup water. Makes about 4 cups.

\*\*For complete recipe details see chart.

## No Sugar Needed Cooked Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
<b>Peach</b> 3 lb. peaches	Peel, pit and finely chop peaches.	3 cups finely chopped peaches 1/2 cup SPLENDA® No Calorie Sweetener, Granulated or 12 SPLENDA® Packets No Calorie Sweetener	3 cups
<b>Strawberry</b> 6 cups strawberries	Remove and discard strawberry stems; crush fruit.	3 cups crushed strawberries 1/2 cup SPLENDA® No Calorie Sweetener, Granulated or 12 SPLENDA® Packets No Calorie Sweetener	3 cups
<b>Triple Berry</b> 2 cups strawberries 2 cups raspberries 2 cups blackberries	Remove and discard strawberry stems. Crush all berries, using separate bowl for each type of berry.	1 cup <u>each</u> crushed strawberries, raspberries and blackberries 1/2 cup SPLENDA® No Calorie Sweetener, Granulated or 12 SPLENDA® Packets No Calorie Sweetener	3 cups

Nutrition information and remake directions for these recipes can be obtained by visiting [www.surejell.com](http://www.surejell.com) 04050033087700