

PEAR & NECTARINE JAM



INGREDIENTS

900g pears, ripe peeled, cored and puréed
300g nectarines, peeled, stones removed and puréed
800g white sugar
50g sachet of jam setting mixture (see tips below)

PREPARATION

You will need sterilized jars to store your jam (*see tips for sterilizing here*).

METHOD

1. Place the pureed fruit mixture into a large saucepan and heat over medium heat.
2. Add the sugar and jam setting mixture to the pureed fruit. Mix well.
3. Reduce the heat to low and stir until the sugar is dissolved then increase the heat and bring the mixture to the boil.
4. Boil for 5 minutes, stirring occasionally.

PREPARATION TIME: 15 MINS
COOKING TIME: 25 MINS
MAKES: 4 CUPS

5. Remove the pot from the heat and allow the jam to cool for 10 minutes.
6. Pour your delicious pear and nectarine jam into the sterilized jars.
7. Seal, label and date the jars.

STORAGE

- * Your pear and nectarine jam will keep for up to 6 months in well sterilized jars, stored in a cool, dry place.
- * Once you've opened your pear and nectarine jam jar, store it in the fridge.
- * It's important to label and date the jars so have some labels and a pen handy in the kitchen to mark the date made and jam type.

VARIATIONS AND TIPS

- * If you don't have fresh pears, use 900g drained canned pears
- * Unlike other jam recipes, these jams don't start to set in the saucepan, they set once in the sealed jars.
- * Try the brand Jamsetta jam setting mixture as it only contains sugar, pectin and citric acid.
- * As an alternative to jam setting mixture, try making your own using 2 tbs lemon juice or $\frac{3}{4}$ tsp citric acid mixed with 1 tsp sugar and 2 tbs warm water.

NOTE

Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.

Source adapted from *Cooking for Oscar* and Friendly Food