

Strawberry Honey Jam



This jam has a wonderful strawberry flavor and is sure to be a hit with those who want jams sweetened with alternatives to sugar. Be sure to use “No Sugar Needed Pectin” as this unique product is designed to gel with alternative sweeteners.

Yield: 5 x 250 ml jars

Source: www.bernardin.ca

4 cups (1000 ml) finely crushed, fully ripe sweet strawberries (do not purée)
1 cup (250 ml) apple juice
1 pkg (49 g) BERNARDIN® No Sugar Needed Fruit Pectin
1½ cups (375 ml) liquid honey

1. Place 5 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
2. Combine strawberries and juice in a large, deep stainless steel saucepan. Add Fruit Pectin, stirring until dissolved. Stirring occasionally, bring mixture to a boil. Add honey. Stirring frequently, return mixture to a full boil; boil 3 minutes.
3. Ladle hot mixture into a hot jar to within 1/4 inch of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more dressing. Wipe jar rim removing any food residue. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining Strawberry Honey.
4. When canner is filled, ensure that all jars are covered by at least one inch of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –boil filled jars – 10 minutes.
5. When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
6. After cooling check jar seals. Sealed lids curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.