

Happy Girl Kitchen Co.

IT STARTS *WITH* FRUIT

Simple Techniques & Delicious Recipes for

JAMS

MARMALADES

PRESERVES



JORDAN CHAMPAGNE Photography by Erin Scott



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CHRONICLE BOOKS
SAN FRANCISCO

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ISBN 978-1-4521-7741-0 (epub, mobi)

Library of Congress Cataloging-in-Publication Data available.

ISBN 978-1-4521-7358-0 (hardcover)

Prop styling by **ERIN SCOTT**.

Food styling by **LILLIAN KANG**.

Illustrations by **GARY MARICICH**.

Design by **LIZZIE VAUGHAN**.

Typset by **KATY BROWN**.

Typset in Circular, Mocha Mattari,
and Typewriter Roman Code.

Chronicle books and gifts are available at special quantity discounts to corporations, professional associations, literacy programs, and other organizations. For details and discount information, please contact our corporate/premiums department at corporatesales@chroniclebooks.com or at 1-800-759-0190.

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680 Second Street
San Francisco, California 94107
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DEDICATION

for my two grandpas,
who taught me the
art of simple living
and higher thinking.





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Introduction

People like to use the phrase *master preserver*. “Master” seems so final. Like one has the final say and has mastered something. But me? I am more of a student, a student who happens to be the teacher. I learn something in every workshop I teach and every question I answer. My work with fruit is a lifelong journey, not a static destination.

It all began one summer in Norway. I was there with my then-boyfriend, now-husband living on a small family farm. It was run by a homesteading couple with three young children striving to maintain their farm with their own hands and embrace a simpler lifestyle—nonelectric washing machine, milking cow, fruit and vegetable garden, hay in that everlasting sunshine of the northern-clime summer. No one was an expert at anything, and our evenings were filled with experiments in the kitchen and long philosophical debates. It was in this setting that I made my first batch of jam.

We had harvested a few pounds of vibrant strawberries from the patch earlier that day. The environment in this part of the world—the air, water, and soil—is so pristine that everything that grew there felt especially sacred to me. We brought the berries to the kitchen and combined them with equal parts white sugar. By this time in my life, I thought white sugar was the most horrifying ingredient one could add to food, but especially to these pristine berries. I asked, “Do we have to add that much sugar?” and the reply was, “Yes, that is how you preserve the fruit.” So in went the sugar and in went the challenge in my mind that there just has to be another way. A seed of doubt was planted deep in my soul that day.

Our experiments and travels continued, bringing us back to the Central Coast of California the following year. We started interacting with local organic farms by working farmers’ markets, doing Community Supported Agriculture (CSA) deliveries, harvesting flowers, and making bouquets. We lived on the edge of one of the most remote pieces of farmland in a tepee. It was that summer, when I had ample access to the abundant harvest, that my food preservation experiments became an obsession. I was inspired and overwhelmed by the abundance of amazing fruits and vegetables that would otherwise go to waste; it is the nature of doing anything

on a large scale that ultimately something is not sold before the market is over or not harvested before the land needs to be tilled.

I was raised with a profound belief that one should not waste things and one should repair and restore that which is broken. My grandparents gave me a deep sense of gratitude, history, and properly caring for precious things. These local organic fruits and vegetables were the most precious things in my life. And so Happy Girl Kitchen Co. was born from those seeds. I was inspired to make local preserves with local organic apple cider vinegar; with local organic fruits, vegetables, and herbs; and with organic spices: Buy local, spice global. It became my own little local revolution to make the world a better place.

As life developed and I had our second child, I stopped working farmers' markets and started teaching workshops. People always had so many questions for me about preserving. There seemed to be a whole world of "what abouts" and "can I's." These questions pushed me to deepen my practice and understanding of preserving. I had come a long way from my initial batch of strawberry jam, from asking, "Do I really need to add all that sugar?" The answer is no. No, you do not need to add all that sugar, and no, it doesn't have to be white sugar.

I wrote this book in an effort to answer your questions about preserving. But I also have another agenda, and that agenda is to get you to play with your food. Life is just so much more fun if you enjoy yourself and experiment! I have a firm belief that people take cooking way too seriously and take all the fun out of it.

Time in the kitchen can be and should be fun. Eating is a common human experience; we have to do it to survive. It is not an optional activity. So I like to encourage people to use that to their advantage. Have fun with it and feel good about it. Food is such a great way to connect with friends, families, neighbors, and the community at large. Food can also be a way to connect with peoples and cultures you've never met. Harness this rich opportunity to connect, laugh, enjoy, and relax. My goal in writing this book is that you will become empowered to play with your fruit! I want you to be able to make jam while making dinner, or start a shrub experiment while you are cleaning up. Heat up the house with fruit butter in the oven while you are relaxing on the couch reading to your kids. Have a grape juice-making party when your vine of backyard grapes is booming.

This book is very technique forward and full of my knowledge so that you can be liberated from recipes and understand how to create your own. Knowledge is power. Over the years, so many people have taken my workshops because they are afraid they are going to do something wrong and make unsafe food. Let's get rid of those fears.















FOOD SAFETY

Fear resides in ignorance, so let's dispel all the myths of food safety so you can happily preserve fruit with no fear!

Lore and urban myths enumerate the ways people get sick from preserving food. I want to tackle this subject head-on and dispel any concerns so that you can have fun preserving food without any worries! It is also important to me that you have knowledge of how to experiment and change recipes while keeping the preserves safe. This is the number one concern that participants bring to my workshops. I like to compare it to harvesting wild mushrooms: One would never go off and cook mushrooms that one has picked in the wild without knowing for certain how to identify them. So here is all of the knowledge that you need to do your thing. First, a little history of food preservation helps you understand where we need to be concerned and where we do not.

Humans have been preserving food for all of human history. Traditional methods include salting, drying, and fermenting. These are all open-air techniques in which there is an air exchange and harmful bacteria are naturally fended off by the preservation process. Spoilage is obvious, indicated by visible mold or a foul smell. In fact, fermented foods are some of the safest on the planet, and there has never been a recorded case of anyone getting sick from a fermented fruit or vegetable. They're safer than fresh fruits and vegetables!

In the late 1700s, Nicholas Appert pioneered hot water bath canning and preserving food in glass jars through the application of heat. In the mid-1800s, Louis Pasteur determined the causes of food spoilage, and the science

around hot water bath canning began to develop. We have come a long way from these early experiments, and we now understand the exact science behind food preservation.

Almost all yeasts, molds, and bacteria are very temperature sensitive. They are killed off when they reach temperatures of 175°F [80°C] and are held there for 5 to 10 minutes. Water boils at 212°F [100°C], so the hot water bath canner kills off the yeast, molds, and bacteria. But there is one bacteria that has a spore in it—that is temperature resistant up to 240°F [115°C]—botulism spungum. This spore is found in our soils and is harmless when ingested in spore form. But when this spore gets into the anaerobic environment of a sealed jar, it can develop into a dangerous agent called botulism. Botulism is the one major thing that can go wrong with canning and preserving food, so we need to understand and avoid the environment that can cause it.

Botulism spores can survive beyond the 212°F [100°C] temperature of boiling water, but they cannot survive in an acidic environment. The science behind food safety in jars is to be sure the acidity is high enough to resist the growth of botulism. Let me assure you, if you follow a published recipe, the risk of getting sick is low to the point of being almost nonexistent. A lot can go wrong with a recipe, like overcooking a jam so it turns brownish in color, but that does not mean it is dangerous. It is only improper acidity that can potentially lead to botulism.

Acidity is measured on a pH scale from 0 to 14, where 0 is the most acidic and 14 is alkaline. The magic number for keeping food safe in a sealed jar is 4.6 or below on the pH scale. Water is just about in the middle of the pH scale. Vegetables are always above 4.6, which is why we add vinegar to keep them safe when making pickles with vegetables in hot water bath canning. Fruit is largely acidic, and so are sugar and lemon



juice, so when making fruit preserves, we are already in the safe zone. Phew! That is a relief.

Acidity is the big difference between hot water bath canning and pressure canning. Hot water bath canning only gets to 212°F [100°C], and so the acidity must be at a pH of 4.6 or below, with a proper seal to avoid botulism. For products that have a lower acidity, you must preserve them in a pressure canner and get the product to a temperature of 240°F [115°C] for 40 to 120 minutes, depending on the product and jar size. Almost all fruit preserves are completely safe for hot water bath canning no matter what.

How do you test acidity? You can buy a pH meter or pH strips if you really get into creating your own recipes. But there is a lot of experimenting that you can safely do without concern. Whenever you want to change a published recipe, just ask yourself, “How am I changing

the acidity?” If you do not know the answer to this, then you need to find out before you change the recipe. In the case of fruit preserves, you can always add spices, herbs, and other flavors without any concern, as the small amounts you use for flavoring will not change the acidity of the preserve. You can change the types of sugar that are called for. You can add vinegars or spirits to your preserves. These will all affect the flavor, texture, and color, but will not compromise the safety of your preserves.

Now you know there is no need to worry! Have fun making fruit preserves and share them with your friends and family with no concerns at all.

SHELF LIFE

Most preserved goods will have a shelf life of 1 year after they are made. That’s standard, and they’ll have good color, texture, and flavor for a year. After this time, they may start to fade in any of the above mentioned qualities. A question I frequently get is, “But if it is older than that, is it OK?” Our state health inspector has assured me that as long as the seal on the jar is good, then the product inside is safe to eat. One time I stumbled upon an abandoned mountain cabin in the high mountains

of Norway. It was likely a goatherd’s summer cabin, and it had a jar of jam in the cupboard that was dated 30 years old. It was a cloudberry jam, and it was delicious. I hear stories all the time of people eating their grandmother’s preserves 10 or 20 years later with no ill effects. For the recipes in this book, the shelf life is 1 year or as otherwise mentioned for the best quality!

Once you open the jar, a low-sugar preserve will not keep nearly as long as a high-sugar preserve. I recommend using them within 6 weeks of

opening, and keeping them in the refrigerator; after that they will likely develop mold. And to answer that question, because I know it is coming: Yes, I simply scoop the mold out and use what is underneath if it seems OK. The USDA advises that you throw the whole thing out at the first sign of mold, so it’s better to use them up before that happens.

EQUIPMENT LIST

Here's a short and concise list,
limited to only what you need instead of
all the things you could want.



CANNING POT If you plan on preserving your jars in boiling water, then you will need a pot to boil them in. The canning pot that you can get at most hardware stores is black, speckled, and fitted with a rack. The rack helps you move the jars in and out of the pot with ease and lower your jars into the boiling water bath. These pots are also very reasonably priced. Or you can use any pot that can hold 1 in [2.5 cm] of water above the jars. Place a wire rack, silicone pad, or kitchen towel on the bottom of the pot so that the jars do not directly touch the bottom.



GLASS BAKING DISH These are perfect for cooking down fruit butters in the oven. It is good to have an assortment of sizes to choose from. The one I use most often is the 4 qt [3.8 L] capacity, which is 15 by 10 by 2 in [38 by 25 by 5 cm]. It is good to get one that is at least 2 in [5 cm] deep so that you have room to stir your preserves.



JAM POT This is the pot you will use anytime you are cooking fruit that you want to evaporate down and thicken. That is the only time you need to be concerned about using a specific pot. There are a lot of opinions about which pot is the perfect one for preserving. Well, let me tell you, the one you have in your own cupboard is probably just fine, especially initially, unless you have a big old aluminum stockpot or a bare cast-iron pot. It is not the best idea to use these because aluminum and cast iron are reactive and are not good to cook acidic foods with, both for our own health and for the color of the jams. If you have a gorgeous copper preserving kettle handed down from your French great-grandmother, then wonderful! Copper evenly conducts heat, and the sides of the pan are fluted out to encourage steam to evaporate more rapidly. It's worth noting that copper is also a reactive metal and there is controversy as to whether or not there is enough sugar in low-sugar preserves to prevent that metal from leaching. So, with marmalades, a copper pot would be fine, but not with low-sugar preserves.

I recommend a nice stainless steel stockpot . . . the one you likely already have. Whew! It needs to have a heavy bottom to prevent scorching and help evenly distribute the heat. The pot should be only one-third to one-half full when you pour all of the ingredients for your jam or marmalade inside. The shape of the pot can be tall and slender or short and squatty—what is important is that it is not too full. I have a wide range of sizes of these pots so that I can accommodate the size batch that I have, from 1 qt [960 ml] to 15 qt [14 L]. You can also use an enameled cast-iron pot for making preserves. These pots usually have a wide base, which gives you more surface area to cook down your preserves. They also hold the heat extremely well; in fact, you need to remove the pot from the stove top the second you think the preserve is ready and immediately transfer the preserve to jars because these pots continue to cook—they carry the heat a little too well!



KITCHEN SCALE A nice compact digital scale is best. To be precise, weigh all of the fruit when preparing different preserves. It is hard to measure fruit by volume because it all depends on how it is chopped and prepared. All fruit for the preserves is weighed after it is prepared, and when you're starting out you should really weigh your fruit rather than eyeball it. If you do not have a scale, I recommend that you weigh the fruit when you buy it at the market or the store. Once you get the hang of it, you can stray a little from the precision of the recipes and wing it without a scale.

OTHER TOOLS

FLOUR SACK In canning recipes, there are times you need to strain the juice, use a cloth as a pectin pouch, or use a tea sachet for infusing the flavors of herbs in your preserve. In all of these situations, I use something that is called a flour sack. It is sold at most hardware stores and is very affordable. Standard cheesecloth has too loose of a weave to be practical and is difficult to reuse. A flour sack

has the perfect weave to strain out solids and sediment and yet can be reused again and again if washed well. You can cut it up to make smaller-size pouches and pectin bags.

FOOD PROCESSOR This is really such a great tool in the kitchen. You can use it in place of an immersion blender, but I also use mine to finely chop jalapeños and other fresh chiles, ginger, and herbs. The Cuisinart brand really holds up over time.

FUNNEL It is a good idea to invest in a nice, stainless steel funnel. Funnels come in many sizes, so be sure to get one that has a mouth that is between $\frac{3}{4}$ and 1 in [2 and 2.5 cm] wide.

GLOVES In my canning, I find a good pair of heavy-duty household gloves are essential. They are heat resistant and have a good grip, so it is easy to handle the hot jars going in and out of the canner. Gloves make it very easy to tighten the lids after taking the jars out

of the water. (Gloves are not intended for submerging your hands in the boiling water bath to retrieve a tipped-over jar! Use a wooden spoon for that.) The brand True Blue is my favorite and time tested.

IMMERSION BLENDER

This can be such a time-saver in the kitchen and is at the top of my gadget list. It is a good investment to get a high-powered one with adjustable speeds. You will use this when making fruit butters and sauces, and I also use mine for making fresh whipped cream! In making butters I have discovered that all immersion blenders are not created equal, and you need a really strong one to make the butter completely smooth. I am usually not a fussy person, but in this case, I think that the experience is better if the butter is completely smooth. If your immersion blender cannot handle the pressure, use a food processor instead.

JARS Use only jars meant for canning. They are made with heat-tolerant glass that can withstand the changes in temperature that happen with canning. There are many brands out there, and I haven't found a canning jar I didn't like! It is all a matter of preference. You can reuse canning jars again and again, but be sure to check for hairline cracks and chips. If

you ever have a reused jar crack open in the canner, it is likely that it had a hairline crack that went undetected.

There are some European brands of canning jars that have a rubber seal rather than the two-piece canning lid. Be sure you understand how to use these jars and lids before canning with them. They each have their own instructions, so listing them here would be repetitive.

LIDS AND RINGS Lids for most canning jars are a two-piece cap and come with the case of jars that you buy. The two pieces are a flat lid with a rubber seal and a ring to hold that lid onto the jar. The flat lid is intended for one use only. It has the rubber sealant on it that comes into contact with the glass and creates the seal. After one use, this sealant has already made an impression of the jar and has been reformed. You may hear of people reusing the lids with success, but with all the work you put into canning, I would say it is not worth the risk. Save the reused lid for the bulk storage or fermented foods or anything that does not require a seal. They sell the lids separately in the store.

The ring holds the lid onto the jar until it seals. You can reuse the rings again and again,

even if they have scratches on them. Reused rings can be a little unsightly if you are giving away your preserves as gifts, and if they have rust on them they can cause the receiver of your gift to doubt the safety of the preserves inside (even though the rings have nothing to do with the preserves). Some very thrifty people take the rings off of their jars once they have completely cooled and sealed to keep the rings in better shape.

MISCELLANEOUS Large, flat wooden spoons; slotted spoons; measuring cups; and measuring spoons are all very helpful.



CHOOSING THE RIGHT-SIZE POT

THE MOST IMPORTANT THING when cooking down a jam or marmalade is using the correct pot. This is because the key to making a delicious preserve is cooking it down as quickly as possible so the ingredients taste fresh and the sugars do not caramelize. It is important to use a pot that has a heavy bottom to avoid scorching and won't be too full when you add all the ingredients. I have found it's best when your pot is one-third to one-half full. There are a few reasons for this:

YOUR JAM will likely expand during the cooking process and if the pot is too full, it may expand right over the edge unless you turn down the heat, which is exactly what you do not want to do. Increasing the cooking time is what we are trying to avoid. You want to keep your heat as high as possible the entire time you are cooking it down for freshness of color and flavor. If your pot is more than half full—let's say two-thirds full—then it is best to set aside half of the mixture and cook it down in two batches. This way you will have two delicious, fresh batches rather than one large, overcooked batch. Separating the batches also opens the door to doing two different flavorings.

IT TAKES A LONG TIME to get a very full pot up to a boil. Even though we calculate the cooking time of our preserves from when they come to a boil, the time heating it up contributes to the loss of flavor of the preserve. You should also consider the ratio of the size of the pot to the heat source you are cooking it on. An extreme example would be filling a 40 qt [38 L] pot up a third of the way and putting it on the weakest burner on your stove. Even if that pot is only a third full, it will take a long time to heat up and cook down.

WHENEVER SOMEONE TELLS ME, "I had to cook my jam down for over an hour," the first question I *always* ask is, "How full was your pot?" It is the number-one factor that can contribute to a long cooking time.



THREE

PROCESS OPTIONS FOR JARRING

There are three completely safe styles of jarring your preserves. They all have their benefits and drawbacks and it is up to you to decide which method you are going to choose. In these methods we are simply trying to sterilize the jar, the lid, and the contents of the jar so that the lid will seal and there will be no yeast, molds, or bacteria inside the jar.

1 HOT PACK

THIS FIRST PROCESS is called the hot pack. This method is safe for hot, thick preserves, such as jams, marmalades, and butters. The thicker the preserve, the longer it will hold its heat as it is being transferred into the jar. This method is not recommended for preserving whole fruits and juices. Hot pack works by having the preserve hot and sterile, the jar hot and sterile, and the lid hot and sterile. That is a lot of hot and sterile. You have your hot jar and pour in your hot preserve and put on your hot lid and screw it on tight and that's it—you are done. It is also nice because you do not have to boil all that water for the hot water bath canner.

It does add a dimension of stress to your jarring process because everything needs to stay hot and sterile until you crank that lid down tightly. As soon as something cools down below 190°F [88°C] it is no longer sterile. It can be a challenge to keep everything hot, so some people do

this method and then put the jars in a 210°F [99°C] oven after putting on the lids to ensure that everything is hot enough to be sterile and to ensure a good seal.

2 STEAM CANNER

A SECOND CHOICE you have with preserves is a steam canner. This method can safely be used for all of the thick preserves mentioned in the hot pack section, and for the same reasons. Steam canners have a shallow tray with a rack on top of it and a large domed lid. This process has very little research behind it and is not recommended by the USDA or the National Center for Home Food Preservation.

So what's the debate about? I have learned that people are very cautious to recommend new ideas for food preservation and are unwilling to even discuss why this may or may not be a good idea. Well that is NOT the Happy Girl Kitchen way; we like to give you the facts and let you decide for yourself.

Water is a much better conductor of heat than steam is, and most recipes have not been written to consider processing time in a steam canner. It is not recommended to use a steam canner for pickles and tomatoes, as they are low-acid foods.

I only recommend steam canners for anything that you can use the hot pack method for, which are high-acid foods that have a thicker consistency, such as jams, jellies, and marmalades. In these foods there is no risk of botulism or of overcooking the food with too hot of a cooking temperature. You are only processing the preserves to ensure the seal of the jar. You need to get the contents of the jar up to 190°F [88°C] to kill off the yeasts, molds, and bacteria. This can be done in a steam canner by simply following the manufacturer's directions.

3

HOT WATER BATH

A THIRD PROCESS, hot water bath canning, is hands down my favorite way of sealing jars. It is proven to be safe and is much less stressful than other methods because there is more flexibility involved. Since you are sterilizing everything in the hot water bath canner, it does not need to start out sterile (what a relief!). All of the recipes in this book use hot water bath canning as the process to seal your jars.

Hot water bath canning does a very good job at two things. The first is that it sterilizes the jars and everything inside of the jars. Most yeast, molds, and

bacteria are very temperature sensitive, and exposure to a temperature of 175°F [80°C] for 10 minutes will kill them off. So, the boiling water heats everything up to at least that temperature and sterilizes everything. It is for this reason that you do not need to start with sterilized jars (just very clean jars); everything will get sterilized in the canner.

Second, the hot water bath heats up the contents inside the jar, which makes the contents expand. Then when you take the jars out of the canner and they start cooling and contracting, it causes the lids to pull down and seal. This is the reason behind headspace, or the amount of empty space you leave at the top of a jar. You do not want to overfill your jar and run the risk that your preserves will ooze out of the jar when they expand, but you need a high enough volume of preserves to expand and contract that open space and create a good seal. This is what keeps all of your preserves fresh in a sealed environment.

NOTE

We are not concerned about botulism with the jams covered in this book because they are always acidic enough that botulism cannot develop. Don't worry about killing anybody with this jam. The worst that can happen is that a mold can develop on the surface of your jam after some time; this is especially a possibility with low-sugar jams since sugar is a preservative. So follow the instructions carefully because nobody wants moldy jam!

STEPS TO HOT WATER BATH CANNING

Hot water bath canning is an old and common form of sealing jars, yet many people feel nervous the first time they do it. This is understandable because there is something counterintuitive to submerging jars with lids on them in boiling water. I promise you once you do it a couple of times, you will get the hang of it and that nervous feeling will go away. I have done this thousands and thousands of times and I have never been hurt from the process. Scout's honor!

GATHER the amount of jars needed for the recipe. If you are using new jars, take off the lids and give them a rinse. If you are reusing jars, carefully inspect them for hairline cracks and chips on the rim.

COLLECT other items you may need, such as heat-resistant gloves or a jar lifter and a long wooden spoon. I set up a jar-filling station with a plate, a funnel, and a measuring cup (I use a ½ cup [120 ml] measuring cup with a handle on it for ease of use and to help prevent overfilling jars). You will also need a spoon and a clean, damp cloth in case you overfill jars.

WHEN YOUR RECIPE IS COMPLETE, remove the cooking vessel from the heat and carefully fill the jars with your product, leaving ½ in [12 mm] of head-space, unless otherwise instructed. If you overfill the jar, do not remove the funnel until you use your spoon to take some of the product out of the funnel; this will save a big mess. The canning times are designed for you to fill your jars with hot preserves or, in the case of raw packed whole fruits, with hot syrup. If the preserve or syrup has cooled down for any reason, then you will need to heat it back up before filling the jars.

CAREFULLY WIPE THE RIMS of the jar if there was any splashing. If your preserve was very thick like a jelly, then hot water on the towel can help. Make sure there is nothing at all on the rim that could inhibit a good seal and act as a wick for yeast, molds, or bacteria to enter the jar.

APPLY the lids and rings and screw them on just until you meet some resistance. This is called fingertip tight. If you are unsure of your ability to restrain your strength, then do it one-handed, rodeo style! This is so that the air that is expanding inside of the jar can vent out while it is in the canner. You can actually see the bubbles coming out of the lids!

CAREFULLY TRANSFER the jars onto the rack and then down into the boiling water. The water should cover the lids of the jars for good circulation and a constant temperature. You want to be careful to keep the jars upright until they are completely sealed. If you do not have a full canning rack, this can be difficult and is a balancing act. If a jar does tip over in the water, then use your long wooden spoon to bring it back upright.

ONCE YOUR WATER is up to temperature you can start your timer. Not all recipes call for 212°F [100°C]. For preserves that are very fragile, I recommend canning at 200°F [95°C] for a little more time.

ONCE YOUR TIMER goes off, put on your gloves and carefully remove the jars right away and resist the urge to tip the water off the tops of the lids. You want to keep them upright until they seal. Set the rack down on your counter and remove each jar, one by one, tightening the lids down as you go. Tightening the lids helps ensure a good seal by bringing that rubber into contact with the glass. I have skipped this step and later regretted it, as some jars did not seal.

THE BEST PART! The lids should begin to pop and make noises as they seal and this is the celebratory song for all of your hard work! Do a dance.

AFTER THE JARS have completely cooled you can check to make sure they all have sealed. You can look at the lids carefully to be sure they are indented. If some have not sealed (unlikely), then just pop them in the fridge and eat them in the coming weeks. For the ones that have sealed, you can store them in a cool, dark place for maximum keeping. Any kitchen cupboard is fine!



TIPS FOR PRESERVING

JAM DOES NOT NEED TO HAVE A LOT OF SUGAR IN IT

Most recipes out there call for equal parts fruit to sugar in their jam. Even most modern recipes call for 3 parts fruit to 1 part sugar.

Our ratio is
4 parts fruit
to 1 part sugar.

This makes our jam much more fruit forward and a healthier alternative.

I will also show other ways of preserving fruits using little to no sugar or alternative sugars. There are a lot of creative ideas that will inspire people who want to eliminate sugar from their diets.

YOU DON'T HAVE TO DO A TON OF WORK TO MAKE JAM AND FRUIT PRESERVES

Most of the recipes that I see have very laborious techniques of preparing the fruit for jam and fruit preserves.

PRESERVED WHOLE FRUITS

This is a very fast technique for preserving fruits that will be used very often in the kitchen. For example, I teach people not to take the pits out of their cherries when preserving like this, as they provide a wonderful flavor, help maintain texture, and are easily removed just before use.

MARMALADES

We have developed the simplest technique for making marmalades, which is usually a very tedious process. Many people who have learned our technique for preparing the citrus for marmalade have said it is the only reason they make it again and again.

DRINKS

These are methods of preserving fruits that are otherwise very difficult to preserve, such as persimmons and kumquats. They are also very fast and easy ways to preserve all sorts of fruits that one may have a glut of. You will never need to peel your fruit again!

JAMS

We do not peel or chop our fruit for jam (except peaches, and even then not always). We simply take off the stems or take out the pits and let the whole fruit macerate overnight with the sugar and lemon juice. We give all sorts of hints for dealing with the fruit at that point. For instance: While you are cooking down the Plum Cinnamon Jam (page 95), you can stir with a whisk and easily remove many of the skins. You can effortlessly mash large strawberries or chunks of fruit with your hands after macerating. Our whole technique is designed around making preserving fruit easy and delicious! The book is filled with little tricks and tips in the kitchen that people love.

YOU ALWAYS HAVE ENOUGH FRUIT FOR A BATCH

I teach simple ideas for preserving fruits in very small batches. Household sizes are smaller and people do not want to make so much of one preserve. I provide recipes and ideas that are easy for someone to make while they are already in the kitchen cooking dinner. It is easy to fit in a small batch of jam on the stove that will only produce one or two jars. They can be popped in the fridge and do not even need to be canned. I also show how to preserve fruit with honey or syrup or as a shrub in a very small batch. I hope it will inspire you to get creative with fruit and not let it go to waste!

CANNING CAN BE SIMPLE

What people do not realize is that canning is actually a lazy technique that is not much work. A wonderful secret in canning that most people do not understand is that you do not need to boil your jars and lids before you fill them with your preserve if you are doing hot water bath canning. The jars and lids simply need to be VERY CLEAN, and a good visual inspection is all they need at this point. Since you are going to be sterilizing them in the hot water bath canner with your preserve, they do not need to be sterile beforehand. This one time-saver alone gives my audience a huge relief when preserving fruits, as it removes a largely laborious step!

ANY RIPE FRUIT IS THE RIGHT KIND OF FRUIT FOR PRESERVING

I am convinced that you can always find a way to preserve fruit no matter what condition it is in. For instance, I used to have an orange tree that produced very fibrous fruit with the sourest juice. I could have given up on those oranges, but the rinds made the most delicious candied citrus peels. You need pretty perfect fruit to make low-sugar jams and marmalades, but there are a lot of other recipes that you can use for fruit that is past its prime or does not have an amazing flavor or texture. I like to encourage people to find the right use for the right fruit!

COOKING TIMES AND YIELDS

I have given estimated cooking times for all of the recipes in this book. The cooking times can vary quite dramatically because of the dynamic nature of fruit. It all depends on the amount of pectin, juice, and sugars in the fruit. These variables can change week to week and year to year even in the same fruits.

This is why I have given you so much technique in this book so you will be able to see when your preserves are done. The yields in this book are also estimates due to the same variables in the fruits just mentioned. If the yield varies significantly from the recipe, then you can always put a half-filled jar in the fridge for immediate use.

ADJUSTING FOR ALTITUDE

You will need to adjust your canning times for the altitude if you are above sea level due to the fact that water boils at lower temperatures the higher you go!

For the recipes in this book, you need to add 2 minutes for every 1,000 ft [305 m] above sea level that you live.



FRESH FRUIT

No. 1

In our kitchen, we receive an abundance of fresh fruit from the local farmers every week of the year.

It is an exciting challenge to figure out how to store and use all of the fruit that we get in. There has been many a Monday when we get a call from a local farmer and my kitchen manager answers the phone, reluctantly handing it over to me with a look of horror on his face, trying to discourage me from getting more fruit packed into our already full production week. I have a major weakness and everyone knows it; I cannot say no to farmers. I cannot let beautiful, precious fruit go to waste just because no one could get to it in time. Over the years I have developed a symbiotic relationship with the farmers by saying yes to their pleas and their fruit even though I have no idea what I am going to do with it.

In the home kitchen, the same abundance of fruit can be experienced from a tree or from bushes in the garden, or self-imposed after a trip to the farmers' market. Fresh

fruit, with its variety of colors and flavors, is a wonderful gift and yet can be intimidating. I am delighted to share how to best source fresh fruit and then store it. I created a guide of what you can do with each particular fruit, and each one is presented with a unique quality description and suggestions for how you can use it fresh. This chapter will magnify that it really does all start with fruit and will be an introduction to all of the ways you can work with it and preserve it.

It is always best to source your fruit as close to home as possible, as it will be fresher, taste better, have more nutrients, have a lower CO₂ footprint, and it should be more economical, although this is not often the case. It is also better for our communities to support those closest to home. Lastly, it is best to source your fruit at the peak of the season for flavor and economics.

UNDERSTANDING * FRUIT *

ACID

Acid is something you can taste in a fruit. It is that tart flavor of a lemon or a lime. Acidity can greatly contribute to a well-balanced flavor in your fruit preserves and I often compare it to adding salt to savory foods. Acidity can

range dramatically depending on ripeness, seasonality, varieties, and growing methods. This chart is intended to be a visual guide, knowing that considerable variations are likely.

pH CHART

2.0–3.0 Limes, lemons, cranberries, pomegranates, some vinegars

3.0–4.0 Apples, apricots, stone fruits, bush berries, bramble berries, rhubarb, grapes, some vinegars, oranges, grapefruit, quinces

4.0–4.6 Figs, pears, tomatoes, some grapes

4.6 Division between low-acid and high-acid fruits. This is the level on the pH chart that makes food safe for canning. Any fruits or vegetables with a natural pH of 4.6 or higher are recommended to have acidity added to the preserves to keep them safe for hot water bath canning.

4.6–5.0 Tomatoes, figs, persimmons, Asian pears

5.0–6.0 Watermelons

6.0–7.0 Cantaloupes, dates

7.0 Water. This is the neutral point on the pH scale and is right in between acid and alkaline.

PECTIN

There is a lot to be said out there about pectin, and in regard to preserving fruit there are varying reports. Pectin is a substance that occurs naturally in most fruits. It helps fruits maintain their firm cellular structure. A firm, crisp, under-ripe fruit has more pectin in it than an overripe fruit that has become soft. Pectin combined with acid and sugar is what makes fruit preserves gel up. I prefer to rely on the natural pectin found in fruits when making my preserves rather than adding store-bought or homemade pectin. The number one reason I do this is to make the whole process more accessible to everyone! It is one less ingredient that you need to buy or worry about because it is found directly in the fruit itself. There is also the potential that adding pectin can create an unwanted texture in your preserve by gelling too firmly too fast or creating a Jell-O like consistency. I prefer to journey with the fruit on its own, adding only lemon juice and sugar, as it turns into a perfectly gelled consistency. The texture is much easier to control.

Pectin is naturally occurring in most fruits to varying degrees. Fruits are organized in this chart as low, medium, or high in pectin. The amount of liquid naturally found in the fruit also contributes to how a preserve will gel up. For this reason I find that apricot and blueberry jams gel up quite perfectly without adding any extra pectin even though these are low-pectin fruits, since they naturally have very little juice.

I always recommend adding 20 percent underripe fruit for your preserves, especially for low-pectin fruits. This may sound counterintuitive to a lot of jam makers who see “jam berries” being sold at market that are slightly mushy and bruised. We often think, “Oh, this fruit is going bad and so I will make jam out of it.” This would be just fine if you were going to make a jam with equal parts sugar to fruit. But we are making low-sugar jams here that are very fruit forward with less sugar, so you need to be sure the fruit you are sourcing is firm and contains more pectin in it, especially when you are making jam with a low-pectin fruit. Pectin gels best in a high-acid environment between a pH of 2.8 and 3.5. This is one of the reasons that we add lemon or lime juice to our fruit preserves.

HIGH-PECTIN FRUIT

Apples, sour and hard	Lemons
Crabapples	Limes
Cranberries	Plums (not Italian)
Grapes (Eastern Concord)	Quinces

MEDIUM-PECTIN FRUIT

Apples, ripe	Grapes (California)
Blackberries, ripe	Loquats
Cherries, sour	Oranges
Elderberries	Raspberries
Grapefruit	

LOW-PECTIN FRUIT

Apricots	Pears
Blueberries	Plums (Italian)
Figs	Strawberries
Peaches	

*pectin
is
naturally in
all fruit.*

**NO NEED
TO BUY!**



fresh + ripe
have fun picking fruit!



Sourcing Fruit

There are, of course, exceptions to every rule, so these should be considered strong guidelines rather than strict rules. There are only two main guidelines that I strongly recommend following.



Best
fruit =
in Season
+
close to
home.

IN GENERAL, FOR ALL FRUITS IT IS ALWAYS BEST TO SOURCE YOUR FRUIT AS CLOSE TO HOME AS POSSIBLE AND IN PEAK SEASON.

The flavor and texture of local and in-season fruit is always going to be superior than that grown halfway around the world in a forced environment where it can grow and produce, but not really shine. Can you think of a time when you traveled to a place that grows fruit that does not grow in your area and the experience of tasting that fruit in its “real” form? Think of peaches in Georgia, cherries in Michigan, pineapples in Hawaii, and citrus in Florida. If you are preserving fruit that is of this quality, then your preserves have a much better chance of tasting exquisite. I completely understand this rule is a luxury afforded to those who reside in California, where we have a huge variety of local fruit to choose from throughout most of the year.

An orange is not an orange is not an orange. When I was a child, my grandfather’s church in Chicago, as a fundraiser, ordered and sold boxes of fresh oranges from Florida in the dead of winter. The sky is gray for months during the winter in Chicago and the air can be biting cold. These orange globes broke through the endless drab. They tasted like real oranges. They were different than the oranges that were found in the grocery stores and on fruit plates 365 days of the year. They were carefully harvested in season and directly shipped from the farm to the church. They did not sit in cold storage for three months before making their journey north. These are the oranges you want to use, no matter where you live!

Peak of season can change from year to year, but it is obvious once it hits! All of a sudden, it is raining tomatoes and prices have gone from \$6 per lb to \$2 per lb [455 g] or \$1 per lb for a box of 20 lb [9 kg]. That is when you know you are in peak season!



FRUIT FOR PRESERVES SHOULD IDEALLY BE PERFECTLY RIPE OR SLIGHTLY UNDERRIPE.

This is especially true for making low-sugar jams and marmalades. Spritzers, shrubs, and drinks are more forgiving and can tolerate overripe fruit. Butters and sauces usually cook the fruit down for a long time and are also more forgiving and tolerant of overripe fruit. The skin of the fruit you are sourcing should be tight and shiny, if applicable. The fruit should look fresh and taste great! The golden rule is that the best fruit yields the best preserves. The flavor is what is most important, rather than a specific variety. Always taste your fruit before you buy a large quantity of it for preserving.

BEWARE — there is a lot of fruit out there at farmers' markets and farms that is sold as "jam fruit." It is usually overripe and blemished fruit that does not look that great, but has a price that is significantly reduced. This fruit is not intended to be a low-sugar jam, as it has lost a lot of its pectin and flavor. This fruit is intended for jam with equal parts fruit and sugar. Resist the urge to buy overripe fruit at a bargain, as your jam just may end up tasting like bargain jam!

SLIGHTLY UNDERRIPE OR PERFECTLY RIPE FRUIT

Low-sugar jam	Marmalade
Whole fruits	Dried fruit
Pie fillings	Juice

OVERRIPE, BRUISED, BLEMISHED, OR BLAND FRUIT

High-sugar jam	Syrup
Butters	Shrubs
Sauce	

Storing Fruit

IT IS BEST TO PRESERVE YOUR FRUIT AS QUICKLY AS POSSIBLE AFTER HARVESTING.

If you simply cannot get to your fruits for a while, then it is best to store your fruit dry in the refrigerator. Good storing fruits, such as apples, citrus, quinces, kiwis, pears, and cranberries, can keep for weeks this way. So for autumn and winter fruits, you have plenty of time to store your fruits before you preserve them. Spring and summer fruits, such as bush berries and stone fruits, do not store as well. They should be stored dry in the refrigerator in a single layer for the best results, and used within 3 days (for the most tender) to 10 days (for the more durable). It is funny how the fruits of the season reflect our own energy levels, and in autumn and winter they give us time to slow down, while our spring and summer fruits want us to hop right on it!

One way to give yourself more time with those tender fruits is to macerate them right away. By mixing your fruit with sugar, you can store it in your refrigerator for 2 to 4 weeks. This will keep that fresh flavor far longer and inhibit the growth of mold.

Freezing Fruit

AS A GENERAL RULE, it is best to use fresh fruit for preserves. That being said, you can make a great jam with frozen fruit, especially if it is local and fresh. Fruits with more pectin and better color retention are easier to turn into a delicious preserve even if they have been frozen. When fruits are frozen, they lose some color, they absorb water (ice crystals), and their structure tends to break down. Because of this, there are fruits that do not preserve well after freezing, including strawberries and white peaches. To combat this, when using frozen fruits, I always add more sugar and lemon juice than in the classic low-sugar recipe.



THE STARS OF THE SHOW

* FRUIT *



APPLES

Available year-round due to cold storage

Apples are one of the most ancient fruits and they are one of the most common fruits as they grow wonderfully in extremely varied climates and store and transport very well. There are over seven hundred varieties of apples, and yet only a few varieties are cultivated on an industrial scale. This is what makes local, small farms so exciting; they can grow many different varieties that would otherwise have been long forgotten, and this range of varieties can offer unique qualities for different flavors and textures. There is a balance of tart, sweet, sour, and crisp.

One of my fondest memories of my grandmother is the care with which she peeled an apple for me. I remember standing with my hand upon her knee (I was tiny) as she sat in her chair with a little

cutting board, a paring knife, and an apple. With excitement, I watched in awe as she delicately peeled the apple in long round pieces. Fresh fruit can be one of the simplest pleasures in our world of food. I enjoy eating the peel of the apple, but I could taste my grandma's love in every bite as she peeled that apple with such care. It built up anticipation for a treat and provided a chance to slow down time. I recommend taking a moment to sit down and peel an apple with care and attention, then slice the apples into wedges and sprinkle with cinnamon and lemon juice. Simply delicious!

It can be tempting to make apple preserves year-round, due to their availability, but the absolute best variety and flavor is available during their harvesting season, which is throughout the fall. Choose apples that are firm and do not sound or feel hollow, which are usually indications that an apple is past its prime.

Apples are most famous for being preserved as a drink or in a sauce or butter. This is for good reason: Due to apples' cellular structure, you

can't really make a true jam with them, and they instead become a sauce or a butter. A wonderful thing about apples is that you do not need to add any sugar to their preserves, as they are sweet enough and become gelled without it. Underripe apples contain a lot of pectin and can be used to make your own pectin (they are actually used to make commercial pectin).

APPLE USES

Shrub, Syrup, Juice, Vinegar, Butter, Sauce, Pie filling, Dried

APRICOTS

Late spring through late summer; peak is early summer

Interestingly, my experience with apricots does not match a lot of the information out there. I have read in many places that apricots are low in pectin and have to be perfectly ripe to make a great low-sugar jam. I have never experienced this in all of my batches of low-sugar apricot



jam. Although they are low in pectin, apricots are a very dense fruit with little liquid in them, so they gel up nicely into a thick consistency even when they are very ripe or even overripe.

Apricots have a rich flavor that develops as they ripen. Blemishes and “freckles” are characteristics of some of the best-tasting apricots and blend nicely into the preserve. My favorite variety for making jams is Blenheim apricots, and they are often full of such blemishes, but hands down make the most amazing jam. Soft or even bruised fruit is fine for all preserves except when preserving the whole fruit. It is good to keep in mind that apricot’s flavor intensifies as it is cooked.

Apricots come into season just as summer camping trips begin. I discovered that the two go together very well. You can actually roast whole apricots on the fire just as you would a marshmallow and they develop the same crispy caramelized skin. Simply take the skewer and push it through a whole apricot tightly next to the pit. Then slowly, slowly roast it on a bed of coals for about 10 minutes, slowly turning the apricot to evenly roast on all sides. The result will be a warm, gooey apricot with a crispy skin. Delicious!

APRICOT USES

Jam, Shrub, Syrup,
Juice, Vinegar, Butter,
Sauce, Pie filling,
Dried, Whole fruit

BLACKBERRIES

*Late spring through summer;
peak is mid-summer*

Blackberries are the fruit of those thorny brambles that grow all over the United States. They have an amazing pop of color and tart flavor and are a wonderful addition to so many preserves.

With their color and strong flavor, blackberries can save a preserve that wasn’t going to be that good. They also have a good amount of pectin, so throwing them into a low-sugar strawberry jam can save the batch!

Look for blackberries that are firm and dark in color yet glossy. If you are picking wild berries, be sure to be patient and wait until they are in peak season, as the adventure will surely be worth your time.

BLACKBERRY USES

Jam, Shrub, Syrup,
Pie filling, Dried,
Whole fruit



BLUEBERRIES

Summer

Blueberries are a native berry in the United States and are embedded into the East Coast culture. They are cultivated in the Pacific Northwest, East Coast, and Michigan. Since the 1990s, I have seen the cultivation of blueberries in the Central Valley of California boom as they have created varieties that can grow here.

I was dubious of these new varieties and growing techniques and the fruit they were producing. For many romantic reasons, cultivated berries will never compare in my mind with the wild berries. But, in all fairness, I have to admit that a lot of the blueberries being cultivated are completely delicious, with a burst of flavor in every berry.

Choose plump, firm blueberries free from bruising or wetness. Fresh blueberries can be left out for a couple of days or kept in the refrigerator for up to 10 days.

NOTE: Blueberries have a firm skin, which can be difficult to permeate when macerating. You may want to lightly mash your berries before adding sugar to prevent spoilage if macerating for more than 2 days.



BLUEBERRY USES

Jam, Shrub, Syrup,
Juice, Whole fruit,
Pie filling, Dried

CHERRIES

Mid-spring through summer

I'm completely powerless for any self-restraint when it comes to cherry season. This is because cherries have such a short season that they are only harvested off of one tree for 10 days. If you see them in their prime at market, then you should make serious plans for preserving them in the near future. Since different varieties grow in different climates, the season starts in late spring and lasts through summer. But my favorite cherry for making preserves is the Bing cherry, and it comes and goes in a blink! Cherries also combine well with other fruits in jams and marmalades, such as strawberries, lemons, or oranges.

There are tart cherries and sweet cherries and both have their own special qualities. It is best to hand select cherries and take your time with it.

Choose cherries that have a fully developed color, firm texture, strong flavor, and fresh, green-looking stems. Fresh



cherries keep best uncovered in the refrigerator and can last for up to 2 weeks this way.

PITTING CHERRIES:

Aside from getting a second mortgage to invest in an industrial cherry pitter, the most basic handheld cherry pitter works just fine. You may get tempted to upgrade to an invention that does three to six cherries at a time, but I find that its accuracy is not very good and the time saved is actually used fishing for cherry pits later. (I find there are so many things that fit into this category of the simple way actually being more efficient. We pine for inventions that we think will be better and improved. We finally get them only to realize they are no better than the simple tool we started with.)

You can also pit cherries by hand by making a small slit down the side with a paring knife and forcing out the pit—or slice them in half and remove the pit by hand. This can be quite beautiful. One of my favorite ways to preserve cherries completely avoids the pitting process as a whole until they are eaten. It is my favorite for flavor and ease! See Cherry Jubilee (page 230).

NOTE: Cherries can be a lot of work and are very expensive. They are a very

dense fruit with a lot of juice. I find that if I try and make a low-sugar cherry jam on its own, I'm left with large, dense chunks of cherries in syrup. The jam does not have a lot of body. I recommend blending them with other berries that can add body, like strawberries, blueberries, or raspberries. A little cherry can go a long way!

CHERRY USES

Jam, Shrub, Syrup,
Juice, Whole fruit,
Pie filling, Dried

CRANBERRIES

Early fall through mid-winter

The agricultural scientists have not yet discovered how to grow cranberries in California and so they remain my one exception to preserving local fruits only.

Cranberries are native to North America and grow in Massachusetts, New Jersey, Wisconsin, Washington, and Oregon. They have an amazing shelf life and will keep in the refrigerator for up to 4 weeks, and for this reason they are easy to source in the grocery store. You can also freeze them and they will keep for up to 1 year.



Due to their strong, tart flavor and high pectin content, cranberries are a wonderful addition to all sorts of preserves. They can save an orange marmalade that won't gel up or is too sweet. Their tiny, bright red globes look gorgeous suspended in the translucent orange jelly.

CRANBERRY USES

Jam, Marmalade
(as an addition),
Shrub, Syrup, Juice,
Sauce, Dried

ELDERBERRIES

*Late summer through
early fall*

Elderberries are native in the United States and grow wild across the Northern Hemisphere. They are a common hedgerow or windrow for local farms, as they grow very quickly. They contain high levels of vitamin C and antioxidants, and elderberries have been a medicine in my family ever since I was a child. The syrup made from them is said to help with colds and flu and tastes delicious.

Elderberries cannot be harvested mechanically and do not have a long shelf life, so they likely need to be foraged. When you bring them home

you need to clean the berries off of the stems and then proceed with your recipe. If you cannot get to them within a couple of days, then they can be frozen for later use.

Some varieties of raw elderberries and the other parts of the plant, such as the leaves and stem, have a toxic compound that can cause nausea. To be safe, elderberries should always be cooked before using, even when dried.

ELDERBERRY USES

Jam, Shrub, Syrup,
Juice, Dried

FIGS

Mid-summer through late fall

For ten years I taught jam workshops at a historic Victorian home in Oakland, California. In the yard lived the oldest surviving barn in Oakland and a fig tree that appeared older than the barn. That fig tree was a serious comment piece. With its bark and trunk so uniquely shaped with bumps and curves, it looked almost scarred. The bare branches in the winter and the dense shade in the spring and summer all made this tree look giant. When gathered in the backyard, people often asked, "What kind of tree is that?" and then when



they found out they would ask, "What can you do with figs?" No one asked about the lemon tree next to it, it was always that fig.

It is no surprise that the tree and the fruit are filled with so much intrigue. Figs have been cultivated since ancient times and grow in the very hot and dry climates of the Middle East and Asia. This makes them perfectly poised to be mentioned in all sorts of religious texts and ancient lore, which means that humans have a long history of being intrigued by figs and their trees and foliage. The fig leaf is found all over the Louvre in Paris as one of the first coverings for the human body. It is almost as if it is bred into our DNA to be intrigued with figs. But it is also odd that something so ancient is still so unfamiliar and remains a mystery for many people. In modern times we tend to be more familiar with the common and convenient. It is funny, we live in a climate and a time when we can have access to such a great variety of foods and yet we are still intimidated by that which is unfamiliar.

I grew up in Chicago, where the only fig that I had ever



tasted was a dried one. Figs, like many other delicious fruits, do not ship well and do not last long after harvest. That tree in the backyard in Oakland was the first time I had ever picked a fig right from a tree and ate it fresh. The best time to eat figs is when they are hot from the sun and squishy between the fingers. Biting into the fresh, warm fig in the sunshine can make you feel like you are actually in a Renaissance painting.

FIG USES

Jam, Shrub, Syrup,
Butter, Whole fruits,
Pie filling, Dried

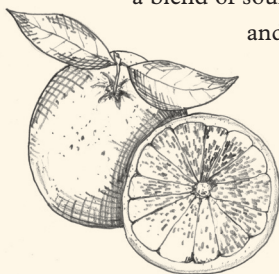
GRAPEFRUITS

Early winter through early spring

A grapefruit is a cross between a sweet orange and a pomelo, and you can get red, white, or pink hues depending on cultivars. Grapefruit gets its name because it grows in clusters on the tree like grapes do; the large globes look spectacular in the cold winter months.

Grapefruit is a very polarizing flavor, as it is very strong with a blend of sour, tart, sweet,

and bitter. People either love it or not. When selecting



grapefruits for preserving, you want to cut into them—the flesh should be juicy and the grapefruit itself should feel heavy in your hand.

My grandfather ate half a grapefruit almost every morning for breakfast; it was part of his regular morning ritual. He would first go outside and fill the bird feeders just outside of the breakfast window, whether it was 90°F [32°C] or -40°F [-40°C] outside. Then he would come inside to slice his grapefruit in half and cut out the sections. Lastly he would sprinkle a little bit of sugar on top. He would sit and read the paper and eat his grapefruit while he watched the birds have their breakfast too. The regularity of this morning routine still gives me a tranquil feeling to this day, especially in the midst of a crazy morning trying to get everyone out of the house on time with lunches packed and schedules planned. I look down at the half-eaten grapefruit sprinkled with coconut sugar as my daughter dashes out the door and have hopes that some day I, too, will have such a regular morning schedule. And if and when that ever happens, I will probably be thinking of the good old days when the house was full of kids and chaos. *C'est la vie!*

GRAPEFRUIT USES

Marmalade, Shrub,
Syrup, Juice, Dried

GRAPES

Late spring through fall

Green and red table grapes are another very common fruit that is available year-round in grocery stores and as a garnish in the Midwestern restaurants I grew up going to. They ship and store well, two qualities that can be the downfall of experiencing the complexity of flavors a fruit has to offer. Locally grown grapes harvested in season are a completely different fruit. There is a huge range of sour, sweet, and tart flavors that can be found in different varieties. These flavors come out very strongly in their preserves. We have started preserving grape juice harvested from wine grapes that has been stored in oak barrels for a week before we bottle it. The wineries love to have it available for people who do not drink alcohol. You can make grape juice out of all sorts of varieties of grapes.

Concord grapes are the flavor that all of the artificial grape-flavored things in the world are trying to taste like. When you



see a label that says “grape” on candy or soda, they are trying to mimic the flavor and purple color of Concord grapes. Concord grapes are also the grapes that people use to make jelly and jam, as they have a lot of pectin and gel up nicely.

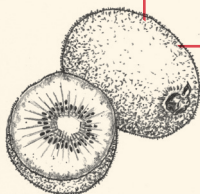
TIP ON EATING

GRAPES WITH SEEDS:

I grew up eating Concord grapes from over the border in Michigan, so I was used to eating grapes with seeds. But I realize a lot of people are unfamiliar with eating these kinds of grapes, and I have taught many people how to enjoy eating fresh, seeded grapes. Most of the flavor and all of the color is wrapped up in the purple skin of the Concord grape, which holds in a jelly-like mass of seeds on the inside. You can simply squish the jelly seedpod out of the grape in between your tongue and the roof of your mouth and then chew on the skin that has separated. At this point you can either discard the seeds or simply swallow them—a grape vine has yet to grow inside of my tummy!

GRAPE USES

Jam, Shrub, Syrup,
Juice, Dried



KIWIFRUIT

Mid- to late fall

Kiwifruit originated in China and then was brought to New Zealand, the land of the kiwis. It was in the 1970s that the first kiwifruit crop was harvested in the United States in California, which is the only place in the United States where kiwis grow. It is interesting to me that fruits and plants are still migrating around the world and people are developing ways to grow plants in places they never have grown before and at times they have never grown, all without the use of genetic engineering. It gives me hope that more people will be able to eat a larger variety of locally grown fruits and vegetables. I grew up at a time when kiwis were a really exotic fruit, but now I think they have become more common, and not just because I moved to California.

Kiwi makes a great jam with a bright green color that is unparalleled. It also makes a good, strong shrub or syrup. Have fun experimenting!

KIWIFRUIT USES

Jam, Shrub, Syrup,
Dried

KUMQUATS

Winter through early spring

Kumquats are such an interesting citrus. They are tiny orange globes about the size of a large grape. Their skin is delicate and sweet and packed with flavor without a trace of bitterness, while the inside flesh is tart and full of seeds. The fact that kumquats are so small and have a lot of seeds can make it very labor intensive to make marmalade with them, but you end up with a unique preserve since their skin is so delicate and flavorful. The result is completely worth it, but I recommend making a shrub or syrup with them so that you do not need to worry about all of those seeds, as they can be included in those preserves. You can also preserve them whole as a substitute for the mandarins on page 234, and I don't worry about the seeds then, either!

Kumquats are very durable and last a long time in storage. They can be a perfect fruit for a long drive or road trip, as they are easy to just pop into your mouth, and the citrus oil actually makes one more alert and awake!



KUMQUAT USES

Marmalade, Shrub,
Syrup, Whole fruit,
Dried



LEMONS

Available year-round; peak is late fall to early spring

Can you imagine a world without lemons? They are one of the hardest working fruits in the kitchen! Lemons and lemon juice are an essential addition to cuisines all over the world, and they are also an essential ingredient in fruit preserves. All jams call for the addition of lemon juice, as it adds flavor and pectin, and brightens the color. Lemons really make things POP! I almost always add lemons to my marmalades and it is great to include them in all other fruit preserves as well to add that little something extra. I try not to make great distinctions between the varieties of fruits because I think that can intimidate someone when making preserves out of another variety, but in the case of lemons, the different varieties deserve some distinction. There are three varieties of lemons that are most common.

Lisbon and Eureka lemons are very similar, and both have a very firm, bright yellow skin and strong, tart flesh. They are perfect for making all sorts of fruit preserves, and it is usually these lemons that are being referred to when a recipe

calls for lemon juice, thanks to their higher acidity. While they are different varieties, they can be used interchangeably and are often not even labeled in stores as more than just “lemons.”

Meyer lemons are becoming very common and coveted, as they have a sweet, tender flavor with floral hints. A Meyer is a cross between a lemon and a mandarin orange. The skin is usually darker yellow and almost orange, and can be quite soft and tender. The flesh has more juice and is less acidic than other lemons. You will often read that one should not use a Meyer lemon in place of other lemon varieties for making preserves. This is only the case when you are relying on the acidity for safety, such as in pickles and tomato preserves. If Meyer lemons are what you have, then I say just use them and if you want you can add a little more lemon juice to compensate for the lower acidity. But in all of my experience I have never had it present a problem.

Lemons for preserving should be fresh with a firm, unwaxed peel. If you have an abundance of them, you can juice them and freeze or bottle the juice for later use. You can make candied citrus peels or citrus salt with the rinds. You can make Indian Lemon Pickles

(page 267) and salt-cured Moroccan Lemons (page 263). There is so much that you can do with lemons; the possibilities are endless. They are definitely one of the most versatile fruits!

LEMON USES

Jam (as additional ingredient), Marmalade, Shrub, Syrup, Juice, Whole fruit, Dried

LIMES

Late fall through early spring

Limes fall into a similar niche as lemons, being hard working in the kitchen and in preserves. Limes contribute a burst of pectin to fruit preserves and also help maintain color. They are far sourer than lemons are, and that makes them less versatile to most people’s palates. I really love limes and you can always substitute lime juice for lemon juice in preserving fruit.

Citrus is such a funny family of fruits in that there are so many different hybrids and crosses that create an eclectic diversity that can sometimes be hard to label and identify. Some fruits that are called limes are not even limes at all! One such fruit is the Rangpur



lime, and it is one of my favorites. Rangpur limes are a hybrid between a mandarin orange and a lemon, but they taste sour like a lime. They are tiny orange fruits that have an exotic floral taste, and they are wonderful for making an unusual marmalade, but my favorite way to work with them is to salt cure them like Moroccan Lemons (page 263).

Other common limes are Persian limes, Key limes, and Makrut (Kaffir) limes, and they all make great fruit preserves. I most often work with the Bearss lime, as there is a farm nearby that grows only that variety. They have so much pectin in them that you need to carefully watch for the gel test (see page 72) when you make marmalade with them, as it cooks faster than any other marmalade I make.

The most unusual lime I have found is called a finger lime. Its tender, juicy vesicles are referred to as the “lime caviar,” as they separate from each other completely and remain whole. My favorite is guacamole tacos with thinly shaved radish and lime caviar on top!

LIME USES

Jam (as additional ingredient), Marmalade, Shrub, Syrup, Juice, Whole fruit, Dried



LOQUATS

Early spring through early summer

Loquats are another fruit from China that are popular in Asia and have migrated to Mediterranean climates around the world. The fruit is very dense, not very juicy, and has a mild flavor of mango and plum.

They also have large seeds that make them hard to work with. When making a jam or marmalade with loquats, I would combine them with other fruits that have more juice to give the preserve more body. They combine well with strawberries, raspberries, and oranges.

LOQUAT USES

Jam, Shrub, Syrup, Whole fruit, Dried

MANDARINS

Winter through late spring

Mandarins are one of the three original varieties of citrus fruits and may have originated in China or India. Mandarins have loose skins and sections that separate easily. Tangerines, clementines, and satsumas are all various types of mandarin oranges

with differences in their skin tenderness and flavor of the flesh. For preserving fruit, all varieties of mandarins are interchangeable in any recipe.

The nice thing about working with mandarins is the peel is so tender and has very little pith, so there is hardly any bitterness, which makes it great for a nice, sweet marmalade to introduce people to that preserve. There are a good amount of mandarins in our award-winning Big Sur Marmalade (page 141)!



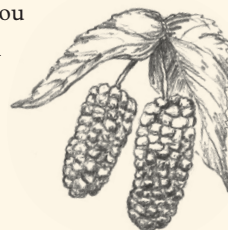
MANDARIN USES

Jam (as additional ingredient), Marmalade, Shrub, Syrup, Juice, Whole fruit, Dried

MULBERRIES

Spring through mid-summer

Mulberries hold a very special place in my heart because they are the only fruit trees that I picked fruit from in my own yard growing up. The stains on your fingers and tongue say it all as the flavors explode in your mouth. This is another fruit that cannot be harvested mechanically and does not ship well, so you have to search them out at the farmers’



markets or in the neighborhood. Mulberry trees get huge and in a lot of neighborhoods their fruit can be a nuisance if they are over a driveway or road. If you notice large stains on the cement, look up and start picking! Mulberries can be confused for blackberries since they look similar, but they taste so different. There are black, red, and white mulberries and the white are the most mild in flavor. If I was going to make a jam with white mulberries, I would add something else for color, like cherries, blackberries, or hibiscus. Black and red mulberries make a fabulous jam, but I think their flavor really pops when you preserve them whole as Berry Jubilee (page 231) or as a syrup.

MULBERRY USES

Jam, Shrub, Syrup,
Juice, Whole fruit, Dried

NECTARINES

Early summer through early fall

Fresh, ripe nectarines are amazing as you bite into their flesh and the juices explode and run down your arm. They are like peaches without the fuzz and this makes them great to preserve because the skin is very tender and you do not



need to peel them (phew!). In fact, when you leave the skin on it creates the most gorgeous rosy hues not really found in the flesh of the nectarines. But working with nectarines can be a little tricky because sweet is their strongest flavor and there is very little tart, sour, or any other balancing attributes. Not a problem; you can just add more lemon juice, citrus zest, spices, or even habaneros, as you'll see on page 99.

NECTARINE USES

Jam, Shrub, Syrup,
Butter, Whole fruit,
Dried

ORANGES

Early winter through early spring

Oranges are the most common citrus in the world and are a cross between a mandarin and a pomelo. When you think of all of the orange juice consumed all over the world, it is no surprise that oranges are the most common fruit trees grown. I have a dear friend in his eighties who has made it a tradition to serve a glass of fresh-squeezed orange juice every morning to every one of his overnight guests.

With all of the rooms in his Victorian house, that can be a lot of guests! He is a pseudo-Luddite and hand presses the oranges in a manual citrus press. He also grinds his coffee in a nonelectric hand grinder. What a treat to wake up in his house with a fresh glass of citrus waiting for you, without any of the obnoxious sounds of grinders and juicers. He also walks to the local markets to get all of his oranges and I can't help but think that this chore has helped contribute to his supreme fitness.



Preserving oranges as marmalades, whole fruit, or shrubs is a fun way to work with such a classic fruit. There is something about the scent of cooking oranges that evokes the feeling of wintery holidays . . . a feeling of coziness and wanting to stay inside inspired by the orange oils rising in the steam. There are four different kinds of oranges used in preserving, and each has very different uses.

SWEET ORANGE

These are the fruits that we know as oranges. They are sweet and usually do not have a lot of pith, and this makes

for a nice, tender marmalade that is sweet and good for a wider audience. They are also great for preserving whole in honey syrup, as found on page 234. Sweet oranges pair nicely with so many flavors, such as cinnamon, star anise, cardamom, and saffron.

BLOOD ORANGE

Blood oranges have splashes of a brilliant deep red color and their flavor follows with complex undertones of berry. The fruit is loaded with antioxidants, like many fruits with a red color, making it a natural immune booster. The acidity can be higher than that of sweet oranges and the flavor is more concentrated, making blood oranges a very strong and distinct fruit to preserve with. Although intense, the flavor pairs nicely with many herbs and spices, such as rosemary, sage, fennel, and cardamom.

SEVILLE ORANGE

This is a bitter orange that is very sour and has a perfumy peel. They are widely popular for making marmalades as they have a lot of pectin, which makes them gel up nicely. They are also so sour and bitter that creating marmalades with them makes them far more palatable. In fact, their flavor has defined

the classic marmalade composition found in England.

BERGAMOT

This is a special variety of Seville orange that is very sour but has an extremely fragrant and perfumy peel. The rind is commonly known for its use in flavoring Earl Grey tea. Be careful when using bergamot in preserving, as it is very, very strong. Its flavor is the perfect highlight in the Bergamot Earl Grey Tea Shrub on page 201.

ORANGE USES

Jam (as additional ingredient), Marmalade, Shrub, Syrup, Juice, Whole fruit, Dried

PEACHES

Late spring through early fall

A really good peach is truly an amazing fruit! They have beautiful hues of white, blush, and orange and explode with blended flavors of tart and sweet. When you find great peaches, buy a bunch and preserve them, as they might be hard to find again. Peaches are naturally low in pectin and acid, so it is a good idea to add more lemon juice when you are preserving them to help them gel up. I have never had any trouble making jam without added pectin, using the method on page 66.

I used to say that the peach always has to be peeled before you make it into jam. I read that in all the recipes I found and I truly believed it, even though the Happy Girl Kitchen way is to always find the simplest route when working with food to eliminate the extra steps that make it feel like too much of a chore. But still I would say, "Peaches are the only fruit that you have to peel before using." Recently, I had a farmer come to one of my advanced jam workshops. She has taken all of my workshops and has become an avid canner, and she always brings great questions and ideas to my classes. My jaw dropped when she said, "Oh no, I don't peel my peaches when I make peach jam, and it comes out fine." She might as well have said up is down and down is up. I stopped in my tracks and asked her to repeat what she said to make sure I heard her correctly and that she meant to say it.

The moral of the story is you never know until you try it. I have since made batches of peach jam without peeling the fruit and have to agree with her, so I no longer say you have to peel peaches when making peach jam. It does not darken the jam or make



it unappealing. All it does is change the texture a little bit. There are a lot of jam makers that may think it is barbaric to leave the peels on peach jam, but if it is the one thing holding you back, then I say skip it! Life is too short to not make peach jam because you do not want to blanch and peel them. Of course, if you make a shrub, syrup, or juice, then you don't have to even worry about the whole debate!

PEACH USES

Jam, Shrub, Syrup,
Juice, Butter,
Whole fruit, Dried

PEARS

Late fall

Pears are in the family Rosaceae, along with apples and quinces, and are the most flexible of the three. They are sort of the unsung heroes of autumn. A lot of pears taste very mild, but when cooked they can have very complex and deep flavors. When selecting pears it is important to consider what you are going

to do with them. For a pear jam you will want to choose a very strong pear flavor that goes way beyond sweet so that your final preserve has a



rich flavor. If you are preserving whole fruit in syrup, you will want your pears to be perfectly ripe and firm with a smooth texture. For all the other preserves, they can be of a more grainy texture and even overripe or bruised, since you are most concerned with the flavor for those. It is great to know that every pear has its place!

One of my favorite things to do for a quick dessert with fresh pears is to caramelize them. I simply slice them in ½ in [12 mm] wedges and put them in a saucepan with a splash of maple syrup, a spoonful of coconut oil, and some salt and cinnamon. I simmer over a low heat while I am cooking the rest of the dinner. The pears are done when they are soft. Serve warm with vanilla ice cream and make enough for seconds!

PEAR USES

Jam, Shrub, Syrup,
Juice, Butter, Sauce,
Whole fruit, Dried

PERSIMMONS

Late fall

The most striking quality of persimmons is how incredibly beautiful they are hanging on the naked trees after all the colorful foliage has dropped



to the ground. These glowing orange globes against a gray sky are truly a beautiful sight to see. There are two types of persimmons: One is the Hachiya type, which is ready to eat when it is mushy. Then there is the Fuyu, which is ripe when it is still firm and can be eaten like an apple. One of the most common questions I get is, "What do you do with persimmons?" Persimmons originated in Asia, where they are most commonly dried whole using a traditional technique that takes 2 to 3 weeks. You can dry both varieties in a dehydrator with great success. I have heard all sorts of success stories with making persimmons into jam, butter, and chutney, but I have never met anyone who really LOVES those products and it is almost as if they are just trying to find a place for the fruit. Hands down my favorite thing to do with a persimmon is to make a shrub or syrup with it. I let the vinegar and sugars infuse with the persimmon for a few days; for the Fuyu, I heat it up to extract all of the flavor I can, but with Hachiya I let well enough alone and just strain it off to avoid the solution becoming too gloopy. The shrub lets

the persimmon shine as brightly as it does on the tree in the early days of winter.

A really fun way to eat a ripe Fuyu is to cut it up into ½ in [12 mm] slices and sprinkle with lemon juice, salt, and chile! This is similar to the way mango is enjoyed in Mexico.

PERSIMMON USES

Shrub, Syrup, Dried

PLUMS

Early spring through mid-fall

Plums grow all over the world, literally. There are many different varieties with different attributes, colors, and flavors. One thing common in all plums is that they have a very firm peel that holds in a juicy, tender fruit. Plums are often overlooked for preserves, but they are extremely versatile and easy to work with due to their pectin content. I have never met a plum I didn't like for preserving, whether it was a no-name backyard fruit or a specific varietal. But, as with all fruits, they should be ripe and flavorful. Smaller plums can be difficult to work with

because of their ratio of skins and pits to flesh, so those are a natural fit for



shrubs, syrups, and juices. Plums require little sugar and make a very tart jam or butter. That flavor is found in the skins, so I always cook down my preserves with the skins and then stir with a whisk, while it is really bubbling and breaking down. The skins will cling to the whisk, and you can remove them by hand and set them aside for a little something to snack on! You get delicious little fruit leather treats and the tart flavor that the skins provide still infuses your jam.

PLUM USES

Jam, Shrub, Syrup, Juice, Butter, Whole fruits, Dried

POMEGRANATES

Late fall through mid-winter

I remember sitting at the kitchen table with a kitchen towel under a bowl and another worn as a napkin tucked into my shirt while I picked my way through a pomegranate. My grandma made sure I did not stain anything with the splattered juice. It was always the most entertaining fruit that I ate and it almost makes you feel like a primate on a hot sunny day, picking through the fruit for the seeds. Pomegranates

are one of the healthiest fruits on the planet and are loaded with antioxidants. They just taste good for you when you eat them. Pomegranates do not have very much pectin at all and since I do not add commercial pectin to my preserves, I do not turn them into jelly. I use a manual or mechanical citrus juice extractor to juice the pomegranates—simply cut them in half and juice. They have a spectacular tart flavor and do not need much, if any, sweetener in their preserves.

I think one of the nicest things you can do for someone is to offer them a bowl of freshly removed pomegranate seeds. Add some orange zest and a dusting of cardamom to dress them up a little bit!

POMEGRANATE USES

Shrub, Syrup, Juice, Jelly, Dried

QUINCES

Mid- to late fall

The fragrance wafting from a bowl of quinces is such a wonderful welcome when you walk into a house. The smell is so sweet and exotic in a perfumy way that it makes you want to bite right into them, but they



are almost inedible raw due to being so astringent. Quinces have this magic about them. On the outside they are green to golden yellow and have a dusty, fuzzy covering and an odd shape. They have a white, firm flesh. But they have this fragrance that gives you a hint to what they can become. This magic gets pulled out once you start cooking them—they turn a deep, rosy hue and develop a honey-like taste.



Quince is a very antique fruit and it is the first fruit that humans made candy out of. They contain a lot of natural pectin and so are great for making jelly or other preserves. Having a pot of quinces bubbling on the stove is a great start to all the different ways to preserve them, since all quince preserves begin with at least an hour of boiling in water to extract the magic! It can be very hard to source quinces due to the fact that they are such an obscure fruit. I had a farmer friend who told me a story of how every week he would put out the same box of quinces at his stand and then every week he would load that same box of quinces into his truck. Week after week it went on like this until one day these ladies dressed to the hilt beelined for his stand and filled up two bags worth

of fruit. They spoke in a thick accent—they were from Russia and were so happy to find their old friend, the quince, at the market. So, ask around for quinces and buy it when you see it! Your farmer friends will thank you.

One of my favorite ways to use quinces is to mix them with apples and/or pears to make a cobbler. Sprinkle in a little cinnamon and throw in some cranberries and you will wonder where quinces have been your whole life.

QUINCE USES

Jam, Shrub, Syrup,
Butter, Sauce, Whole
fruit, Jelly, Dried

RASPBERRIES

Late spring through early fall

It is so easy to simply inhale a whole basket of raspberries. If raspberries are harvested ripe, they will not last more than an afternoon, so maybe this inhaling is a human adaptation. Raspberries are such a delicate and tender fruit and yet their flavor is so bold.

Raspberries come in different colors, including yellow, white, orange, black, and red. There are many fruits that are in the same family, such as the tayberry, loganberry, and cloudberry. They all have different

flavors, but behave very similarly when preserved, and it becomes a matter of preference and availability when deciding which to use. Call me a traditionalist, but my favorite kind is red raspberries picked perfectly ripe from the farm right up the street.

Their fragility is one of the best reasons to preserve them, as it is hard to keep fresh raspberries around. They make wonderful preserves of all kinds, but my favorite is whole raspberries preserved in a light honey syrup (see picture on page 215). The delicate nature of the fruit is actually maintained in a light syrup—suspended in time for whenever you need it. Making jam with them is nearly effortless; they require absolutely no preparation and they make a fantastically bright jam with very little coaxing.

When making raspberry jam, it can be a good idea to have a good-quality dark chocolate around. The best way to enjoy this treat is to pour some of the hot jam into a tiny cup (I use an espresso cup), dip the dark chocolate into the warm jam, and devour. One of life's simple pleasures and an instant treat for all of your hard work!



RASPBERRY USES

Jam, Shrub, Syrup,
Juice, Whole fruit,
Dried

**STRAWBERRIES**

Early spring through late fall

People order toast and jam in our café and we ask them which jam they would like. They read down a list of twenty-five different jams and marmalades, commenting on how interesting they are, and then the majority of people, young and old, say, “Strawberry jam, please.” Strawberry is just one of the most popular flavors out there. Sometimes when I am driving through the strawberry fields I think that this is a lot of pressure for one plant and one region to supply all that demand! But, there is just something about strawberry that is undeniably attractive.

The good news is that strawberries have a very long growing season and so there is more time to keep up with all of that demand, and these berries grow all over North America and Europe. They even grow well in cities! In Montreal, I

love to see the hanging baskets filled with strawberries trailing down the sides of buildings. There are many varieties of strawberries and they each have their own good growing climate and season, but what’s more important when making preserves is that the strawberries are very flavorful, have shiny skin, and are not overripe. Amazing strawberry preserves can be difficult to make for a few reasons: Strawberries are full of juice, have little pectin and acid, and tend to darken when cooked, so be sure to get perfectly ripe strawberries when selecting the fruit for preserves.

STRAWBERRY USES

Jam, Marmalade (as additional ingredient), Shrub, Syrup, Whole fruit (when mixed with other fruits), Dried

a very dense fruit that is sweet and intensely flavored. They are nurtured with very little water until their roots go deep enough to reach the groundwater, and then they are cut off from irrigation. You can taste the minerals in the soil and the sunshine on their skin!

TOMATO USES

Jam, Marmalade (as additional ingredient), Shrub, Syrup, Juice, Whole fruit, Dried

**TOMATOES**

Early summer to late fall

Tomatoes are one of the greatest gifts to the culinary world. They tread a thin line between fruit and vegetable and lend themselves well to both sweet and savory foods. I include them in this fruit book because tomato jam is a really delightful preserve and has many uses. I prefer dry-farmed tomatoes for fruit preserves, as they are

FRUITS AND SPICES

HERE ARE SOME SUGGESTED FLAVOR PAIRINGS AND COMBINATIONS.

APPLES Cinnamon, cardamom, clove, garam masala, ginger, nutmeg	KIWIFRUIT Chile, ginger, lavender, lemongrass	PEARS Cinnamon, cardamom, clove, garam masala, ginger, vanilla
APRICOTS Cardamom, chile of all types, cinnamon, clove, garam masala, ginger	KUMQUATS Cardamom, garam masala, ginger, saffron, star anise	PERSIMMONS Cinnamon, cardamom, clove, garam masala, ginger, vanilla
BLACKBERRIES Black pepper, citrus zest, lemon balm, ginger, mint, sage, star anise	LEMONS Bergamot, ginger, lavender, rosemary, thyme	PLUMS Cinnamon, chile, ginger, garam masala, sage, citrus zest of all kinds
BLUEBERRIES Black pepper, cinnamon, citrus zest, ginger, mint	LIMES Red pepper, ginger, lemon balm, mint	POMEGRANATES Black pepper, allspice, bay leaf, citrus zest of all kinds
CHERRIES Citrus zest of all kinds	LOQUATS Cardamom, cinnamon, garam masala, ginger, vanilla, citrus zest of all kinds	QUINCES Cardamom, cinnamon, clove, garam masala, ginger, star anise, vanilla, citrus zest of all kinds
CRANBERRIES Cinnamon, citrus zest of all kinds, ginger	MANDARINS Cardamom, cinnamon, clove, ginger, saffron	RASPBERRIES Ginger, sage, thyme, citrus zest of all kinds
ELDERBERRIES Ginger, thyme, citrus zest of all kinds	MULBERRIES Black pepper, ginger, mint, citrus zest of all kinds	STRAWBERRIES Cardamom, ginger, lavender, mint, vanilla, citrus zest of all kinds
FIGS Cardamom, fennel, ginger, citrus zest—especially orange	NECTARINES Chile, cinnamon, cardamom, ginger, rosemary, citrus zest of all kinds	TOMATOES Basil, pepper, cinnamon, clove, chile, coriander, garam masala, ginger, nutmeg, rosemary, lemon and lime zest
GRAPEFRUITS Cardamom, ginger, sage, other citrus	ORANGES Cinnamon, cardamom, clove, garam masala, ginger, nutmeg, rosemary, sage, star anise, vanilla	
GRAPES Citrus zest of all types	PEACHES Chile pepper, fennel, ginger, garam masala, lavender, mint, rosemary, vanilla, citrus zest of all kinds	





* J A M *

No. 2

Oh, delicious jam that captures
summer's sun for the long winter.

Jam carries the memories of a time when fruit trees are blossoming, fruiting, and developing some of the greatest culinary delights one can taste! Low-sugar jam is the best of all because the result is fruit forward.

Jam is a preserve made with fruit that is cooked and mashed with sugar and lemon juice. The fruits that I am talking about when preserving jams are stone fruits and bush berries. That is a lot of the fruits that grow locally in the United States. Think apricots, cherries, plums, peaches, strawberries, blackberries, blueberries, mulberries, raspberries, and many more in all of their lovely varieties.

Jams are a great place to start in making preserved fruit, as the technique involved is very simple. You want to make a jam that has that perfect gel that delicately sits on a spoon and can easily spread on toast, be added to muffins, or be mixed into yogurt. You want a

vibrant color and fresh flavor. There are a lot of factors that affect the color, texture, and flavor of your jam, so I am happy to share with you tips and tricks that I have learned to ensure you will reach the desired combination in your own jam.

At Happy Girl Kitchen, we have discovered and developed techniques for making jam that are simple and will also ensure a great jam every time. Our technique begins, as always, with sourcing the best fruit possible and then gradually encouraging it through the proper stages to become jam. Another thing that sets these recipes apart is that we do not add packaged pectin to any of our preserves and instead rely on the natural pectin in the fruit. This eliminates a whole other ingredient and a need to go to the store, and removes a variable that is potentially confusing. If you simply follow these techniques, then you are guaranteed to make great jam!

STEPS TO MAKING

JAM

1.

FRUIT SELECTION

Fresh and perfectly
ripe or slightly
underripe!

2.

FRUIT PREPARATION

Wash, remove
stems and pits.
Slice or chop.

3.

MACERATE

Mix fruit with sugar and
lemon juice. Let sit
for 12 to 48 hours.

4.

COOK

Choose the right pot.
Cook over high heat
for the shortest
time possible for
the freshest flavor.

5.

GEL TEST

Make sure you
stop cooking
at the perfect
moment in time.

1. Fruit Selection

LOW-SUGAR JAMS are actually high-fruit jams, and so the most important thing is the fruit that you start out with. You want the best jam, so you have to start with the best fruit! Some people specify unique varieties that are better suited for jam making than others, but I have found that more important than the variety (which can be limiting) is the quality. You want your fruit to be in its prime! It should be freshly picked—a freshness that can be seen on the skin. Taste the fruit and be sure it is fully developed with complicated flavors.

IF THE FRUIT IS JUST OK, then you can expect a just-OK jam. Some farmers sell “jam berries” at market for a very good deal. The sign should say “high-sugar jam berries.” Historically, before hot water bath canning, folks used to make jam with a lot of sugar in it. Sugar is a wonderful preservative and it can also compensate for fruit that is subpar. This is also why commercial jam has a lot of sugar in it.

I RECOMMEND choosing 80 percent perfectly ripe fruit and 20 percent underripe fruit for making low-sugar jams. The ripe fruit has the fully developed flavors that the fruit has to offer. People are often surprised by the inclusion of underripe fruit, but I recommend it for a number of reasons. Underripe fruit can add nice depth and balance to your jam since all fruits get sweeter as they are cooked and the underripe fruit can add a pleasant tart flavor to your jam and make its flavor more complicated. More importantly, the underripe fruit has more pectin in it than the perfectly ripe fruit. Throwing in some green-shouldered apricots or white-shouldered strawberries can help ensure your low-sugar jam will gel up nicely. This is especially true for fruits with low pectin to start. Please refer to the pectin chart in Chapter 1 (page 39) for more specifics.





2. Fruit Preparation

WHEN MAKING JAM with any stone fruits or bush berries, we follow one basic process. You can complicate the preparation of the fruit in any way you like to change the consistency, but we like to keep it simple.

FIRST, WASH your fruits and dry them well so as not to add any extra moisture to your jam that will need to be cooked out later. Next, remove any pits, stones, or stems. At Happy Girl Kitchen, we do not peel any of our fruits for jams with the one exception of peaches (hooray!).

WEIGH the finished fruit and put it into a large stockpot or bowl. Next, add the measured amount of sugar that matches the weight of your fruit based on the recipe (see Ratio for Low-Sugar Jam, page 79). I like to sprinkle the sugar over the fruit carefully to get it evenly distributed—at this point, resist the urge to shake the pot and cause the sugar to settle. Gravity will take care of that, and you cannot get the sugar to rise once it has fallen.

*no need
to peel
fruit!*

3. Macerate

THEN YOU JUST COVER THE POT AND LEAVE it for 12 to 48 hours at 75°F [24°C] or below. This process is called macerating and it is when the sugar begins drawing out the juices from the fruit and mingling with the pectin. The truth is you can leave fruit macerating in the refrigerator for up to 2 weeks and the flavors can sometimes become even more concentrated this way! It reduces the cooking time because the sugars and the pectin start their chemistry. It is amazing how much juice is pulled out of the fruits, and it is for this reason that I do not settle the sugar down at the beginning. As it pulls the juice out



of the fruits, it gently trickles down like a slow volcano to the bottom. My only exceptions to this are raspberries and blueberries because these fruits aren't so juicy, so I mix them with the sugar to stabilize them fully—especially if I am not going to get to them for 48 hours.

LOOK AT HOW MUCH JUICE is pulled out of the fruit just 12 hours later! The final consistency of your jam depends on how the fruit is prepared or mashed at this point. For fruits that are in larger chunks, I mash it up with my hand before I start cooking. The cell structures have started breaking down in the fruit, so it is easy to mash it by hand and it is also very therapeutic. Resist the urge to blend your fruit in a processor or with an immersion blender, as these can incorporate air into your jam, causing more foam and oxidization. You can also skip this part and mash up the fruit with a potato masher or whisk while it is cooking. For small fruits like raspberries and blueberries, I do not mash the jam at all.

4. Cook

BEFORE YOU BEGIN COOKING, place five plates in the freezer to use for your gel test later. I prefer white or bright-colored plates with no pattern on them so that the jam really stands out. They should be smooth.

ADD THE MACERATED FRUIT to a pot (see Notes on Choosing the Right-Size Pot, page 27) and begin cooking down your jam on the highest heat possible. You want your jam to be vigorously boiling the entire time. Due to the fact that different fruits naturally have different amounts of pectin and water, the cooking time varies dramatically. Since we are making a low-sugar jam, the variance is even greater because a larger portion of our jam is the dynamic fruit rather than the static sugar. Sugar will always behave as sugar, but not so with fruit. This is another reason some jam makers prefer to use more sugar in their jams; the cooking stage is more predictable. But we do not let



Boil to evaporate liquid and gel

that bother us and we just pay very close attention during the cooking stage. There are always different stages that your jam will go through while cooking and you just need to test frequently along the way.

Jam goes through cooking stages with obvious visual—even audible—clues. Here's what to look out for: Initially, the fruit and juices are completely separate. As the liquid comes to a boil, foam develops on the surface of the jam. The jam expands in the pot, rising higher and higher. This moment can be stressful, as it may seem like your pot will boil over, but this is why you use a large pot and only fill it one-third full. Keep stirring and blow on the surface if you are concerned.

As it boils, the liquid evaporates into steam and the fruit and juice start to concentrate. As it thickens, the jam settles back down into the pot and the bubbles get larger and louder; your jam may start to splatter and sputter. Stir it! As your jam thickens, you must stir it so it does not stick to the bottom of the pot. From this point, pay close attention and gel test (see the following section) frequently so you stop cooking at the perfect moment!

5. Gel Test

I RECOMMEND that you test your jam frequently throughout the cooking process, especially if you are new to jamming. It can't hurt to test it as soon as it comes to a boil so you can really see what stage the preserve is in. You are trying to get a sample of your boiling hot jam and cool it down to room temperature as quickly as possible so you can see how thick it really is. No matter how thick it is, it will always look very liquid when hot (basic school chemistry).

A LOT OF RECIPES SAY to turn off the heat under your jam while your gel test is cooling down, but that is only if you really think the jam is ready. We test our batches more often than just when we think the jam is ready, so we do not shut off our heat until we really



*Don't tip that plate
until completely cooled.*



Just getting started



fruit and juice are still separate



perfect!



getting close... still too juicy



think that moment has arrived. We like to start testing jam after it has been boiling for about 10 minutes. This is because the pectin and the sugars in the fruit vary and thus the cooking time varies. When you are making a low-sugar jam with no added pectin, like we do in the recipes in this book, you are really relying on the pectin in the fruit to greatly contribute to the gelling process. The cooking time can vary from 15 minutes to 40 minutes. It is not optimal for a jam to cook for longer than 40 minutes because the flavor and the color become compromised and we are going for top rate! If your jam is cooking for longer than 40 minutes, refer to Notes on Choosing the Right-Size Pot on page 27 to make sure you are optimally cooking down your jam.

YOUR JAM WILL TRAVEL through several stages while it cooks, from watery, to syrupy like maple syrup, then to a thicker sauce, and finally when the fruits and the juices merge together to the different stages of jam, which are a loose jam, medium jam, and then firm jam. When you do not add any extra pectin it is very hard to overcook your jam and easy to undercook it.

TO TEST YOUR PRESERVE, take 1 tsp dollop, put it on the middle of one of your five chilled plates, and return it to the freezer. Make sure the plate is sitting evenly. Leave it in there for about 4 minutes until it is completely cooled. You have to be patient at this moment and really wait for it to cool—and that is coming from someone to whom patience does not come naturally. You know that it is ready when you take the plate out of the freezer and do not feel any warmth emanating from the bottom of the plate. (Taking the test dollop out while it is still warm is a very common temptation for the students in my workshops!) When the test is cooled to room temperature, flip the plate vertically and watch the jam descend.

IN THE FIRST LIQUID STAGES, the juice will simply flow down the plate in a narrow, straight line very quickly.

AS THE JAM COOKS AND THICKENS, this drip becomes more conical in shape. If your test has a conical shape at all, then it has not yet gelled properly. Keep cooking! When it is closer to being done it all comes down the plate horizontally together; this is called sheeting, and is the first sign of the loose jam stage.

*only turn
off heat
once you
think it's
done!*

Take it up!



IF YOU WOULD LIKE YOUR JAM THICKER, just keep cooking it for a few more minutes. As it thickens, it comes down the plate at a slower speed, and as it becomes a very thick jam it hardly moves down the plate and sort of just sticks to the plate. I prefer to stop cooking my jam before it gets to this stage.

NOTE: Many new jam makers stop cooking their jam too soon and end up with syrup.

GEL SET IS THAT MAGIC MOMENT that you have been waiting for. It is when your fruit becomes JAM! That delectably spreadable, delicious fruit preserve with summer's sun woven into it. YUM! So how do you know when it's jam? Jam has about a 10-minute window of what can be considered *done*. It is much more forgiving than a jelly or marmalade since those have only about a 3-minute window of doneness. Jam can range from a looser gel set that is spreadable, but may really soak into the bread and be too juicy, to a thick jam that starts to taste slightly overcooked but is still delicious. I like to aim for the middle of that range, especially when entering jam in the county fair. You have overcooked your jam once it is very thick and the sugars start to taste caramelized.

NOTE: The jams continue to set up over the next 24 hours in the jars, so don't think that this is the final consistency. It is just a visual that will help you discover when the jam is done. Marmalades and jellies look very different from jams in the testing stage because they are so juicy; please refer to that section of the book for further details on noting the differences.

JARRING & STORAGE

Follow the instructions
and techniques in the
Introduction (page 29).



BASIC FUNDAMENTALS

* JAM *



LEMON JUICE

We add lemon juice to all of our jams in varying amounts. Lemon juice greatly helps with color retention, especially for those fruits that have a tendency to darken, like peaches and strawberries. Lemon juice also contains a good amount of pectin, so it helps those fruits with lower pectin content gel up better. We add more lemon juice to jams that need it for the color, pectin, or flavor balance, and it is preferable to use fresh-squeezed lemon juice in those preserves. People who have a lemon tree in their backyard definitely prefer fresh! If you do not have fresh lemon juice on hand, then you can use a high-quality bottled lemon juice. However, in some other preserves, lemon juice is added for safety (it makes the preserve acidic enough to be stable), so in those cases it is recommended to use bottled

lemon juice because it has a consistent acidity of 5 on the pH scale.

SUGAR

In making jams you need to use a dry, granulated form of sugar to get the proper gel set. I have tried so many recipes that say you can make a proper jam using honey and it always comes out runny. The chemistry of liquid sweeteners is different than dry sweeteners for a jam. There are many options of dry granulated sugars: We always use a less refined, organic evaporated cane juice. I like that it is not as processed, but still has a mild flavor that blends with the fruit nicely. It does not affect the color of the jam in a negative way, either. You can substitute granulated white sugar for the organic, less refined cane sugar.

RATIO FOR LOW-SUGAR JAM

At Happy Girl Kitchen, we follow a general ratio of fruit to sugar for all stone fruit and

bush berries. (We do not make preserves with exotic fruits, and this does not include citrus, which is for marmalades. Also, the family of apples, pears, and quinces are not covered here, as they have a different technique.) This includes apricots, plums, strawberries, peaches, raspberries, cherries, blackberries, and blueberries. These fruits have many antique and hybridized varieties and variations, but this ratio applies to all of these unique breeds and species. You get the idea; a lot of this fruit grows in many places in various forms. Different varieties can be more rare and may make a very premium preserve, but this should NOT dissuade you from preserving whatever variety grows around you. The best jam will be from the fruit that grows closest to your home, regardless of variety.

The ratio that we use for all of these fruits is 4 lb [1.8 kg] of fruit to 1 lb [455 g] of organic granulated cane sugar. Be sure to weigh the fruit once



it is ready for jam, without the pits, seeds, or stems. For a 4 lb [1.8 kg] batch, we add $\frac{1}{2}$ to 1 cup [120 to 240 ml] of lemon juice—fresh is always best, and it does not matter which variety of lemons you use. As mentioned before, we add more lemon juice to the lower-pectin fruits or to fruits that need more of the tart taste to balance the flavor. This ratio is a base and you can always add more sugar if you desire. For example, plums can be so tart that you need to add more sugar just to make the jam taste like a jam rather than chutney.

I know that this maceration makes jam making a two-day process and that may not seem like a simple Happy Girl recipe, but it is actually a perfect division of labor. You have one day to procure your fruit, whether it is harvesting it yourself or going to the farmers' market or grocery store to get it. Then you bring it home and prepare it for jam and sprinkle the juice and sugar over it. Then you get a break for up to two days while the sugar stabilizes the fruit, so this is a perfect activity for a busy weekend! Then you just cook it down when you have a chance later on. Beautiful!



SPICES, HERBS, AND OTHER FLAVOR ADDITIONS

This is where the fun comes in! These are the ingredients that you have the freedom to experiment with endlessly. They have no effect on the safety of your preserve when used as a minor ingredient for flavoring; the only concern is how it might affect the flavor and color of the jam. When experimenting with flavors, much thought should be given to the amount you add, what form you add it in, and how long it should be cooked for. For instance, if you are adding big chunks of ginger or lemongrass, you will want to cook them for at least 20 minutes. But, if it's an ingredient with a delicate texture like rose geranium or basil, adding it during the last 10 minutes of cooking is a good idea. Another consideration is the appearance and texture of your flavor addition. I always just infuse the jam with basil at the very end and then remove the leaves because they get slimy and brown if left in. I include rosemary as

leaves in my orange
rosemary marmalade

because it looks so beautiful. I could just infuse it with the flavor by adding the whole stalk and then removing it at the end, but I would never chop it fine and add it because that would look gritty. The options really are endless . . . just look at all the creative ideas out there: lemon, orange, or lime zest; the wonderful, surprising twists of herbs like rosemary, thyme, sage, basil, and oregano; and flower essences like rose geranium, jasmine, rose, lavender, and orange blossom. The world of the spice cabinet is yours to go wild with—just remember that spices can be intense and change the color dramatically.

When adding flavors to jam, I err on the side of caution, as you really want the fruit to be the star of the show and the herbs or spices to be the best supporting actor.



TROUBLESHOOTING

* JAM *

CAN I ADD MORE SUGAR TO MY JAM?

Yes! These recipes are low-sugar jams and can be too tart for some people. You can always add more sugar to any of the recipes in this book (or any others for that matter).

WHEN IS THE BEST TIME TO ADD MORE SUGAR?

Ten minutes into boiling your fruit is the best time to add sugar. The fruit will have released its flavor and juices, and you will get a good sample of what it will taste like at this time. But it is not too close to the setting stage to affect the gel set in a confusing way! I recommend taking a test 10 minutes after starting to boil your fruit and tasting for sweetness.

CAN I TAKE AWAY SUGAR FROM MY JAM?

Yes and no. You need a certain amount of sugar for the jams to truly gel up and become the correct texture, and for color retention. Your jam will preserve safely if you decrease the amount of sugar, but it likely will not gel into a true jam consistency.

DO I NEED TO PEEL MY FRUIT?

No! Isn't that a relief! You do not have to peel any fruit you do not wish to. That being said, I peel peaches and pears. But I have tasted really good peach jams where the skin was left on.

DO I NEED TO WASH MY FRUIT?

It depends. You should wash any fruit that you feel needs to be washed and let it dry well before preserving it so you do not add extra water to your preserve. Washing is simply a matter of preference, especially since you are going to be boiling the fruits anyway!

CAN I USE FROZEN FRUIT?

Yes! The highest standard of making jam is using the freshest fruit possible. But in real life that is not always how it goes. You can make amazing jam with frozen fruit, but look out for discoloration. If you are dealing with fruit that has a tendency to darken, I do not recommend making a low-sugar jam with it. Strawberries and peaches are an example. Increase the sugar and lemon

if using challenging frozen fruit to help compensate.

WHAT IF MY JAM IS RUNNY?

You have options. If you followed recipes and techniques in this book, then it means you did not cook down your jam long enough. You can simply rename it "syrup" and no one will notice. If you have already bottled your jam, you can empty the bottles and continue cooking it down until it reaches the desired gel set, although this can contribute to a longer cooking time and affect the color and flavor. If it is still in the pot, you can add a little more sugar to pull some of the liquid out or add a very high-pectin fruit like cranberries that will help it gel up.

CAN I MAKE A DOUBLE BATCH?

Yes! The batch size depends completely on the size of your pot and your flame. If you have a big enough pot that you can fill it up to one-third full with a double batch and a high enough burner, then you can double any recipe.



Strawberry Jam

Strawberry jam is the most popular jam hands down. It brings up a lot of nostalgia to the palate. Strawberries are also one of the most difficult fruits to make into a low-sugar jam due to their naturally low pectin and tendency to darken. But don't worry, we will set you up for success! You can follow all of the tips in the Jam Workshop (page 66) to be sure your jam comes out beautiful and bright! Add some lavender to dress up this jam with a more complicated flavor. The most important part of making a low-sugar jam is to be sure you source very fresh and perfectly ripe or slightly underripe berries and process them for jam as soon as you can! Hop to it!

4 lb [1.8 kg]
strawberries

1/2 cup [120 ml]
lemon juice

1 lb [455 g]
organic cane
sugar

2 Tbsp dried or
fresh lavender
(optional)



DAY 1 Wash the strawberries and dry them thoroughly so that you do not add any water to the jam. Remove the stems from the fruit with your hands; it is alright to leave the calyx on the fruit, as it will cook down into the jam. You can either slice the fruit or leave it whole, depending on the size of the berries and the desired texture. Put the berries in a large bowl and drizzle the lemon juice evenly over the fruit. Pour the sugar evenly over the strawberries, cover, and let macerate at room temperature for 12 to 48 hours.

DAY 2 Place five plates in the freezer so they are ready for your gel test at the end. Prepare six 8 oz [240 ml] jars for storing the finished jam. At this point you can use a potato masher, whisk, or your bare hands to mash the fruit so that it is broken down but still chunky. (I find that using my bare hands in the kitchen is very satisfying, as you really connect with the fruit and relieve stress at the same time. It is meditative!) Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. Stir until all of the sugar is dissolved. Bring the contents to a boil and add the lavender buds, if using. If you are using fresh lavender, simply remove the buds from the stem. You can either add them directly to the pot or in a flour sack to remove after cooking.

cont.

Continue to boil rapidly until the desired gel set is reached. This can take anywhere from 15 to 30 minutes, depending on the batch size, heat source, and fruit selected. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Apricot Jam

I usually do not like to be variety specific, but I must admit that my real secret in this recipe is using locally grown Blenheim apricots in season. It is really amazing to work with this fruit, as it is the only fruit I have discovered that actually wants to become jam. Most fruits you need to work with and coerce to become that delicious, velvety spread. But the Blenheim apricot practically jumps into the pot and transforms into jam so easily! I also think that this is one of the rare fruits that actually tastes better as jam than it does raw. This is one of our favorite jams year after year, and we recommend that you make a good amount of it when apricots come into season. I am sure you can use other varieties of apricots, too—the apricots that are best for jam are dense, not too watery, and have a strong sweet-and-tart flavor! While I usually recommend that you choose 80 percent ripe fruit and 20 percent underripe fruit for your low-sugar jams, apricots are my exception to this rule because they gel up fine every time even though they do not have a lot of pectin. They are much more forgiving than other fruits in this matter. This makes apricot jam a wonderful place to start making jam.

4 lb [1.8 kg]
apricots

½ cup [120 ml]
lemon juice

1 lb [455 g]
organic cane
sugar



YIELDS
Five 8 oz [240 ml] jars

DAY 1 Wash the apricots and dry them thoroughly so that you do not add any water to the jam. Tear the apricots apart with your hands to remove the pits and blossom stems. This technique is much faster than using a knife and creates a wonderfully chunky texture. Put the apricots in a large bowl and drizzle the lemon juice evenly over the fruit. Pour the sugar evenly over the apricots, cover, and let macerate at room temperature for 12 to 48 hours. If you need to let them sit longer, place the bowl in the refrigerator for up to 1 week.

DAY 2 Put five plates in the freezer so they are ready for your gel test at the end. Prepare five 8 oz [240 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and bring it to a boil over high heat. It is amazing how much juice is pulled out of the fruit! You will need to boil on high heat and stir frequently to avoid scorching until the desired gelling point is reached. You can mash the jam with a potato masher while it is cooking if you would like to make a smoother consistency.

cont.

Apricot jam can take anywhere from 20 to 30 minutes to reach a medium jam consistency. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

VARIATION: Apricots lend themselves naturally to spicy flavors. With this in mind I added $\frac{1}{4}$ cup [45 g] of minced dried New Mexico chiles to this recipe of apricot jam and won an award for it. The chiles are added for their bright red color and smoky undertone, not for heat. You can add them about 10 minutes into the cooking time. You could also add $\frac{1}{4}$ cup [10 g] of freshly grated ginger and 1 Tbsp of spicy red pepper flakes to make a spread that would go well with savory dishes. Apricots are just screaming to be married with all sorts of chiles and spices, but don't forget to leave some plain as well!





Raspberry Lemon Jam

Once I was making raspberry jam at a workshop in a private home in Big Sur. The gardener happened to come into the kitchen and asked if he could taste our jam. He used his finger and remarked, “What is that unique herb essence?” I discovered that he had spent the last hour harvesting thyme and had the essential oils on his hands. We added a few sprigs of thyme to our jam that day and delighted in the process of creativity and spontaneity!

4 lb [1.8 kg]
raspberries

Juice and zest
of 4 lemons

2 cups [400 g]
organic cane
sugar



YIELDS

Five
8 oz
[240 ml]
jars

DAY 1 Raspberries easily get waterlogged and so I recommend washing them only if you think they need it. We are going to be boiling them down into jam, so do not worry about it for the sake of sanitation. If you do wash them, be sure to lay them out on a clean towel to dry. Put the raspberries in a large bowl and drizzle the lemon juice and zest evenly over the fruit. Pour the sugar evenly over the raspberries, cover, and let the fruit macerate at room temperature for 12 to 48 hours.

DAY 2 Put five plates in the freezer so they are ready for your gel test at the end. Prepare five 8 oz [240 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. Bring the contents to a boil and continue boiling until the desired gel set is reached, 20 to 30 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

VARIATION: To make **Raspberry Thyme Jam**, simply add 1 Tbsp of dried or fresh thyme leaves in the final stages of cooking. Add it directly to the pot or in a tea sachet. We added a few sprigs of fresh thyme from the garden, cooked the jam for 5 minutes more, and then removed the branches. There is no right or wrong way to do it!

Blueberry Mint Jam

One of my favorite children's books is *Blueberries for Sal* in which a mother and her child go out blueberry picking to make jam. It is a charming story that intertwines the paths of the humans and the bears that are out picking in the same patch. It harkens back to a different time when people picked wild berries and made jam. Wait! This is still happening all over the world, especially in northern climates. It is a way we can instantly connect with the past. I add mint and black pepper to this jam to create a modern dance of flavors.

4 lb [1.8 kg]
blueberries

1/2 cup [120 ml]
lemon juice

1 lb [455 g]
organic cane
sugar

1 tsp freshly
ground black
pepper

1 bunch fresh
mint, finely
chopped (1/2 cup
or 20 g)



YIELDS

Five
8 oz
[240 ml]
jars

DAY 1 Wash the blueberries and thoroughly dry them so that you do not add any water to the jam. Put the blueberries in a large bowl and drizzle the lemon juice evenly over the fruit. Pour the sugar evenly over the blueberries, cover, and let macerate at room temperature for 12 to 48 hours.

DAY 2 Place five plates in the freezer so they are ready for your gel test at the end. Prepare five 8 oz [240 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full, scraping all of the juice and the sugar into the pot, and place over high heat. Bring the contents to a boil and add the black pepper. Continue boiling until the desired gel set is reached, 15 to 25 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, add the chopped mint. (Leafy herbs have volatile oils and should be added at the end of cooking to retain the most flavor.) Remove your pot from the heat and fill the jars, leaving 1/2 in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Mixed Berry Jam

This is a fun recipe that a bunch of friends invented when they wondered, “What if we just mixed all the berries together?” Once you understand the principles of jam making and how to create your own recipes, you can do just that! We decided it would be fun to call the final product “JamBoree Jam.” Mix it up!

3 lb [1.4 kg]
strawberries
(4 baskets),
destemmed
and cut into
quarters

1½ lb [680 g]
blackberries
(2 baskets)

1½ lb [680 g]
raspberries
(2 baskets)

1½ lb [680 g]
blueberries
(3 baskets)

1 cup [240 ml]
lemon juice

Zest from
2 lemons

3 cups [600 g]
organic cane
sugar

DAY 1 Make sure that the fruit you are using is freshly harvested and perfectly ripe or slightly underripe. The berries should be firm and shiny. Wash and thoroughly dry all of the fruit. (When I am mixing strawberries with other fruit I cut them into quarters so that I won’t need to mash them later; the other fruit can maintain its full size before cooking. It makes for a chunkier jam!) Mix the fruit in a large bowl and drizzle the lemon juice and zest evenly over the fruit. Pour the sugar evenly over the berries, cover, and let macerate at room temperature for 12 to 48 hours. If you are making this jam with a group of friends, you can skip the maceration stage—you just may have to cook it down a little bit longer!

DAY 2 Place five plates in the freezer so they are ready for your gel test at the end. Prepare ten 8 oz [240 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. You will need to boil on high heat and stir frequently to avoid scorching until the desired gelling point is reached. This mixed berry jam can take anywhere from 20 to 30 minutes to reach a medium jam consistency. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



YIELDS
Ten 8 oz [240 ml] jars

VARIATION: One time I was doing a daddy-daughter workshop, and they got excited about experimenting with this jam. What they came up with was AMAZING! So now I call this “Daddy-Daughter Jam.”

Add **juice and zest of 5 blood oranges** on Day 1 in place of the lemon juice and zest. On Day 2, add **5 cinnamon sticks** when you begin boiling your jam. Place **2 star anise** and **1 Tbsp of ground cardamom** in a tea sachet and tightly tie it closed. Add the sachet to the pot of boiling fruit. Remove the cinnamon sticks and tea sachet when the jam is finished.



Plum Cinnamon Jam

Plums are very common in the United States because they grow well all over the country. There are many different kinds of plums and all can be made into jam. I love the color of plum jam made from the dark red varieties such as Santa Rosa or Elephant Heart. But any variety that has good flavor and texture makes a great jam, even if they are unidentified backyard fruit! This is a very rustic-style plum jam with thick pieces of peel and chunks of fruit, and is a great jam to make with a bunch of friends after you have just raided the backyard tree! The combination of the sweetness of the cinnamon and tartness of the plums creates a harmonious balance, making this jam more interesting with savory flavors.

3½ lb [1.6 kg]
plums

¼ cup [60 ml]
lemon juice

1¾ cups [350 g]
organic cane
sugar

1½ tsp ground
cinnamon



YIELDS
Five 8 oz [240 ml] jars

DAY 1 Sometimes the human hand is the best tool for the job. Remove all of the pits from the plums over a dish to capture all of the juice. Be sure to remove any stems as well. Put the plums in a large bowl and drizzle the lemon juice evenly over the fruit. Pour the sugar evenly over the plums, cover, and let macerate at room temperature for 12 to 24 hours. If you need to let it sit longer, place it in the refrigerator.

DAY 2 Put five plates in the freezer so they are ready for your gel test at the end. Prepare five 8 oz [240 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. Bring the contents to a boil and add the cinnamon. Continue boiling, stirring when needed to avoid scorching. I do not remove the peels when preparing my plums as it is very labor intensive and the flavor and pectin both concentrate around the peels. I simply stir my plum jam with a whisk, letting the peels attach themselves to the whisk. Remove the skins in this way if there are too many. Continue boiling until the desired gel set is reached, 10 to 25 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Peach Jam

Fresh peaches are such a delight! When you come across some really great peaches it is wonderful to preserve them. This jam is low sugar and I add extra lemon juice to help make the flavors and color really pop! I know that Happy Girl Kitchen always creates simple recipes and techniques, but I recommend removing the skins from the peaches. Peach jam is the only jam where I remove the skins from the fruit because peach skins tend to be very leathery. The texture is smoother without the skins, but you don't have to remove them—it is just nice to know you have a choice! I add some fresh rosemary to create depth, as sometimes the flavor is just too . . . peachy!

3 lb [1.4 kg]
peaches

1/2 cup [120 ml]
lemon juice

1 1/2 cups [300 g]
organic cane
sugar

2 Tbsp fresh
rosemary leaves,
destemmed
and separated
(optional)



YIELDS
Five 8 oz [240 ml] jars

DAY 1 Make sure your peaches are very flavorful, as this is a very fruit-forward recipe! Blanch your peaches whole in boiling water for 5 minutes. Drain and place the peaches in an ice bath or in the refrigerator until they're cool to the touch. Tenderly remove the skins with a paring knife and chop the fruit into large chunks, discarding the pits. Transfer the peaches to a large bowl and drizzle the lemon juice evenly over the fruit. Pour the sugar evenly over the peaches, cover, and let macerate at room temperature for 12 to 48 hours, or in the refrigerator for longer.

DAY 2 Place five plates in the freezer so they are ready for your gel test at the end. Prepare five 8 oz [240 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. Bring to a boil and add the rosemary, if using. (I have made the mistake of adding dried rosemary, and it stayed too tough. I have also made the mistake of chopping my rosemary finely, and it looked like dirt.) Continue boiling, stirring when needed to avoid scorching, until the desired gel set is reached. Peach jam can take anywhere from 20 to 30 minutes to reach a medium jam consistency. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving 1/2 in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Cherry Maple Jam

Bing cherries are one of my favorite fruits on the planet. They are also very expensive, and it takes a lot of effort to remove all of the pits, so I add equal parts strawberries to this jam; they take on a subtle supporting role that adds more body to the jam and lets the cherry flavor really shine through. I have made cherry jam with just cherries, but since the fruit is so dense, it is more like cherry fruit suspended in juice. The maple sugar in this jam makes it completely decadent and puts this jam over the top.

2 lb [910 g]
strawberries

2 lb [910 g]
Bing cherries

½ cup [120 ml]
lemon juice

1 Tbsp lemon
zest

1 lb [455 g]
dry, granulated
maple sugar



YIELDS
Eight 4 oz [120 ml] jars

DAY 1 Wash the strawberries and dry them thoroughly so that you do not add any water to the jam. Remove the stems from the fruit with your hands; it is alright to leave the calyx on the fruit, as it will cook down into the jam. Slice the berries into quarters if they are large. Remove the pits and stems from the cherries. (I have invested in many styles of cherry pitters and found they all have a large margin of error and take time. I like to remove cherry pits with a paring knife or a small, handheld pitter so I can be sure every pit is removed.) Toss the strawberries and cherries together in a large bowl and drizzle the lemon juice and zest evenly over the fruit. Pour the sugar evenly over the top, cover, and let macerate at room temperature for 12 to 48 hours.

DAY 2 Place five plates in the freezer so they are ready for your gel test at the end. Prepare eight 4 oz [120 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. Bring to a boil, stirring when needed to avoid scorching, until the desired gel set is reached. The jam can take anywhere from 15 to 25 minutes to reach a medium jam consistency. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Fig Jam

I have to admit that I was not that interested in making fig jam for a long time. The fig jams that I had tasted were always too thick and sweet. I preferred to eat figs minimally processed, usually dried. I finally became determined to make a fig jam with less sugar and a more spreadable texture that I would enjoy. Figs look gorgeous on the tree and in a bowl on the table, and they are a visual delight through the entire process of turning them into jam—there is just something about them that makes them one of the sexiest fruits on the planet. The good news is that they are very easy to work with and turn into a fabulous low-sugar jam. Low maintenance and sexy—the perfect combination! You can use any variety of figs for this jam, but make sure they have a great flavor. I added cardamom and orange zest to play off of the origins of the fig tree in the Middle East.

2 lb [910 g] figs
(approximately
2 baskets)

1/4 cup [60 ml]
lemon juice

3/4 cup [150 g]
organic cane
sugar

1 tsp ground
cardamom

1 tsp fresh
grated ginger

Zest of 1 orange



YIELDS

Four
4 oz
[120 ml]
jars

DAY
1

Wash and dry the figs. Cut off the fig stems and slice into quarters. Put the figs in a large bowl and drizzle the lemon juice evenly over the fruit. Pour the sugar evenly over the figs, cover, and let macerate at room temperature for 12 to 48 hours.

DAY
2

Prepare four 4 oz [120 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. Add the cardamom, ginger, and orange zest to the pot. You want to start cooking down your jam over a heavy flame and stir as it comes to a boil. Since this jam is such a small batch, it will cook down very quickly; I have often made this batch size while preparing dinner and it only takes about 10 minutes to cook down. The figs gel up really nicely once the fruit and the juice come together. I do not even take a gel test with fig jam, as it is visually obvious when it comes together into a jam.

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving 1/2 in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 8 minutes (see page 31). Jars will keep for up to 1 year.

Enjoy with a sharp, salty cheese and some homemade bread.

White Nectarine with Habanero Jam

White nectarines are definitely one of the most popular fresh fruits in my house and I have been reluctant to turn their fresh perfection into a jam. It can be difficult when a fruit is so sweet when it is fresh because it only gets sweeter when it is cooked. In creating this recipe I was going into the fridge for some ginger to add to the jam and noticed some habanero peppers. They just sort of jumped out at me and before I even thought about it, I was chopping them up and adding them to the pot. Experimenting with flavors can be just that simple. To me this jam is perfection, but you can easily sub the habanero for the original ginger that I was going for.

2½ lb [1.2 kg]
white nectarines

½ cup [120 ml]
lemon juice

1¼ cups [250 g]
organic cane
sugar

1 habanero
pepper, finely
chopped,
with or without
the seeds
(I included
them)



YIELDS
Seven 4 oz [120 ml] jars

DAY 1 Remove the pits from the nectarines and chop the fruit into chunks. I leave the skin on for nectarines as it is very tender and adds a gorgeous blush color to the jam. Put the nectarines in a large bowl and drizzle the lemon juice evenly over the fruit. Pour the sugar evenly over the nectarines, cover, and let macerate at room temperature for 12 to 48 hours. If you need to let them sit longer, place the bowl in the refrigerator.

DAY 2 Place five plates in the freezer so they are ready for your gel test at the end. Prepare seven 4 oz [120 ml] jars for storing the finished jam. Put the contents in a nonreactive pot large enough so that it is no more than one-third full and place over high heat. Bring to a boil, stirring when needed to avoid scorching, until the desired gel set is reached. Carefully dice the habanero pepper and add it to the pot. Immediately wash your hands with warm, soapy water, along with anything else that touched the pepper, being careful not to spread the oils. This jam can take anywhere from 20 to 30 minutes to reach a medium jam consistency. Start your first gel test about 10 minutes after you begin cooking (see page 72).

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Jam Bars

These are a big hit at our café, as they are light in sugar, can be eaten for breakfast, and travel well once they have cooled. There are two crispy, oat-filled sides and a gooey, jam-filled center. Any kind of jam or marmalade can be used in the center, but Fig Jam (page 98) is a classic favorite!

CRUST

4 cups [400 g]
rolled oats

2 cups [280 g]
all-purpose flour
(can be made
GF with oat,
quinoa, or rice
flour)

1 cup [200 g]
organic cane
sugar

1 tsp ground
cinnamon

1/2 tsp sea salt

1/2 tsp baking
powder

1/2 tsp baking
soda

1 1/2 cups
[360 ml] oil
(can be coconut
or safflower)

1/2 cup [120 ml]
almond milk
(or oat milk)

FILLING

8 to 12 oz
[240 to 360 ml]
jam or marmalade,
depending on how
thick you want
it and how much
you have



YIELDS

One
8 by 10 in
[20 by
25 cm]
pan, cut
into 12
squares

Preheat the oven to 350°F [180°C]. To make the crust, in a large mixing bowl, combine the rolled oats, flour, sugar, cinnamon, salt, baking powder, and baking soda. Add the oil and mix thoroughly until the oil is evenly distributed. Add the almond milk and mix to combine. Take half of the dough mixture and firmly press it into an 8 by 10 in [20 by 25 cm] baking pan. For the filling, spread the jam in an even layer on top, then place the rest of the dough mixture on top of the jam and press down lightly to create an even layer of dough. Place the pan in the oven and bake for 45 minutes or until golden brown. Let cool to room temperature before cutting into 12 pieces, since the crust will harden once it cools. These bars travel well and keep for up to 4 days in an airtight container in the refrigerator.

Homemade Pocket Tarts

This is one of my favorite treats to make with kids. There is a lot of creativity involved, including making or choosing the jam, rolling out the dough, cutting unique shapes, and making different types of icing. Kids can also learn how to make a really good crust. You can choose any flavor of jam for these, or combine a few partly used jars to make a unique flavor.

CRUST

1½ cups [210 g]
all-purpose flour

½ cup [70 g]
whole-wheat flour

1 tsp salt

1 tsp organic
cane sugar

1 cup [220 g]
cold unsalted
organic butter

⅓ to ⅔ cup
[80 to 160 ml]
ice water

FILLING

2 cups [480 ml]
jam

ICING

1 cup [120 g]
organic powdered
sugar

1 tsp to 1 Tbsp
water, milk,
or juice



YIELDS

Eight
5 by 3 in
[13 by
8 cm]
tarts

To make the crust, in a large mixing bowl, combine the all-purpose flour, whole-wheat flour, salt, and cane sugar. Grate the butter into the bowl, using the largest side of a cheese grater. As quickly as possible, work in the butter with your fingers so that you end up with tiny butter pieces covered in flour. It is important to work quickly and not overmix the ingredients to ensure a flaky crust. Next, add a little ice water at a time until the dough just comes together. (The colder the water, the better for a flaky crust.) Pop the dough in the refrigerator for 10 to 20 minutes to chill it back down.

Preheat your oven to 375°F [190°C]. Now comes the fun part! Lightly flour your counter or cutting board and roll out the dough to about ⅛ in [4 mm] thick.

cont.



You can use cookie cutters or a knife to create interesting shapes, but remember that you will need one bottom piece and a matching top piece. (We use jar lids to make circles.) Have fun with it, but keep it moving so that the dough does not get overworked or too warm.

For the filling, place a good amount of jam in the middle of half of the dough pieces, leaving a small border of empty dough around the edge, and place the matching dough layer on top. You do not want to overfill with your jam so that it oozes out the sides, but the amount of jam will depend on the size of your Pocket Tart. Prick the sides of the dough layers together with a fork all the way around the perimeter. Place all of your tarts on a lined baking sheet and pop them in the refrigerator for 10 minutes before baking.

Bake the tarts in the oven for 10 to 15 minutes or until golden brown. While you are doing this you can make the icing.

To make the icing, stir together the powdered sugar and liquid until a smooth paste forms. It is very easy to add too much liquid, so add it slowly! (Basically, icing is a liquid sugar to add some style to your Pocket Tarts. Your tarts would be very delicious without it, but it can be a fun part of the process. There are many variations of icing. If you want to make green, you can use green juice. Magenta icing is easy: Brew a strong hibiscus tea with dried hibiscus flowers and add a few drops to the liquid. You can make yellow icing by adding some powdered turmeric to the powdered sugar and adding some milk for liquid. You would make chocolate, cinnamon, or cardamom icing the same way. You can see where this is heading, as the sky is the limit! It is fun to make many small batches and experiment.)

Once the Pocket Tarts have cooled to room temperature, drizzle the icing over the top with a spoon and enjoy! Any leftover tarts can be stored in an airtight container for up to 2 days.

Peanut Butter and Jelly Muffins

These muffins are a super fun treat and a great place to tuck in some of your home-made jam. I like to mix it up by filling them with Plum Cinnamon Jam (page 95) to make them taste more interesting. Of course, Strawberry Jam (page 83) in these muffins is a classic and the most popular in our café!

$\frac{3}{4}$ cup [105 g]
all-purpose flour

$\frac{3}{4}$ cup [105 g]
whole-wheat flour

$\frac{1}{4}$ cup [25 g]
flax meal

$\frac{1}{2}$ cup [100 g]
brown sugar

$\frac{1}{2}$ cup [60 g]
walnut pieces

1 tsp baking
powder

1 tsp baking
soda

$\frac{1}{2}$ tsp salt

1 cup [240 ml]
almond or oat
milk

$\frac{1}{2}$ cup [130 g]
creamy peanut
butter (or almond
or sunflower)

$\frac{1}{4}$ cup [60 ml]
sunflower oil

1 flax egg
(1 Tbsp flax
meal and $\frac{1}{4}$ cup
[60 ml] almond
milk mixed
together)

1 tsp vanilla
extract

$\frac{1}{2}$ cup
[120 ml] jam



YIELDS

12
muffins

Preheat the oven to 350°F [180°C]. In a large mixing bowl, combine the all-purpose flour, whole-wheat flour, flax meal, brown sugar, walnuts, baking powder, baking soda, and salt. In a stand mixer fitted with the paddle attachment, mix the almond milk, peanut butter, sunflower oil, flax egg, and vanilla. With the mixer on the lowest speed, slowly add the dry ingredients until just combined.

Fill prepared muffin tins one-third full with batter and then make a well in the batter with a greased spoon. Place 1 to 2 tsp of jam in the center and then cover with more batter, filling the muffin tins up to two-thirds full. Pop the muffins in the oven and bake for 18 to 20 minutes until golden brown. Any leftover muffins can be stored in an airtight container for up to 3 days.



MARMALADE



No. 3

Marmalades are a preserve
in which the peel of citrus fruit
is used within the preserve.

They combine flavors of bitter, sweet, sour, and tart all in a delicious, harmonious balance. The inclusion of the citrus peel and the juicy content of the citrus make marmalade techniques very unique and precise. There are a lot of complicated marmalade recipes, which have been developed to create certain textures, remove bitterness, and for other special effects. They also add hours to the prep time and days to the project, making them very discouraging to even try.

I have developed a simple technique for making marmalade that is foolproof and produces award-winning marmalades at the same time. Making marmalade is always time consuming, but it does not need to be so complicated and tedious. It is a wonderful way to enjoy a winter's day in the kitchen, sitting down at the table with a

bowl of fresh citrus, and the technique that I have created is simple enough that it can be used with any kind of citrus! Marmalades are made in the winter when the trees are heavy with golden globes of sunshine. They are bursting with vitamin C, bright with happiness, and the scent of the fruit is so enlivening. Marmalade seems to come at a time just when we need it most. It takes a lot of time to turn citrus fruit into a delectable marmalade, but I think it is wonderful to have practices in our lives that help us slow down!

There is no way to actually make a "low-sugar" marmalade and have it develop into a true marmalade, but if you're looking for a low-sugar citrus recipe, there are many recipes throughout the book that show how to use citrus without using a lot of sugar, or any sugar at all.

At Happy Girl Kitchen, we have discovered and developed techniques for making marmalade that are fun, simple, and quite delicious. The key is getting the peel soft and to a desired shape by starting with fresh fruit that has great flavor and then cooking it down to the perfect gel set. Those steps can be very tiresome and are all easier said than done!

Marmalades can be very tedious, especially when compared with jams. There is a lot of technique involved with turning the entire citrus fruit into a delicious spread. Marmalade can teach you to relax and have patience and enjoy the journey and not simply the destination. At Happy Girl Kitchen, we make it as simple as possible.

This chapter has been developed from the knowledge gathered by teaching people how to make marmalade. What I have discovered is that even though you may have the best recipes out there, there is still knowledge missing that can hold you back from making a wonderful marmalade. Many people have taken my workshops because their attempts at making marmalade come out too runny, overcooked, flavorless, with too much rind, etc. Does this sound familiar? If so, I have written out the full and detailed technique from start to

finish on how to make the best marmalade possible.

Feel free to refer to the basic method if you are troubleshooting any marmalade recipe that you may be working on.

STEPS TO MAKING

MARMALADE

1.

FRUIT SELECTION

Make sure it
is the best!

2.

FRUIT PREPARATION

Wash, remove
seeds, pith, and
some rinds. Slice.

3.

PECTIN PREPARATION

Make sure you have enough
to get it to gel.

4.

COOKING

Proper steps
at the right
time and tender
loving neglect.

5.

GEL TEST

When is it done?
Cook to that
perfect moment.
Pay attention!
It happens fast.

WORKSHOP



1. Fruit Selection

STARTING OUT WITH FRESH, great-tasting citrus is going to make a big difference in how your marmalade tastes. If you begin with dull, tasteless fruit, then your final product will reflect that. Whether or not you live where citrus grows, you should look for the freshest you can find. The skin of the fruit should have a natural shine to show its freshness. The fruit should be weighed after it's prepared and ready for marmalade, so buy a little extra to account for trimmings.

ORGANIC VS. NONORGANIC. We all have our own opinions and standards about this question. With citrus, some of us may be more lax because of the tough rind, which acts as a barrier between the fruit and any pesticides or wax. In the case of marmalade, we are including the rind in the finished product, so that exposure must be taken into consideration. The organic rind of citrus is bound to be more pure than a lot of conventional citrus. Conventional citrus can be loaded with pesticides, dyes to brighten color, and wax made from petroleum-based ingredients. Organic citrus can also have wax, but it is more natural and made from beeswax and vegetable oils. To remove the wax, simply pour boiling water over the fruit and then scrub off any wax with an abrasive sponge.

YOU SHOULD ALWAYS taste the fruit before you buy it or decide to make marmalade with it. The flavor should be intensely brilliant and the flesh should be juicy. It takes so much work to make marmalade that you want to be sure to start with the best fruit possible. It is preferable if your citrus has a small amount of pith— $\frac{1}{4}$ in [6 mm] would be the absolute most for my marmalade recipes in which we use all of the pith. If you are using citrus with a thicker rind, you will need to remove some of the pith.

NOTE: If you live in a place where citrus grows, then I always recommend getting fruit that grows as near to you as possible. It can be a wonderful outing to pick citrus yourself, or ask a neighbor who has a citrus tree if they would like to trade their fruit for some finished marmalade. Food is a wonderful community builder, and this is of

hey neighbor!
Can I have
some lemons?

growing importance in our modern age. Fruit grown close to home always has more personality and flavor!

CITRUS FRUITS are available year-round, but the heaviest season with the most variety is in the winter, from December through March. There are many varieties of lemons, limes, oranges, grapefruits, and mandarins; it is really up to you which variety you decide to make marmalade with, based on flavor and texture. One of my favorite marmalades that we produce is made from unidentified fruit grown on a ranch in Big Sur, California. It is a variety of tiny oranges, mandarins, and lemons. The flavors are amazing and we simply call it Big Sur Marmalade (page 141), and it has won us awards even though it is made without knowing the specific varieties of the citrus.

MARMALADES can be made out of any variety of citrus, but some citrus is much harder to work with than others due to its thick peel or number of seeds. When choosing your fruit, you should test it for flavor, thickness of the peel, and how compact the seeds are. If it tastes bland or the skin looks dull, the marmalade will reflect that. If there is more peel than fruit, then maybe it is best to use that variety for candied peels and juice rather than for marmalade, as it can be too much work. Lastly, if the seeds are scattered throughout the fruit and it seems like it will be too labor intensive to remove them all, then perhaps using that variety for its juice and peels is a better idea as well.



2. Fruit Preparation

THERE ARE MANY complicated techniques for preparing the citrus. The traditional way is to section each wedge and remove the skin of each section. I have met a lot of people who have learned to make marmalade this way and have never made it again because it is just too labor intensive. It is very time consuming and tedious and I have found that if any technique inhibits you from making marmalade, then it is not worth it! Happy Girl Kitchen has discovered simpler techniques that work on almost all citrus.

TWO

MARMALADE TECHNIQUES

1

ALL RIND AND PULP

TECHNIQUE 1 includes all the rind and pulp from your citrus fruit. It's a very simple and meditative way to make marmalade because you're using one technique and one pot for your fruit. It's a nice way to begin making marmalades, and I use this technique with Meyer lemons, mandarins, clementines, and other soft-skinned oranges where the pith is less than $\frac{1}{4}$ in [6 mm] thick. If you decide your marmalade is just too rindy this way, you can use Technique 2 for half the fruit. We've been nominated for and won awards making marmalades with this simple technique, so don't think of it as inferior!

2

LESS RIND

I USE TECHNIQUE 2 for a portion of my fruit when I want to eliminate some of the rind from my marmalade. Sometimes I just eliminate a small percentage of the rind from all of the fruit I start with. When mixing varieties in a recipe, I usually include all of the rind that contains the most pectin, like lemons or limes, and eliminate others. Citrus such as oranges, blood oranges, limes, and grapefruits have very dense rinds and when I use all of the rinds in the marmalade it ends up being . . . well . . . too rindy.

this is for
your pectin
bag



quartered and ready
to slice any
way you like.



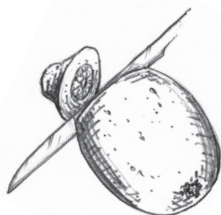
I like the
triangle shapes



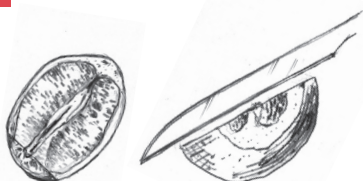
HOW TO TECHNIQUE 1

Using all of the rind and pulp in the marmalade.

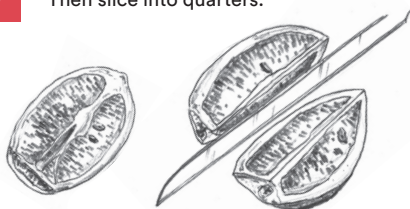
- 1** Cut off the stem end of the fruit.



- 2** Slice the fruit in half.



- 3** Then slice into quarters.



- 4** Slice down the middle of the fruit, removing the center membrane (be sure to cut it all out) and making it easier to remove the seeds.



- 5** Set the membrane aside for the pectin bag. Remove all of the seeds and set aside for the pectin bag.

- 6** At this point you should have fruit that is in quarters, has the center membrane and seeds removed, and is set aside. Now slice the citrus into smaller pieces.



NOTE

At Happy Girl Kitchen, we always slice the quarters along the width of the wedge into triangle-shaped pieces (see photo, facing page). The texture is chunky and yet nice and spreadable.

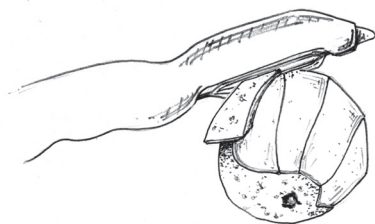
You can also slice the fruit into long slivers, but I find that texture to be too long to maneuver out of the jar easily.

HOW TO

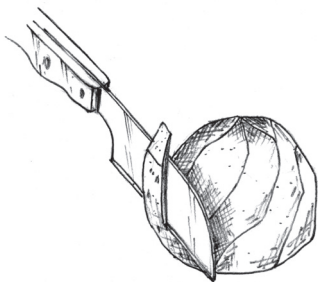
TECHNIQUE 2

Removing the rind.

- 1** Remove all of the rind from the citrus and set aside. You can either make it thick or thin. To make it thick, you simply remove the rind and pith with your knife right up to the flesh of the citrus, and set aside. I use this technique when I am making Candied Citrus Peels (page 271). If you would like to make it thin, remove the rind with a vegetable peeler. This rind will end up more like a garnish.



- 2** Next, remove all of the extra pith that is attached to the fruit and discard.

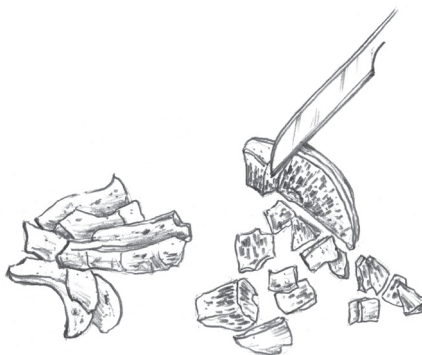


- 3** Cut the fruit into halves and then into quarters.



- 4** Remove the center membrane and the seeds and set aside for the pectin bag.

- 5** Cut the fruit into $\frac{1}{4}$ in [6 mm] chunks to include in your pot with the other fruit prepared with Technique 1.



I use this technique for part of the fruit.

3. Pectin Preparation

NOW YOU HAVE PREPARED all of your fruit and set aside the seeds and membranes for the pectin bag. All fruit has naturally occurring pectin to varying degrees (see the pectin chart in Chapter 1 on page 39). The pectin in the citrus is found right around the seeds and the skins (you can actually feel the pectin, as it is what makes citrus seeds slippery!), so it is important to save those and incorporate them into your marmalade to get that correct gel set. Lemons and limes contain more pectin than oranges, mandarins, and grapefruits. I always incorporate lemons or limes into my marmalades to really ensure a good gel. They also act as a powerful flavor booster in your marmalade and add a more complex tart and sour flavor to an otherwise simple flavor profile.

MOST BOOKS recommend using cheesecloth for pectin bags, but I always use flour sacks (see page 24). Now you take the seeds and membranes that you have set aside and place them in the pectin bag. If you do not have a lot of seeds do not worry, as there is also pectin found in all those rinds you included in the preserve! Be sure to double knot the tie and make it very tight. What a mess it would be if the pectin bag came open in your marmalade!

Be sure to tie pectin bag very tight!

Incorporating the Pectin

NOW YOU ARE READY for the next step. Place all of your prepared fruit into the pot—make sure your pot is the right size for the batch you are cooking (see page 27). Next, add the pectin bag and then cover the contents with water. The pectin bag should be submerged during the cooking and citrus always floats, so push down the contents with your hand and just cover with water.



COVER THE POT, bring the contents to a rolling boil, and cook for 45 minutes to an hour, or until the peels are tender. It is important to leave the lid on the pot so that the liquid does not evaporate into steam. When complete, the liquid should be cloudy and/or slippery and almost viscous. Remove from the heat and let sit, covered, for 12 to 24 hours, either on the countertop or on a cool part of the stove. The skins

preparing the pectin bag



continue to soften overnight and the pectin continues to be released during this time. The flavor of your marmalade also deepens as you let your citrus sit out and naturally cool. You can skip this step of letting the marmalade rest, but for the best results, you want to let it sit.

Squeeze in the Pectin

AFTER 12 TO 24 HOURS, the contents should be cooled to room temperature and the liquid should feel slippery and slightly thicker than water. The peels should be soft.



NEXT, YOU ARE GOING to do one of the most unglamorous things you could possibly do in the kitchen: You squeeze the pectin from the pectin bag. The warmer the pectin bag is, the easier it will be to squeeze as much as you can from it. You kind of “milk” the pectin bag by using the same squeezing and pinching-off technique that you use when milking a cow. You squeeze out the pectin until it becomes quite thick and white. It is very slippery and viscous. There is no magic time or amount of pectin, but you are just done when you are done!

4. Cook

BEFORE YOU BEGIN COOKING, place five plates in the freezer to use for your gel test later. I prefer white or bright-colored plates with no patterns so the marmalade really stands out. They should be smooth. Add the citrus pulp and sugar to the pot (see Notes on Choosing the Right-Size Pot on page 27). Begin cooking down your marmalade on the highest heat possible. In these beginning stages of cooking, the chunks of fruit and liquid are very separate and the liquid is very watery. As you continue to boil, the marmalade will develop a foam on top and expand in the pot. There is no need to skim off the foam until you are in the final stage of cooking, so do not be concerned. This expansion is the reason you want to start with a large pot that is only one-third full—so you have

*Patience!
This can
take up
to 45 min.*

plenty of room and it doesn't boil over. As it expands, the liquid will evaporate as steam and your marmalade will continue to thicken. As it thickens, it will begin to settle back down. During the cooking stages, the bubbles become larger and louder—you can actually hear when a batch of marmalade is almost ready by the loud sound the bubbles make. The marmalade will get visibly thicker. Use the gel test (following) to make sure you stop cooking at the right time!

5. Gel Test

YOU HAVE CAREFULLY selected your fruit and prepared it. It has been a long journey, and you are in the final stretch; now is the time to pay attention. Marmalades and jams behave differently in the testing; the cooking time of marmalade has a lot of variables that are very dynamic. The amount of pectin and the juiciness of the fruit can completely change from batch to batch. Most marmalade takes 15 to 45 minutes of boiling to have the perfect gel set and that is a large window of time, so you need to test when your marmalade is ready! I prefer the plate test and use it exclusively to determine when my marmalades are ready because it is easier to use and it is very dependable. On the plate test you are going to be taking a small sample of the marmalade and cooling it down to room temperature to see when your marmalade is ready. You cool it down because anything that is boiling hot looks way more liquid than it is.

YOU ALREADY HAVE that stack of five plates in the freezer from before you started cooking—you put them in the freezer because you are trying to cool down the marmalade to room temperature as quickly as possible. A lot of recipes call for you to do a test when you think your preserve is ready; I encourage you to test sooner so that you can identify the phases that it goes through while it is cooking. I recommend at least three tests per batch of marmalade and more for the novice.

very liquid,
pure juice
and chunks.

getting thicker,
honey-like
consistency.



piled up
on plate
and perfect!

still a little
loose and juicy.

I USUALLY TAKE my first test when the marmalade has been boiling for 10 minutes. It is very unusual to have marmalade ready in just 10 minutes, but it has happened to me before. You will be very happy that you took an early test for that batch so that you do not miss the window of perfection. When you first start making marmalades, you can test your marmalade every 5 to 10 minutes to make sure you do not miss that perfect gel set. Your first test should show a very syrupy texture with a clear distinction between the liquids and the solids.

PLACE ABOUT 1 tsp of the marmalade on the cool plate. Return the plate to the freezer to cool down your sample to room temperature. Keep it as level as possible because the tipping action gives you the true test of the texture of the marmalade.

ONCE YOUR TEST has cooled down, remove it from the freezer. Make sure that it has cooled down to room temperature by touching the bottom of the plate. If you feel any heat emanating from the bottom of the plate, then you need to return it to the freezer. I am not a very patient person, but this is the time to gather all the patience that you have and make sure that your samples are truly room temperature so that you have an accurate test.

WHEN YOU TILT your first test, the liquid should immediately drip away from the solids. It should be gelling up a little bit to a maple syrup consistency. Now is also a good time to taste your marmalade and see if it is sweet enough or if you want to add some other flavoring.

EVENTUALLY the liquids and solids should start to come together more. When you do a test, the sample should slide down the plate together without the liquid sliding away and there should be no drips separating away from the mass.

ONCE YOUR MARMALADE gets to this stage you need to really start paying attention! Now is not the time to take that long-distance phone call or change the laundry over from the washer to the dryer. No multitasking! The window of perfection for marmalade is very narrow. Marmalade goes from being too runny to thick like cement in a matter of minutes! It is much less forgiving than jam in the cooking-down

stage. This is the part where most people have trouble, so be aware! You should continue boiling your marmalade on as high a temperature as possible.

WHEN YOUR MARMALADE IS FINISHED, the liquids and the solids completely come together into one solid consistency. When you tilt the plate, the marmalade will completely stick to the plate and not move. Don't freak out! It does not mean that you overcooked your marmalade. If your jam did this it would be overcooked, but marmalade and jelly both appear like this when they are done. I prefer my marmalade to have a slightly loose set that stands up nicely on toast and still has rind that is very tender.

WHEN YOU PUSH your finger across the marmalade it should be velvety smooth and you should see little wrinkles in the texture. Your finger should create little wakes in the texture. You should be parting the sea of marmalade on the plate when you run your finger through and the sides should stay separate. You are done!

A LOT OF PEOPLE ASK if they should turn off their flame while they are testing their marmalade. You should only turn off the flame if you think there is a chance your marmalade is done. You can always return your pot to the stove and continue cooking if you find that it is not ready!

IF YOU TEST your marmalade and your finger sticks to the sample and it sticks to you like taffy, then you have overcooked your marmalade. See the troubleshooting section (page 126) if this happens.

Breathe
deep!
this end
part can
be a little
stressful.

BASIC FUNDAMENTALS

* MARMALADE *

**THE MAGIC RATIO—
LIBERATE YOURSELF
FROM THE RECIPE!**

We discovered that there is a volume ratio that seems to be the same for almost all marmalades: The volume of the cooked citrus in water ends up being about the same as the amount of sugar. I always hold back a little sugar and usually start with a ratio of 2 parts sugar to 2½ parts cooked citrus. All citrus is different, and you can always add more sugar for flavor if you want or need to. What this means is that rather than weighing all of your fruit and keeping track, you can simply measure the volume that you start with on day 2, just after you squeeze the pectin bag dry. Measure that cooked citrus before you add the sugar, and then add the amount of sugar you need accordingly. Once you're familiar with the magic ratio, you are well on your way to creating your own recipes.

SUGAR

When making marmalade, you need to use a dry, granulated sugar to get the proper gel

set. You can add a liquid sugar, like honey, as an addition to the sugar (as in the kumquat marmalade on page 149), but you cannot use only honey. The chemistry of liquid sweeteners is different than dry sweeteners; the dry ones help to dehydrate the liquid and achieve that perfect gel set. Since you use a lot more sugar in marmalades than in jams, I recommend using only cane sugar. It is less refined than white sugar and does not affect the color of the marmalade.

**SPICES, HERBS,
AND OTHER FLAVOR
ADDITIONS**

This is a great question that directly applies to creating your own recipes. For marmalades, I always recommend that you add spices and flavorings to accent the delicious fruits you are preserving rather than overpower them. Before adding your spices and other

flavorings, you should greatly consider the quantity. Remember that it is wise to err on the side of caution; you can always add more.

Also consider what form they should be in. For instance, if I wanted to add cinnamon to marmalade, I would add

a stick of cinnamon during the cooking process, as the powdered version may just look like dirt in the finished product. I recommend putting a lot of herbs or spices in a tea sachet or pectin bag so that you can extract the flavors without having the addition muddle the gorgeous translucent glow of marmalade. I do have exceptions to this; for instance, when I add rosemary I add whole leaves rather than chopping them up and I think it looks gorgeous suspended in the translucent marmalade.

The next consideration is when to add them. For instance, if the spice you are choosing would benefit from cooking for a long time, you can add it early. But, a lot of spices and herbs have volatile oils that are





released or become bitter when cooked.

ADD EARLY Here are some items that you can add early on in the cooking process: fresh ginger, peeled and then grated or sliced; whole cinnamon stick; whole cardamom pods or star anise; dried hibiscus in a tea sachet or pectin bag to add color and tart flavor; or lemongrass in a tea sachet or pectin bag. You can be very inventive here!

ADD AT THE END

Here is a list of spices and flavorings that should be added in the last 10 minutes of cooking: lavender, thyme, rosemary, savory, basil, and sage.



Most important is to have fun and let the creative process flow through you!

* MARMALADE *

DO I HAVE TO ADD WATER?

There are two interesting points that happen when covering your prepared citrus with water. I find that no matter how a recipe is written, at this point you simply cover the citrus with water. I have thought that adding water at this point may just water down the flavor and so I have experimented with other ideas. I then realized that it is necessary to add water. I tried adding straight juice instead of water and discovered that the flavor was just too intense and the final product ended up tasting like a marmalade concentrate. I also realized that you need to cook the peels in water to get them to really soften before you add the sugar. If you do not soften the peels with water before adding the sugar, then they remain firmer than desired! Do not be concerned that you are watering down the flavor, as the final product ends up very intense.

CAN I SKIP THE PECTIN BAG STEP? WHAT IF I DID NOT HAVE MANY SEEDS?

It can be very tempting to skip the pectin-gathering process. Whenever I have a good amount of seeds I always try and create a little pectin bag and cook it with my citrus.

It will help decrease cooking time and give your marmalade a fresher flavor. But if you do not have many seeds, do not worry—with proper cooking your marmalade should gel up beautifully even without the pectin bag.

IS IT SAFE TO CHANGE THE RECIPE?

Marmalades are an extremely safe product to make and bottle. As mentioned in the Introduction (page 20), safety of jarred goods depends on the acidity of the product inside. Citrus fruit is extremely acidic and sugar (in its many forms) is also acidic. So if you decide to substitute one sugar for another or try and make your marmalade with less sugar, you should not be concerned because the product is already so acidic. Anytime you change a recipe you just need to

consider the acidity, as that is what is keeping it safe. I do not recommend changing the recipe and jarring it for shelf stability unless you fully understand this concept. But, adding different spices or sugars is **COMPLETELY SAFE** every time!

WHAT IF MY MARMALADE TURNED DARK IN COLOR?

Usually this means that it was overcooked for one reason or another. It can be that the temperature was set too low and the marmalade slowly simmered for hours. If it turned dark in color, it will probably taste just fine. Consider it a lesson learned and try to cook the next batch for no more than an hour.

WHAT IF MY MARMALADE IS UNDERCOOKED?

If your marmalade is undercooked that means the texture will be very loose and runny. You will only discover this after it has completely cooled and set the next day. If this happens, you have some options. You can just enjoy it as a looser set to pour on

pancakes or use in smoothies, on ice cream, or in plain yogurt. Or, in the case of marmalade, it is completely fine to open up all those jars, pour it back into the pot, and cook it down to the desired texture. Marmalade is very forgiving in not being affected by the oxidization this causes. You can also wait and do this step several weeks after you originally made your marmalade. Then you can bottle it all again . . . just remember that you will need to use new lids when you do!

WHAT IF MY MARMALADE IS OVERCOOKED?

If you take out the plate test and your marmalade sticks to the side of the plate and when you touch it the marmalade sticks to your finger and pulls away, that means you have overcooked your marmalade. I do not recommend jarring up your marmalade if it is in this state. It is very tempting to say you will use it like that, but you likely won't, as it will be too thick to even get out of the jar. You can try to add some fruit juice to water it down and loosen it up, but you are off the map! It is worth experimenting, though, to get your marmalade to be a texture that will be easier to use.

CAN I INCREASE OR DECREASE THE SIZE OF THE RECIPE?

You absolutely can do this. The size of your batch really depends on the size of your pot and your source of heat. You want your pot to be one-third to one-half full. If it is less than one-third full, then it will easily scorch and burn. If it is more than one-half full, then it will likely take a lot longer to cook down. If you are adjusting the size of your recipe, just adjust the size of your pot. Also remember that if you are making a small batch, do not have the flame up so high that it is coming around the sides of the pot. You want to adjust the flame to the pot as well. The last consideration is if you have such a large batch that it will not fit in your pots. Then you can simply cook it down in two batches! Believe me, your end result will be better and it will take about the same time to cook down two smaller batches as it would to cook down one large batch!

WHAT IF I DO NOT HAVE A PECTIN BAG?

If you do not have a pectin bag, then you can use any cloth around the house that has the right weave and thickness. You can try a lightweight

kitchen towel or napkin. Just remember that you need to be able to squeeze a thick liquid through the weave. A flour sack is the perfect cloth!

WHAT IF MY PECTIN BAG OPENS UP?

You really do not want this to happen! This is why you need to be sure that the cord that you use to tie the pectin bag is a strong, nonslip cord that is tied very tightly and double knotted. If the bag does open, you can try to pick out as many of the seeds as possible . . . they do tend to float, which will help you! Good luck!





Lemon Ginger Marmalade

This is a simple marmalade to make and is one of the most popular in our shop. The clean flavor of the lemons is a treat and pairs perfectly with the ample amounts of ginger. This is also a wonderful preserve to use in cooking for making dressings, and it pairs well with dark green vegetables. For this marmalade you can use any lemons that you have access to. I tend to use Meyer or Lisbon lemons because they are the ones that my local farmers grow and their flavor is very bright and strong.

3 lb [1.4 kg]
lemons

3½ cups [700 g]
organic cane
sugar

⅓ cup [15 g]
peeled and
grated ginger



DAY
1

When preparing lemons for marmalade, I remove the rinds from half of the lemons (see page 116) and set them aside to make Candied Citrus Peels (page 271) during a later project. This is a matter of preference, but I find if I include all of the rinds in the marmalade that they take over the texture of the marmalade, as they tend to be denser. Prepare half of the lemons by washing them and removing the ends. Slice the lemons lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the lemons to a nonreactive pot large enough so it is no more than one-third full.

With the other half of the lemons, you want to remove all of the rind and add only the chunks of fruit. Wash the lemons and remove all of the rind and pith from the fruit. Set the rinds aside for another project. Slice the fruit lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the lemons to the pot.

Take all of the seeds and membranes and place them in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the lemons and just barely cover with water (about 7 cups or 1.7 L). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered,

overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

DAY 2

Put five plates in the freezer so they are ready for your gel test at the end. Prepare seven 8 oz [240 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the sugar and stir until all of the sugar has dissolved, about 5 minutes. Add the prepared ginger and continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 25 to 40 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Bearss Lime Marmalade

One day I got a call from a farmer asking if I would want to buy 800 lb [363 kg] of limes. It is these kinds of calls that makes my staff not want to give me the phone. They know that I have a serious weakness and I cannot say no to farmers or to amazing, local, organic produce that would otherwise go forgotten. It is that weakness that got me into this whole preserving mess in the first place!

The Marsalisi brothers bought 35 acres [14 ha] in Corralitos and planted hundreds of citrus trees on it twenty years ago. This was their retirement plan. They laugh at that idea now that they realize how much work it is to tend their orchard. That year there was an early frost and the cold turned all the limes yellow, and they quickly learned that their clients cannot sell or use yellow limes. So they started reaching out to new potential buyers and gave me a call. They were happy they did.

I created an award-winning marmalade with those limes (and a lot of other products). You can use any variety of limes for this marmalade; I use Bearss because that is what the Marsalisi brothers grow.

3 lb [1.4 kg]
Bearss limes

6 cups [1.2 kg]
organic cane
sugar

1½ Tbsp red
pepper flakes
(optional)



YIELDS
Seven 8 oz [240 ml] jars

DAY 1 Bearss limes have enough pectin to form a good set, so we do not need to add any other fruit to this marmalade.

Their peels are very tender and the fruit juicy, so I include all of the rinds in this recipe. Prepare the limes by washing them and removing the ends. Slice the limes lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the limes to a large pot.

Take all of the seeds and membranes and place them in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Do not worry if you do not have a lot of seeds, as Bearss limes have a lot of pectin that will contribute to the gel set. Add the pectin bag to the pot with the limes and just barely cover with water (about 6 cups or 1.4 L). Cover the pot and put it on the stove over medium-high heat.

cont.

Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

DAY 2 Put five plates in the freezer so they are ready for your gel test at the end. Prepare seven 8 oz [240 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the sugar and stir until all of the sugar has dissolved, about 5 minutes. Add the red pepper flakes, if using, after the contents have been boiling for 5 minutes. Continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 10 to 30 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

VARIATION: Try **Rangpur Lime Chile Marmalade**.

Citrus is such an interesting family of fruits. There are lemons that taste sweet like oranges, oranges that are sour like lemons, and limes that look like small oranges but taste like limes. Rangpur limes are one such fruit. We are so visual that if a fruit looks like an orange, we expect it to taste like an orange, and not until you know it is actually a lime does the sourness taste good. It can be a good exercise to trick your senses; it feels like you are paving new pathways in your brain.

Rangpur limes are one of my favorite flavors on the planet. They have a perfectly sour lime flavor with a unique floral accent not found in other limes. Their delicate rinds become velvety in the marmalade, which has a stunningly gorgeous orange hue. I add the **red pepper flakes** to this recipe to give it a little kick, and the flakes look beautiful suspended in the jelly. The spice makes it so this marmalade can be used on anything that needs sweet, sour, and spice. Think glazes, dressings, or a marinated kale salad. Enjoy!



Spiced Orange Marmalade

This is one of my favorite marmalade recipes—the fragrance simply evokes the holiday spirit! While you are cooking it down and the minute you open the jar, the scent is strong and nostalgic of some good memories. You can use any variety of oranges for this, but I love Cara Cara oranges. Just make sure the oranges are tasty and juicy. You can even use mandarins. The same freedom is true with the lemons, although I prefer Lisbon or Meyer lemons. What is more important than the variety is that the fruit is tasty, fresh, and organic. This marmalade will make anyone fall in love!

2 lb [910 g]
oranges

1 lb [455 g]
lemons

7 cups [1.4 kg]
organic cane
sugar

2 cinnamon
sticks

3 whole star
anise

1 bay leaf,
fresh or dried



YIELDS

Nine
8 oz
[240 ml]
jars

DAY 1

When preparing oranges for marmalade, I remove the rinds of half of the oranges and set them aside to make Candied Citrus Peels (page 271) during a later project.

This is a matter of preference, but I find if I include all of the orange rinds in the marmalade that they take over the texture of the marmalade, as they tend to be denser. Prepare half of the oranges by washing them and removing the ends. Slice the oranges lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the oranges to a large pot.

With the other half of the oranges, you want to remove all of the rind and pith and add only the chunks of fruit. Wash the oranges and remove all of the rind and pith from the fruit. Set the rinds aside for another project. Slice the fruit lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the oranges to the pot.

Wash the lemons and remove the ends. Slice the lemons lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the lemons to the pot.

Take all of the seeds and membranes and place them in a cloth bag. Close the cloth with string and make sure it is tied very

well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the fruit and just barely cover with water (about 7 cups or 1.7 L). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

DAY 2 Put five plates in your freezer so they are ready for your gel test at the end. Prepare nine 8 oz [240 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the sugar and stir until all of the sugar has dissolved, about 5 minutes. Add the cinnamon sticks, star anise, and bay leaf and continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 10 to 30 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat, remove the spices, and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

VARIATION: **Blood oranges** really work well with this recipe. Their color can add a deep intensity, and they are also super tart. I like to add **4 cardamom pods** in addition to the other spices when I add the blood oranges.

Three Fruit Marmalade

This marmalade marries the complicated flavors of three different citrus fruits. The bitter of the grapefruit is held back by the sweetness of the orange and the tart of the lemon, making it a perfect trio! The grapefruit rinds become completely translucent and one of my favorite things about this marmalade is that although the citrus is cooked together in one pot, the flavors remain distinct. Just like in a good marriage, the qualities of each individual remain unique and yet they come together to create something new. I recommend using the freshest varieties of citrus you can find and cutting open each one to make sure that the flesh is juicy and flavorful.

1 lb [455 g]
oranges

1 lb [455 g]
grapefruits

1 lb [455 g]
lemons

7 cups [1.4 kg]
organic cane
sugar



YIELDS

Eight
8 oz
[240 ml]
jars

DAY 1

When preparing the oranges and grapefruits for this marmalade, I remove the rinds from half of the fruit and set them aside to make Candied Citrus Peels (page 271) during a later project. This is a matter of preference, but I find if I include all of the rinds in the marmalade that they take over the texture of the marmalade, as they tend to be denser. I include all of the rind from the lemons in this recipe.

Prepare half of the oranges and half of the grapefruits by washing them and removing the ends. Slice the fruit lengthwise in half and then into quarters. If the grapefruit quarters are quite large, cut them into eighths before slicing them crosswise. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the fruit to a large pot.

With the other half of the oranges and grapefruits, you want to remove all of the rind and pith and add only the chunks of fruit. Wash the oranges and grapefruits and remove all of the rind and pith from the fruit. Set the rinds aside for another project. Slice the fruit lengthwise in half and then into quarters. If the grapefruit quarters are quite large, cut them into eighths before slicing them crosswise. Slice down the center of the fruit, remove the extra membranes and seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the fruit to the pot.

Prepare the lemons by washing them and removing the ends. Slice the lemons lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges of fruit crosswise, making tiny triangle shapes. Add to the pot.

Take all of the seeds and membranes and place them in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the fruit and just barely cover with water (about 2 qt or 1.8 L). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

DAY 2 Put five plates in your freezer so they are ready for your gel test at the end. Prepare eight 8 oz [240 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the sugar and stir until all of the sugar has dissolved, about 5 minutes. Continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 25 to 40 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Big Sur Marmalade

Ten years into making preserves I was living in Big Sur and I had access to a plethora of fruits and vegetables. I prefer to source my produce from within 30 mi [48 km] from my kitchen when possible. The one thing that was missing in my life was local citrus.

I had heard rumors of a ranch in Big Sur that had a lot of different citrus trees that were planted forty years ago. Somehow I didn't investigate, assuming it would be more Meyer lemons. Then one day I was doing a delivery at the Big Sur Bakery and I saw a friend with a bunch of different citrus boxes in the back of her pickup truck. I got so excited when I saw mandarins, clementines, and small oranges. We began to talk and she assured me that there was much more where this came from. A week later, I took the kids out of school and we drove up to Apple Pie Farm to harvest citrus. I felt like we were miners who had just struck gold! To be able to harvest so many varieties of citrus just a few miles from home was a dream come true and fulfilled a deep longing. In our first harvest I even stumbled upon a rare bergamot tree that I sensed hadn't felt that appreciated in decades. We harvested as much as the car could hold and drove away emanating pure joy.

I look forward to revisiting my citrus friends every winter and harvesting that which was missing from my life. What is missing from your cupboards locally? Go on an adventure to find it. Call in sick and skip school—it may be worth it.

The fruits in this recipe are truly amazing! They are so easy to work with because the peels are fresh and they do not have that many seeds. The different flavors and textures that come together in this three-fruit marmalade are fabulous. The tart punch of the lemons with the sweet undertone of the oranges combine with the delicate beauty of the tasty mandarins (the peels are so tender that I even eat the whole peel). I usually do not add anything else so that I can really enjoy the dance between these citrus fruits, but you could add some rose geranium or star anise if you want another dimension.

1½ lb [680 g]
Meyer lemons

1½ lb [680 g]
oranges (any
variety works)

1½ lb [680 g]
mandarins

8 cups [1.6 kg]
organic sugar



YIELDS

Eight
8 oz
[240 ml]
jars

DAY 1 Wash and dry the citrus fruit and begin with the lemons. Remove the ends and slice in half crosswise and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve.

cont.

If you would like to remove any of the peels from your marmalade, you can use only half of the lemon peels while setting the others aside to use for another project (such as Candied Citrus Peels, page 271).

Prepare the oranges the same way you did the lemons.

Next, slice the mandarins any way you like! What a freedom. They may only have the random seed and the peels are so tender and sweet that you can feel great about using them all! Choose fruit that has very tender peels with little bitterness and very few seeds. Add all of the fruit to a large pot.

Take all of the seeds and membranes and place in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Do not worry if you do not have a lot of seeds or pith because it will eventually gel up; you may just need to cook a little longer. Add the pectin bag to the pot with the fruit and just barely cover with water (about 10 cups or 2.4 L). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

DAY
2 Put five plates in the freezer so they are ready for your gel test at the end. Prepare eight 8 oz [240 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the sugar and stir until all of the sugar has dissolved, about 5 minutes. Continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 25 to 40 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.





Pink Grapefruit Marmalade

Pink grapefruit marmalade is for real marmalade lovers. It has such a strong bitter and tart flavor that the intensity is not for every palate. But nothing can compare to a thick piece of toasted bread with a thick spread of grapefruit marmalade and some really good black tea. The grapefruit peels get completely transparent and the color is a warming blush glow. Any good-flavored, juicy grapefruit is good for this marmalade and if the pith is very thick, simply remove it before cooking down. Pucker up!

2 lb [910 g]
grapefruits

1 lb [455 g]
lemons

6 cups [1.2 kg]
organic cane
sugar

8 fresh sage
leaves



YIELDS
Eight 8 oz [240 ml] jars

DAY 1 When preparing the grapefruits for this marmalade, I include all of the rinds. They become translucent as they cook down, and in a grapefruit marmalade, one expects their strong bitter flavor, so I do not eliminate any of them. I also include all of the rind from the lemons.

Prepare the grapefruits and lemons by washing them and removing the ends. Slice the fruit lengthwise in half and then into quarters. If the grapefruit quarters are quite large, you can cut them into eighths before slicing them crosswise. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the fruit to a large pot.

Take all of the seeds and membranes and place in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the fruit and just barely cover with water (about 6 cups or 1.4 L). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

cont.

**DAY
2**

Put five plates in your freezer so they are ready for your gel test at the end. Prepare eight 8 oz [240 ml] jars for storing the finished marmalade. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the sugar and stir until all of the sugar has dissolved, about 5 minutes. Continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 25 to 35 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat, stir in the fresh sage leaves, and let sit for 5 minutes while the sage infuses into the marmalade. Remove the sage leaves and fill the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Jamalade

This preserve really can be the best of both worlds. The bulk and sweetness from the strawberries adds body that is otherwise missing from marmalades and allows you to decrease the sugar. The lemons ensure that the strawberries will retain their bright color, which is such a gorgeous, glowing, rosy hue. The flavor is a wonderful combination of the brightness of strawberry and lemon. You can use this technique combining all sorts of berries and citrus fruits. Get creative!

2 lb [910 g]
strawberries

1/4 cup [60 ml]
lemon juice

4 cups [800 g]
organic cane
sugar

2 lb [910 g]
lemons



YIELDS
Six 8 oz [240 ml] jars

DAY 1 Wash the strawberries and dry them thoroughly so that you do not add any water to the jam. Remove the stems from the fruit with your hands; it is alright to leave the calyx on the fruit, as it will cook down into the jam. You can either slice the fruit or leave it whole, depending on the size of the berries and the desired texture. Put the strawberries in a large bowl and drizzle the lemon juice evenly over the fruit. Pour 1 cup [200 g] of the sugar evenly over the strawberries, cover, and let macerate at room temperature overnight.

Prepare the lemons by washing them and removing the ends. Slice the lemons lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Place the lemons in a large pot.

Take all of the seeds and membranes and place them in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the lemons and just barely cover with water (about 4 cups or 960 ml). Cover the pot and simmer for 45 minutes or until the peels are very tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight in a spot that will not be above 80°F [27°C]. Most countertops are fine!

cont.

**DAY
2**

Put five plates in your freezer so they are ready for your gel test at the end. Prepare six 8 oz [240 ml] jars for storing the finished jam. You will cook down the lemons and the strawberries in separate pots initially. Place the pot of lemons over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the remaining 3 cups [600 g] of sugar and stir until all of the sugar has dissolved, about 5 minutes. Continue to boil until the marmalade is cooked into a light gel set to a thickness like honey.

Meanwhile, place the macerated strawberries in another large pot over high heat and cook down for 10 minutes. Add the lemon mixture to the strawberry mixture so that the pot is no more than half full. Continue to boil together until the marmalade comes to the desired consistency. This will take anywhere from 10 to 25 minutes. I recommend starting your first gel test just after you begin cooking the combined mixture, just to see where the gel set is at (see page 120).

Once the mixture reaches your desired consistency, remove it from the heat and fill the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Kumquat Honey Marmalade

Kumquats are an amazing burst of flavor when you pop them in your mouth. They are a tiny citrus fruit the size of a grape and have a sour flesh, a sweet peel, and can be eaten whole. Kumquat marmalade has very little bitterness to it; the extremely delicate peels make it a perfect introduction to marmalade. Due to their size and seeds, kumquats can be a little tedious to work with, but the results are so worth it! Because kumquats have a good amount of pectin and little juice, it gives you the freedom to add honey as a sweetener, which lends a floral essence that marries well with the kumquats. This marmalade is such a delicacy that I recommend using a smaller jar so that you can savor and share your preserve.

2 lb [910 g]
kumquats

2 cups [400 g]
organic cane
sugar

10 green
cardamom pods

1 cup [340 g]
honey (I prefer
a mild, light
honey such
as sage or
wildflower)



YIELDS
Nine 4 oz (120 ml) jars

DAY 1 Prepare the kumquats by first washing the fruit well. Slice each kumquat lengthwise in half and then into quarters. Remove the seeds and center membranes and set aside. Slice each quarter lengthwise again. The long slivers look gorgeous suspended in the clear orange jelly of this marmalade. Add the kumquats to a large pot.

Take all of the seeds and membranes and place in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the kumquats and just barely cover with water (about 3 cups or 720 ml). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 45 minutes until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

cont.

**DAY
2**

Put five plates in the freezer so they are ready for your gel test at the end. Prepare nine 4 oz [120 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil, uncovered. Add the sugar and cardamom pods and stir until all of the sugar has dissolved, 2 to 3 minutes. Add the honey once the contents come to a boil again. Continue to boil until the marmalade comes to the desired consistency, stirring occasionally to prevent scorching. This will take anywhere from 15 to 45 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat, remove the cardamom pods, and fill the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Orange Cranberry Marmalade

This is a perfect winter holiday marmalade. Fresh oranges are such a delight in the deep, cold winter. It actually feels like a treat to slice oranges for an hour or two with their fragrance lifting my spirits the whole time. These are the joys of preserving fruits—it is like hanging out with an old friend in the kitchen. Life is short and time is scarce, and making your own marmalade can be a luxury that we should all afford ourselves! You will be able to share the experience as you give away these delectable gifts to the ones you love!

TIP: Cranberries are like little pectin balls added to your marmalade! They are great to add to jams or marmalades that are not gelling up after cooking for quite a while. The color, texture, and flavor of this marmalade is remarkable. The cranberries maintain their independent structure in the translucent medium of the oranges. They add a rosy glow and delicious tart flavor to balance out the sweetness of the oranges.

1/2 lb [230 g]
lemons

2 lb [910 g]
oranges

4 cups [800 g]
organic cane
sugar

3 cups [340 g]
fresh or frozen
cranberries



YIELDS

Seven
8 oz
[240 ml]
jars

DAY 1

Oranges have less pectin in them than lemons do, so I include all of the rinds of the lemons to make sure this marmalade gels up nicely.

Prepare the lemons by washing them and removing the ends. Slice them lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the lemons to a large pot.

Prepare half of the oranges by washing them and removing the ends. Slice them lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the oranges to the pot.

With the other half of the oranges you want to remove all of the rind and add only the chunks of fruit. Wash the oranges and remove all of the rind and pith from the fruit. Set the rinds aside for another project. Slice the fruit lengthwise in half and then into

quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the oranges to the pot.

Take all of the seeds and membranes and place in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the fruit and just barely cover with water (about 6 cups or 1.4 L). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered, overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

DAY
2 Put five plates in your freezer so they are ready for your gel test at the end. Prepare seven 8 oz [240 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the sugar and stir until all of the sugar has dissolved, about 5 minutes. Bring to a boil again and add the cranberries after the contents have been boiling for 5 minutes. Continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 15 to 30 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

VARIATION: **Ginger** would be a nice addition to this marmalade. Add ¼ to ½ cup [10 to 25 g] of peeled grated **ginger** on the second day of the recipe just as your preserve begins to boil.

Seville Orange Marmalade

This is THE traditional orange marmalade. Seville oranges are bitter and inedible raw, but are commonly used for their strong-flavored rinds and the strong perfume of their blossoms. For these purposes they have migrated all over the world and are the main source of orange blossom water used in many traditional recipes. Their extreme bitterness makes them a perfect orange for marmalade. Some marmalades lack the bitterness that true marmalade lovers crave, but in Seville Orange Marmalade, the bitterness is intrinsic in every bite. In this recipe, I cut the Seville oranges with some lemons to add a balanced flavor.

2 lb [910 g]
Seville oranges

1 lb [455 g]
lemons

4 cups [800 g]
organic cane
sugar

1 cup [200 g]
organic brown
sugar

2 cinnamon
sticks



YIELDS

Six 8 oz
[240 ml]
jars

DAY 1 The beauty of Seville marmalade is the bitterness and so I include all of the rinds of the Seville oranges in this recipe. If you'd like to remove some of the rinds from this marmalade, I would remove the lemon rinds, if any.

Prepare the Seville oranges by washing them and removing the ends. Slice the oranges lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. For a thick marmalade, cut the triangles $\frac{1}{4}$ in [6 mm] thick. Add the oranges to a large pot.

Prepare the lemons by washing them and removing the ends. Slice the lemons lengthwise in half and then into quarters. Slice down the center of the fruit, remove the extra membrane and the seeds, and reserve. Next, slice the wedges crosswise, making tiny triangle shapes. Add the lemons to the pot.

Take all of the seeds and membranes and place them in a cloth bag. Close the cloth with string and make sure it is tied very well—you don't want it to come open while you're cooking! Add the pectin bag to the pot with the fruit and just barely cover with water (about 4 cups or 960 ml). Cover the pot and put it on the stove over medium-high heat. Bring the contents to a boil and then simmer for about 1 hour until the peels are completely tender and the liquid is viscous. Remove from the heat and leave the pot, covered,

overnight or up to 24 hours in a spot that will not be above 80°F [27°C]. Most countertops are fine!

DAY 2

Put five plates in your freezer so they are ready for your gel test at the end. Prepare six 8 oz [240 ml] jars for storing the finished jam. Place the pot over medium heat and when it is warm to the touch, remove the pectin bag and gently squeeze out the liquid inside the bag into the pot. Increase the heat to high and bring the contents to a boil. Add the cane sugar and brown sugar and continue to stir until all of the sugar has dissolved, about 5 minutes. Add the cinnamon sticks once the contents come to a boil so the flavor can really be extracted into the marmalade. Continue to boil until the marmalade comes to the desired consistency. This will take anywhere from 20 to 40 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 120).

Once the marmalade reaches your desired consistency, remove it from the heat, remove the cinnamon sticks, and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Fruit Cobbler

When I was growing up, my mom always loved to have a little something for dessert. She would often whip up some kind of fruit cobbler. They are one of the easiest desserts to make and can be a great way to create a very fruit-forward dessert. I really like to make cobbler with marmalade mixed into the fresh fruit. It makes it look very glossy and adds a layer of flavor that really makes everything else pop!

You can use a variety of fruits for the base, including but definitely not limited to all sorts of bush berries or stone fruits, apples, pears, quinces, etc. This recipe works with almost all fruit and can create interesting combinations. Try blackberries with lemon marmalade or apples or pears with orange marmalade.

- BOTTOM LAYER
OF FRUIT**
- 6 cups [720 to 840 g] chopped fruit

1 cup [240 ml] marmalade
- TOPPING**
- 1 cup [140 g] spelt flour (rice flour works for a gluten-free option)

1 cup [100 g] rolled oats

1/2 cup [100 g] organic cane sugar

- 1 pinch salt
- 1 cup [220 g] cold unsalted organic butter
- Fresh whipped cream, for topping



YIELDS
One 9 by 12 in [23 by 30.5 cm] cobbler

Preheat the oven to 350°F [180°C].

To make the bottom layer, put the fruit and marmalade in a 9 by 12 in [23 by 30.5 cm] baking dish and mix them together.

To make the topping, in a large bowl, combine the flour, oats, sugar, and salt. Grate the butter on the largest holes of a cheese grater into the bowl. Slowly incorporate the butter into the dry ingredients and gently mix it in with your hands. Once it is all mixed in evenly you can use your fingertips to break apart any big pieces until all of the butter is in small, pebble-size pieces. Evenly distribute the mixture on top of the fruit in a very loose fashion—do not flatten it down with your hands, but let it sit on top.

Pop the baking dish in the oven and bake for 45 minutes until golden brown.

Top with fresh whipped cream! Leftovers, without the whipped cream, can be stored in an airtight container for up to 3 days.

Thumbprint Cookies

These cookies are a classic favorite in our café. The almond extract adds a floral essence and it is fun to make many different types of thumbprint cookies using your preserved jams or marmalades. Try using contrasting colors or flavors to create a beautiful cookie tray for a special event. It is so much more fun when you actually make the jams and marmalades that go inside the thumbprint!

1/2 cup [110 g]
unsalted organic
butter

1/2 cup [100 g]
organic cane
sugar

1/4 teaspoon sea
salt

1 tsp vanilla
extract

1/2 tsp almond
extract

2 Tbsp milk

1 Tbsp flax meal

3/4 cup [105 g]
all-purpose flour

1/4 cup [35 g]
whole spelt flour

1/4 cup
[25 g] whole-
wheat pastry
flour

3 Tbsp [45 ml]
jam



YIELDS

9
cookies

Preheat the oven to 375°F [190°C]. In a stand mixer fitted with the beater attachment, beat the butter, sugar, salt, vanilla, and almond extract together on medium-high speed until nice and fluffy, about 2 minutes. Add the milk and flax meal and beat until well incorporated. Switching to the lowest speed, add the flours a little at a time. Mix until just well combined.

Scoop out golf ball-size cookies and roll into a ball. Place the cookies on a baking sheet and push your thumb in the center to make room for the jam filling. Place 1 tsp of jam in the center of each cookie and refrigerate for about 10 minutes before baking. Bake in the oven for 8 to 11 minutes or until the cookies are just starting to brown underneath. Let cool and enjoy! Leftover cookies can be stored in an airtight container and will keep for up to 3 days.

Gluten-Free Thumbprint Cookies

This is one of the original recipes from our café, and it has become a staple in our case. It is a great way to use any jam or marmalade that you make and is a perfect cookie for everyone whether they are gluten free or not! Our original baker, Stephanie Horning, who came to us as an aspiring baker fresh out of college in New York City, designed the recipe. She would test out her recipes on our staff and crew and we could all taste the love! Our carpenter seemed to really like her cookies a lot and would also be very honest with his evaluations of other pastries. Many of us noticed that they would have long conversations about the baked goods and they eventually started to talk about more than that. Thus began the fairy-tale story of how the baker met the carpenter and they were married two years later! Wow, there is a lot of love in these cookies and it is a beautiful tale of how food connects people.

1/2 cup [110 g]
unsalted organic
butter

1/2 cup [100 g]
organic cane
sugar

1/4 tsp sea salt

2 tsp vanilla
extract

1/2 tsp almond
extract

2 1/2 Tbsp flax
meal

1 Tbsp milk

1/2 tsp xanthan
gum

1 1/4 cups [175 g]
brown rice flour

3 Tbsp [45 ml]
jam



YIELDS

9
cookies

Preheat the oven to 375°F [190°C]. In a stand mixer fitted with the beater attachment, beat the butter, sugar, salt, vanilla, and almond extract together on medium-high speed until nice and fluffy, about 2 minutes. Add the flax meal, milk, and xanthan gum and beat until well incorporated. Switch to the lowest speed and add the brown rice flour. Mix just until well combined. The dough should be slightly sticky but hold together when rolled into a ball.

cont.

Scoop out golf ball-size cookies and roll into a ball. Place the cookies on a baking sheet and push your thumb in the center to make room for the jam filling. The dough is gluten free and can tend to crumble at this phase, so use one hand to hold the structure of the cookie together while you press in your thumbprint with the other. Place 1 tsp of jam in the center of each cookie and refrigerate for about 10 minutes before baking. Bake in the oven for 8 to 11 minutes or until the cookies are just starting to brown underneath. It can be difficult with gluten-free cookies to tell when they are done, as they do not firm up until they are completely cool, so looking for the browning underneath is your key to perfection. Let cool and enjoy! Leftover cookies can be stored in an airtight container for up to 4 days.

Linzer Cookies

Linzer cookies just scream wintertime gatherings! They instantly make the dessert table look festive and are a great way to use different jams and marmalades. My favorite is mixing and matching different colors like an orange marmalade on one cookie and raspberry jam on another. You can simply finish up any jars that are taking up precious space in your refrigerator.

1 cup [220 g]
unsalted organic
butter, at room
temperature

1 $\frac{1}{4}$ cups [250 g]
organic cane
sugar

2 $\frac{1}{2}$ cups [350 g]
all-purpose flour

1 cup [120 g]
chopped walnuts,
toasted and
ground

1 $\frac{1}{2}$ tsp ground
cinnamon

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ cup [30 g]
powdered sugar

$\frac{2}{3}$ cup [160 ml]
marmalade or
other preserves



YIELDS

30
cookies

In the bowl of a stand mixer fitted with the paddle attachment, whip the butter and cane sugar until light and fluffy, about 3 minutes. In a separate bowl, mix the flour, walnuts, cinnamon, and salt. Put the mixer on the lowest speed and slowly add the nut mixture until the dough just comes together. Remove the dough from the mixer and shape into 2 even balls. Lay a sheet of parchment paper on the countertop and sprinkle the surface with flour. Roll out one ball until it is $\frac{1}{8}$ in [4 mm] thick. Use as much extra flour as you need to keep the dough from sticking. Slide the dough onto a baking sheet and pop it in the refrigerator to cool for 15 minutes. Repeat the process with the second ball of dough.

cont.



Take the dough out of the refrigerator, lay another sheet of parchment paper on the countertop, and place your dough on the parchment paper to begin cutting the cookies. I prefer a round cookie cutter with a fluted edge, and different shaped cutouts (like stars and hearts) for the inside, but you can use whatever cookie cutters you prefer. Just make sure the top dough layer has a small window cut out of the middle. You are going to make two trays of cookies, one with the bottoms and one with the tops. Keep them separate so that you can easily sprinkle powdered sugar on the top layers after baking.

Preheat the oven to 350°F [180°C]. Begin by cutting the bottom cookie layers out of one piece of dough. Place the cutouts on the baking sheet and set the dough scraps aside. Pop the sheet back in the refrigerator for 10 minutes to chill. Repeat the process with the second sheet for the top layer of cookies, being sure to cut out a small window from each cookie. Remove the baking sheets from the refrigerator and bake in the oven for 12 minutes until just lightly golden brown. While they are baking, you can roll out the remaining scraps and repeat the process, making an even amount of tops and bottoms.

Once all the cookies have baked and cooled, the assembling can begin. Place the powdered sugar in a wire mesh strainer and make it snow over the baking sheet of cookie tops (my favorite part of making linzer cookies)! On each cookie bottom, spoon ½ to 1 tsp of marmalade in the direct center and firmly press each top onto the preserves. Gorgeous and delicious! Any leftover cookies can be stored in an airtight container for up to 2 days.



DRINKS

No. 4

Drinks are a wonderful way
to preserve fruits for later use.

They are easy to do and you can substitute sugar for any alternative sweeteners or leave it out entirely. It is especially wonderful for fruits that may be difficult to preserve in other ways or that you may have a large abundance of and would otherwise not use. Fruit syrups are also a great way to use up fruit that may be too ripe or otherwise not suited for making jam or marmalade with. Drinks are sort of the catchall for fruits that are too ripe, too small, not very fresh, have too many seeds, or are blemished but still sweet and flavorful . . . for all that problematic fruit that no one knows what to do with! It can even be for perfectly good fruit that you need to preserve and have very little time. You will also find that it is very easy to go through a lot of drinks and that you will want to really explore the possibilities and make space in your cupboards.

You have several options depending on the fruit and your desired

results. You can preserve fruit juice just as it is, such as with apples, grapes, and lemons. You may concentrate the juice, mixing it with sugars and adding spices or herbs to make it unique, such as Orange Vanilla Syrup (page 192). You can also preserve the fruit juice as a shrub with vinegar, a sweetener, and spices.

WAYS TO PRESERVE FRUIT AS

DRINKS

1.

JUICES

Straight juice preserved on its own.

2.

SYRUPS

Concentrated juice and sweetener with optional herbs and spices.

3.

SHRUBS

Fruits preserved with vinegar and optional sweetener, herbs, and spices.

1. Juices

STRAIGHT JUICE can be preserved on its own, and the only variation is in how you extract it. Citrus is very easy to extract using a citrus juicer. There are different techniques for different fruits, but it is great to learn that all fruit juice is safe to preserve on its own with no sugar added.

*Bush berries,
stone fruits,
figs,
persimmons,
loquats,
kumquats,
quinces,
apples,
pears,
Concord grapes*

FOR ALL OF THESE FRUITS, the best way to extract the juice is with a stainless steel steam juicer. It is a three-compartment double boiler that steams the fruit and collects the juice that seeps out. It makes a very concentrated juice. If you do not have one of these, then you can simply make juice by removing the pits and stems from your fruit and chopping it into bite-size pieces. Then simply add the fruit to a pot and cover with water by 1 in [2.5 cm]. Put a lid on the pot and simmer for 30 minutes. At this point the flavors from the fruit should be extracted. For some denser fruits such as apples and quinces, you may need to simmer for a little longer. The flavor should be strong. Strain the juice through a flour sack and then put it directly into bottles.

*You can
preserve
just juice!
Who
knew?*

Citrus

TO EXTRACT CITRUS JUICE, it is best to use a citrus juicer and work hard to get out every drop of gold from the fruit. (The one exception would be very tiny citrus fruits like kumquats, where I would slice them in half and use the first technique.) There's no need to strain citrus juice unless you prefer an entirely pulp-free juice.

NOW THAT YOU HAVE THE JUICE, you can preserve it for later by processing bottles in a hot water bath canner. Simply transfer the juice to a pot and bring to a boil. While the juice is still hot, pour it into bottles or jars and process in a hot water bath canner according to the instructions on page 31.

2. Syrups

Fruit + Sweetener + Herbs and Spices (optional)

*Bush berries,
stone fruits,
figs,
persimmons,
loquats,
kumquats*

FOR THESE FRUITS, I prefer to extract the juices by macerating the fruit in sugar and/or lemon juice overnight just as I do for jam. The sugar extracts the juice from the fruit and concentrates it. The ratio that I prefer for fruit to sugar is the same as for jam: 4 lb [1.8 kg] of fruit to 1 lb [455 g] of sugar. Since you are not relying on the sugar to make the fruit gel up, this is a wonderful place to experiment with different types of sugars. The next day, simply heat up the fruit until it just comes to a simmer and the fruit releases the last of its juices, and then remove it from the heat. Strain the juice through a sieve or use a flour sack for clearer extraction. If you would like to add spices or herbs, you can do so while you are heating up the fruit. If, however, you want to use the fruit once it is strained, I recommend adding the flavorings after straining. Sometimes the set-aside fruit is not very potent because a lot of the flavors have been extracted, but it can still have some wonderful uses. Do not feel bad discarding the fruit, as our intention for this preserve was to extract the flavors for the juice.

Citrus

CITRUS JUICE can be such a delight to have in a concentrated form to splash into sparkling water or add to dressings and sauces. To extract citrus juice, it is best to use a citrus juicer and work hard to get out every drop of gold from the fruit. (The one exception would be very tiny citrus fruits like kumquats, where I would slice them in half and use the first technique.) Once you

have the juice, you can choose to add whatever amount of any sweetener you like. I like to have a strong enough concentrate so that just a splash is needed—usually 1 part sweetener to 4 parts juice. Once you reach your desired concentration, you can simply heat up the syrup, ladle it into jars, and process in a hot water bath (see page 31).

*Quinces,
apples,
pears,
Concord grapes*

THESE ARE UNIQUE FRUITS that have tricks to extracting the juice. To extract the juice and flavors from quinces, apples, and pears, simply chop the fruit into large chunks and then just barely cover with water. Cover the pot and simmer the fruit for 1 hour. The flavors will extract from the fruit, and you can then concentrate it with sugar. I usually follow the same concentration of 1 part sweetener to 4 parts juice. (For grapes, see the instructions on page 167.)

NOW THAT YOU HAVE EXTRACTED the juices and added sweetener to concentrate them, you can also add herbs and spices. It is best to add these when you are heating your fruit. It can make your syrups very interesting! There are endless options. Some of my favorites are elderberry thyme, strawberry lavender, orange vanilla, and apricot chile.

PRESERVE THE SYRUP while it's still hot by pouring it into bottles or jars and processing in a hot water bath canner according to the instructions on page 31.

*Great
with
sparkling
water
for parties!*

Select fruit for making Syrup



add sugar and let sit
12-24 hours



heat and strain





Bottle and enjoy!

3. Shrubs

Fruit + Vinegar + Sweetener (optional) + Herbs and Spices (optional)

NOTHING has excited me more in the world of preserving food than when I discovered shrubs—and it's not bushes that I'm speaking of! Shrubs are an old-fashioned way of preserving fruit juice with vinegar. When I say old-fashioned, I'm talking thousands of years ago! Shrubs originated in the Middle East in places where it was against religious beliefs to consume alcohol. If you combine fruit with vinegar, then you bypass the alcohol stage of fermentation, so rather than making wine, you are making shrubs. Sugar was also added to the mix, as it is a wonderful preservative, and before refrigeration and hot water bath canning, food preservation was especially important.

VINEGAR is very refreshing to drink in hot, dry climates, because the sourness actually makes one salivate and it feels extra thirst-quenching to the palate. This is another reason that shrubs were the perfect drink for people in the Middle East, which has that exact kind of climate. The word *shrub* comes from the Arabic word *sherab*, which means “to drink” or “drink.” This shows you how common these beverages were in this part of the world.

THERE IS NOT a lot written about the recipes used during ancient times. Traditionally, shrubs were made with equal parts fruit, vinegar, and sugar. This was so the vinegar and the sugar could preserve the fruit over a long period of time. I have this idea that shrubs used to be almost a health tonic. The vinegars can be infused with all sorts of herbs and plants that have healing properties, like ginger, nettles, fennel, and turmeric, to name a few. Then the vinegar can be combined with fruit juices that are loaded with antioxidants and vitamins, such as oranges, pomegranates, berries, and lemons. Then sugar is added to the liquid to avoid spoilage; with all this, you can prevent way more than just scurvy! I like to envision an antique apothecary putting together medicinal shrubs, and families having different bottled shrubs for different maladies (although I have researched and have not found any proof of this as of yet).

*I don't like
to choose
favorites
but...
shrubs
are my
favorite.*

THE MIGRATION of *sherab* led to the drink joining the cocktail movement in England and getting a new name, and then crossing the seas in the early 1700s to the United States. A lot has been written about this part of shrubs history and it goes by many different names and incarnations. One can really nerd out on this part of history following the journey of shrubs, but I am going to jump to modern times.

I HAVE BEEN preserving fruits since 1999 and doing so as a full-time job starting in 2002. It wasn't until about 2006 that I started to hear whispers of preserving fruit into shrubs, and I didn't really catch the bug until 2008. At first I wanted to follow traditional recipes of one-third fruit or fruit juice to one-third vinegar to one-third sugar. But, I quickly realized that was just too sweet for me—as you know, I like preserves to be very fruit forward! So, I started experimenting and I developed a ratio closer to three-fifths fruit to one-fifth vinegar to one-fifth sugar. I started broadcasting that ratio in my workshops and then I realized that was also too confining.

YOU SEE, there is so much experimenting you can do with shrubs! Remember our talk on food safety (see page 20)? Well, with shrubs, food safety is not a concern because the fruit is acidic, the vinegar is acidic, and sweeteners of all types are preservatives. For this reason, it is difficult and confining to write a master “recipe” for shrubs because it is more an idea of how you can work with fruit, vinegar, herbs, and sweeteners. You can imagine a MILLION combinations coming from the variety within those four ingredients. The mind expands to all parts of the world's creations! There are two thousand varieties of fruit in the world. There are thousands of types of vinegars that can be made from all those fruits, or grains, or different types of sugars. When you look up culinary herbs and spices, there are hundreds listed in alphabetical order, and looking at that list can make your kitchen spice cupboard look bare despite the eclectic mix of jars. There are also many sweeteners that are derived from all sorts of plants. Wow, I can't tell if I am excited or overwhelmed! I think I am excited. Because here is the thing about shrubs: You can experiment with any combination of the ingredients mentioned above and be pretty sure that it will come out tasting good if you follow a few guidelines. That is a lot to say for experimenting in the kitchen! So feel liberated and have fun!

BASIC FUNDAMENTALS

* DRINKS *

FRUIT

Shrubs are the most forgiving preserve for fruits. When my son was younger, he called blemished fruit “grumpy” fruit and shrubs give this grumpy fruit a place to be appreciated. Shrubs can be the best place to preserve fruit that you are unsure what else to do with, like persimmons, kiwis, or pomegranates. It is also a great way to preserve fruit that can be very labor intensive, such as fruit that has a lot of seeds or blemishes or is very tiny and needs to be destemmed, pitted, or otherwise processed. With shrubs you can extract the juices from the fruits as mentioned on page 167 for making juices and syrups. But you can also simply infuse the fruit directly in the vinegar to extract the concentrated flavors from the fruits. You can leave stems and pits as part of the process; they will not affect the outcome. How easy is that?



VINEGAR

Vinegar is created by fermenting sugars in a 5 to 20 percent acetic acid. This can happen naturally over time, or can be encouraged with the introduction of a “mother” culture to start the process. Vinegar is made from fruits, grains, alcohol, and even kombucha. It is the final stage of fermentation for these sugars and happens over time with the natural yeasts in the air. So if you leave kombucha to ferment too long it just turns into vinegar, which you do not have to throw away, but you can use to make shrubs! Every year we have an apple cider–pressing party and we always leave some of the raw, fresh juice out to become apple cider vinegar.

You can use any vinegar you like for making shrubs since we are not relying on the acidity of the vinegar to keep it safe. My favorite vinegar to use is apple cider vinegar. Apples grow all over the United States, so it is very easy to find a local, organic apple cider vinegar. It is also naturally sweet and mild in

flavor, which is nice for drinking. Apple cider vinegar has had cult followings for hundreds of years for all of its healthful qualities, so using it as a drinking vinegar makes a lot of sense in that way, too. But you can experiment and use any vinegar you like, even that sour batch of kombucha that tastes a little too vinegary to drink on its own.



CULINARY SPICES AND HERBS

Now this is where it really gets exciting! I always say that shrubs are a great way to clean out those spice jars that have been sitting around a little too long. Adding copious amounts of spices and herbs to shrubs is what makes them really achieve interesting layers of flavors. I really believe there is a place for every single culinary spice on the planet in some kind of shrub, and I cannot say that about any other fruit preserve. Usually I tell



people to err on the side of caution when experimenting with different spices and herbs in making fruit preserves . . . this is not the case for shrubs. I encourage you to use more spices and really go for it! Shrubs are a condensed liquid intended to be diluted into a drink, dressing, or marinade. The flavors need to be really strong so that when you dilute them you can taste the different layers. This is what makes shrubs a very interesting drink to serve with or without an alcoholic beverage.

I commonly use anywhere from two to six spices or herbs in my shrubs, and I have discovered some spices and herbs that I use in a lot of my shrub recipes. I almost always add some of the following: bay leaf, whole black peppercorns (or some form of whole pepper), juniper berries, and allspice. They add body to the shrubs but are not necessarily the main flavor you taste. Then I layer other outstanding flavors on top of those—and here is where the sky is the limit! Any herb, fresh or dried. Any spice, whole or ground. And they're off!

SUGARS/SWEETENERS

I have discovered over time that with modern refrigeration and hot water bath canning, sugars and sweeteners are completely optional in making shrubs. We are not relying on them to preserve the fruit, keep it safe, or encourage it to gel or solidify in any way. The main thing that sugar can help with in shrubs is maintaining a brightness of color, and of course making a shrub sweeter. Sugars also help concentrate the flavors of the shrub and encourage a little to go a long way in the final product. But with so many people trying to cut out sugars, I like to note that it is completely optional in this type of fruit preserve.

That being said, you can use any type of sweetener you like, liquid or granulated, understanding that they will each impart their own flavor and color to the shrub. The options are once again endless, so experiment and have fun with it! Embrace the freedom.



TO HEAT OR NOT TO HEAT

With shrubs, you have a decision to make in the final stage: whether to strain them raw or heat them and then strain. Leaving the ingredients raw ensures you benefit from their healthful properties, as they retain all their nutrients and the flavors tend to be more subtle and light. When you heat the ingredients before straining, it tends to pull out more juice and intensifies the flavor. The choice is yours!





Prepare your fruits
and add all ingredients to a jar.



Let sit to macerate.



heat (optional) and strain



bottle and enjoy!

PROCESS OPTIONS FOR SHRUBS

1

PERISHABLE, KEEP REFRIGERATED

THIS FIRST PROCESS for making shrubs requires you to keep the shrub refrigerated (as the title implies). It is a good choice for small shrub experiments, which can be a lot of fun. Combine the fruit with the vinegar, possibly some herbs or spices, and the sweetener of your choice. Then put a lid on the jar, leave it out on your counter, and get cozy on the couch with your tea and a book. It can be that easy! Then put the jar in the fridge after 3 to 5 hours. The fruit may need to extract a little longer if it is in larger pieces. After 3 days, taste a small amount and see if the flavors of the fruit have been extracted or if you would like it to go longer. Fruits that are small and have tender skins, such as raspberries and blackberries, can release their flavors faster. Firm stone fruits or apples may take a bit longer. The worst thing that can happen if you let it sit out too long is a vinegar mother can begin to develop inside your jar. If that happens, simply remove it and pop your shrub into the fridge. The resulting drink will be sourer than if you had put it in your refrigerator earlier. You can either strain out the fruit before you use the shrub or strain it out before you put it in the fridge. It works either way.

IT'S EASY

Here is an example of how easy it can be to try out a shrub: You are cleaning up after dinner and putting some leftovers away, and you notice half a basket of raspberries sitting in your fridge. They are going to be on their way out if you don't do something with them by morning. You take them out and put them in a jar. You already had apple cider vinegar out to make your salad dressing with dinner, so you add a splash to the jar. There are some mixed chopped herbs left on the cutting board that didn't make it into the lasagna, so you toss them into the jar instead of the compost. You could be good there, but you decide to include a bit of honey in the jar when you add some to your after-dinner tea. Making a shrub can actually be a part of the cleanup process!

2

SHELF STABLE, HOT WATER BATH CANNED, REFRIGERATE AFTER OPENING

THIS SECOND PROCESS should be reserved for the bigger batches that you make. If you are going to make more than 1 qt [960 ml] of a shrub, I recommend hot water bath canning it to make it shelf stable. You will probably take a long time to use that amount; 1 qt [960 ml] is a lot

for a liquid that you are going to dilute. Once you preserve a shrub in a hot water bath, it will remain shelf stable as long as that seal stays good (aka forever).

For this method, you can experiment with the same amount of freedom as you do with a refrigerated shrub. After your 3-to-5-day infusion is over, simply pour all

of the contents into a nonreactive pan and heat it up just to a boil. Strain the solids through a strainer and collect the liquids. While the juice is still hot, pour it into bottles or jars and process in a hot water bath canner according to the instructions on page 31.

TROUBLESHOOTING

* DRINK MAKING *

CAN I DOUBLE A BATCH?

Yes! The size of your batch really depends on the size of the container you have to fit it in. You can expand or contract these recipes by adjusting the ratios accordingly. There is a lot of freedom in these recipes!

WHAT IF MY JUICE TURNS DARK?

It is very common after cooking and adding spices and herbs that your juice can turn dark. This is especially true of citrus juices over time. Do not worry if the juice turns darker, as it is natural and will brighten up as it is diluted. The safety is not affected by the color!

WHAT ABOUT THE SEDIMENT IN THE BOTTOM OF THE BOTTLE?

It is natural that sediment will settle in these juices. Just give it a little shake before gifting or serving!

IS IT POSSIBLE TO LET IT SIT OUT TOO LONG?

Yes and no. Just juice should not be left out at all; it should be refrigerated or hot water bath canned. When a combination of juice and sugar sits out too long it does not spoil but begins fermenting. It gets slightly carbonated, then slightly alcoholic, and then turns into vinegar. It is

always on the way to somewhere! Juice and vinegar just becomes more sour and vinegary if it sits out too long.





Concord Grape Juice

One of my favorite flavors on the planet is Concord grape, and cooking the grapes really pulls out the strong flavor and color from the skins and develops that tart flavor of the Concord. Every year my husband and I would go pick Concord grapes at the farm of a friend who cared less about the ConCORDs than the other varieties of grapes growing on his land. It was always an adventure as we filled our wagon with the sweet purple globes. We all ate while we picked the fruit, including our black Labrador, who would strip the grapes from the vine while we were picking.

In October of 2002, I was full-term pregnant when we harvested a whole carload and brought them home. My actual due date was the following morning, and I felt a little funny when I woke up and I thought, *We better press those grapes in a hurry or we will never get it done.* So my husband, son, and I spent the morning and afternoon pressing 150 lb [68 kg] of Concord grapes into juice. It was the perfect, delicious activity to do while I was in labor. At 5 p.m. that night, our daughter was born and “Uva” became one of the names we considered for her. That juice truly was a labor of love! The flavor of the juice is just that good; I didn’t want to let it pass us by.

20 lb [9 kg]
Concord grapes

2 cups [480 ml]
water



YIELDS
Twelve 16 oz [480 ml] jars

Wash and dry the grapes. Put the grapes and water in a large stockpot over medium heat and simmer with a lid on the pot to collect the steam. If you can’t fit all of the grapes into one pot, it is fine to break them up into as many batches as you need; just be sure to divide the water equally between the batches, as it prevents scorching and creates steam to cook the grapes. You can fill the pot all the way to the top.

After 10 minutes, check on the grapes and start mashing them once they are softened and start to break apart. The juices will start to be released from the grapes and rise in the pot, and soon it looks like a soupy mass. Simmer with the lid on for another 10 minutes.

Pour the contents through a fine-mesh strainer and press hard on the pulp to retrieve as much of the juice as you can. Filter the juice through a jelly bag or other fine-mesh cloth to strain out residual solids or sediment. Some people let the juice sit overnight to let the sediment settle to the bottom, and then carefully pour the juice out, leaving behind the sediment. I prefer to simply bottle up my grape

juice after I am done straining it; just be careful about not pouring out the sediment from each jar when using it! Either way is fine.

You can bottle the juice and keep it in the refrigerator, or process it in a hot water bath canner. To do so, prepare twelve 16 oz [480 ml] jars for storing the finished juice. In a pot over medium-high heat, bring the juice to a boil. While the juice is still hot, fill the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 14 minutes (see page 31). Jars will keep for up to 1 year.

Lemon Juice

I remember the first time it dawned on me that I could preserve my own juices simply by bottling them. Somehow I had never thought of it before; you do not hear about that many people doing it. There are definitely different qualities of lemon juice out there and I find that juicing and making your own is simply the best. When you make things in small batches, you really ensure that you are doing all of the steps in the freshest way possible. You juice the lemons, then immediately bottle the juice, whereas larger manufacturers may take several days between steps. You can really taste the difference! Of course, fresh lemon juice is superior, but bottled lemon juice is a perfect stand-in when needed.

If you juice a lot of citrus in your home, then it is a good idea to get a citrus juicer you really enjoy using, whether it is manual or electric. The great thing about metal electric juicers is that they clean the peels from the pulp of the fruit and make it very easy to turn the peels into something else later (see Candied Citrus Peels, page 271).

10 lb [4.5 kg]
lemons (about
40 medium
lemons)



YIELDS

Six 8 oz
[240 ml]
jars

Wash and dry the lemons. Cut the lemons in half and juice them, collecting the juice in a large bowl.

To freeze the juice, fill ice cube trays with juice and place the trays in the freezer overnight. Put the frozen lemon cubes in a zip-top plastic bag in the freezer. Or freeze the juice in any container you wish, leaving enough headspace for expansion. It may seem a shame to heat up your amazingly fresh lemon juice when it comes time to use it, but it will be far superior to any bottled lemon juice you can buy!

To process the juice in a hot water bath canner, prepare six 8 oz [240 ml] jars for storing the finished juice. Heat the lemon juice in a nonreactive pot over medium-high heat until it reaches 200°F [95°C]. Remove the pot from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Elderberry Juice

Elderberries have been used medicinally in many parts of the world for hundreds of years. They are high in vitamin C and antioxidants, and they boost the immune system. One great way to preserve this healing tonic for flu and cold season is to make this juice. Elderberries grow all over North America and Europe and are commonly planted as hedgerows. I remember the first time I realized that the hedgerow by the river of the farm that I was managing was all elderberries. I was a new mother and very interested in natural therapies. I saved a bunch of money by making this elderberry syrup from the fresh berries and just let my child drink it up whenever a cold was coming on. If you cannot find fresh elderberries, then dried will work fine.

5 lb
[2.3 kg] fresh
elderberries (or
2½ lb [1.1 kg]
dried)

4 cups [960 ml]
water

½ cup
[25 g] peeled
and sliced
fresh ginger

1 cup [340 ml]
honey



YIELDS
Six 16 oz [480 ml] jars

Prepare six 16 oz [480 ml] jars for storing the finished juice. Wash and dry the elderberries. Remove the large stems and leaves from the elderberries and combine the fruit with the water and ginger in a large saucepan over medium heat. Simmer with the lid off for 25 minutes. The berries will get soft and release their juices, and the liquid will reduce by about half and get concentrated. Remove the pan from the heat and strain out the juice. Add the honey and stir it in completely. Fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

VARIATION: Elderberry Thyme Syrup has the added medicinal quality of thyme, which is very good for the lungs. I also add more honey to make it into a thicker syrup that can be taken as a cough syrup or diluted to make other drinks as well. You can choose to preserve half of your elderberries this way and the other half as juice.

Follow the instructions for Elderberry Juice except add 1 cup [40 g] thyme after the initial 25 minutes of cooking and let it steep in the warm juice for 15 minutes. Strain out the berries and the thyme together and follow the rest of the instructions, adding 2 extra cups [680 g] of honey.

Watermelon Basil Lime Syrup

Over the years, people have asked what you can do with melons. Syrups and shrubs are a great way to preserve melons, and they make such refreshing drinks! This blush pink looks great with a sprig of fresh basil as a garnish. You can always set aside the rinds and use them for pickled watermelon rinds.

8 lb [3.6 kg]
watermelon (about
1 medium-size
watermelon,
any color)

3 cups [720 ml]
fresh lime juice

1 bunch basil
leaves, finely
chopped

1 or 2
jalapeños,
sliced into
thin rounds
(optional)

3 cups [600 g]
organic cane
sugar



Wash and dry the watermelon. Remove the rind from the melon, cut the melon into bite-size chunks, and put the fruit in a large pot. Drizzle the lime juice over the fruit, add the basil and jalapeños, if using, and toss. Add the sugar, toss, and let the fruit sit at room temperature for 3 hours or up to overnight.

Place the pot over medium-high heat and bring to a boil. As soon as the fruit comes to a boil, remove it from the heat and strain out the syrup. You can bottle the syrup and keep it in the refrigerator, or process the syrup in a hot water bath canner. To do so, prepare ten 8 oz [240 ml] jars for storing the finished syrup. Remove the syrup from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Orange Vanilla Syrup

This is one of the best drinks ever. It is like a creamsicle when added to soda water and will be a huge hit with kids of all ages! In fact, it has the power to draw out one's inner child! The sugar is added in this drink to really condense the flavors, so treat it as a syrup that needs to be diluted. My favorite ratio for using this syrup is six parts sparkling water to one part syrup.

4 cups [960 ml]
fresh orange
juice (homemade
or store-bought)

2 cups [400 g]
organic cane
sugar

Seeds and pod of
½ vanilla bean,
split and
scraped



YIELDS
Five 8 oz [240 ml] jars

Put the orange juice, sugar, and vanilla seeds and pod in a large nonreactive pot over medium heat and bring to a simmer. After 5 minutes, remove the vanilla pod. You can bottle the syrup and keep it in refrigerator, or process the syrup in a hot water bath canner. To do so, prepare five 8 oz [240 ml] jars for storing the finished syrup. Remove the syrup from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Peach Rosemary Syrup

I have made this syrup with white and orange peaches. The white peaches turn a gorgeous blush from their skins, and orange peaches create a golden syrup. Both have their different flavors and I absolutely love them. This syrup is a delicate preserve that goes way beyond just being a beverage and will surely be a powerhouse in your pantry. Try caramelizing Brussels sprouts with this syrup! You will be delighted you did.

3 lb [1.4 kg]
peaches

1/2 cup [120 ml]
lemon juice

1 1/2 cups
[300 mg] organic
cane sugar

2 Tbsp fresh
rosemary leaves,
destemmed
and separated
(optional)



YIELDS

Seven
4 oz
[120 ml]
jars

DAY 1 Wash and dry the peaches. Slice the peaches in half, remove the pits, and chop the fruit into chunks. Place the fruit in a medium nonreactive pot and add the lemon juice and sugar. Let sit at room temperature overnight or up to 24 hours.

DAY 2 Look how much juice has pulled out from the fruit! Put the pot on the stove over medium heat and add the rosemary, if using. Simmer with the lid on for 5 minutes. Drain the fruit through a strainer and collect the syrup. Be patient and let every drop come out. You can reserve the fruit for a tart or cobbler. You can bottle the syrup and keep it in the refrigerator, or process the syrup in a hot water bath canner. To do so, prepare seven 4 oz [120 ml] jars for storing the finished syrup. Remove the syrup from the heat and fill the jars, leaving 1/2 in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

See photos on pages 170–73.

Blackberry Sage Syrup

This syrup is a wonderful way to preserve an abundance of blackberries and adds spectacular color to whatever you use it in! You can add a splash to sparkling water, use it to make purple frosting or icing, or as a replacement for a balsamic reduction in cooking. I like the aroma of the sage with blackberries, but you can add any spices, herbs, or flavors that you wish! The possibilities are endless.

5 lb [2.3 kg]
blackberries

½ cup [120 ml]
lemon juice

3½ cups [700 g]
organic cane
sugar

8 sprigs sage
(optional)

1 Tbsp allspice
(optional)



YIELDS

Eight to
ten 8 oz
[240 ml]
jars,
depending
on how
thick the
syrup is

DAY
1

Wash and dry the blackberries. Place the blackberries in a large nonreactive pot, drizzle the lemon juice evenly over them, and sprinkle evenly with the sugar. Let sit at room temperature for 3 hours or up to overnight.

DAY
2

Add the sage and allspice to the berries, if using, and place the pot on the stove over high heat. Bring the contents to a boil and then simmer for 15 minutes.

Strain the contents through a fine-mesh strainer or a flour sack into a large bowl and let drain completely. It may be sad to discard the blackberry pulp, but you have truly extracted the flavor from the berries!

Now is a good time to taste your syrup. If you think it is missing anything you can add it now, such as more sugar, spices, jalapeños, etc. You should have about 10 cups [2.4 L] of syrup. If you are going to use it as a concentrate for drinks, you can jar it up at this point. If you would like to thicken it, simply return the juice to a pot over high heat and boil it for 20 minutes longer to reduce it into a thicker syrup.

Once you get it to the stage you desire, you are ready for the hot water bath canner. To do so, prepare eight to ten 8 oz [240 ml] jars for storing the finished syrup. Remove the syrup from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Strawberry Ginger Shrub

Strawberry with spicy ginger is such a refreshing combination for a hot day. Shrubs can also be refreshing for a day on the mountain après ski. We like to take our shrubs to the snow and make snow cones out of them! Is that too much fun?

This recipe is a good example of how you can make a shrub by first extracting the juice from the fruit by macerating it overnight with sugar. You can do this for any bush berries or stone fruits and the syrup that you extract will be extremely condensed, pure, and powerful. You need to use a certain amount of sugar with this technique to extract the juice from the fruit.

4 lb [1.8 kg]
strawberries

1 lb [455 g]
organic cane
sugar

3 cups [720 ml]
apple cider
vinegar

8 oz [230 g]
fresh ginger,
grated



YIELDS

Six 8 oz
[240 ml]
jars

DAY 1 Wash and dry the strawberries. Remove the leaves from the strawberries (but it is OK to leave the calyx on). Put the whole berries in a large nonreactive pot and sprinkle with the sugar. Let macerate at room temperature overnight or up to 24 hours. You can also let it sit for up to a week in the refrigerator.

DAY 2 Look how much juice has been extracted from the fruit! Place the pot over high heat and bring to a boil and then simmer for 10 minutes. Remove from the heat and drain the syrup through a strainer. Set the macerated strawberries aside to use in a tart or milkshake! Combine the strawberry syrup, apple cider vinegar, and grated ginger in a clean glass jar. Let the shrub infuse in your refrigerator for 3 days. The shrub is now ready to use. If you would like to bottle and preserve the shrub, prepare six 8 oz [240 ml] jars for storing the finished shrub. Add the shrub back to a nonreactive pot and bring to a boil. Remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Orange Bay Rosemary Shrub

Mimosas are a very popular drink, and the orange juice tastes so good with a mix of slightly sour and sweet bubbles. When you serve this shrub with sparkling water it provides that enjoyable combination, and I add some rosemary and juniper berries to dress it up a little bit more. It can be so nice to have an option of a special mocktail at the table. This is particularly great for holiday parties, and you can garnish with fresh rosemary or toss in some cranberry ice cubes! The sugar in this recipe helps condense the flavors so that it can be more diluted, but it can be replaced with another sweetener or eliminated altogether.

3 cups [720 ml]
orange juice

1½ cups
[360 ml] apple
cider vinegar

1 cup [200 g]
organic cane
sugar (optional)

1 Tbsp juniper
berries

5 bay leaves,
fresh or dried

2 rosemary
sprigs



YIELDS

Five
8 oz
[240 ml]
jars

Combine all of the ingredients in a glass jar with a lid. Let sit at room temperature out of direct sunlight. The flavors will infuse over 3 to 5 days. Gently agitate the ingredients once a day to help with the infusion process. If you prefer to leave the contents raw, then you can simply strain out the shrub and refrigerate. The shrub will keep for up to 1 year.

To concentrate the flavors more, transfer the contents to a non-reactive pot and bring to a simmer over medium heat. Simmer for 5 minutes, and then strain through a strainer. You can bottle and keep the shrub in the refrigerator or process the shrub in a hot water bath canner. To do so, prepare five 8 oz [240 ml] jars for storing the finished shrub. Remove the shrub from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Quince Star Anise Shrub

Quince has this amazing quality of completely transforming from inedible and chalky to velvety and floral once it is cooked. You extract the juice of the quince by cooking it in water. The water becomes completely infused with the quince flavor and turns a deep rose color. The spices in this recipe are the perfect adornment to the quince flavor. This is a great shrub to add to sparkling water and is also a great addition to salad dressings.

4 lb [1.8 kg]
quinces

4 cups [960 ml]
apple cider
vinegar

4 cups [800 g]
organic cane
sugar

1/2 cup [50 g]
star anise

1 Tbsp coriander

1 Tbsp ground
cardamom

1 Tbsp allspice



YIELDS
Twelve 8 oz [240 ml] jars

Wash and dry the quinces and chop them roughly (including the peels and cores). If you are going to use the quince pulp for another recipe, separate the cores and seeds in a pectin bag and save for another project. Place the quinces in a large pot over medium heat and just barely cover with water (about 4 qt or 3.8 L). Cover and simmer for about 50 minutes or until soft and pulpy. The liquid should feel viscous and the quinces should be soft and rosy in color.

Prepare twelve 8 oz [240 ml] jars for storing the finished shrub. Strain the quince juice from the pulp through a cloth and measure the juice; you should have about 8 cups [2 L]. Set the pulp aside for another project (such as Membrillo, page 258). Transfer the juice to a large nonreactive pot, add the vinegar, sugar, star anise, coriander, cardamom, and allspice, and bring to a simmer over medium heat. Simmer for 10 minutes, and then strain through a strainer. Fill the jars, leaving 1/2 in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Pomegranate Black Pepper Shrub

Pomegranates are an ancient fruit and can be difficult to preserve. They naturally have a very low amount of pectin, which makes them difficult to turn into a jelly without adding extra pectin. Their seeds make them problematic to be turned into chutney or other preserves. Shrubs seem to be the perfect place to start with them. The final goal in making shrubs is to have the perfect balance of sweet and tart in a most refreshing beverage, and that makes pomegranates a great candidate.

3 cups [720 ml]
pomegranate
juice
(from about
5 pomegranates)

1 cup [240 ml]
apple cider
vinegar (or
other vinegar)

1 cup [200 g]
sugar or 1 cup
[340 g] honey

2 Tbsp black
peppercorns

2 Tbsp cardamom
pods

2 Tbsp orange
peels

2 large bay
leaves, fresh
or dried

The best way to juice a pomegranate is to cut it in half and use a citrus juicer to press the juice out. I have read this can impart a bitterness to the juice, but I have not experienced that and you save so much time not removing all of the seeds! Put the juice in a large glass jar, add the vinegar, sugar, peppercorns, cardamom pods, orange peels, and bay leaves, and let it sit at room temperature for 3 to 5 days. It is great to shake the jar periodically during this time to release the flavors of the spices.

Drain the spices and *voilà!* You have a shrub. You can bottle the shrub and keep it in the refrigerator, or process the shrub in a hot water bath canner. To do so, prepare five 8 oz [240 ml] jars for storing the finished shrub. Transfer the shrub to a nonreactive pot and bring to a simmer over medium heat for 5 minutes. Remove the shrub from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.





Bergamot Earl Grey Tea Shrub

Bergamot is a type of orange that has an extremely floral essence in the peel. The oils from bergamot are used to flavor high-quality Earl Grey tea. The flavors of the two have come together for centuries in tea and now I am combining them in a modern fusion with a shrub. The result is fantastic and a perfect, refreshing afternoon pick-me-up on a hot day. Taste the innovation.

2 cups [480 ml]
lemon juice

1½ cups
[360 ml] apple
cider vinegar

1 cup [200 g]
organic cane
sugar

⅓ cup [80 ml]
black tea

Juice and peel
of 1 bergamot
orange



YIELDS
Four 8 oz [240 ml] jars

Combine all of the ingredients in a glass jar with a lid. Let sit at room temperature out of direct sunlight. The flavors will infuse over 3 to 7 days. Gently agitate the ingredients once a day to help with the infusion process. I choose not to cook this shrub, as the tea and the citrus rind are sensitive to heat and I prefer their influence to be subtler. If you would like to concentrate the flavor more, you can heat the ingredients together after 1 week in a medium pot over low heat until just warm.

Pour the contents through a strainer and put in clean bottles to keep for up to 1 year in the refrigerator.

Or, to process the shrub in a hot water bath canner, prepare four 8 oz [240 ml] jars for storing the finished shrub. Transfer the shrub to a nonreactive pot and bring to a simmer over medium heat. Simmer for 5 minutes. Remove the shrub from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Lemon Beet Ginger Shrub

I came up with this recipe because I was making lemon shrub, but I wanted to add some of my favorite color and make it pink! Beets are also a great source of iron and other vitamins and minerals, and they give this drink a more earthy tone. The ginger gives it kick and adds more to its medicinal and therapeutic qualities!

2 cups [480 ml]
lemon juice

1 cup [240 ml]
apple cider
vinegar

1 cup [200 g]
organic cane
sugar

1/2 cup [75 g]
beets, sliced
into 1/4 in
[6 mm]
half-moons

2 oz [56 g]
fresh ginger,
grated

2 bay leaves,
fresh or dried



YIELDS
Three 8 oz [240 ml] jars

Combine all of the ingredients in a glass jar with a lid. Let sit at room temperature out of direct sunlight. The flavors will infuse over 3 to 7 days. Gently agitate the ingredients once a day to help with the infusion process.

Pour the contents through a strainer and put in clean bottles to keep for up to 1 year in the refrigerator.

Or, to process the shrub in a hot water bath canner, prepare three 8 oz [240 ml] jars for storing the finished shrub. Transfer the shrub to a nonreactive pot and bring to a simmer over medium heat. Simmer for 5 minutes. Remove the shrub from the heat and fill the jars, leaving 1/2 in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Plum Cardamom Shrub

Plum is a fruit that combines well with vinegar. It has a very tart flavor that is balanced so nicely with the sourness and sweetness of this preserve. This can also be a great way to use the tiny backyard plums that would be too much effort to turn into jam or butter. This shrub works really well with Asian cooking in stir-fries, sauces, or marinades. The flavors add such depth to any dish that it can make cooking an interesting meal that much easier.

2½ lb [1.2 kg]
plums

2 cups [480 ml]
apple cider
vinegar

½ cup [100 g]
organic cane
sugar

1 tsp ground
cardamom

4 bay leaves,
fresh or dried

2 whole star
anise



YIELDS
Four 8 oz [240 ml] jars

Wash and dry the plums. Slice into quarters, discarding the pit.

Combine all of the ingredients in a glass jar with a lid. Let sit at room temperature out of direct sunlight. The flavors will infuse over 3 to 5 days. Gently agitate the ingredients once a day to help with the infusion process. If you prefer to leave the contents raw, then you can simply strain out the solids, pour the liquid into jars, and refrigerate. Jars will keep for up to 1 year.

To concentrate the flavors more, transfer the contents to a non-reactive pot and bring to a simmer over medium heat. Simmer for 5 minutes, and then strain through a strainer. You can bottle and keep the shrub in the refrigerator or process the shrub in a hot water bath canner. To do so, prepare four 8 oz [240 ml] jars for storing the finished shrub. Remove the shrub from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Strawberry Coffee Shrub

This is **INSANELY** good. There is something about combining coffee with fruit and vinegar that just makes you think, *Why haven't I had this before?* It is actually such a natural fit because when coffee berries are roasted thoughtfully, you will taste hues of sweet fruits and acids. It is like three long-lost friends who bring out the best in each other.

4 lb [1.8 kg]
strawberries

7½ cups
[1.8 L] apple
cider vinegar

4 cups [800 g]
organic cane
sugar

2½ cups [251 g]
whole roasted
coffee beans
(fresh-roasted
Ethiopian is my
favorite)



YIELDS
Eleven 8 oz [240 ml] jars

Wash and dry the strawberries. Combine all of the ingredients in a glass jar with a lid. Let sit at room temperature out of direct sunlight. The flavors will infuse over 3 to 5 days. Gently agitate the ingredients once a day to help with the infusion process. If you prefer to leave the contents raw, then pour the contents through a strainer and put in clean bottles to keep in the refrigerator for up to 1 year.

To concentrate the flavors, simply transfer the contents to a non-reactive pot and bring to a simmer over medium heat. Simmer for 5 minutes, and then strain through a strainer. You can bottle and keep the shrub in the refrigerator or process the shrub in a hot water bath canner. To do so, prepare eleven 8 oz [240 ml] jars for storing the finished shrub. Remove the shrub from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

VARIATION: You can try making this shrub with other **bush berries or stone fruits**.

Kumquat Saffron Shrub

This is one of my favorite things to do with kumquats because it does not take that much time to prepare. It really creates an exotic drink that can add a simple level of sophistication to your day. Kumquats have an intrinsic dichotomy between sweet and extremely sour. When you add the saffron, it makes the color so luxurious—like a divine nectar! This shrub can be served at a special occasion or simply added to sparkling water for your own special treat.

1 lb [455 g]
Nagami kumquats

1¼ cups
[300 ml] apple
cider vinegar

½ cup [170 g]
honey

½ tsp saffron

½ tsp ground
cardamom



YIELDS
Four 8 oz [240 ml] jars

Combine all of the ingredients in a glass jar with a lid. Let sit at room temperature out of direct sunlight. The flavors will infuse over 1 week. If you prefer to leave the contents raw, then pour the contents through a strainer and put in clean bottles to keep in the refrigerator for up to 1 year.

See photos on pages 178–81.

Heating the ingredients can help draw out more liquid and flavor, but will cook them. If you prefer to heat the ingredients, put them in a pot and bring to a simmer over medium heat. Simmer for 4 minutes. Pour the contents through a strainer. You can bottle and keep the shrub in the refrigerator or process the shrub in a hot water bath canner. To do so, prepare four 8 oz [240 ml] jars for storing the finished shrub. Remove the shrub from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see pages 31). Jars will keep for up to 1 year.



Drinking Vinegar

A good friend of mine cannot have any sugar at all in her diet, not even from fruits. And so I started thinking of how I could infuse flavors in vinegar so that she could enjoy a refreshing beverage. I started experimenting with citrus peels and spices. Then I got to thinking about it and remembered that you can extract the medicinal properties of herbs in vinegar. So, if you infuse nettles in vinegar, then you are extracting the nutrients such as vitamin A, vitamin C, calcium, iron, and folic acid. It also contains phytonutrients and antioxidants. Basically, it is a superfood and a wonderful tonic to add to your diet. You will extract any medicinal qualities of the herbs and spices from this infusion and create very healthful drinks.

To remain completely sugar free, these tonics can be sweetened with stevia, which is an herb that tastes a thousand times sweeter than sugar, but contains no sugars. A boost to your day! I am including two recipes here as inspiration, but feel free to adjust and experiment according to your tastes!

ORANGE NETTLE BOOST DRINKING VINEGAR

3 cups [720 ml]
apple cider
vinegar

1 cup [100 g]
orange peel
(fresh or dried)

1/2 cup [17 g]
dried nettles

2 whole star
anise

1 cinnamon stick

1 Tbsp
whole black
peppercorns

1 tsp dried
stevia leaves
(or 10 drops
liquid stevia)

PINK GINGER DRINKING VINEGAR

3 cups [720 ml]
apple cider
vinegar

1 Tbsp hibiscus

1/2 cup [17 g]
dried mint

1/4 cup [10 g]
peeled, grated
ginger

Combine all of the ingredients in a glass jar with a lid and let infuse for 1 to 3 weeks, shaking the contents once a day to encourage infusion. Strain the contents and put back in the jar. The vinegar can be refrigerated or not and will keep for up to 1 year. Enjoy diluted in still or sparkling water to taste.



YIELDS

3 cups
[720 ml]

WHOLE
FRUITS,
PIE FILLINGS,
* SAUCES, *
AND BUTTERS

No. 5

The techniques for making the preserves in this chapter are very simple and a great way to use up fruit.

These are preserves where fruits are in their whole state or cooked down with very little sugar. Although less common in these modern times, preserves are easy to use once you have them in your cupboard. All the preserves in this chapter can be made using any of the alternative sweeteners or none at all, depending on your preference, without affecting the safety or consistency of the preserve.

Whole fruits are large chunks of fruit suspended in a light syrup. In the wintertime, when a lot of fruit is out of season, it's a sweet surprise when you can still open a jar of preserved raspberries for your morning yogurt!

Pie fillings are some of the best preserves to have on hand when you want to whip up a quick dessert—just waiting for you in jars in your cupboard for when you need them most! They can be used in galettes, pies, crumbles, and more. You do not need to make a big batch of one kind of preserve—a few jars of this and that add variety. Spiced

apricot pie sounds pretty good in January!

Sauces and butters are very similar to one another; they are both made using the same technique, but, for butter, you add more ingredients and cook at a lower temperature for a longer amount of time. By cooking down the fruit at a lower temperature and for a longer period of time, the sugars begin to caramelize and develop a delicious flavor unique to fruit butters.

Have fun experimenting with the techniques in this chapter and preserving fruits in a whole new way!

WAYS TO

PRESERVE FRUIT

1.

WHOLE FRUITS

Fruits preserved in large pieces in a syrup, water, or fruit juice.

2.

PIE FILLINGS

Slivers of fruit in a thick syrup.

3.

SAUCES

Fruits cooked down with little or no sugar.

4.

BUTTERS

Fruits cooked into a thick paste until sugars caramelize.

Preserving whole fruits is one of the most used fruit preserve recipes in my home kitchen. I often think of fruit preserves as the busy person's solution to eating slow food that can be prepared fast. I know that may sound like a contradiction, but in preserving fruits we make slow food accessible every day of the year. It also makes eating local, organic fruits easy to do year-round. Those fruits that are here for a moment in spring and summer can be enjoyed year-round, and preserving them whole makes them more flexible to use.

1. Whole Fruits

WHEN YOU PRESERVE FRUITS WHOLE, you have large pieces of fruit suspended in a sugary syrup that you then process in a hot water bath canner to get the lid to seal. You are not relying on the sugar to get your final preserve to gel, as with jams and marmalades, so you can experiment with different kinds of sugars, like agave, palm sugar, honey, and maple syrup. Honey is my absolute favorite sweetener to preserve whole fruits in because it is easy to source a good local honey, it imparts a nice, mild flavor, and it does not darken the fruit. But, other sweeteners have their advantages and flavors as well, and it is just a matter of preference.

WHEN USING preserved whole fruits, you can reserve the liquid for another use and use the fruit as you like. In the wintertime, just eating preserved stone fruits or bush berries is a treat in itself. They can also be used in smoothies, in milkshakes, or on top of yogurt or ice cream. You can even use them in baking pies, scones, muffins, and other desserts. The liquid can be set aside to add flavor to a dressing or marinade. It can also be added as a syrup to sparkling water for a refreshing sparkling beverage. The possibilities are endless.

YOU CAN PRESERVE nearly any fruit whole, and there are tricks depending on their color or fragility, which will make them more appetizing and gorgeous.

*fruit
Suspended
in syrup.
There when
you need
it!*





Carefully pack into jars
and cover with liquid.





PROCESS OPTIONS FOR WHOLE FRUITS

1 RAW PACK FOR BUSHBERRIES, STONE FRUITS, APPLES, PEARS, AND FIGS

THE FIRST OPTION: Tender fruits, such as bush berries and stone fruits, have their own technique for preserving whole. This is also the same technique for apples, pears, and figs. Since they are fragile you do not cook the fruit but rather pack it in the jars raw.

Selection of fruits: When preserving fruits whole in jars, it is important that the fruit is firm; slightly underripe is truly best. The firm texture helps the fruit stay together during the process of sealing the jars. If fruit is too ripe it can become mushy and look unpleasant.

Preparing the fruit for packing: For small berries, such as blackberries, raspberries, and blueberries, you can pack the fruits in the jar whole. Cherries are small enough that they can be packed into jars whole without removing the pits if you desire. Larger stone fruits should be carefully sliced so that the fruit fits nicely into the jar you are using and looks beautiful, as visuals are important in preserving fruits.

NOTE: Strawberries are problematic in that they tend to shrivel and lose their color—they taste great but look funny! So I always mix them with darker fruits

like blackberries, and slice them at least in half, as they look better that way.

Next you will pack your fruits raw into the jars. It is fun to layer them creatively and in a beautiful way. You can add a slice of citrus to the side of the jar, or add other herbs or spices to make each jar unique. Also, be sure to pack them **TIGHTLY** as the fruit will lose its structure during processing and it will float, leaving a lot of liquid in the bottom if not packed tightly enough. Pack the fruit just to the fill line of the jar.

SYRUP METHOD

You can choose to use alternative sweeteners in your syrups to cover your fruit. Understand that each of the different sweeteners will add its own flavor and color to the preserve. You can use honey, agave, maple syrup, or coconut sugar, to name a few. Most recipes are written for cane sugar, which will preserve the fruit the best in regard to color and texture. Traditional recipes call for a heavy syrup of 1 part sugar to 1 part water or a light syrup of 1 part sugar to 5 parts water. My recommended syrups are about half of that, with a heavy syrup of 1 part sweetener to 2 parts water and a light syrup of 1 part sweetener to 10 parts water. You can combine different sweeteners to taste as well. Decide which kind of sugary syrup you prefer and how strong you would like it to be. The amount and type

of sugar will help preserve the texture and color of the fruit. Remember, it is the acidity of the preserves that keeps them safe and shelf stable, and low-acid fruits should be carefully preserved following published recipes. These fruits include Asian pears, figs, some mild pears, and melons. You will see that lemon juice is added to these recipes to increase the acidity and make them safe to preserve. You have complete freedom of the herbs and spices you put in the jars.

To pack the jars, heat the syrup to boiling. You will need about 1 cup [240 ml] of syrup per 16 oz [480 ml] jar. Completely cover the fruits up to the fill line of the jar. The fruits will float above the syrup a little bit and that is OK. It is important to stay near the fill line to get a proper seal.

Processing these raw tender fruits is a little bit tricky and needs some focus for your final product to come out beautifully. Think of how tender a raw raspberry is, and now we are going to cook it for 8 minutes to seal the jar. The trick to keeping the structure of the fruit intact and not making it a mushy mess is to not boil the water of the hot water bath canner but to cook it at 200°F [95°C]. This way your fruit preserve will get hot enough to get sterilized, but won't overcook in the boiling water. Keep an eye on the canner and make sure the water does not boil. Process the fruits for 8 minutes or less for an 8 oz [240 ml] jar, 12 minutes for a 16 oz [480 ml] jar, and 20 minutes for a 1 qt [960 ml] jar. (These processing times are based on the sugary syrup being ladled into the jars piping hot.) When finished,

remove the jars from the canner and tighten the lids. They will look funny when they first come out, but beautify themselves when they cool.

2 HOT PACK FOR BUSHBERRIES, STONE FRUITS, APPLES, PEARS, AND FIGS

A SECOND CHOICE: With the hot pack method, you can preserve whole fruits in a sugary syrup, plain water, or fruit juice. This can be a great way to make a fruit preserve with no added sugar! When you preserve whole fruits in water, you can expect the final product to be very different than the canned fruits you are used to eating. The color tends to fade and the texture can be less firm, but you are eating just fruit! It can be a great way to cut sugar out of your canning. Once you open a jar of fruit preserved in just water you need to use it up within a couple of days of opening the jar, as it is more perishable once opened than fruit preserved with sugar. You can also preserve whole fruits in unsweetened fruit juice and not add any sugar. My favorites are apple juice and white grape juice, but you can use orange juice as well. It can be fun to mix flavors in a creative way. The most important thing is that you have fun with it!

In order to preserve fruit with water or fruit juice you need to use the hot pack method. In this method you will simmer the prepared fruits in the liquid until completely hot all the way through. This can take anywhere from 3 to 7 minutes, depending on the size and temperature of your fruit going into the pot. Then you pack your jars with the fruit using a slotted spoon and cover the fruit with the liquid. Wipe the rims, put on the lids, and process according to the instructions on page 217.

Quince is a fruit that has a different technique than the ones mentioned above. You need to cook the fruit in water for an hour to soften. Please see the recipe for Quince Jelly (page 256) for clarity.

3 CITRUS

A THIRD PROCESS: When preserving citrus whole, we are intending to use the entire fruit, including the rind. This makes the process unique from preserving other fruits whole.

Selection of fruits: Make sure that the citrus is freshly harvested and has good flavor. A tender and thinner rind with less pith makes for a better preserve; think mandarins, Meyer lemons, limes, and kumquats. The flesh should be juicy and flavorful and the rind thin and shiny.

Preparing the fruit for packing:

Whenever you use citrus in a fruit preserve and include the rind you need

to first cook the rind in boiling water to soften the peel. This will make the preserve more delicate and tender upon use. When preparing the citrus, you have the liberty to cut the fruit into long slivers or tiny chunks; it just depends on how you would like to use the final preserve. Simply prepare the fruits in any shape you would like and remove the seeds.

Next you will cover your prepared citrus with water in a pot and bring to a boil. This step seems like it would remove a lot of the flavor from the citrus, but by tasting the water afterward you can see that it only removes the bitterness from the peel. Boil until your rinds are tender, 10 to 15 minutes.

Next, lightly drain the fruits from the water, handling them gently to keep them intact and not pressing them down at all. Put them back in the pot and add your chosen type of sugar. This is a great place to experiment with different kinds of sugars and spices or herbs. I also like to add citrus juice to these preserves instead of water to concentrate the flavors. Cook the citrus in the sugar for 15 minutes so that the flavor impregnates the peels. Ladle the fruits and syrup into the jars, wipe the rims, put on the lids, and process according to the instructions on page 217.



2. Pie Fillings

WHEN MAKING PIE FILLINGS, you are following a similar process to the whole fruits process. The fruit needs to be handled carefully since you are preserving it whole, and firm, even slightly underripe fruit is best. But in most cases, you are going to add a thickener to the juice in the pie filling. I prefer to add agar agar, which is derived from seaweed and works quite well. Even when adding a thickener I still prefer a looser set than one that is over-gelled, as a looser set feels more natural and organic.

COMBINE 2 cups [480 ml] of water, 2 cups [400 g] of organic cane sugar, and 2 tsp of agar agar in a medium pot over medium-high heat until it comes to a boil. Turn off the heat and let the mixture sit for 5 minutes.

PIE FILLING CAN BE MADE WITH ALL SORTS OF FRUIT, and you can mix them together as well. You can use autumn fruits, such as apples, pears, and quinces, and prepare them by coring and slicing them into nice long wedges. Some of the best are the stone fruits, such as peaches, nectarines, cherries, and plums. You can peel them (if you desire) and slice them carefully into wedges around the pits. Bushberries of all types combine nicely and can be made into pie filling with this technique.

TO PREPARE BERRIES, you mostly leave them whole, only slicing the large strawberries into bite-size pieces. It is that easy! Add the prepared fruit and simmer together over medium heat for 3 minutes. Ladle into jars, wipe the rims, put on the lids, and process according to the instructions on page 217.

3. Sauces

THERE IS A LOT OF FREEDOM when making sauces, and they are easy to tailor to your individual tastes. They can be developed and complicated or as simple as just cooking down fruit. Sauces and butters are very similar to one another; they are both made with the same techniques but you add more ingredients and continue to cook down your sauce at a low temperature to turn it into a butter.

YOU CAN DECIDE what texture you would like your sauce to be. Just think of applesauce and of all the different textures it can have. There is sweetened or unsweetened. Smooth or chunky. You can leave the skins on or take them off. You can add spices or not. You can mix it with other fruits or use one singular variety. I have seen farms that make different applesauces out of different varieties of apples, and it can be a great conversation starter or tasting party. You can decide to do all of those variations of sauce with any type of fruit that you like or any combination of fruits that you like.

PREPARE the fruit by removing the leaves, stems, pits, or seeds. You can decide whether or not to leave the skins on or to remove them. Chop the fruit into chunks.

ADD the fruit to a nonreactive pot. You will need to add a little liquid to the bottom to prevent scorching (either juice, water, or sweetener). I usually add apple juice that I have canned up from the autumn.

TURN the heat to medium. You can add any spices you would like at this time. You can also add any sweetener you like at this time. Put the lid on.

SIMMER until the fruit is tender and breaks apart when pressed with a wooden spoon.

CONTINUE to cook until it reaches your desired texture. You can use a potato masher for a more chunky sauce or remove it from the heat and blend with an immersion blender until smooth. If you do not have an immersion blender, you can blend in a food processor until smooth.

TRANSFER into jars, wipe the rims, put on the lids, and process according to the instructions on page 217.

4. Butters

IF YOU CONTINUE TO COOK DOWN YOUR SAUCE,

the end result is a very smooth paste that is stiff at room temperature, like butter—that is where it gets its name. You can make butters out of any fruit, but some are better than others, as their flavors naturally lend themselves to being cooked down until they caramelize. Some of my favorites are pears, apples, and quinces. But I also love plum and apricot because turning them into a butter brings out a whole different side of them that I didn't realize was there.

BUTTERS are slightly more complicated than sauces, but not by a significant amount. You have a lot of the same options that you have for sauces, but not necessarily all of them. Butters contain layers of sweet, sour, tart, and caramel flavors. This usually means the addition of some kind of sweetener and/or vinegar. Also, the word *butter* denotes something smooth, and I feel that a chunky butter needs to come up with a different name! I mean, who ever heard of chunky butter? The nice thing about fruit butter is that you can use any type of sweetener that you like since they will turn shades of brown anyway, unlike our jams, which we are trying to keep bright. So maple syrup, rapadura, coconut sugar, and date sugar can all be used. It is a fun place to experiment. Apples, pears, quinces, and plums are the most common. You can also use peaches and apricots.

PREPARE the fruit by removing the leaves, stems, pits, or seeds. You can decide whether or not to leave the skins on or to remove them. I never remove the skins for butter because it is going to be cooked down for so long and turn dark and smooth. That saves a step!

ADD the fruit to a nonreactive pot.

ADD VINEGAR. I add apple cider vinegar to all of my butters except plum butter because plums naturally have a very strong tart flavor and do not need any more tartness. You do not need to add vinegar for safety; it is just for flavor.

ADD SWEETENER. I add some form of sweetener to all of my butters in varying amounts. This is, again, only for flavor and texture and is not at all for safety. You can feel free to experiment here with care to what the final product will taste like.

ADD SPICES— again, this is to taste and you are free to experiment.

COOK down the fruit with the lid on the pot until the fruit is tender to the touch. Stir to prevent scorching. This should take 10 to 20 minutes.

REMOVE the pot from the heat and blend thoroughly with an immersion blender until smooth. If you do not have an immersion blender, you can blend in a food processor until smooth.

POUR the butter into a glass baking dish. It is best if the butter is between ½ and 1 in [12 mm and 2.5 cm] deep in the pan. Any less and it will cook too fast, and any more and it can take too long.

BAKE in the oven at 400°F [200°C] for 2 to 4 hours. Set a timer for every 30 minutes to stir and scrape down the sides. I like to do this with a flat wooden spoon. The range of time depends on the amount of liquid and sugars in the fruit.

BUTTERS ARE FINISHED when they cook down to about half their volume and the sugars have a distinct caramelized flavor. You can test by removing ½ tsp and putting it on a plate in the freezer. The butter should not have any juices separating from it and should sit firm on the plate.

REMOVE the butter from the oven and transfer into jars. Wipe the rims, put on the lids, and process according to the instructions on page 217.







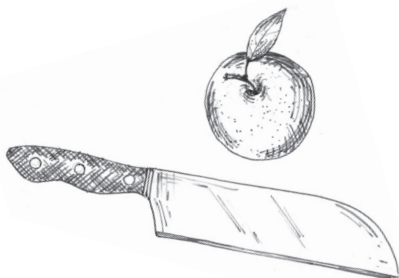
Bake butters in oven for best results.

Bottle and can to preserve.

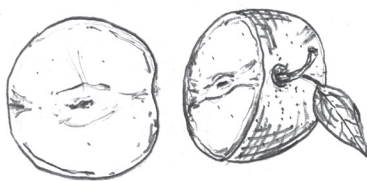




HOW TO CUT AN APPLE



- 1** Cut as close to the core as possible, just to the side of the seeds.



- 2** Keep moving around the core. The second cut should be perpendicular to the fruit.



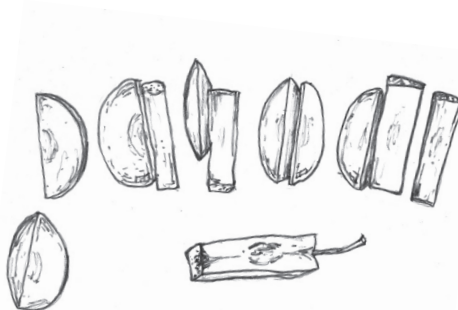
- 3** The third cut is to the side of the second cut.



- 4** Keep moving around the apple as close to the core as possible.



- 5** Cut the wedges into slices.



- 6** Then cut the slices into chunks. And voila! You're ready for apple sauce, apple butter, apple everything!



Cherry Jubilee

I use a very light honey syrup when preserving cherries. I love the subtle flavors of the cherries that come through and it is a real treat to drink the liquid once the cherries are consumed. The cherries with their pits intact have a better texture and I like to think of them as the olive of the dessert table. The pitted cherries have their own obvious convenience and flexibility of use. It is up to you whether or not you will pit them ahead of time or upon consumption.

5 cups [1.2 L]
water

1/2 cup [170 g]
honey

2 lb [910 kg]
Bing cherries
(pitted or
whole)



YIELDS

Six
8 oz
[240 ml]
jars

Prepare six 8 oz [240 ml] jars for storing the finished preserve. Put the water and honey in a nonreactive pot over medium-high heat. Heat the mixture to 210°F [99°C] and be sure not to let it boil, as we are trying to retain some of the beneficial enzymes present in the honey.

Meanwhile, pack the cherries into the jars with a nice firm touch. You want to fit as many cherries in the jar as you can without crushing them.

Cover the packed cherries with the hot syrup, leaving 1/2 in [12 mm] of headspace at the top. Wipe the rims, put on the lids, and process in a hot water bath canner at 200°F [95°C] for 8 minutes (see page 31). Jars will keep for up to 1 year.

Berry Jubilee

Whenever I make berry preserves I think of my grandmother as a child picking wild berries in the Black Forest in Germany and how good they must have tasted! You may use bush berries of any combination for this recipe, although it is nice to have some dark berries to ensure a good color. I like to use a light honey syrup to preserve them in so that the flavor of the berry is really captured. My honey syrup is much lighter than you will find in most recipes and you are welcome to increase the amount of honey if you want to, but I find the flavor can be too strong if too much honey is used. Berry Jubilee is a delight for breakfast treats like pancakes, yogurt, or smoothies (see photos on pages 212–15). Enjoy!

6 cups [1.4 L]
water

1 cup [340 g]
honey

30 oz [850 g]
fresh berries
(I prefer a mix
of blueberries,
blackberries,
raspberries, and
strawberries)



YIELDS
Five 8 oz [240 ml] jars

Prepare five 8 oz [240 ml] jars for storing the finished preserve. Put the water and honey in a nonreactive pot over medium-high heat. Heat the mixture to 200°F [95°C] and be sure not to let it boil.

Meanwhile, pack the berries into the jars with a nice firm touch. You want to fit as many berries into the jar as you can without crushing them.

Cover the packed berries with the hot syrup, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Honeyed Apricots

I love preserving Blenheim apricots whole so that they may be used in a variety of ways later. Mostly, we love to eat them as a dessert just as they are out of the jar. But I also combine them with yogurt or cottage cheese and in smoothies. The liquid is also a real treat that I use in smoothies or dressings to add a unique flavor. To help preserve their color, apricots need to be perfectly ripe and require a stronger honey syrup. I do not peel the apricots because the skins are tender and delicious and it saves a lot of time. Enjoy!

5 cups [1.2 L]
water

3³/₄ cups
[1.3 kg] honey

2 lb [907 g]
apricots, halved
and pitted



YIELDS
Five 8 oz [240 ml] jars

Prepare five 8 oz [240 ml] jars for storing the finished preserve. Put the water and honey in a nonreactive pot over medium heat. Heat the mixture to 200°F [95°C] and be sure not to let it boil.

Meanwhile, pack the apricots into the jars with a nice firm touch. You want to fit as many apricots into the jar as you can without crushing them.

Cover the packed apricots with the hot syrup, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Honeyed Mandarins

These honeyed mandarins really are an often-overlooked treasure. If you are ever feeling a little down in the winter, it can completely transform your day to have a pot of these mandarins bubbling away on the stove. The orange oil can lift the spirits and, combined with the other aromatic spices, it will be the best potpourri for your house and your soul! The same effect happens when you open the jar.

You preserve the entire citrus fruit in this recipe, and the fruit can be strained from the juices and used in all sorts of ways. It is wonderful with vanilla ice cream or plain yogurt and granola. You can finely chop it and add it to a kale salad or steamed broccoli. We make a dish at Happy Girl Kitchen with wild rice pilaf and honeyed mandarins. This goes with so many savory dishes that usually call for raisins, dried cranberries, or cherries. Oh, and the liquid—you didn't discard the liquid, did you? It is ambrosia. I just looked up *ambrosia* in the dictionary and the liquid was there. Just add a splash to some sparkling water, sit back, and enjoy!

This recipe works great with any kind of orange citrus, such as kumquats, blood oranges, Cara Cara, or others. You can also experiment with the spices and herbs that you use.

4 lb [1.8 kg]
mandarins, peel
on, sliced into
sixths

4 cups [1360 g]
honey

1 cup [240 ml]
lemon juice

1 cup [240 ml]
orange juice

9 cinnamon
sticks

1½ Tbsp cloves

4 whole star
anise (optional)



Place the mandarins in a nonreactive pot and just barely cover with water (about 6 cups or 1.4 L). Cover and bring to a boil over medium heat. Reduce the heat to low and simmer until the peel is tender to the touch, about 15 minutes. Drain and add the mandarins back to the pot. (The liquid you have drained off is actually tasteless and can be discarded.)

Add the honey, lemon juice, orange juice, cinnamon sticks, cloves, and star anise, if using, to the pot and stir gently to combine. Cover the pot and simmer over medium heat until the mandarin slices are well glazed, about 40 minutes, stirring occasionally to avoid scorching.

Prepare six 8 oz [240 ml] jars for storing the finished preserve. Using a slotted spoon, pack the hot mandarins into the jars, leaving slightly more than $\frac{1}{2}$ in [12 mm] of headspace. Cover the packed mandarins with the hot syrup, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. You can selectively add the whole spices to the jars, as the contrast of color is beautiful. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Apricot Pie Filling

This pie filling is such a delight that it will convert you to thinking making pie filling is a good idea. It is very convincing, I think, especially since apricots have such a short season and their flavor is so distinctive. I use agar agar in this recipe; it is a natural thickener made from seaweed. It absorbs enough liquid so that your pie filling will not be too juicy, but does not make it overly gelled. When life gives you apricots, make pie!

2 cups [480 ml]
water

1/2 cup [120 ml]
lemon juice

2 cups [400 g]
organic cane
sugar

1 tsp agar agar

1/4 tsp ground
cloves

1/4 tsp ground
nutmeg

4 lb [1.8 kg]
firm apricots,
pitted and
sliced into
quarters



YIELDS

Four
16 oz
[480 ml]
jars

Put the water, lemon juice, sugar, agar agar, clove, and nutmeg into a nonreactive pot over medium-high heat. Bring the mixture to a boil, reduce the heat to medium, and simmer for 2 minutes. Add the apricots and simmer for another 5 minutes to be sure the apricots are hot all the way through.

Prepare four 16 oz [480 ml] jars for storing the finished preserve. Remove the pot from the heat and fill the jars, being mindful to distribute the juice evenly between the jars. Leave 1/2 in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Peach Pie Filling

What a treat to open one of these jars to make a quick and easy pie in the winter. I believe that preserving fruit can make it so that we can have “slow food” on the quick later. It is like an investment, and the time you put into it, you get out of it later when that fresh pie comes out of the oven! What a delight. You will want to use firm and flavorful peaches for this recipe, as they need to hold up their form through boiling and peeling.

5 lb [2.3 kg]
peaches

2 cups [480 ml]
water, plus more
for blanching

2 cups [400 g]
organic cane
sugar

2 tsp agar agar



YIELDS

Six
16 oz
[480 ml]
jars

Blanch your peaches whole in boiling water for 5 minutes. Drain and put the peaches in an ice bath or in the refrigerator until cool to the touch. Meanwhile, combine the water, sugar, and agar agar in a large pot over medium heat until it comes to a boil. Turn off the heat and let the mixture sit for 5 minutes.

Prepare six 16 oz [480 ml] jars for storing the finished preserve. Tenderly remove the peach skins with a paring knife, remove the pits, and slice the fruit into wedges. Add the peaches to the pot, return the heat to medium-high, and simmer for 3 minutes. Turn off the heat and ladle the peaches into the jars, being mindful to distribute the juice evenly between the jars. Leave ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 12 minutes (see page 31). Jars will keep for up to 1 year.

Plum Pie Filling

Really good plums are such a treat! For this recipe, you want to be sure the plums you choose are flavorful and firm. My favorites are Flavor King, Flavor Queen, and Dapple Dandy. I enjoy preserving fruits of summer with winter pies in mind. It can really cheer up a dreary winter day to have some spiced plums ready for pie. These are also wonderful on ice cream or in yogurt. If you like a more gelled pie, then add starch or flour to your plums just before you make the pie after you drain them from the jar.

2 lb [910 g]
plums, pitted
and sliced into
 $\frac{1}{2}$ in [12 mm]
pieces

$\frac{1}{4}$ cup [60 ml]
lemon juice

1 cup [200 g]
organic cane
sugar

1 tsp ground
cinnamon or
garam masala



YIELDS
Four 8 oz [240 ml] jars

DAY
1

Toss the plums, lemon juice, and sugar together in a large bowl. Let sit, covered, at room temperature for 3 hours or up to overnight.

DAY
2

Prepare four 8 oz [240 ml] jars for storing the finished preserve. Place the contents of the bowl in a nonreactive pot over low heat. Add the cinnamon, bring to a simmer, and cook for 10 minutes.

Ladle the contents into the jars, being mindful to distribute the juice evenly between the jars. Leave $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

NOTE: When using these plums for pie filling, drain the contents fully before using. Set the juice aside for other uses. Follow the instructions for making a pie with fresh fruit (see page 251).



Apple Pie Filling

A lot of apple pie fillings out there use gelatin or Sure-Jell to get a thick consistency for the filling. I prefer to use what I have around, and during the autumn, that is quince juice. Quinces are very high in pectin and will help make the liquid viscous and the apples stay firm. If you do not have quince juice, you can instead add an extra 1 cup [240 ml] of water, 1 cup [200 g] of sugar, and 1 Tbsp of agar agar according to the instructions on page 220. This pie filling is intended to be strained before tucking the apples into your pie crust. You can use the juice for a refreshing drink with sparkling water.

2 cups [240 ml]
quince juice
(see page 197)

1 cup [240 ml]
water

1 cup [200 g]
organic cane
sugar

5 lb [2.3 kg]
tart, firm apples



YIELDS
Five 16 oz [480 ml] jars

Prepare five 16 oz [480 ml] jars for storing the finished preserve. Combine the quince juice, water, and sugar in a nonreactive pot and boil over medium-high heat for 5 minutes. Turn off the heat.

Meanwhile, thoroughly wash and dry the apples, peel them, and core them. Slice the apples into $\frac{1}{4}$ to $\frac{1}{2}$ in [6 to 12 mm] wedges and add them to the pot to prevent browning. Boil the apples over medium-high heat for 5 minutes.

Pack the apples into the jars, being mindful to distribute the juice evenly between the jars. Leave $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 12 minutes (see page 31). Jars will keep for up to 1 year.

Cranberry Sauce

I am still amazed how many of my friends do not realize how easy it is to make cranberry sauce. The biggest reason I see to make your own cranberry sauce is that almost all of the sauces out there are just too sweet! I love the tart flavor of cranberries, and it is nice next to all of the heavy food that this sauce is usually served with. You can easily substitute the organic cane sugar for any sweetener or none at all, but I think the sauce needs some sweetener to be balanced.

1½ lb [680 g]
cranberries,
fresh or frozen

2 cups [400 g]
organic cane
sugar

2 cups [480 ml]
orange juice

Zest of
3 oranges

½ tsp ground
cinnamon



YIELDS
Four 8 oz [240 ml] jars

Prepare four 8 oz [240 ml] jars for storing the finished preserve.

Combine all of the ingredients in a medium saucepan over medium heat. Simmer until the cranberries pop their skins and break down, about 10 minutes.

Remove the pan from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.





Applesauce

This is one of the simplest recipes in my collection. I don't even peel the apples because I really like the chunky texture and strong flavor that they offer. There is no sugar added to this recipe, which makes it a great healthy choice. It can be really fun to choose all Pink Lady apples to bring out a rosy hue in the sauce, or choose a range of apples from sweet to tart to add a balanced flavor. It is best to make applesauce with apples that are crisp, juicy, and fresh.

5 lb [2.3 kg]
apples, cored
and chopped

1 cup [240 ml]
apple juice

1 Tbsp garam
masala or
ground cinnamon



YIELDS
Five 12 oz [360 ml] jars

Prepare five 12 oz [360 ml] jars for storing the finished preserve. (This is a great size for no-sugar-added applesauce because once opened, it will only keep for up to 2 weeks in the refrigerator.) Add the apples to a nonreactive pot with the apple juice and garam masala. Bring the contents to a strong simmer over medium heat for 10 to 15 minutes, until the apples soften and break apart. If you would like your sauce to be smoother, you can blend with an immersion blender.

That was fast! Ladle the sauce into the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Pear Ginger Sauce

Pears can have such a mild flavor that they can really be hit or miss. This sauce brings out the best in pears by combining them with honey and ginger, and the result is nearly therapeutic for a cold winter's day! Usually I follow the simplest technique and leave almost all of the peels on the fruit. You can leave the peels on if you like, but the blond color without any peels is truly spectacular and the texture is far smoother. I leave it up to you!

2½ lb [1.2 kg]
pears, peeled,
cored, and diced

1 cup [340 g]
honey

1 cup [240 ml]
water or apple
juice

Juice of 1 lemon

⅓ cup [15 g]
peeled and
grated
fresh ginger



YIELDS
Seven 4 oz [120 ml] jars

Prepare seven 4 oz [120 ml] jars for storing the finished preserve. Combine all of the ingredients in a nonreactive pot over medium heat and simmer for 5 minutes until the pears are soft. Blend the contents into a chunky pulp. Continue cooking until the desired consistency is reached, 10 to 15 minutes.

Remove the pan from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 8 minutes (see page 31). Jars will keep for up to 1 year.

Apple Butter

This is such a classic recipe and flavor that can bring you back to a different time and place. When I first started making apple butter, I understood why small towns have apple butter festivals where the entire town makes giant batches of apple butter in a huge cauldron and stirs it with large paddles. It takes A LOT of stirring and the thickness of the preserve makes for hours of splattering all over the kitchen. It can take a village to raise a child and feed them apple butter! But then I realized that you can pop the apple butter in the oven and make the process more gentle and easy for one person in their home. The smell of apple butter baking in the oven for hours is the best to warm up a home on a chilly autumn day. For this recipe (see photos on pages 224–28), I prefer a mixture of apples that have flavors of tart and sweet. Since you are cooking them down into a butter, you can use apples that have blemishes or bruises. It is very forgiving!

5 lb [2.3 kg]
apples, cored
and chopped into
chunks

1½ cups
[360 ml] apple
cider vinegar

1½ cups
[360 ml] maple
syrup

2 Tbsp ground
cinnamon



YIELDS
Seven 8 oz [240 ml] jars

Preheat the oven to 375°F [190°C]. Combine all of the ingredients in a large pot, cover, and simmer over medium heat for 15 minutes or until the apples are very soft. Blend the contents until very smooth.

Transfer the puree to two 15 by 10 in [38 by 25 cm] glass baking dishes so that the dishes are halfway full.

Place the baking dishes in the oven and bake until the puree cooks down to about half the volume and the sugars become brown and caramelized. This can take anywhere from 3 to 5 hours. This large range in time can depend on how juicy the apples were to start, how sweet they are, and the humidity in the air. Stir the puree occasionally by folding in the top layer and scraping down the sides. You can test the butter by placing 1 tsp of the butter on a plate and putting it into the freezer until cooled. The butter should not have any liquid separate from it and should sit tall in a nice pile.

Prepare seven 8 oz [240 ml] jars for storing the finished preserve. Once the butter reaches the desired consistency, remove the dishes from the oven and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Pear Butter

Pear butter differentiates itself from other butters with its texture. Pears have a natural gritty quality to them that gives this butter a pleasant chewiness. Pears also have a tendency to develop a glossy sheen when cooked down into a butter that looks very appetizing. I add maple syrup to this butter instead of cane sugar, as it lends depth to the pears and we are not concerned with the dark color it adds because butters always turn brown due to the caramelized sugars.

This butter is perfect with a sharp Cheddar cheese or a very dry, salty cheese like manchego.

5 lb [2.3 kg]
pears, cored and
chopped into
chunks

2 cups [480 ml]
apple cider
vinegar

1½ cups
[360 ml] maple
syrup

2 Tbsp ground
cinnamon



YIELDS
Seven 8 oz [240 ml] jars

Preheat the oven to 400°F [200°C]. Combine all of the ingredients in a nonreactive pot, cover, and simmer over medium heat for 15 minutes or until the pears are soft. Blend the contents until smooth.

Transfer the puree to two 15 by 10 in [38 by 25 cm] baking dishes so that the dishes are halfway full.

Place the baking dishes in the oven and bake for 1½ hours or until the desired consistency is reached. Stir the contents once every half hour. Depending on the water content of your fruit, it may take up to an hour longer to cook. You can test the butter by placing 1 tsp of the butter on a plate and putting it into the freezer until cooled. The butter should not have any liquid separate from it and should sit tall in a nice pile.

Prepare seven 8 oz [240 ml] jars for storing the finished preserve. Once the butter reaches the desired consistency, remove the dishes from the oven and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Apricot Butter

Apricots create an extremely smooth butter due to their already-creamy texture. The color turns a dark burnt orange and the flavor is a dance between tart and sweet with the strong apricot flavor still shining through. This butter tastes great paired with goat cheese, in a tart, or on crackers. Have fun with it!

All varieties of apricots and all stages of ripeness work for this butter. It is very flexible because we are cooking it down for so long, and it will naturally darken, as all butters do, because of the caramelized sugars.

4 lb [1.8 kg]
apricots, pitted
and quartered

2 cups [480 ml]
maple syrup

1 Tbsp ground
cinnamon



YIELDS

Five
8 oz
[240 ml]
jars

Preheat the oven to 350°F [180°C]. Place the apricots, maple syrup, and cinnamon in a nonreactive saucepan, cover, and simmer over medium heat for 10 minutes or until the apricots are tender. Remove from the heat and blend the ingredients until smooth.

Transfer the puree to a 9 by 12 in [23 by 30.5 cm] baking dish. Place the puree in the oven and bake until the contents have reduced by about half and the sugars have become dark and caramelized. It will take about 2 hours depending on how juicy your apricots are. Stir the contents once every half hour.

You can test the butter by placing 1 tsp of the butter on a plate and putting it into the freezer until cooled. The butter should not have any liquid separate from it and should sit tall in a nice pile.

Prepare five 8 oz [240 ml] jars for storing the finished preserve. Once the butter reaches your desired consistency, remove the dish from the oven and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Plum Butter

The color of this butter is a deep, rich ruby. Plums have an intense tart flavor that naturally harmonizes with the sweet caramelized sugars of a fruit butter. They are so tart that I do not add any vinegar to this butter. I also use organic cane sugar for this recipe; I have experimented with other sugars and they impart too much of their own flavors in the butter. I've also found that I have to use too much of them. The exception to this would be honey, so I have given that recipe option at the end.

6 lb [2.7 kg]
plums, pitted
and sliced

3 cups [600 g]
organic cane
sugar

3 Tbsp ground
cinnamon



YIELDS
Seven 8 oz [240 ml] jars

Preheat the oven to 375°F [190°C]. Combine the plums, sugar, and cinnamon in a nonreactive pot over low heat. Simmer, stirring occasionally, until all of the sugar has melted and the plums begin to stew in the liquid. Increase the heat to high and boil for about 5 minutes. Remove from the heat and blend the ingredients until smooth.

Transfer the puree to two 15 by 10 in [38 by 25 cm] baking dishes so that the dishes are halfway full.

Place the baking dishes in the oven and bake until the puree cooks down to about half the volume and the sugars become brown and caramelized. This can take anywhere from 2 to 5 hours. Stir the puree occasionally by folding in the top layer and scraping down the sides.

You can test the butter by placing 1 tsp of the butter on a plate and putting it into the freezer until cooled. The butter should not have any liquid separate from it and should sit tall in a nice pile.

Prepare seven 8 oz [240 ml] jars for storing the finished preserve. Once the butter reaches the desired consistency, remove the dishes from the oven and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

cont.

VARIATION: Replace the cane sugar with $1\frac{1}{2}$ cups [410 g] of honey, and exchange the cinnamon for garam masala.

With the honey, this butter bakes down faster, closer to 2 to 3 hours, and has a more delicate flavor that I absolutely love!

Pie

I love to have jarred pie filling on hand so that I am always ready for a spontaneous dinner party. I used to buy frozen pie crusts until I realized how easy it is to make my own, and how much better they taste! The trick to making a flaky crust is to not overwork the dough, to use ice-cold water and butter, and to keep everything cold and moving fast! Enjoy the fruits of your work with this homemade pie.

2 cups [280 g]
all-purpose flour

½ cup [70 g]
whole-wheat
pastry flour

1 tsp sea salt

1 tsp organic
cane sugar

1 cup [220 g]
cold unsalted
organic butter

⅓ to ⅔ cup
[80 to 160 ml]
ice water

6 cups [1.4 L]
fruit filling



YIELDS
One 9½ in [24 cm] pie

Combine the flours, salt, and sugar in a large bowl. Grate the butter on the largest side of a cheese grater. As quickly as possible, work the butter into the flour with your fingers so that you end up with tiny pebble-size pieces covered in flour. Add a little ice water at a time until the dough just comes together. Pop the dough in the refrigerator for 10 to 20 minutes to chill it back down.

Preheat the oven to 350°F [180°C]. Divide the dough into two equal parts and start with one portion. Roll out the dough to ¼ in [6 mm] thick and a width that will fit inside a 9½ in [24 cm] circular pie dish and have enough dough to lay over the rim of the dish. If there is no rim on your pie dish, then just make sure the dough is just hanging over the edge of the dish. You can use a paring knife to cut off the extra dough once you have placed your crust inside.

Pour the fruit filling into the pie dough (drain the fruit first, if needed).

Use the remaining half of the dough for the top of the pie. Roll it out into a circle to lay over the top of the filled pie, or roll it into long strips that you then cut to make a lattice pattern or create any design you would like. Get creative! Pop the baking dish in the refrigerator for 15 minutes to chill.

Place the baking dish in the oven and bake until the pie is golden brown, 45 to 50 minutes. The pie will keep on the counter, covered, for 1 day or in the refrigerator for 3 days. It's best to reheat pie slices in a toaster oven if the pie has been stored for more than a day.



Galette

A galette is a flat, open-topped pastry that is a perfect place for your preserved fruits. The flat shape allows for a rustic feel while the fruit really shines. When entertaining, I make many different types of galettes; we cut them into quarters and try the different creations. It can be a great way to use up all of the jars that are half full in your refrigerator while wowing your guests at the same time. You can mix fresh fruit with a preserve (think berries with orange marmalade or apples with Quince Jelly, page 256). This is also a great place to use your drained whole preserved fruits or pie fillings.

For a savory galette, I simply remove the sugar from the recipe.

1 cup [140 g]
whole-wheat
pastry flour

1 cup [140 g]
all-purpose flour

1/3 cup [65 g]
organic cane
sugar

1 tsp sea salt

1 cup [220 g]
cold unsalted
organic butter

1/3 to 2/3 cup
[80 to 160 ml]
ice water

3 cups [720 ml]
fruit filling

Combine the flours, sugar, and salt in a food processor with a flat blade on the bottom. Slice the butter into large pats and add it to the dry ingredients. Pulse until all of the butter is mixed in and is the size of pebbles. Do not overmix the butter, as it will begin to melt from the heat of the mixer. Add a little ice water at a time until the dough just comes together. If it does not come together in the mixer, then you can transfer it to a bowl and mix by hand. Pop the dough in the refrigerator for 10 to 20 minutes to chill it back down.

Preheat the oven to 350°F [180°C]. Divide the dough into six equal pieces. Roll out one piece of the dough into a round that is 1/8 to 1/4 in [4 to 6 mm] thick and 5 in [12 cm] wide. Put about 1/2 cup [120 ml] of the fruit filling in the middle of the dough circle and then loosely fold the border of the crust partway over the filling in an organic form. Repeat with the remaining dough pieces. Transfer the galettes to a baking sheet and pop the sheet in the refrigerator for 15 minutes to chill. Place the baking sheet in the oven and bake until the galettes are golden brown, 18 to 20 minutes. Serve warm, or cool and store in an airtight container. Galettes are best consumed within 1 day. If you've kept them a day longer, reheat in a toaster oven before serving.





MISFITS



No. 6

The preserves in this chapter do not fit into any other chapter of the book.

This differentiation is mostly due to technique, rather than ingredients or name.

The word *misfits* have an intrinsically negative connotation, but I don't think it should. There is always something that doesn't quite fit within any category. Misfits are some of my favorite people, my favorite preserves, and one of my favorite bands. Remember that island for the misfit toys in the classic cartoon *Rudolph the Red-Nosed Reindeer*? There is a place in the world and in this book for misfits to be appreciated and not forgotten. We will not leave them abandoned on a forgotten island. I cannot leave out the amazing ways to preserve fruit that do not belong in any other chapter.

Within this chapter you will find jelly, which is made from just the juice of the fruit and has a very different technique than jam or marmalade. You will find jams made from peppers and tomatoes, which

require a different technique than jam made from other fruits (technically peppers and tomatoes are fruits although we think of them as vegetables!). You will also find chutney, candied fruit, and fruits preserved with salt and dehydrated.

Welcome to the misfits! Let's have some fun.

Quince Jelly

Quince, a cousin to the pear and apple, is a nearly forgotten fruit. Many folks let them fall dejected to the ground, unappreciated, because quinces are unpalatable when raw. Like biting into an unripe persimmon or banana, the quince is very astringent and chalky. Once cooked, its yellow color melts into a rosy pink and a sweet floral essence is released.

Quince is a wonderful fruit for jelly making because it has such a high content of pectin. It has so much pectin that you can often see pectin globules in the core surrounding the seeds!

5 lb [2.3 kg]
quinces

8 cups [1.6 kg]
sugar

12 large
geranium leaves



YIELDS

Ten
8 oz
[240 ml]
jars

Place five plates in the freezer so they are ready for your gel test at the end. Prepare ten 8 oz [240 ml] jars for storing the finished jelly. Wash the quinces and chop them roughly, including the peels and cores. If you are going to use the quince pulp for another recipe, separate the cores and seeds in a pectin bag and save for another project. Place the chopped quinces in a large pot and just barely cover with water [about 4 qt or 3.8 L]. Cover and simmer for about 50 minutes or until the liquid is viscous and the quinces are soft, pulpy, and rosy in color.

Strain the quince juice from the pulp through a cloth and measure the juice. You should have about 10 cups [2.4 L]. Set the pulp aside for another project (such as Membrillo, page 258). Add the juice and sugar to a nonreactive pot and bring to a boil. As the contents boil they will expand, so be sure you have extra room for that expansion.

Continue to boil until the desired gel set is reached, 30 to 40 minutes. Add the geranium leaves once the jelly is at the end of the cooking stage and has a honey-like consistency. Remove the leaves after 5 minutes of cooking in the jelly. Test for gel set (see page 120) very carefully with this jelly—it can go very quickly, and it can be easy to miss since it's all liquid! Jelly does not look the same as jam or marmalade when it is ready. Jelly is ready when it makes crinkles when you push it with your finger. It will continue to gel once it cools in jars, so your jelly will look a little different the next day!

Once the jelly reaches your desired consistency, remove it from the heat and fill the jars, leaving $\frac{1}{2}$ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

NOTE: If you want to make a quince glaze, stop cooking when it reaches that desired consistency. A quince glaze can be wonderful to coat pastries, pour on pancakes, or to glaze Brussels sprouts. It will inspire you in your kitchen!

Membrillo

I have made several batches of Quince Jelly (page 256) where I discarded the pulp because I thought making membrillo after the jelly would be too time consuming. One time my friend said she had a simple technique for making membrillo and she would take home the pulp. We decided to just make it then and there and thus began my long love affair with membrillo. What a wonderful gift to offer or a special dessert treat to bring to a party. The quince originates in the Middle East; membrillo is some of the first candy made by humans and is the Persian word for quince. Quince has so much pectin that it just wants to gel up and become jelly and candy. It has such a unique flavor with a subtle floral essence that it deserves a renaissance.

5 lb [2.3 kg]
quinces

4 cups [800 g]
organic cane
sugar

$\frac{2}{3}$ cup [130 g]
caster sugar or
superfine sugar
for dusting



YIELDS
12 squares

Wash the fuzzy coating off of the quinces and chop them into large chunks, removing the seeds and cores. You can discard the seeds and cores or you can put them in a pectin bag if you would like to use the juice for making Quince Jelly (page 256). Add the quinces to a nonreactive pot and just barely cover with water (about 4 qt or 3.8 L). Cover and simmer over medium heat for 45 minutes or until the fruit is very tender and rosy in color. It is important to cook the fruit long enough at this stage in order for the final results to come out right.

Strain the liquid through a cheesecloth and use it to make jelly (or jar it up to make an exotic lemonade drink or Quince Star Anise Shrub [page 197]). Return the fruit pulp to the pot and blend until smooth. Add the cane sugar and stir gently over medium-low heat until the sugar has dissolved. Increase the heat to medium and cook for 30 to 45 minutes or until the mixture becomes very thick and glossy.

Pour the mixture into a lightly oiled 16 by 20 in [40.5 by 50 cm] baking sheet, spreading it so it's no more than $\frac{3}{4}$ in [2 cm] thick, and leave to set in a warm, dry spot. I put mine in a warm, dry oven that has a pilot light heating it slightly, but the oven is off. An electric oven with the interior light on works, too. Alternatively, you can leave the baking sheet out on your countertop. After 18 to 24 hours it should have hardened enough to be able to flip it, to allow the other side to dry out. This usually takes another day or

two depending on how dry your climate is. Once it is dry to the touch on both sides, cut the membrillo into small squares and dust with caster sugar. If you do not have any caster sugar, you can simply make some by putting organic cane sugar into a food processor and processing for 1 to 2 minutes until it becomes superfine. Store in an airtight container or wrapped in wax paper. Membrillo will keep for up to 6 months wrapped tightly in wax paper in or out of the refrigerator. It will dry out a bit more outside of the fridge.

Red Pepper Jam

I received this original recipe from a homesteader friend of mine in Vermont. Stephen Cram gave me a jar of his pepper jam as we were leaving from a visit one day and I opened the jar on the spot. I have been in search of a pepper jam that I liked that was not too sweet or made with pectin, as I do not like that texture. The flavors exploded in my mouth and we all went back into his house to find the recipe scribbled on a piece of paper and tucked into a random book. Our stay lasted a couple of hours longer and it was well worth it! In this jam you can use whichever varieties of pepper you like. I prefer a sweet pepper that has a little kick to it like a Corno Di Toro. It can also be fun to mix some red and some green for color variety, but Stephen just used red peppers and it was gorgeous too! You can add a little jalapeño if you would like some spice in your life!

This sweet relish is unequaled as a spread for sandwiches and with cream cheese.

4½ lb [2 kg]
peppers

6 Tbsp [102 g]
sea salt

8 cups [1.6 kg]
organic cane
sugar

7 cups [1.7 L]
vinegar (apple
cider is my
favorite)



DAY
1

Remove the seeds and stems from the peppers and chop the peppers into large chunks. Add the peppers to a food processor and blend until a chunky mixture forms. Put the mixture in a bowl with the salt and let sit overnight.

DAY
2

Place five plates in the freezer so they are ready for your gel test at the end. Prepare twelve 8 oz [240 ml] jars for storing the finished jam. Drain the peppers well and combine them in a nonreactive pot with the sugar and vinegar over medium-high heat. Stir until the mixture boils. Reduce the heat to medium and simmer, stirring frequently, until thick, about 30 minutes. Start your first gel test about 10 minutes after you begin cooking (see page 72). This jam does not test like other jams, as it has a lot more liquid in it and looks more like a marmalade with chunks of fruit surrounded by jelly. The liquid will crinkle when you push your finger through it once it has cooled on a plate.

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



Dry-Farmed Tomato Jam

Are tomatoes a fruit or a vegetable? Is this a jam or a spread? Whatever it is, this recipe is delicious. Dry-farmed tomatoes are grown with very little water just long enough for their roots to tap into the groundwater and then they are cut off! This results in tomatoes that are very intense in flavor and not too watery, so they are perfect for this jam. The addition of garam masala in this recipe plays with the balance of sweet and savory and makes this jam delightful with salty cheese, as a glaze for green vegetables, or even as a secret ingredient to make baked beans really pop! This preserve is not just for toast!

4 lb [1.8 kg]
tomatoes,
destemmed and
sliced into
chunks

1½ lb [680 g]
organic cane
sugar

¼ cup [60 ml]
lemon juice

1 Tbsp garam
masala

1 pinch of sea
salt



Place five plates in the freezer so they are ready for your gel test at the end. Prepare seven 8 oz [240 ml] jars for storing the finished jam. Combine all of the ingredients in a nonreactive pot over medium-high heat and bring to a boil, stirring occasionally to avoid scorching. After 5 minutes, take a plate out of the freezer and do a gel test (see page 72). Continue testing throughout the cooking process and continue to boil vigorously until you have reached the desired gel stage, 10 to 15 minutes.

Once the jam reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

Moroccan Lemons

These preserved lemons are popularly known as Moroccan lemons and are found in many Eastern cuisines. They add a distinct freshness to your meals and are deceptively easy to prepare. They will become your little culinary secret, adding an interesting and exotic flavor to the simplest preparations. I like to finely slice the preserved lemons and mix them with sautéed vegetables or marinades.

I prefer to use Meyer lemons, as they are sweet and tender and will cure quickly, but you can also use other varieties of lemons, limes, and other citrus fruits. Rangpur limes have become just short of an obsession to my palate. I also prefer to use sea salt.

1 lb [455 g]
lemons

1 Tbsp sea salt
per lemon

Various herbs
and spices, for
flavoring



YIELDS
Three 8 oz [240 ml] jars

Scrub the lemons clean and dry them off. Cut off the little rounded bit at the stem end if there is a piece of the stem attached. Turn the lemon over and cut an *X* into the other end, no more than 1 in [2.5 cm] deep. Pack 1 Tbsp of salt into the *X* that you just created. Alternatively, you can slice the lemons into nice-size wedges and move on to the next step. This is the method I prefer because sometimes I only use one wedge at a time.

Pack the lemons into a clean 1 qt [960 ml] glass jar with a tight-fitting lid. You can add any combination of spices that you like. Think bay leaf, coriander, black pepper, cumin, cloves, cinnamon sticks, juniper berries, allspice, or dried chile, just to name a few. I like to make it a bit spicy so that I can add some heat to my meal without steaming out my dinner guests (as my children are my most consistent dinner guests and do not tolerate spice that well yet).

Press the lemons very firmly in the jar to get the juices flowing. Cover and let sit overnight at room temperature to draw out the lemon juice. If you are using a very juicy Meyer lemon, you will probably have enough juice to cover the lemons at this point. If you do not have enough juice, press the lemons down again and let sit for another day. Your lemons should be submerged in juice by this point; if they are not, top them off with a little lemon juice at this time.

cont.



Let the lemons sit out on your countertop for 3 to 4 weeks. During this time the lemons need to stay submerged below the surface of the lemon juice. A white or green mold may develop on the surface of your preserves while they are fermenting. This is a normal part of the process and is to be expected. Simply skim the mold off of the surface periodically, and make sure the fruit stays submerged below the juice.

Once the preserved lemons are soft, they are ready to use. The time varies depending on variety. A very thin-skinned Meyer lemon will take about 3 weeks to fully cure. At this point I like to transfer the preserved lemons into three 8 oz (240 ml) jars for ease of use. Moroccan lemons do not need to be refrigerated, even after opening, and will keep for up to 1 year.

Citrus Salt

This is a great addition to any cupboard! It couldn't be easier to make and it keeps forever. It can really dress up avocado toast and is great sprinkled on dark green vegetables. Really, the possibilities are as endless as anything that needs salt and lemon. You can also use other varieties of citrus combined in one recipe or kept separate.

2 lemons

1 cup [300 g]
sea salt



YIELDS
1 cup [300 g]

Wash and dry the lemons. Use a Microplane to zest the lemons. If you do not have a Microplane, you can use any fine grater, but the result will be a little different. With a Microplane, the zest is super fine and infuses all of the salt. Massage the zest with the salt in a bowl and continue massaging until it is completely mixed in and the salt has turned slightly yellow. Spread the salt on a baking sheet to dry at room temperature for 24 hours. Put the salt in a jar to conveniently use on everything. Citrus salt will keep indefinitely, but the potency will fade after 1 year.

Indian Lemon Pickles

Indian pickles are an essential part to any *thali* plate and are served as a condiment with most meals in India. They have a very intense flavor and can add an explosion of Indian flavors to your table, as well as add authenticity to a simple meal of basmati rice and dahl without too much fuss. I have a friend who went to boarding school in India and she said that one of her favorite parts was that everyone would bring a jar of homemade pickles in the beginning of the semester and they would be able to try pickles from every region. It was a cultural experience every time they sat down to eat.

Depending on the region and the season, Indian pickles are made out of all sorts of things. But one of my favorite pickles is made out of lemons and is a standout among Indian pickles. It is sort of a distant cousin to Moroccan Lemons (page 263), as they are also salt cured, but that is just the beginning.

When I was first learning to make Indian pickles I quickly realized that there is no standard way of making them; in fact, it seems every household has a very different technique. I have developed a technique that maintains the fresh flavor of the lemons and adds a strong combination of exotic spices. It is sure to add a bang to any dish! This pickle will last for 1 year or more on the shelf when cured properly.

4 lemons
(any variety)

2 Tbsp sea salt

1 Tbsp fenugreek

1/3 cup [80 ml]
pure sesame oil
(not toasted)

1 tsp mustard
seeds

1/4 cup [10 g]
peeled and
grated
fresh ginger

2 Tbsp ground
turmeric

1 Tbsp red
pepper flakes
(or 3 fresh
chiles, finely
chopped)

1 tsp asafoetida



YIELDS

A little
less
than
1 qt
[960 ml]

Slice the lemons into quarters and remove as many seeds as possible (it's OK if a few slip by). Slice each quarter into thirds and place the lemons in a bowl. Add the salt and mix together thoroughly. Dry-roast the fenugreek and grind it into a powder (I use a coffee grinder that I designate for spices, or you can use a mortar and pestle). Add the fenugreek to the lemons.

cont.

Heat the sesame oil in a tiny pan over medium-low heat (traditionally a *kadi* is used, which is a small cast-iron pan). Add the mustard seeds and once they start popping, add the ginger, turmeric, red pepper flakes, and asafetida. Cook for 2 minutes, then remove from the heat and let cool. Add the spice mixture to the lemons and completely mix in.

Place the lemons in a clean 1 qt [960 ml] jar and cover with a loose-fitting lid or cheesecloth. Put the jar somewhere in the house with direct sunlight. Shake or stir the contents of the jar every day to mix thoroughly. The pickles should be ready in 1 month or when the flavors are completely immersed in one another and the citrus peel is tender. When they are ready, remove the cheesecloth, put a lid on the jar, and refrigerate. The pickles will keep for 1 year.

Tomato Chutney

Tomato chutney is such a classic in Indian cuisine. It goes great with all sorts of non-Indian dishes as well. Think of it as an interesting ketchup. I prefer to use dry-farmed tomatoes when I am making sweet preserves with tomatoes because they have a very rich, sweet, and intense flavor. They also do not have a lot of water to cook off, so your final product takes less time to cook down and has a stronger impact. But all sorts of great tomatoes make delicious chutney. Be sure to preserve them at the height of the season.

5 lb [2.3 kg]
tomatoes

3 Tbsp whole
yellow mustard
seeds

1½ Tbsp cumin
seeds

7 whole dried
red chiles or
3 Tbsp red
pepper flakes

3 dates, pitted

2 cups [400 g]
organic cane
sugar

2 Tbsp ground
cinnamon

2 Tbsp sea salt

Prepare eleven 8 oz [240 ml] jars for storing the finished chutney. Wash and dry the tomatoes. Remove the stems, cut the tomatoes into quarters, and place them in a nonreactive pot over low heat. Meanwhile, place a dry cast-iron pan over low heat. Once it is warm, add the mustard seeds and cumin seeds, constantly stirring for 1 minute to gradually roast them. Add the dried chiles to the pan and remove them once they're fully toasted, but not blackened.

Add the toasted seeds, chiles, dates, sugar, cinnamon, and salt to the pot with the tomatoes and continue to simmer. After 10 minutes, blend the tomato mixture until completely smooth. If the tomato skins do not break down, you can stir the mixture with a whisk and the skins will stick to the whisk, allowing you to remove them by hand. (If you prefer, you can remove the skins ahead of time, but I find this way a lot easier.) Continue cooking down the chutney until it becomes quite thick and glossy and reduces in volume by one-third. This takes about 50 minutes, depending on how much water your tomatoes contained.

Once the chutney reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.

STORE		YIELDS
one year	Eleven 8 oz [240 ml] jars	

Plum Chutney

This chutney is one of my favorites, hands down. Plums have a natural tart flavor that lends itself to becoming chutney without needing to add any extra vinegar.

3 lb [1.4 kg]
plums

1½ cups [300 g]
organic cane
sugar

¼ cup [60 ml]
lemon juice

3 Tbsp peeled
and minced fresh
ginger

1 Tbsp red
pepper flakes
or 2 jalapeños,
chopped

1 Tbsp mustard
seeds

1 Tbsp ground
turmeric

1 tsp ground
coriander

½ tsp ground
cinnamon

¼ tsp sea salt

Prepare six 8 oz [240 ml] jars for storing the finished chutney. Wash and dry the plums. Remove the pits and cut into quarters, or simply tear apart by hand. Sometimes plums are so small that it is easier to just use your hands, but do so over a bowl to catch all the juices. Add the plums to a nonreactive pot over low heat. Add all of the remaining ingredients to the pot and continue to cook. After 10 minutes, blend the mixture until completely smooth. Continue cooking the chutney down until it becomes quite thick and glossy and reduces in volume by one-third. This takes about 30 minutes, depending on how much water your plums contained.

Once the chutney reaches your desired consistency, remove it from the heat and fill the jars, leaving ½ in [12 mm] of headspace at the top. Wipe the rims, apply the lids, and process in a hot water bath canner for 10 minutes (see page 31). Jars will keep for up to 1 year.



YIELDS

Six
8 oz
[240 ml]
jars

Candied Citrus Peels

When you start making marmalade and other citrus preserves, you'll have a lot of citrus peels around. Once you learn how easy it is to make candied citrus peels, you will not throw away another rind! This is a really fun candy to make and you can feel good about the simple ingredients that went into it!

Citrus rinds
(as many as you
have)

Filtered water

Organic cane
sugar



YIELDS
Varies

Scoop the flesh from the peels, trying to remove as much of the pith as possible because that is where the bitterness lies. Slice the peels into whatever shapes you desire. Long strips or tiny triangles, it is really just a matter of style. Add the peels to a pot and cover with a measured amount of water. Be sure to just cover your peels with water; they float, so this can be deceptive. Cover the pot and simmer until the peels are very tender. This will vary for all citrus; lemons and grapefruit usually take 30 to 35 minutes. Oranges and limes have denser peels and take 40 to 50 minutes. You can tell when the peels are tender if you pinch one between two fingers and it breaks apart.

When tender, drain thoroughly, discard the water, and return the peels to the pot. While they are still warm, add the same amount of sugar as you did of measured water. (So if it took 3 cups [720 ml] of water to cover the peels, then you'll need 3 cups [600 g] of sugar. This may seem like a lot of sugar, but we are making candy!) We need this amount of sugar because we are going to simmer the peels in the melted sugar, and we need all of the peels to be surrounded in the liquid so they get saturated.

Simmer the peels in the sugar over medium heat for about 45 minutes or until the pieces become translucent and saturated to the very core. You can break them apart to check on their center. When finished, strain very well and save the sugar juice in a jar in the refrigerator; it can be used for sweetening tea or making shrubs or spritzers!

cont.



Preheat the oven to 200°F [95°C]. Lay the candied peels flat in a single layer on a baking sheet lined with parchment paper and pop it in the oven for 20 minutes. Remove the peels from the oven and dust lightly with a bit more sugar. Let the peels sit at room temperature for 1 to 2 days to dry out before storing in a jar. These will keep for 6 months.

VARIATION: In the final stage of dusting with sugar, you can add any spices that you desire. In our kitchen we have been having a lot of fun with this and have made all sorts of combinations that people love! We have added **lavender, cinnamon and nutmeg, garam masala, and even cayenne and sea salt**. We toss the peels in the spices mixed with a little sugar just after we pull them out of the oven and before drying them out. Adding flavorings at this stage ensures that they'll really stick to the peels. Have fun with it!

Candied Ginger

Candied ginger is an important ingredient in a lot of preserving, baking, and cooking. Now you can make your own to have around when you need it. Ginger is known to have many healing properties, including helping to aid digestion, calm an upset tummy, or help with nausea. Pack some candied ginger for your next flight, winding car ride, or trip to the amusement park!

1 lb [455 g]
fresh ginger

3 cups [600 g]
organic cane
sugar, plus
more for coating

2 cups [480 ml]
water



YIELDS

9 oz
[250 g]

Peel the ginger. (My favorite way to peel ginger is with the side of an old silver spoon that has a very thin, sharp edge. It allows you to get into the nooks and crannies with ease.) Slice the peeled ginger into $\frac{1}{4}$ in [6 mm] rounds. Heat the sugar and water in a pot over medium heat and bring to a simmer. Add the ginger pieces, cover, and simmer for 45 minutes. The ginger should be tender and saturated. Strain the ginger well, reserving the syrup. Toss the ginger in a little extra sugar and let the pieces dry out on parchment paper for 24 hours. These will keep in an airtight container for several months.

You can jar the syrup and hot water bath can it (see page 31). You can use it to sweeten tea or add to smoothies or on pancakes.

VARIATION: I made a version of Candied Ginger with **honey** and I loved it. The pieces do not come out as dry and “candied,” but I use them in baked goods, so that doesn’t matter. And the syrup is a great tonic for cold and flu season, as both ginger and honey have healing properties. Use 1 lb [455 g] of ginger, $1\frac{1}{2}$ cups [510 g] of honey, and 1 cup [240 ml] of water. Follow the same instructions for Candied Ginger.

Dried Fruit

This is more of a reminder than a recipe. Drying food is the oldest form of food preservation. That's cool. Microorganisms need water to survive and so drying the fruit removes the habitat that microorganisms can survive in. Think of how long a raisin can last. Drying fruit is a wonderful way to preserve it, and where I live there are lots of farmers selling all sorts of dried fruits that are super unique, such as kiwi and persimmon. It can be a great way to save fruit that would otherwise be difficult to preserve. One such fruit is melons.

Just the other day my son asked me, "Remember your friend who made those dried watermelons? Those were amazing!" He had eaten her dried watermelons about ten years ago and still remembers them. Dried watermelons and melons are really a delightful treat! You need to cut them thin and they take more time, but the result is a chewy delight that sinks deep into the memory channels! It makes an impression.

You can dehydrate all varieties of melons, strawberries, stone fruits, citrus, apples, pears, and persimmons. I leave the peel on all fruit that I would usually eat the peel with a fresh one.

Fruit

Lemon juice



YIELDS

See
note

First, wash and dry the fruit you are using. Slice the fruit into $\frac{1}{4}$ in [6 mm] pieces so they dry evenly. If you slice them thinner, then they will dry faster. Toss the fruit in lemon juice to help retain good color. Next, evenly spread the slices of fruit in a single layer on parchment paper on a baking sheet. Pop it in your oven on warm or 125°F [52°C]. Dehydrate the fruit for 12 to 24 hours, depending on how much water it has in it. The fruit should be chewy and delicious. Will keep out of the refrigerator for 1 month or in the refrigerator for 6 months.

NOTE: The yields vary dramatically from fruit to fruit depending on how much water they start out with. Twenty pounds [9 kg] of fresh heirloom tomatoes turns into 1 lb [455 g] of dried tomatoes, but 20 lb [9 kg] of fresh roma or dry-farmed tomatoes turn into 2 lb [9 kg] of dried tomatoes. Apricots have much less liquid than strawberries and so have a higher yield. It is very hard to write a yield for dried fruits!

Scones

These scones are full of goodness and are a perfect medium for your delicious preserves. You can drain preserved whole fruits and put them in the scones in place of the chopped fruit, or you can use Candied Citrus Peels (page 271) or Candied Ginger (page 274). So many ways to enjoy your hard work!

1 cup [140 g]
all-purpose flour

1 cup [140 g]
whole-wheat flour

1 cup [140 g]
spelt flour

¾ cup [150 g]
organic cane
sugar

2 tsp baking
powder

1 tsp baking
soda

1 tsp salt

1 tsp spice to
complement fruit
or nut (optional
and unlimited)

⅔ cup [150 g]
coconut oil
(solid)

2 cups [200 g]
rolled oats

1 cup [varies]
chopped fruit,
dried fruit, or
nuts (optional)

1 cup [240 ml]
milk (coconut,
oat, almond,
or any kind you
wish)

1 Tbsp vanilla
extract



YIELDS
12 scones

Preheat the oven to 375°F [190°C]. In a medium bowl, combine the flours, sugar, baking powder, baking soda, and salt. Add any spices you wish, if using. Use your hands to evenly distribute the coconut oil into the dry ingredients; make sure there are no large clumps.

Stir in the oats, then add any additional whole ingredients, such as chopped fruits or nuts, if using. Pour in the milk and vanilla, and gently combine the ingredients with your hands. Try not to overwork the dough here; mix it until it just comes together! This way you will have nice, crumbly-looking scones rather than really flat and even ones.

Divide the dough into two equal pieces. On a floured work surface, flatten one piece into a disk 2 in [5 cm] high. I like to press in from the outside of the wheel rather than on top to help give the surface of the scone an irregular texture that is still solid from

the sides, so that it will not fall apart. When you are happy with how it looks, take a long knife and slice the disk into six even triangles by making three cuts all the way across. Place the scones on a baking sheet lined with parchment paper. Repeat with the second piece of dough. You should have 12 scones.

Bake the scones for 20 to 25 minutes, until they are golden brown and are fairly sturdy on the outside but seem as though there is still a bit of moisture in the middle. Any leftover scones can be stored in an airtight container for up to 2 days.

YUM!



Acknowledgments

We can accomplish very little in this life without the help, encouragement, and collaboration of others. I have many to thank.

My teachers: Those I have learned from and been guided by to have a life filled with purpose and passion. Thank you for a heart filled with hope.

My students: Every person who has taken a workshop, asked a question about preserving fruits, and encouraged me to write a book with all of my answers. This book would not have happened without you demanding it. A special thanks to my first student and biggest fan, Diane Ruddle, who has spent tireless hours testing recipes and taking workshops!

The farmers who dedicate their lives to one of the most important movements for our bodies and our planet: Special thanks to Live Earth Farm, for being a constant companion to Happy Girl every week of the year, and providing us with amazing fruits and vegetables and love. To Apple Pie Farms, for growing amazing and unique citrus close to home and opening your arms to Happy Girl. To both, for allowing us to come and photograph those special relationships. The others are too many to list, but every check I write to you feels like the best thing I did that day!

To my mother, who always had a place for me in the kitchen, starting as soon as I could stand, and who cultivated a big beautiful garden that we ate from all summer long. To my late father, who always encouraged me to follow my passions. To the best mother-in-law a girl could ask for, Mary Ann Champagne, proofreader extraordinaire, with great attention to detail every step of the way! To pops, my father-in-law, who is eternally encouraging, and truly so proud of the lifestyle that is Happy Girl.

To my agent, Kitty Cowles, a sharp mind brilliantly combined with a love of good food. I am so thankful to have you in my corner.

To the entire Chronicle Books team: It has been such an honor to be a part of this collaboration of talented women! Lizzie, for your bold designs. Claire, for your tireless proofreading. Sarah and Deanne, editors extraordinaire, for helping to cultivate the vision and truly share excitement in fruit preserves!

The entire photography crew: Erin Scott, for capturing the lifestyle that is Happy Girl. Lillian Kang, for making bigger messes than you wanted to, and Nicola Parisi, for keeping us all hydrated, amongst many other talents.

To Gary Maricich, for taking your sketchbook to my workshop chapters and making the pages come alive.

A special thank-you to Stephanie Horning, Lauren Jones, Marilet Pretorius, Lawrie Wenner, Michelle Magdalena, Suzanne Tuescher, Jagarini Bernstein, Susan Ringer, Nancy Champagne, Kanka O'Neill, Nirakula Suczek, Laurel Pavesi, Wendy Wernigg, Bhaka O'dea, Anna Linden, and Robert Akeley. Thank you to Erik Sineska, for always being the eye; Eric Schlosser, for your early encouragement of a book project; Sandor Katz, for being my guiding light; and Reese Witherspoon, for your appreciation of our café and jams.

To the Happy Girl Kitchen Co. staff: From our first employee, Aurora, to everyone who has worked with our company. Each one of you has a special part in this tiny revolution where everyone is encouraged to follow their dreams.

To my family: Ry, my son, always getting me hyped to reach my deadlines. Jaya, my daughter, a shining light of positivity and enthusiasm. My husband, Todd, who stepped up and filled in the huge gaps created by my work on this book both at Happy Girl and at home. Thank you for helping me carve out the space.

To you, my readers: Please remember to play with your food!

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