|  |
| --- |
| Food Studies 12 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  WVSS Block:\_\_\_\_\_\_\_\_\_\_ |

**Blueberry Jam**

Ingredient

750 mL frozen blueberries

40 mL lemon juice

1125 mL sugar

1 pouch of liquid Certo pectin

Method

1. Wash and rinse jars. Place jars on a rack in boiling water canner. Bring water to a boil.
2. Scratch your name and unit number on the lids with a nail. Place lids and rings in a saucepan filled with water. Bring to boil, turn off heat.
3. Clean and crush blueberries with a potato masher or pastry blender.
4. Place fruit in a large saucepan. Add sugar, and lemon juice
5. Place saucepan over high heat: bring to a full rolling boil and boil hard for 1 minute stirring constantly.
6. Remove from the heat immediately. Allow the mixture to cool slightly.
7. Stir in Certo, skim off foam, with a metal spoon.

10. Drain jars and laddle jam into hot jars, fill to with in ½” headspace.  
11. Wipe rims with a clean damp tea towel.  
11. Cover with lids and rings.  
12. Process in water bath for 5 minutes.

13 Remove jars without tilting the jars. Cool upright undisturbed for 24 hours.

**Ask Ms. Seo for help to get the jars in and out of the hot water bath**