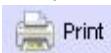


PICKYourOwn.Org

Where you can find a pick-your-own farm near you!



Click on the printer icon that looks like this: [Print](#) (at the top left, to the right of "save a copy") to print!
See www.pickyourown.org/allaboutcanning.htm for many other canning directions and recipes

How to Make Raspberry Jam

Making and canning your own raspberry jam is also quite easy. Just scroll down this page to see how to do it, in easy steps and completely illustrated.

- I've got some other pages for specific types of jam and butters, too, such as [Mango-raspberry jam](#) and also [see this page](#)
- For more information about strawberries, see [Strawberry Picking Tips](#) and [Miscellaneous strawberry facts](#).

Ingredients

- **Raspberries** - preferably fresh, but frozen (without sugar syrup works, too)
- **Pectin** (it's a natural product, made from apples and available at grocery stores (season - spring through late summer) and local "big box" stores. It usually goes for about \$2.00 to \$2.50 per box. You'll get best results with no-sugar needed pectin, whether you choose to add sugar or not! [See here for more information about how to choose the type of pectin to use.](#)
- **Sugar** - About 4.5 cups of dry, granulated (table) of sugar, honey, or (for diabetics, Splenda - although pure Splenda does not yield good results - 2 cups of sugar and 2.5 cups of Splenda works better) For the [no-sugar recipe, click here](#)

Equipment

- **At least 1 large pot**; I prefer 16 to 20 quart Teflon lined pots for easy cleanup.
- **Large spoons and ladles**
- **1 Canner** (a huge pot to sanitize the jars after filling (about \$30 to \$35 at mall kitchen stores, sometimes at big box stores and grocery stores.). Note:

we sell canners and supplies here, too - at excellent prices - and it helps support this web site!

- **Ball jars** (Grocery stores, like Publix, Kroger, Safeway carry them, as do some big box stores - about \$7 per dozen 8 ounce jars including the lids and rings)
- **Lids** - thin, flat, round metal lids with a gum binder that seals them against the top of the jar. They may only be used once.
- **Rings** - metal bands that secure the lids to the jars. They may be reused many times.
- **Jar funnel** (\$2 at Target, other big box stores, and often grocery stores; and available online - see this page) or order it as part of the kit with the jar grabber.
- **Jar grabber** (to pick up the hot jars)- Big box stores and grocery stores sometimes carry them; and it is available online - see this page. It's a tremendously useful to put jars in the canner and take the hot jars out (without scalding yourself!). The kit sold below has everything you need, and at a pretty good price:



- **Optional stuff:**
 - **Foley Food Mill** (\$25) - not necessary; useful if you want to remove seeds (from raspberries) or make applesauce.
 - **Lid lifter** (has a magnet to pick the lids out of the boiling water where you sanitize them. (\$2 at big box stores or it comes in the kit at left)

Raspberry Jam-making Directions - Step by Step

This example shows you how to make Raspberry. But you can use this recipe to make any type of berry jam; where there is a difference, I will point it out! The yield from this recipe is about 8 eight-ounce jars (which is the same as 4 pints).

Step 1 - Pick the berries! (or buy them already picked)



It's fun to go pick your own and you can obviously get better quality ones!

I prefer to grow my own; which is really easy - but that does take some space, but they are extremely easy to grow.

As mentioned in the Ingredients section; you may use frozen berries (those without syrup or added sugar); which is especially useful if you want to make some jam in December to give away at Christmas!

Above and at left are raspberries that I picked at a pick-your-own farm. If you want to pick your own, here is a list and links to the [pick your own farms](#).

How many raspberries?

Jam can ONLY be made in rather small batches - about 6 cups at a time - like the directions on the pectin say, DO NOT increase the recipes or the jam won't "set" (jell, thicken). (WHY? Alton Brown on the Food Channel says pectin can overcook easily and lose its thickening properties. It is easier and faster to get an even heat distribution in smaller batches. It takes about 8 cups of raw, unprepared berries per batch; you'll need 6 cups of mashed raspberries.

Step 2 - Wash the jars and lids



Now's a good time to get the jars ready, so you won't be rushed later. The dishwasher is fine for the jars; especially if it has a "sanitize" cycle, the water bath processing will sanitize them as well as the contents! If you don't have a dishwasher with a sanitize cycle, you can wash the containers in hot, soapy water and rinse, then sanitize the jars by boiling them 10 minutes, and keep the jars in hot water until they are used.

NOTE: If unsanitized jars are used, the product should be processed for 5 more minutes. However, since this additional processing can result in a poor set (runny jam), it's better to sanitize the jars.

Put the lids into a pan of hot, but not quite boiling water (that's what the manufacturer's recommend) for 5 minutes, and use the magnetic "lid lifter wand" to pull them out. Leave the jars in the dishwasher on "heated dry" until you are ready to use them. Keeping them hot will prevent the jars from breaking when you fill them with the hot jam.

Step 3 - Wash the raspberries!

I'm sure you can figure out how to wash the fruit in plain cold water.

Just pick off any stems, cores and leaves.



Step 4a - Deseed the raspberries (optional)

I prefer seedless raspberry jams and jellies. The easiest way to do this is to use a food mill; a Villaware (manual or motorized) or a Roma mill; not a Foley*. I find



until almost boiling, in a pan with about 1 cup of added apple juice. Note: *The Foley Food Mill's sieve has openings that are too large for raspberries; the seeds pass through.

As you can see, it is really effective at removing just the seeds:



ASIDE: Here's how the Foley food mill (below) works on BLACKBERRIES - not raspberries. They cost about \$30.

It works well for blackberries, not so well for raspberries, and no one tries to remove strawberry seeds (they're so small). I suppose you could train monkeys to pick them out, but they'd probably form a trade labor union. But I digress..



Step 4 b - Mash the berries - if you did not deseed them

If you decided not to remove the seeds, then you just mush the raspberries up a bit - not completely crushed, but mostly. Most people seem to like large chunks of fruit but crushing them releases the natural pectin so it can thicken. You'll need about 6 cups, mashed up.

Step 5 - Measure out the sugar



The precise measurements are found in each and every box of pectin sold. For most fruit; like berries, with the low sugar



pectin, you'll need 4 cups of sugar. With regular pectin, about 7 cups of sugar. I prefer to use 4 cups of sugar AND the NO-sugar pectin - that seems to give the best results of set, color and flavor, better than regular or low-sugar pectins. Mix the dry pectin with about 1/4 cup of sugar and Keep this separate from the rest of the sugar. If you are not using sugar, you'll just have to stir more vigorously to prevent the pectin from clumping. This helps to keep the pectin from clumping up and allows it to mix better!

If you would rather try to make [jam with no added sugar, click here](#) for those directions!

Step 6 - Mix the berries with the pectin and cook to a full boil

Stir the pectin into the berries and put the mix in a big pot on the stove over medium to high heat (stir often enough to prevent burning). It should take



about 5 to 10 minutes to get it to a full boil (the kind that can not be stirred away).

Why use pectin? You may run into grandmotherly types who sniff "I never used pectin!" at you. Well, sure, and their generation took a horse and buggy to work, died of smallpox and ate canned meat and green beans that tastes like wet newspapers. Old fashioned ways are not always better nor healthier. Pectin, which occurs naturally in fruit, is what makes the jam "set" or thicken. The pectin you buy is just natural apple pectin, more concentrated. Using pectin dramatically reduces the cooking time, which helps to preserve the vitamins and flavor of the fruit, and uses much less added sugar. But, hey, if you want to stand there and stir for hours, cooking the flavor away, who am I to stop you! :) Having said that, there are some fruits that have naturally high amounts of pectin ([see this page for a list](#)) and they simply don't need much or even any padded pectin.

Notes about pectin: I usually add about 20% more pectin (just open another pack and add a little) or else the jam is runnier than I like. With a little practice, you'll find out exactly how much pectin to get the thickness you like.

Another tip: use the lower sugar or no-sugar pectin. You can add sugar to either and it cuts the amount of sugar you need from 7 cups per batch to 4 cups or less! And it tastes even better! On the other hand; I have never had success with the No-sugar pectin without adding ANY sugar. It always turned out runny and bland. You might want to try using the low sugar or no-sugar recipe with a mixture of sugar and Splenda; sugar and white grape juice, or just white grape juice - that will cut down the sugar, but still preserve the flavor.



Type of jam	Type of pectin to buy	Sweetener
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regular	no-sugar or regular	7 cups of sugar
low sugar	no-sugar	4.5 cups of sugar
lower sugar	no-sugar	2 cups sugar and 2 cups of Splenda
no sugar	no-sugar	4 cups of Splenda



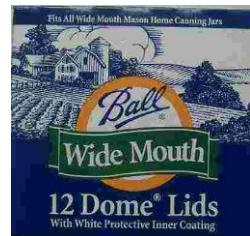
natural	no-sugar	3 cups fruit juice (grape, peach, apple or mixed)
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Is your jam too runny? Pectin enables you to turn out perfectly set jam every time. Made from natural apples, there are also natural no-sugar pectins that allow you to reduce the sugar you add by half or even eliminate sugar.

Step 7 - Get the lids warming in hot (but not boiling) water



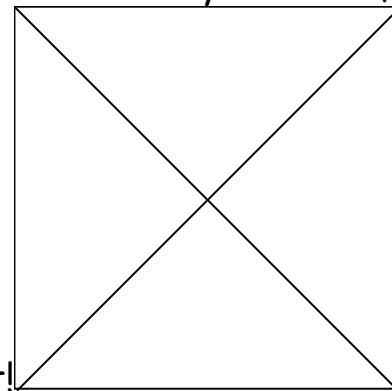
Lids: put the lids into a pan of hot water for at least several minutes; to soften up the gummed surface and clean the lids.



Need lids, rings and replacement jars?



Get them all here, delivered direct to your home, at the



best prices on the internet!

Step 8 - Add the remaining sugar and bring to a boil again for 1 minute

When the berry-pectin mix has reached a full boil, add the rest of the sugar (about 4 cups of sugar per 6 cup batch of berries) or other sweetener, and then bring it back to a boil and boil hard for 1 minute... If you bring it back to a full boil fairly slowly (on medium heat rather than high) that will help reduce foaming.



Remove from the heat.

Step 9 - Skim any excessive foam



Foam... What is it? Just jam with a lot of air from the boiling. But it tastes more like, well, foam, than jam, so most people remove it. It is harmless, though. Some people add 1 teaspoon of butter or margarine to the mix in step 6 to reduce foaming, but food experts debate whether that may contribute to earlier spoilage, so I usually omit it and skim.



But save the skimmed foam! You can recover jam from it to use fresh! [See this page for directions!](#)

Step 10 - Testing for "jell" (thickness)

I keep a metal tablespoon sitting in a glass of ice water, then take a half spoonful of the mix and let it cool to room temperature on the spoon. If it thickens up to the consistency I like, then I know the jam is ready. If not, I mix in a little more pectin (about 1/4 to 1/2 of another package) and bring it to a boil again for 1 minute.



Notes about "set" (thickening or jell): It takes 3 ingredients for jams and jellies to set: pectin, sugar and acidity. The amount of pectin that is naturally occurring in the fruit varies from one type of fruit to another and by ripeness (counter intuitively, unripe contains more pectin). [See this page](#) for more about pectin in fruit. It takes the right balance, and sufficient amounts of each of pectin, sugar and acidity to result in a firm jam or jelly. Lastly, it takes a brief period (1 minute) of a hard boil, to provide enough heat to bring the three together. Generally speaking, if your jam doesn't firm up, you were short in pectin, sugar or acidity or didn't get a hard boil. That's ok - you can "remake" the jam; see [this page](#)!

Step 11 - Optional: Let stand for 5 minutes and stir completely.

Why? Otherwise, the fruit will often float to the top of the jar. This isn't a particular problem; you can always stir the jars later when you open them; but some people get fussy about everything being "just so", so I've included this step! Skipping this step won't affect the quality of the jam at all. I usually don't bother.

You'll also notice that the less sugar you use, the more the fruit will float (chemists will tell



you it is due to the decreased density of the solution!)

Step 12 - Fill the jars and put the lid and rings on

Fill them to within $\frac{1}{4}$ -inch of the top, wipe any spilled jam off the top, seat the lid and tighten the ring around them. Then put them into the boiling water canner!



This is where the

jar tongs come in really handy!

Step 13 - water bath

Keep the inches of general, boil them for 10 minutes, which is what SureJell (the makers of the

Process the jars in the boiling

jars covered with at least 2 water. Keep the water boiling. In pectin) recommend. I say "in general" because you have to process (boil) them longer at higher altitudes than sea level, or if you use larger jars, or if you did not sanitize the jars and lids right before using them. The directions inside every box of pectin will tell you exactly. The directions on the pectin tend to be pretty conservative. Clemson University says you



only need to process them for 5 minutes. I usually hedge my bets and start pulling them out after 5 minutes, and the last jars were probably in for 10. I rarely have a jar spoil, so it must work. But you don't want to process them too long, or the jam will turn dark and get runny. See the chart below for altitude adjustment to processing times, if you are not in the sea level to 1,000ft above sea level range.

Note: Some people don't even boil the jars; they just ladle it hot into hot jars, put the lids and rings on and invert them, but putting the jars in the boiling water bath REALLY helps to reduce spoilage! To me, it makes little sense to put all the working into making the jam and then not to process the jars to be sure they don't spoil!

Recommended process time for jams in a boiling water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10	15

Step 14 - Remove and cool the jars - Done!

Lift the jars out of the water with your jar lifter tongs and let them cool without touching or bumping them in a draft-free place (usually takes overnight) You can then remove the rings if you like, but if you leave them on, at least loosen them quite a bit, so they don't rust in place due to trapped moisture. Once the jars are cool, you can check that they are sealed verifying that the lid has been sucked down. Just press in the center, gently, with your



finger. If it pops up and down (often making a popping sound), it is not sealed. If you put the jar in the refrigerator right away, you can still use it. Some people replace the lid and reprocess the jar, then that's a bit iffy. If you heat the contents back up, re-jar them (with a new lid) and the full time in the canner, it's usually ok.

Once cooled, they're ready to store. I find they last up to 12 months. But after about 6 to 8 months, they get darker in color and start to get runny. They still are safe to eat, but the flavor and texture aren't as good. So eat them in the first 6 months after you prepare them! Another trick is to keep the uncooked berries or other fruit in the freezer and make and can the jam as needed, so it's always fresh.

Other Equipment:

From left to right:

1. Jar lifting tongs - helpful to pick up hot jars
2. Lid lifter - to remove lids from the pot of hot water
3. Lid - disposable - you may only use them once
4. Ring - holds the lids on the jar until after the jars cool - then you don't need them
5. Canning jar funnel - to fill the jars

