

Gill's Gourmet Gallery

Raspberry jam

Equipment:

Sterilised 5 x 400g jam jars
Jam thermometer
Labels
Jam pan or heavy bottomed pan

Ingredients:

1kg jam sugar
1/2 lemon (juice)
1kg raspberries
100ml water

Method:

Place half of the raspberries in a heavy bottomed saucepan with 100 ml water and the lemon juice. Gently mash the berries with a potato masher to release some juices. Add the remaining berries as whole fruit. Heat slowly, add the sugar and stir. Place a jam thermometer on the side of the pan. As the fruit begins to cook and soften turn up to a medium heat and bring to the boil. Keep stirring to stop the fruit from sticking to the bottom of the pan. Cook for 10 minutes or until the jam reaches setting point, 105C. At this point remove from the heat to cool for 10 minutes. Stir and spoon the jam into the sterile jars. Seal and when cool label. Stored in a cool place the jam will last up to 1 year. If you can resist it!

Note: Always be careful when jam making as the syrup becomes very hot.

