

Easy, Fruit-Filled Fun: Making Homemade Jams And Jellies

(NAPSA)—Homemade jams and jellies are an unbeatable way to savor the season's fresh fruit all year. Although people have been making jams and jellies for generations, today's jam-making products help consumers enjoy the fruits of their labor easier and faster.

Year-Round Enjoyment

For taste and quality, homemade jams and jellies beat their store-bought counterparts hands down. Plus, home cooks take pride in the process of making preserves and enjoy the rewards of giving them away to friends or family. Although most people make jam from May to September, the following tips are important to remember throughout the year:

1. Freeze fruit when in season to make jam later on in the year.
2. In the early/late fall, use fruits such as apples, and vegetables such as tomatoes and peppers, to make relishes and chutneys.
3. In the winter, use fruits such as oranges to make marmalade.
4. For festive seasons, makes fruit juice or wine jellies.

When making jams and jellies, always use firm, ripe fruit without mold or bruises. Remember, the better the fruit, the better the jam.

Making Jam Is Easy

All jams and jellies need a balance of four ingredients: pectin, acid, sugar and fruit. If any of these ingredients are altered, the jam or jelly may not set properly.

Pectin is a natural jelling substance found in all fruits. It binds with sugar and fruit to form a gel. By adding pectin to a jam or jelly recipe, you shorten the cooking time, resulting in a fresher fruit flavor and color—and up to a 50 percent greater yield from a given amount of fruit.

Kraft Foods offers a variety of SURE-JELL AND MCP fruit pectins to fit any recipe—including regu-



Fresh, homemade jam makes a flavorful ice cream topping.

lar, less-sugar or no-sugar jams and jellies, as well as recipes that don't require cooking. And when liquid pectin is called for, there's CERTO Liquid Fruit Pectin.

Here's a flavorful freezer jam that can be enjoyed anytime:

Strawberry Freezer Jam

Prep Time: 30 minutes

2 cups crushed strawberries (buy about 1 qt. fully ripe strawberries)

4 cups sugar, measured into separate bowl

$\frac{3}{4}$ cup water

1 box SURE-JELL Fruit Pectin

RINSE clean 5 (1-cup) plastic containers and lids with boiling water. Dry thoroughly.

STEM and crush strawberries thoroughly, one cup at a time. Measure exactly 2 cups prepared fruit into large bowl. Stir in sugar. Let stand 10 minutes, stirring occasionally.

MIX water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Continue boiling and stirring 1 minute. Add to fruit

mixture; stir 3 minutes or until sugar is dissolved and no longer grainy. (A few sugar crystals may remain.)

FILL all containers immediately to within $\frac{1}{2}$ inch of tops. Wipe off top edges of containers; immediately cover with lids. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator up to 3 weeks or freeze up to 1 year. Thaw in refrigerator before using.

Makes about 5 (1-cup) containers or 72 servings, 1 Tbsp. each.

All Day Flavors

Jams and jellies aren't just for breakfast. Here are some alternative ways to savor the fruit flavor anytime of day:

- Swirl jam through the batter of your favorite cheesecake.

- Blend jam into yogurt or ice cream for a great dessert or blend jam, banana and yogurt in a blender for a creamy smoothie.

- Use as a glaze for meat.

- Spread jam on Brie and bake five minutes for a quick appetizer.

For additional tips and recipes and product information, visit www.kraftfoods.com.