



Old Fashioned Peach Jam (pectin-free)

Serving:

yields 8-10 eight oz. jars of jam

Type:

pareve, dairy free

Author:

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Notes:

Putting up- or making jam- is really about preserving peak of season fruit for a later time. Make this jam and you'll get a luscious taste of summer on a frigid winter's day.

Be sure to read all of the directions I've referred to in the USDA guide and the blogpost from Taste of Southern. It is super important to sterilize jars and get a proper seal on them so you can safely enjoy preserved fruit from your labor for about a year after you've simmered it.

Not interested in the process as much as the flavor? Make this jam and spoon it into clean, tightly sealed jars. They'll store nicely in the refrigerator for 3-4 weeks.

Ingredients:

8 cups of peeled and sliced peaches (about 4 pounds)
6 cups white sugar
1/4 c lemon juice (juice of 2 lemons)
cinnamon to taste
4 vanilla beans, scraped

Directions:

You'll need: 10 half pint jam jars with lids and rings (buy at hardware store),

1 large pot for sterilizing jars, 1 medium pot for heating lids and rings, 1 large pot for simmering fruit, measuring cups, tongs for removing hot jars from boiling water, funnel for filling jars

1. Wash jars, lids and rings in hot soapy water and rinse thoroughly.
2. Bring a very large pot of water to boil and sterilize jars, following the USDA guidelines linked in blogpost, above. Jars should boil for 15-20 minutes. Lids and rings should simmer in a separate pot for 5 minutes.
3. Close the drain in clean sink and fill halfway with water and ice to create an ice bath.
4. Bring a second large pot of water to boil and gently place whole peaches in water. Cook for 1-2 minutes, scoop out of water with large strainer and plunge into ice bath in sink.
5. Working over the sink, peel peaches with a pairing knife or your hands. Cut all peaches into slices or chunks and place in pot to cook.
6. Add sugar, lemon juice, cinnamon and vanilla to pot and simmer actively for 45-60 minutes, uncovered. Stir frequently. Mash fruit to desired consistency.
7. Skim off any foam. Cook until fruit thickens up. Test to see that it is thick enough by dipping a spoon into the fruit and watching the drips fall off the spoon. Drips should be thick and slow. If it is runny, simmer for longer.
8. Using the tongs, remove 3-4 jars and lids from their respective pots and place on a doubled tea towel on countertop.
9. Using a measuring cup, dip into fruit pot and place jam into hot jars (you may use a funnel here), leaving enough head space for expansion. See

USDA's recommendation.

10. Wipe lip of jar so it is very clean (any residue may interrupt a good seal).

11. Place lid on jar but do NOT press center button down. Place ring on jar and screw it shut VERY lightly.

12. Bring large pot of water to a boil again and place filled and closed jars into boiling water for 15 minutes. Water should cover the jars by 1-2 ".

13. Remove from boiling water with tongs and place on doubled tea towel out of the way for about 12-24 hours. Allow to cool completely and screw top to tighten.

14. Label jars with date of your project and be proud. Share with friends and family!

Tips:

In this recipe we decided to not use pectin, which helps jam to firm up. Without pectin, fruit needs to simmer longer while you stir it frequently. Watch the simmering fruit closely so it doesn't burn.