

# Jellied Fruit Products

*If you have fresh fruit here are some options...*

**W**hat is the difference between jelly, jam, preserves, conserves and marmalades? All are preserved by means of a sugar and all are jellied to some extent. They do differ on the kind of fruit used and the way it is prepared, the proportions of different ingredients in the mixture and the method of cooking.

- **Jellies** are usually made by cooking fruit juice with sugar. Jelly should have a flavorful, fresh, fruity taste.

- **Jams** are thick, sweet spreads made by cooking crushed or chopped fruits with sugar.

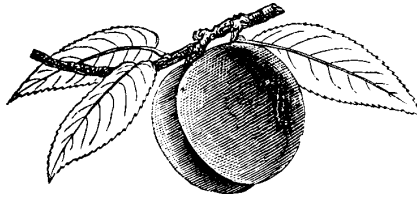
- **Preserves** are small, whole fruit or uniform size pieces in a clear, slightly gelled syrup.

- **Conserves** are jam like products that may be made with a combination of fruits. They also contain nuts, raisins or coconut.

- **Marmalades** are soft fruits jellies containing small pieces of fruit or peel evenly suspended in the transparent jelly. They often contain citrus fruit.

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*This guideline provides a good insight into the who, what and why of jellied products.*



## The ingredients used in jellied products.

- **Fruit** provides the characteristic color and flavor to the jellied product. It also furnishes at least part of the pectin and acid needed for a gel. The fruit should be at the "just ripe" stage.

- **Pectin** is the substance that causes the fruit juice to gel. Some fruits contain enough natural pectin to gel. Other fruits require added commercial pectin in the liquid or powder form.

- **Acid** is needed both for gel formation and flavor. The acid content varies among fruits. When fruits are low in acid, lemon juice or citric acid may be added.

- **Sugar** must be present in the proper proportion with pectin and acid to make a good gel. Sugar is a preservative and prevents the growth of microorganisms.

- **Artificial sweeteners cannot be substituted for sugar** in regular recipes because the sugar is needed for gel formation.

*For more information on jellied fruit products, contact your local county Extension office.*