

Jellied Product Basics

The perfect solution for using irregular or imperfect fruit.

Sweet spreads - butters, jellies, jams, conserves, marmalades, and preserves - add zest to meals. They can be made from fruit that is not completely suitable for canning or freezing. All of these products contain the four essential ingredients needed to make successful jellies.

Fruit furnishes the flavor and part of the needed pectin and acid. Some irregular and imperfect fruit can be used *do not* use spoiled, moldy or stale fruit.

Natural pectin...

Pectin is the actual gelling substance. The amount of pectin varies in fruits depending upon the kind of fruit and degree of ripeness. Under-ripe fruits have more pectin, as fruit ripens, the pectin changes in a non-jellying form. Usually using 1/4 Under-ripe fruit to 3/4 fully ripen fruit makes the best product. Cooking brings out the pectin. Cooking too long destroys it.

High pectin fruits are apples, crab apples, quinces, grapes and plums. **Low pectin fruits** are strawberries, blueberries, peaches, pears and blackberries. These low pectin fruits should be combined with one of the high-pectin fruits or with a



*This is an overview
of the four (4)
essential
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products.*

commercial pectin.

Commercial pectin...

When a commercial pectin is added, fully ripe fruit can be used. Commercial pectin comes in liquid and powder form. Both give good results, but the methods of adding the ingredients differ. So the powdered and liquid forms are not interchangeable. Be sure to follow the manufacturer's recipes and instructions.

Natural acid...

Acid is needed for gel formation and flavor. The amount of acid in fruits also varies. When using low-acid fruits, add 1 tablespoon lemon juice or 1/2 teaspoon citric acid for each cup of fruit.

Beet or cane sugar...

Sugar helps to form the gel, serves as a preserving agent, firms the fruit and adds flavor. Beet or cane sugar can be used. Brown sugar, sorghum and molasses are *not* recommended because of their strong flavor and varying degree of sweetness.

For more information on jellied product basics contact your local county Extension office.