

Have you ever made jam before? Maybe you're an expert and could share your products or your skills!

National Preserving Week 2020 is a whole week of events designed to get people preserving their own food. Encouraging those that have the skills to take some time to help those that don't.

For many people, jam making is as much a passion as it is a hobby. This is a great way to preserve seasonal fruit and enjoy it for the whole year, while some avid jam-makers simply enjoy gifting their decorated jars as thoughtful presents.

When you make it yourself, you know exactly what you are putting in the jar and how pure your ingredients are. It helps everyone to understand where our foods come from and learn some valuable life skills



THE HISTORY OF JAM MAKING



The process of preserving fruit in this way dates back many centuries and historians widely believe that the history of jam making in Europe can be traced all the way back to the Middle Ages, namely the 16th century.

Fruit preserves were initially considered to be something of a luxury and savoured by the wealthy, due to the high price of sugar. In Paris, King Louis XIV is known to have had a particularly sweet tooth and at the end of his royal feasts in the Palace of Versailles, jams made with fruit from his ornate gardens were regularly served up on elaborate silver platters.

There are a number of old-fashioned recipes that show the evolution of jam over the years, with not only the proportions of fruit and sugar changing, but also the actual fruit itself. Staple ingredients of early British jams during the Tudor period were common medlar fruit (similar to apples in flavour) and quince.

Popular recipes from the Victorian period often incorporated more exotic and highly prized fruit, such as apricots, bananas, lemons, melons, pineapples, pomegranates, oranges and tangerines, as well as more widely available blackberries, damsons, elderberries, gooseberries, prunes, raspberries, rhubarb, rowan berries (mountain ash) and strawberries.

Follow the simple jam recipe or research your own using your favourite fruit.

There are links with helpful tips and ideas:

<https://www.littlerockfamily.com/post/104813/10-easy-steps-to-making-homemade-jam-with-your-kids>

<https://www.bbcgoodfood.com/recipes/angelas-flexible-jam-recipe>

INGREDIENTS:

20 strawberries

½ brown sugar

2 tsp lemon juice

METHOD:

1. Wash strawberries in running water. Remove the stem and cut strawberries into pieces.



2. Puree the strawberries in a blender until smooth or mash them with a potato masher. You can leave some small chunky pieces of strawberry here and there if you like.



3. Transfer the strawberry puree into a saucepan and add sugar. Mix well. Then add lemon juice and give a quick stir.



4. In a pan, stir it for 10-15 minutes until it reaches jam-like consistency. Keep the flame low to medium to avoid burning at the bottom. Switch off the flame once done.



Yummy homemade strawberry jam is ready!

NOTES :

- Use a clean jar to store the jam. If preparing the jam in large quantities, I would suggest sterilizing the glass jars.
- Check the jam consistency by place a spoonful of jam in a plate and cool it down after cooling down, if no water separated then its the correct consistency for a jam.
- The quantity of the sweetener depends on the sourness of strawberries.
- You can use white sugar instead of brown sugar.
- This strawberry jam becomes little thick after cooling down so switch it off the flame accordingly. Don't overcook.
- Keep it refrigerated and consume within a couple of weeks. But it keeps well for a month if handled correctly.