

## **Jam making / Ministry of Food.**

### **Contributors**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# JAM MAKING



Housewives who have saved sugar to make home-made jam are advised to follow very carefully the instructions given below. It is foolish to risk wasting sugar and fruit by using so-called "economical" recipes. If the jam is wanted for keeping it is most important not to economise with sugar, but if the jam is to be eaten within a few weeks a little less sugar than that given in the recipes may be used or see instructions for "Low Sugar Jam."

## *Important steps to remember*

1 **FRUIT** should be fresh and firm-ripe. Over-ripe fruit should NOT be used.

Fruits which do not set well, e.g. cherries, pears, marrow, strawberries, and rhubarb need the addition of lemon juice, red-currant or gooseberry juice, or of citric or tartaric acid.



**2** Before the sugar is added, the fruit should be cooked slowly until it is quite tender, with just sufficient water to prevent burning. [See recipes for details.]

**3 SUGAR** is stirred into the softened fruit until dissolved and the jam then boiled rapidly until setting point is reached. Do not have the pan too full or the jam will boil over at this stage.

If you want a jam which will keep well it is most important that not more than 10 lb. of jam should be obtained from 6 lb. of sugar.

An easy way to gauge this is to fill a 1 lb. jam jar to the brim with water ten times and empty the water into the preserving pan. Stand the pan on a level surface and hold a clean stick upright in the centre with the bottom of the stick firmly on the bottom of the pan. The stick should have a flat end and the top should be easily distinguished from the bottom. Cut a notch in the stick at the water level. Empty out the water and make the jam, testing the level at intervals after the sugar has been added. Before testing the level of the jam, turn down the heat so that bubbling subsides. Then insert the stick, being careful to hold it upright. If the jam has been boiled down sufficiently the level should coincide with the notch on the stick, that is, there are 10 lb. of jam in the pan.

**N.B.**—If only half the recipe is being made only five 1 lb. jars of water should be put in the pan and a different notch marked on the stick.

**4 REMOVING SCUM** Do this only when boiling has finished. Constant skimming is wasteful and unnecessary.

**5 TESTING FOR SETTING POINT** Begin to test after about 10 minutes of rapid boiling (after sugar has been added). Remove pan from heat during testing or the jam may overboil.

**TEST A** Place a little jam on a cold plate; if setting point has been reached, the jam will wrinkle when pushed with the finger.

OR

**TEST B** Take a clean wooden spoon, dip it in the jam and lift it out with some jam adhering to it. Turn the spoon horizontally until the jam has cooled a little. Then tilt the spoon and allow the jam to drop from the edge. If it has been boiled enough, the jam will partly set on the spoon and the drops will run together forming flakes which break off in a clean sharp manner.

**6 FILLING THE JARS** To prevent fruit rising in the jars, the jam should be allowed to cool slightly in the pan. Stir before putting into jars.

Pour into clean, dry, warm jars, filling just short of overflowing. Put on waxed discs while hot, and press down over the surface.



**7 COVERING JARS** Wipe jars and cover hot or cold—not warm. If covered hot this should be done immediately after the hot jam has been poured into the jars.

**8 STORING** Store away from the light in a dry, airy place.

**LOW SUGAR JAMS** If sugar is short, or if a less sweet jam is preferred, the amount of sugar in the recipes can be reduced, but it should not be less than  $\frac{3}{4}$  lb. to 1 lb. fruit. It should be remembered that such jam will not set so firmly, and, what is more important, will not keep for more than a few weeks unless in air-tight containers.

The jam is made in the usual way. As soon as the setting point has been reached, the jam should be poured into clean, hot jars and air-tight covers put on at once. If covers which can be immersed in water are used, the jars should then be put into hot water, brought to the boil, and boiled for 5 minutes.

## RECIPES

**NOTE.**—All quantities given are for approximately 10 lbs. of finished jam. If the jam is required for keeping care must be taken to see that the quantity obtained from these recipes is not more than 10 lbs.

### APPLE GINGER

6 lb. apples	1½ oz. ground ginger
2 pints water	6 lb. sugar
2 level teaspoons citric or tartaric acid	

Peel, core and cut up the apples, tying peel and cores in muslin and hanging them in the pan. Place the apples and water in a preserving pan with the acid and ground ginger, and cook slowly until tender. Remove the bag of peel, after squeezing. Add the sugar, and boil the jam rapidly until setting point is reached.

### BLACKBERRY AND APPLE JAM

4 lb. blackberries	1½ lb. peeled, cored and sliced sour apples
½ pint water	6 lb. sugar

Place the blackberries in a pan over a low heat, adding half the quantity of water, and stew slowly until tender. Stew the apples until soft, in the remaining water. Combine the fruit, add the sugar, stir until dissolved, and boil rapidly until setting point is reached.

### BLACKCURRANT JAM

4 lb. blackcurrants	6 lb. sugar
3 pints water	

Remove stalks, wash the fruit if necessary, and put into a preserving pan with the water. Stew slowly until the fruit is well softened. As the pulp becomes thick, stir frequently to prevent burning. Add the sugar, stir until it has been dissolved, bring to boiling point, and boil rapidly until setting point is reached.

### DAMSON JAM

4½ lb. damsons  
5½-6 lbs. if very ripe

1½-2 pints water  
6 lb. sugar

Wash the damsons, put into a pan with the water, stew slowly until the fruit is well broken down. Add the sugar, stir until it is dissolved, bring to the boil and continue boiling rapidly until setting point is reached. Remove as many stones as possible as they rise to the surface.

### GOOSEBERRY JAM

4½ lb. gooseberries  
1½ pints water

6 lb. sugar

Wash, top and tail the gooseberries and place them with the water in a preserving pan. Boil gently until the fruit is well broken down. This will take ¾ hour or more. Add the sugar, stir until dissolved, and boil rapidly until setting point is reached.

The colour of gooseberry jam depends on the variety and ripeness of the fruit and on the length of time the jam is boiled after the sugar has been added. Longer boiling gives a deeper red colour.

### MARROW AND GINGER JAM

6 lb. prepared marrow  
6 lb. sugar  
4 oz. bruised root ginger  
2 level tablespoons citric or tartaric acid

The marrow is prepared by peeling, removing seeds and cutting in small cubes. Then steam until tender. Place the marrow in a basin and cover with sugar. Leave overnight. Next day place it in a pan, add the ginger tied in muslin, and the acid. Cook slowly for about 1 hour or until the marrow is transparent and the syrup thick. Take the ginger out just before setting point is reached.



### PLUM JAM

6 lb. plums  
½-1½ pints water

6 lb. sugar

Wash the plums and stew slowly with the water until the skins are softened. Ripe, juicy fruit requires less water than under-ripe fruit. Add the sugar, stir until it is dissolved, bring to the boil and boil rapidly until setting point is reached. Remove as many stones as possible as they rise to the surface. The plums may be stoned before cooking and the kernels cooked with the fruit.

### RASPBERRY JAM

6 lb. raspberries

6 lb. sugar

Put the fruit in the pan and cook slowly until some juice has come out of the fruit. Add the sugar, stir until it is dissolved, and boil rapidly until setting point is reached.



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### **RHUBARB AND GINGER JAM**

6 lb. rhubarb  
6 lb. sugar

4 level teaspoons ground ginger  
or 1 oz. bruised root ginger  
tied in muslin

1½ level teaspoons citric acid

Wipe the rhubarb and cut in chunks. Put in a basin with the sugar sprinkled on in layers and let it stand overnight. Place in a pan, add the ginger and citric acid and bring to the boil. Boil briskly until setting point is reached.

### **RHUBARB AND RASPBERRY, OR LOGANBERRY JAM**

3 lb. rhubarb  
¼-½ pint water

3 lb. raspberries  
(or loganberries)

6 lb. sugar

Cut up the rhubarb and cook slowly in the water until reduced to thick pulp. If loganberries are used cook 5-10 minutes with the rhubarb and then add sugar. If raspberries are used add with the sugar. Stir until the sugar is dissolved and boil rapidly until setting point is reached

### **RHUBARB AND STRAWBERRY JAM**

3½ lb. rhubarb  
¾ pint water  
3½ lb. strawberries  
6 lb. sugar



Cut the rhubarb into small pieces and cook slowly with the water until softened and reduced to a thick pulp. Add strawberries and sugar. Heat gently, with constant stirring, until the sugar is dissolved, then boil rapidly until setting point is reached.

### **TOMATO JAM (GREEN)**

6 lb. green tomatoes  
6 lb. sugar  
3 oz. root ginger or ground ginger to taste  
12 all-spice berries (optional)

Steam the tomatoes until tender; then skin. Place in a preserving pan with the sugar and spice tied in muslin. Boil rapidly until set, testing from time to time to see if the flavour is strong enough. Then remove the spices. If ground ginger is used add during boiling until the desired flavour is obtained.

### **DRIED APRICOT JAM**

2 lb. dried apricots  
6 pints water

Juice of 2 lemons or  
2 level teaspoons citric or  
tartaric acid  
6 lb. sugar

Wash the apricots and soak them in the water for at least 24 hours. After soaking put the apricots and water in a preserving pan and boil gently for  $\frac{1}{2}$  hour. Add the lemon or acid and the sugar, stir until the sugar has dissolved. Boil rapidly until setting point is reached.

### **CHERRY JAM**

10 lb. stoned cherries (about 11 lb. before stoning)  
Juice of 6 small lemons or  $\frac{1}{2}$  oz. citric or tartaric acid  
7 lb. sugar  
A little water if necessary

Stone the cherries and put them with the acid and the stones, tied in muslin, in a preserving pan. Cook over a low heat to begin with, then bring to a gentle boil and cook for  $\frac{1}{2}$  hour or until the cherries are tender. Add the sugar and stir until boiling. Boil briskly until setting point is reached and then remove the stones.

N.B.—This jam should give about 13 lb. finished. If 10 lb. only is obtained, the jam will be too sweet. If Morello Cherries are used half the quantity of acid given in the recipe should be sufficient

### **STRAWBERRY JAM**

7 lb. hulled strawberries  
6 lb. sugar  
Juice 4 lemons or  
4 level teaspoons citric or tartaric acid  
(optional)

Remove the stalks and hulls. Put the fruit, sugar and lemon juice or acid in the preserving pan and heat gently with constant stirring until the sugar is dissolved. Boil rapidly until setting point is reached. Remove the scum at once and allow the jam to cool until a skin forms on the surface. Stir and pour into jars. Pectin stock made from apples, gooseberries or redcurrants could also be used.

N.B.—If desired the lemon juice or acid may be omitted but the jam will not be so firm.



## **Jam from Fruit bottled without Sugar**

Empty the fruit and juice into a pan, and simmer until the fruit is pulped. Since it is already cooked it will not require very long. Fruit which has been bottled with Campden tablets should be cooked until all the smell of sulphur has evaporated.

Measure the pulp and to each pint of pulp add 1 lb. of sugar. Return to the pan with the sugar, heat gently until the latter is dissolved, then boil for about 15-20 minutes, or until a little sets when tested on a cold plate.