



TheNakedLabel Cooking Segment

We Be Jamín' - Grape Style

"Healthier Grape Jam"

Fall is in the air, time to get preserving!! This is a delicious jam that is much healthier than many store bought versions and it tastes better too.

Ingredients

8 cups concord grapes
1/2 cup water
2 cups organic Sucanat
1/4 cup lemon juice
1/2 tsp lemon zest (heaping)
3 tsp Pomona's Universal Pectin
4 tsp calcium water (from Pomona's Universal Pectin)
~6 canning jars/lids/rings



Directions

Pull the grapes off of the stems. Pinch the grapes to separate the skins from the flesh (innards). Put the skins in a large saucepan and the innards in a medium pan as you go. Add the water to the pot of skins and bring to a boil. Reduce the heat and simmer for 15-20 minutes. Meanwhile, bring the grape innards to a simmer until it loses shape. Approximately 10-15 minutes. Cool slightly and run through a food mill to remove the seeds.

To sterilize the jars, place them in a cake pan and in the oven at 250°F for 15 minutes. Submerge the tops and rings in boiling water for 5 minutes.

Add the milled innards, lemon juice, lemon zest, and calcium water to the saucepan with the skins. Bring to a boil. Once it comes to a boil, add Sucanat and pectin (mix these two ingredients together in a bowl before adding to the pot). Stir until the Sucanat dissolves, bring back up to a boil and then remove from heat.

Use a jarring funnel and a sterilized ladle to spoon the jam into the jars. Note, if you don't have a jarring funnel then sterilize a glass measuring cup and use that to pour the jam liquid into the jars. Don't fill the jars to the top. Leave about 1 inch of space at the top of the jar. Put the lid and ring on the jar. Submerge the jars into a pot of boiling water so they are covered for 5 minutes. Remove and set aside to cool. Make sure the tops pop down for a proper seal. Store in a cool place and refrigerate after opening.

I LOVE this jam because it is *jam* packed with flavour and it isn't overly 'smack you in the face' sweet.

Enjoy!

