

MATCHMATE FRUITS IN FREEZER JAMS

Today's approach to "putting up" jams and jellies would be the envy of previous generations of jellymakers. No longer do you have to work over a hot stove. Delicious preserves can be made the quick, no-cook way, stored in the freezer and enjoyed year round.

Play matchmaker with different fruits to produce a delectable marriage of flavors and textures—peaches with blueberries, oranges or strawberries, strawberries alone or in combination with rhubarb as well as peaches. Our five tasty recipes—Strawberry Rhubarb Jelly, Strawberry Butter, Peach Orange Conserve, Strawberry Peach Jam and Peach Blueberry Jam—are all "freezer" jams which can be whipped up in no time at all.

Each recipe will be outstanding whether you serve it at breakfast, morning coffee or afternoon tea. Spread your jam on toast, biscuits, muffins, croissants or bagels, or serve it with waffles and pancakes. You can also add a little excitement to desserts by including jam in fruit tarts, cakes or tortes.

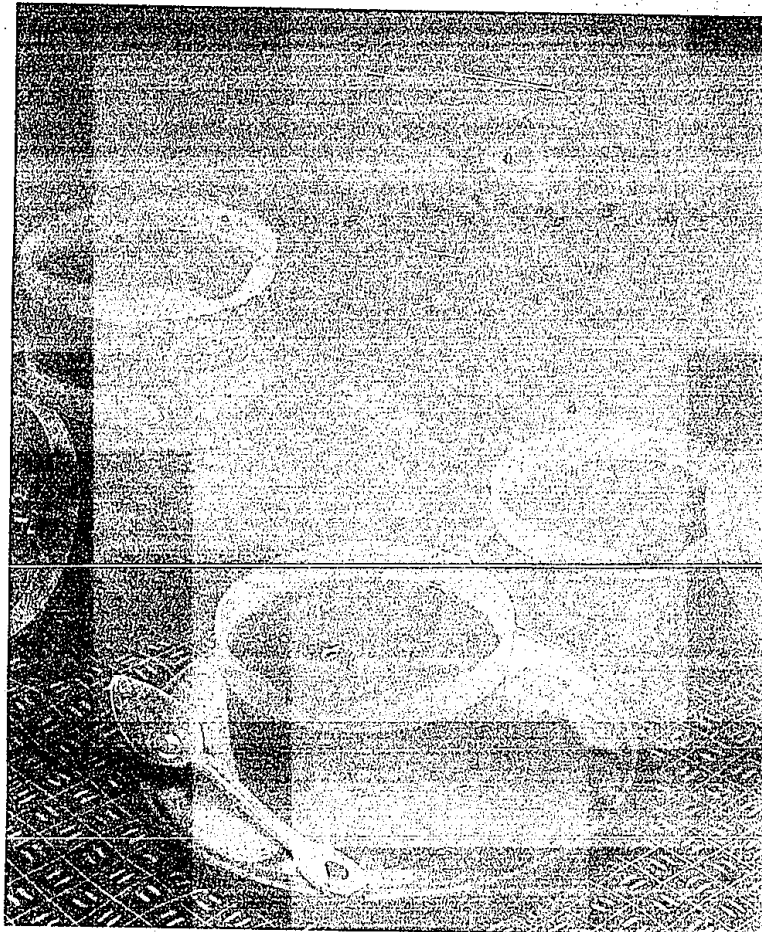
The key to making "freezer" jams is commercial fruit pectin—Certo liquid fruit pectin and Sure-Jell powdered fruit pectin. Both products supplement the natural pectin in fruit that tends to decrease as fruit ripens. Pectin assures a good set and helps fruit retain its natural fresh flavor and bright color. Sure-Jell fruit pectin is found in easy-to-open packages which include simple directions for use. Certo fruit pectin comes in pre-measured foil pouches, which makes your job even easier. Be sure to use the type of fruit pectin recommended in your recipe because they are not interchangeable.

To make your jam, start with the freshest, ripest fruit—juicy, red strawberries (green caps intact, please), plump blueberries, smooth and rosy peaches, crisp red or pink rhubarb and tangy, firm oranges. Wash the fruit and discard anything you don't want in the jam, like caps, stems, skins, pits or seeds. Then, check each recipe for the how-to's of preparing and mixing the fruit you'll use.

Next, you'll need some supplies and equipment. Make sure you have all the ingredients listed in the recipe, including the Certo or Sure-Jell fruit pectin. Gather together two bowls (small and large), a paring knife, a sturdy mixing spoon, measuring cups, a ladle and, of course, 1- or 2-cup freezer containers with tight-fitting covers or lids. Don't forget to get some labels so you can mark the jams for the future.

Scald the freezer containers and then mix the jam according to the directions in any one of the scrumptious recipes. Pour immediately into the containers and let them stand at room temperature for 24 hours. You can keep most of the jam fresh and

available for up to six months by storing it in the freezer. The jam you and your family want to dip into right away will stay fresh in the refrigerator for three weeks. Once you've made one of these easy, taste-pleasing jams, we're sure you'll want to make all five. Your family will love you for it and so will any special friends who are treated to your homemade jams.



Family (friends, too) will love you when you serve these easy freezer jams and jellies: Peach Orange Conserve, Strawberry Butter, Strawberry Peach Jam, Strawberry Rhubarb Jelly and Peach Blueberry Jam.

Strawberry Butter

- 2 cups prepared fruit (about 1 qt. fully ripe strawberries)
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon nutmeg
- 4 cups (1-3/4 lb.) sugar
- 2 tablespoons lemon juice
- 1 pouch Certo fruit pectin

First prepare the fruit. Stem about 1 quart strawberries and place a few pieces at a time in electric blender container so blades are just covered. Cover container, and turn control from off to low several times until fruit is chopped. (Do not puree.) Measure 2 cups into large bowl or pan. Add lemon rind and nutmeg. Then make the butter. Thoroughly mix sugar into fruit; let stand 10 minutes. Add lemon juice to fruit pectin in a small bowl. Stir into fruit. Continue stirring 3 minutes. (A few sugar crystals will remain.) Quickly ladle into scalded containers. Cover at once with tight lids. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 4 cups or about 5 (8 fl. oz.) containers.

Strawberry Rhubarb Jelly

- 2 cups prepared juice (about 1 qt. fully ripe strawberries and 1/2 lb. rhubarb)
- 4-1/2 cups (2 lb.) sugar
- 3 tablespoons lemon juice
- 1 pouch Certo fruit pectin

First prepare the fruit. Thoroughly crush, one layer at a time, about 1 quart strawberries. Place in jelly cloth or bag and let drip. When dripping has almost ceased, press gently. Measure 1-1/2 cups into large bowl or pan. Finely grind (do not peel) about 1/2 pound rhubarb. Place in jelly cloth or bag and let drip. When dripping has almost ceased, press gently. Measure 1/2 cup and add to strawberry juice. Then make the jelly. Thoroughly mix sugar into juice; let stand 10 minutes. Mix lemon juice and fruit pectin in small bowl; stir into juice. Continue stirring 3 minutes. (A few sugar crystals will remain.) Pour quickly into scalded containers. Cover at once with tight lids. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 5-1/2 cups or about 6 (8 fl. oz.) containers.

Strawberry Peach Jam

- 3-3/4 cups prepared fruit (about 1 pt. fully ripe strawberries and 3/4 lb. fully ripe peaches)
- 1 tablespoon lemon juice
- 4 cups (1-3/4 lb.) sugar
- 3/4 cup water
- 1 box Sure-Jell fruit pectin

First prepare the fruit. Stem and thoroughly crush, one layer at a time, about 1 pint strawberries. Measure 1 cup into large bowl or pan. Peel, pit and grind or finely chop about 3/4 pound peaches. Measure 3/4 cup and add to strawberries; add lemon juice. Then make the jam. Thoroughly mix sugar into fruit; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to a full boil and boil 1 minute, stirring constantly. Stir into fruit. Continue stirring 3 minutes. (A few sugar crystals will remain.) Ladle quickly into scalded containers. Cover at once with tight lids. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 4-3/4 cups or about 6 (8 fl. oz.) containers.

Peach Blueberry Jam

- 1-3/4 cups prepared fruit (about 1/2 pt. fully ripe blueberries and 1 lb. fully ripe peaches)
- 4 cups (1-3/4 lb.) sugar
- 2 tablespoons lemon juice
- 1 pouch Certo fruit pectin

First prepare the fruit. Finely chop or grind about 1/2 pint blueberries. Measure 1/2 cup into large bowl or pan. Peel, pit and finely chop or grind about 1 pound peaches. Measure 1-1/4 cups and add to blueberries. Then prepare the jam. Thoroughly mix sugar into fruit; let stand 10 minutes. Add lemon juice to fruit pectin in small bowl. Stir into fruit. Continue stirring 3 minutes. (A few sugar crystals will remain.) Ladle quickly into scalded containers. Cover at once with tight lids. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 5 cups or about 6 (8 fl. oz.) containers.

Peach Orange Conserve

- 1 orange
- 1-1/2 cups prepared peaches (1-1/4 lb. fully ripe peaches)
- 3 tablespoons finely chopped nuts
- 3 tablespoons chopped maraschino cherries
- 2 tablespoons lemon juice
- 4-1/4 cups (1 lb. 14 oz.) sugar
- 3/4 cup water
- 1 box Sure-Jell fruit pectin

First prepare the fruit. Grate 2 teaspoons rind from 1 orange. Section orange, dice the sections and measure 1/4 cup. Peel, pit and grind or finely chop about 1-1/4 pounds peaches. Measure 1-1/2 cups into large bowl or pan. Add orange rind and sections, nuts, cherries and lemon juice.

Then make the conserve. Thoroughly mix sugar into fruit mixture; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to a full boil and boil 1 minute, stirring constantly. Stir into fruit. Continue stirring 3 minutes. (A few sugar crystals will remain.) Ladle quickly into scalded containers. Cover at once with tight lids. Let stand at room temperature 24 hours; then store in freezer. Small amounts may be covered and stored in refrigerator up to 3 weeks. Makes about 5-1/2 cups or about 6 (8 fl. oz.) containers.

