

Apple Jam



Serves	3 cups
Prep time	1 hour, 20 minutes
Cook time	40 minutes
Total time	2 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Condiment , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Region	Indian
Website	Indian Food Forever

Ingredients

- 1kg Red Delicious apples
- 750g white sugar
- 2 cups water
- 1/2 teaspoon citric acid

Directions

1. Peel, core and thinly slice the apples.
2. Cook the apples in the water over a moderate heat until tender, approximately 20 minutes.
3. Add the sugar and citric acid and stir over high heat until the jam sets when tested, approximately 1 hr. The syrup will be thick and orange in colour and the apple pieces will appear translucent.
4. To test the jam place a small plate in the freezer for 5 minutes. Pour a teaspoon of hot jam onto the plate then place it back in the freezer for another 2 minutes. Take the plate out and run your finger through the centre of the jam. If the jam doesn't immediately flow back into the line you created, the jam is set. If it's not set keep cooking the jam and re-test every 5 minutes.
5. Allow the jam to cool slightly and then pour into sterilised jars and leave. Allow the jam to set in the jars one day before opening.



Note

Moderate Salicylates, Low Glutamates, Low Amines