Jam



Serves	4 cups
Prep time	15 minutes
Cook time	25 minutes
Total time	40 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - High Chemical, RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Condiment, Sweet Things
Misc	Child Friendly, Pre-preparable, Serve Cold

Ingredients

Pear Jam

- 750g ripe peeled and cored pears or drained canned pears (pureed)
- 750g White sugar
- 50g Sachet of jam setting mixture (e.g. Jamsetta)

Apple and Pear Jam

- 750g ripe peeled and cored pears or drained canned pears (pureed)
- 500g Red or Golden Delicious Apple (peeled and cored)
- 750g White sugar
- 50g Sachet of jam setting mixture (e.g. Jamsetta)

Pear and Nectarine Jam

- 900g ripe peeled and cored pears or drained canned pears (pureed)
- 300g Nectarines (peeled and stones removed)
- 900g White sugar
- 50g Sachet of jam setting mixture (e.g. Jamsetta)

Directions

1. Prepare the fruit:
   For Pear Jam: puree the pears in a food processor.
   For Apple and Pear Jam: Place the apples in a small saucepan over medium heat with 2 tablespoons of water. Place the lid on and cook until the apples are soft. Drain the excess liquid from the apples then puree the pears and apples in a food processor.
   For Pear and Nectarine Jam: Puree the pears and nectarines in a food processor.
2. Place the fruit into a large saucepan and heat over medium heat.
3. Stir in the sugar and jam setting mixture. Reduce the heat to low and stir until the sugar is dissolved.
4. Increase the heat and bring to the boil. Boil for 5 minutes, stirring occasionally.
5. Remove from the heat and allow to cool for 10 minutes, then pour into sterilised jars.
6. Seal, label and date the jars.



7. Once opened store in the fridge.
8. To sterilise jars:
   Preheat the oven to 100 C.
   Wash the jars and lids in hot soapy water, then rinse in hot water.
   Place the rinsed jars and lids (only if metal lids) into baking trays and put into the oven until ready to use. I put the jars into the oven when I start making the jam.

   I reuse old glass jars with metal lids.

Note

Unlike other jam recipes, these jams don’t start to set in the saucepan, they set once in the sealed jars.

Pear and Nectarine Jam: High Salicylates, Low Amines, Low Glutamates

Apple and Pear Jam: Moderate Salicylates, Low Amines, Low Glutamates

Pear Jam: Low Chemical/Failsafe

The pear jam recipe is from Friendly Food.