



Heeman's Jam Recipes

No Cook Freezer Jam

(Club House)

This recipe produces the freshest, best tasting jam the Heeman family has ever tasted. Add in the fact that is no cook (who wants to have the oven on when its 30^oC) and it uses 55% less sugar than CERTO

Ingredients:

4 cups	finely chopped fruit (<i>do not purée</i>)	1 L
1 pkg.	Garden Fare (<i>available at Heeman's</i>)	1
1 ½ cups	granulated sugar	375 g
	glass or plastic jars with tight fitting lids	

Yields: 4 ½ cups / 1.1 L jam

Directions:

1. Wash and rinse containers
2. Place prepared fruit in large mixing bowl
3. Gently stir in sugar and allow to stand for 15 minutes
4. Slowly sprinkle gelling powder a little at a time onto fruit mixture while stirring for 3 minutes
5. Allow to stand for 5 minutes
6. Gently stir again for 1 minute
7. Pour jam into jars, leaving 1 inch (2.5cm) head space. Seal tightly. Jam is ready to eat. Not standing time required.
8. Store in refrigerator and use within 6 weeks or store in freezer for up to 1 year.

Mix it up:

- Try with all kinds of fruit – strawberries, raspberries, blueberries, whatever you can think of...
- Double your fruit and you make our **Famous Heeman Sundae Sauce**. That's right, 8 cups of fruit, only 1½ cups of sugar, it's that simple.

Jam Session

(The Canadian Living Test Kitchen)

Directions:

1. Pour Fruit into large Dutch oven.
2. Combine 1 pkg. (49 g) light fruit pectin crystals with ¼ cup (50 mL) of the Granulated Sugar; stir into pan.
3. Bring to full rolling boil over high heat, stirring constantly. Stir in remaining sugar; return to full rolling boil. Boil hard for 1 minute, stirring constantly.
4. Remove from heat. Stir for 5 minutes to prevent fruit from floating, skimming off foam.
5. Using sterilized metal funnel and ½ cup (125 mL) measure, pour into hot sterilized 1-cup (250 mL) canning jars, leaving ¼ inch (5mm) headspace. If necessary, wipe rims. Cover with hot lids; screw on bands finger tight.
6. Process in boiling water canner for 5 minutes. Remove jars and let cool, undisturbed, for 24 hours. Check for seal, ensuring that lids curve downwards. (If not, refrigerate and use within 3 weeks.) Store in cool, dry, dark place for up to 1 year. Makes 5 to 7 cups (1.25 to 1.75 L).

Strawberry Pineapple Jam

4 cups	crushed hulled strawberries	1 L
	or	
8 cups	whole strawberries	2 L
1 can (14 oz)	crushed pineapple in its own juices	398 mL
4½ cups	granulated sugar	1.125 L

Classic Strawberry Jam

Heeman Greenhouses & Strawberry Farm

Hotline: 519-461-0555

Website: www.heeman.ca



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6 cups	crushed hulled strawberries	1.5 L
	or	
12 cups	whole strawberries	3 L
4½ cups	granulated sugar	1.125 L

Strawberry Rhubarb Jam

2 cups	crushed hulled strawberries	500 mL
	or	
4 cups	whole strawberries	1 L
2½ cups	chopped rhubarb	625 mL
2¾ cups	granulated sugar	675 mL

Strawberry Raspberry Jam

4 cups	crushed hulled strawberries	1 L
	or	
8 cups	whole strawberries	2 L
2 cups	raspberries	500 mL
2 tbsp	lemon juice	25 mL
4½ cups	granulated sugar	1.125 L

Strawberry Banana Jam

4 cups	crushed hulled strawberries	1 L
	or	
8 cups	whole strawberries	2 L
1 cup	mashed banana	250 mL
2 tbsp	lemon juice	25 mL
4½ cups	granulated sugar	1.125 L

TIPS

- To crush strawberries, crush only one layer at a time.
- To prepare canning jars and metal funnel and measure, fill boiling water canner two-thirds cover full of hot water; cover and bring to boil. Wash and rinse jars, funnel and measure. Place in canner; cover and boil for 15 minutes.
- To prepare lids, heat new canning lids in saucepan of boiling water just before jam is ready
- Most useful tip customers have appreciated over the years is: "If you are too busy or it is too hot to make jam in the summer, freeze up berries in convenient 'batch size' amounts and bring the fruit out later in the fall/winter and make up your jam. This is a time saving, economical way to enjoy the nutritional, flavourful taste of fresh Ontario Strawberries all year long."

Low-Calorie Strawberry Jam

(Source: Heloise Helpline)

Delicious low-calorie almost-like-real jam. Use whatever fruit is in season—peaches, grapes, and plums are wonderful too. Make one batch at a time and it will keep in the fridge for up to several weeks.

¾ - 1 cup	fresh fruit, cubed	75 - 250 mL
½ tsp	lemon juice	2 mL
⅛ to ¼ cup	apple juice	25- 50 mL
½ - 1-tsp	fructose or sugar substitute	2 - 5 mL
	(depends on sweetness of fruit)	

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1. Mix all the ingredients and cook for three or four minutes on high heat.
2. Taste the jam at this point and add more sugar substitute if it's a little tart.
3. Sprinkle one or two teaspoons unflavoured gelatin over it (and stir until gelatin is completely dissolved, to make it firm.)

Taste is great—and the only calories, almost, are from the natural fruit.

Sundae In a Jar

One taste of this spread and you'll believe that you're indulging in an ice cream sundae. Use it as a jam, a dessert topping or in ice cream. Just slice in a banana and enjoy a split!

		Yield: 6 to 7 250 mL jars
2 ½ cups	crushed strawberries	625 mL
1 ⅓ cups	crushed raspberries	325 mL
6 cups	granulated sugar	1.5 L
1 pouch	BERNARDIN Liquid Pectin	85 mL
⅓ cup	Chocolate Liqueur	75 mL

1. Place 7 clean 250 or 236 mL mason jars in a boiling water canner; fill with water, cover and boil hard 10 minutes to sterilize jars. Boil SNAP lids 5 minutes—not longer—to soften sealing compound. Keep jars and SNAP lids in hot water until ready to use.
2. Wash, hull and crush strawberries, one layer at a time; measure 2 ½ cups (625 mL). Wash, thoroughly drain and crush raspberries, one layer at a time; measure ⅓ cups (325 mL).
3. Combine prepared berries and sugar in a large, deep stainless steel saucepan. Over high heat, bring mixture to a full rolling boil. Stirring constantly, boil hard 1 minute. Remove from heat.
4. Immediately stir in liquid pectin and chocolate liqueur, mixing well. To prevent floating fruit, stir slowly 3 minutes. Skim foam.
5. Ladle jam into hot sterilized jar to within ½ inch (0.5 cm) of top rim (headspace). Using non-metallic utensil, remove air bubbles. Wipe jar rim removing any stickiness. Center SNAP lid on jar; apply screw band securely until finger tight. Repeat for remaining jam.
6. Cover canner; return water to a boil. At altitudes up to 1000 ft. (305 m), process—boil filled jars—5 minutes.
7. Remove jars without tilting. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands. After cooling, check jar seals. Sealed lids curve downward. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store in a cool dark place.

TIP: To reduce foam, and ¼ tsp (1 mL) butter to berry sugar mixture before cooking.

CERTO™ Information

***CERTO™ Liquid, CERTO™ Crystals and CERTO™ Light** are natural pectin products, carefully extracted from citrus fruit. Just follow the instructions and you can count on CERTO* to simplify jam, jelly and marmalade making every time – while preserving the natural taste of fresh fruit!*

Helpful Hints:

- Always use ripe fruit to give the best flavour. Fruit should be free of blemishes and not over-ripe.

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- There is no need to sterilize containers for no-cook jams. Simply wash containers in hot soapy water then rinse
- Use correct measures. Use liquid measures for fruit and dry measures for sugar. Always use CERTO™ measurements for best results; deviations may cause poor results.
- Use a potato masher to crush berries a small amount at a time.
- Do not reduce sugar. It is critical for a good set.
- Frozen berries can be used if they have been frozen without sugar. For best results, thaw in the refrigerator.
- For additional CERTO™ Jam and Jelly recipes, look inside every package of CERTO™ Fruit Pectin product for recipe inserts. Questions? If you are in a jam or would like more recipes call the jam making experts at the CERTO™ hotline 1-800-268-6038 9 a.m. – 6 p.m. EST Monday to Saturday during June, July and August.

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