



Raspberry Fridge Jam

lightly adapted from The River Cottage Preserves Handbook; makes about seven 8-oz jars

- 3 pounds, 6 ounces perfectly ripe raspberries
- 3 3/4 cups granulated sugar
- 1 1/2 teaspoons powdered pectin

Heat the oven to 250 degrees.

Line a baking sheet with newspaper and set aside.

Wash your glass jars with hot soapy water, rinse well and place right-side-up on the baking sheet. Place in the oven to heat up as you cook your fruit.

Place lids in hot water, bring to a boil and then hold on low heat until ready to cap jars.

In a medium bowl, blend together the sugar and the pectin.

Pick over the raspberries very carefully, discarding any leaves, stems or rotten bits. Place half of the fruit into a preserving pan and use a potato masher to coarsely crush it. Add the remaining fruit and sugar mixture (this will look mouthwateringly good).

Stir over low heat to dissolve the sugar. Bring to a rolling boil, then boil for exactly 5 minutes. (If you prefer a firmer jam, continue boiling at this stage for a further 2-3 minutes.) Remove from the heat, stirring to disperse any scum.

It is important to pour and cap this low-sugar jam quickly, but you must allow it to cool just a little first (give it 5 or 6 minutes) to prevent all those seeds from rushing to the top of the jar. Take lids out of hot water and dry with a clean towel. Remove jars from oven and fill with hot preserves. Wipe rims with a clean cloth and seal immediately with lids. Place tray of filled jars on a level spot where it can remain

undisturbed for 6 hours.

After 6 hours (or more), check jars to make sure seals have formed. Any that do not have a firm seal should be refrigerated. The rest can go into cool storage.

Use within one year and, once opened, store in the fridge.