



From the Kitchen of Executive Chef Jessica VanRoo

Christmas Jam

Makes 5 cups or 5 half-pint jars

33 calories per 1 tablespoon serving

Description

This versatile Christmas jam is great on toast and rolls but give it a whirl as a topper for Brie, Chèvre or goat cheese. You may even consider serving it alongside the holiday entree as a fresh accompaniment to turkey, duck or goose.

Cranberries — a classic staple of holiday meals — are a member of the heather family and related to blueberries, bilberries and lingonberries. They are rich in vitamins and minerals, including manganese, copper and vitamins C, E and K1. They're also a major source of antioxidants that may be beneficial for heart health.

In fact, all the fruits in this recipe are high in fiber and vitamin C, contain antioxidants and have anti-inflammatory properties that help protect the body from harmful substances called free radicals.

Best of all, it's an all-natural alternative to most commercial jams that often contain corn syrup derivatives, dyes and preservatives.

Total cost: \$10.03/\$2 per jar



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Ingredients

- 2 cups fresh cranberries
- 1 orange, zested, peeled, pith removed
- 2 teaspoons of the grated orange zest
- 1 ½ cups strawberries, fresh or frozen (about 8 oz)
- 1 ½ cups raspberries or cherries, fresh or frozen (about 7 oz)
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon calcium powder dissolved in ½ cup water
- 1 ½-2 cups sugar or sugar substitute, divided 1 cup, ½-1 cup
- 2 teaspoons Pomona's pectin powder

Instructions

1. Place empty jars in pot of water filled at least 1 inch above the jar tops, boil at least 10 minutes.
2. Combine pectin powder with 1 cup sugar in a bowl.
3. Combine cranberries and peeled orange in food processor, pulse until coarsely chopped.
4. Add strawberries and raspberries (or cherries) and pulse a few times to mix, but do not puree.
5. Place fruit mix in saucepan, cook on medium heat for 3 minutes, stirring constantly.
6. Add spices, orange zest and 2 teaspoons of calcium water, mix well.
7. Add pectin-sugar mix to heated fruit, stir well, bring to a boil.
8. Remove from heat when pectin is dissolved and skim off any foam that formed.
9. Fill sterilized jars with jam, leaving a gap of ¼-inch, seal with lids.
10. Place filled jars in boiling water that covers jar tops, boil for 10 minutes.
11. Remove jars from water, check seals and allow to cool.
12. Sealed jam can be stored up to a year but refrigerate once opened and use within 3 weeks.