



Catherine's Jamming Jam

PREP: 10 min.

INGREDIENTS:

- 5 cups any berries, your choice, diced or smashed!
- 1 cup sugar
- 2 Tbsp of lemon juice
- 1 pinch salt
- Optional fresh herbs

Utensils:

- Two 8 oz glass jars or something to keep the jam in an airtight container
- A masher
- A candy or jam thermometer or some type of heat reader

RECIPE INSTRUCTIONS:

1. In a sauce pot, add the jam and mash it using a potato masher or whatever you have to make it nice and squished.
2. Add in the sugar and lemon juice and turn up the temperature on the stove to a 6/7.
3. Stir constantly until the sugar is dissolved into the mixture.
4. Stir occasionally now until the mixture hits 220 degrees Fahrenheit. 220 degrees is the perfect temperature for jam consistency.
5. Once it hits 220 degrees, remove from the heat and stir in a pinch of salt.
6. Pour mixture into open jars.
7. Allow jars to cool until barely warm to the touch. Then place in the fridge for 2-3 hours.
8. Remove jars from fridge, serve and enjoy!

