Uncooked Jams

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You can make jams with the flavor of fresh fruit at any season—and without cooking. These recipes call for commercially frozen fruits, but they can also be made with fresh fruits. The jams are easy to store in your freezer or refrigerator.

Pectin will gel with a certain proportion of fruit, acid, and sugar—even if the ingredients are combined when cold. It may take only a few minutes for the gel to form, or it may take two or three days.

The resulting gel will mold or ferment if you allow it to stand more than a few days at room temperature. That is the reason it is necessary to use frozen storage for these jams. If you want to keep the jams for only a few weeks, refrigerator storage will do.

If the jams are too stiff to serve, stirring a little will soften them. If syneresis or “weeping” occurs after the jams have been cut, stirring will blend them.

Jams from Frozen Fruits

**Strawberry**

2 10-ounce packages frozen strawberries
3 cups sugar
1 box powdered pectin and ¼ cup water, OR ½ bottle liquid pectin (¼ cup).
Thaw the frozen fruit. Puree the fruit as uniformly as possible, using a colander, food mill, electric blender, or food grinder. Stir in the sugar. Let stand about 20 minutes, stirring occasionally. If using powdered pectin, boil the pectin and water 1 minute, stirring constantly. Add the fruit to the pectin, and stir about 2 minutes. Pour into jelly glasses at once. Let stand covered for 24 hours or until set. Store in a freezer.

**Cherry**

Substitute cherries for strawberries. Puree cherries in a blender or grinder, and continue as in above recipe.

**Peach**

Substitute peaches for strawberries. Stir 1 teaspoon citric acid into the pureed peaches, and continue as in above recipe.

**Red Raspberry**

Use 3 10-ounce packages of raspberries and 4½ cups sugar. Continue as in above recipe.

Jams from Fresh Fruit

Are there fresh fruits in season? You can use fresh fruit instead of frozen fruit. Strawberries, red and black raspberries, blackberries, plums, cherries, grapes, peaches, and apricots work well. Proportions of ingredients vary with different fruits, so follow the recipes carefully!

**Strawberry**

2 cups finely mashed or sieved strawberries
4 cups sugar
1 package powdered pectin
1 cup water
Combine berries and sugar. Let stand about 20 minutes, stirring occasionally. Stir the pectin into the water, bring to boiling, and boil rapidly for 1 minute, stirring constantly. Remove from stove. Add the berries, and stir about 2 minutes. Pour into jelly glasses. Cover and let stand at room temperature 24 to 48 hours or until jelled. Store in a freezer, or keep several weeks at refrigerator temperature. This makes about 6 glasses.

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To use liquid pectin for this jam, omit the powdered pectin and water and use ½ bottle of liquid pectin (½ cup). No cooking necessary.

**Black Raspberry**
Substitute black raspberries for strawberries, and continue as in above recipe.

**Cherry**
Substitute pitted sour cherries for strawberries. Put through a food chopper before measuring. Continue as in above recipe.

**Peach**
Substitute peaches for strawberries. Add 1 teaspoon powdered citric acid to the finely mashed peaches. Continue as in above recipe.

**Red Raspberry**
3 cups finely mashed or sieved red raspberries
6 cups sugar
1 package powdered pectin
1 cup water
Combine berries and sugar. Let stand about 20 minutes, stirring occasionally. Stir the pectin into the water, bring to boiling, and boil rapidly for 1 minute, stirring constantly. Remove from stove. Add the berries, and stir about 2 minutes. Pour into jelly glasses. Cover and let stand at room temperature 24 to 48 hours or until jelled. Store in a freezer, or keep several weeks at refrigerator temperature. This makes about 9 glasses.

To use liquid pectin for this jam, omit the powdered pectin and water and use ½ bottle of liquid pectin (½ cup). No cooking necessary.

**Grape**
Substitute Concord grapes for red raspberries. Separate seeds after heating Concord grapes. Simmer grapes without added water until skins are broken and grapes have softened. Put pulp through a colander or food mill before measuring. Continue as for red raspberry jam above.

**Blackberry**
Substitute blackberries for red raspberries. Reduce sugar from 6 cups to 5½ cups. Continue as for red raspberry jam above.

**Tart Plum**
Substitute tart plums for red raspberries. Put plums through a food chopper or blender before measuring. Continue as for red raspberry jam above.

**Related Publications**
Contact your county Extension office, or write the Publications Mailing Room, 301 S. 2nd Street, Lafayette, IN 47905-1092, for the following related publications.

- HE-129 Using and Caring for Your Pressure Canner
- HE-130 Jams and Jellies Without Sugar
- HE-132 Safe Home Canning of Low-Acid Vegetables
- HE-133 Safe Home Canning of Fruits
- HE-134 Freezing Vegetables at Home
- HE-135 Freezing Fruits at Home
- HE-136 Canning Tomatoes
- HG-8 Home Canning of Fruits and Vegetables
- HG-10 Home Freezing of Fruits and Vegetables
- HG-56 How to Make Jams, Jellies, Preserves at Home
- HG-69 Home Care of Purchased Frozen Foods
- HG-92 Making Pickles and Relishes at Home
- HG-93 Freezing Meat and Fish at Home
- HG-106 Home Canning of Meat and Poultry

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