Apple Preserves
with powdered pectin

Instructions:
• 6 cups peeled, cored, sliced apples
• 1 cup water
• 1 tablespoon lemon juice
• 1 package powdered pectin
• ½ lemon, thinly sliced (optional)
• 4 cups sugar
• 2 teaspoons ground nutmeg

Yield: About 6 half-pint jars

Please read Using Boiling Water Canners before beginning. If this is your first time canning, it is recommended that you read Principles of Home Canning.


<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>0 - 1,000 ft</th>
<th>1,001 - 6,000 ft</th>
<th>Above 6,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>Half-pints or Pints</td>
<td>5 min</td>
<td>10</td>
<td>15</td>
</tr>
</tbody>
</table>

Table 1. Recommended process time for Apple Preserves in a boiling water canner.

Recipe Variation:

Students are only able to utilize different dry herbs and spices to modify the original recipe. For example: instead of using nutmeg, you could use all spice if that will differentiate your dish from the other contests. Another example: in addition to the nutmeg, you can add cayenne pepper to make a sweet and spicy apple preserve.
can modify the herbs and spices, however; do not modify the remaining ingredients because they have been ph balanced to prevent any bacteria growth.

If you have any questions, please contact Catrina Hoffman at 334-421-3285 or LeVershaun Williams at 205-764-4323.