

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](#).

Procedure: [Sterilize canning jars](#). Combine apples, water and lemon juice in a large saucepot. Simmer, covered for 10 minutes. Stir in pectin and bring to a full rolling boil, stirring frequently. Add lemon slices (optional) and sugar. Return to a full rolling boil. Boil hard 1 minute, stirring frequently. Remove from heat; add nutmeg. Pour hot preserves into hot jars, leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a Boiling Water Canner.

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

| | | Process Time at Altitudes of | | |
|---------------|---------------------|------------------------------|------------------|----------------|
| Style of Pack | Jar Size | 0 - 1,000 ft | 1,001 - 6,000 ft | Above 6,000 ft |
| Hot | Half-pints or Pints | 5 min | 10 | 15 |

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. You

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 LeVershawn Willams at 205-764-4323.