



# LIVING PRESERVED

## *Raspberry Jam Recipe*

### INGREDIENTS

4 cups of fresh or frozen raspberries

2 tablespoons lemon juice

4 cups of regular granulated sugar

### MATERIALS

Canning jars & lids

1 small (8 inch) sauce pan

Potato masher or wooden spoon

1 large pot

Jar tongs (or lifter)

### DIRECTIONS

1. Gather canning materials
2. Unscrew the lids from the jars and pop off the inner lids.
3. Sterilize the jars (lids off) by putting them in your oven at 300 degrees, or putting them in your dishwasher heat cycle or by boiling them (lids off) in the large canning pot for about 10 minutes.
4. Fill the 8-inch saucepan about half way with water, bring to a boil and drop the inner lids into the boiling water. Sterilize them for 10 minutes, or keep at a low boil until last jar of jam is ready.
5. Dump your berries into a large pot. You can smash them with the masher if you want, but it's not necessary.
6. Add granulated sugar and lemon juice and stir til fully combined.
7. Turn the heat to medium-high and stir constantly.
8. Turn the heat down to medium and stir constantly for about 20-25 minutes. The jam will be a beautiful color and start to look a little gooey.
9. Take the jars out and put them near your pot of jam.
10. Using the jar funnel, fill each jar and leave 1/4 inch of space at the top. Take a lid out of the pan of water and then screw on the rings tightly. Use a dish towel or mitt to tighten because they are very hot. The key is to have everything hot, the jars, the jam and the lids. This makes the perfect combination for sealing the jars - to know that your jar is sealed, wait for the suction/popping sound.