

Jellies, Jams and Spreads



FOOD PRESERVATION

Sweet spreads are foods with many textures, flavors and colors. They are thickened or jellied to varying degrees. The traditional jellies and jams are preserved primarily by sugar.

FOOD CONSERVATION

Ingredients

For proper texture, jellied fruit products require the correct combination of fruit, pectin, acid and sugar. The fruit gives each spread its unique flavor and color. It also supplies the water to dissolve the other ingredients and furnishes some or all of the pectin and acid. Good quality, flavorful fruits make the best jellied products.

Pectins are substances in fruits that form a gel if they are in the right combination with acid and sugar. All fruits contain some pectin. Apples, crabapples, gooseberries and some plums and grapes usually contain enough natural pectin to form a gel. Other fruits, such as strawberries, cherries and blueberries, contain little pectin and must be combined with other fruits high in pectin or with commercial pectin products to obtain gels. Because fully ripened fruit has less pectin, one-fourth of the fruit used in making jellies without added pectin should be underripe.

