



# How to make the perfect strawberry jam



DIFFICULTY: EASY



PREPARATION TIME: 10  
MINUTES



COOKING TIME:  
APPROXIMATELY 40  
MINUTES



SERVES: 3 – 4 MEDIUM JARS

## Ingredients

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1 kg strawberries  
1 kg white sugar  
Juice of 2 large lemons

## Method

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Wash strawberries and allow to dry. Hull the strawberries and cut large strawberries in half. Place the strawberries, sugar and lemon juice into a large preserving saucepan and gently stir to combine. Cover the saucepan and leave stand overnight. If time poor, allow strawberries to stand for at least two hours.

Place a saucer in the freezer in preparation for checking the setting of the jam. A jam thermometer can be used and the desired setting temperature will be 105°C. If cooking the jam on a ceramic glass cooktop have a damp cloth handy to clean up any splatter.

Remove the cover from the saucepan and place the pan over a low heat and stir gently until all the sugar has dissolved. Increase the heat to high and boil the jam rapidly. Stir the jam occasionally to ensure the jam is not sticking to the bottom of the saucepan. Boil for 10-20 minutes or until the jam reaches 105°C. Spoon a little jam onto the frozen saucer and leave for 1 minute, if the jam wrinkles when a finger is pushed through the middle, it is ready. Keep boiling if it is not set and check again in 2 minutes. Stand the jam for 3 minutes before bottling.

Ladle the jam into hot, sterilised jars (see notes on how to sterilise the jars), cover jars with a piece of baking paper and cool completely before sealing the jars.

## Notes

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### Fransje's top tips:

The oven temperatures given are for conventional ovens; if using fan-forced (convection), reduce the temperature by 20°C. Also remember that we use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.

How to sterilise jam jars

Wash the jars and use one of the following techniques. Remember the jars are placed upside down:

- Oven – select Top and Bottom heat (conventional) to 120°C, place jars and lids (non-plastic) on an enamel tray lined with baking paper and heat in oven for 20 minutes. Remove jars when ready to fill.
- Dishwasher -place jars, rubber seals and lids in the dishwasher and select the hottest cycle.
- FullSteam – select FullSteam 100°C and steam jars, rubber seals and lids for 10 minutes. Open oven door and allow jars to dry.