



Low sugar jam & jellies



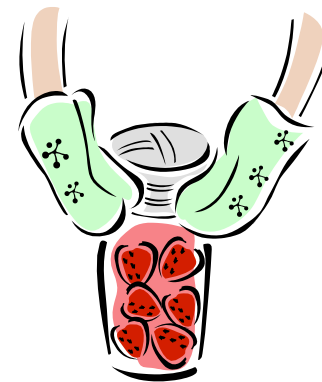
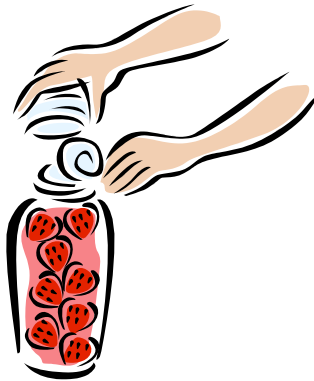
Strawberry Jam

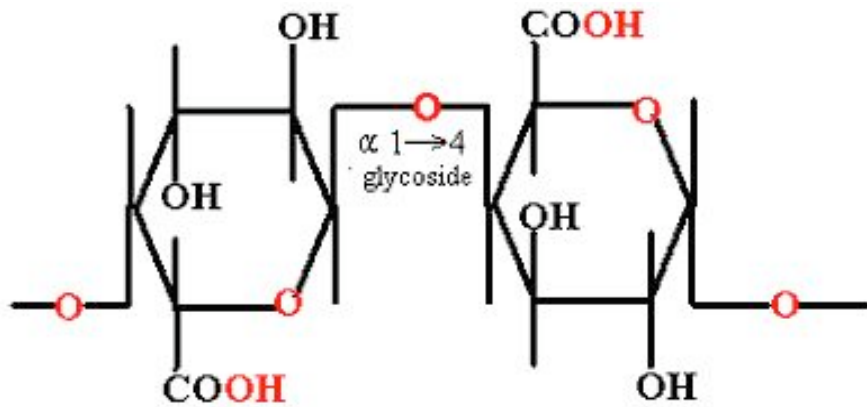
Triple Berry Jam

Peach Jam

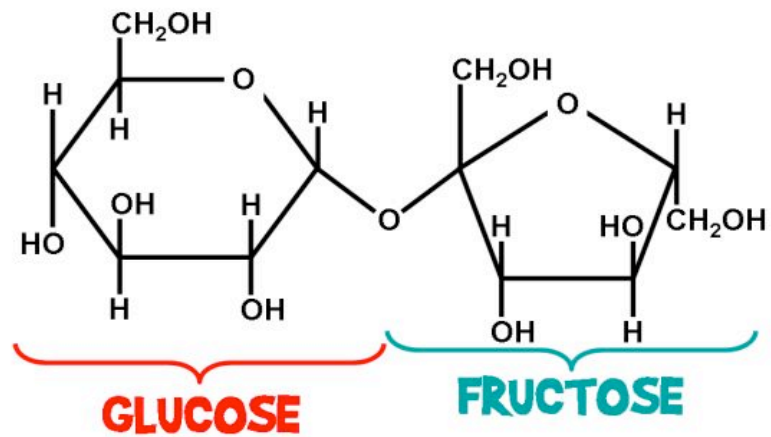
http://www.kraftfoods.com/surejell/sj_news.html

- "Regular" pectin recipes required the amount of sugar listed with them in order to obtain a satisfactory gel, but there are four methods to produce low- and no-sugar jams and jellies.





Basic Unit of pectin: poly[α -(1 \rightarrow 4)-D-galacturonic acid]. Blocks of this simple polymer alternate with "hairy," non-gelling regions containing side-chains with other unusual sugars



- Jams and jellies made with traditional recipes using high amounts of sugar or by the first three methods listed for reduced sugar options will require a short process in a boiling water canner to be kept at room temperature in a sealed jar.
- Once opened, they all require refrigerated storage.

- Use of specially modified pectins. These pectins are labeled as "light," "less sugar needed," or "no sugar needed."
- The box of packaged pectins will come with recipes that give options for using no sugar, less sugar, or sugar substitutes.
- Using these pectin-added methods allows you to store your **reduced-sugar product at room temperature.**

- Another method is using regular pectin with special recipes.
- Some tested recipes are formulated so that the gel forms with regular pectin without needing to add the usual amount of sugar.
- Remember that there is some sugar in the regular pectin. These recipes often use sugar substitutes for additional sweetening.

- A long-boil method can be used to make no- or low-sugar jams.
- The fruit pulp is boiled until it thickens and resembles a jam, but these spreads will not be true jams with pectin gels.
- Sugar substitutes can be added to taste for sweetening these products.

- Some recipes that use gelatin as the thickening agent in jams and jellies.
- This method allows you to control the amount of sugar that is added to the product.
- These spreads usually have the sugars from fruit juices that are used for the flavoring and sugar substitutes for sweetness.
- **Jellied products thickened with gelatin will require refrigeration**

- **Low Sugar Alternatives for Jams and Jellies**

- *Allison M. Oesterle*
National Center for Home Food
Preservation
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