

Apple Preserves

Please read the Principles of Home Canning and Using Boiling Water Canners handouts before beginning.

INGREDIENTS:

- 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

Yields: 6 half pint jars

DIRECTIONS:

1. Sterilize canning jars.
2. Combine apples, water and lemon juice in a large saucepot. Simmer, covered for 10 minutes.
3. Stir in pectin and bring to a full rolling boil, stirring frequently. Add lemon slices (optional) and sugar. Return to a full rolling boil.
4. Boil hard 1 minute, stirring frequently.
5. Remove from heat; add nutmeg.
6. 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.
7. 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

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Growing communities, one plate at a time



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