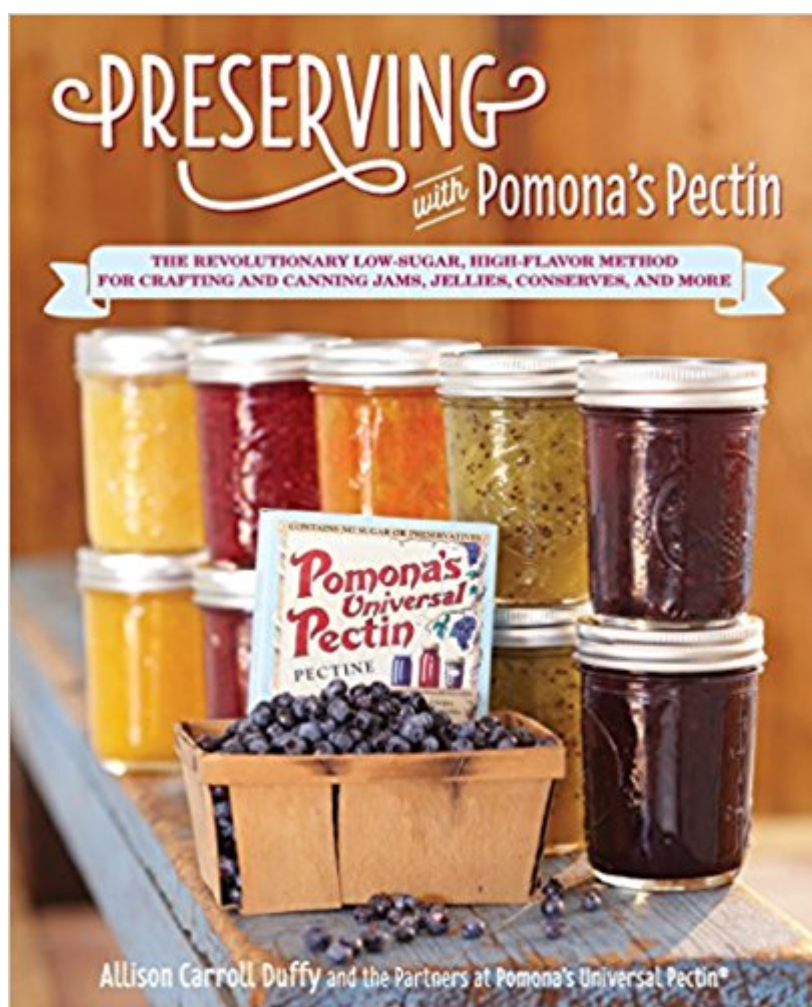


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# Preserving With Pomona's Pectin: The Revolutionary Low-Sugar, High-Flavor Method For Crafting And Canning Jams, Jellies, Conserves, And More





## Synopsis

If you've ever made jam or jelly at home, you know most recipes require more sugar than fruit—oftentimes 4 to 7 cups!—causing many people to look for other ways to preserve more naturally and with less sugar. Pomona's Pectin is the answer to this canning conundrum. Unlike other popular pectins, which are activated by sugar, Pomona's is a sugar- and preservative-free citrus pectin that does not require sugar to jell. As a result, jams and jellies can be made with less, little, or no sugar at all and also require much less cooking time than traditional recipes, allowing you to create jams that are not only healthier and quicker to make, but filled with more fresh flavor! If you haven't tried Pomona's already (prepare to be smitten!), you can easily find the pectin at your local natural foods store, Williams-Sonoma, or online. In this first official Pomona's Pectin cookbook, you'll learn how to use this revolutionary product and method to create marmalades, preserves, conserves, jams, jellies, and more. From sweet offerings like Maple, Vanilla and Peach Jam to savory favorites like Red Pepper and Jalapeno Chutney, you'll find endless combinations sure to delight all year round!

## Book Information

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## Customer Reviews

"Pectin, a naturally occurring substance in fruit, is required for jellies and jams to solidify. Since not all fruits have enough natural pectin to gel, recipes often call for commercial pectin, which requires a large amount of sugar to work. Pomona's Universal Pectin does not, however; it works with calcium and allows canners to produce a variety of preserves using less sugar. In her first book, master food preserver and blogger Duffy (canningcraft.com) introduces a wide selection of jams, jellies, and conserves using this low-sugar method. While the recipes have some simplistic

instructions (every recipe has the same first two steps), accompanying tips allow canners to customize their sweeteners; the book also includes a review of canning supplies and techniques. VERDICT: The unique recipes and low-sugar options for preserving will make this cookbook a favorite among home canners." — Library Journal

Allison Carroll Duffy is a Master Food Preserver, trained through the University of Maine Cooperative Extension. She holds a Master's degree in Gastronomy from Boston University and teaches canning and preserving classes and workshops. She has written about food for various publications including the Boston Globe and Backpacker magazine. Allison runs the Canning Craft blog (<http://www.canningcraft.com>) and lives in Portland, ME with her husband and two young sons.

I first learned to make jams and pickles as a young girl, helping my own grandmother to fill her pantry shelves for the winter. It is a tradition that I've continued and while I don't make anywhere near as much jam as I once did, a few jars "hid up" never go amiss. I started using Pomona's Universal Pectin after a batch of rare Wild Grape failed 6 or 7 years ago. One of the best things about Pomona's Universal Pectin is that while you can use a fairly standard jam recipe if you want to, you can also substitute virtually any sweetener for the sugar called for in a recipe or even make jam with no sugar at all. I've never had a problem since. Like many others, I try to keep a handle on my sugar intake these days, so I was happy to find *Preserving with Pomona's Pectin: The Revolutionary Low-Sugar, High-Flavor Method for Crafting and Canning Jams, Jellies, Conserves, and More* on my Recommended For You list. Following the single best "Jam Making How To" I have ever seen in any canning book (If you buy this book for nothing else, buy it for the How To section!) you'll find about 75 recipes for various jams, jellies, marmalades and preserves. Recipes are well laid out with extremely clear and easy to follow instructions. Many include notes for personalizing the jam to suit your own tastes. While some recipes call for no sugar at all, most call for but a single cup of sugar to produce 4-5 8 ounce jars of jam. Since strawberries are in season here in Vermont, let me use the basic Strawberry Jam recipe for purposes of comparison - The Ball canning website give the following ingredients for Strawberry Jam using a traditional commercial pectin - 5 cups crushed strawberries (about 5 lbs) 1/4 cup lemon juice 6 Tbsp Ball's RealFruit's Classic Pectin 7 cups granulated sugar 8 (8 oz) half pint glass preserving jars with lids and bands The Strawberry Jam recipe over at AllRecipes does not use any pectin and makes about 5 8 ounce jars of jam. It calls for 2 pounds fresh strawberries, hulled 4 cups white sugar 1/4 cup lemon juice The recipe for Strawberry Jam in *Preserving with Pomona's Pectin* (page 50), which

makes 4-5 8 ounce jars, calls for 2 1/4 pounds (1 kg) strawberries 1 cup sugar 2 teaspoons calcium water 2 teaspoons Pomona Pectin powder As you can see, the drastic reduction in sugar does not drastically reduce the yield. Author Allison Carroll Duffy has included all of the "traditional" flavors and dozens of new ones. Some that really caught my eye - Tropical Conserve (mango, pineapple, orange, coconut, raisins and cashews), Kiwi-Lime Jam and a Jalapeño Confetti Jelly. Grandma's \$0.02 - Great way to stretch your food budget while watching your sugar intake. Two Thumbs Up! Highly recommended

When my husband went to the Natural Foods Market for me, I asked him to see if they sold pectin as I had two pounds of plums I wanted to make into jam. He came home with Pomona's Pectin. I had never heard of this product, but decided to give it a whirl. I figured it couldn't be any worse than what I had made in past years. Wow! Was I surprised! I must say, this is the BEST batch of plum jam that I have EVER made, and I am a loyal convert to this product. While reading the product directions, I came across an ad for this book, and I immediately ordered it through . It's great - it has so many recipes - jams, jellies, conserves, preserves, marmalades AND you can make it with low sugar or artificial sweeteners. I was really impressed with this book as well as Pomona's Universal Pectin. Next, I am going to make orange marmalade. Of course, my husband is taking all of the credit!

Great collection of recipes for a terrific product. The jellies still take some sweetener, but the results are flavor backed and much much much healthier from a sugar content standpoint than 'regular' jam and jelly recipes, and the flavors are comprehensively denser, as well. I've done some experimenting using the recipes contained as a springboard, and I love this product. The book is well organized, thorough, and covers a great range of fruits. My sister asked to be taught how to make Jam and jelly, and we used recipes from this book. She was ecstatic with the results. Even my Dad (93 years old, and His Mom was rather famous for her preserves) loves them. The photos provide a good reference point for what you can expect, and the yield notations are pretty accurate. I always boil up one more 4-oz jar than the recipe calls for, though.

Love the recipes in the book and really love the product. I've always held off canning jam because of the excess amounts of sugar needed, but Pomona lets you preserve with less sugar. I'm planning my gifting around this product.

I'm delighted with the unique and tasty recipes! I love this book and it gives me inspiration ideas and directions to make my own recipes based on ingredients I have on hand. This is my go-to canning recipe book.

This is an excellent collection of tips and recipes for canning with Pomona pectin. I've made a number of the jam recipes and I've found them all to be excellent. I highly recommend this book if you are going to be canning any sorts of jams or preserves.

I am so glad I bought this book. It has so many useful recipes I am sure to wear it out. I love using Pomona's Pectin in my jams and jellies and I can use so many healthy options other than sugar.

This book is wonderful. I am still relatively new to canning (only in my second season), yet the recipes in this book are easy to follow and not daunting. There is a great introduction that explains all the basics of canning. Then the recipes are delightful combinations of flavors that go beyond the standards. I really appreciate having a cookbook focused on Pomona's Pectin. I like using Pomona's because it is low-sugar. This cookbook has saved me a lot of trial and error by providing lots of great recipes. We made the Maple Vanilla Peach Jam last night and it's heavenly. I see why the author said she might find herself eating it with a spoon. I have also made the Honeyed Ginger Peach Jam and the Sweet Cherry Jam. All delicious and I'm really looking forward to making more. I highly recommend the book.

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