



Savory Jellies



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Who does not love a peanut butter and grape jelly sandwich or after school toast with strawberry jelly?

Now it's time to explore the more exciting, mature side of jelly. Rosy wine jellies that pair with delicate soft cheeses, or bold pepper jellies that are wonderful with a smoked gouda. Fresh herb jellies used as a condiment on a sandwich. Onion, garlic, and curry jellies as accompaniments to roasted meats or as a final touch in basting a fish or poultry give a hint of depth and contrast to the savory flavors.

Jellies are the shimmery, translucent spreads made by extracting the juice from produce; then cooking it with sugar, acid and sometimes added pectin.

Jellies can be more time consuming than jam as they are often cooked twice, once for extracting the juice, and again for the final cooking of the jelly. There can be a waiting period when the juice is filtered from the pulp. Since a jelly needs the correct ratio of fruit, pectin, acid, and sugar follow the directions of your recipe.

The ideal jelly is clear, sparkling with a fresh flavor. It is a balance of sweet and tart making it a perfect addition to savory dishes, sandwiches, and cheese boards.

Wine Lavender Jelly

Yield: four 4-oz. jars or two 8-oz. jars

2 cups dry white wine
1 tablespoon dried lavender flowers
2 cups granulated sugar
1 pouch (3 oz.) liquid pectin

Prepare canning jars and lids according to manufacturer's directions.

1. In a large stainless-steel pan, combine wine and lavender. Bring to a boil over high heat. Remove from heat, cover, and steep for 20 minutes.
2. Transfer to a dampened jelly bag or strainer lined with several layers of dampened cheesecloth set over a bowl. Let drip, undisturbed, for 20 minutes. Measure 1-3/4 cups.
3. Transfer infused wine to a clean large stainless-steel saucepan. Stir in sugar.
4. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down.
5. Stir in pectin. Boil hard, stirring constantly, for 2 minutes.
6. Remove from heat and quickly skim off foam.
7. Pour hot jelly into hot jars, leaving 1/4-inch headspace. Wipe rims; add two-piece metal canning lids.
8. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation.

Source: *Ball Complete Book of Home Canning*, ©2012

For more information about safe canning procedures contact our UC Cooperative Extension office at 805-781-1429 or slomfp@ucanr.edu.

We are still here!!!

No in-person workshops for now, but you can visit our website at : <http://cesanluisobispo.ucanr.edu/>, email us at slomfp@ucanr.edu, or call our helpline at: 805-781-1429.

We also check pressure canner gauges at no cost. Contact us for more information!

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