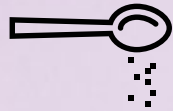




FRUIT JAM

Ingredients

- Fruit: **1.5 kg of apricots** (or other fruit)
- Sugar: **500 g**
- Locust bean gum: **7-8 g** (3 teaspoons mocha)
- Lemon juice: **15 ml**
- Water: **75 ml** (if we make syrup)



*One level dessert spoon is equivalent to 3 g.

you can experiment with different fruits...



Elaboration

1 Sterilize the jars well (in the oven at 100°C, or by boiling them, including the lids).

2 Mix 50 g of sugar with the locust bean gum. Prepare a syrup: put the little bit of water in a saucepan and while it is heating up add the mixture of sugar-carrot gum, stirring constantly with some sticks.

3 We can also mix the sugar in its entirety with the locust bean gum, and add this mixture over the fruit as explained below, either option is good, as long as we stir the fruit either in syrup or in dry mix while heating.

4 We wash, chop and bone the apricots. Use ripe fruit, not bruised or beaten, and put it in a large pot. Pour the sugar over the fruit and stir well, leaving it for about 10 minutes so that the sugar starts to dissolve with the fruit juices.

5 Pour the lemon juice, the previously prepared syrup in which we have included the locust bean gum, and put the casserole on the fire. Bring it to a boil gradually and stir, when it boils lower the temperature and keep it boiling gently, stirring gently. Keep it boiling gently for about 30-45 minutes.

6 When the fruit is soft or almost broken up, it is crushed with a blender, leaving more or less large pieces depending on how we like the jams.

7 To check the consistency, one trick is to pour a teaspoon into a previously frozen dish, which should thicken and not expand in the dish. If it is necessary to reduce it a little more, return to the fire until it reaches the consistency we are looking for in a jam.



CAROB S.A.
FOOD STABILIZERS

www.carob.es