

Robt Burns' Elderberry & Aronia berry jelly/jam

Elderberry Jelly Recipe

Makes up to 4+ x 8oz jelly jars

Ingredients:

3 1/2 cups or 828 ml elderberry juice (where 1 cup = 236.588 ml)

(I crush the fruit as part of juicing)

1/2 cup or 120 ml lemon juice – (bottled juice works for me)

1 packet SURE-JELL fruit pectin (only the best ingredients)

2 cups or 474 ml honey

1 cup or 237 ml granulated sugar

1/2 teaspoon or 2.5 ml butter (optional, to reduce foam)

Directions:

Place elderberry and lemon juice in wide open-mouth stainless steel pot on high.

Mix in pectin. Bring to boil while stirring.

Add sugar. Bring to boil.

Add honey, and (optional) butter. Bring to boil for 14 minutes.

Pour into prepared jars. Skim off any foam. Wipe jar rims & threads clean. Seal with lids and rings. Give jars water bath for 5 minutes.

Remove and let cool. Check a few hours later to make sure product has jelled and jars have sealed.

I make single batches at a time without doubling the recipe-this in order to make sure the batch will jell.

- **Yield:** Makes up to 5 8-ounce jars.

Do not double this recipe. Make one batch at a time.

Prepare by using washed/clean jelly jars. I boil jars and lids a few minutes in hot water in hot water before use. Once filled and capped, place jelly / jam filled jars in boiling water (bath) for 5 minutes.

Prep Time: 45 min

Total Time: 45 min

NEW!! 02/11/2017

ARONIA berry (same steps as in Elderberry jelly)

Aronia Berry Jelly

3-1/2 cups berry juice

1/2 cup lemon juice

1 package of pectin

1 cup sugar

2 cups honey

1/2 teaspoon or 2.5 ml butter (optional, to reduce foam)

Wash aronia berries and cover them completely with water. You will want to simmer for about 15 minutes. Next crush berries, strain the juices out of the pan. Pour the measured amount into wide-mouth pan that is stainless steel or enamel. It has to be non-reactive – no copper! Finally, you will add the lemon juice (if not already mixed), and pectin, and stir it slowly. Bring to a boil. Add the sugar while slowly stirring. When beginning to boil, add honey, bringing the mixture to a full rolling boil. Boil exactly 14 minutes no longer. Skim foam, if needed, and pour into previously cleaned jars and seal them. Yields: 4+ pints

*Use crushed berries when making a jam, adding to the boiling process when the honey is added. Save any remaining berries for freezing and use in other food dishes or for breakfast in cereal –goes great with oatmeal!