



Food Safety & Nutrition

Current Recipes



Sandra Brown

Food Safety and Nutrition Faculty

Current Preserves

Yield 5 half-pints

2 quarts currants

1-cup currant juice

7 cups sugar

Combine currants and juice in a large saucepan. Stir in 4 cups of sugar. Cook 5 minutes. Cover and let stand 12-18 hours in a cool place. Add remaining sugar. Bring slowly to a boil, stirring until sugar dissolves. Cook rapidly almost to gelling point, about 30 minutes. As mixture thickens, stir occasionally to prevent sticking. Remove from heat. Skim foam if necessary. Ladle hot preserves into hot jars, leaving $\frac{1}{4}$ inch headspace. Adjust two-piece lids. Process 15 minutes in a boiling water canner.

Raspberry Current Jam

Yield: 2 pints

2 cups currant pulp

2 cups crushed raspberries

2 cups sugar

To prepare pulp: Cook currants until soft – adding just enough water to prevent sticking between $\frac{1}{4}$ and $\frac{1}{2}$ cup. Press through a sieve. Measure pulp.

To prepare jam: combine currant pulp, raspberries and sugar in a large saucepan. Bring slowly to a boil. Stirring until sugar dissolves. Cook rapidly almost to gelling point, about 30 minutes. As mixture thickens stir frequently to prevent sticking. Remove from heat and skim foam if necessary. Ladle jam into jars leaving $\frac{1}{4}$ inch headspace. Adjust two-piece lids. Process for 15 minutes in a boiling water canner.

Current Jelly

Yield: 8 half-pints

6- $\frac{1}{2}$ cups currant juice

1 package powered pectin

7 cups sugar

Combine currant juice and pectin in a large saucepan. Bring mixture to a boil over high heat. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary. Ladle hot jelly into hot, sterilized jars, leaving $\frac{1}{4}$ inch headspace. Adjust two-piece lids. Process 5 minutes in a boiling water canner.