

Peach Jam 蜜桃果醬

Serving: approx 450g

份量：約 450 克



Ingredients 材料:

Peach 桃	500g 克
Raw sugar 糖	200g 克
Butter 牛油	15g 克
Fresh lemon juice 鮮檸檬汁	2 teaspoons 茶匙
Water 水	1 tablespoon 湯匙

1. Wash, pit and chop the peaches into small pieces. (I used the French fry cutter in a processor as I like chunky jams. Those who prefer smooth jams may use a blender.)
將桃洗淨、去核、切碎。(果粒大小按個人喜好, 我較喜歡多果肉的果醬, 所以用攪拌機切碎時, 選了切薯條的刀。)
2. Put all ingredients together and let sit for an hour.
將所有材料放進煲內, 靜置 1 小時。
3. Bring the pot to full boil.
猛火煲滾。



4. Boil for approx 25 minutes. Stir often and then constantly as the mixture reaches the jell point.
煲約 25 分鐘, 不時攪動, 至差不多成啫喱狀時, 須不停攪動。



5. To test if the jam is done, drop a bit of jam on a plate. If it coagulates, the jam is ready for bottling. Remove from heat and ladle into a clean hot jam jar leaving 5mm head space.
果醬瓶用滾水洗淨。測試果醬是否煮好, 可以倒一點果醬在瓷碟上, 如馬上成凝結狀, 便表示可入瓶。熄火將果醬倒入瓶內, 瓶頂留 5 毫米空間。



6. Process in a boiling hot water bath for 10 minutes.
將果醬連瓶放入一煲熱水內, 再滾 10 分鐘。



Remarks 註: You may substitute peaches with apricots or plums.

如不用蜜桃, 也可選用杏桃或李(布祿)。

The lemon juice is a must ingredient or the jam will not jell.

必須要加檸檬汁, 否則難成果醬。