

Plums, figs & blueberries Jam



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🍷 Plums Jam

per 1 kg of plums (excluding the skin and core):
400 g of sugar | juice of 1 lemon

Wash and peel the plums (I used the "scosciamonache plums" found in Umbria and Tuscany), cut in half and remove the core. Place plums in a large pot and from the bottom up, add sugar, lemon juice, bring to boil and cook over high heat for a couple of hours, stirring occasionally with a wooden spoon. Put the hot jam into sterilized glass jars(**), capped with new caps where possible, invert the jars for ten minutes so as to create the vacuum and allow to cool.

🍷 Figs Jam

per 1 kg of white figs (without skin):
300 g of sugar | grated zest of 1 lemon

Peel the figs, cut in half and put them in a large pot and from the bottom up, add sugar, lemon zest, bring to boil and cook over high heat for half an hour, stirring occasionally with a wooden spoon. Put the hot jam into sterilized glass jars(**), capped with new caps where possible, invert the jars for ten minutes so as to create the vacuum and allow to cool.

🍷 Blueberries Jam

per 1 kg of blueberries:
400 g of sugar | juice of 1 lemon | 4 g of agar agar

Wash blueberries and place them in a large pot and from the bottom up, add sugar, lemon juice, bring to boil and cook over high heat for 15 minutes, stirring occasionally with a wooden spoon. Dissolve the agar agar in a little cup of water and then add to fruit mixture, cook for another 5 minutes and put out the fire. Put the hot jam into sterilized glass jars(**), capped with new caps where possible, invert the jars for ten minutes so as to create the vacuum and allow to cool.

**To sterilize glass jars just boil in a pot for about twenty minutes, remove from the pan with the help of kitchen forceps and passing them in ventilated and preheated oven at 100° C for 10 minutes.