

## Peach Jam

<http://userealbutter.com/2012/07/23/peach-jam-recipe/>  
from [Food in Jars](#) by [Marisa McClellan](#)

5 cups peeled, pitted, and chopped peaches (3 lbs. or 1.4 kgs whole peaches)  
3 cups (600g) granulated sugar  
1 lemon, zest and juice of  
1 tsp ground cinnamon  
1/2 tsp nutmeg, freshly grated  
3 oz. (85ml) liquid pectin (one packet is typically 3 ounces)

**Notes:** I have made this recipe using both Weck and Ball jars. The [Weck site](#) has some nice canning instructions if you are using their jars, which differ slightly from the standard instructions for canning with Ball-style jars. Marisa uses pint jars in her book recipe, but I used 8-ounce jars. The yield is estimated at 4 1-pint jars, but it can fluctuate by a few ounces depending on the fruit (how much water or sugar content which can vary from season to season).

**Canning peach jam:** Ready the boiling water bath and the clean (washed with soap and water) jars you plan to use for canning. Check your jars and lids for nicks or cracks – don't use them if they have any because it could jeopardize creating a good seal. **If using standard Ball or similar style jars**, it helps to put them in the pot you plan to use for canning and fill them (and the pot) with water, then bring to a boil. Keep the jars at a simmer (180°F) until they are ready to use. Place the lids in a small saucepan with enough water to cover them and set to a simmer over low heat (high heat can compromise the gummy seal material). **If using Weck jars**, you only need to sterilize your jars and glass lids if they will be processed for less than 10 minutes. Place the rubber rings in a small saucepan of water and bring to a boil for 2-3 minutes then leave them in the hot water until you are ready to use them.

**Make the jam:** Place the chopped peaches and sugar in a large, non-reactive pot over high heat. Stir the peaches and sugar together to help release the juices and bring to a boil. Stir in the lemon zest, lemon juice, cinnamon, and nutmeg and cook over high heat for 15-20 minutes. Use an immersion blender (or carefully remove some jam from the pot and place in a food processor) and purée a little bit of the fruit to your desired proportion of jammy fruit pieces to smooth jam. Add the pectin to the pot and stir to incorporate. Bring to a full boil and let it boil (not simmer, boil) for another 5 minutes until thick. Remove from heat and fill your prepared jars with jam, leaving 1/4-inch headspace.

Use a cloth to wipe the rims clean and apply the lids and rings of the Ball-style jars to fingertip tight (just tightened with fingertips – not super tight). If using Weck jars, place the rubber rings on the glass lids and set them on the jars. Secure the lids with two canning clamps for each jar – 180° from each other (across from each other). Set the jars in your canning bath (either on a jar rack or a makeshift cooling rack – just be sure

they are not set directly on the bottom of the pot) and check that there is at least 1-2 inches of water above the lids of the jars – if not, add more water. Once the pot has returned to a boil, process for 10 minutes if you are at an altitude of sea-level to 1,000 feet above sea level (asl). For 1,001 to 3,000 feet asl, add another 5 minutes to the 10 minute processing time. For 3,001 to 6,000 feet asl, add 10 minutes to the 10 minute processing time. For 6,001 to 8,000 feet asl, add another 15 minutes to the 10 minute processing time. And finally, for 8,001 to 10,000 feet asl (that's me!) add an additional 20 minutes to the 10 minute processing time for a total of 30 minutes.

When the jams are done processing, remove them from the canning bath and place them on a towel-lined countertop to let them cool. Don't mess with them! For the metal lids, you may hear the "ping" of the seals forming as the center of the lid gets sucked down. There will be no pinging of the Weck lids, but you may notice the tongue of the rubber band pointing down (this is good). Let the jars cool for 24 hours. Remove the bands or clamps and lift the jar an inch or so off your work surface (carefully – in case the seal is bad and breaks) by the lid. If the seal is good, it should hold. Store the jars in a cool, dark location for up to a year (take the clamps and rings off). Also, any jar with a bad seal can be stored in the refrigerator.

Alternatively, if you don't want to can the jam, you can store it in the refrigerator (I think for up to a year?). Makes 4 1-pint (500 ml) jars or 8 8-ounce (250 ml) jars.