



Strawberry Jam

10'
Hands on

12 hours'
Hands off

30'
Cook Time

500 ml
Portion(s)

1
Difficulty



Ingredients

- 1 kilo strawberries, stems removed
- 500 g granulated sugar
- 1 vanilla pod
- anise, optional
- cardamom, white, optional
- lemon juice, from 1 lemon

Διατροφικός πίνακας

Nutrition information per 100 gr.

487 Calories (kcal)	1.0 Total Fat (g)	0.0 Saturated Fat (g)	112.0 Total Carbs (g)
24%	1%	0%	43%
112.0 Sugars (g)	1.2 Protein (g)	7.6 Fibre (g)	0.02 Sodium (g)
124%	2%	30%	0%

Method

- Place the strawberries and sugar in a large glass bowl. If you don't want the jam to be too sweet, add less sugar but no less than 350 g. The proper strawberry-sugar proportion is 1 to 2.
- Split the vanilla bean in half, lengthwise, and scrape out the seeds with a knife. Add them to the bowl.
- If you choose to use spices, add them to the bowl in a small spice bag. If you don't have one, simply wrap them in a piece of cheesecloth and tie with some kitchen twine.
- Crush the fruit as much as you like. If you want a smoother jam, crush them up more; if you want a chunkier more rustique jam, leave more pieces whole.
- Cover the bowl with plastic wrap and refrigerate for 12-24 hours.
- When ready, transfer to a deep [pot](#) with a thin base. A copper pot will work even better.
- Place pot over low heat and simmer for about 30 minutes, until the jam thickens. When ready you will notice that the jam has not lost any of its color or aroma.
- If you have a cooking thermometer, the temperature should reach 105* C (221* F) Fan.
- Remove from heat, add the lemon juice and stir.
- Remove and discard spice bag.
- Immediately transfer jam to sterilized glass jars and seal.
- When cool, the jam is ready.

Tip

If you don't have a cooking thermometer, you can check the jam by picking up a spoonful of it and placing it on a small white coffee dish that has been kept in the freezer until cold. You will be able to see if the jam is thickened enough by running your finger through it. If it creates "fold" on either side, it is ready.