



## Pacific Beach Taylor Branch Library Vegan Cooking 101

The key to successful canning and preserving is having the right equipment. Students shared in class how the old canning and preserving boiling pot can be replaced with the convenient modern Instapot. Either way its a lot of fun to make gifts from the kitchen. There are a few different brand of pectin and you'll find great recipes and resources on their company websites. Below is a recipe from Pomona Pectin and photos using the same steps and producers to make homemade fig preserves.

### Pomona Pectin Recipe

<http://www.pomonapectin.com/learn/>

#### Strawberry-Cranberry Jam Ingredients

2 cups frozen cranberries, chopped per directions below  
3 cups mashed strawberries (about 6 cups whole strawberries)  
1/8 teaspoon ground cloves (optional)  
2 teaspoons calcium water  
1/2 cup up to 1 cup agave or 3/4 cup up to 2 cups sugar  
2 teaspoons Pomona's pectin

#### Strawberry-Cranberry Jam Directions

1. Wash your jars, lids, and bands in soapy water. Place jars and lids in a large saucepan with boiling water. Turn off heat, cover, and keep jars in hot water until ready to use.
2. Put rinsed, frozen cranberries in food processor or blender and finely chop. Measure 1 cup (packed down) chopped cranberry and put into saucepan.
3. Wash, remove hulls, and mash strawberries; measure 3 cups into saucepan.
4. Add cloves and calcium water to fruit in pan and stir well.
5. Measure sugar or honey into a bowl. Thoroughly mix pectin powder into sweetener. Set aside.
6. Bring ingredients in sauce pan to a full boil. Add pectin-sweetener mixture, stirring vigorously for 1 to 2 minutes to dissolve the pectin while the jam comes back up to a boil.
7. When jam returns to a full boil, remove it from the heat.



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[www.newoptionsfoodgroup.com](http://www.newoptionsfoodgroup.com)

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8. Fill hot jars to ¼" of top. Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. Boil 10 minutes (add 1 minute more for every 1,000 ft above sea level). Remove from water. Let jars cool. Check seals; lids should be sucked down. Eat within 1 year. Lasts 3 weeks once opened.

Try being creative with labels and decorative tops. Avery Labels offers a variety of templates that can be easily turned into your own custom label.

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