

## Strawberry Jam

In preparation for making this jam, traditionally strawberries are finely chopped by hand or mashed with a potato masher before being cooked. Save time and mess by using the KitchenAid® Fruit & Vegetable Strainer attachment to easily process the berries. Use both the strained fruit puree and the pulp for a delightfully textured jam.

**PREP TIME:** 25 minutes  
**COOK TIME:** 25 – 30 minutes  
**TOTAL TIME:** 50 – 55 minutes (not including time for water-bath canning)

**Yield:** three to four 8-ounce (250ml) jars

**SPECIAL EQUIPMENT:** KitchenAid® Fruit & Vegetable Strainer attachment; heavy-bottomed large saucepan or preserving pot; candy thermometer; basic water-bath canning equipment and sterilized canning jars with lids and screw caps

### INGREDIENTS:

2 ½ cups (500g) white cane sugar  
½ (2g) vanilla bean, split lengthwise  
2 pounds (908g) fresh ripe strawberries, hulled, and halved if large  
3 tablespoons (44mL) freshly squeezed lemon juice

### INSTRUCTIONS:

Put the sugar in a large heavy-bottomed saucepan or preserving pot. Add the split vanilla bean and use your fingertips to rub the pod in the sugar to extract the seeds. Leave the pod in the sugar.

Attach the KitchenAid® Fruit & Vegetable Strainer to your KitchenAid® Stand Mixer.

Place a large bowl under the strainer to collect the pressed fruit and a smaller bowl at the end of the strainer to catch the pulp. Place the strawberries in the large food tray. Turn the mixer to speed 4 and feed the strawberries through the strainer pushing them down using the plunger tool.

Transfer both the pressed fruit and the pulp to the pot with the vanilla sugar. Add the lemon juice. Set the pot over medium-low heat and stir, using a silicone spatula or wooden spoon, until the sugar is fully dissolved. Raise the heat to medium-high and bring the mixture to a full rolling boil. Cook, stirring and scraping the bottom of the pot frequently, until the jam has darkened, glistens, and is thick, about 20 minutes. (Lower the heat if the jam is splattering.) Continue to boil until the mixture reaches 220°F/104°C (jelly stage) on a candy thermometer. Remove from the heat. Remove the vanilla bean.

Ladle the hot jam into sterilized jars, leaving 1/4-in/0.5 cm headspace. Wipe the rims clean with a damp paper towel and screw the lids on the jars.

Process the jars in a boiling-water bath according to the manufacturer's instructions. Let cool to room temperature on a clean kitchen towel. Store in a cool, dark place for up to 1 year. Refrigerate once opened.

**CHEF'S NOTES:**

- To make strawberry jam with balsamic vinegar, replace 1 tablespoon (1mL) of the lemon juice with aged balsamic vinegar.
- To make strawberry jam with black pepper, stir in ½ teaspoon (1g) (or several twists) of coarsely ground fresh black pepper to the finished jam. Taste and add more pepper if desired.
- To make strawberry jam with fresh herbs, stir in 1 tablespoon (2g) of finely minced fresh mint leaves, or 1/2 tablespoon (2g) of finely minced fresh rosemary, to the finished jam. Or, stir in.

**MAKES** three to four 8-ounce (250ml) jars

Nutrition - 1oz Serving

Calories 47 Fat 10g	Carbs 12g Protein 0g Sugars 11g dietary fiber 0g	Cholesterol 0 mg Sodium 0 mg
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