

# How to make jam (e.g. strawberry)

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1. Wash the fruits well by clean water and then remove damaged part and green leaves. Drain out the water well.



2. Measure fruits weight and mix with the same amount of sugar. And then leave and store in a deep freezer overnight for softening fruits pulp and for easy cooking.



3. Boil on low heat and stir gently and continuously.



4. Squeeze fresh lemon juice and add 1 spoon full, and adjust the jam flavor. Then stop heating.



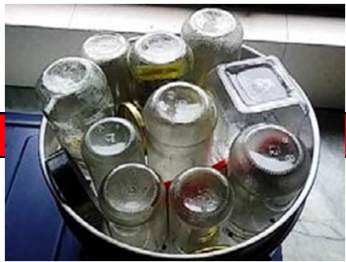
5. Skim off the scum on the top. This is one point of high quality jam making.



Boil jam material carefully. Do not burn the jam material.



6. Please wear gloves to prevent mold infection on jam and burn injury to your hands.



7. Bottles, lids and a ladle should be sterilized 20 min. in boiling water or by steaming. Liquor (60% and more alcohol content) can be used for sterilization.



8. Fill up 90 to 95 % of the bottle with jam material using a funnel.



9. Keep a lid loose, sterilize bottles and pasteurize jam with steam for 20 min..



10. Then, make sure the bottle is closed tightly and turn over the bottle for 10 min..



11. After 10 min. turning over, turn over to the original. And it's complete.



12. Try to put a unique label and make it stylish.



## Processing - Jam -

### Starter Guide

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## Points of techniques

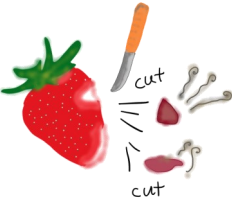
### What's the benefit of processing ? 1

- Makes food last longer and makes products more convenient.
- Enhance quality, taste, and nutritional value as well as the shelf-life.
- Increases income opportunity.

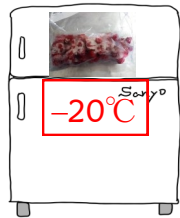


These promises are more supportive for making your jam. Try to follow the tips to make the best quality jam !

Remove all non-edible part and wash away dust.



One day before the cooking, cut fruits and freeze them with sugar for softening the fruits and for easy cooking. It is possible to store up to 6 months by freezing (-20°C).



Once you start making a jam, **do not add water**. Please boil jam material carefully.



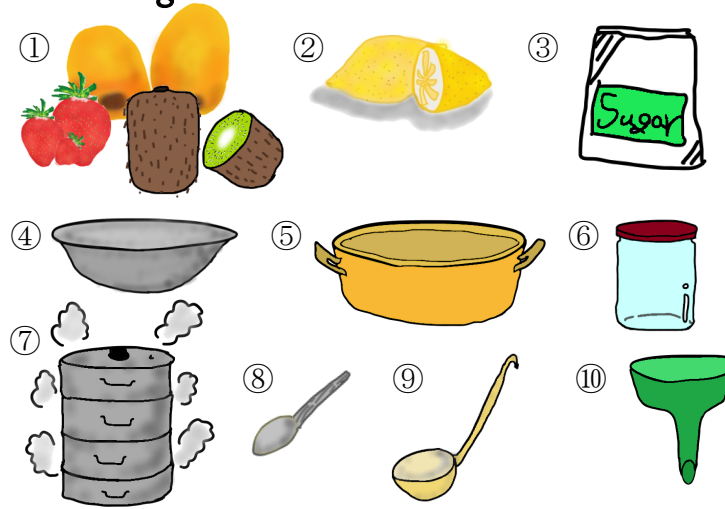
Do not burn jam material on high heat. Mix thoroughly.



The biggest concern is the pasteurization and the packaging.

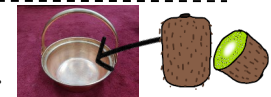


### Processing materials



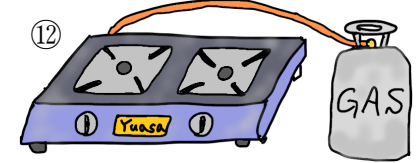
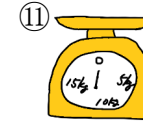
Grandma's secret:

Kiwi pulp can keep its brilliant green by boiling in a copper pan.



### Useful Items

①	Fresh fruit	⑦	Steamer
②	Flesh lemon	⑧	Spoon
③	Granulated sugar	⑨	Cooking ladle
④	Bowl	⑩	Funnel
⑤	Cooking pan	⑪	Kitchen scale
⑥	Grass bin	⑫	Cooking stove



### Important point - Pasteurization -

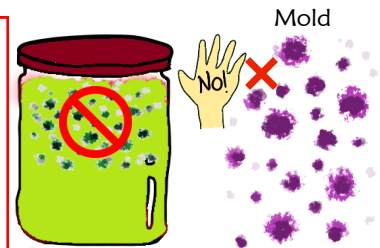
The only way to prevent molds contamination and to prolong the jam product shelf-life is to add high sugar quantity (50 to 60%).



Mold grows easily in no preservatives jam. Be careful when handling.

**Do not allow** mold to intrude the bottle.

**Do not provide** sources of mold in the bottle.



### To Prevent mold.



Do not touch by bare hands. Please wear gloves.



Use a funnel when filling a bottle with jam. Do not spill over jam source on a bottle mouth and thread. Even if a bottle is closed by a lid tightly, mold grows and develop from jam source in the gap.