

Source: The Sainsbury Book of Preserves and Pickles

By Heather Lambert

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Bramble Jelly

<i>Metric</i>	<i>Imperial</i>
500g cooking apples or windfalls	1lb
1.25kg blackberries	2 ½ lb
600ml water	1 pint
1kg sugar approximately	2lb

METHOD

Cut the apples into pieces, without peeling or coring. Put in a pan with the blackberries and water. Bring to the boil and simmer until the fruit is very soft. Mash with a wooden spoon and strain through a jelly bag. Test the juice for pectin; it should form a firm clot.

Put in a pan and add the sugar [allow 1lb sugar to each pint of juice]

Heat gently, stirring, until the sugar is completely dissolved, then boil rapidly until setting point is reached, stirring occasionally. Pour into small, hot, sterilised jars and cover whilst still hot.

Makes about 1.5kg [3lb]

Note: The proportions of fruit can be altered. Apple contains pectin and will improve the set. If more apple is used the proportion of sugar can be increased to give a greater yield, but the flavour will be reduced.

My friend prefers to use less or no apples and mix the sugar with some Jam Sugar, which has added pectin.

The book says:

Ripe elderberries can replace the blackberries; use equal quantities of apples and elderberries.

The book explains how to test for pectin: Put 1teaspoon juice from the pan into a small glass. Leave until cold, and then add 3 teaspoons methylated spirits. Shake gently and leave for 1 minute. A jelly-like lump indicates plenty of pectin present. If a firm clot is not obtained continue simmering to evaporate more water. If the clot is very firm, simmer the pulp with half the original volume of water, strain and add the two liquids together. For each 600ml [1 pint] strained juices add 500g [1lb] sugar.

I've never done this – I tend to rely on using fruit with pectin and testing for a set by dropping a small amount on a cold [from the fridge] saucer. Push the jam/jelly across the surface of the sauce with a finger. If the jam/jelly forms a slight skin that seems to wrinkle when pushed it's good enough to set.

Submitted by Suzanne Senter