

MICROWAVE PLUM JAM

The advantage is that small batches can be made using fresh or frozen fruit exactly when it suits you. Use a large Pyrex bowl and do not cover whilst cooking. Jars can be sterilised and warmed just prior to use by putting a little water in 3-4 jars and heating on high power for around 3 mins.

(makes approx 2 to 2.5 lbs of jam)

Ingredients:

675g (1.5 lb) plums or damsons

200 ml (7.5 fl.oz) water

675g (1.5 lb) sugar

30ml (2tbsp) lemon juice

5ml (1tspn) butter

Method:

1. Prick the plums and place in a large bowl with the water. Cook on HIGH power for 10 mins. Or until the fruit is soft.
2. Add the rest of ingredients. Cook on HIGH power for 5 mins. Stirring occasionally.
3. Wash down any sugar crystals from around the bowl and bring to the boil on HIGH power. Continue to cook until setting point is reached – approx 15-20 mins.
4. Leave to cool slightly remove the stones then pot seal and label.

Submitted by Nina Talbot