

## **When Preserving Fruit...**

Remember to collect your jars well in advance. The jars can be recycled many times providing the glass is not cracked or chipped and the lids are not rusted or pitted.

Wash the jars thoroughly then rinse them with hot water. Heat prior to use, keeping them hot in the oven. Organise the work area close to the stove to ensure the jars can be filled at maximum heat quickly.

Use only quality fruit which is ripe. Wash and prepare. Use a large saucepan. Generally a syrup using 2 cups of hot water to  $\frac{3}{4}$  cup of sugar is suitable for most fruits. Allow enough to cover the fruit in the saucepan.

To begin, start with small amounts to get an idea re time, as fruit can discolour and loose quality if left cut for too long. Any preserving involved quite a lot of preparation time, and it does require total focus, to acquire the economy and efficiency you are seeking to gain.

## **The Overflow Preserving Method**

This method is simple and requires no special equipment. It is suitable for large and small quantities of preserving.

- Always prepare in advance. Clean the jars and have them warm in the oven.
- Have a saucepan with a lid simmering on the stove.
- Allow a spot on the bench beside the stove to work on and ensure a newspaper is ready to place the hot jars on to prevent them cracking.
- Work quickly, peeling and cutting the fruit ready for boiling.
- Add 1 cup of water to  $\frac{1}{4}$  cup of sugar in a large saucepan. Add fruit and simmer for 5 to 10 minutes.
- Use a saucer or bowl to place the hot jars onto. Ladle the fruit into the jars to overflowing.
- Using tongs retrieve the hot lid and place it on the jar, tightening with a tea towel and lifting onto a paper towel (not a cold surface) to cool.
- Allow jars to cool before rinsing and storing in an earthquake proof place.