

Muskmelon, Nectarine and Apple Jam

This jam makes interesting use of three Ontario fruits: Ontario Nectarines and Muskmelon (Cantaloupe) for exciting flavours, and Ontario Apples for their high pectin, to help set the jam.

Preparation Time: 20 minutes

Overall Cooking Time: about 45 minutes

Makes about four 250-mL jars

1-1/2 cup (375 mL)	chopped, unpeeled, cored tart Ontario Apple (about 1 large)
3	wide strips lemon zest
1-1/4 cups (300 mL)	water, divided
2 cups (500 mL)	finely chopped, peeled, seeded Ontario Muskmelon (Cantaloupe) (1/2 medium)
2 cups (500 mL)	finely chopped, pitted Ontario Nectarines (4 or 5)
2 tbsp (25 mL)	fresh lemon juice
3 cups (750 mL)	granulated sugar

1. In a large, heavy-bottomed pot, combine apples, lemon zest and 3/4 cup (175 mL) of the water. Bring to a boil over high heat. Cover, reduce heat and simmer, stirring occasionally, for about 10 minutes, or until apple is soft.
2. Discard lemon zest. Press apple mixture through sieve. Return pulp to cleaned pot; discard skins.
3. Stir in muskmelon, nectarines, lemon juice and remaining 1/2 cup (125 mL) water. Bring to full rolling boil over medium-high heat.
4. Gradually stir in sugar until completely dissolved. Bring to a boil, stirring often. Boil rapidly, stirring often, until jam stage is reached, about 20 minutes. Test for setting point. (See How to Test for Setting Point, page 9.)
5. Remove from heat and skim off any foam.

1. Ladle into hot jars, leaving 1/4-inch (0.5 cm) headspace. Wipe rims and seal, applying screw bands until fingertip tight.

2. Process in boiling water bath for 10 minutes. Remove jars and cool for 24 hours. Check seals, label and store in a cool, dark place.

until set (may take up to 24 hours). Refrigerate for up to 3 weeks or freeze for up to a year.