



# KATHY'S GRAPE JELLY

MAKES 9-10 1 CUP JARS

## INGREDIENTS

- 4 cups prepared Concord grape juice
- 1/2 cup water (or use extra grape juice)
- 7 cups sugar, measured into separate bowl
- 1/2 tsp. butter or margarine (see tip)
- 1 pouch (85 ml) Liquid Fruit Pectin

**Tips:** Use a deep sauce pot as the boiling syrup will foam up - and you will want to prevent spill over. Butter can be deleted however stir lots to avoid boiling over. Place some spoons in the fridge before you start - use to skim the foam before ladling. If the syrup is gelling on the cold spoon, you have boiled long enough. If not, boil an additional minute.

## DIRECTIONS

Add juice to a deep saucepot and stir in sugar. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in pectin. Return to full rolling boil and boil 2 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.

Ladle immediately into sterilized 1 c jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil.

Process 10 min. Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

## NUTRITION FACTS

Per Tablespoon (15 ml): 40 Calories, 0g Pro, 10g Carbs, 1g Fibre, 0g Fat

