

Şekersiz Kayısı Reçeli

Make delicious sugar-free apricot jam with apple juice, molasses, and natural sweeteners. Healthy breakfast spread that's easy to prepare at home.

30 min

HAZIRLIK

1h

PIRME

1h 30min

TOPLAM

4

PORSİYON

Medium

ZORLUK

Şekersiz Kayısı Reçeli

Malzemeler

- 4.4 lb apricot
- 2 cup apple juice
- 3 tbsp molasses
- 2 tsp lemon salt

Yapılışı

- Prepare the apricots**

Wash 4.4 lb apricots thoroughly under cold running water. Remove pits by cutting each apricot in half and twisting the halves apart. Cut each apricot half into quarters and place in a large bowl.
- Concentrate the apple juice**

Pour 2 cups apple juice into a heavy-bottomed saucepan and bring to a boil over medium heat. Reduce heat to medium-low and simmer for 15-20 minutes until the juice darkens to a golden amber color and reduces by half, about 1 cup remaining.
- Begin cooking the jam**

Add the quartered apricots to the concentrated apple juice. Bring to a gentle simmer over medium heat, stirring occasionally to prevent sticking.
- Reduce heat to low and cook for 20-25 minutes, stirring frequently, until the apricots soften and begin to break down into chunky pieces.**
- Add seasonings and finish**

Stir in 3 tablespoons grape molasses and 2 teaspoons salt. Continue cooking on low heat for 15-20 minutes, stirring frequently, until the mixture thickens and coats the back of a wooden spoon without dripping off quickly.
- Test for doneness**

Test jam consistency by placing a small plate in the freezer for 2 minutes, then dropping a teaspoon of jam onto the cold plate. If it holds its shape and doesn't run when tilted, the jam is ready.
- Cool and store**

Remove from heat and let cool in the pot for 5 minutes to prevent hot jam from cracking glass jars. Transfer to clean, sterilized jars leaving ¼ inch headspace at the top.
- Cool completely at room temperature for 2 hours before sealing lids tightly. Refrigerate for up to 3 months or process in a boiling water bath for 10 minutes for shelf storage.**

?puçlar?

Choose apricots that are ripe but still firm to ensure the best texture in your finished jam. Overripe fruit can become mushy during cooking.

Sterilize your jars and lids in boiling water for 10 minutes before filling to ensure maximum shelf life and food safety.

Stir the jam frequently during cooking to prevent sticking and ensure even heat distribution throughout the mixture.

Test the sweetness level during cooking and adjust by adding more molasses gradually – remember that the sweetness will concentrate as the liquid reduces.

Remove any foam that forms on the surface during cooking with a clean spoon to ensure a clear, professional-looking final product.

Let the jam cool in the pot for 5 minutes before transferring to jars to prevent the fruit pieces from floating to the top.

Label your jars with the date and contents, and store them in a cool, dark place for optimal preservation.