



Fall Fruit Jam

Makes 4x250ml jars

Plums, apples and pears are all in season at the same time. Together they make a jam that reflects the luscious essence of early fall fruits.

- 5 large plums, sliced and de stoned
 - 3 medium apples, peeled, cored and chopped
 - 2 medium pears, peeled, cored and chopped
 - 1 cup water
 - 2 tsp grated lemon rind
 - 2 tbsp lemon juice
 - 3 cups granulated sugar
 - ½ tsp each, ground cinnamon and ginger, cardamom(optional)
1. Combine plums, apples, pears, water, lemon rind and lemon juice in a large stainless steel or enamel saucepan. Bring to a boil over high heat, reduce heat, cover and cook for 10 minutes or until fruit is softened
 2. Add sugar to fruit and return to a boil, stirring constantly until sugar is dissolved. Boil rapidly, until mixture forms a gel like texture, about 30 minutes, stirring occasionally. Stir in cinnamon and ginger
 3. Ladle into hot jars and process for 10 minutes

VARIATIONS: Replace cinnamon and ginger with 1 tbsp vanilla extract added to cooked jam just before bottling