

Jam in the Microwave

First read the 1st recipe (Basic Jam Recipe) to ensure you use the right dish for the jam-making.

How did I start making jam in the microwave?

Hein, my hubby, came home from Woolworths one day. He had a 2 kg box of seedless black grapes with him. Oh dear, I'm not partial to small grapes – so I surfed the Internet for uses ...

My very first jam, grape jam, was made on the stove. I had to first soak the grapes overnight, then the next day cook them in a pot on the stove, skimming the foam regularly. And it took a few hours.

Too long for me.

So I searched the Internet again. And what do you know I found this wealth of recipes on making jam in the microwave! I was ecstatic!

Now I can make a few jars jam when fruit is in season. Or if I know we're going to a supper, I'll make the hostess/host a jar of jam.

I've also bought myself A4 sheets with labels – I've designed my own label and print it out, label the jar and tie a pretty ribbon around the neck.

How special is that???? And the jams are mostly done under 30 minutes! Seriously!!!!

Come on – you can do it!!!!

Below are a few examples of jams I've made.

I've made jams with fructose as well as Xylitol and it came out lovely! As I spoon in the sugar/fructose/Xylitol, I taste it and adjust accordingly.

Happy jamming!!!

Basic recipe for jam in the microwave:

Microwave jams

1 tbsp lemon juice (bottled or fresh) *I've used the bottled*

500g fruit (with pits and all, eg peaches & plums), rinsed

1 ½ cups (335g) white sugar (*use less sugar if you want, you can also use Fructose or Xylitol – Fructose about 1 ¼ cup, Xylitol about ¾ cup*)

Sterilise your jars. How? Run very very hot water from your tap. Slowly add the clean jars and their lids so they are totally submerged. When your jam is nearly ready, carefully remove the jars and turn them upside down on a clean tea towel to drain off the water. Also your lids. I use a long spoon to lift jars and lids out of the sink.

Method of cooking jam:

Remove pits, pips (grapes) or stalks and chop fruit as big as you like. I prefer my jams chunky, so I leave my fruit biggish.

Place fruit and lemon juice in a deep and large microwave safe bowl. **Never a plastic bowl/dish. Glass will cook quicker – I used a ceramic dish.** Cook, uncovered, on High/100% power, stirring occasionally - for 6 minutes.

With a drying towel / oven gloves, remove the bowl. Stir the fruit. Lean over and inhale the heavenly smell.

Add the sugar/Fructose/Xylitol, stir and cook on High/100% power for 20 minutes (stirring every 3 minutes) or until the jam reaches setting point.

(To test if jam is at setting point, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.)

Spoon the hot jam into a clean jar. Add the lid tightly. Invert the hot jars for 2 minutes then turn upright to cool.

(www.taste.com.au)

Make about 500 ml jam.

Microwave Apricot Jam (from tins)

1 tbsp lemon juice (bottle)
1 x 420 g tin apricot halves – keep the juice
1 1/3 cups white sugar

Method

Place fruit and lemon juice in a deep and large microwave safe bowl. Cook, uncovered, on High/100% power, stirring occasionally for 6 minutes.

Add the sugar, crush the apricots, stir and cook on High/100% power for 11 minutes (stirring every few minutes) or until the jam reaches setting point.

(To do this, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.)

Spoon the hot jam into a clean jar, screw on the lid. Invert the hot jars for 2 minutes then turn upright to cool. Makes bit more than 250 ml jam.

(www.taste.com.au)

Microwave fig jam

1 tbsp lemon juice (bottle)
500g ripe figs, skins removed, halved
1 1/2 cups (335g) white sugar

Method

Place fruit and lemon juice in a deep and large microwave safe bowl. Cook, uncovered, on High/100% power, stirring occasionally for 6 minutes.

Add the sugar, stir and cook on High/100% power for 20 minutes (stirring every few minutes) or until the jam reaches setting point. *My microwave is 1000 watt, so my jam took only about 10 minutes.*

(To do this, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.)

Spoon the hot jam into a clean jar, screw on the lid. Invert the hot jars for 2 minutes then turn upright to cool. Make about 500 ml jam.

(www.taste.com.au)

Marmalade in Microwave

500 g lemons or any mix of citrus fruit (not limes) *I've used mainly lemons & oranges*
1½ cups water
3 cups white sugar (or 2 cups fructose)

Method:

Quarter fruit (don't peel) & discard seeds. Process in food processor or blender until as finely chopped as you prefer. *I like mine chunky, so it's cubed, not mushy.*

Place the fruit in a deep and large microwavable dish with water & cook on High/100% power, uncovered for 10 minutes or until rind is tender. *To test if rind is soft, press matchstick into the rind.*

Add sugar/fructose & stir to dissolve. Cook on High/100% power for 18 minutes uncovered (stir every few minutes) or until jam jells when tested on a cold saucer. Stand for 5 minutes before pouring into sterilised jars. Seal when cold. Makes about 500 ml jam.

(www.allotment.org.uk)



Microwave Kumquat jam

3 ½ cups kumquats
1 ½ cups white sugar

Wash fruits, cut off both ends, slice to 1/8 inch thick and discard the seeds. *It's a bit tedious, but well worth it.*

Chop coarsely (*I sliced it thinly.*)

In a large and deep microwave, casserole dish mix the fruit with the sugar. Cook, uncovered on High/100% power for 6 minutes – you want it to boil.

Stir down and cook for 10 minutes more on High/100% power, uncovered – stopping every 2 minutes to stir down, till jam jells when tested on a cold saucer.

(To do this, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.)

Remove. Spoon into sterilised jars and seal.

Jam will thicken as it cools.

www.recipezaar.com



Microwave Grape Jam

1 tbsp lemon juice (bottle)

500g seedless grapes, stalks removed (*I kept them whole if they're small*), rinsed

1 – 1 ½ cups (335g) white sugar / fructose / 1 cup Xylitol

Method

Place grapes and lemon juice in a deep and large microwave safe bowl. Cook, uncovered, on High/100% power, stirring occasionally for 6 minutes.

Add the sugar, stir and cook on High/100% power for 20 minutes uncovered (stirring every few minutes) or until the jam reaches setting point.

(To do this, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.)

Spoon the hot jam into a clean jar, screw on the lid. Invert the hot jars for 2 minutes then turn upright to cool. Make about 375 ml jam.

(www.taste.com.au)



Microwave Pear & Kiwi jam

1 tbsp lemon juice (bottle)
500g fresh pears, cored, cubed
2 kiwi fruit, peeled & pureed
1 ½ cups (335g) white sugar

Method

Place fruit and lemon juice in a deep and large microwave safe bowl. Cook, uncovered, on High/100% power, stirring occasionally for 6 minutes.

Add the sugar, stir and cook on High/100% power for 11 minutes (stirring every few minutes) or until the jam reaches setting point.

(To do this, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.)

Spoon the hot jam into clean jars. Invert for 2 minutes then turn upright to cool. Make about 500 ml jam. (www.taste.com.au)



Microwave Strawberry Jam

500g strawberries, wash, remove leaves, halve (if they are small enough)
1 tbsp lemon juice (bottle)
1 ½ cups (335g) white sugar (*you can use less sugar if you want or use 1 ½ cup fructose or 1 cup Xylitol*)

Method

Place strawberries and lemon juice in a deep and large microwave safe bowl. Cook, uncovered, on High/100% power, stirring occasionally for 6 minutes.

Add the sugar, stir and cook on High/100% power for 20 minutes uncovered (stirring every few minutes) or until the jam reaches setting point.

(To do this, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.) Make about 500 ml jam.

(www.taste.com.au)



Microwave Xylitol Berry Jam

1 tbsp lemon juice (bottle)
500g berry mix (*u buy them in a pouch*)
1 cup Xylitol

Method

Place fruit and lemon juice in a deep and large microwave safe bowl. Cook, uncovered, on High/100% power, stirring occasionally for 6 minutes.

Add the sugar, stir and cook on High/100% power for 20 minutes (stirring every few minutes) or until the jam reaches setting point.

(To do this, cool some jam on a chilled saucer and run your finger through it. If the jam wrinkles and stays separate it is ready to bottle.)

Spoon the hot jam into a clean jar. Invert for 2 minutes then turn upright to cool. Make about 500 ml jam.

(www.taste.com.au)



Microwave Tomato Jam

2 (410 g) cans peeled & chopped tomatoes ***
1 apple, (peeled & grated) (*any apple will do*)
80 ml chopped preserved gingerroot / grated fresh ginger
60 ml lemon juice
500 ml caster sugar

Mix tomatoes, apple and ginger in a deep and large microwave-proof dish. Microwave uncovered at High/100% power for 15 minutes.

Stir in lemon juice and caster sugar and microwave at High/100% for a further 40 minutes uncovered, or until jam starts setting, stirring every 10 minutes.

The time the jam takes to set depends on the wattage of your microwave.

It might be a good idea to spoon a bit onto a cold plate after 25 minutes, and see if it sets.

When done, spoon the hot jam into sterilized jars, seal immediately and turn upside down.
(www.recipezaar.com)

*** If you want a bit of chilli in your jam, buy the chopped, peeled tomatoes with chilli in a can.

I grew up with tomato jam and boy, this is good stuff!!!!!!

