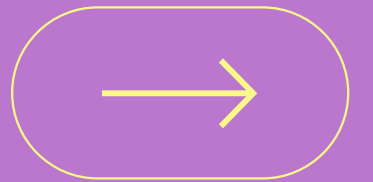




GET INTO PRESERVES



Get into jams

Break the ice with colleagues with homemade jams

When to use this tool:

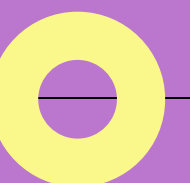
On your own, at home/office kitchen, in teams during workshops. etc. See who can make the best looking or tasting jam. It's a great way to exchange your favorite homemade jam with your colleagues, as well as a way to exchange recipes and do some tasting during a team break.



Because this jam isn't canned, it must be stored in the refrigerator. It will last several weeks in the fridge.

You will need:

- 5 cups fresh berries (1 pound), such as blueberries, blackberries, strawberries from your own garden or from a market.
- 1/2 cup granulated sugar
- 2 tablespoons freshly squeezed lemon juice, pinch salt
- 2 metal spoons / Knife and cutting board / Measuring cups and spoons / Potato masher or large fork
- 2-3-quart heavy-bottomed pot
- Wooden spoon
- 2 (8-ounce) jars with lids



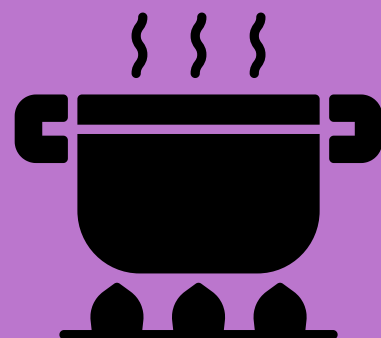
INSTRUCTIONS:



1. Cut the fruit into even pieces: Depending on the size of your strawberries and blackberries, you'll either need to quarter or halve them before you get started.

2. Place the fruit, sugar, lemon, and salt in a 2- to 3-quart heavy-bottomed saucepan over medium heat and mash the fruit a little with a potato masher or large fork into a chunky texture.

3. Cook the fruit and sugar. Bring the mixture up to a boil, stirring frequently. Continue to boil while keeping an eye on it, still stirring frequently, until the fruit is jammy and thick, about 20 minutes.

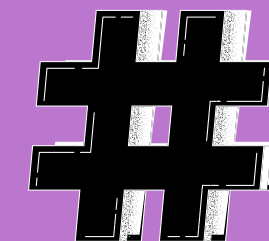
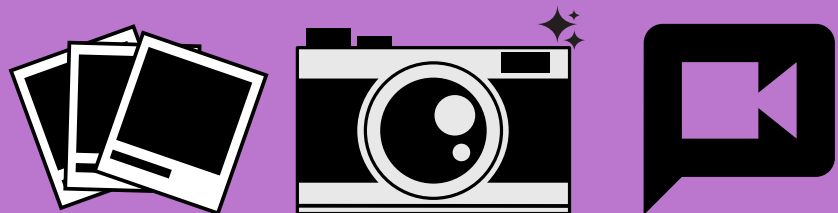


5. Know when the jam is done: Simply dribble some hot jam from the pot onto the frozen spoon and wait a few seconds for it to cool. Run your finger through the jam — if it makes a clear path through the jam and doesn't fill in, then you have a good set.

6. Cool the jam and move it to two jars. Turn off the heat and carefully transfer the jam into 2 clean glass jars. Cool to room temperature. Seal, label with the fruit and the date, and store it in the refrigerator for up to 3 weeks.



SHARE HOW IT GOES



Make a photo or video of your home cooking activity. Share with office colleagues & capture all preserves in photos

Post it on our Economía Creativa Facebook page or/and Instagram

Use the hashtags
#creativelifestyle
#makeyourown

EC TOOLS

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