

Onion Jelly

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 5 half pints

*1 pound red onions
1 cup white grape juice
1/2 cup vinegar
1 package (1-3/4 ounce)
powdered fruit pectin
3 1/2 cups sugar*

Put the onions through a food grinder or food processor using a coarse blade or chop finely to make two cups (including any onion juice).

In a saucepan, combine the onion and juice with the grape juice. Bring to a boil. Remove from the heat.

Strain the mixture through a jelly bag or double thickness of cheesecloth set in a colander, reserving the liquid.

Measure the strained onion liquid and add water sufficient to make three cups.

In a large kettle, combine the strained liquid, vinegar and pectin. Cook and stir until the mixture comes to a full rolling boil (a boil that cannot be stirred down). Stir in the sugar. Return to a full rolling boil. Boil for 1 minute, stirring constantly.

Remove from the heat. Skim. Ladle into jars.

Per Serving (excluding unknown items): 3068 Calories; 1g Fat (calories from fat); 5g Protein; Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 42mg Sodium; Exchanges: 7 Vegetable; 3 Fat; 1/2 Other Carbohydrates.