

Strawberry Jam

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 quart strawberries, hulled
1 cup sugar
juice of 1/2 lemon
2 cups sugar*

With the berries in a saucepan, pour boiling water over the berries. Drain.

Pour cold water over the berries. Drain.

Add one cup of sugar. Let come to a boil for 4 minutes (When boiling, shake the pan to keep from burning - DO NOT USE A SPOON). Remove from the heat.

Add the lemon juice and two cups of sugar. Return to the heat. Let come to a rolling boil for 6 minutes (When boiling, shake the pan to keep from burning - DO NOT USE A SPOON). Skim.

Pour the mixture into a bowl. Let stand overnight.

Pour the strawberry mixture into canning jars. Seal.

Per Serving (excluding unknown items): 2499 Calories; 2g Fat (0.7% calories from fat); 3g Protein; 641g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 3 Fruit; 40 Other Carbohydrates.