

# MICROWAVE SOFT FRUIT JAM

The advantage is that small batches can be made using fresh or frozen fruit exactly when it suits you. Use a large Pyrex bowl and do not cover whilst cooking. Jars can be sterilised and warmed just prior to use by putting a little water in 3-4 jars and heating on high power for around 3 mins.

(makes approx 1.5 lbs of jam)

## **Ingredients:**

450g (1lb) soft fruit, washed.

450g (1lb) caster sugar

30ml (2tbsp) lemon juice

5ml (1tspn) butter

## **Method:**

1. Place all ingredients in a large bowl. Cook on HIGH power for 5 mins (10-15 mins if using frozen fruit). Stir occasionally. Continue to cook until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached-approx 15-25 mins. Leave to cool slightly whilst the jars are sterilised and warmed. Stir then pot seal and label.

Submitted by Nina Talbot