

Set up

Sterilize canning jars and follow canning procedures.

Yields: 2 - 3 cups Prep Time: 10 Mins Cook Time: 25 Mins

Ingredients

- ☐ 4 cups Papaya Puree made from fresh Papaya
- ☐ ½ cup of Pineapple Puree made from fresh Pineapple
- ☐ ½ inch of shredded ginger
- ☐ 2 TBS of fresh lemon or lime juice
- ☐ ½ cup of raw sugar

Instructions

1. Peel a large Papaya, remove the seeds, cut into chunks and blend in a food processor or blender.
2. Remove the skin of the pineapple, cut into chunks and blend enough for ½ cup in a food processor or blender.
3. Remove the skin of the ginger and shred.
4. Add the Papaya, Pineapple and Ginger to a medium size pan. Stir in sugar. Cook on medium heat. Stir frequently to avoid the jam sticking to the pan.
5. After 15 minutes, check the taste. Add more sugar if needed. Stir for another 10 minutes until you get the thick consistency of jam.
6. Turn the stove off and add lemon or lime juice. Mix well and allow the Papaya jam to cool down.
7. Pour in canning jars and store in refrigerator for 2 – 3 weeks.

If you plan to store and open the jars later, boil jars in water for 15 minutes.

NOTE: It is recommended that all home-canned foods be used within a year. Most homemade jams and jellies that use a tested recipe and have been processed in a canner for the recommended time, should retain best quality and flavor for up to that one-year recommended time. All home-canned foods should be stored in a cool, dark, dry place, between 50-70°F. Over extended periods of time, however, changes in color, flavor, texture and nutrient content of home-canned jams and jellies is inevitable. Fruit jam or jelly should be safe to eat if the jar seal remains intact and the product shows no visible signs of spoilage.

