

# Oregon Agricultural College

## Extension Service

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### JELLY MAKING

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Three things are necessary in the making of good jelly—pectin, acid, and sugar. Of these, the most essential is pectin, as jelly can be made without sugar and with little acid. Such jelly would be very unpalatable, however, as well as expensive since it would require a great deal of juice to make a small amount of jelly.

Pectin, a substance resembling starch, is contained in almost all fruits, but in some like the peach or pear there is so little that good jelly cannot be made from them without the addition of other juices.

Under-ripe fruit contains more pectin and is therefore better for jelly making than over-ripe fruit.

Since more pectin is found in the peel than in the meat, fruit should not be pared for jelly making.

#### TEST FOR PECTIN

One teaspoon of grain or denatured alcohol

One teaspoon of fruit juice

Mix in a glass and if the juice is rich in pectin a bulky gelatinous material will form almost turning the material to a soft jelly. If the juice is poor in pectin a few small, flaky pieces of sediment will form. With such a juice in order to make good jelly, some juice rich in pectin should be blended.

When pectin is lacking in any fruit juice, it can be supplied in either of the following ways:

- (1) By combining the juice with an equal quantity of apple juice.
- (2) By adding liquid obtained by boiling the white inner skins of lemons or oranges in water and then straining the liquid. To do this, carefully cut off all the yellow skin from the lemons or oranges, then cut or scrape off the white skin; run this through a meat cutter, cover with water, and simmer for several hours. Strain, and use when needed. With this liquid it is possible to make excellent jelly from peaches, cherries, strawberries, or any fruit usually considered unfit for jelly. Thrifty girls and women will remove this white skin from the fruit used during the winter and will dry it for use when needed.

#### TESTS OF GOOD JELLY

Good jelly will be clear and transparent.

It will be tender and will cut easily with a spoon but will leave sharp edges.

It will stand alone but quiver.

It will have the characteristic flavor of the fruit from which it is made.

It will not be sticky or gummy; not brittle, but will break.

## FRUITS TO USE FOR JELLY

Apple, currant, quince, grape, gooseberries, raspberries, blackberries, crab apples.

Wash, and carefully pick over. Do not peel or stem. In the case of the large fruits, cut up.

Add only enough water to the very juicy fruits to keep them from sticking before the juice can start to flowing. One cup of water to four or five cups of fruit will be sufficient. Put enough water on the less juicy fruits barely to cover them. Simmer until the fruit is soft enough to crush easily. Mash with a well-soaked wooden potato masher. Pour into a jelly bag or a square of two thicknesses of cheese-cloth. Hang up to drip. This juice is called the first extraction and you will use this for your first jelly. Instead of squeezing the bag to get out the rest of the juice, open it and put the pulp into the kettle. Cover with water and simmer again, then pour into the bag and let drip. This will make excellent jelly which will be as clear as that made from the first extraction.

One of the greatest faults in jelly making is using too much sugar. Three-fourths of a cup of sugar to one cup of juice is sufficient.

Heat the juice to the boiling point. Add the sugar, which should be heated in the oven, and boil rapidly until it drops from the spoon in jelly-like lumps. This is called sheeting off and is really a better test than that of putting a drop on a cold plate to "jell" because while the drop is cooling the rest is cooking and may over-cook.

Pour immediately into glasses that have just been taken from boiling hot water. When cool and set, pour hot paraffine over the surface, taking care to have the paraffine cover every portion. Then tie a piece of paper over the top of the glass or adjust the tin lid that sometimes comes with the glasses, label, and your jelly is ready to put away. Be careful not to put it in a damp place because it is apt to mold; it is best to store it in a dry, dark place.