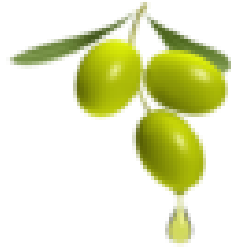


Recipes from



Oliva di Vita
Oil of Life

Rachel's Umeboshi Plum Balsamic Peach Jam

Ingredients

4 cups super ripe, fragrant peaches (about 3 pounds) mashed or peeled + mashed

¼ cup Umeboshi Plum White Balsamic

½ cup up to 1 cup honey or ¾ cup up to 2 cups sugar

1 Tbs. low sugar pectin

Directions

Sterilize jars according to best practice method.

Add measured amount of mashed peaches into heavy saucepan. Add Umeboshi Plum White Balsamic vinegar, and mix well.

Measure sugar or room temperature honey into a bowl. Thoroughly mix pectin powder into sweetener. Set aside.

Bring fruit mixture to a full boil. Add pectin-sugar mixture, stirring vigorously for 1 to 2 minutes to dissolve the pectin while the jam comes back up to a boil. Once the jam returns to a full boil, remove it from the heat.

Fill hot jars to ¼" of top. Wipe rims clean. Screw on 2-piece lids. Put filled jars in boiling water to cover. Bring water to a roiling boil for 8 minutes. Remove jars from water and allow to cool at room temperature. Check seals; lids should be sucked down. Use within a year.