

**Pamela Bennett** grew up in Durham, North Carolina, where she was exposed to an environment rich in the southern culinary tradition. She was educated in business, graduating from Crofts College. Pam has been making signature jams and jellies for more than 25 years and sharing them with family and customers. She owned and operated Black Sheep Baskets in Dallas, Texas, which featured her jams. Additionally, she has worked in the entertainment industry (MGM and Sundance) as well as at three major universities. She now lives with her never-dull psychologist husband in Provo, Utah, and is the mother of two intelligent, compassionate, humorous children.



Cookbook

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BENNETT

jams & jellies IN LESS THAN 30 MINUTES



GIBBS SMITH

# jams & jellies

IN LESS THAN **30** MINUTES



PAMELA BENNETT

\$16.99 U.S.

## jams & jellies

IN LESS THAN **30** MINUTES

For the cook who loves to serve something deliciously homemade but has little time to spare, *Jams and Jellies in Less Than 30 Minutes* is the answer—for parties, for holiday meals, and for every day.

Whether you're new to the kitchen or a veteran cook, you will take genuine delight in creating small-batch refrigerator jams that are not only mouthwatering but beautiful as well. In less than half an hour and in very few steps, you can mix up a batch of fruity spreads to savor or to share.

Here are methods and recipes for 55 delectable sweet treats. They are as delicious in the morning on bagels or croissants as they are served during an elegant brunch or bridal shower. And many of these fruity concoctions can complement the perfect roast or grilled meat, turn a marinade or sauce from plain to extraordinary, or make an amazing topping for a dish of ice cream.

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## Orange or Lemon Jelly

Perfection on poppy seed or lemon muffins! I've used this jelly as emergency marinade for grilling fish and it's now my go-to.

**Yield** 2–3 (½ pint) jars

2½ cups\* orange juice  
or lemon juice

6 cups sugar

1 packet (3 ounces) liquid pectin

Zest from all the oranges or lemons

Zest the oranges or lemons. Reserve zest.

Juice the citrus fruits until you have the amount needed.

Combine juice and zest in a bowl and let stand for 10 minutes.

Pour juice into a large saucepan and add sugar. Mix thoroughly.

Heat rapidly to boiling. Add pectin at once and stir constantly.

Return to full rolling boil for ½ minute.

Remove from stove and skim off foam.

Pout into prepared jars and cover tightly. Let cool, then refrigerate.

Keeps in refrigerator for up to 3 weeks.

\*Generally speaking, a medium or large lemon will produce about ¼ cup juice. You can substitute frozen orange juice or lemonade, but do not dilute with water.



## Onion Jam

So versatile! This jam elevates Osso Bucco to a new level; it's put to good use in any slow-cooked Italian recipe (red sauce, clam sauce). Whenever used in grilling veggies or as a marinade for pork or beef roasts, the flavors pop and the compliments pour in.

**Yield** 2 (½ pint) jars.  
(Best in small batches).

2 pounds Vidalia onions  
(or sweet white onions)

½ cup white wine vinegar

¾ cup sugar

1 teaspoon salt

½ teaspoon black pepper

2 tablespoons olive oil

Peel onions and chop to size according to your preference.

Sauté the onions in olive oil until they become translucent, about 15 minutes.

Add the sugar and cook until the onions become caramelized, about 10 minutes.

Add the vinegar last and simmer for 5 minutes.

Don't forget to keep stirring so onions don't stick to the pan.

Spoon into prepared sterilized jars, let cool before refrigerating.

This should be consumed within 7–10 days.