GlutenFreeNutrition
Coeliac Disease & Food Intolerance Dietitian

PEAR JAM GF DF Low

Gluten Free, Dairy Free, Low chemical
Makes ~2 cups
Ingredients:
820 g canned pears in syrup, drained (~500g pear)
OR 500g fresh ripe, peeled pears
500g sugar
40g of jam setter

Method:

- Sterilize jars (see below)
- Puree the pears in a food processor and transfer to a saucepan
- Add the sugar and jam setter and boil on the stove top for 5 minutes, stirring
- Pour into the sterilized jars, add the lids and allow to cool to room temperature
- Refrigerate

PEAR CHUTNEY GF DF Low

Gluten Free, Dairy Free, Low chemical
Makes ~2-3 cups
Ingredients:
820g can of pears in sugar syrup
1 stalk of celery, finely chopped
¼ cup brown sugar
¼ leek, finely chopped
10g jam setter
1 ½ tsp citric acid
1 tsp iodised salt

Methods:

- Strain the pears and keep the liquid
- Chop the pears roughly, into small chunks
- Add the liquid to a saucepan and boil until the liquid is reduced by half, ~8 minutes
- Add the pears, celery, sugar, citric acid, jam setter and salt
- Simmer 10-15 minutes or until the mixture is thick
- Pour into sterilized jars, seal and cool to room temperature before refrigerating

Sterilizing jars
Glass storage jars with lids (save old jam jars)

- Preheat your oven to 150^{0}C
- Place well washed jars upside down on an oven rack for at least 20 minutes, while the jam or chutney is cooking
- Remove from the oven and while still hot pour in your jam or chutney, screw on the lid and allow to cool to room temperature before refrigerating