

### **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

¼ cup brown sugar

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°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 placing it in the fridge