



# **Preserving with Pomona's Pectin: The Revolutionary Low-Sugar, High-Flavor Method for Crafting and Canning Jams, Jellies, Conserves, and More**

*Allison Carroll Duffy*

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If you've ever made jam or jelly at home, you know most recipes require more sugar than fruit—oftentimes 4 to 7 cups!—causing many people to look for other ways to preserve more naturally and with less sugar. Pomona's Pectin is the answer to this canning conundrum. Unlike other popular pectins, which are activated by sugar, Pomona's is a sugar- and preservative-free citrus pectin that does not require sugar to jell. As a result, jams and jellies can be made with less, little, or no sugar at all and also require much less cooking time than traditional recipes, allowing you to create jams that are not only healthier and quicker to make, but filled with more fresh flavor! If you haven't tried Pomona's already (prepare to be smitten!), you can easily find the pectin at your local natural foods store, Williams-Sonoma, or online.

In this first official Pomona's Pectin cookbook, you'll learn how to use this revolutionary product and method to create marmalades, preserves, conserves, jams, jellies, and more. From sweet offerings like Maple, Vanilla and Peach Jam to savory favorites like Red Pepper and Jalapeno Chutney, you'll find endless combinations sure to delight all year round!

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