

Crazy, Half-Baked Jam

Southwest Edmonton Farmers' Market

SPROUTS

One of the BEST tasting pies is peach-raspberry. We thought, why not bake those fruits, reducing their liquid with roasting, to make a pie-tasting jam? SAY WHAT!? It brings out their sweetness and makes a healthy jam instead of a pie! No complicated canning to do... no stirring and stirring ... it's SO simple!

The only catch? You need to use it up in a couple of weeks ... something that's easy to do when it tastes this good!

Ingredients

- 2 cups peaches (2 large, beautifully ripe)
- 1 cup raspberries
- 2 tbsp. maple syrup or runny honey
- 1 tbsp. lemon or lime juice
- 1 tsp. vanilla extract (clear/white if possible)

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Can sweet fruit really be healthy if too much sugar is bad for our health? Sugar from fruit is called "natural sugar" because it's found naturally in food, even in vegetables and milk! Compare that to added sugar which is sugar that is put into foods like candies, some cereals, and sauces like ketchup. Natural sugars come with lots of other good-for-you nutrients, such as fibre. So go ahead and enjoy all the juicy seasonal fruit the market has to offer!



Market Shopping List

1 large peach, or 2 small peaches

1 basket raspberries

honey (optional)

Makes 2 cups



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Recipe created by Sheri Hendsbee

Directions

Preheat your oven to 275F.

Wash your peaches, and then cut them in half and take out the pit. Cut each half into quarters, and then each quarter in half again. You should have 8 pieces per peach. Cut each of these pieces in 3. You'll end up with lots of bite-sized pieces of fruit.

Put all of your ingredients into a pie plate or a 9" x 9" baking dish. Give it a stir so everything is coated. Roast for 2 hours, stirring it again after the first hour. The fruit will get soft, syrupy and shriveled looking.

Let the mixture cool. Smash it up with the back of a fork or a potato masher... lumpy or smooth, it's simply a matter of how much you work it (see the Sprouting Chefs Tip)!

Put this on toast, on your pancakes instead of syrup, swirl it into your porridge, spread it onto ricotta cheese on a bagel... or go traditional and use it on a PB & J sandwich! Yum!

Fun Fact: This recipe can be doubled or tripled if you have a lot of ripe fruit on hand. Just bake it in a 9" x 12" pan, then put it into plastic containers or jars and freeze what you won't use up in 2 weeks' time.

Sprouting Chefs

We are making a jam, not a jelly here. There is no need to peel the peaches or remove the raspberry seeds. This way we keep all the healthy fibre within the peaches' skins and the raspberries' seeds. If you don't like the chunky, chewy texture of the jam, make it nice and smooth with a blender or a food processor at the end.

Creative Cooks

Are you making this on a hot day? Don't use an oven! Do this in a slow cooker plugged in outside or on a BBQ. Follow this recipe, using your BBQ or slow cooker on a low setting (you might have to reduce the cooking time). If your BBQ has 3 burners, turn off the middle one and place your pan where there is no flame. This will get the warm air swirling around your dish in a circle, drying out the fruit a bit. The BBQ cooking method can add a hint of smokiness to the flavour of your jam.