

# ALPINE STRAWBERRY JAM

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Makes 1 8oz jar

## INGREDIENTS:

2 cups Alpine Strawberries (about 180 grams)  
1 cups sugar (200 grams)  
1 tbsp lemon juice (15 ml)

## DIRECTIONS

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Place all ingredients in a deep saucepan or jam pot. Mash with the back of a spoon to get some of the berries to break up and release their juices.

Bring the mixture to a boil on the stove over medium-high heat. Boil hard, stirring frequently, for about 8 to 10 minutes until the jam reaches gel stage. (See notes)

Once the jam has set, remove it from the heat and ladle into prepared jars leaving 1/4 inch headspace.

Store in the refrigerator and use within the next few weeks.

## Notes

You can test for this jam's set on a plate that's been chilled in the freezer. Or, you can use an instant-read thermometer, which is more dependable. Gel stage is when the sugar concentrates enough to raise the temperature to 220 degrees on an instant-read thermometer (at sea level). For every 500 feet above sea level, that drops by 1 degree as the boiling point of water lowers with elevation.