

wild blackberry jam



ingredients:

one 5 litre pot full of blackberries
1 cup of white sugar
1 cup raw sugar
2 tablespoons balsamic vinegar (40 ml)

step one: Wash the berries to remove any dirt, dust, leaves or stems. Drain for a minute before placing into the saucepan.

step two: Mash the berries with a potato masher to break them apart. Don't over mash, pay attention to merely breaking up a few – less than 50%.

step three: Add the sugar and vinegar and place on high to cook. The berries have a very high water content, so additional water is not required.

step four: Boil for at least 30 minutes on high, stirring and, if needed, squash berries by pushing (stubborn) lumps against the side of the saucepan.

step five: Reduce the heat, cover with a lid, and allow to simmer for another 30 – 45 minutes. The jam will begin to

thicken and can be tested by placing a small amount on a china saucer to test the consistency.

step six: Once you are happy with the consistency, turn off the heat and allow to cool in the pot. Bottle the jam in clean sterilised bottles.



helpful hints:

- I made this jam while on a house sitting job in Tasmania. The property we were minding had blackberries growing wild at the front gate and I picked three very large bowls over the course of five days.
- I am not sure how many blackberries I had, but can only say that the saucepan was almost full before I started. (At least 4/5 full)
- The jam was not as tart as I thought it would be, but not overly sweet either – it was wonderful on toast.
- Besides spreading it on toast, I also heated two heaped tablespoons full to mix into my muesli and yoghurt for breakfast – all I can say is YUM!

Enjoy!