

LET'S PRESERVE FRUIT PIE FILLINGS

General

Tasty fruit fillings for pies, pastries and dessert toppings can be prepared at home. Clear Jel®, a modified starch, produces excellent consistency even after fillings are canned and baked. Other household starches break down, resulting in a runny sauce.

There are two types of Clear Jel®, *instant and regular*. “Instant” does not require heat to thicken. The product will thicken once the liquid is added. “Regular” must be heated. **When canning pie fillings, be sure to purchase the “regular” Clear Jel® product.** Clear Jel® is currently not available in grocery stores. Check the last page of this flyer for a local list and web sites. One pound of Clear Jel® equals about 3 cups.

Because the variety of fruit may alter the flavor of a fruit pie, prepare a single quart first. Adjust the sugar and spices in the recipe to suit your personal preferences. However, the amount of lemon juice should never be altered because it insures the safety and storage stability of the fillings.

When using frozen berries, select unsweetened fruit. If sugar has been added, rinse it off while the fruit is frozen. Collect, measure and use the juice from thawing fruit to partially replace the water specified in the recipe. Use ¼ cup Clear Jel® per quart or 1 ¾ cups for 7 quarts.

Apple Pie Filling

<u>Ingredients</u>	<u>1 Quart</u>	<u>7 Quarts</u>
Blanched, sliced fresh apples	3 - 1/2 cups	6 quarts
Granulated sugar	½ cup	3 cups
Clear Jel®	¼ cup	1-1/2 cups
Cinnamon	½ tsp.	1 tbsp.
Cold water	½ cup	2-1/2 cups
Apple juice	¾ cup	5 cups
Bottled lemon juice	2 tbsp.	¾ cup
Nutmeg (optional)	1/8 tsp.	1 tsp.

Quality: Use firm, crisp apples. If apples lack tartness, use an additional ¼ cup of lemon juice for each 6 quarts of slices.

Yield: 1 quart or 7 quarts

Procedure: Wash, peel and core apples. Prepare slices 1/2-inch wide and place in water containing 1 teaspoon of ascorbic acid crystals or six, 500-mg vitamin C tablets or a commercial product in 1 gallon of water to prevent browning. Remove from the anti-darkening solution and drain well. To blanch the fruit, place 6 cups of apple slices at a time in 1 gallon of boiling water. Boil each batch 1 minute after the water returns to a boil. Drain and keep heated fruit in a covered bowl or pot. Combine sugar, Clear Jel® and cinnamon in a large kettle with water and apple juice. Stir and cook on medium-high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Fold in drained apple slices, immediately fill jars with mixture, leaving 1-inch headspace. Adjust lids and process immediately.

**Recommended processing time for
Apple Pie Filling in a BOILING-WATER canner:**

Process Time at Altitudes of:

Style of Pack	Jar Size	0-1,000 ft.	1,001-3,000 ft.	3,001-6,000 ft.
Hot	Pints or Quarts	25 min.	30 min	35 min

Blueberry Pie Filling

<u>Ingredients</u>	<u>1 Quart</u>	<u>7 Quarts</u>
Fresh or thawed blueberries	3-1/2 cups	6 quarts
Granulated sugar	¾ cup +2 tbsp.	6 cups
Clear Jel®	1/4 cup + 1 tbsp.	2-1/4 cups
Cold water	1 cup	7 cups
Bottled lemon juice	3 tbsp.	1/2 cups

Quality: Select fresh, ripe and firm blueberries. Unsweetened frozen blueberries may be used. If sugar has been added, rinse it off while fruit is still frozen. Collect, measure and use the juice from thawing fruit to partially replace the water specified in the recipe.

Yield: 1 quart or 7 quarts

Procedure: Wash and drain fresh blueberries. For fresh fruit, place 6 cups at a time in 1 gallon boiling water. Boil each batch 1 minute after the water returns to a boil. Drain and keep heated fruit in a covered bowl or pot. Combine sugar and Clear Jel® in a large kettle, and add water. Cook on medium-high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Fold in drained berries, immediately fill jars with mixture, leaving 1-inch headspace. Adjust lids and process immediately.

**Recommended process time for
Blueberry Pie Filling in a BOILING-WATER canner:**

Process Time at Altitudes of:

Style of Pack	Jar Size	0-1000 ft.	1,001-3,000 ft.	3,001-6,000 ft.
Hot	Pints or Quarts	30 min.	35 min.	40 min.

Cherry Pie Filling

<u>Ingredients</u>	<u>1 Quart</u>	<u>7 Quarts</u>
Fresh or thawed sour cherries	3-1/3 cups	6 quarts
Granulated sugar	1 cup	7 cups
Clear Jel®	1/4 cup + 1 tbsp.	1-3/4 cups
Cold water	1-1/3 cups	9-1/3 cups
Bottled lemon juice	1 tbsp. + 1 tsp.	½ cup
Cinnamon (optional)	1/8 tsp.	1 tsp.
Almond extract (optional)	¼ tsp.	2 tsp.

Quality: Select fresh, very ripe and firm cherries. Unsweetened frozen cherries may be used. If sugar has been added, rinse it off while the fruit is still frozen. Collect, measure and use the juice from thawing fruit to partially replace the water specified in the recipe. Use 1/4 cup Clear Jel® per quart or 1 3/4 cups for 7 quarts.

Yield: 1 quart or 7 quarts

Procedure: Rinse and pit fresh cherries. To prevent stem end browning, hold pitted cherries in water containing 1 teaspoon of ascorbic acid crystals or six, 500-mg vitamin C tablets or a commercial product in 1 gallon of water. For fresh fruit, place 6 cups at a time in 1 gallon boiling water. Boil each batch 1 minute after the water returns to a boil. Drain and keep heated fruit in a covered bowl or pot. Combine sugar and Clear Jel® in a large kettle and add water. If desired, add cinnamon and almond extract. Stir mixture and cook over medium-high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Fold in drained cherries, immediately fill jars with mixture, leaving 1-inch headspace. Adjust lids and process immediately.

Recommended process time for Cherry Pie Filling in a BOILING-WATER canner:

Process Time at Altitudes of :

Style of Pack	Jar Size	0-1,000 ft.	1,001-3,000 ft.	3,001-6000 ft.
Hot	Pints or Quarts	30 min.	35 min.	40 min.



Peach Pie Filling

<u>Ingredients</u>	<u>1 Quart</u>	<u>7 Quarts</u>
Sliced fresh peaches	3-1/2 cups	6 quarts
Granulated sugar	1 cup	7 cups
Clear Jel®	¼ cup + tbsp.	2 cups + 3 tbsp.
Cold water	¾ cup	5- ¼ cups
Bottled lemon juice	¼ cup	1-3/4 cups
Cinnamon (optional)	1/8 tsp.	1 tsp.
Almond extract (optional)	1/8 tsp.	1 tsp.

Quality: Select ripe, but firm fresh peaches.

Yield: 1 quart or 7 quarts

Procedure: Peel peaches. To loosen skins, submerge peaches in boiling water for approximately 30-60 seconds, and then place in cold water for 20 seconds. Slip off skins and prepare slices 1/2 – inch thick. Place slices in water containing ½ tsp. of ascorbic acid crystals or six, 500 milligram vitamin C tablets or commercial product in 1 gallon of water to prevent browning. For fresh fruit, place 6 cups at a time in 1 gallon boiling water. Boil each batch 1 minute after the water returns to a boil. Drain and keep heated fruit in a covered bowl or pot. Combine water, sugar, Clear Jel® and, if desired, cinnamon and/or almond extract in a large kettle. Stir mixture and cook over medium-high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Fold in drained peach slices, immediately fill jars with mixture, leaving 1-inch headspace. Adjust lids and process immediately.

Recommended process time for Peach Pie Filling in a BOILING-WATER canner:

Process Time at Altitudes of:

Style of Pack	Jar Size	0-1,000 ft.	1,001-3,000 ft.	3,001-6,000 ft.
Hot	Pint or Quarts	30 min.	35 min.	40 min.



Procedure for canning all fillings

Wash jars. Prepare lids according to manufacturer's instructions. Fill jars with fruit, leaving 1-inch headspace. Wipe sealing surface of jars with a clean, damp paper towel. Add lids, tighten screw bands and process.

To process in a boiling water canner, preheat canner half filled with water to boiling. Place jars into rack in canner. If needed, add water to a level of 1 inch above jars and cover. When water boils vigorously, lower heat to maintain a gentle boil and process for recommended time.

Procedure following processing

After processing is completed, remove jars from canner with a jar lifter and place them on a towel rack. Do not re-tighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. A jar is sealed if the center of the lid is indented or concave. Wash, dry, label and store sealed jars in a clean, cool, dark place. Fillings are best if used within 1 year.

You can prepare and can other fruit pie fillings besides the four listed in the handout.

Those fruits that you can also prepare into fillings include:

Apricots, Nectarines, Pears, Plums, Prunes, Rhubarb — use directions for Peach Pie Filling.

Blackberry, Currant, Gooseberry, Huckleberry, Loganberry, Raspberry, Strawberry — use directions for Blueberry Pie Filling.

LOCAL SOURCES FOR CLEAR JEL® INCLUDE:

- Wenatchee Natural Foods, Wenatchee
- Okanogan River Food Co-op, Tonasket
- Bear Foods Wholesale, Chelan
- Main Street Market Natural Foods, Omak

CLEAR JEL® CAN ALSO BE PURCHASED ON-LINE FROM THESE SOURCES:

Sweet Celebrations: www.sweetc.com or call 1-800-328-6722

Kitchen Krafts: www.kitchenkrafts.com or call 1-800-776-0575

The Ingredient Store: www.theingredientstore.com or call 1-610-715-3501

****NOTE: 1 pound of Clear Jel® equals approximately 3 cups.****