Balsamic Vinegar in Strawberry Jam, Are You Kidding?

Not joke and you won’t believe how good it is!

Strawberries are in season right now in South Carolina and home canners are whipping out their jars. Now is the perfect time to review safe canning procedures and prepare for prime canning season. HGIC fact sheets offer up-to-date research based information for safe and best quality food preservation. One recent update is the addition of some exciting variations to classic strawberry jam including balsamic vinegar. So, if you are looking to add a twist to classic strawberry jam, then the following recipes are safe and tasty!

For more information on canning jams and jellies see: HGIC 3180, Basics of Jelly Making, HGIC 3224, Strawberry Jam and HGIC 3200, Jelly & Jam Recipes.

**Strawberry Jam**

2 quarts crushed strawberries
6 cups sugar

Wash jars in hot, soapy water and rinse. Sterilize by boiling them for 10 minutes, and then keep the jars in hot water until they are used. Keeping jars hot will prevent them from breaking when filled with the hot product. Combine berries and sugar, bring slowly to boiling stir & occasionally until sugar dissolves. Cook rapidly until thick, about 40 minutes. As mixture thickens, stir frequently to prevent sticking. Pour hot jam immediately into hot, sterile canning jars, leaving ¼-inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water bath canner at altitudes up to 1,000 feet. (Add 1 minute to the processing time for each 1,000 feet of additional altitude.) Yield: 8 half-pint jars.

Source: *So Easy to Preserve*

**Variations**

Source: *Ball® Homemade Strawberry Jam*

**Vanilla Strawberry Jam:** Add half a vanilla bean, split in half lengthwise, to the crushed strawberries. Cook as directed and remove vanilla bean before ladling jam into jars. The resulting jam will be enhanced with subtle, yet distinct vanilla overtones.

**Lemony Strawberry Jam:** Add the grated zest of 1 large lemon to the crushed strawberries.

**Peppered Strawberry Jam:** Stir ½ tsp freshly ground black pepper into the cooked jam just before ladling it into the jars. Pepper accents and compliments strawberries’ sweet flavor. Be sure to use freshly ground pepper, which delivers a fresher-quality flavor.

**Strawberry Freezer Jam:** 4 cups crushed strawberries (about 4 one pound containers of fresh strawberries or 3 12-oz bags of unsweetened frozen strawberries)
1½ cups sugar or Splenda®
1 package (1.59 oz) Ball® No Cook Freezer Jam Fruit Pectin

Stir sugar and contents of package in a bowl until well blended. Stir in 4 cups crushed strawberries. Stir 3 minutes longer. Ladle jam into clean jars to fill line. Twist on lids. Let stand until thickened at room temperature, about 30 minutes. Store in the
freezer for up to 1 year or in the refrigerator for up to 3 weeks. Yield: about 5 half-pint jars.

Source: *Ball® No Cook Freezer Jam Fruit Pectin.*

**Strawberry Balsamic Jam:** Balsamic vinegar acccents the strawberry flavor and gives the jam a robust taste.

5 cups crushed strawberries (about 5 lbs)  
1 Tbsp lemon juice  
3 Tbsp good quality balsamic vinegar (5%)  
6 Tbsp Ball® RealFruit™ Classic Pectin  
7 cups granulated sugar


Ladle hot jam into hot jars leaving ¼-inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight. Process in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

Source: *Ball® [www.freshpreserving.com](http://www.freshpreserving.com)*

---

Prepared by Adair P Hoover, Home & Garden Information Center, Clemson University Cooperative Extension Service. 05/15.

This information is supplied with the understanding that no discrimination is intended and no endorsement of brand names or registered trademarks by the Clemson University Cooperative Extension Service is implied, nor is any discrimination intended by the exclusion of products or manufacturers not named. All recommendations are for South Carolina conditions and may not apply to other areas. Use pesticides only according to the directions on the label. All recommendations for pesticide use are for South Carolina only and were legal at the time of publication, but the status of registration and use patterns are subject to change by action of state and federal regulatory agencies. Follow all directions, precautions and restrictions that are listed.