

Michaelmas Blackberry Jam

Ingredients:

- 1 kg (2.2 lbs) fresh blackberries
- 800 g (4 cups) granulated sugar
- 2 tablespoons lemon juice
- ½ teaspoon butter (optional, helps reduce foaming)
- 1 Cinnamon stick or 1 tbsp vanilla extract (optional)



Instructions:

1. Rinse the blackberries thoroughly and remove any stems or leaves. Place them in a large pot or preserving pan.
2. Using a potato masher or a fork, crush the blackberries to release their juices. This helps the fruit break down and makes a smoother jam.
3. Add the lemon juice to the pot and cook the blackberries over medium heat, stirring frequently, until the mixture starts to boil.
4. Gradually stir in the sugar and continue to stir until it dissolves completely. Add in your cinnamon or vanilla if using. Bring the mixture to a full boil.
5. Allow the jam to boil vigorously for about 10 - 12 minutes, stirring frequently to prevent sticking. If foam forms, you can stir in the butter to reduce it.
6. After 10 minutes, test the jam's consistency. Spoon a small amount onto a cold plate and let it sit for a minute. If it wrinkles when pushed with your finger, it's ready. If not, boil for a few more minutes and test again.
7. Once the jam reaches your desired consistency, remove it from heat and let it sit for a minute. Pour the jam into sterilised jars, leaving about ¼ inch at the top. Seal with lids while still hot.
8. Allow the jars to cool completely before storing. The jam can be kept in a cool, dark place for up to a year.

Enjoy!