

Reduced Calorie Spread using H&F Amid AF020 Pectin, Polydextrose and Fructose

This formulation is for a reduced sugar spread, using a combination of polydextrose and fructose to give improved colour and mouth feel. As fructose has a more intense sweetness profile compared to sucrose, other sweeteners are not usually required. Please note that due to the lower sugar content the product cannot be labelled as “Jam” under Australian and NZ regulations.

Recipe

Amid AF 020 pectin solution (5%)	160 g
Fruit	400 g
Crystalline Fructose	180 g
Polydextrose	170 g
Water	160 g
Citric acid solution 50%	3 – 6 mls
Preservative (Potassium Sorbate)	qs
Gross weight	approx.1,070 g
Evaporation	70 g
Net weight	1,000 g
Final solids	40% Minimum
Final pH	3.1 – 3.2

Method

1. Make up a 5% solution of Amid AF 020 pectin by adding at least 8 grams Amid AF 020 to 152 g very hot water (minimum 85°C). Mix the pectin solution thoroughly. We recommend that a minimum 300 g (15 g pectin plus 285 hot water) be made to ensure adequate mixing.
2. Add 400 g fruit to the pot and begin heating. Add the desired amount of pectin solution and simmer for a few minutes.
3. While continuing to heat, slowly add the fructose and polydextrose.
4. Turn off heat. Check the soluble solids with a refractometer.
5. Add citric acid solution (50% w/w) to adjust the pH to 3.1 – 3.2, while maintaining temperature above 80° C.
6. To test the pectin set we suggest that you place a small amount of jam on a cold object (e.g. in the sink) and allow it to sit for 3 – 5 minutes. The jam should start to show signs of setting and should develop a slight skin that adheres to a finger when touched.
7. Fill at 70 - 80°C and burp the jars to create a vacuum (Screw the lid on, invert, open lid slightly to expel air, and reseal)

Note:

- Jam should not be transported for at least 24 hours, to allow pectin to set.
- The use of preservative is strongly recommended to prevent yeast and mould growth.