



Reduced Sugar Spread using H&F Amid AF 020 pectin

This formulation is for a reduced sugar spread, and is based on a batch size of 1 kg. 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%)	180 g
Fruit	400 g
Sugar	250 g
Water	230 g
Citric acid solution 50%	2 – 10 mls
Preservative (Potassium Sorbate)	qs
Gross weight	approx. 1,065 g
Evaporation	65 g
Net weight	1,000 g
Final solids	30% Minimum
Final pH	3.2 – 3.3

Method

1. Make up a 5% solution of Amid AF 020 pectin by adding at least 9 grams Amid AF 020 to 171 g very hot water (minimum 85°C). Mix the pectin solution thoroughly. We recommend 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 sugar, ensuring that the sugar is added slow enough to avoid the temperature dropping too quickly.
4. Turn off heat. Check the soluble solids with a refractometer.
5. Add 2 – 10 mls of 50% citric acid solution to adjust the pH to 3.2 – 3.3, while maintaining a 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. a porcelain plate) 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.