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Topic: Jam, Jelly & Marmalade

Jam

- Made from crushed or puréed fruit, sugar, and sometimes pectin
- Fruit is cooked until soft and sugar is dissolved
- Can be made with one type of fruit or a combination
- Thickness varies, but generally thicker than jelly
- Examples: strawberry jam, blueberry jam, apricot jam

Jelly

- Made from fruit juice, sugar, and pectin
- Fruit is crushed and strained to extract juice, then cooked with sugar and pectin
- Clear and transparent, with no fruit pieces
- Firm set and smooth texture
- Examples: grape jelly, apple jelly, mint jelly

Marmalade

- Made from citrus fruits (oranges, lemons, limes), sugar, and water
- Thin slices of citrus peel are cooked with sugar and water to create a preserve
- Bitter and sweet, with a thick and syrupy texture
- Often served with toast, scones, or used as a glaze
- Examples: orange marmalade, lemon marmalade, lime marmalade

Key differences

- **Jam:** thicker, made with crushed fruit, can be made with one or multiple fruits
- **Jelly:** clearer, made with fruit juice, firmer set
- **Marmalade:** made with citrus peel, bitter and sweet, thicker and syrupy.

What is Jam?

Jam is a sweet spread made from crushed or puréed fruit, sugar, and sometimes pectin. It's a popular condiment used on toast, biscuits, and other baked goods.

Types of Jam

- Fruit jam: made with one type of fruit, such as strawberry or blueberry
- Mixed berry jam: made with a combination of fruits, such as raspberry, blackberry, and blueberry
- Citrus jam: made with citrus fruits like oranges or lemons
- Spiced jam: made with added spices like cinnamon or ginger

Ingredients

- Fresh or frozen fruit
- Granulated sugar
- Pectin (optional)
- Lemon juice (optional)
- Spices (optional)

How is Jam Made?

1. **Fruit preparation:** Wash, peel, core, and chop the fruit.
2. **Cooking:** Combine fruit, sugar, and pectin (if using) in a pot and bring to a boil.
3. **Reduction:** Reduce heat and simmer until the fruit is soft and the mixture thickens.
4. **Straining:** Strain the mixture to remove seeds, pulp, and any remaining fruit pieces.
5. **Cooling:** Let the jam cool before transferring it to a jar or container.

Characteristics

- Thick and spreadable texture
- Sweet and fruity flavor
- Can be smooth or chunky, depending on the fruit and preparation method
- Can be made with various levels of sugar content

Uses

- Toast and breakfast foods
- Baking (cakes, tarts, fillings)

- Sauces and glazes for meats or cheeses
- Cocktail mixers

Tips and Variations

- Use fresh, seasonal fruit for the best flavor
- Experiment with different spices and flavor combinations
- Add a splash of liqueur for a grown-up twist
- Try using different types of sugar, like honey or agave nectar

What is Jelly?

Jelly is a clear, transparent fruit spread made from fruit juice, sugar, and pectin. It's a popular condiment used on toast, biscuits, and other baked goods.

Types of Jelly

- Fruit jelly: made with one type of fruit, such as grape or apple
- Mixed berry jelly: made with a combination of fruits
- Spiced jelly: made with added spices like cinnamon or cloves
- Wine jelly: made with wine instead of fruit juice

Ingredients

- Fruit juice (clear juice, not pulp or chunks)
- Granulated sugar
- Pectin (natural or commercial)
- Lemon juice (optional)
- Spices (optional)

How is Jelly Made?

1. **Juice extraction:** Extract clear juice from fruit using a juicer or strainer.
2. **Sugar addition:** Add sugar and pectin to the juice.
3. **Boiling:** Boil the mixture until the sugar dissolves and the pectin thickens.
4. **Straining:** Strain the jelly to remove any sediment or fruit particles.
5. **Cooling:** Let the jelly cool and set before transferring it to a jar.

Characteristics

- Clear and transparent
- Firm, but not too hard, set
- Sweet and fruity flavor
- Can be made with various levels of sugar content

Uses

- Toast and breakfast foods
- Baking (cakes, tarts, fillings)
- Sauces and glazes for meats or cheeses
- Cocktail mixers

Tips and Variations

- Use fresh, flavorful fruit juice for the best flavor
- Experiment with different spices and flavor combinations
- Add a splash of liqueur for a grown-up twist
- Try using different types of sugar, like honey or agave nectar

Jelly vs Jam

- Jelly is clearer and more transparent than jam
- Jelly is made with fruit juice, while jam is made with crushed fruit
- Jelly is firmer and more set than jam

What is Marmalade?

Marmalade is a sweet and tangy preserve made from citrus fruits, sugar, and water. It's a popular condiment used on toast, scones, and other baked goods.

Types of Marmalade

- Orange marmalade: made with oranges, the most common type
- Lemon marmalade: made with lemons, often used in savory dishes
- Lime marmalade: made with limes, often used in cocktails
- Grapefruit marmalade: made with grapefruits, a tangy and bitter variant

Ingredients

- Thin slices of citrus peel (orange, lemon, lime, or grapefruit)
- Sugar
- Water
- Lemon juice (optional)

How is Marmalade Made?

1. **Peel preparation:** Slice the citrus peel thinly and remove any white pith.
2. **Soaking:** Soak the peel slices in water overnight to reduce bitterness.
3. **Cooking:** Boil the peel slices with sugar and water until the peel is tender.
4. **Reduction:** Reduce heat and simmer until the marmalade thickens.
5. **Cooling:** Let the marmalade cool before transferring it to a jar.

Characteristics

- Thick and syrupy texture
- Bitter and sweet flavor
- Citrusy aroma
- Can be made with various levels of sugar content

Uses

- Toast and breakfast foods
- Baking (cakes, tarts, fillings)
- Sauces and glazes for meats or cheeses
- Cocktail mixers

Tips and Variations

- Use organic citrus fruits for the best flavor
- Experiment with different citrus fruit combinations
- Add a splash of liqueur for a grown-up twist
- Try using different types of sugar, like honey or agave nectar

Marmalade vs Jam/Jelly

- Marmalade is made with citrus peel, while jam and jelly are made with fruit pulp or juice

- Marmalade has a bitter and tangy flavor, while jam and jelly are generally sweeter
- Marmalade has a thicker and syrupy texture than jam and jelly