

## RASPBERRY CARDAMOM JAM

### INGREDIENTS

4.5 pounds raspberries  
3 pounds organic sugar\*  
1.7 ounces fresh lemon juice,  
about 2 lemons\*\*  
½ tbsp ground cardamom

\*Sugar is 67% of the weight of  
the berries

\*\*Keep remaining lemon halves.

Lemon juice is 2.4% of the  
weight of the raspberries

### TOOLS

Cooper jam pan (or wide  
stainless steel stock pot)  
Spatula with long handle  
Scale  
Cheese cloth / satchel / turkey  
stuffing bag  
Mesh skimmer  
Glass jars  
Small plates in freezer  
Thermometer

### DIRECTIONS

1. Heat glass jars on a sheet pan in the oven at 225F for at least 20 min to prevent jars from breaking when pouring in the hot jam. Take 5 small plates and stick them in the freezer.
2. In a large bowl, crush the berries with your hands until smooth (or place in a food processor and pulse). Stir in the sugar and lemon juice to combine all the ingredients. Place the used lemon halves into a cheesecloth and place into the mixture.
3. Dump everything including the cheesecloth packet into a wide pot and bring to a boil over high heat. Stir often (and constantly if working in stainless steel) and skim off any foam. Tip: Stir and push from the bottom of the pan.
4. Once the jam is in the final cooking stages, stir in the ground cardamom.
5. We are in the final cooking stages when temperature reaches 210 degrees. Use the plate test to determine if the jam is ready.
6. Place a dollap of jam on a frozen plate and place it back in the freezer for one minute. Then run your finger through the jam. If it stays apart like the Red Sea and the top wrinkles like a furrowed brow, it's ready. If not, continue cooking the jam and conducting the plate test every few minutes.
7. Turn off the stove once the jam is ready. Remove the jars from the oven and pour in the hot jam. Let it cool completely.