



## Pear-Vanilla Freezer Jam

Enjoy the taste of ripe, in-season pears all year long with this simple jam. Spread on toast or English muffins, or try on gingerbread, bran muffins, and hot cross buns. The jam also makes a tasty glaze for pork tenderloin.

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Yield: 44 servings (serving size: 2 tablespoons)



### Ingredients

4 cups coarsely chopped peeled Bartlett pear (about 5 large)

1 teaspoon grated lemon rind

1/4 cup plus 2 tablespoons fresh lemon juice

1 vanilla bean, split lengthwise

1 (1.75-ounce) package pectin crystals

4 cups sugar

### Preparation

Place pear in a food processor; pulse until finely chopped. Place pear, rind, juice, and vanilla bean in a large saucepan. Stir in pectin. Place pan over high heat; bring to a boil. Stir in sugar; cook 5 minutes or until sugar dissolves. Bring to a boil; cook for 1 minute, stirring constantly.

Remove from heat. Skim foam from surface; discard. Remove vanilla bean. Scrape seeds into pear mixture; discard bean. Stir 5 minutes to ensure fruit is suspended in jam. Cover and chill overnight.

Note: Refrigerate Pear-Vanilla Freezer Jam in airtight containers up to three weeks, or freeze up to six months.

### Nutritional Information

#### Amount per serving

Calories: 93    Calories from fat: 2%    Fat: 0.2g    Saturated fat: 0.0g    Monounsaturated fat: 0.0g

Polyunsaturated fat: 0.0g    Protein: 0.2g    Carbohydrate: 23.9g    Fiber: 0.8g    Cholesterol: 0.0mg    Iron: 0.0mg

Sodium: 2.3mg    Calcium: 4mg

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