

## Apricot Jam without added pectin



**Yield:** About 10 half-pint jars

2 quarts crushed, peeled apricots

¼ cup lemon juice

6 cups sugar

**Procedure:** Sterilize canning jars. Combine all ingredients; slowly bring to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick, about 25 minutes. As mixture thickens, stir frequently to prevent sticking. Remove from heat and fill hot jam into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner**. Wait 5 minutes before removing jars from canner.

**Table 1.** Recommended process time for **Apricot Jam** in a boiling-water pressure canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0-1,000 ft	1,001-6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	5 min	10 min	15 min

## Freezing Apricots

**Preparation:** Select firm, ripe, uniformly yellow apricots. Sort, wash, halve and pit. Peel and slice if desired. If apricots are not peeled, heat them in boiling water for 30 seconds to keep skins from toughening during freezing. Cool in cold water and drain.

**Sugar Pack:** Before combining apricots with sugar, give the fruit the following treatment to prevent darkening. Dissolve ¼ teaspoon ascorbic acid (lemon juice) in 3 tablespoons cold water and sprinkle over 1 quart (7/8 pound) of fruit. Mix ½ cup sugar with each quart of fruit. Stir until sugar is dissolved. Pack apricots into containers and press down until fruit is covered with juice, leaving headspace. Place a small piece of crumpled water-resistant paper on top to hold fruit down. Seal and freeze.

### SYRUPS FOR FREEZING

Type of Syrup	Percent Sugar	Cups of Sugar	Cups of Water	Yield of syrup
Very Light	10%	½	4	4 ½ cups
Light	20%	1	4	4 ¾ cups
Medium	30%	1 ¾	4	5 cups
Heavy	40%	2 ¾	4	5 ½ cups
Very Heavy	50%	4	4	6 cups

Resource:

Source: National Center for Home Food Preservation

[www.buylocalnebraska.org](http://www.buylocalnebraska.org)



# APRICOTS

**In Partnership with:**

University of Nebraska–Lincoln Extension  
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## Apricots - Halved or Slices

**Quantity:** An average of 16 pounds is needed per canner load of 7 quarts; an average of 10 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 20 to 25 quarts—an average of 2¼ pounds per quart.



**Quality:** Select firm, well-colored mature fruit of ideal quality for eating fresh.

**Procedure:** Wash fruit well if skins are not removed.

*(Optional procedure for removing skins—Dip washed fruit in boiling water for 30 to 60 seconds until skins loosen. Dip quickly in cold water and slip off skins).*



Cut prepared apricots in half, remove pits and slice, if desired. To prevent darkening, keep peeled fruit in lemon juice (ascorbic acid) solution. Prepare and boil a very light, light, or medium syrup or pack apricots in water, apple juice, or white grape juice.

*Raw packs make poor quality apricots.*

**Hot Pack:** In a large saucepan place drained fruit in syrup, water, or juice and bring to a boil. Fill jars with hot fruit and cooking liquid, leaving ½ -inch head-space. Place halves in layers, cut side down.

**Raw Pack:** Fill jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving ½ -inch head-space.

Adjust lids and process.

Processing directions for canning apricots in a boiling-water canner are given in Table 1.

**Table 1.** Recommended process time for **Apricots, halved or sliced** in a boiling-water canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001-6,000 ft	Above 6,000 ft
Hot	Pints	<b>20 min</b>	25 min	30 min	35 min
	Quarts	<b>25 min</b>	30 min	35 min	40 min
Raw	Pints	<b>25 min</b>	30 min	35 min	40 min
	Quarts	<b>30 min</b>	35 min	40 min	45 min

Wait 5 minutes before removing jars from canner.

**Table 2.** Recommended process time for **Apricots, halved or sliced** in a dial-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of				
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot and Raw	Pints or Quarts	10 min	<b>6 min</b>	7 min	8 min	9 min

**Table 3.** Recommended process time for **Plums, halved or sliced** in a weighted-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of		
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints or Quarts	10 min	<b>5 min</b>	10 min

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