

# Microwave strawberry jam



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## Microwave strawberry jam

**Preparation:** about 15 minutes  
**Cooking:** about 40 minutes  
**Makes:** 2 cups

750g strawberries, hulled and roughly chopped  
2 cups caster sugar  
1/3 cup lemon juice

1. Combine strawberries, sugar and lemon juice in a large heatproof bowl. Stir until strawberries are well coated with sugar mixture.
2. Microwave, uncovered, for 7 minutes on high power. Stir with a wooden spoon. Brush sides of bowl with a wet brush to remove sugar crystals. Microwave for 30–35 minutes, stirring every 5 minutes, until jam reaches setting point\*. Spoon hot jam into a 500ml sterilized jar. Cover with lid. Seal tightly when cold.

*\*To check if jam is at setting point, place 1 teaspoon jam onto a chilled saucer. Freeze for 1–2 minutes. Run your finger through jam, if the surface wrinkles and jam stays in 2 portions it's ready to spoon into jar. If not, cook for another 1–5 minutes until jam reaches setting point.*



### Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

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