



cheverly community market

Quick Strawberry Jam

from Cheverly Community Market chef/educator Scott Eichenberg

Fresh Strawberries (5 cups diced into ½ inch pieces)

½ to 1 cup sugar

1 lemon, juiced

Hull the strawberries and rinse them. Dice them. Put them in a small sauce pan with sugar. Start with 1/2 to 3/4 cups of sugar; you can add more depending on your preference for sweetness and the sweetness of the fruit. Add the lemon juice. Over low heat, mash the strawberries with a potato masher or large spoon. They will start to get very soupy and mix with the sugar. As they heat, stir until the sugar is dissolved. Give a quick taste to see if you want to add a little more sugar or not. Carefully raise heat to medium low to bring slow, low simmer, keep this going for about 10 minutes to allow the jam to thicken.

Allow to cool, cover and refrigerate. You can freeze as well. Just place in the refrigerator the day before you might want to use it, it will thaw overnight.

This is a “loose” jam, more of a sauce, great for spooning onto toast, over ice cream, or stirring into yogurt. It makes a very sloppy PB&J.