

# Let's Cook

## Let's make Jam

### Menu

Shirred Eggs

Scones with class-made jam

### Game plan

- 1) Prepare vegetables for shirred eggs
- 2) Prepare fruit for jam
- 3) Pre heat oven 350°
- 4) Prepare scones
- 5) Prepare eggs in muffin tins
- 6) Plate individual servings
- 7) Enjoy meal
- 8) Cleanup

### Recipe: High Acid Fruit Jam – low sugar

Makes 4 8oz or ½ pint jars

#### **Ingredients**

- 1 lb blackberries (about 2 baskets) or plums or 1 lb mixed berries, or peaches
- 2 tsp Pectin powder (pomona's Universal Pectin)
- 2 tsp calcium water (pomona's universal pectin)
- ½ cup honey or agave nectar or 1 cup sugar

#### **Directions**

1. Sort, wash, stem or hull, and drain berries
2. Slice blackberries & remove any bruises & place in bowl
3. Add assorted other berries to bowl - an 8 cup bowl should be full.
4. Place berries and other fruit if using in a pot over medium heat
5. As fruit softens, add calcium water and stir well
6. Measure out honey or sugar then mix in pectin powder, set aside
7. Bring fruit to boil. Boil up to about 200°. Stirring occasionally to ensure fruit does not burn to bottom of pan.
8. Add pectin/sweetener mix in thoroughly stirring for about 1 minute.
9. Remove from heat & skim off foam.
10. Note – to save for future:
  - Pour hot mixture into hot sterilized jars and seal immediately following instructions above.
  - Process in water bath for 10 minutes per instructions above.

Notes:

Use this recipe for blackberries, blueberries, boysenberries, gooseberries, loganberries, raspberries and strawberries.

The pectin completes the jell process when completely cool rather than gelling during the cooking process as with high sugar recipes. The traditional way to make this would be without pectin and 4 cups of fruit to 4 cups of sugar while following the gel test described above.

Agave is diabetic friendly: diabetics are usually advised to monitor sugar intake in their diet and, like those trying to lose weight, watch the [glycemic index](#) of the foods they eat. Agave nectar DOES have calories and carbohydrates that must be taken into consideration, and responses to sweeteners vary from one individual to the next. However, because agave has a lower glycemic index than refined sugars, its carbohydrates are less likely to raise the blood sugar quickly. Again - agave is not a "free" food but, under proper medical monitoring, using it as a substitute for sugar may broaden dietary options for many diabetics. [www.allaboutagave.com/agave-vs-granular.php](http://www.allaboutagave.com/agave-vs-granular.php)

Replace agave nectar 1 for 1 with honey & maple syrup

Replace white sugar:: for each cup of white sugar replaced, use 2/3 of a cup of agave and reduce other liquids by 1/4 to 1/3 cup. This substitution will also work for Demerara Sugar, Turbinado Sugar, Evaporated Cane Juice, or Sucanat.

## ***Recipe: Shirred Eggs***

Makes 6 servings of 2 eggs each

### **Ingredients**

- 12 eggs
- 12 tsp olive oil
- $\frac{3}{4}$  cup tomatoes, diced
- 12 basil leaves, sliced in ribbons (chiffonade)
- salt and pepper  $\frac{1}{8}$  tsp of each or to taste
- $\frac{3}{4}$  cup Cheddar cheese, grated (optional)

### **Directions**

1. Pre-heat oven 350°F (reduce heat to 350 when scones are removed)
2. Coat each muffin cup of a 12 muffin tin with 1 tsp of olive oil
3. Divide diced tomatoes evenly and place in each of 12 muffin cups
4. Place 1 sliced basil leaf over tomatoes in each of 12 muffin cups
5. Crack 1 egg into each muffin cup on top of tomatoes and basil
6. Sprinkle with salt and pepper
7. If adding cheese place 1 Tbsp grated cheese on top of each egg.
8. Place in preheated oven and bake for 18-20 minutes.
9. Serve immediately.

### **Nutritional Values**

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	2320		
Total Fat	222	g	342%
Saturated Fat	41	g	205%
Trans Fat	0	g	
Cholesterol	2540	mg	847%
Sodium	1440	mg	60%
Carbohydrates	11	g	4%
Dietary Fiber	2	g	8%
Sugars	8	g	
Protein	77	g	
Vitamin A		IU	90%
Vitamin C		mg	30%
Calcium		mg	35%
Iron		mg	70%

## ***Recipe: Scones***

Makes 12 scones – recipe can be cut in half for a smaller batch

### **Ingredients**

- 2 ½ cups all-purpose flour
- 2 cups whole wheat flour
- ½ cup of sugar
- 2 tsp baking powder
- ½ tsp salt
- 3 sticks unsalted butter
- 1 1/4 cup + up to 2 Tbsp more of plain yogurt or buttermilk or whole milk
- Egg wash – 1 egg beaten with 2 Tbsp milk

### **Directions**

1. Pre-heat oven 400°
2. Grease 2 baking sheets and set aside (optional line them with parchment paper first)
3. In a large bowl, combine dry ingredients (flour, sugar, baking powder, salt)
4. Cut butter into flour mixture with 2 knives or a pastry cutter.
5. It's better to leave small pieces of butter to make the scones fluffier
6. Add the yogurt or milk of choice and mix until just combined. If mixture seems dry, it's ok to add a little more yogurt or milk 1 tablespoon at a time.
7. Divide dough into four equal pieces.
8. Roll each piece of dough into a ball.
9. Turn onto lightly floured surface and pat into two 6-inch rounds about 1 inch thick.
10. Cut each round into 6 triangles (pie shaped wedges)
11. Divide triangle shaped dough between two baking sheets
12. Brush tops with egg wash
13. Bake 25 to 30 minutes until golden brown and firm to the touch.
14. Remove from oven and serve immediately.

### **Nutritional Values**

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	410		
Total Fat	24	g	37%
Saturated Fat	15	g	75%
Trans Fat	0	g	
Cholesterol	65	mg	22%
Sodium	200	mg	8%
Carbohydrates	44	g	15%
Dietary Fiber	3	g	12%
Sugars	10	g	
Protein	7	g	
Vitamin A		IU	15%
Vitamin C		mg	0%
Calcium		mg	10%
Iron		mg	10%

