



Fruit Cocktail Jam Recipe

Preparation Time	5
Cooking Time	40
Serving Size	1

Ingredients:

- 1/2 cup water
- 1/2 cup sugar, white
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, coarsely chopped, reserve syrup
- 1/4 tsp calamansi juice

Preparation:

1. Simmer water and sugar until a little bit thick, about 10 minutes.
2. Add DEL MONTE Fiesta Fruit Cocktail and syrup. Simmer until jam consistency is achieved.
3. Off heat, add calamansi juice. Use as a spread/ filling/ topping.

Chef's Tip

Adding calamansi juice to the jam is not meant to make the jam sour. Acid helps to balance the overall taste of dishes that are high in sugar.

Lusog Notes

This recipe contains vitamin C that helps fight common infections and also aids in wound healing.

Cooking Skills Needed

- Mixing
- Simmering

Cooking Tools

- Measuring Cups
- Pot
- Chopping Board
- Measuring Spoon
- Spatula
- Strainer