



## Fruit Cocktail Jam Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>40</b>
<b>Serving Size</b>	<b>1</b>

### 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