

BERRIES CONFIT (JAM)

The Recipe

<https://www.cuisinedaubery.com/recipe/berries-confit-jam/>

A professional recipe of confit (jam), used in a lot of desserts

Preparation Time: 5 Minutes

Cooking Time: 5 Minutes

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base, Sweet Base, Fruit Confit, Crèmeux,

Ingredients

For 350 g (3/4lbs) of confit (Actual Weight)

3/4 Cup Red berries puree (200 grams)

3/4 Cup Raspberries (200 grams)

2/3 Cup Sugar (150 grams)

2 teaspoons Powdered Pectin NH (8 grams)

For 400 g (1 lbs 14 oz) of confit (Actual Weight)

1 Cup Red berries puree (242.4 grams)

1 Cup Raspberries (242.4 grams)

3/4 Cup Sugar (181.8 grams)

1 Tablespoon Powdered Pectin NH (9.6 grams)

For 200 g (7 oz) of confit (Actual Weight)

1/2 Cup Red berries puree (121.2 grams)

1/2 Cup Raspberries (121.2 grams)

1/2 Cup Sugar (90.9 grams)

1 teaspoon Powdered Pectin NH (4.8 grams)

For 150 g (5 oz) of confit (Actual Weight)

1/2 Cup Red berries puree (90.9 grams)

1/2 Cup Raspberries (90.9 grams)

1/3 Cup Sugar (68.1 grams)

1 teaspoon Powdered Pectin NH (3.6 grams)

Steps

BERRIES CONFIT (JAM)

You may use the berries that you want. You may use seasonal fruits that you will need to mix, or, as I did, use frozen fruit purées

Cook the Red berries puree (3/4 Cup or 200 g) and the Raspberries (3/4 Cup or 200 g), and mash the fruit

Separately, mix in a mixing bowl the Sugar (2/3 Cup or 150 g) and the Powdered Pectin NH (2 teaspoons or 8 g)

Mixing these 2 ingredients is important to avoid lumps when combined in the purée

Cook until the temperature reaches 160 F / 70 C

Starting 160 F / 70 C, we can pour the mix Sugar / Powdered Pectin NH

Stir using a wire whip, until the mixture boils (will not thicken otherwise)

Cook another 5 minutes, or until you obtain the thickness you want

About this recipe

Transfer the confit into a clean bowl and wrap airtight