

## 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, Crémeux,

### 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