

General Food Preserving Instructions

1. Wash hands thoroughly with soap and water. Wash hands each time you return to the kitchen.
Hygiene is of critical importance and hands must always be very clean when working with food.
2. Gather all equipment you will need before starting.
Make sure you have everything you need before you start or you may not be able to find it in time later.
3. Wash all pots, utensils, work area and gas stove with soap and water.
Hygiene is of critical importance and utensils and work area must always be very clean when working with food.
4. Place jars without lids into large pot and fill with water a thumb's length above the jars. Heat the water until it is boiling very rapidly, then continue to boil the jars for 15 minutes. Turn off the flame, but keep jars in the hot water until needed.
It is important that the jars are sterilized to be safe to store preserves.

Now prepare your food as instructed in the specific recipe you are preparing and return to these instructions when the food is almost done.

1. When the food is almost ready, take the jars out of hot water with the jar lifter and place upside down on a clean cloth on the counter. Put the lids down into the hot water.
The jars need to dry before the jam is put in, and the lids should be heated in the hot water.
2. When the food is done, use the wide funnel to fill the jars with food to near the top of the jar. Close it with the warm lid.
Closing the jar with a clean lid will help keep the jar clean and safe to eat.
3. Clean all equipment and work area and stove with soap and water.
It is important to clean the food left from cooking or it will cause sickness.
4. Make sure that the gas tube switch is turned off before leaving the kitchen.
It is dangerous to leave the gas line open when no one is present.

Tout Jam

Follow the first steps of the general instructions and then begin this recipe.

Ingredients:

- 1 kilo tout
- 750 grams sugar
- 50 milliliters lemon juice

Instructions:

1. Weigh 750 grams of sugar in a bag and place it in the medium pot.
It is important to weigh all ingredients carefully for the recipe to work correctly.

2. Weigh 1 kilo of tout. Wash the fruit very well in water and remove all the stems from the fruit. Place the fruit in the medium pot.
It is important to weigh all ingredients carefully for the recipe to work correctly. Fruit needs to be clean to be safe to eat, and stems will taste bad in the jam.
3. Measure 50 milliliters of lemon juice and place it in the pot over the fruit and sugar.
It is important to measure all ingredients carefully for the recipe to work correctly.
4. Cook the fruit mixture over low heat for about 30 minutes until there is only a little juice left and the fruit is thick.
Cooking over low heat will prevent the fruit from sticking to the bottom of the pot and burning, which will ruin the jam.

Return to the second part of the general instructions and continue with the next steps.