

Wild Plum Jam

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*4 cups wild plums
1 quart water
2 teaspoons baking soda
3 cups water
3 cups sugar*

Measure the plums by heaping up the cups (they do not settle like sugar or flour).

Place the plums into a saucepan with one quart of water and two level teaspoons of baking soda. Bring to a boil. Boil for 2 to 3 minutes. Pour off the water and rinse the fruit well.

Return the fruit to the heat and add three cups of water. Cook until very tender.

Add the sugar and cook, stirring almost constantly until the jam is thick and clear.

Per Serving (excluding unknown items): 2322 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 599g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2573mg Sodium. Exchanges: 40 Other Carbohydrates.