



<https://extension.usu.edu/createbetterhealth/blog/peachesfacts>

August 2024
Stone Fruit Series



<https://extension.usu.edu/nutrition/research/jalapeno>

PEACH-JALAPENO JELLY

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ABOUT THE RECIPE

Type

Low-sugar cooked jelly made with Pomona's Universal Pectin *(*no endorsement intended)*

Benefit

Pectin contains no sugar or preservatives. Jells reliably with low sweetener amounts.

Author

Created by Allison Carroll Duffy for Pomona's Pectin.

<https://pomonapectin.com/peach-jalapeno-jelly-2/>

CONCERNS

Produce Type

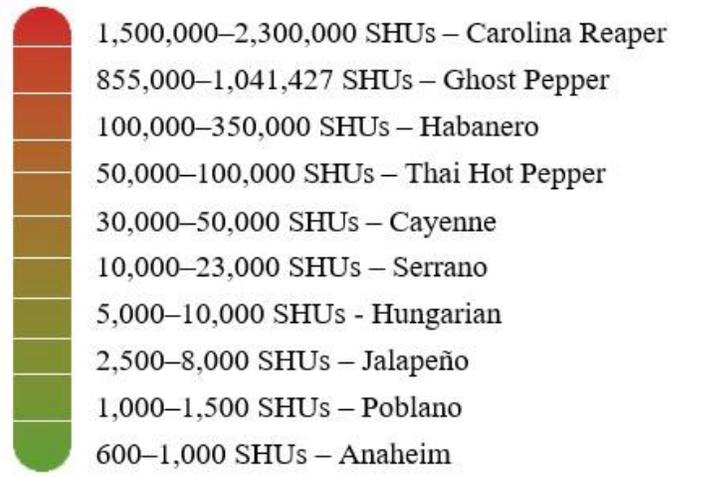


<https://newsletters.k-state.edu/youaskedit/2017/08/15/peach-jalapeno-jam/>



<https://newsletters.k-state.edu/youaskedit/2022/06/15/do-not-can-white-fleshed-peaches-2/>

Heat Level



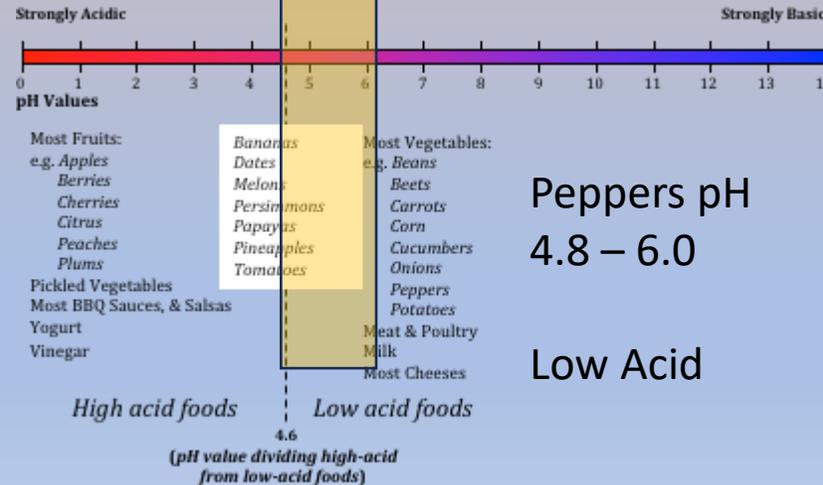
<https://www.canr.msu.edu/resources/michigan-fresh-hot-peppers>

Acidity Challenges



<https://www.canr.msu.edu/resources/michigan-fresh-hot-peppers>

Figure 1 – pH scale and common food types

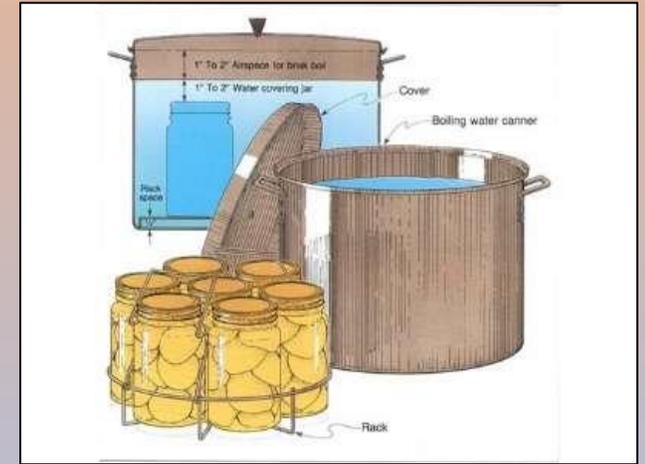


Peppers pH
4.8 – 6.0

Low Acid

<https://extension.okstate.edu/fact-sheets/the-importance-of-food-ph-in-commercial-canning-operations.html>

Processing Method Decision

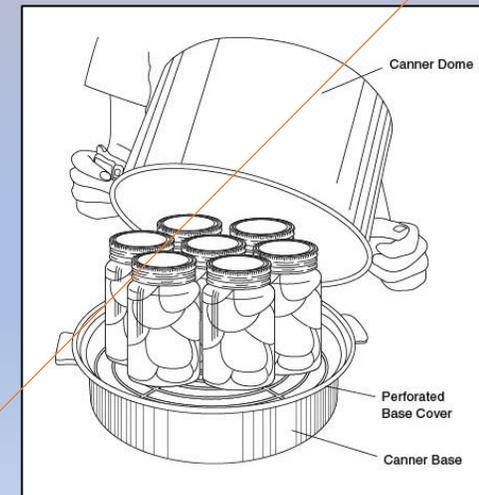


<https://extension.usu.edu/preserve-the-harvest/research/principles-of-boiling-water-canning>

Water Bath

Or

Steam Canner



<https://extension.missouri.edu/publications/gh1452>

GETTING STARTED



Tools



Photos by Nanci Schindler

Ingredients

SAFETY & SANITATION

Hygiene

Food Products



Sterilize Jars and Lids



Surfaces



Photos by Nanci Schindler

THE MIXTURE

Pre-Prep



Peppers



Peaches



Peach Solution

Photos by Nanci Schindler



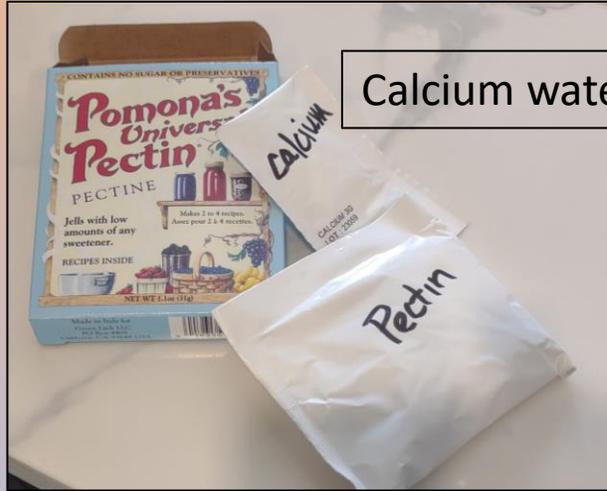
Peach and Pepper Mixture



Pepper Mixture



GEL DEVELOPMENT



Calcium water



Adding Pectin



PROCESSING

CULINARY INSPIRATIONS

Appetizers

Cream cheese brick with
jelly and crackers



[Photo by Tami Reece](#)

Pepper jelly
cream cheese
pastry bites

Biscuits

Sandwich Spread

Stir-Fry

Pan Seared Chicken Breast

Glazed Salmon

Sweet & Sour Pork

Ham for Caramelizing

Mix into Marinades and Salad Dressings

Holiday Gifts

THANK YOU!!!



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