

## NINO'S MARKET FRESH PRODUCE RECIPE



### Concord Grape Jelly



Makes Approximately 1 Quart

Although the commercial production of grapes in general dates back to the year 1000 B.C., it was not until 1854 that the Concord variety made its debut. This variety is appropriately named after the Massachusetts's village of Concord where it was first grown. The Concord grape is a robust and aromatic grape whose ancestors were wild native species found growing in the rugged New England soil. Concord grapes are often used to make grape jelly and are only occasionally available as table grapes. They are the usual grapes used in the jelly for the traditional peanut butter & jelly sandwich and in purple grape juice first developed by Dr. Thomas Bramwell Welch in 1869 for his church's use in communion. But perhaps this Native American grape's greatest claim to fame is its distinctive taste and purple color which has led to all grape flavored soft drinks and candy of "grape flavor" being artificially colored "Concord" purple.

|         |                                 |        |                  |
|---------|---------------------------------|--------|------------------|
| 3 cups  | Concord Grape Juice (see below) | 1 pkg. | Pectin           |
| 2 Tbsp. | Lemon Juice                     | 4 cups | Granulated Sugar |
| 1 tsp.  | Butter                          |        |                  |

**Method:** To make grape juice, place approximately 3 lbs. of picked & washed grapes in a large saucepan & mash well. Simmer 10 minutes, mash again and strain resulting juice through a fine cheese cloth. Cool juice for future use. In a large saucepan measure and combine grape juice, lemon juice, butter and pectin. Bring mixture to a rolling boil over high heat, stirring constantly. Boil for 1 minute. Add sugar and stir until dissolved. Keep stirring and bring mixture to a rolling boil and boil hard for no longer than 1 minute, stirring constantly. Remove from heat and skim foam if necessary. Ladle hot jelly into hot sterilized jars leaving  $\frac{1}{4}$  inch head space. Adjust 2 piece caps. Process 5 minutes in hot boiling water canner. Cool.

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