The Fabulous Feijoa

Pineapple Guava Recipes from California



RECIPES

Feijoa (Pineapple Guava) Jam

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Welcome!

I'm the owner of a feijoa (pineapple guava) tree in San Jose, California, in the southern San Francisco Bay Area. I hope you'll enjoy my recipes, photos and facts about the feijoa.

FEIJOA JAM is delicious and not just for your morning toast or PB&J sandwich. It goes great with brie, crackers, and a bottle of wine for a classy appetizer or romantic picnic treat. If you have some experience with canning, it's easy to turn your bountiful fall crop into attractive jars of jam for holiday gifts. Freezer jam is a great option if you don't have a water bath canner.



My feijoa jam is always a big hit at our annual bakesale.

Safety First!

Feijoas are a relatively low-acid fruit, like figs. This means that you MUST add an acid such as lemon juice or citric acid powder to make them safe for home canning. Fig jam recipes typically call for 1/4 cup to 1/2 cup of lemon juice per batch. Because feijoas are less acidic than figs, I use 1/3 cup. Bottled lemon juice is

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recommended because it has a consistent pH. Don't use juice from Meyer lemons, which are sweeter than regular lemons (Meyer lemons are actually a cross between a regular lemon and a Mandarin orange).

If this is your first time canning, be sure to follow a guide to proper canning methods such as the USDA Principles of Home Canning, The Ball Book of Canning and Preserving, or the instructions for water bath canning on freshpreserving.com (the Ball website). There are many unsafe jam recipes floating around the internet. Alternatively, make freezer jam! Your jam will last months in the freezer and you won't need to worry about its safety. Just keep it refrigerated after thawing, like you would any perishable food.

If you have a lot of feijoas, make jam in separate batches. Never try to double a jam recipe. If there is too much jam in the pot, it may not heat evenly and that can affect whether it sets properly.

What You'll Need

- Water bath canner (if using)

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- Or, containers of your choice for freezer jam

It's a good idea to have a couple extra jars ready because the final amount of jam can vary somewhat. If you end up with a little bit of extra jam that isn't enough to fill a jar, put it in the fridge for immediate use.

Ingredients

- 4 cups* peeled feijoas (to peel, slice crosswise and scoop out with a spoon)
- 1/3 to 1/2 cup bottled lemon juice (not fresh squeezed)
- 4 ½ TBSP Ball Classic Pectin powder**
- 1/4 tsp butter or margarine (optional)
- 4 to 6 cups sugar (depending on how sweet you like it)

*4 cups of peeled feijoas should weigh a little less than 2 pounds (approx. 1 pound 14 oz. or thereabouts) (0.9 kg). This requires approximately 2½ pounds (1.1 kg) unpeeled feijoas from my tree, but feijoas can vary in size quite a bit, so YMMV (smaller feijoas = greater proportion of peel).

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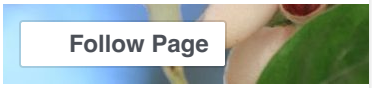
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**_Note on pectin:_ I like Ball Classic Pectin powder, but if you are using a different type, follow package directions. If you want to make sugar-free or reduced-sugar jam, you'll need to buy a "low-sugar"; or "universal" pectin; classic pectin doesn't work without sugar. You can also make your own concentrated pectin liquid by boiling leftover feijoa peels and cooking the jam until it gels (see instructions under Easy Feijoa Fridge Jam).

Why use store-bought pectin? It's really a personal preference. Some people like the softer texture of jam made the old-fashioned way, but it has to be boiled for a long time, which can negatively affect the flavor of feijoas. Store-bought pectin is nice if you're making several batches of jam in a day, and you're guaranteed a good result as long as you follow the directions. Ball Classic Pectin also provides an element of safety because it

not true, however, of low-sugar and

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"universal" pectins). So runny jam is a tip-off that the pH of the jam is outside the safe range, probably because you forgot to add the lemon juice.

Variations

Add any of the following or a combination:

- 1 tsp minced fresh ginger
- 1/2 tsp ground cardamom
- Make freezer jam with Meyer lemon juice instead of bottled lemon juice. Meyer lemons have less acid than regular lemons, so freezer jam is the safest option. Otherwise, add 1½ tsp citric acid powder (sold with canning supplies) to make sure that the jam is acidic enough for safe canning. If it's a little too tart, add extra sugar to taste.

Directions

This recipe works well with frozen feijoas, but make sure they are well thawed before you begin. Note that frozen feijoas may turn very brown when they thaw, but this only affects their appearance, not their taste. The cooked

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1. If using a water bath canner, prepare canner, jars, and lids according to manufacturer's instructions and approved methods for food safety.

2. Finely chop the feijoas or puree to desired consistency using a blender or food processor. I like to have a mixture of puree with pieces of fruit.

3. Measure the sugar and keep it next to the stove where you can reach it easily.

4. Combine pureed feijoas and bottled lemon juice in an 8-quart saucepan. Add ginger and/or cardamom, if using.

5. Turn the burner up and constantly stir while gradually adding the powdered pectin. Add butter or margarine, if desired, to reduce foaming.

6. Bring the mixture to a full rolling boil that cannot be stirred down, while stirring constantly to prevent burning. Add all the sugar at once and stir to dissolve.

7. Bring the mixture back to a full boil and boil hard for 1 minute while stirring constantly.

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8. Remove from heat and skim foam, if necessary. Pack in jars and process in a water bath canner according to approved methods.

Alternatively, you can ladle the hot jam into containers, allow to cool, and then put in the freezer. Ball sells plastic jar lids and plastic jars that work great for freezer jam. The jam will last up to three weeks in the fridge or a year in the freezer.

Makes six to seven 8-oz. jars of jam.



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Author: The Feijoa Nerd

I'm the owner of a bountiful feijoa

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