

# Pear Jam with Cardamom

4 to 5 jars - 20 min

1 kg frozen pears      2 tsp cardamom  
800g gelling sugar    30g lemon juice

**METHOD.** In a large pot, combine the frozen pears, gelling sugar, and lemon juice. Let sit for 10 minutes to allow the sugar to dissolve slightly. Bring to a boil, add the cardamom, and cook for 4-5 min while stirring. Blend to your preferred consistency. Remove from the heat and pour into sterilized jars. Seal tightly and turn upside down for 5 minutes to create a vacuum seal, and let cool completely.

