



## UCCE Master Food Preservers of Amador/Calaveras County

12200B Airport Road  
Jackson, CA 95642  
(209) 223-6482  
<http://cecentralsierra.ucanr.edu>



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# Preserving Stone Fruits: Recipes

*For purposes of this handout, stone fruits include cherries, pluots, plums, apricots, nectarines, and peaches.*

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## Simply Delicious Cherry Chutney (makes six 8-ounce jars)

- 4-1/2 teaspoons whole allspice
- 1 cinnamon stick (about 6 inches), broken
- 10 cups frozen red tart or sweet black cherries, partially thawed, coarsely chopped
- 2 large apples, peeled, cored, and chopped
- 1-1/2 cups finely chopped red or other sweet onions, such as Vidalia
- 1 cup vinegar
- 2 garlic cloves, finely chopped
- 1/2 teaspoon salt
- 1 cup lightly-packed brown sugar
- 1-1/2 cups raisins

1. Prepare canner, jars, and lids.
2. Tie allspice and cinnamon stick in a square of cheesecloth, creating a spice bag.
3. In a large stainless steel saucepan, combine cherries, apples, onions, vinegar, garlic, salt, and spice bag. Bring to a boil over medium-high heat and boil hard, stirring frequently, for 20 minutes.
4. Add brown sugar and stir to dissolve.
5. Reduce heat and boil gently, stirring frequently, until thick enough to mound on a spoon, about 20 minutes.
6. Add raisins and return to a boil stirring constantly.
7. Remove from heat. Discard spice bag.
8. Ladle hot chutney into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot chutney. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
9. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.
10. Let cool undisturbed 12-24 hours. Clean, label and store sealed jars in a cool, dry location.

*Source: Ball Complete Book of Home Preserving, 2012*

**Danish Cherry Sauce (makes 3 pints)**

1-1/2 cups granulated sugar	1 cup water
3 cinnamon sticks (each about 4 inches)	3/4 cup corn syrup
1-1/2 teaspoons almond extract	7-1/2 cups pitted sweet or sour cherries

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan, combine sugar, cinnamon sticks, almond extract, water, and corn syrup. Bring to a boil over medium-high heat, stirring constantly. Reduce heat to a gentle boil. Add cherries and boil gently, stirring until heated thoroughly. Discard cinnamon sticks.
3. Ladle hot cherries and syrup into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
4. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.
5. Let cool undisturbed 12-24 hours. Clean, label and store sealed jars in a cool, dry location.

*Source: Ball Complete Book of Home Preserving, 2012*

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**Plum Sauce (Makes 4 pints)**

2 cups lightly packed brown sugar	2 tablespoons mustard seeds
1 cup granulated sugar	1 tablespoon salt
1 cup cider vinegar	2 cloves garlic, finely chopped
3/4 cup finely chopped onion	1 tablespoon finely chopped ginger root
2 tablespoons finely chopped seeded green chili pepper, such as Anaheim, New Mexico green chili, poblano, or jalapeño)*	10 cups finely chopped pitted plums

*\*When cutting or seeding hot peppers, wear rubber gloves to keep your hands from being burned.*

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan combine brown sugar, granulated sugar, vinegar, onion, chili pepper, mustard seeds, salt, garlic, and ginger root. Bring to a boil over high heat, stirring constantly. Add plums and return to a boil. Reduce heat and boil gently, stirring occasionally, until thick and syrupy, about 1-3/4 hours.
3. Ladle hot sauce into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
4. Process in a boiling water or atmospheric steam canner for 20 minutes at 0-1,000 feet elevation, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001-6,000 feet, 35 minutes at 6,001-8,000 feet, and 40 minutes at 8,001-10,000 feet.
5. Let cool undisturbed 12-24 hours. Clean, label and store sealed jars in a cool, dry location.

*Source: Ball Complete Book of Home Preserving, 2012*

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## Cherry Pie Filling (quantities for 1 quart or 7 quarts)

Select fresh, very ripe, and firm cherries. Unsweetened frozen cherries may be used. If sugar has been added, rinse it off while the fruit is still frozen. Rinse and pit fresh cherries and hold in cold water. To prevent stem end browning, use ascorbic acid solution.

	<u>Quantities of Ingredients Needed for</u>	
	<u>1 Quart</u>	<u>7 quarts</u>
Fresh or thawed sour cherries	3-1/2 cups	6 quarts
Granulated sugar	1 cup	7 cups
Clear Jel	1/4 cup + 1 tablespoon	1-3/4 cups
Cold water	1-1/3 cups	9-1/3 cups
Bottled lemon juice	1 tablespoon + 1 teaspoon	1/2 cup
Cinnamon (optional)	1/8 teaspoon	1 teaspoon
Almond extract (optional)	1/4 teaspoon	2 teaspoons
Red food coloring (optional)	6 drops	1/4 teaspoon

1. For fresh fruit, place 6 cups at a time in 1 gallon boiling water. Boil each batch 1 minute after the water returns to a boil. Drain but keep heated fruit in a covered bowl or pot.
2. Prepare canner, jars, and lids.
3. Combine sugar and Clear Jel in a large saucepan and add water. If desired, add cinnamon, almond extract, and food coloring. Stir mixture and cook over medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly.
4. Fold in drained cherries immediately and fill jars with mixture without delay, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims jars with a dampened clean paper towel. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
5. Process in a boiling water or atmospheric steam canner for 30 minutes at 0-1,000 feet elevation, 35 minutes at 1,001-3,000 feet, 40 minutes at 3,001-6,000 feet, 45 minutes above 6,001 feet.
6. Let cool undisturbed 12-24 hours. Clean, label and store sealed jars in a cool, dry location.

*Source: Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA, reviewed February 2018*

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## Peach Vanilla Leather

In a food processor, puree 2-1/2 cups chopped peaches\*, 1 tablespoon granulated sugar or liquid honey, 1 teaspoon lemon juice, and 1/4 teaspoon vanilla extract until smooth. Spread out to 1/4 inch thickness, as evenly as possible, on a leather sheet or a drying tray lined with parchment paper, leaving it slightly thicker around the edges. Dry at 130°F for 5 to 7 hours. Start checking leather after 3-1/2 hours. When top is very firm and edges are easy to lift, carefully peel leather from sheet, flip over, and continue drying. Leather should be evenly firm, with no visible moist spots, and should still be flexible.

\*Peaches don't need to be peeled; just rub off any fuzz under running water before chopping.

*Source: The Dehydrator Bible, by Jennifer MacKenzie, 2015*

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### **Frozen Peach Pie Filling (makes 4 pint containers)**

6 pounds peaches  
Ball Fruit-Fresh Produce Protector  
2-1/4 cups sugar  
1/2 cup flour  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
2 teaspoons lemon peel  
1/4 cup lemon juice

1. Wash peaches; drain. Peel, pit, and slice peaches. Treat with Fruit Fresh to prevent darkening.
2. Combine sugar, flour, and spices.
3. Rinse peaches; drain. Add peaches to sugar mixture and gently toss to coat fruit evenly with sugar mixture.
4. Let stand until juices begin to flow, about 30 minutes.
5. Stir in lemon peel and lemon juice. Cook over medium heat until mixture begins to thicken.
6. Ladle pie filling into plastic freezer jars or plastic freezer containers, leaving 1/2 inch headspace.
7. Cool at room temperature not to exceed 2 hours. Seal, label, and freeze.

*Source: Ball Blue Book Guide to Preserving, 2014*

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### **Freezer Cherry Jam (makes 2 half pints)**

1-2/3 cups cherries, stems and pits removed, finely chopped  
2/3 cup sugar  
2 tablespoons Ball Instant Pectin

1. Stir together sugar and pectin in a bowl. Add cherries.
2. Stir 3 minutes.
3. Ladle jam into clean freezer jars. Leave 1/2 inch headspace to allow for food expansion.
4. Let stand 30 minutes.
5. Refrigerate up to three weeks. Freeze up to 1 year.

*Source: Ball leaflet, Real Fruit Instant Pectin*