

September 13, 2017

## New Favorite Jelly

By Sue Mosbacher, UCCE Master Food Preserver

I have a new favorite jelly. It tastes like honey, but there's no honey in it. There isn't even any fruit. When I share it, I wait until the other person tries a taste and says, "Yum, that's delicious!" before I tell them the main ingredient.

Corn cobs.

That's right, corn cobs. Trust me on this, it's fabulous and easy to make. With fresh corn in season, this is the perfect time to try a new soon-to-be-favorite jelly. Grill or boil your corn, cut the kernels off for your meal, then save the cobs. (Last fall I blanched about 20 ears of fresh corn-on-the-cob and froze them and made jelly in the winter.)

The recipe below is from the National Center for Home Food Preservation ([nchfp.uga.edu](http://nchfp.uga.edu)) and makes about 4 half-pint jars.

### Corn Cob Jelly Ingredients:

3 cups corncob juice  
1 (1¾ ounce) package powdered pectin\*  
3 cups sugar

**To make the corncob juice:** Wash 1 dozen medium-sized fresh red corncobs from field corn (cobs only). (I've used white and sweet corn cobs with great success.) Cut the cobs into 4-inch chunks and place in a large pot with enough water to cover the cobs, about 2 quarts. Bring the water to a boil, then reduce the heat to maintain a gentle boil for about 35-40 minutes. Strain the juice through a double layer of cheesecloth or a jelly bag. Allow the juice to drip through the cloth, using a stand or colander; do not press or squeeze the bag or cloth.



**To make the jelly:** Measure 3 cups of corncob juice into a large saucepot. (Add water if needed to make 3 cups of liquid.) Stir in a box of powdered pectin and bring to a boil. Add the sugar all at once, and bring the mixture back to a full rolling boil while stirring. Boil for 5 minutes. Remove from heat; skim off foam quickly. Pour hot jelly immediately into hot, **sterile** jars\*, leaving ¼-inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process half-pint and pint jars in a boiling water or atmospheric steam canner for 5 minutes between 0-1000' elevation, 10 minutes between 1,001 – 6,000', and 15 minutes above 6,000'.

\* To sterilize the empty jars, boil them for 10 minutes, adding 1 minute for every additional 1000' of elevation.

September 13, 2017

I've enjoyed corn cob jelly on English muffins, toast, and especially on corn bread. It's also good on pancakes, waffles, pork chops, and anything else you'd top with jelly or honey. Give it a try, you'll love it!

UCCE Master Food Preservers are available to answer home food preservation questions; leave a message at (530) 621-5506 or email us at [edmfp@ucanr.edu](mailto:edmfp@ucanr.edu). For more information about our program and events, visit our website at <http://ucanr.edu/edmfp>. Sign up to receive our E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on Facebook too (UCCE Master Food Preservers of El Dorado County)!