

Pectin Chart

I made Evans Cherry Jelly using 7 different types of pectin to determine how they worked, what the resulting taste and texture was like, how expensive they were and what they were made of. Here's an overview of the results. The "best" pectin is the one that meets your preferences. Do you want a firm set, low sugar, award winner at the local fair, traditional practices, or no preservatives?

	Freezer Jam	Commercial Pectin				Homemade Pectin	
	Freezer Jam Pectin (no great for jelly)	Liquid Pectin	Regular Powder Pectin	No Sugar Needed Powder Pectin	Pomona Pectin	Liquid Apple Pectin	Liquid Citrus Pectin
Ingredients of Pectin product used in this test	dextrose, pectin, citric acid, sodium citrate, calcium ascorbate, potassium sorbate	water, pectin, citric acid, lactic acid, potassium citrate, sodium benzoate	dextrose, pectin, citric acid	dextrose, pectin, citric acid, calcium ascorbate	low methoxyl citrus pectin, monocalcium phosphate	water, apple leavings (core, seeds, peels)	water, lemon, grapefruit and orange pith and membranes
Number of jars/pack	4-6 250 ml jars	6-7 250 ml jars	6-8 250 ml jars	4-6 250 ml jars	8-16 250 ml jars	varies	varies
Price/pack	\$2.50	\$4.50	\$2.25	\$3.00	\$6.29	1 hour of time	1 hour of time
Price/250 jar	\$.42	\$.64	\$.28	\$.50	\$.39	0	0
Sweetener Options	sugar	sugar	sugar	sugar, honey, artificial sweetener, stevia	sugar, honey, artificial sweetener, stevia	sugar	sugar
Test Recipe Using Frozen Evans Cherry Juice	2 cups frozen strawberries & rhubarb ¾ cup sugar ½ pack pectin (22.5 g)	1 ½ cup juice 3 ¼ cup sugar 1 pouch liquid pectin (85 ml)	1 ¾ cup juice 2 ¼ cup sugar ½ pack pectin (28.5 g)	2 cups juice ½ cup sugar ½ pack pectin (24.5 g)	2 cups juice ½ cup sugar 2 tsp LM pectin 2 tsp calcium water	1 cup juice 2 cups sugar 1 cup liquid apple pectin	1 ½ cup juice 2 cups sugar ½ cup liquid citrus pectin
Basic Process	Mix sugar & pectin Crush fruit Mix pectin and fruit Stir 3 minutes Fill, rest 30 min, freeze	Mix juice & sugar Bring to full boil Add pectin Boil 1 min Skim, fill, process	Mix juice & pectin Bring to full boil Add sugar Boil 1 min Skim, fill, process	Mix juice & pectin Bring to full boil Add sugar Boil 1 min Skim, fill, process	Mix calcium water In new bowl mix pectin & sweetener Mix calcium & juice Boil juice mix Add pectin mix Stir 1-2 min Boil 1 min Skim, fill, process	Mix juice, pectin & sugar Boil Test for gel set at 8, 10, 12, 15 min Skim, fill, process	Mix juice, pectin & sugar Boil Test for gel set at 8, 10, 12, 15 min Skim, fill, process

	Freezer Jam	Commercial Pectin				Homemade Pectin	
	Freezer Jam Pectin	Liquid Pectin	Regular Powder Pectin	No Sugar Needed Powder Pectin	Pomona Pectin	Liquid Apple Pectin	Liquid Citrus Pectin
Fruit to Sugar ratio	2 : ¾ 73% fruit juice 27% sugar	1 ½ : 3 ¼ 30% fruit juice 70% sugar	1 ¾ : 2 ¼ 44% fruit juice 56% sugar	2 : ½ 80% fruit juice 20% sugar	2 : ½ 80% fruit juice 20% sugar	2 : 2 * 50% fruit juice 50% sugar * apple pectin as fruit juice	1 ½ : 2 43% fruit juice 57% sugar
Drawbacks	<ul style="list-style-type: none"> need freezer space 	<ul style="list-style-type: none"> concern about sodium benzoate price high sugar 	<ul style="list-style-type: none"> high sugar 	<ul style="list-style-type: none"> may not taste like "normal" jam for some, not sweet enough 	<ul style="list-style-type: none"> shorter shelf life once opened opaque 	<ul style="list-style-type: none"> time to make results vary due to inconsistent pectin content flavour changes test gel set longer cook time 	<ul style="list-style-type: none"> time to make results vary due to inconsistent pectin content flavour changes test gel set longer cook time
Taste/Texture Results	<ul style="list-style-type: none"> like spreading fresh fruit on toast softer set 	<ul style="list-style-type: none"> Jewel colour Traditional sweet jelly taste and feel 	<ul style="list-style-type: none"> Jewel colour Traditional sweet jelly taste and feel 	<ul style="list-style-type: none"> Tart, cherry flavour Fruity not sweet 	<ul style="list-style-type: none"> Aspic like Opaque not translucent 	<ul style="list-style-type: none"> Flavour a bit like apple jelly A little softer set but still firm 	<ul style="list-style-type: none"> Stays on waffle but softer than apple pectin jelly Can taste the bitter of the citrus

- Jams and jellies should be kept in the fridge once opened. The lower the sugar concentration the shorter the shelf life.
- Sugar helps keep the colour, texture and flavour of fruit as well as act as a preservative. Alternative sweeteners do not have the same properties, so colour and texture may be different.
- Pectin will deteriorate, do not store for more than 18 - 24 mths.
- Do not switch pectin types for a specific recipe, use what is called for.
- Doubling recipes is not recommended because it changes the time it takes to boil and properly activate the pectin. If you want to double a recipe, you'll have to increase the cooking time by about 50% and test for the proper gel set.
- Ingredients for different commercial brands of pectin vary, always read the ingredients. In this experiment, I used Bernardin pectin products.