

\$2.50



1-800-827-8328
COOKING@SOUPBASE.COM



&

Chef's Ingredient™

CLEAR GEL TIPS AND RECIPES

Clear Gel Food Starch The Cook's Secret Ingredient!



DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

TABLE OF CONTENTS

Quick Tips	2
Cherry Jam	3
Apricot and Pineapple Jam	3
Peach Jam	3
Apricot Jam	3
Blueberry Pie Filling	4
Cherry Pie Filling	4
Apple Pie Filling	4
Strawberry Pie	5
Canned Blackberry Pie Filling	5
Berry Jam	5
Recipe Notes	6

RECIPE NOTES



Strawberry Pie

1		baked pie shell
1	qt.	strawberries
1	cup	water
1	cup	sugar
3	tbsp.	Clear Gel
1	pkg.	strawberry Kool-Aid
1	tsp.	vanilla

Mix sugar, clear gel and water. Bring to a boil. Continue to cook and stir until mixture becomes thick and translucent. If it becomes too thick more water may be added. Remove from heat and add Kool-Aid and vanilla. Cool. Gently fold in strawberries and pour into pie shell. Chill and serve topped with whipped cream.

Canned Blackberry Pie Filling

6	quarts	fresh blackberries
7	cups	sugar
1¾	cups	Clear Gel
1	tsp	cinnamon
91/3	cups	water or juice
1/2	cups	lemon juice

Combine Clear gel, sugar, cinnamon in large pan. Add water and juice and mix until smooth. Heat til mixture bubbles stirring constantly. Add berries and fold in. Remove from heat. Fill 7 quart jars leaving 1" headspace. Process in boiling water bathe 35 minutes.

Berry Jam

4	cups	crushed berries or juiced
1/4	cup	lemon juice
7	Tbsp	Clear Gel
		Sugar to taste (approximately 1 1/2 cup)

Add lemon juice to berries. Combine Clear Gel with 1/4 cup of the sugar. Add to berries. Bring to a boil, stirring constantly. Add rest of sugar. Boil for 1 minute, stirring constantly. Pour into jars, leaving 1/4" headspace. Process 10 minutes in boiling water bath or freeze.

CLEAR GEL is a modified waxy maize food starch with application in canned foods, bakery products and specialty items.

CLEAR GEL contributes to the shelf life stability of canned foods. Canned products retain a smooth texture and show no liquid separation upon storage.

A major application for **CLEAR GEL** is in bakery products, particularly fruit pie fillings where the starch offers smooth, short, stable texture and resistance to boil out during baking. Canned foods are another major application. These include cream style corn, pork and beans, canned soups, sauces and gravies and canned dinner products.

TIPS WHEN USING CLEAR GEL

- Use pint or 1/2 pint jars for canning.
- Any fruit jam or jelly recipe may be used as long as the product is processed for 10 minutes or frozen. Substitute 7 Tbsp of **Clear Gel** for the pectin in cooked jams and jellies.
- **Clear Gel** does not dissolve easily in liquid. To help dissolve the product mix the **Clear Gel** with a little sugar before adding to the fruit or juice.

Problem solving:

Jam is too stiff: To make softer, heat the product and add a little more juice or water, then reprocess.

Jam is too thin: To make stiffer, heat the product and add more **Clear Gel** mixed with a few Tbsp of sugar and dissolved in 1/2 cup of the product.

Clear Gel can be used in Jelly, Jam, Preserve, Conserve, Marmalade and Fruit butter. Instead of using pectin use **Clear Gel**, it requires less and it sets faster and has a clearer consistency.

Use 1/3 cup + 2 tablespoons **Clear Gel** to 4 cups of fruit. You do not need to add as much sugar when using **Clear Gel**.

Freezer Jam: heat your fruit to dissolve your sugar then add **Clear Gel**, let it set 5 minutes, then pour into your jars. Freeze. It is that easy!!!!

Cherry Jam

4 cups pitted chopped cherries
1/4 cup lemon juice
4 Tbsp **Clear Gel**
Sugar to taste (approximately 1 cup)

Add lemon juice to cherries. Combine Clear Gel with 1/4 cup of the sugar. Add to cherries. Bring to a boil, stirring constantly. Pour into jars, leaving 1/4 inch headspace. Process 10 minutes in boiling water bath or freeze.

Apricot and Pineapple Jam

5 cups ground apricots
1 20-oz. can crushed pineapple, drained
1/4 cup lemon juice
7 Tbsp **Clear Gel**
Sugar to taste (approximately 3 cups)

Add lemon juice to apricots. Combine Clear Gel with 1/4 cup of the sugar. Add to apricots. Bring to a boil, stirring constantly. Add rest of sugar. Boil for 1 minute, stirring constantly. Pour into jars, leaving 1/4 inch headspace. Process 10 minutes in boiling water bath or freeze.

Peach Jam

3 3/4 cups peaches
1/4 cup lemon juice
7 Tbsp **Clear Gel**
Sugar to taste (approx. 1 1/2 cups)

Add lemon juice to peaches. Combine Clear Gel with 1/4 cup of the sugar. Add to peaches. Bring to a boil, stirring constantly. Add rest of sugar. Boil for 1 minute, stirring constantly. Pour into jars, leaving 1/4 inch headspace. Process 10 minutes in boiling water bath or freeze.

Apricot Jam

3 1/2 cups apricots
2 Tbsp lemon juice
3 1/2 Tbsp **Clear Gel**
Sugar to taste (approximately 2 cups)

Add lemon juice to apricots. Combine Clear Gel with 1/4 cup of the sugar. Add to apricots. Bring to a boil, stirring constantly. Add rest of sugar. Boil for 1 minute, stirring constantly. Pour into jars, leaving 1/4 inch headspace. Process 10 minutes in boiling water bath or freeze.

Blueberry Pie Filling

6 quart fresh or thawed blueberries
6 cup granulated sugar
2 1/4 cup **Clear Gel**
7 cup cold water
1/2 cup bottled lemon juice
20 dash blue food coloring (optional)
7 dash red food coloring (optional)

Wash and drain blueberries. Place 6 cups at a time in 1 gallon boiling water. Return to boil, and continue boiling for 1 minute. Drain, and keep heated fruit in a covered bowl or pot. Combine sugar and Clear Gel in a large kettle. Stir. Add water and food coloring. Cook on medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Quickly fold in drained berries and fill jars with hot mixture, leaving 1 inch headspace. Adjust lids and process without delay. Yields 7 Quarts

Cherry Pie Filling

6 quart fresh or thawed sour cherries
7 cup granulated sugar
1 3/4 cup **Clear Gel**
11/3 cup cold water
1/2 cup bottled lemon juice
1 tsp cinnamon (optional)
2 tsp almond extract (optional)
1/4 tsp red food coloring (optional)

Rinse and pit cherries. Use Fresh Fruit Preserver to prevent stem end browning. Place 6 cups of cherries at a time in 1 gallon boiling water. Return to a boil, continue boiling for 1 minute. Drain, and keep heated cherries in a covered pot. Combine sugar and Clear Gel in a large saucepan and add water, 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. Fold in drained cherries immediately and fill jars with hot mixture without delay, leaving 1 inch headspace. Adjust lids and process immediately. Yields 7 Quarts

Apple Pie Filling

6 qt firm, crisp apples (such as Stayman, Golden Delicious, or Rome)
5 1/2 cup granulated sugar
1 1/2 cup **Clear Gel**
1 Tbsp cinnamon
2 1/2 cup cold water
5 cup apple juice
3/4 cup bottled lemon juice
1 tsp nutmeg (optional)
7 dash yellow food coloring (optional)

Wash, peel and core apples. Slice apples 1/2 inch thick and place into cold water with Fresh Fruit Preserver (3 tablespoons per gallon of water). Remove apples from solution and blanch 6 cups at a time in 1 gallon of boiling water. Return to a boil and continue boiling for one minute. Drain and keep heated fruit in a covered pot. After all apple slices have been blanched, combine sugar, Clear Gel, cinnamon, nutmeg, and food coloring in a large kettle. Mix well. Stir in cold water and apple juice. Stir and cook on medium high heat until mixture thickens and begins to bubble. Drain blanched apple slices. Add lemon juice and boil one minute, stirring constantly. Immediately fold in apple slices and fill jars with hot mixture without delay, leaving one inch headspace. Adjust lids and process immediately. Yields 7 Quarts