February Lab Reflection

This month I feel that it was a good month for my group. Many of our labs tasted amazing including the croissants and the DIY cheese, but the one that stood out to me was the Apple Pie Jam Recipe. I already had high expectations for the Jam because my brother had also made the jam when he had Foods 12. His was okay, but in my opinion, ours was way better. I chose to reflect about the Apple Pie Jam Recipe because it was fun to make, our group worked well together, and the final product tasted amazing. I ended up taking home 2 jars of jam just because the first jar of jam went in the first night of me bringing it home. I enjoyed this lab because I have never made jam before and learning how to package the jam properly using the hot water bath technique was very interesting. Learning about the 800ml of sugar was a huge shock to me, but it does not surprise me due to the sugar being a key part in the preservation process. The jam turned out better then I was inspecting it would have, it tasted exactly like apple pie, the jar was cooling the apples and the jam did not separate like other groups, and the apples were not too small that they did not just disintegrate into the jam. Also, I feel that the we added just the right amount of cinnamon in order to get that iconic apple pie taste. I think that chopping the apples properly to the right size definitely helped due to the density of the jam to the apples. Cleaning and properly sealing the jar before boiling it again also definitely helped because the apples and jam did not separate during the second boiling of the jars and also, they did not separate during the cooling process. I also feel that my group worked very well together because we wanted the final product of the jam to be perfect, so my group was being very organized and efficient with our use of time and energy for this lab in particular. I would absolutely make this again, maybe with a different flavour combo like a peach cobbler type jam or a cherry pie jam. If I where to change anything, it would be the sugar amount in the jam, I realize that sugar is a key part of the preservation process of jam, but if there Is any way to reduce the amount of sugar and maybe adding more natural sources of sugar would help a lot towards reducing the sugar intake for every portion.

