

Recipe for Indigo Jam

Here's a jam with a deep, caramelly flavor thanks to agave nectar, a natural sweetener that's now commercially available. I used black raspberries here, but I'd assume that red raspberries or even blackberries would also work. Plan to vary the amount of lemon juice according to your personal taste. Also, I can't be bothered to strain seeds from my jam, but if you want to be all fussy about it then be my guest.

Yield: scant 1/2 cup jam

1-1/2 cups black raspberries, or berries of your choice

1/4 cup agave nectar

1-1/2 teaspoons fresh lemon juice, or to taste

Combine raspberries and agave nectar in a small, heavy saucepan over medium-low heat. (I used an enameled cast-iron pan, which was perfect.) Bring to a simmer, then reduce heat to low and continue simmering until mixture thickens and berries have begun to fall apart but still retain some shape, about 30 minutes. (Stir occasionally with a heat-proof spatula to prevent scorching.)

Remove from heat. Stir in lemon juice. The mixture will continue to gel as it cools.