

CULTURED PEAR JAM WITH HONEY



Ingredients:

- 500 g (1 lbs) of pears
- 1 tablespoon of honey (I used acacia honey)
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of salt
- 50 ml (1/5 cup) of water kefir

Cultured pear jam preparation steps

Peel the pears, cut them lengthwise into quarters and remove cores and stem ends. Chop into larger and smaller chunks. Add pears, honey, cinnamon and salt to a small saucepan. Cook for five minutes at a simmer, smashing the larger chunks with a fork to create a puree. Remove from heat and allow to cool to room temperature. Once the pear mixture has cooled, add water kefir.

Place mixture into the Kefirko jar, cover with lid and pump out any air bubbles with the built-in pump. Cover with a second lid and leave to ferment at room temperature for 2 days.

When fermentation is complete, refrigerate for up to 2 months. You can add this cultured jam to

your overnight chia pudding, use it as a spread on homemade bread or added to cakes. It's delicious on homemade American pancakes or thinner crepes.

See more recipes like cultured pear jam [here](#).

Recipe by Vedrana Orlović, kefirolicious.com.

Products used to prepare this recipe:



[Organic Water kefir grains](#)

[Buy on Kefirko.com](#)



Kefir Fermenter

[Buy on Kefirko.com](http://Kefirko.com)



Veggie Fermenter

[Buy on Kefirko.com](https://kefirko.com)