Prep time: 10 minutes | Cook time: 30–35 minutes | Total time: 45 minutes

Table of Contents

- Equipment
- Instructions
  - Step 1: Prepare the Berries (5 minutes | Low intensity)
  - Step 2: Add Remaining Ingredients (2 minutes | Low intensity)
  - Step 3: Macerate (10 minutes | No heat)
  - Step 4: Bring to a Simmer (5 minutes | Medium heat)
  - Step 5: Cook Down (20–25 minutes | Medium-low heat)
  - Step 6: Test for Set (2 minutes | Low intensity)
  - Step 7: Fill the Jars (5 minutes | Medium intensity — work quickly while hot)
  - Step 8: Cool and Store (2 hours, unattended | No heat)
- Recipe Notes & Tips
- Nutrition Information

Equipment

- Large heavy-bottomed saucepan or Dutch oven
- Wooden spoon or silicone spatula
- Potato masher
- Small plate (for testing set)

- Sterilized glass jars with lids
- Wide-mouth funnel (optional)

Instructions

Step 1: Prepare the Berries (5 minutes | Low intensity)

Place the rinsed blueberries in your heavy-bottomed saucepan. Add the water and use a potato masher to crush about half of the berries, leaving the rest whole for texture. The water prevents sticking before the berries release their own juices.

Step 2: Add Remaining Ingredients (2 minutes | Low intensity)

Add the honey, lemon juice, lemon zest, and pinch of salt to the pot. Stir gently with a wooden spoon to combine. The lemon juice is essential — it provides the acid needed for proper gelling and brightens the flavor.

Step 3: Macerate (10 minutes | No heat)

Let the mixture sit at room temperature for 10 minutes. This allows the berries to release their juices and the honey to dissolve, resulting in a more even cook.

Step 4: Bring to a Simmer (5 minutes | Medium heat)

Place the pot over medium heat and bring the mixture to a gentle simmer, stirring occasionally. Watch carefully as it heats — honey-rich mixtures can foam up quickly. If foam rises, skim it off with a spoon and discard.

Step 5: Cook Down (20–25 minutes | Medium-low heat)

Reduce the heat to medium-low and maintain a steady, gentle simmer. Stir every few minutes to prevent scorching, scraping the bottom of the pot. The jam will gradually thicken and darken to a deep purple. You'll notice the mixture reducing and the bubbles becoming larger and slower.

Timing cue: After 20 minutes, begin testing for set.

Step 6: Test for Set (2 minutes | Low intensity)

Spoon a small amount of jam onto a chilled plate and return it to the freezer for 1–2 minutes. Run your finger through the cooled jam — if it wrinkles and holds its shape without immediately running back together, it's ready. If it's still runny, continue cooking in 3-minute increments and retest.

Note: Because honey jams set slightly softer than sugar-based jams, aim for a "soft set" — the jam will continue to thicken as it cools.

Step 7: Fill the Jars (5 minutes | Medium intensity — work quickly while hot)

Carefully ladle the hot jam into sterilized jars, leaving ½ cm (¼ inch) headspace. Use a wide-mouth funnel to avoid spills. Wipe the rims with a clean, damp cloth, then seal tightly with sterilized lids.

Step 8: Cool and Store (2 hours, unattended | No heat)

Let the jars cool completely at room temperature — you may hear a satisfying "pop" as the lids seal. Store sealed jars in the refrigerator for up to 3 weeks, or process in a water bath for 10 minutes for shelf-stable storage up to 1 year.

Recipe Notes & Tips

- Adjust sweetness: Taste the raw mixture before cooking. If your berries are very sweet, reduce honey to 90 ml (⅓ cup). If they’re tart, increase slightly.
- Don’t double the batch: Small batches cook more evenly and set better. Make two separate batches instead.
- Frozen berries work well: No need to thaw — simply add 2–3 extra minutes to the cook time.
- Honey varieties matter: A mild clover honey lets the blueberries shine; a stronger wildflower honey adds complexity.
- Watch the heat: Honey scorches faster than sugar. Never let the jam boil vigorously.

Nutrition Information

Serving size: 1 tablespoon (approximately 20 g) | Servings per recipe: ~32

Nutrient	Amount per Serving
Calories	38 kcal
Total Fat	0.1 g
Sodium	3 mg
Total Carbohydrates	9.7 g
— Dietary Fiber	0.7 g
— Total Sugars	8.5 g
Protein	0.2 g

Nutrient	Amount per Serving
Vitamin C	2.3 mg
Vitamin K	4.8 µg
Manganese	0.08 mg