

PB and J by another name: Mama Tanya's Strawberry Basil Jam and Salted Cinnamon Sunflower Seed Butter

Prepared for the Edible Academy Opening Weekend Celebration by BLK Projeck and Mobile Market -- Tanya Fields

Chef's note: Most of us think of PB&J as a kid's snack but Mama Tanya reinvents this concept by creating a tasty slightly sweet nut-free butter and a yummy sophisticated strawberry jam that is not just for kids.

You know your cans are properly processed if you press the top and they are concave. This means all the additional air has been sucked out of the jar. You should hear the can's jar top pop during the processing or resting period. If you can press the center of the can lid up and down, then it has not been processed properly. If this occurs, pour out mixture, boil for 1 minute, place back into jars and start canning process over again.

Ingredients:

#### *Strawberry Basil Jam*

5 cups of fresh strawberry/ 3 lbs crushed or coarsely chopped  
1 teaspoon of butter (optional for vegan)  
1 Package of pomona pectin (it has to be pomona)  
7 cups of turbinado sugar  
1/8 cups of fresh lemon juice or reconstituted lemon juice  
1/4 cups of finely chopped fresh basil

Instructions:

In a dutch oven, combine strawberry and lemon juice. Bring to a full boil that cannot be stirred down. While your strawberries are cooking, prepare your pectin as instructed on the package. Add two teaspoons of the calcium water mixture that was included in your pomona pectin packet to the strawberry and lemon mixture. Then combine the pomona pectin with 1 cup of the turbinado sugar. Add it to the strawberry and lemon mixture. Bring to a full boil, stirring constantly for another two minutes. Add additional six cups of sugar until it dissolves. Then add butter. Skim off any additional film or oil on top and dispose of it. Remove dutch oven from heat. Ladle hot mixture into 9 half pint jars. The mixture will be extremely hot so please be cautious when doing so. Leave ¼ inch head space. Wipe rim with clean napkin or cloth. Center lid on jars, tighten bands until fingertip tight. Place jars into canner with hot water. Make sure the top of jars are covered by 2 inches of water. Bring to a boil and process for 10 minutes. Using tongs from canning kit, carefully remove jars from hot water, place on clean paper towels or cloth. Allow to cool for at least 12 hours.

Ingredients:

#### *Salted Cinnamon Sunflower Seed Butter*

3 cups Roasted sunflower seed shells  
1/4 - 1/2 cups of turbinado or other powdered sugar  
1 cup Flax seeds

1 teaspoon Vanilla bean paste  
Sea salt (to taste)  
1 teaspoon Cinnamon  
1 teaspoon Nutmeg  
1 teaspoon Cardamom  
2 tablespoons Extra virgin unrefined coconut oil

Instructions:

Using a high capacity food processor (do not use a blender), process your sunflower seeds. Stop every few minutes to scrap down the edges as the seeds will produce a powdery clumpy texture. While the processor is running slowly add the coconut oil. You will start to see the ball of sunflower seeds breakdown and become smooth with a butter like texture. Stop occasionally to scrap down sides and ensure all sunflower seeds are incorporated into mixture. Add flax seeds to mixture. Stop your processor, add your spices and your turbinado sugar (sunflower butter is naturally bitter so a sweetener is absolutely necessary. You can determine the sweetness by adding the desired amount of sugar). Continue to process for another couple of minutes, ensure everything is well incorporated. Then slowly add in the vanilla bean paste. Process for an additional two minutes, if butter seems too thick, add in 1 teaspoon of coconut oil, process for a minute. Continue this step until you reach desired consistency. Transfer butter into wide mouth blue vintage mason jar, keep in fridge. Butter can be stored up until two months. Separation is natural, just give it a swirl in the jar and then spread it onto your favorite fruit or cracker.