

# Lush Larder, Artisan Jam & Chutney Producer



**Profile:** Tracey Toner founded Lush Larder in 2019 making small batches of artisan jams & chutneys. As Lush Larder's ethos is based on using seasonable, homegrown, locally sourced products, the product list changes frequently. The produce list fosters a unique twist on modern classics, from tomato & chilli chutney to gooseberry gin jam.

**Challenge:** Requests came from customers for diabetic options within the product range. Producing a low sugar preserve is a challenge, as sugar is typically used to aid food preservation and prevent microbiological activity (growth of bacteria). Tracey sought to produce products using naturally occurring sugars, with a 3-4 month shelf life, and at room temperature (ambient storage). Furthermore, there was the need to maintain the ethos of the business, being:

- i. use of local produce
- ii. clean ingredient declaration
- iii. no use of gelatin.

**Solution:** Product development days researching recipes were undertaken. End products resulted in an apple butter with no added sugars, using other fruits and vegetables to support natural product sweetness. Secondary preservation methods were trialed mimicking the canning process using water baths. This involved filling hot products aseptically into glass jars, sealing & placing the jars into a 100 degree Celsius water bath for 10 minutes. This aseptic processing allows food sterilised outside the container to be placed in a previously sterilized container and sealed in a sterile environment. The method was a success. Secondary control measures entailed working towards a low pH. The pH of the product was <math>pH 4.0</math>. This provided confidence that the micro was controlled.