



# Peaches in Syrup



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## Introduction

Peaches in syrup are a delightful treat that captures the essence of summer all year round. This easy-to-follow recipe allows you to preserve the sweet and juicy goodness of fresh peaches, making them a perfect addition to desserts, breakfast items, or simply enjoyed on their own. Whether you're looking for a delicious topping for ice cream or a fruity element for pancakes, canned peaches in syrup are a versatile option for any meal.

## Detailed Ingredients with measures

Fresh peaches – 1 kg  
Granulated sugar – 300 g  
Water – 1 liter  
Lemon juice – 50 ml

## Prep Time

The preparation time for this delightful recipe is approximately 20 minutes. This includes the time needed for washing, peeling, and slicing the peaches.

## Cook Time, Total Time, Yield

Cook Time: 30 minutes  
Total Time: 50 minutes  
Yield: Approximately 4 jars of peaches in syrup (each jar holding about



250 ml)



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## Detailed Directions and Instructions

### Step 1: Prepare the Peaches

Peel the peaches and then cut them into halves, removing the pits.

### Step 2: Prepare the Syrup

In a pot, combine water and sugar. Heat the mixture over medium heat, stirring until the sugar completely dissolves.

### Step 3: Cook the Peaches

Once the syrup is ready, gently add the peach halves into the pot. Allow the peaches to boil for about 15 minutes.

### Step 4: Sterilize Jars

While the peaches are cooking, sterilize the jars by boiling them in water for 10 minutes. This will ensure that the jars are clean and safe for storage.

### Step 5: Fill the Jars

After the peaches have boiled, use a slotted spoon to transfer them into the sterilized jars.

See also Pistachio No-Bake Cheesecake

### Step 6: Pour Syrup into Jars

Pour the hot syrup over the peaches in the jars, ensuring they are fully submerged, leaving about 1 cm of space at the top.

**Step 7: Seal the Jars**

Close the jars tightly with lids while the contents are still hot to create a strong seal.

**Step 8: Process in a Water Bath**

Process the sealed jars in a boiling water bath for an additional 20 minutes to ensure proper preservation.

**Step 9: Cool and Store**

Remove the jars from the water bath and let them cool completely at room temperature. Store the jars in a cool, dark place.

## Notes

**Use Ripe Peaches**

Choose ripe, firm peaches for the best flavor and texture.

**Syrup Variations**

You can adjust the sugar level in the syrup according to your taste preference or use alternative sweeteners if desired.

**Storage Duration**

Properly sealed and processed jars can last for up to a year when stored correctly.

**Check the Seal**

Before consumption, ensure that the jar seal is intact; any unsealed jars



should be refrigerated and used promptly.



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## Cook techniques

### Peeling Peaches

To achieve optimal sweetness and tenderness, it is essential to peel the peaches properly. Blanching them in boiling water for about 30 seconds before placing them in ice water makes the skin easy to remove.

### Preparing Syrup

Creating a basic syrup involves combining water and sugar in a saucepan. Heat until the sugar dissolves completely, and you can customize the sweetness and flavor by adjusting the sugar-to-water ratio.

### Canning Process

For preservation, follow safe canning procedures. Clean and sterilize jars and lids, fill them carefully with peaches and syrup, and process them in a boiling water bath to seal.

See also [Cauliflower Fried Rice Recipe You'll Love](#)

### Flavoring Alternatives

Consider adding spices or flavorings to the syrup, such as cinnamon, vanilla, or lemon zest, to enhance the taste of the peaches once they are sealed.

### Storage Tips

Store jars in a cool, dark place. Once opened, refrigerate any leftover peaches and consume them within a few days for the best quality.



## FAQ

### **How do I select the best peaches for canning?**

Choose ripe but firm peaches with vibrant color and no blemishes for optimal flavor and texture.

### **Can I use frozen peaches?**

Yes, you can use frozen peaches, but the texture may differ slightly compared to fresh peaches.

### **How long do canned peaches last?**

Properly canned peaches can last up to a year when stored in a cool, dark place.

### **What if my peaches float in the jar?**

It's normal for some peaches to float due to their natural air pockets. Make sure to pack them tightly and use enough syrup to cover.

### **Can I substitute honey for sugar in the syrup?**

Yes, honey can be used as a natural sweetener; however, adjust the amount as honey is sweeter than sugar.



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## Conclusion

The recipe for peaches in syrup offers a delightful way to preserve the sweetness and flavor of fresh peaches. This versatile dish can be enjoyed on its own or used in a variety of desserts and dishes. The process allows you to savor the taste of summer throughout the year.

## More recipes suggestions and combination

### **Peach Cobbler**

Combine peaches in syrup with a buttery biscuit topping for a comforting dessert that is perfect served warm with a scoop of ice cream.

See also Halva Cheesecake

### **Peach Smoothie**

Blend peaches in syrup with yogurt and a splash of juice for a refreshing and nutritious smoothie.

### **Peach Upside-Down Cake**

Use peaches in syrup as a base for an upside-down cake, adding a caramelized topping that enhances the flavors of the fruit.

### **Peach and Greek Yogurt Parfait**

Layer peaches in syrup with Greek yogurt and granola for a healthy breakfast or snack option.

### **Peach-Glazed Pork Chops**

Create a savory dish by using the syrup as a glaze for grilled or baked pork chops, giving them a sweet and tangy flavor profile.



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