

JELLO WITH FRUIT ADDED

- 1 Put gelatin powder into a medium bowl.** Use the entire contents of a 3 oz. (85 g) box of any flavor dessert gelatin.
- 2 Add 1 cup (240 ml) of boiling water to the gelatin.** Measure the water exactly.
- 3 Mix the water and gelatin until the powder dissolves entirely.** This will take about 2 minutes. A fork, whisk, or rubber spatula is recommended for mixing the powder and boiling water.
- 4 Add 1 cup (240 ml) of cold water and stir.** Measure the amount exactly.
- 5 Put the bowl in the refrigerator until the gelatin thickens.** This will take approximately 90 minutes, and the gelatin will have the consistency of unbeaten egg whites.
- 6 Use a metal spoon to mix fresh, canned, or frozen fruit into the gelatin.** Add 3/4 cup to 1 1/2 cups (110 g to 226 g) of chopped fruit.
 - Take care not to add extra liquid with the fruit. This could prevent the gelatin from setting (becoming firm), resulting in a runny dessert dish. Drain all juice or syrup if using canned fruit, and use a paper towel to blot dry all fruit.
 - Defrost frozen fruits before mixing them into gelatin.
 - Avoid adding certain fresh or frozen fruits. Figs, ginger root, guava, kiwi-fruit, papaya and pineapple will prevent the gelatin from setting. However, you can add canned versions of these fruits or put them on top of completely set gelatin as a garnish.
- 7 Return the bowl of gelatin and fruit to the refrigerator until the gelatin sets completely.** This will take about 4 hours.