A STEP-BY-STEP GUIDE FOR BEGINNER'S

CANNING AND PRESERVING

The Best Canned, Jammed, Pickled, and Preserved Recipes Principles

Evelyn Tyler

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Authors Contacts

www.healthlifekit.com

E-mail. healthlifekit@gmail.com

Visit my Facebook Page: https://fb.me/healthlifekit

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Acknowledgement

First of all, I express thanks to God for giving me the thought to write this book; it wasn’t easy although, I came out triumphant by the Holy Spirit, and currently, this book is live on Amazon. I wish to thank my partner for his support and back-up. He was there for me when I wanted him the most, and for that reason, I say thanks. My thanks go to my associates who did all they could to make sure this book was offered; I’m certainly grateful for your care. And for those I didn’t reference but also helped to the marketing of this book, I want to say thanks a million times, I remain appreciative.

Dedication

This book might not have been written without the support and kindness of some persons. To all of you, who applauded and stood by me, remain to bless.

Table Of Contact

Preface

With the wide-ranging multiplicity of foodborne diseases, allergies, in addition to intolerances, knowing precisely what is in our food, and how it was grown and prepared, gives lots of peace of mind that is immeasurable. With the author’s individual experience joint with that of other proficient home canners we bring to you our one hundred centuries of knowledge, intelligence, and understanding. This information with up to date equipment and practical data that will be of great service to both the beginner and experienced food preservationist the application of nature movement or even economic strife can open an individual up to developing overlooked skills. For these folks and the run of the mill home economist alike, preserving food in the home can bring about common sense of safety.

Reservation Techniques

Introduction

Whether you are new-fangled to food preservation in the home, or an old hand, this book will work for you. The petite account of the subject might provide a greater understanding of how many techniques came to be used. Food safety, our highest importance, is also addressed in the book. Bases for tools, equipment, as well as food could introduce you to a new shop, or inspire you to discover your nearest farmers market. You might also choose to start a small container garden, or increase what you already have. Extra information, such as modifications for altitude and how to choose which method is right for you and the end product you desire to achieve is also delivered in the first segments of this book. The table provided a near sea level. Therefore, keep an eye on the recommended changes noted so that you and your preserved food stay safe.

New discoveries might show a need to adjust a process or recipe. Whether you are a beginner who just planted his or her first tomatoes in an old wine cask out on the balcony, or an experienced homesteader with old Mason jars, it is vital to keep abreast of new facts regarding food safety. You might also find a new recipe to try out. As the work is done, and tools are cleaned and put away for the following year’s harvest, you can look upon your work with a well-deserved sense of achievement.

Chapter: One

Antiquity of Food Preservation

The need for food preservation has been as long as the societies. The predictable methods of preserving foods are besieged with sickness, valueless food, and even death. Appreciatively, we get to gain the knowledge learned in the past. And if we use this material wisely, we can avoid repeating those errors. Most parts of our world cannot be harvested

all year. Nor is it sensible to hunt all year even if your preferred prey is obtainable. Therefore, how do we feed ourselves in the off-season? We must get ready for these times, as they are most surely coming. Food preparation became more than going over the hill to see if the berry bushes were ripped.

Over time individuals developed methods of preserving food. Dehydration was established and reduced the moisture content of meats, fruits, herbs, and vegetables. This moisture was, in part, the reason for these foods to decay. Thinly sliced and hung or laid out in the sun to dry was the simplest means of food preservation. Salting, brining, plus smoking followed. All of these approaches were cheap and simple enough for every household to care for its wants. As science advanced, bacteria and enzymes, and their special effects on foods were revealed; preventions were knowledge. If food was brought up to a definite temperature, and then closed in air and moisture unaffected containers, eliminating any air in the container during the development might be stored for great periods.

Canning, as this suitability was known, was conceived. Following World War II, as the electrical grid came to even the extreme outlying farms and farms, and prices for many metals came down with the rise of industrialization, freezing food became a steadfast technique of food preservation. Even though the canning process is the most labor severe procedure, all approaches promote a sense of pride, achievement, and self-reliance. There’s nothing like opening the food store or freezer door on a cold winter’s day, where the snow already up to the window shelves is coming down so hard you can’t see your letterbox, and discover row upon row of neatly branded produce and meats and remembering once again that if the world finished outside your door, your household would still eat well.

Preservation Methods

Canning – Processing food in sealed containers for preservation. This procedure uses containers made of aluminum, tin, or glass. Hot food is filled into the container and sealed either under pressure or a hot water steam bath.

Dehydration just put, eliminating the water from food foodstuffs for preservation. In initial history, food was thinly sliced and placed on level

rocks in the sun to dry. Later, as persons became less nomadic, racks were made for hanging long, thin slices of meat, think of jerky. Commercially bought dehydrators use mesh shades for racks, and electric fans repeatedly pull air across the food. The mesh screens permit the air to spread both sides of the food, while the fan speeds the process. Microorganisms must have moisture to produce and multiply. Removing the moisture in food removes the bacteria that cause decay.

Dry-Salting this process magnets moisture from food using a great contract of salt. This moisture melts the salt into the brine, which constrains the growth of bacteria. Only small or thin foods can be preserved with this method. Small fish are often preserved in this way. Done appropriately, fish can then be store at a low temperature for as long as two years.

Fermentation – Even though very similar to brining, fermentation needs very exacting capacities of salt, vinegar, and temperature. Produced by benign microorganisms interacting with salt brine, they translate vegetable sugars into acids. Dill pickles are prepared in this method, which can take three to six weeks to make. If processed (by pressure canning) following the fermentation period, these foods can be reserved indefinitely.

Freezing Placing secure food in an environment that keeps it at 0 oF -18 oC. This technique of food preservation is the easiest. It also retains most foods nearby to their original form. Not as well as the original investment in the real appliance, freezing is a very cheap way of preserving food. A quick blanch to halt enzyme creation, and shield from the frigid, dry air is all that is vital in planning.

Jelling Preserving with sugar seems to be a paradox in terms. It is correct that micro-organisms flourish on weak sugar solution. In a strong attentiveness sugar has a dehydrating result, similar to that of salt, preventing the development of micro-organisms. When pectin is added, the fruit being preserved salves, or jellies. Jellies, jams, marmalades, and preserves are all completed with similar procedures. They are then put in germ-free containers, sealed with paraffin, and kept in a cool, dry atmosphere. Only fruit butters, cheeses, and preserves of whole fruit pieces must instead be water bath processed.

Irradiation though not available to the in-home food preserver, this process of preservation is being used more often as the technology advances. In its simplest meaning, food is open to a dose of ionizing energy. The dose of radioactivity and time of exposure differs. This process works by injuring the microbe's DNA in such a way as it is unable to healing it. When this happens, the microbe cannot develop, nor can it process cell division, its process of reproduction. If the dosage is high enough, the microbe is killed complete. Though the food itself cannot become dangerous (the particles conveying the energy are not themselves dangerous), and this technique of food preservation is used in more than fifty nations worldwide, because of its friendship with the nuclear industry, some persons in the USA still find food irradiation to be contentious.

Pickling Also known as brining, this technique infuses delightful flavors into the food being preserved. Brine is made, typically containing salt, sugar, and vinegar. Herbs or other flavoring ingredients are added to the brine and then heated. The food being preserved is then deep in the brine. Ice can be used to prevent any fermentation from happening. Depending on the food being preserved and the amount of taste to be infused, brining times can be as slight as fifteen minutes or as long as months.

Smoking In the same method dehydration preserves meats, smoking also reduces it of moisture. Though, the aroma of the wood smoke is riveted by the meat, flavoring it in a way that cannot be otherwise repeated. From lightly fragrant maple wood to the pungent flavors resulting from the smoke of oak or hickory, the choice of wood is a great thoughtfulness for the end product wanted. Smoking times can differ from just a few hours to a week or more. Meats preserved this manner do need refrigeration. Smoking might also be used in combining with salting or brining.

Food Safety

The whole drive of preserving food, no matter the course, is to keep it safe for eating at a later date. In keeping with this principle, the author gives advice adherence to all guidelines and warnings given during this book. Infections resulting from microorganisms, fungus, or parasites can lead to anything from indigestion to death. These infections and their roots are never to be taken jokily. According to the Center for Disease Control and

Prevention CDC, in the United States of America, approximately 48 million people are sickened every year by the foodborne pathogen. Of folks, 128,000 are hospitalized, and 3,000 die. In 2011, the latest statistics released by the CDC, the most common diseases were caused by nor virus, Salmonella, as well as Campylobacter. Why do foodborne illnesses and infections happen and why are there so many at present? These are reasonable questions queried by reasonable persons and statehoods. The answers are both simple and compound. Were you conscious that Tuberculosis, Typhoid Fever, and then Cholera were common foodborne infections less than a century back? Currently, we have Hemolytic Uremic Disease in children, a type of severe kidney failure caused by E. coli O157: H7. We also see that Guillain-Barre Syndrome, an autoimmune illness causing weakness in muscles, can be triggered by Campylobacter pollution. Easy transportation permits infectious agents to the extent more rapidly than in the past. These microorganisms continue to grow, changing their features, and the symptoms of the diseases they cause. Unsafe making methods, environmental effects, ecological factors, production performs, and even eating habits all impact whether a microscopic organism will find its way into our food supply. Laboratory tests also continue to change, allowing the ability to recognize far more infection-causing viruses than ever before. Also, the effect of rapid worldwide communication should not be reduced. As frightening as this info maybe, the best method to circumvent causing illness for your family or yourself is common wisdom. In respects to food preservation, most foodborne sickness can be avoided if you:

Below running water, rubbing the whole surface with your clean hands. Soaps or even detergents are not needed; the friction of the hands loosens bacteria-holding dirt and grime, in addition to running water washes it away.

Don’t let produce to soak. Use filters or sieves for small foodstuffs, and make sure to hold onto layers shallow, so that all surfaces of every individual berry, bean, or other food are rinsed as carefully as likely.

Never permit fluid from raw meats to touch, even with tiny splatters, any kit, or utensils that will come in contact with fruits or vegetables or with the fruits or vegetables as well.

Disinfect everything that comes in connection with raw meat or its juices.

Once preserving any foods, always use sanitary observes.

If sterilized containers or equipment are called for, make sure to sterilize them.

Keep raw, cooked, treated, and unprocessed foods detached at all times.

The additional steps might seem like a lot of work requiring extra time and drive, though, compared to the time required to recover from foodborne disease, not to mention the cost of possible hospitalization and medication, it is a minor troublesomeness at worst. Food preservation, whether by salting, sugaring, canning, or freezing, is the art of killing microorganisms or keeping them from reproducing to toxic levels. Keep cold or freezing food prevents microorganisms from rising, preserving them in a state of suspended animatronics. Inopportunely, there are at least two bacteria that can rise at refrigerator temperatures. High salt, sugar, or acid levels also keep microorganisms from growing. Only heat really kills the microbes. A temperature above 160 oF [78 oC, if held for even just a few seconds, is adequate to kill parasites, viruses, and microorganisms, except for one. The microbes Clostridium produces a heat-resistant spore that can only be killed at temperatures beyond boiling. Pressure canning produces the temperature needed to kill these spores. The toxins made by bacteria are not all affected by heat. So it is very significant to preserve only good quality foodstuffs. Avoid**:**

- Bruised fruit
- Split peels or skins
- Evidence of insect attacks
- Nibbles by birds or animals

Be sure all foodstuffs are as fresh as possible and managed in small, manageable batches as fast as possible. Processing on the same day as harvested, and managing in a sanitary method, produces the maximum quality preserved foods. Again, food safety must be a vital concern when preserving foodstuffs for future usage.

Chapter: Two

Sourcing Tools, Equipment, and Food

Many of the tools used for canning are distinctive utensils used in daily food planning. But there are others detailed to the several preservation approaches. Some are essential; replacements can be made for others. Should you find you have questions about equipment, tools, or processes, your local Cooperative Extension office might be able to afford answers and alternatives. The services they offer are usually free.

Canning

For water bath canning, a deep kettle is desirable. Food is frenzied to boiling, put directly into clean, hot jars, which are then secure and placed on a rack in boiling water deep plenty to cover the jar totally plus another inch beyond the jar. Processing times vary, giving to the food being preserved. Water temperature is preserved at the boil the whole time. Pressure canning needs pressure canner. These are weighty pots with screw-on lids with rubber ring seals, pressure relief controllers, and safety valves. While simple enough to operate, all instructions must be followed carefully to avoid under-processed food or an explosion of the pot himself. You will find that a pressure canner you purchase today will look very much like your grandma’s, as the science itself has not changed since then. There may be more bells and whistles, but the essentials are still the same.

The optimal between water bath processing and pressure canning is made based on the sharpness of the food being preserved. Whichever way is used, a wire rack is used in the pot to retain the jars off the bottom. A wide-mouth pipe and spoons are suitable for filling jars with a hot diet. Fresh rags or dish towels, suitable for protecting work faces and wiping jar rims, must be abundantly vacant. A jar lifter, a tool much like a set of tongs but made to fit above the jar's shoulder, baked while putting jars into the hot water and removing them. Extra racks are used to set the processed jars on throughout the cool down time. These racks permit the room temperature air to touch the jar's whole surface. A fixed set of tongs will be valuable for removing lids from water simmering in a thin pan. Of course, jars, lids, rings, or jars that use rubber rings and bails are vital. All of this stuff can be found in local hardware, cut-rate, or department stores. Some lesser stores might stock them only in the summer and fall in the harvest seasons. Emergency seals rubber rings for pressure canners are as well-stocked, and you must possibly keep a spare on hand. If you have difficulty finding any of these items, the Cooperative Extension office should be of help.

Dehydration

Though valuable, if you will be dehydrating large amounts of food, a commercially bought dehydrator is not needed. But if you are planning to buy one, look for a superior appliance. The fan must be placed so that all the racks receive air movement in the same way. Racks must be a mesh that can be easily cleaned, enclosed sturdily. Good spacing between the racks must allow air to move easily. The longer it takes for the air to dry the food, the higher the danger of bacteriological growth. A lesser toaster oven or your home's regular oven can as well be used for certain items. Herbs can be get together, tied with twine, and hung in a spot out of nonstop sunshine to dry.

Dry Salting

Though this technique needs a lot of time, the result is worth every bit of it, particularly if you are an anchovy aficionado. All that is vital is a shallow dish, and plenty of coarse salt, selected sterile canning jars, a spoon for skimming the surface, and freezing. Coarse salt can be acquired in grocery stores, or anywhere canning supplies are wholesaled.

Fermentation

Like dry salting, fermentation is a lengthy process. Vegetables are mixed with a high attentiveness of pickling or coarse kosher salt, filled into a sterile crock, enclosed with a clean cloth, and weighted down with a bowl on top of which is located a water-filled jar. A spoon or ladle is valuable for removing the foam from the surface throughout fermentation. Once the process is complete, the food needs are frozen or processed in a hot water bath. Pickling/kosher salt is obtainable in grocery stores or wherever canning foods are sold.

Freezing

On the deep side freezer (which can be bought wherever home appliances are wholesaled) that can maintain the essential temperature of 0 oF, containers must be sealable to preserve airtightness. Plastic vessels from deli or dairy products will not keep food well enough. Buying containers that are made for food preservation purposes, for liquids or near-liquids, canning jars might as well be used with their seals. Whatsoever container is used, be certain to leave the essential "head space" for the extension that

freezing causes in the food. Meats and some vegetables (like corn on the cob) can be enveloped in plastic-lined freezer paper.

If the paper is not branded for use in the freezer, it will not be sufficient protection from the freezer's frosty, dry air. Freezer burn from frigid air moving the food does not render the food useless, but is rather ugly and can change subtle flavors. Trays, cookie sheets, in addition to racks, might all be valuable in laying out separate items to be in part frozen before packaging or placing in containers for freezer storing. Tape for sealing freezer paper, then marking pens are the only extra required tools. Freezer paper plus tape is sold in grocery stores, and usually, anywhere canning supplies are sold.

Jelling

Sugar and temperature are the chief preservatives in this category. Jellies and clear citrus conserves require the adding of pectin, which is obtainable in most grocery stores, and anywhere canning foods are sold. Jellies need only be enclosed with a heavy layer of melted paraffin to keep it from outside microorganisms. Jams, preserves, butter, also cheeses do not need the adding of pectin. Preserves do not need to jell at all. Though, all these need to be treated in a water bath after being retained in sterile jars and closed.

Pickling/Brining

Brine is typically made from hot pickling salt, sugar, and then vinegar in water, to which seasoning herbs, spices, or other vegetables might be added. Altogether these ingredients are obtainable at your local grocer. Once flavoring with the brine, the food is then filled into canning jars and water-bath treated.

Smoking

The addition of smoke to the dehydration process is done out-of-doors. A commercial smoker can surely be used. Though, smoking on a minor scale can be prepared with a homemade device that needs only a rack for droopy the food typically fish, a source of wood chips of the suitable species, a heat basis that causes the wood to smoke while being reserved at a distance from the food herself so that it is not cooked, and something as simple as an

unconvincing box that can cover the smoke to the food. As this is mostly a way to add taste to preserved foods, extra preservation is vital, usually by freezing. Finding good woods might be the trickiest part of this action. Some places that sell smokers and grills stock used woods, like mesquite.

Nonetheless, you might be better off contacting your local plantation or wood mill. You can age the wood yourself by simply leasing it rest in a dry, airy spot. Do not use wood from the wood yard, as it is often either preserved with insect inhibitors or is of sentimental softwood. Both of these are to be evaded. Wood from fruit, then nut trees is actual aromatic and would make for pleasant flavor. Commercially obtainable smokers can be bought at most hardware or lawn and garden source centers.

Food

Not anything beats the cleanness of homegrown fruits and vegetables, or a freshly slaughtered, hand-raised cow. But if time or resources do not permit you to take a share in this final activity, farmers' markets are delightful alternatives. Most food traded at these markets is gathered less than 24 hours before the market opens. Shop here as early as likely to get the best selections. A lot of vendors yield their foodstuffs by hand. Keeps the food from machine-driven and packing damage, but it also lets them do a first quality sort. While a bruised apple might be eaten out of hand after cutting away the discoloration, it is not worth using to make a batch of apple butter; it can spoil the whole batch's taste. If unconditionally necessary, grocery store food could be used, but except it is locally sourced, these foods might have been harvested a week or more before them beating the sales floor. In food superiority, time is its major enemy. Elimination from the vine activates enzymatic modifications of work on the sugars stored within the vegetable or fruit.

Harvesting equipment might harm otherwise healthy varieties, allowing microorganisms or insects to fill it. Take the food you wish to preserve cautiously. The more perfect the food, the less homework is essential, and the healthier your end product will be. If pursuing is not your thing, and you have no networks that hunt, the local slaughterer shop might be your following best bet. To be sure, they bring fresher, higher quality meats than groceries. They are too able to cut to order. Frequently, though, the local

butcher carries meats from untamed animals, such as deer then buffalo, or specialty meats, such as rabbit and offal. Most will admit special orders. When possible, use fresh, washed herbs for flavors. When dried, herbs lose their vital oils, causing a countless loss of flavor. Once more, starting with the highest class foodstuffs lets you produce the highest quality end item for consumption, be it beautiful, sparkling jellies, or luxurious smoky meat.

Chapter: Three

Canning: Proven Way of Preserving a Harvest

Canning is a time-pleasing, proven method of preserving a harvest or hunt for exact long time. In the progression of a day, one can “put up” plenty of tomatoes (or other items) to last till the next year’s harvest. Though, to prevent illness or damage during the process, all orders must be followed totally. There are no shortcuts when preserving food, no matter which technique is used. Let’s start with a brief explanation of how and why canning preserves food. Bacterial development and enzymatic changes need to be halted or removed altogether. In canning, food is taken to a boil for a stated period to sanitize it. It is then packed into sterile jars and closed with sterile lids. Ending here would keep the food eatable for only a little period. You might be requesting how, if the whole thing has been right sterilized, any microorganism would be to spoil what you have so judiciously prepared. What is in the jars? Your prudently prepared food is there, yes; then also there is air non-sterile air, to be careful. How do we get free of the air? If the food is cutting enough, it can be treated in an open water bath. Boiling does not destroy the spores of the botulism microorganisms Clostridium botulinum; though, the high acid stops these spores from rising. The warm, sealed jars are set on a rack and sited in a kettle of boiling water for a fixed period.

Pressure canning is needed for foods that do not contain sufficient high acid to forbid the growth of botulism spores. While the high temperature of boiling water 212 off is not high sufficient to destroy this bacteria’s spores, pressure canners can raise the temperature to 240 oF, holding it there long adequate to destroy them.

Two to three inches of water took to a simmer in the canner. Warm, sterile food is filled into warm, sterile jars, and sterile lids are place in place.

The jars are then sited on a rack in the canner.

Fasten the canner’s cover into place, but do not set the weight on the vent or close the petcock (depending on which your canner uses).

Turn up the hotness to its highest setting and permit the water to come to a boil and stem to flow from the open vent/petcock in the form of a funnel.

Let this steam to finish for ten minutes (use a timer!).

Once this time is up, close the petcock or set the weight over the vent.

Pressure will now begin to form. If your canner has a pressure gauge (my personal favorite), let the pressure to increase rapidly to eight pounds

Turn the temperature down slightly, letting the pressure to upsurge to the chosen level. If there is no device, do not reduce the heat pending. The weight begins to jiggle and rock.

Processing time begins at the moment. You will possibly need to regulate the heat a few times to keep the pressure persistent at the chosen level.

When the volume of time desired has passed again, use a timer, turn off the hotness and permit the canner to depressurize on of its wish.

The time it takes for the pressure to decrease is needed for good processing. Do not try to haste this process up in any way.

Forced cooling can lead to a contagion of the food.

Forcing the canner exposed before the pressure has been resolved can lead to severe damage by steam and missiles.

Once depressurization, and before the canner is cool, open the lid, lift out the jars, engage them on a wire rack and tighten the rings. You will hurriedly learn to enjoy the music of lids going into the

Concave position, proving your achievement.

Test every jar for the accurate seal, as instructed above.

When using distinct lids and rings, the rings might be removed once the jars are ventilated, and the seals are proven.

Softly unscrew the ring and set aside for your following batch.

Have a high regard for your hard work product and then store the jars in a cool, dark place.

Whether your recipe calls for the food to be hot or cold, it needs to be packed insecurely and boiling water poured into the jar to remove air pockets. Jars are never full to the brim.

Altitude Modifications

It is always likely to find a regional cookbook that has already reckoned in altitude modifications, but this is highly rare. Every book I have seen assumes you are at or close to sea level. Why is this vital? Since altitude affects the temperature at which water boils. If you live less than 1,000 feet above sea level, you have no alterations to make to the process. If you live between 1,000 and 2,000 feet beyond sea level, you must begin making adjustments.

There is no need to alter pressure canning yet; then, if water bath canning, an adjustment is desirable. When beyond 2,000 feet, adjustments essential to be made in pressure canning. Use the table under if you live above 1,000 feet. If you live beyond 10,000 feet, access your local extension office.

1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

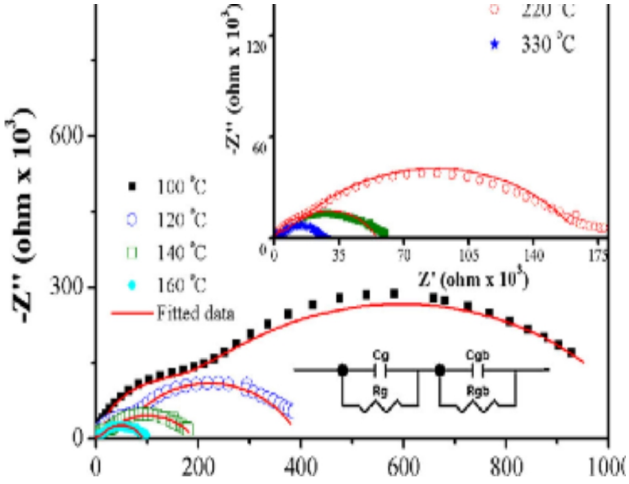
Dial Gauge Pressure Canner Altitude Chart	
Altitude (feet)	Pressure (psi)
0 – 1,000	11
1,001 – 2,000	11
2,001 – 4,000	12
4,001 – 6,000	13
6,001 – 8,000	14
8,001 – 10,000	15

Weighted Gauge Pressure Canner Altitude Chart	
Altitude (feet)	Weight
0 – 1,000	10
1,001 – 2,000	15
2,001 – 4,000	15
4,001 – 6,000	15

Pressure canning needs no change in processing time but does entail changes in the volume of pressure held so that the canner's hotness reaches 240 off. This temperature is what destroys the botulism microorganisms.

Water Bath Canning Details

Extraordinary acid foods, such as most fruits (tomatoes included), do not require to be processed under pressure because the natural acid deactivates enzymes and microorganisms. Though the acid in these foods has no effect on forms and yeasts, processing the jars in a kettle of hot water is sufficient to raise the food's hotness beyond their homicide point. Yeasts and bacterium are damaged by heats ranging from 140 o to 190 oF [60 o to 88 oC.] Food normally processed in a water bath is recorded. Food canned in large pieces will need longer processing to hotness it through food that is cut lesser. Food that is raw and cold when filled also needs longer processing time than if it were previously hot when packed. Another thought is the size of the jars used. Large jars need more time in the bath than do small jars so that all the food comprises reaches the necessary temperature. After the jars have ventilated and been checkered for a good seal, they must be stored in a cool, dark place – if possible, 40 o to 60 oF 5 o to 15 oC. Most foods reserved this way will retain for up to a year.



Water Bath Canning Charts

FRUITS AND VEGETABLES	PINTS In Minutes	QUARTS In Minutes
Apples – Hot Pack**	20	20
Apricots – Raw Pack**	25	30
Berries – Raw Pack	15	20
Cherries – Raw Pack	20	25
Dill Pickles – Raw Pack	10	15
Sweet Pickles – Raw Pack	10	15
Fruit Juices – Hot Pack	15	15
Fruit Jams and Jellies	10	10
Peaches – Hot Pack	20	25
Pears – Hot Pack	20	25
Plums – Hot Pack	20	25
Pickle Relish – Hot Pack	10	Not Recommended
Rhubarb – Hot Pack	10	10
Tomatoes – Hot Pack***	35	45

Artichoke, Jerusalem	NA	Not recommended for freezing
Asparagus	Yes	3-4 minutes
Beans, bush	Yes	3-4 minutes
Beans, lima	Yes	3-4 minutes
Beans, pole	Yes	3-4 minutes
Beans, for drying	No	Freeze dried beans as is
Beets	NA	Must be cooked prior to freezing
Broccoli	Yes	3-5 minutes
Brussel Sprouts	Yes	4-6 minutes
Cabbage	Yes	3-4 minutes
Carrots	Yes	3-5 minutes
Cauliflower	Yes	3-5 minutes
Celery	Yes	3-4 minutes
Corn	Yes	4-6 minutes
Cucumber	NA	Not recommended for freezing
Eggplant	Yes	4-6 minutes
Kale	Yes	2-3 minutes
Kohlrabi	Yes	3-4 minutes
Leeks	No	
Onions	No	
Parsnips	Yes	3-5 minutes
Peas, shelling	Yes	2-3 minutes
Peas, snap	Yes	2-3 minutes
Peppers, hot	Yes	2 minutes
Peppers, sweet	Yes	2 minutes
Potatoes	NA	Not recommended for freezing
Pumpkin	No	Must be cooked prior to freezing
Radishes	NA	Not recommended for freezing
Rutabagas	Yes	3-4 minutes
Soybean	Yes	5 minutes
Spinach	Yes	2-3 minutes
Squash, winter	No	Must be cooked prior to freezing
Squash, summer	NA	Not recommended for freezing
Sweet potato	NA	Not recommended for freezing
Swiss chard	Yes	2-3 minutes
Tomato	Yes	30 seconds to loosen skin, then peel

Vegetable	Blanching		Drying time (hrs)*
	Method	Time (mins)	
Beets	cook before drying		3½–5
Carrots	steam	3–3½	3½–5
	water	3½	
Corn	not necessary		6–8
Garlic	not necessary		6–8
Horseradish	not necessary		4–10
Mushrooms	not necessary		8–10
Okra	not necessary		8–10
Onions	not necessary		3–6
Parsley	not necessary		1–2
Peas	steam	3	8–10
	water	2	
Peppers	not necessary		2½–5
Potatoes	steam	6–8	8–12
	water	5–6	
Pumpkin	steam	2½–3	10–16
	water	1	

Pressure Canning Altitude Adjustments for Vegetables		
Altitude	Dial Gauge Canner Pounds Pressure (Pints and Quarts)	Weighted Gauge Canner Pounds Pressure (Pints and Quarts)
1,001 to 2,000 ft	11 lbs	15 lbs
2,001 to 4,000 ft	12 lbs	15 lbs
4,001 to 6,000 ft	13 lbs	15 lbs
6,001 to 8,000 ft	14 lbs	15 lbs

Pressure canning is the only safe technique for preserving low acid vegetables, meat, poultry, and fish. When preserving these foods, the only method to kill the botulism microorganisms is by raising the hotness of the foods to 240. Make sure your canner is in good working order. Check the situation and placement of the gasket and protection plug (fuse). Make sure the outlet is clean, in general speaking, select vegetables that are firm and ripe, but not overripe. For the best outcomes, retain the time between harvesting and canning as short as likely. Wash or rinse the vegetables, but do not

permit them to soak. Peel vegetables, if needed, remove seeds, etc. Avoid using bruised or spoiled produce. Cut into serving sizes.

Do not begin the processing programming till the weight jiggles or, if fitted out, the gauge reads the right pressure. If processing exceeding 2,000 in altitude, please use the underneath. Also, notice the chart below is divided between weighted gauges and dial gauges. Keep an eye on the adjustments on the chart for your altitude and kind of canner.

Altitude in Feet	Weighted Gauge	Dial Gauge
1 to 1,000	10	11
1,001 to 2,000	15	11
2,001 to 4,000	15	12
4,001 to 6,000	15	13
6,001 to 8,000	15	14

After the processing time, please take out the canner from the heating component and let it cool without interfering. This time is vital for both your safety as well as the food. When the pressure has been released to normal, carefully open the vent port and delay another 10 minutes.

Pressure Canning Charts

Pressure (psi)	Temperature (°C)	Come up time (min)	Process time (min)	F_0[a] (min
5	109.3	15	160	5
10	115.6	15	110	5
15	121.1	15	60	5

pressure	**low**	**high**
setting	1	2
PSI	6 to 8	13 to 15
kPa	40 to 55	90 to 100
bar	.4 to .55	.9 to 1

Chapter: Four

Preserves Information

After the processing time, please take out the canner from the heating component and let it cool without interfering. This time is vital for both your safety as well as the food. When the pressure has been released to normal, carefully open the vent port and delay another 10 minutes.

Fruit	% sugar	pH
Apricot	9	3.4-3.8
Banana	17	4.5-5.2
Blueberry	11	3.1-3.3
Cherry	14	3.3-3.9
Cranberry	4	2.3-2.5
Date	60	4.1-4.9
Gooseberry	11	2.8-3.1
Lime	1	2.8
Mango	11	3.4-4.6
Peach	9	3.3-4.1
Pear	10	3.5-4.6
Pineapple	13	3.2-4.0
Plum (blue)	11	2.8-3.4
Plum (red)	11	3.6-4.3
Raspberry	7	3.2-4.0
Raspberry (frozen)	7	3.2-3.3
Strawberry	7	3.0-3.9
Strawberry (frozen)	7	3.2-3.3
Watermelon	9	5.2-5.6

The pectin level of fruit can be verified with a simple process. To determine when the fruit stock has been reduced so that it can help as a setting instrument for jellies prepared from low-pectin fruit, take away a small

sample of the stock into a separate vessel. Mix into it a little irritation alcohol. If the pectin level is high sufficient, a clot is made. Do not taste this combination, and do not yield it to the stockpot! Rubbing alcohol is toxic. The bitterness of fruit can rule on by its taste. A severe or tart taste is the sign of abundant acid. If the level requires to be boosted, add lemon juice to the fruit in advance when cooking. Two tablespoons 30 m is sufficient for two cups of low-acid prepared fruit or fruit juice.

Marmalade

Utmost marmalade is founded on oranges; high in pectin, oranges add a bittersweet flavor to the preserve. The oranges can be joint with other citrus fruits, or a non-citrus fruit such as pineapple. It can as well be seasoned. Spices, liqueurs, whiskey, etc. can all be used as flavor agents.

The fruits are lightly sliced, soaked immediately, the cooked, seeds and all, in the soaking water for nearly two hours. After this time, the sugar is added in addition to the cooking completed. The fruit appears to melt in your mouth, and the sense of taste is a bit tarter than with the first process. After placing the mix in clean jars, process the jars in water bathe.

Jam

Jam is by the far stress-free form of preserving fruit. After washing, the fruit is skinned and pitted, if desired, crushed, boiled with sugar till it is a thick, soft mass. Light-colored fruit must be acidulated, releasing it into water that has had lemon juice extra, before commencing the cooking process. Pectin level is unconnected, as the fruit pulp is suspended in the heavy liquid. Fruit for jam making desires to be ripe but still firm. If it is excessively soft, the fruit will crumble. As with marmalade, spices, brandies, or liqueurs might be added to improve the fruit's taste. Hot-pack the jam into pint **jars.**

Add to the pot any juice that has drained from the fruit while it was set sideways. Lessen the juice to its original volume. Only then do you add all the fruit back into the decrease. Throughout this second cooking, the fruit reabsorbs the juice, gaining back its deep color and plumping back up.

Conserves

Conserves are used as jams or dessert coatings. Several conserves are spicy adequate that they can even complement roasted meats. To identify how to proceed in making the conserve, you must know how you wish to use it. For a heavy spread, use fruit with a lot of natural pectin’s so that it sets fine. If you design to use it as a paste, either for dessert or meat courses, use lower pectin fruits. The most flavor can be reduced from the fruit; it is washed, unpeeled, seeded, or pitted as needed, and then ground or finely chopped. If using a mix of fruits, combine them now. Cover them and let them stand overnight so that they discharge their juices. Cook the fruit in the extracted juice until the mixture is heavy, rich, and dark.

Butters

Butters do not habit citrus fruit to make fruit butter. Citrus fruits also have high water content; then, their membranes do not let them be pureed fine. To continue, puree the fruit, mix it with sugar sufficient to sweeten to flavor, and boil this mix down. This process effects in a heavy, creamy butter. Butters is a feast on toast or bread. Besides other preservation approaches, butter can use overripe and bruised fruit, even though the bruises themselves need to be removed before pureeing. You can add into the puree any of the fruit pulp excesses from jelly making, though this pulp won't have a lot of taste left in it. Butter can be kept in the freezer for up to six months, or it can be treated in a water bath for fifteen minutes.

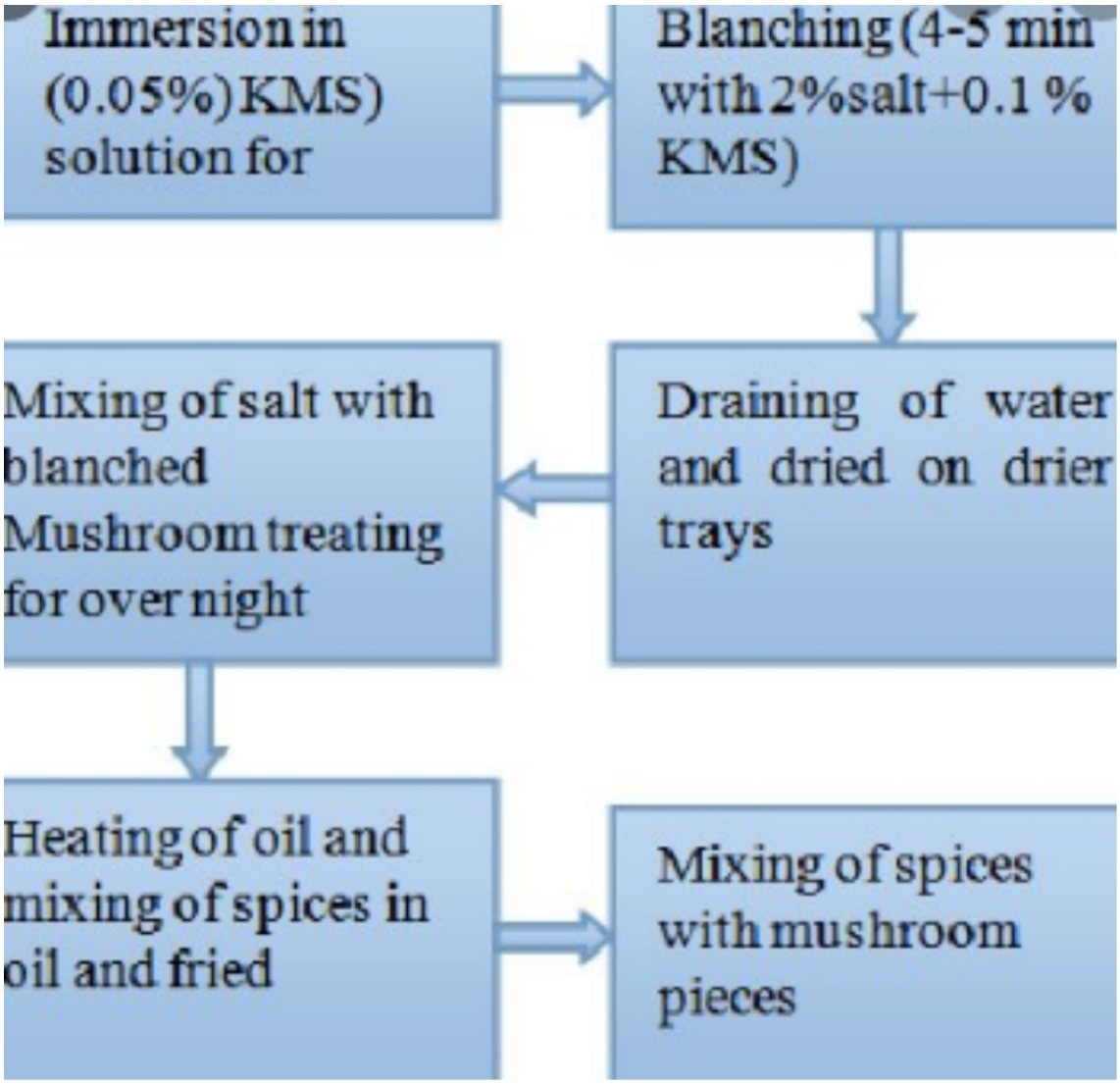
Cheeses

Cheeses - fruit cheeses start the same method as fruit butter, with mashed fruits. More sugar is added to the fruit than for fruit butter, and the mix is cooked till stiff. Cheeses are typically unmolded from the canning jar, sliced, and served with cold meats or poultry, or with desserts. Aspic or fondant cutters can be used for enhancing finish. It can be more certainly unmolded, and canning jars are first oiled inside with distasteful vegetable oil. Fruit cheese will last in the fridge-freezer for up to a year. If longer preservation is required, hot-pack the cheese in pint jars using the water bath process for fifteen minutes.

Pickling Information

Vinegar is used with both vegetables as well as fruits to make a range of pickles. The English word vinegar originates from the French VIN are, which means “sour wine.” Wine vinegar has the best taste, but less costly cider, malt, or distilled vinegar can be used as long as it has at least 5 percent acid. The vinegar’s label must note the acid content. The acid in vinegar acts in response to metal tools plus equipment; nonreactive materials must be used to shun discolored food and off-putting tastes. Ceramic and stainless steel are both nonreactive. Shun aluminum, copper, iron, and steel, not stainless steel.

Harvests preserved as “pickled” include two-stage vegetable pickles, ketchup, relishes, chutneys, preserves, and mincemeats. See the recipe section for whole instructions, though, the chart under gives the vital processing time for water bath canning of these items.



Please note that mincemeats need pressure canning, as they comprise in meat products. Hot-pack into pint jars merely, and process for 20 minutes.

Chapter: Five

Recipes

Fruits

Various fruits are accessible locally or regionally but aren't generally available. In this book, we have used the best common fruits, but don't limit your storeroom. Local crops can be used in place of the submissions in the recipes under. Fruit can be preserved without sugar, but then the fruit's color might be stonewashed. Use boiling water in place of the syrup throughout the packing process. Some artificial sweeteners might be used. Check the manufacturer's references for use and quantity references.

Sugar Syrup

Very light syrup: 1/2 cup sugar per quart of water

Light syrup: 1 cup sugar per quart of water

Medium syrup: 1 3/4 cups sugar per quart of water

Heavy syrup: 2 3/4 cups of sugar per quart of water

Very heavy syrup: 4 cups sugar per cup of water

Take along the water to a boil, add sugar, return to a boil, and often stir till sugar is dissolved. Retain syrup hot, but do not let it boil down during treating. Fruit juice might be substituted for all or part of the water.

Apple Sauce

Mix different ranges for good flavor.

20 large apples

4 cups of water

2 1/2 cups sugar

Method

Wash apples; quarter, core; take away any bruises or other blemishes.

If working in larger batches, drop apples into lemon water, see the section on acidifying fruit.

After all, apples have been ready, drain if desired, and place in the large cooking pot.

Add the four cups of water and cook over medium-high temperature till apples are soft.

Press through a colander to take away peels.

Return to the pan and add the two and a half cups of sugar.

Bring the mix to a boil till sugar has carefully dissolved.

Parcel into hot jars though boiling, leaving 1/2 inch of headspace.

Wipe jar rim.

Screw on lids plus rings.

Process in a boiling water bath: both pints as well as quarts for 25 minutes.

Berries

Want the top homemade berry pie in the middle of winter? Can your berries this midsummer!

All berries, except cranberries and strawberries, may be processed this way.

Wash berries, picking out any green or blemished ones.

Pack into jars, leaving 1/2 inch headspace.

Pour boiling syrup into the jars to within 1 1/2 inch of the top.

Wipe jar rim.

Screw on lids then rings.

Process in a boiling water bath:

Pints – 15 minutes; quarts – 20 minutes.

Cherries

Both sweet and sour cherries may be processed with this **method.**

Wash, stem, and pit, if chosen, cherries, pick through the fruit, then discard stems and damaged fruits.

Pack into jars, leaving 1/2 inch of skull room.

Discharge in boiling syrup to within 1 1/2 inch of the upper.

Wipe jar rim.

Screw on lids and rings.

Process in a boiling water bath: pints as well as quarts – 20 minutes.

Home Made Cranberry Sauce

Prepared for the holidays! Serve your cranberries preserved in this delightful sauce.

Cups cranberries Water

Cups sugar

Tbsp. baking soda

Tbsp. lemon juice

Method

Pick through berries, remove stems, then under ripe berries, rinse, drain and place in a large cooking pot.

Cover with water, cook over medium-high heat till they start to boil.

Watch the berries for once they start to pop.

Take out from heat and set in the sink.

Discharge in baking soda; skim off nasty foam as it increases.

Once all the foam has been detached, dump into a strainer, and rinse well. This step might be repeated if needed.

Wash the pot.

Return berries to clean pot, add plenty of water to cover the berries, add sugar and lemon juice.

Cook until the berries are as mushy as is your preference.

Pack into hot jars while boiling, leaving 1/2 inch of headspace.

Screw on lids then costumes jewelry**.**

Process in boiling water bath: both cocktails and quarts for 10 minutes.

Grapefruit Juice

Rinse fruit, cut in half and ream the juice from the fruit. Discharge juice into sanitized jars, leaving 1/2 inch of headspace.

To prevent staining while stored, add 1/2 teaspoon of ascorbic acid to each quart 1/4 teaspoon per pint). Wipe rims, screw-on lids, and rings.

Procedure both pints and quarts in a boiling water bath for 20 minutes.

Tomato Juice

Using stable, ripe tomatoes, wash, scald, and take away peels and any bruises or damage.

Cut into slight pieces and place in pot or kettle.

Simmer till soft, stirring infrequently.

Put through a sieve, being vigilant to not press seeds through.

Put the juice in fresh pot or kettle, and then bring it to a boil.

Discharge into hot jars leaving 1/2 inch of headspace

Wipe rims, screw-on lids, and rings.

Process together pints plus quarts in boiling water bath for 15 minutes.

Pears

Shun damaged fruits if you will only split them, for the best visual appeal.

Peel, split fifty-fifty or quarter, then core pears. If it will take a while to cook a batch, drop into an acidulated water bath. Slice if chosen.

Raw pack: if pears are ripe adequate to be fairly soft, they might be full raw into jars, leaving 1/2 inch of headspace.

Fill the jars to inside 1 1/2 inch of the uppermost with sugar syrup.

Work out any foam with a spatula or handle of a woody spoon.

Apply jar rim

Screw on lids then rings.

Process in a hot water bath: pints 25 minutes; quarts – 30 minutes

Home Made Fruit Cocktail

By creating it yourself, you can regulate the amount of sugar, plus cherries! This amount is picture-perfect for two servings. Or checkered your preferred gelatin salad recipe and can inapposite size jars definite to that drive.

Cherries, cranberries, crackers, pears, nectarines, and pineapple in the ratios you need for the finished product. Any fruit but oranges plus bananas can be used.

Wash-down fruit, peel, core, seed, or pit as desired, if using pineapple, take away eyes.

Dice more fruits; cherries also berries might be left whole, or halved if chosen.

Acidulate any fruit that might fade while these arrangements are made.

Raw pack: into jars, leaving 1/2 inch of head planetary.

Discharge preferred strength of hot syrup over fruit to within 1 1/2 inch of jar top.

Smear jar rims.

Screw on lids as well as rings.

Using a hot water bath pint 25 minutes; quarts 30 minutes.

Plums

Hand-picked plums that is ripe, then not yet soft. Wash fruit; pick out some bruised or spoiled fruits.

Prick skin with a big needle or spit, this stops bursting

During processing

Raw pack: keen on jars, leaving 1/2 inch of bean space.

Pour hot syrup over fruit to in 1 1/2 inch of jar top.

Wipe jar rims.

Screw on lids then rings.

Process in a hot water bath: pints 20 minutes; quarts 25 minutes.

Fruit jam

The next fruits make outstanding jam: Apples, Apricots, Blackberries, Blueberries, Cherries Citrus Fruits, Cranberries, Currants, Elderberries, Figs, Gooseberries, Grapes, Guavas, Melons, Nectarines, Peaches, Pears, Pineapple, Plums, Quinces, Raspberries, Rhubarb, as well as Strawberries.

Apricot Jam

Use stable fruit that might be just a little under-ripe.

Scald and take away peels.

Cut in half and take away pits, reserving little pits.

Slice split fifty-fifty thinly Size.

For each quart of apricot slices, add 1 3/4 cups of sugar, and one chopped pit kernel. To grow the pit kernel, crack the pit open and take away the soft kernel held within.

Put this mix in a nonreactive pot or kettle, cook over medium hotness for an hour, and stir regularly. Mash any fruit parts that did not break up during the food preparation

Berry Jam

Use either one raspberry or blackberries or a mixture of the two

Pick through; take away stems then unripe berries.

2. Wash and ration the berries. For all quart of berries, use three ½ cups of sugar than two tablespoons of lemon juice (lemon juice is set apart for now).

3. In a dish, pot, or kettle, other layers of berries and sugar. The cover container then let this mixture stand uninterrupted overnight.

4. The following day, stirring in lemon juice besides bring the entire mixture to a boil.

5. Skim off some scum that increases and stay cooking till thick but not solid.

The jam will carry on thickening as it refrigerates.

6. Pack warm jam into hot pint jars leaving 1/2 inch of headspace

7. Wipe rims, bolt-on lids, and then ring.

8. Process halves for 15 minutes in a water wash.

3. Grape Jam

Even though Concord grapes are genuine in flavor, other varieties can be used. You might have to regulate the ratio of sugar to fruit for other diversities. Try using rough grapes, if they are obtainable in your part. Each 1 1/2 pounds of grapes will make just about one pint of jam.

4. Cranberry Jam

You won’t discover the designation of this jam in some other cookbook. This jam is made of a mixture of tart gooseberries then sweet red

raspberries!

Size and place washed also picked over gooseberries in a nonreactive pot or container.

Cover using cold water then place the pot over low temperature.

Carry the pot to a boil gradually; simmer softly for one hour.

Berries must have turned into a soft, mushy constancy.

Discharge mush into a jelly bag then let the juices drip through. Do not crush the bag. Let severity to do all the work

6. Strawberry Jam

Pectin needs to be added to strawberries to get the correct thinness. Pectin adds no taste, so you still get the delightful, garden-fresh bouquet of this summer pleasure.

8 cups fresh strawberries, stems detached

Bundle pectin Assured Jell Pectin, 1.75-Ounce, 4-Count

2 Tbsp. lemon juice.

Fruit Jellies

For their high acid content possession, jellies that are watertight in sterile jars with molten paraffin do not require additional processing. Be very cautious when handling the hot jelly and the heated paraffin together can cause severe injuries if they get on skin. Melt paraffin in a dual boiler. To sanitize the jars, wash-down them in sudsy water, rinse well, and then place in a deep kettle of water. Bring water to a boil then continue boiling for ten minutes. Please turn off the temperature and let the jars stay in the water till they are prepared to fill with jelly.

Home Made Apple Pectin

Large apples, any tart diversity

Cups water

Tbsp. lemon juice

Blackberry Jelly

Wash then pick through one quart of fresh, slightly under-ripe blackberries.

Place in a heavy pan and cook over low heat till soft.

Press through a jelly bag or some layers of cheesecloth over a colander. Size juices put into a clean pan and bring to a boil.

Add 1 1/2 cups of sugar for all cups of juice.

4. Grape Jelly

Wash, stem, and then crush grapes in a pot or kettle with about 1/4 inch of water in the foot.

Bring to a boil, and linger the boiling for 15 minutes.

Strain fruit through a jelly bag or some layers of cheesecloth that has been draped over a strainer.

Do not crush.

Allow the juice to stand

Strawberry Jelly

1. Wash then stem berries.

2. Cover the extremity of a full pot or kettle with water.

3. Add berries then crush using a potato masher.

4. Cook over medium-low temperature till a simmer is reached, stirring normally.

5. Continue cooking till berries remain soft, then mushy.

9. Discharge into purified half-pint jars, leaving 1/4 inch of headspace and seal with paraffin or process in a hot water bath.

Fruit Butters

12-15 pounds tart cooking apples

1 cup of apple cider vinegar

8 cups of sugar as well

Four teaspoons of ground cinnamon Water

Peach Butter

12-15 pounds tart cooking apples

1 cup of apple cider vinegar

8 cups of sugar as well

Four teaspoons of ground cinnamon Water

Peach Butter

12 pounds honey

6 cups of sugar

2 tsp. nutmeg

2 tsp. ground cinnamon

Fruit Marmalades

Apricot Marmalade

2 cups dehydrated apricots

Foursome cups water

1 3/4 – 2 cups than sugar

Apricot-Prune Marmalade

Do the same as the Apricot Marmalade recipe directly above, but substitute trims for part of the apricots.

Grapefruit Marmalade

Three grapefruit

Water

Sugar

¼ cup lemon juice

Orange Marmalade

4 Seville oranges

Three lemons Water Sugar

Cut oranges lemons as thickly as preferred.

Place in a pot or kettle using six cups of water.

Cover then boil intended for one hour.

Strain mix, preserving water.

Take away seeds from fruit then place it into a cheesecloth bag.

Put this container into the cooking water.

Add 2-3 cups of sugar then place over low heat, constantly stirring, until sugar is melted.

Turn up temperature then boil intended for five minutes. Take away seed container and add fruit slices to pan.

Straightway turn off the heat.

Take away seeds from container then place in a sieve.

Press to mine as much pectin as likely.

Return pectin to the pan, turn on temperature, bring it to a boil for up to an hour, or till the jelling point is reached.

Skim off any foam as desired.

Discharge into germ-free half-pint jars, leaving 1/2 inch of headspace.

Wipe rims, screw-on lids then rings

Process in hot water bath intended for ten minutes.

Fruit Chutneys

Hunters are typically mixtures of fruits with vinegar, seasoned with sugar, as well as spices. A couple of centuries before, chutneys were observed down upon, seen only as an underprivileged man’s food. Currently, chutneys are respected by epicureans discovering new flavor mixtures. Here are limited examples.

Cantaloupe Chutney

Here is one method to enjoy the taste of one of summer’s best

Three average cantaloupes

1 pound dehydrated apricots

One garden-fresh hot chili

2 cups raisins

1 tsp. crushed cloves

1 tsp. crushed nutmeg

2 Tbsp. salt

2 Tbsp. mustard seed

1/4 cup fresh ginger, chopped

Three cloves garlic

4 1/2 cups apple cider vinegar

2 1/4 cups brown sugar

Four onions average

1/2 cup orange juice

2 Tbsp. orange zest

Mango Chutney

6 cups cut green mangos

1/2 pound fresh ginger

3 1/2 cups currants (de-stemmed)

8 cups of sugar

2 cups vinegar

3 tbsp. ground cayenne pepper

1 tbsp. salt.

Vegetables

Vegetables, excluding pickled varieties, usually require less groundwork than fruits, and then they always need processing by pressure canner due to the absence of acidity.

Sweet Corn Salad

10 cups than corn kernels

Two green bell peppers

One red bell pepper

Four onions (creamy or white)

1 tsp. celery seed

1 Tbsp. dehydrated mustard

2 2/3 cups white wine vinegar

2 2/3 cups sugar

1/2 tsp. crushed turmeric

Method

Halve, seed, and de-rib peppers.

Chop coarsely, to the scope of a corn kernel.

Chop onions to the same size.

Toss very ingredients into a weighty pot or kettle.

Warmth to a slow boil then continues cooking at this high temperature for ten minutes or till vegetables is tender.

Discharge into hot jars, making sure all jars get the same quantities of liquid.

Wipe rims, screw-on lids, and then ring.

Develop in a pressure canner: pints – 55 minutes; quarts – 85 minutes

Garden Vegetable Medley

2 cups cubed carrots

2 cups olive green beans 1-inch cuts

2 cups cut celery

2 cups cauliflower flowerets

2 cups fennel chopped 2 cups slight hot onions

Two green bell peppers

4 cups white wine vinegar

1/3 cup emerald oil

1/2 cup salt (proper)

1/2 cup sugar

Beet-Cabbage Relish

2 cups chopped cooked beets

2 cups sliced cabbage

1/4 tsp. pulverized white pepper

1/8 tsp. red pepper snowflakes

1/2tsp salt

1 cup cut celery

3/4 cup sugar

1 cup white vinegar

1/2 cup water

Method

Blister beets in hot water, take away peels.

Chop beets into 1/2 inch cut into cubes, put in nonreactive kettle or container add water to cover, boil till tender.

Take away beets to a clean container or kettle; reserve cooking water.

Mix very ingredients in the kettle, measuring 1/2 cup cooking water.

Heat till boiling

Place in warm pint jars, making sure very jars get equal quantities of liquid.

Wipe rims, screw-on lids, and then ring.

Process in a hot water bath for 5 minutes

Sassy Southern Relish

2 cups sugary red peppers, seeded then chopped

- 4 cups cabbage, sliced
- 2 cups fragrant green peppers, seeded then sliced
- 2 Tbsp. celery kernel
- 2 cups white or creamy onions cut
- 1/4 cup mustard seed
- 4 cups white vinegar
- 1/4 cup salt
- 1/2 cup sugar

Two warm peppers seeded then sliced (to flavor)

Method

1. Wash, seed, de-rib, then chop very the peppers.

2. Wash then cut cabbage.

3. Peel then chops onions.

4. Syndicate vegetables in a nonreactive vessel, pot, or kettle.

5. Cover with salt, then let stand at room hotness overnight.

6. Drain; add spices, sugar as well as vinegar to veggies without cooking.

7. Pack into germ-free pint jars, leaving an inch of headspace.

8. Wipe rims, screw-on lids, and then ring.

9. Process in a hot water bath for 5 minutes.

Pickles

Whether sweetened or tasty, pickles can get bright up a simple lunch or dinner with their rich, thick flavors. Problems occasionally happen during pickling. Although these do not make the pickles indigestible, they are not as good as they would be.

Bread and Butter Pickles

4 quarts average cucumbers cut

Three cloves garlic

Eight average white onions cut

1/3 cup pickling (genuine) salt

5 cups of sugar

3 cups cider vinegar

2 Tbsp. mustard seed

1 1/2 tsp. turmeric

1 1/2 tsp. celery seed

Method

In a big container toss together cucumber, then onion cuts, garlic, and salt with a large quantity of cracked ice.

Let stand for three hours; gutter well.

Take away the garlic.

In a big nonreactive kettle syndicate, the remaining ingredients.

Add the cucumber mix and bring to a boil.

Directly pack into boiling pint or half-pint jars, leaving 1/2 inch headspace.

Wipe rims; bolt-on lids and rings. Process in a hot water bath: 5minutes for cocktails or half-pints.

Whole Dill Pickles

2 pounds preserving cucumbers (about 20-25)

1/2 cup dill seed

4 tsp. mustard seed

7 cups of water

3 cups apple cider vinegar

1/4 cup pickling (genuine) salt

Method

Wash-down cucumbers, take away stems, then blossom ends.

2. Pack cucumbers sloppily into hot quart jars, leaving 1/2 inch headspace.

3. Divided dill as well as mustard seeds evenly among jars.

4. In a weighty pot, syndicate water, vinegar, and then salt; bring to a boil.

5. Discharge brine over cucumbers, dividing alike but leaving 1/2 inch headspace.

6. Wipe rims; screw-on lids then rings.

7. Process jars in a hot water bath for fifteen minutes.

8. Let pickles stand at a minimum of one week before using.

Meat, Fish and Poultry

Utmost plain meat, fish, as well as poultry, are best preserved by wrapping then freezing. Though, by joining these proteins with pastes or soups, nutritious meals can be quickly served without sacrificing quality ingredients.

Potted beef

5 pounds boneless beef roast

1/2 cup garden-fresh sage

1/4 cup garden-fresh thyme

2 tsp. ground mace or allspice

One grated nutmeg

2 Tbsp. salt

1 Tbsp. pepper

1 1/2 pounds butter, make softer

Method

Roast beef in a 400 of the stove for one and a half hours, or until well done.

2. Take away beef from pan then refrigerate.

3. When the beef is systematically chilled, take away crust plus fat from the outside of the roast.

4. Cut the meat into slight bits, pound with a meat mallet, or the foot of a weighty pan or skillet.

5. Sprinkle flavorings over meat and continue pounding till they are combined into the meat.

6. Alternating meat and butter layers in a ceramic or stoneware jar.

7. Press the mix down well, cover, then bake in a 350 oF oven for one hour.

9. Store at a low temperature.

Pickled Pig's Feet

Eight pig's feet

1/2 cup pickling (genuine) salt

2 quarts vinegar

One small warm red chili

2 Tbsp. garden-fresh horseradish, grated

1 tsp. black peppercorns

1 tsp. allspice

Method

1. Place feet in a low pan or salver.

2. Sprinkle with salt; let position for four hours.

3. Rinse the feet well in water, place them in a big pan of hot water, and cook for two or three hours, or till tender, but before meat falls off bones.

4. Pack the feet in warm, sterile quart jars.

5. Boil the vinegar with the chili, horseradish, peppercorns, and then allspice for five minutes.

6. Discharge vinegar mix over feet, leaving 1/2 inch headspace.

7. Wipe rims, bolt-on lids, and then ring.

8. Process in a hot water mud bath for 90 minutes.

About The Book

From the experts comes the essential detailed /comprehensive principle of canning and preserving a fundamental guide created for every home cooks. This contemporary guidebook with over 350 of the best recipes ranges from jams and jellies to jerkies, pickles, salsas, plus more comprising extender recipes to make brand fresh dishes using newly preserved farmer’s ‘market discoveries or vegetable garden plenty.

Structured by method, A Step-By-Step Guide for Beginner's Canning and Preserving

Covers water bath and pressure canning, pickling, fermenting, freezing, dehydrating, and smoking. Directives step-by-step images to guarantee realization for beginners, while experiencing home canners will discover more progressive approaches and motivating ingredient systematic tested for fresh Preserving Quality Assurance.

The Beginner's Guide to Canning and preserving contains:

Safe & practical discover the nuts plus bolts of canning, including a look at the essential equipment, ingredients, and fundamental guidelines of safe canning.

Savor the seasons—With good lots of delicious, easy-to-follow recipes; you can preserve seasonal flavors to relish wholly year-round, similar to Apple-Peach Butter in addition to Simple Spaghetti Sauce.

An entire episode is devoted to delicious, gift able treats, like Rhubarb Chardonnay Jam, Raspberry-Chocolate Ice Cream Topping, and then Pepper Jelly.

A Step-By-Step Guide for Beginner's Canning and Preserving

The Best Canned, Jammed, Pickled, and Preserved Recipes Principles

I believe that with this book, you can preserve it? Sure, you can achieve that with The Beginner's Guide to Canning and preserving.