

Step by Step Guide on how to can Fruits,
Meats, Vegetables, Jams, Jellies

CANNING and PRESERVING *for* *beginners*



LUISA FLORENCE

Eat Healthier with

200

delicious easy Recipes

AND **20** MOUTH
WATERING ITALIAN RECIPES

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Jams, And Jellies. Eat Healthier With 200 Delicious Easy Recipes
And 20 Mouth-Watering Italian Recipes .

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Introduction

How Does Food Spoil?

The principle behind food preservation boils down to one goal: to prevent food spoilage. Food spoilage is the process by which the quality and edibility of food deteriorate, or its suitability for human consumption is reduced. It can lead to it eventually being poisonous and affecting the health of the body.

Canning and Preserving Methods

Drying/Dehydrating

Drying is the oldest preservation method. Drying works to disrupt decomposition that occurs from microorganisms.

This may be done naturally in the sun, as many fruits and vegetables can be dried in this manner.

This can also be done in less sunny climates, in environments where heat is purposefully generated.

The Water Bath Method

This method involves heating food jars by keeping them in boiling water at a temperature of (212°F at sea level) for a certain period.

This method is safer for jams, jellies, tomatoes, pickles, and fruits. Foods have a PH level closer to 4.6 and will need added citric acid or even lemon juice while using the water bath method to stabilize PH levels.

The Pressure Canning Method

This method of canning is used for low-acidic foods such as most vegetables, poultry, seafood, and dairy products. This method involves placing food jars in two to three inches of boiling water in a steam pressure cooker specifically designed for canning.

The temperature in a pressure cooker canner reaches 240°F at sea level at 10 pounds of pressure.

The high temperature above the boiling point of water, which is 212°F, is required to eliminate any chance of bacteria growth in your food.

The specific temperature can only be reached by using the pressure cooking method. A major concern for food safety is to prevent and destroy heat-resistant bacteria growth, in particular, the *Clostridium botulin*, which can

produce deadly toxins, which can grow well in low acidic foods like meats and veggies.

Low acidic foods have a PH level of more than 4.6. Depending on the food and altitude, you're meant to cook the food jars for a specific time at the temperature of 240°F or above.

Pickling and Fermenting

Basically, to make pickles or to pickle your food, what you do is to dip it in a solution that ensures the food has a long shelf life. Salting food is another complementary way of ensuring your food that can last long without getting spoilt. In ancient times, nomadic tribes of Africa and elsewhere would salt their meat to ensure it lasts many days and sometimes weeks.

Sometimes people use vinegar for pickling, and this is because vinegar is acidic enough to kill bacteria that would otherwise cause food to go bad.

Other foods are pickled in salt brine, and that is because it is a liquid that enhances fermentation.

The reason fermentation is encouraged here is that good bacteria end up developing, and that makes the food much less vulnerable to the bad bacteria. And, of course, if the growth of bad bacteria is restricted, it means your food cannot get spoilt quickly.

CHAPTER 1:

20 mouth-watering Italian recipes

Passata Di Pomodoro



Ingredients

2 kg Ripe tomatoes

Basil

Salt (just enough)

Yield: 1 kg of tomatoes = about 35ml of puree

To prepare the tomato puree preserves for the whole year, buy tomatoes that are not bruised, but firm, well red and ripe; You can choose between the coppery, cluster and round tomatoes, or the San Marzano, with an elongated shape.

Instructions

To prepare the tomato sauce, start by checking them individually, eliminating the rotten, stained or bruised ones. Remove the stalks and wash them very well, then leave them to drain. Cut each tomato in half and remove the seeds

Place them in a large large pot and let them dry over low heat by covering them with a lid, turning them from time to time, until they are limp and pulped. At this point, pass them with a vegetable mill (or with the special electric machine), making the sauce converge in a smaller steel pot. In the

meantime, you have sanitized the jars and lids by boiling them in plenty of water or using a special sterilizer.

If the tomato puree does not seem to you to be of the right density, filter it with a little mesh strainer to remove excess water or let it thicken on the stove until it reaches the desired consistency.

Put some basil leaves inside each sanitized jar. Pour the tomato puree into the sanitized jars with the help of a funnel and taking care to leave 2-3 cm of space from the edge of the jar. Finish with a few more basil leaves and close the jars well. At this point, proceed with boiling: place the jars inside a large container, taking care to separate them from each other with clean cotton sheets, add hot water until they are covered and bring to a boil. Turn off the heat 30 minutes after the first boil and let it cool. Once the jars are cold, check that the vacuum has been done correctly: if, by pressing the cap, you DO NOT hear the "click clak", the vacuum will have formed correctly. Store the tomato puree in a cool place away from light.

If the vacuum has been done correctly, the tomato puree can be stored for a maximum of one year in a cool place away from light.

Red Sauce (With Peppers)



An excellent and delicious sauce to be used to season boiled meats (hot or cold), roasts or to be eaten spread on toasted bread to accompany cheeses and cold cuts. The recipe is that of my grandmother. I slightly adapted it using industrial tomato paste (the one in a tube, so to speak) to make it slightly lighter. With the homemade concentrate, the sauce was much tastier, but definitely heavy. With the following doses I prepare 8 jars of 100 g. Here is the recipe for this delicious pepper sauce.

Ingredients

- red and yellow peppers
- 1 kg white onions (I use the sweet ones from Giarratana)
- 1 kg green tomatoes
- 600 gr white wine vinegar (I measure it with an old bottle)
- 300 gr sugar
- 300 gr extra virgin olive oil
- 1 double tomato concentrate tube

Instructions

First wash the peppers well, remove the seeds and the white internal filaments, then cut them into tiny pieces.

Wash the tomatoes in the same way, remove the seeds inside and cut them into small cubes. Put everything in a saucepan, taking care to use a flame spreading net even if you are not using (as I do) an earthenware saucepan, add the vinegar, sugar and oil and put on the fire holding the very low flame.

As soon as it starts boiling, cook for 15-20 minutes, then add the entire tube of tomato paste. Mix well using a wooden spoon and leave to cook, always over low heat for about 3 hours. Half an hour before the three hours, remove from the heat and (this is my variant) with an immersion mixer suitable for blending hot foods, reduce everything as well.

Finish cooking. At this point the sauce is ready to pour into the special pre-sterilized glass jars.

Cover the jars and turn them upside down so that the vacuum is created. Let them cool completely covered with a kitchen towel.

When they are completely cooled, wrap each jar in a napkin and place them in a pot large enough to contain them all.

Cover them with cold water and boil for 20 minutes from the first boil. Let them cool completely in the same water as boiling, then dry them and store them in a cool and dry place.

Once opened, the jars must be kept in the refrigerator and the sauce used quickly.

Pinuccia Olives



Ingredients:

- 1 kg olives.
- 15 bay leaves.
- 5 dried wild fennel branches.
- salt 3 tablespoons (or to taste).

Instructions:

4 cuts in each olive to absorb the water. soak in cold water and change it every 1 or 2 days 15 times.
then boil fennel bay leaves and salt in a 5-liter pot for at least 2 hours. let it cool completely and put the olives in it. put them in the jar with water to the brim and let them rest for at least 2 days before consuming them. Always make sure that the olives remain covered by water.

Carciofini Sott'olio (Artichokes In Oil)



Ingredients

Sunflower oil,
black pepper in granules and bay leaves

In small jars: 3 bay leaves, 20 black pepper grains.

Instructions

Boil the artichokes in water and vinegar for three minutes from the start of boiling. Remove them from the pot and let them dry overnight wrapped in a tablecloth. Finally, arrange the artichokes inside the jars together with the pepper and bay leaf. , Press the contents hard to avoid the creation of air bubbles. Fill the jar with oil to the brim, and beat the jar on the table to let any air bubbles rise. Do not close the jars immediately, leave the lid alone on for at least half a day. Before sealing it definitively, check if you need to add more oil: the artichokes must be covered entirely.

Tonno Sott'olio



Ingredients

Dose for 2 jars
1 kg of tuna fish
extravirgin olive oil
1 liter of water
75 gr of salt
6 juniper berries
6 bay leaves

Instructions

Wash the tuna repeatedly with cold water until it loses all the blood. Bring the water in a saucepan to a boil. Then add the bay leaves, salt and juniper berries. Then add it to the pot and cook it over medium heat for about 1 hour. After this time, drain it and let it drain in a colander in a bowl for 24 hours. Coarsely chop the tuna and place it in sterilized jars. Now cover with oil, leaving a centimeter free from the edge of the jar. With a knife, chop the tuna to make sure that it is completely soaked in oil. Add a bay leaf and three juniper berries to each jar. Close the previously sterilized jars and put your tuna in oil in a cool and dry place. Wait at least a month before consuming it, for the tuna to flavor well with the oil and aromas.

Marmellata Di Fichi



Ingredients

1 kg [figs](#)

1 kg [sugar](#)

1 untreated [lemon](#) (juice and lemon zest)

Instructions

Clean the figs with a damp cloth and without peeling them and cut them into quarters.

Put them in a saucepan and add the grated lemon peel, then put everything on low heat taking care to place on the stove a spread-flare net. Cook until the figs have almost completely spread.

Pass the figs to the green pastry (or blend them with an immersion mixer of those suitable to blend hot foods) or - if you want a greater consistency of jam avoid this step. I prefer (and recommend) the second solution.

Add the sugar and let it mix, stirring constantly and continuously so that the bottom does not caramelize. Cook for 20 to 30 minutes and - anyway - until the jam has veiled the spoon.

Invade the fig jam in jars already sterilized, filling them to the brim. Close tightly and topple the jars by holding them for the lids so that they create the vacuum.

Leave it so, covered with a kitchen towel, to cool completely.

Finally, wrap the individual jars with napkins and place them in a large pot and with high edges. Cover the jars of cold water and bring everything to a boil, boiling for at least 20 minutes from the first boil. Turn off the heat and

let them cool in the same water, then take them out, dry them and place them in a cool, dry and semi-dark place.

Like all jams it is better to consume it after at least 30 days of its preparation.

Funghi Porcini Sott'olio



Ingredients

- 1.5g small [porcini mushrooms](#)
- 400g extra virgin olive [oil](#)
- 1/2 glass dry [white wine](#)
- 1/2 cup [white wine vinegar](#)
- 1 litre [water](#)
- 4 laurel clean bay leaves
- [sal](#) t (to taste)

Instructions

Clean them very thoroughly with a damp towel trying to eliminate all the soil, very gently, and if necessary pass them under cold running water but very quickly and making them then dry well.

Cut them into slices if they were quite large and remove the skin from the stems otherwise they would turn out to be hard.

Bring the water to the boil, then add the vinegar, the white wine, once the boil resumes pour the mushrooms and cook over a moderate flame for 10 minutes, stirring often with a wooden spoon gently, turn off and drain the mushrooms well on a clean towel and let them dry perfectly.

Put the mushrooms in the previously sterilized pot, seasoned with the bay leaves and peppercorns.

Cover with olive oil and let stand for about a week, refilling the oil in case the level in the pot drops.

Sterilize the pots by putting them in a pot with cold water. When the boil is reached, count 30 minutes from the boil and leave to cool completely in the

pot and place in a dark and cool place.

Marmellata Con Buccia Di Limone



Ingredients

sugar (to taste)

20 [lemons](#)

Instructions

Remove the peel from the lemons, only the yellow part, and squeeze the juice.

Boil the skins in plenty of water, until tender. Drain and pound in the mortar, making them a pulp.

Weigh the lemon juice previously obtained and add the sugar, respecting the following proportions: at 100 grams of juice you will have to combine 100 grams of sugar.

Boil the sugar and lemon juice until the sugar is dissolved so that you will get a syrup. If necessary, add a few tablespoons of water.

At this point, add the flesh obtained from the skins of the lemons and cook for about an hour on a low heat, until the jam is ready.

Overrun when it's still hot and plug straight away.

Flip the pots over to create the vacuum, covering the jars with a blanket until they cool down.

Cozze Alla Marinara



Ingredients

- 2 kg mussel
- 2 glasses dry white [wine](#)
- 2 glasses [water](#)
- 2 glasses wine [vinegar](#)
- 2 garlic [cloves](#)
- 1 handful [parsley](#).
- [basil](#) leaves
- [red chilli](#) (optional)
- [olive oil](#)
- [sal](#) t (to taste)
- [Pep](#) per (to taste)

Instructions

Clean and brush the mussels, wash them carefully and leave them to soak after washing for half an hour in warm, salty water.

Spend half an hour put them in a pot, without water and without seasoning, and cook them over a very low heat while continuing to stir. When the mussels have opened, drain them by collecting the cooking liquid in a bowl, and leave them aside.

Allow the mussels to cool and remove the shell once cold.

In a frying pan sauté two cloves of garlic in plenty of olive oil, stir in the garlic and add the water with vinegar and white wine and boil for five minutes over a very low heat.

Chop the parsley, basil and red chilli and filter the cooking liquid of the mussels, set aside earlier.

Put it all in the pot salting and peppering to your liking. Cook for another 10 minutes then turn off the heat and leave to cool.

Remove the garlic cloves and place in the pots making sure that the mussels are completely covered by their cooking liquid. Tightly close the vessels and sterilize for an hour.

Moscardini Sott'aceto



Tasty fish, fragrant as good as it preserves. It is excellently tasted preparation that will pay us well for our effort! Time 1 hour

Ingredients

2 kg baby octopus
some [bay](#) leaf
1 small bicna [onion](#)
a few cloves [garlic](#)
some [clove carnation](#)
1 piece white [celery](#).
a few [parsley tufts](#)
1 glass white [wine](#)
white vinegar
[olive oil](#)
[Water](#)
[sale](#)

Instructions

Clean and wash the moscardini very well, cut them into pieces. If the moscardini were very small you can leave them whole.

Boil the white vinegar and water in equal parts, salt, add the white wine and aromas (laurel, onion, garlic, cloves, celery and parsley), washed and washed.

Boil everything, very slowly, for a few minutes, then dip the moscardini. Cook for five minutes after which the heat is turned off and leave to cool in their cooking broth.

Drain and let it drain a little, then pass in the oven already warm for a few minutes.

Leave to cool out of the oven and put in the pots with a few bay leaves and pepper. Cover with vinegar and store it in the cellar.

Alici Piccanti



Tasty, fragrant and very varied with fish preserves. These are a bit of a demanding preparation, but with excellent taste That will pay us a lot of for our effort! From classic mussels to marinara to tasty sea salad, to spicy anchovies: a series of proposals to satisfy every taste in fish!

Preparation time: 1 hour

Ingredients

- 1 kg [anchovies](#) in salt
- 3 glasses extra virgin [olive oil](#)
- 1 glass dry white [wine](#)
- 1 [celery stalk](#)
- 1 small [carrot](#)
- 1 cluded [parsley](#).
- 1 piece red [chilli](#)
- 1 jar pickled [capers](#)
- 1 [sprig thyme](#)
- 2 [bay](#) leaves

Instructions

Wash the anchovies in water and vinegar and spread them in a towel to dry for a few hours.

Chop all the aromas (celery, carrot, parsley, chilli, thyme, bay and some caper) until reduced to mush.

Put everything in a pot, add the wine and oil and cook over a very low heat for half an hour. If the sauce dries too much, add some more white wine.

Roll the anchovies with a caper inside each one.

Turn off the sauce and let it cool.

Arrange the anchovies regularly in the pots, covering each layer with the sauce. You can start consuming them after a few days.

Zucchine Sott'olio Con Acciughe



Ingredients

- 1 kg [zucchine](#)
- 8 cloves [garlic](#)
- 8 [anchovies](#), salted
- 2 glasses white wine [vinegar](#)
- 1 teaspoon coarse [salt](#)
- extra virgin olive oil

Instructions

Wash the courgettes thoroughly, dry them and tick them. Cut them in length in half and then cut them back into slices by the length and dividing each piece into cubes of about 3 centimeters.

Pour the two glasses of vinegar into a pot, add a glass of water and salt. Cover and bring to the boil.

Remove the lid and dip the courgette pieces into the boiling liquid and blanch for two minutes. After the indicated time, collect the zucchini with a foam, drain them well and place them to dry on a towel (it will take about 3 hours), perfectly enlarged.

Peel the garlic cloves and slice them.

Dissal the anchovies by scraping them with a knife and then rinsing them under water. Open them in half, removing the bone and drying them.

Place the zucchini in the pots by interspersed with the anchovies and garlic cloves. Cover completely with oil and close the pots.

Sterilize and store in the pantry in the cool and dark for at least a month before consumption.

Marmellata Di Mele



Ingredients

- 1 kg organic apples
- 1 organic lemon
- 400 - 500g whole brown sugar
- 1/2 cup water

Instructions

Wash and peel the apples, cut them into slices and then into small pieces. Put them in a saucepan with water, cook over low heat, just soak the water, add the lemon juice, grated zest or pieces and sugar. Cook until the ingredients mix well.

When cooked, pour the jam into a clean, sterilised and dry jar. Close and flip.

Store in a cool, dark place. Consume after a week.

Mele Secche



Ingredients

3 [apples](#)

1 [lemon](#)

Instructions

Prepare a bowl with plenty of water and the squeezed lemon.

Wash the apples, remove the core with the appropriate tool and cut them into slices half a cm thick horizontally.

Put the slices in the water and lemon so they do not oxid and remain nice clear.

Take some kitchen string and thread the apple slices, hang the string and space the slices with laundry clothespins. Be careful because the first half hour drips a little on the ground, so put some newspaper sheets.

Leave them hanging for a few days, moving them from time to time and moving the laundry clothespins.

When they completely lose moisture and become dry, store them in a bread bag.

Marmellata Di Carote



Ingredients

500 gr [carrots](#)

500g [sugar](#)

3 grated [lemon zest](#)

1 [rhum](#) glass

1 pinch [vanilla](#)

Instructions

Wash the carrots, tick and scrape them. Cut them into pieces, removing the soul.

Scrape the zest of 3 untreated lemons.

In a little unsalted water cook the carrots, when they are soft, drain them and, still hot, sieve them or with a minipiner.

Add the sugar and skins of the grated lemons and put back on the heat. Cook over a very gentle heat, stirring often.

When a drop of jam placed on the plate does not slip, remove it from the heat and let it cool down.

Then add the Rum and vanilla. Mix very well and overrun.

Allow to cool completely before closing tightly and sterilize for 30 minutes from the time of the boil.

They must be completely covered with water and wrapped in a cloth to avoid breaking the jars containing your carrot jam.

Marmellata Di Cipolle Rosse



Ingredients

- 450g red [onions](#)
- 75 ml [aceto](#) balsamico
- 1 glass [of wine](#) aged or cognac
- 350g [sugar](#)

Instructions

Clean and slice as thinly as possible the onions, cover them with balsamic vinegar the cognac and half the sugar and let them macerate for at least 2 hours.

Then pass them in a saucepan and put them on the heat until they have wilted.

At this point add the other half of the sugar and bring to the boil and, always stirring well, cook until the compote is well homogeneous. To check the cooking point of the jam, make the traditional test of the saucer: put a teaspoon of compote on the plate and tilt it, if it does not slip away with ease, the jam is ready.

Place it still boiling in the jars already prepared and sterilized.

Close with the caps and flip the jars, cover them with a cloth and leave them so until they have cooled completely.

At this point wrap the cold jars with clean napkins and put them in a pot, cover them entirely with cold water and boil them for 20 minutes from the beginning of the first boil.

After 20 minutes, turn off the heat, let the water cool, then pull out the jars, dry them and store them in a cool, dark place.

Sgombri In Vaso



Instructions

Cleaning the mackerel, depriving them of their heads and entrails

If you have a large pot, arrange the mackerel right, so that we can stand more.

Cover with cold water, add the salt, vinegar and place everything on the heat over a high heat and bring to the boil.

When boiling, turn down the heat and boil slowly for three hours. You should not be afraid that they will be released, because the salt will keep the fish compact.

While the fish boils prepare an axis of raw wood, covering it with a towel.

After three hours, remove the fish, fillet them and peel them.

Put the fillets thus obtained on the previously prepared axis, covering everything with kitchen paper, and store them in a cool and dry place. They should dry for at least 24 hours.

Then arrange the fillets in the glass jars, taking care not to break them. Add seed oil until covered and a bay leaf for each pot.

Seal and place the pots to boil to reach the vacuum (usually it takes 5 minutes of boiling).

Remove the pots from the water when they have cooled. They will be eaten after at least three months of aging. They are also preserved for more than a year.

If you want to make mackerel natural, once boiled, put them in whole and still warm pots, and cover them with cooking water. Then plug the jars, proceed to vacuum them as for those in the ground.

Gelatina Di Maiale



Ingredients

- 1/2 [pork head](#)
- 3 kg mixed [pork](#) (bacon, thigh and shoulder)
- 5 [bay leaves](#)
- 5 garlic [cloves](#)
- 1/2 litre [vinegar](#)
- ground red [pepper](#) (to taste)
- [sal](#) t (to taste)

Instructions

Cut the head into large pieces and wash it, cut the meat and wash it, cover everything with cold water and boil.

When cooked remove the meat taking care to set aside the water.

When the meat is cold cut into small pieces eliminating the bones.

After doing this put the meat in a large pot, with half cooking water and the remaining ingredients.

Cook for 1/2 hour or so put in the containers and store in the fridge.

When it has thickened it is ready to eat.

PS If you want to store long after cooking put in jars and boil in a water bath for 45 minutes

Conserva Per Brodo Vegetale



Ingredients

- 250g [green sedane](#)
- 2 medium [carrots](#)
- 2 medium [onions](#)
- 2-3 [garlic](#) cloves
- 2 [bay](#) leaves
- 1 [sprig rosemary](#).
- 2 [sage](#) tufts
- 1 bunch [parsley](#).
- 3 tbsp extra virgin [olive oil](#)
- 250g [salt](#)

Instructions

Put all the smells and vegetables in the mixer and chop finely.

Pour into a pan, add the oil and salt and stew over a very low heat for 20 - 30 minutes, stirring often.

Leave to cool, switch to the mixer again until you get a cream.

Store in freezer, in glass jars.

Melanzane Sott'olio



Ingredients

round eggplant

[Herbs](#)

[salt](#) to taste

[Garlic](#)

[leaves bay leaf](#)

[olio d'oliva](#) extra vergine

Instructions

We moed and lavick the aubergines well, we affect them at the thickness of 5 millimeters, taking care that all the slices keep the peel on the outside.

We sprinkle them abundantly with salt and leave them in a perforated container for an hour.

After this time we brush the slices under running water, with the attention due not to tear them, we dry them and brush them with herb oil and grill them at the right point on a steak or in the grill.

We gently chop them with chopped herbs, add salt, press them in glass jars, remaining a few centimeters below the edge, with peppercorns and lauro leaves.

We cover them with oil and let it rest overnight.

The next day, if necessary we add oil, close the pots and bring them safely to the pantry.

CHAPTER 2:

Water Bath Recipes: Fruits and Vegetables



Apple Chutney

Preparation Time: 10 minutes

Cooking Time: 90 minutes

Servings: 8 11-ounce jars

Ingredients:

- 2 cups white vinegar
- 2 teaspoons salt
- 2 tablespoons ground cinnamon
- 2 tablespoons ground ginger
- 2 cups white sugar
- 2 cups brown sugar
- 1 lb. raisins
- 2 jalapeno peppers, chopped
- 1 cup onions, chopped
- 10 medium apples, cored and chopped

Directions:

Combine ingredients into a thick-bottomed pot and simmer until thick for about 1 hour.

Ladle into sterilized jars, leaving about 1/2-inch at the top of jars. Process jars by submerging in a water bath for 20 minutes.

Remove the jars then place on a tea towel to cool.

Nutrition: 43 kCal

Canned Blueberries

Preparation Time: 20 minutes

Cooking Time: 90 minutes

Servings: 6 11-ounce jars

Ingredients:

8 cups blueberries

2 cups sugar

Directions:

Place the blueberries into a thick-bottomed pot and cover with sugar. Let stand for 1 hour.

Set to medium heat and cook for 10 minutes, until blueberries release juices. Once that happens, turn off heat and ladle berries into hot sterilized jam jars.

Wipe the rims and secure on jars. Totally submerge into boiling water bath for 20 minutes.

Remove jars and place on top of a tea towel to cool.

Nutrition: 215 kCal

Canned Cherries

Preparation Time: 10 minutes

Cooking Time: 15-25 minutes

Servings: 8 11-ounce jar

Ingredients:

1-quart water

3 cups sugar

5lbs. cherries pitted

Directions:

Using a saucepan, dissolve the sugar in hot water.

After this, add cherries into pan and mix. Ladle into sterilized jars, leaving 1/2-inch space at the top of jars.

Clean rims and secure on jars.

Totally submerge jars in boiling water bath for 15 minutes. Remove the jars then place on a tea towel to cool.

If you want to can cherry pie filling, heat the cherries and simmer for 10 minutes before placing it into jam jars.

Nutrition: 149 kCal

Red Grapes

Preparation Time: 20 minutes

Cooking Time: 0 minutes

Servings: 1-quart jar

Ingredients:

1 lb. Red grapes

¼ teaspoon cloves

½ vanilla bean

1 cinnamon stick

1 cup sugar

¼ cup water

1 cup apple cider vinegar

¼ teaspoon black peppercorns

1/8 teaspoon yellow mustard seed

Directions:

Begin by washing the grapes and removing the stem.

Remove the end that was attached to the stem, then set aside.

Place the vinegar, water, and sugar into a saucepan over high heat and boil.

Place all of the spices in the bottom of a 1-quart jar. Place the grapes in the jar.

Pour the brine over the grapes and place the lid onto jar.

Allow the used jar to cool, then place in the fridge to rest for 24 hours.

Nutrition: 152 kCal

Prunes

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 1-quart jar

Ingredients:

- 1 bay leaf
- 1-star anise
- 3 allspice berries
- 4 green cardamom pods
- 1/8 teaspoon red chili flakes
- 1/4 teaspoon cloves
- 1/4 teaspoon black peppercorns
- 1 teaspoon ginger, grated
- 1/4 cup honey
- 1/4 cup brown sugar
- 1 blood orange, with the zest, removed
- 1 cup red wine vinegar
- 1 lb. Prunes pitted
- Pinch of salt

Directions:

Begin by mixing the prunes and red wine vinegar in a medium saucepan. Add in the blood orange zest also the juice from the blood orange, and mix ingredients.

Simmer for 20 minutes. Remove from heat.

Allow the prunes to cool, then add them into the jar.

Clean the lid and secure on the jar. Place the jar in the fridge once it has cooled at room temperature.

Nutrition: 246 kCal

Cranberries

Preparation Time: 30 minutes

Cooking Time: 20-30 minutes

Servings: 4 11-ounce jars

Ingredients:

- 24-ounces cranberries
- 1 teaspoon allspice
- 2 cinnamon sticks
- 3 cups sugar
- 3 cups apple cider vinegar
- ¼ teaspoon juniper berries
- ½ teaspoon black peppercorns
- ½ teaspoon cloves

Directions:

Begin by washing cranberries and removing any bad cranberries or stems.

Mix the sugar and vinegar and bring to a boil in a saucepan over medium heat. Add in the cinnamon sticks.

Place the allspice, juniper berries, peppercorns, and cloves in a spice bag. Place the bag in the brine. Once the brine begins to boil, add in the cranberries and stir.

Allow to cook for 7 minutes.

After cooking, remove the mix from heat and take out the spice bag and cinnamon sticks. Break both cinnamon sticks in half, and set aside.

Using a spoon, remove the cranberries from the brine and place them into jars. Pour the brine over the cranberries.

Leave about 1/2-inch of space at the top of jars. Place ½ a cinnamon stick into each jar. Clean the lids then secure them on jars.

Totally submerge jars in boiling water bath for 10 minutes.

After this, remove the jars and place them on a tea towel to cool. Once they are not too hot, store them in the fridge. Let them sit for 24 hours.

Nutrition: 158 kCal

Watermelon Pickles

Preparation Time: 30 minutes

Cooking Time: 1 hour and 20 minutes

Servings: 4-5 11-ounce jars

Ingredients:

2 teaspoons cloves

15-inches cinnamon sticks, broken into pieces

1 ½ cups water

1 ½ cups white vinegar

6 cups water

1 10 pound watermelon

1/3 cup pickling salt

3 ½ cup sugar

Directions:

Remove the rind from watermelon, then trim the pale outer portions. Discard.

Cut the watermelon into 1-inch chunks; you should have about 9 cups. Place the watermelon chunks into a large non-metal mixing bowl.

Mix 6 cups water and pickling salt. Pour over the watermelon and soak it overnight. Pour the watermelon into a colander and rinse with cold water. Place the watermelon in a 4-quart pot and cover it with cold water.

Boil the mixture. Reduce heat and simmer for 25 minutes.

Place 1 ½ cups water, vinegar, cinnamon sticks, sugar, and cloves in a pot and boil. Reduce heat and cook for 10 minutes. Strain and reserve the liquid.

Add the watermelon to the syrup and boil. Reduce the heat to a simmer for 30 minutes and cover.

Place the watermelon and the syrup in jars, leaving 1/2-inch of space at the top of jars.

Totally submerge jars in water bath for 10 minutes.

Remove jars and place on a tea towel to cool.

Nutrition: 70 kCal

Blueberry Pie Filling

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 6 11-ounce jars

Ingredients:

6 cups fresh blueberries

½ cup lemon juice

7 cups cold water

6 cups sugar

Directions:

Wash and drain blueberries.

In a large pot, bring blueberries and enough water, cover them and boil for 5 minutes. After this, drain.

Using a large pot, combine the sugar, lemon juice, water, and fruit pectin and boil. Stir in the blueberries, then remove from the heat.

Pour the mixture into sterilized jars, leaving a ½ inch on top of jars.

Clean the rims then secure to jars. Totally submerge the jars in boiling water bath for 25 minutes.

Remove the jars and place on counter to cool.

Nutrition: 474 kCal

Apple Pie Filling

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4 11-ounce jars

Ingredients:

5 cups lemon juice

$\frac{3}{4}$ cup nutmeg (optional)

2 $\frac{1}{2}$ cups apple juice

1 tablespoon cold water

1 $\frac{1}{2}$ cups cinnamon

5 $\frac{1}{2}$ cups fruit pectin

6 cups sugar

7 fresh apples, blanched and sliced

Directions:

In a large pot, cook the apples in 6 cups of boiling water for 5 minutes then drain.

In another pot, combine fruit pectin, sugar, and cinnamon with the water and apple juice. Bring it to a boil after which, add the nutmeg.

When mixture begins to thicken, add the lemon juice and cook for 1 minute. Ladle into sterilized jars, leaving about 1/2-inch at the top of jars.

Clean rims and lids then secure onto jars. Allow jars to cool on the counter.

Nutrition: 74 kCal

Cinnamon Banana Butter

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 2 11-ounce jars

Ingredients:

½ teaspoon ground cinnamon

3 teaspoons vanilla

4 ½ cups sugar

1 package fruit pectin

1/3 cup fresh lemon juice

4 cups mashed bananas

Directions:

In a saucepan, mix lemon juice, bananas, and pectin until the pectin is dissolved. Bring to a boil, stirring constantly. Stir in the sugar.

Stirring constantly heat to a full rolling boil; then remove the pan from heat and mix in vanilla and cinnamon.

Ladle into sterilized jars, leaving about 1/2-inch at the top of jars. Clean the rims and lids and secure on jars. Totally submerge jars into boiling water bath for 10 minutes.

Remove the used jars and set on a tea towel on the counter to cool.

Nutrition: 73 kCal

Spicy Carrots

Preparation Time: 20 minutes

Cooking Time: 1 hour

Servings: 4-5 11-ounce jars

Ingredients:

- 2 pints fresh carrots
- 1 cup sugar
- 2 cups cider vinegar
- 1 ½ teaspoons celery seed
- ¼ piece mace
- ¼ stick cinnamon
- ¾ teaspoons cloves
- ¾ teaspoons allspice
- ¼ teaspoon salt

Directions:

Tie the salt and the spices in a thin cloth bag. Boil the sugar, vinegar, and spices for 15 minutes.

Sterilize a quart jar for about fifteen minutes in boiling water. Remove sterilized jar from water then add the vinegar mixture into it.

Clean the rim and lid and secure to jar and set aside for about 2 weeks.

Remove the spice bag. Cook the fresh carrots until they are tender but firm, and let them cool.

Heat the vinegar add ½ cup of the carrot liquid. Add the carrots and simmer for 15 minutes.

Pack sterilized jars with carrots and cover them with vinegar mixture. Stir to remove air bubbles. Clean rims and lids and secure to jars. Totally submerge jars in boiling water bath for 10 minutes.

Nutrition: 15 kCal

Spicy Green Beans

Preparation Time: 20 minutes

Cooking Time: 1 hour

Servings: 2-3 11-ounce jars

Ingredients:

- 2 pints green beans
- 1 cup sugar
- 2 cups cider vinegar
- 1 ½ teaspoons celery seed
- ¼ piece mace
- ¼ stick cinnamon
- ¾ teaspoon allspice
- ¼ teaspoon salt

Directions:

Tie the salt and the spices in a thin cloth bag. Boil the sugar, vinegar, and spices for 15 minutes. Add mixture to a sterilized quart jar and secure lid and set aside for 2 weeks. Remove the spice bag. Cook fresh beans until firm but tender, and let them cool.

Heat the vinegar and add ½ cup of bean liquid. Add the beans. Simmer for 10 minutes.

Pack the beans into sterilized jars, and cover beans with vinegar mixture. Remove air bubbles using a spoon and stir. Clean rims and lids then secure them onto jars. Totally submerge jars into boiling water bath for 10 minutes.

Remove the jars and place onto a tea towel on the counter to cool.

Nutrition: 94 kCal

Spiced Beets

Preparation Time: 20 minutes

Cooking Time: 1 hour

Servings: 2-3 11-ounce jars

Ingredients:

2 pints beets

1 cup sugar

2 cups cider vinegar

1 ½ teaspoons celery seed

¼ piece mace

¼ stick cinnamon

¾ teaspoon cloves

¾ teaspoon allspice

¼ teaspoon salt

Directions:

Tie the salt and spices into a thin cloth bag. Boil the vinegar, spices, and sugar for 15 minutes. Pour mixture into a sterilized quart jar. Clean rim and lid and secure on to jar, then set aside for 2 weeks.

Remove the spice bag. Cook the beets until reaching tenderness but firm, then allow them to cool. Peel the beets. Heat the vinegar and add ½ cup beet liquid. Add the beets and simmer for 15 minutes.

Pack into sterilized jars, covering the beets with vinegar. Remove the air bubbles using a spoon, secure the lids. Totally submerge the jars into boiling water bath for 10 minutes. After this, remove the jars and place them on a tea towel on the counter to cool.

Nutrition: 160 kCal

Marinated Fava Beans

Preparation Time: 20 minutes

Cooking Time: 1 hour

Servings: 4-5 11-ounce jars

Ingredients:

¼ teaspoon black ground pepper

1 ½ lb. Fava beans

2 tablespoons red wine vinegar

½ teaspoon kosher salt

2 tablespoons olive oil

1 teaspoon garlic, minced

2 sprigs fresh rosemary

Directions:

Allow the pot of salted water to a boil.

While the water is heating up, remove the beans from their pods.

Once the water is boiling add beans, and cook for about 3 minutes or until tender and green. Drain the beans. After which, rinse them under cold water.

Pop the Fava beans out of their casings, and set them aside.

Mix the olive oil in a mason jar with vinegar, garlic, rosemary sprigs, salt, and pepper.

Put the lid onto the jar then shake to combine contents. Add the Fava beans to jar and secure the lid.

These marinated beans will keep up to 3 days in the fridge. Allow the beans to soak for at least 15 minutes in the mix before serving them.

Nutrition: 250 kCal

CHAPTER 3:

Water Bath Recipes: Preserves, Conserves, and Some Marmalades



Kumquats Marmalade

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 2 (½ pint) jars

Ingredients:

½ cup sugar

2 cups kumquats, chopped

½ cup water

Pinch of ground cinnamon and ground cardamom

Directions:

Place kumquats into a pot. Add ground cinnamon, ground cardamom, sugar, and water then mix together. Cover it and let sit for 2 to 3 hours to allow fruit to macerate or refrigerate overnight for more flavor.

Cook with a medium-high heat using a pot heat and then bring mixture to a simmer, stirring continuously. Reduce heat to medium; cook and stir continuously for 10 minutes.

Remove from heat. Allow to cool, 5 to 10 minutes

Spoon warm marmalade into sterilized jars. Cover and let cool to room temperature. Refrigerate to chill.

Nutrition: 34.9 kCal

Super Tangy Marmalade

Preparation Time: 5 minutes

Cooking Time: 35 minutes

Servings: 3-4 (½ pint) jars

Ingredients:

3 ½ cups white granulated sugar

1 cup limes, unpeeled, and thinly sliced

1 cup lemons, unpeeled and thinly sliced

3 cups water

Direction:

In a deep saucepan or a cooking pot, combine the citrus slices and water.

Boil the mixture; simmer for a few minutes over low heat.

Mix in the sugar.

Boil the mixture till the thermometer reads 220°F; cook for about 25-30 minutes over medium heat until firm and thick. Stir continuously

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars with the lid. Also, adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store in refrigerator and use within 10 days.

Nutrition: 41 kCal

Onion Garlic Marmalade

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Servings: 2-3 (1 pint) jars

Ingredients:

4-5 cups sweet onions, thinly sliced

1 tablespoon red wine vinegar

1 ½ tablespoons brown sugar

½ tablespoon butter

½ teaspoon salt

2 garlic cloves, minced

1/8 teaspoon black pepper

Directions:

In a deep saucepan or a cooking pot, combine the sugar, onion, and garlic. Boil the mixture; cook for about 25-30 minutes over medium heat. Stir continually. Mix in the vinegar, butter, salt, and pepper.

Boil the mixture until thermometer reads 220°F; cook for 10-12 minutes over medium heat until firm and thick. Stir continuously.

After which, pour the hot mixture into pre-sterilized jars using a jar funnel. Maintain headspace of ¼ inch from the jar top. To remove tiny air bubbles, use a nonmetallic spatula and stir gently.

After this, wipe the edges with a damp cloth. Close the jars and adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store the marmalade in a refrigerator and use within 10 days.

Nutrition: 121 kCal

Ginger Orange Marmalade

Preparation Time: 20 minutes

Cooking Time: 1 hour and 20 minutes

Servings: 2-3 (1/2 pint) jars

Ingredients:

6-7 bitter oranges

2 cups of water

1 medium lemon

3 cups granulated sugar

1 ¼ tablespoons ginger, peeled, and grated

Directions:

Remove the oranges' and lemons' skins and cut into strips.

Cut the oranges and lemons into halves. Juice, remove the seeds, and set aside the juice but do not discard the pulp.

In a deep saucepan or a cooking pot, combine the water, pulp, juice, and peels.

Boil the mixture; simmer for 45-50 minutes until the strips are softened

Mix in the sugar and ginger.

Boil the mixture till the thermometer reads 220°F; cook over medium heat until firm and thick. Stir continuously

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator and use within 10 days.

Nutrition: 73 kCal

Tangy Tomato Preserve

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 3-4 (½ pint) jars

Ingredients:

1 cup sugar

¾ cup honey

2 medium lemons, unpeeled, chopped and seeded

2 ½ pounds yellow tomatoes

2 ounces ginger, grated

Directions:

In a deep saucepan or a cooking pot, combine the water and tomatoes.

Boil the mixture; simmer over low heat to soften tomatoes.

Remove the seeds and chop the tomatoes.

In a deep saucepan or a cooking pot, combine the chopped tomatoes, honey, and sugar.

Set aside for a few hours or you may choose to do it overnight.

Add the lemons and ginger.

Boil the mixture till the thermometer reads 220°F; cook over medium heat until firm and thick. Stir continuously

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator and use within 10 days.

Nutrition: 124 kCal

Black Currant Preserve

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 4 (½ pint) jars

Ingredients:

4 ½ cups black currants, crushed

¼ cup lemon juice

3 cups granulated sugar

1 cup water

1 tablespoon lemon zest

Pinch of salt

Directions:

In a deep saucepan or a cooking pot, combine the ingredients.

Boil the mixture till the thermometer reads 220°F; cook for about 30 minutes over medium heat until firm and thick. Stir continuously.

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator and use within 10 days.

Nutrition: 52 kCal

Watermelon Lemon Preserves

Preparation Time: 15 minutes

Cooking Time: 2 hours and 30 minutes

Servings: 4 (½ pint) jars

Ingredients:

2 pounds watermelon, peeled, seeded and cubed

3 cups white sugar

3 lemons unpeeled, sliced, and seeded

Direction:

In a deep saucepan or a cooking pot, combine the watermelon cubes, lemons and sugar.

Boil the mixture; cook for about 2 hours over medium heat until fir and thick. Stir continuously.

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel. Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator.

Nutrition: 224 kCal

Apple Lemon Preserve

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 3-4 (½ pint) jars

Ingredients:

- 3 cups apples, peeled, cored and sliced
- ½ cup water
- ¼ teaspoon ground nutmeg
- ½ tablespoon lemon juice
- 1 lemon, unpeeled, seeded, and sliced
- 1 (1/75 ounce) package powdered pectin
- 2 cups sugar

Directions:

In a deep saucepan or a cooking pot, combine the water, sugar, lemon juice, lemon slices, and apples.

Boil the mixture; cook for about 8-10 minutes over medium heat until firm and thick. Stir continuously.

Mix in the pectin and nutmeg.

Boil the mixture until thermometer reads 220°F; cook over medium heat until firm and thick. Stir continuously.

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel. Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Put the used jars in a water bath for about 10 minutes

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator

Nutrition: 50 kCal

Lemon Peach Preserve

Preparation Time: 15 minutes

Cooking Time: 1 hour and 30 minutes

Servings: 4 (½ pint) jars

Ingredients:

Juice of 2 large lemons

3 pounds peaches, peeled, pitted, and cubed

1 ½ cups granulated sugar

Directions:

In a deep saucepan or a cooking pot, combine the peaches, lemon juice and sugar.

Set the mixture aside for 2-4 hours.

Boil the mixture till the thermometer reads 220°F; cook for about 1-2 hours over medium heat until firm and thick. Stir continuously

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Put the used jars in a water bath for about 10 minutes

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator.

Nutrition: 50 kCal

Pear Ginger Preserve

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 3-4 (1/2 pint) jars

Ingredients:

4 cups pears. Peeled, seeded, and chopped

½ teaspoon salt

2 ½ cups honey

1 lemon, peeled and diced

Direction:

In a deep saucepan or a cooking pot, combine the ingredients.

Boil the mixture till the thermometer reads 220°F; cook for about 12-15 minutes over medium heat until firm and thick. Stir continuously

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator and use within 10 days.

Nutrition: 50 kCal

Cantaloupe Peach Conserve

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Servings: 3-4 (½ pint) jars

Ingredients:

¼ cup blanched almonds, coarsely chopped

1 ½ cups cantaloupe, chopped

1 ½ cups peaches, peeled and chopped

2 cups sugar

½ tablespoon lemon juice

¼ teaspoon ground nutmeg

1/8 teaspoon salt

1/8 teaspoon grated orange rind

Directions:

In a deep saucepan or a cooking pot, combine the cantaloupe and peaches.

Boil the mixture; cook for about 10 minutes. Stir continuously.

Stir in sugar and lemon juice.

Boil the mixture and then stir in the remaining ingredients.

Boil the mixture till the thermometer reads 220°F; cook for about 10-12 minutes over medium heat until firm and thick. Stir continuously

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Put in a water bath for around 10-15 minutes.

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator.

Nutrition: 117 kCal

Cranberry Apple Conserve

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 3-4 (1/2 pint) jars

Ingredients:

1 Granny Smith apple, peeled, cored, and also cut into small pieces

Zest and juice of 1 orange

Zest and juice of 1 lemon

1 ½ cups fresh cranberries

1 ¾ cups sugar

¾ cup chopped walnuts or pecans

¾ cup raisins

1 cup water

Directions:

In a deep saucepan or a cooking pot, combine the water, cranberries, and sugar.

Boil the mixture and simmer for 5 minutes, stirring continuously.

Mix in the juice, zest, and apple.

Boil the mixture till the thermometer reads 220°F; cook for about 15 minutes over medium heat until firm and thick. Stir continuously

Mix in the nuts and raisins.

Once done, pour the hot mixture into pre-sterilized jars using a jar funnel.

Maintain a headspace of ¼ inch from the jar top.

To remove tiny air bubbles, use a nonmetallic spatula and stir it gently.

After this, wipe the sealing edges with a damp cloth. Then, close the jars.

Also, adjust the bands/rings to seal and prevent any leakage.

Place the jars in a dry and dark place. Allow to cool.

Store in your refrigerator and use within 10 days.

Nutrition: 139 kCal

CHAPTER 4:

Water Bath Recipes: Jams



Strawberry Jam

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 12

Ingredients:

10 cups strawberries, Clean & remove stems

1.75 oz. pectin

4 cups sugar

¼ cup tequila

1 lime juice

1 tsp. salt

Directions:

Add strawberries into the large pot and mash strawberries using a masher.

Add lime juice and salt and stir well.

Mix pectin with ¼ cup of sugar and sprinkle over berries. Bring to boil and stir constantly.

Remove pot from heat. Stir in tequila.

Ladle jam into the clean jar. Leave ½-inch headspace. Remove air bubbles.
Seal jars and set it in a boiling water bath for 10 minutes.
After this, remove jars from the water bath and let it cool.
Label and store.

Nutrition: 302 kCal

Orange Jam

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 6

Ingredients:

5 cups orange puree

1 cinnamon sticks

1-star anise

1 whole clove

1 cup sugar

Directions:

Add orange puree, spices, and sugar into the saucepan and simmer over medium heat for 20-30 minutes or until jam is thickened.

Remove pan from heat.

Ladle jam into the clean jar. Leave ½-inch headspace. Remove air bubbles.

Seal jars and set it in a boiling water bath for 10 minutes.

After, remove jars from the water bath and let it cool.

Label and store.

Nutrition: 242 kCal

Strawberry Chia Jam

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 8

Ingredients:

2 lbs. strawberries, hulled

1 ½ tbsp fresh lemon juice

2 tbsp chia seeds

¼ cup maple syrup

Directions:

Add strawberries and maple syrup into the saucepan and cook over medium heat. After 5 minutes mash the strawberries using a masher.

Add lemon juice and also chia seeds and stir well. Turn heat to medium-low and cook for a few minutes, about 30 minutes or until jam is thickened.

Remove pan from heat then let it cool.

Pour jam in a clean jar. Seal the jar and store in the refrigerator.

Nutrition: 71 kCal

Blueberry Chia Jam

Preparation Time: 10 minutes

Cooking Time: 18 minutes

Servings: 8

Ingredients:

3 cups blueberries

3 tbsp maple syrup

3 tbsp chia seeds

Directions:

Add blueberries and maple syrup into the saucepan and bring to boil over medium-low heat. Cover and cook for 3-5 minutes.

Using masher crush the berries until get desired consistency.

Stir in chia seeds then turn heat to low. Stir frequently and cook for 10-13 minutes or until jam thickens.

After doing this, remove pan from the heat and then let it cool.

Pour jam in a clean jar. Seal jar and instantly store in the refrigerator for up to 2 weeks.

Nutrition: 64 kCal

Apricot Jam

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 6

Ingredients:

2 lbs. apricots, wash, cut in half & pitted

4 tbsp lemon juice

1 cup sugar

1/2 cup water

Directions:

Add apricots and water in a saucepan and simmer over medium-low heat for 10 minutes. Stir constantly.

Add the lemon juice and sugar and stir well and simmer for 40 minutes or until apricots mixture thickens.

Remove saucepan from heat.

Ladle jam in clean and hot jars. Leave 1/4-inch headspace.

Seal jars. Set it in a water bath canner for 10 minutes.

After, remove the jars from the water bath and let it cool.

Check seals of jars. Label and store.

Nutrition: 201 kCal

Mixed Berry Jam

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 12

Ingredients:

- 3 cups strawberries
- 2 1/2 cups blackberries
- 2 1/2 cups blueberries
- 1 tbsp fresh lemon juice
- 7 cups sugar
- 1.75 oz. fruit pectin

Directions:

Add all berries in a saucepan and cook over medium-low heat until berries are softened. Mash berries using a masher.

In a cup, mix together pectin, 2 cups of sugar and pectin and add into the berry mixture and boil over high heat.

Add the remaining sugar and boil for 1 minute. Stir constantly.

Remove saucepan from heat.

Ladle jam into the jars. Leave 1/2-inch headspace.

Seal jars with lids. Set it in a water bath canner for 10 minutes.

After, remove jars from the water bath and let it cool.

Check seals of jars. Label and store.

Nutrition: 479 kCal

Mango Jam

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 8

Ingredients:

4 cups mango, peel & chopped

3 cups sugar

1/2 cup lemon juice

Directions:

First, add all the asked ingredients in a saucepan and bring to boil over medium-high heat. Stir frequently.

Boil the jam for 20 minutes or until thickens.

Once the jam is thickened then remove the saucepan from heat.

Ladle jam into the jars. Leave 1/4-inch headspace.

Seal jars. Set it in a water bath canner for 10 minutes.

After, remove jars from the water bath and let it cool.

Check seals of jars. Label and store.

Nutrition: 295 kCal

Black Raspberry Jam

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 8

Ingredients:

1 lb. black raspberries

1 3/4 cups granulated sugar

1 1/2 tbsp lemon juice

Directions:

Add berries, lemon juice, and sugar in a saucepan and cook over medium heat. Mash berries and stir occasionally.

Once berries release their juices then set heat to high and cook berries until thicken.

Cook over high heat around 10 minutes or until get gel consistency.

Once get gel consistency then remove the pan from heat.

Ladle jam in clean and hot jars. Leave 1/4-inch headspace.

Seal jars. Set it in a water bath canner for 10 minutes.

After, remove jars from the water bath and let it cool.

Check seals of jars. Label and store.

Nutrition: 205 kCal

Plum Jam

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Servings: 12

Ingredients:

3 lbs. plums, halved, pitted & quartered

3 cups sugar

1/2 cup lemon juice

1/2 cup water

Directions:

First, add all ingredients in a saucepan and bring to boil. Stir until sugar is dissolved.

Stir for 15-20 minutes or until get gel consistency.

Remove pan from heat.

Ladle jam into the clean and hot jars.

Seal jars. Set it in a water bath canner for 10 minutes.

After, remove jars from the water bath and let it cool.

Check seals of jars. Label and store.

Nutrition: 180 kCal

Grapefruit Jam

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 14

Ingredients:

9 grapefruits, Peel and separate segments

3 1/2 cups sugar

Directions:

Add grapefruit segments into the blender and blend until smooth.

Add blended grapefruit mixture and sugar in a pot and simmer until sugar is dissolved.

Use high-heat to bring to boil.

Cook grapefruit mixture until reaches a temp. 220 F.

Remove pot from heat.

Ladle jam in clean jars. Seal jars with lids.

Set it in a water bath canner for 10 minutes.

After, remove jars from the water bath and let it cool.

Check seals of jars. Label and store.

Nutrition: 215 kCal

Carrot Jam

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 30

Ingredients:

1 1/2 lbs. carrots, peel and grate 2 oz. carrots

2 1/3 cup sugar

2 lemon juice

Directions:

Peel and chop remaining carrots.

Add carrots in the saucepan and pour enough water to cover carrots. Cook carrots until soften.

Drain the carrots well and puree with a blender.

Add grated carrot, carrot puree, and sugar in a large saucepan and bring to boil for 5 minutes.

Pull out the saucepan from the heat and let it cool for 10 minutes. Stir in lemon juice.

Pour jam into the clean jars and seal jars with lids. Label and store.

Nutrition: 65 kCal

Pearl Jam

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 10

Ingredients:

5 pears, peeled, cored, and also cut into chunks

1/2 cup brown sugar

1 tbsp ginger, grated

1 lemon juice

Directions:

Add pears, lemon juice, sugar, and ginger to the large saucepan and bring to boil over medium-high heat.

Reduce heat and cook the jam for 10-15 minutes or until thickened.

Ladle jam into the clean jars. Leave 1/4-inch headspace.

Seal jar with a lid. Set it in a water bath canner for 10 minutes.

After, remove jars from the water bath and let it cool.

Check seals of jars. Label and store.

Nutrition: 90 kCal

Peach Jam

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 14

Ingredients:

4 lbs. peaches, peel, pitted & chopped

2 tbsp lemon juice

1/2 tsp. nutmeg

2 1/2 cups sugar

Directions:

Add peaches into the blender and blend until get the desired consistency.

Add peaches, nutmeg, sugar, and lemon juice into a saucepan and cook over medium heat. Stir to dissolve sugar.

Bring it to boil and stir constantly until the jam is thickened.

Remove saucepan from heat and let stand for 10 minutes.

Pour jam in clean and warm jars. Seal jars with lids. Set it in the water bath canner for 10 minutes.

After, remove jars from the water bath and let it cool. Check seals of jars.

Label and store.

Nutrition: 150 kCal

CHAPTER 5:

Water Bath Recipes: Salsas



Corn Relish

Preparation Time: 20 minutes

Cooking Time: 50 minutes

Servings: 3-4 pints

Ingredients:

2 teaspoons mustard seeds

1/2 teaspoon turmeric

1/2 teaspoon ground cumin

1 large cucumbers, seeded, peeled, roughly chopped

1 1/2 cups apple cider vinegar, 5% acidity

2 cups of onions, chopped

1 red bell peppers, chopped and seeded
4 cups corn kernels
2 plum or Roma tomatoes, diced
1 red or green serrano chili peppers, seeded and minced
1 1/4 cups sugar
2 tablespoons kosher salt
1/2 teaspoon black pepper

Directions:

Pulse cucumbers, onions, bell peppers: Working per batch if needed, pulse the cucumbers, onions, and bell peppers in a food processor only 3 or 4 pulses, so they are as yet discernable from one another, not puréed.

Combine with remaining ingredients, simmer 25 minutes: Place mixture in a medium-sized (4 to 6-quart), thick-bottomed pot. Add the corn, tomatoes, serrano chilies, sugar, salt, pepper, vinegar, turmeric, mustard seed, and ground cumin. Bring to a boil. Reduce heat to a simmer. Cover and cook for 25 minutes.

Scoop into jars: Spoon the corn relish into clean jars and seal, will last for 4-6 weeks refrigerated.

Nutrition: 354 kCal

Salsa Verde

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 3 pints

Ingredients:

12 medium green tomatoes, cored, peeled and diced

6 to 8 jalapenos, seeded and minced

2 large red onion, diced

1 teaspoon minced garlic

½ cup fresh lime juice

½ cup fresh chopped cilantro

1 ½ teaspoons ground cumin

1 teaspoon dried oregano

Salt and pepper

Directions:

Prepare the needed equipment: your water bath canner as well as your lids and bands.

Combine the tomatoes, jalapenos, onion, garlic and lime juice in a big saucepan.

Cover and bring to a boil then stir in the remaining ingredients.

Reduce heat and simmer for 5 minutes then spoon the mixture into your jars, leaving about ½-inch bands of headspace.

Clean the rims, add the lid and seal with a metal band then place the jars in the water bath canner and bring the water to boil.

Process the jars for 20 minutes then remove the jars and wipe them dry.

Place these jars on a canning rack and cool for 24 hours before storing.

Nutrition: 276 kCal

Simple Salsa

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 3 pints

Ingredients:

- 4 cups slicing tomatoes, cored and chopped
- 2 cups green chilies, seeded and chopped
- $\frac{3}{4}$ cup onions, chopped
- $\frac{1}{2}$ cup jalapeno peppers, seeded and chopped
- 4 garlic cloves, chopped
- 1 teaspoon ground cumin
- 1 tablespoon cilantro
- 1 tablespoon oregano
- 2 cups distilled white vinegar
- 1 $\frac{1}{2}$ teaspoons table salt

Directions:

Place all the said ingredients above in a large pot. Place the pot on the stove and immediately bring to a rolling boil while stirring constantly to prevent burning.

Minimize the heat a bit and let the mixture simmer for about 20 minutes. Stir frequently.

Divide the salsa among 4 jars. Make sure to leave about $\frac{1}{2}$ -inch of space at the top of each jar. Place the lids on the jars and process using the water bath canning method for 15 to 25 minutes.

Nutrition: 225 kCal

Mango Salsa

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 3 pints

Ingredients:

½ cup Water

1 ¼ cup Cider vinegar, 5%

2 teaspoons Ginger, chopped

1 ½ cups Red bell pepper, diced

1/2 teaspoon Red pepper flakes, crushed

6 cups Mango, unripe, diced

1/2 cup Yellow onion, chopped

2 teaspoons Garlic, chopped

1 cup Brown sugar

Directions:

Thoroughly wash the mangoes and the rest of the produce.

Peel the mangoes before chopping in half inch cubes.

Chop the yellow onion into fine bits and dice the red bell pepper in half inch strips. Place this in a stock pot or Dutch oven. Add all other ingredients, stir to combine, and heat over high heat.

Once the mixture is boiling, give it a good stir to dissolve the sugar. Turn the heat down to medium and allow the mixture to simmer for about five minutes.

Pour the hot salsa into clean and hot Mason jars, leaving half an inch of headspace in each jar. Pour the hot liquid into it to fill each jar half an inch from the rim.

Take out any air bubbles before securing the jar lids. Place in the water bath and process for ten minutes.

Nutrition: 299 kCal

Pineapple Chipotle

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 3 pints

Ingredients:

- 4 Cup seeded papaya
- 2 Cup chopped or cubed pineapples
- 1 Cup raisins
- 1 Cup lemon juice
- ½ Cup lime juice
- ½ Cup pineapple juice
- ½ Cup Anaheim peppers
- 2 Tablespoons chopped onions
- 2 Tablespoons chopped cilantro
- 2 Tablespoons brown sugar

Directions:

Add together all 10 ingredients together in saucepan and bring to a bowl, but you need to stir constantly.

Reduce to a steady simmer and let thicken but stirring constantly.

Add to the canning jars and seal.

Nutrition: 233 kCal

Green Salsa

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 3 pints

Ingredients:

7 Cups chopped green tomatoes

3 Cups chopped jalapenos

2 Cups chopped red onions

2 Teaspoons minced garlic

½ Cup lime juice

½ Cup chopped cilantro

2 teaspoon ground cumin

Directions:

Combine all the vegetables and the garlic and lime in a saucepan and boil than simmer for 5 minutes, spoon salsa into canning jars and leave ¼” at the top for canning process.

Nutrition: 133 kCal

Tomatillo Salsa

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 2 1/2 pints

Ingredients:

1 ½ pounds tomatillos, husked and rinsed

1 to 2 medium jalapeños, stemmed (note: spiciness will depend on heat of actual peppers used)

½ cup chopped white onion

1 to 2 juiced medium limes

½ to 1 teaspoon salt

¼ cup packed fresh cilantro leaves

Directions:

Preheat the broiler with a rack around 4 inches below the source of heat. Place the tomatillos and jalapeños on a rimmed baking sheet and broil until they're blackened in spots, about 5 minutes.

Remove the baking sheet from the oven, slowly flip over the tomatillos and peppers using tongs and broil for around 4 to 6 more minutes, until the tomatillos are splotchy-black and blistered.

After a while, in a food processor or blender, join the cleaved onion, cilantro, 2 tablespoons lime juice and ½ teaspoon salt. When the tomatillos are out of the broiler, cautiously move the hot tomatillos, peppers and all of their juices into the blender or food processor.

After this, pulse until the mixture is almost smooth and there are no big chunks of tomatillo that remain. Scrape down the sides as necessary then season with additional lime juice and salt, if desired.

The salsa will be thinner in the beginning, but will eventually thicken up following a couple of hours in the fridge, because of the normally occurring pectin in the tomatillos.

Nutrition: 180 kCal

Zesty Salsa

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 6 pints

Ingredients:

- 10 cups roughly chopped tomatoes
- 1 (6 ounce) can tomato paste
- 2 1/2 cups hot peppers, chopped, seeded
- 5 cups chopped and seeded bell peppers
- 5 cups chopped onions
- 1 1/4 cups cider vinegar
- 3 garlic cloves, minced
- 2 tablespoons cilantro, minced
- 3 teaspoons salt

Directions:

Combine all the said ingredients except for the tomato paste in large sauce pot.

Simmer until desired thickness.

Stir in tomato paste.

Ladle hot salsa into the pre-sterilized hot jars leaving 1/4 inch head-space.

Process this in a hot water bath for 10 minutes.

Nutrition: 142 kCal

Corn & Cherry Tomato Salsa

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 6 pints

Ingredients:

- ½ cup chopped fresh cilantro
- 1 cup red onion, chopped
- 5 pounds cherry tomatoes, roughly chopped
- 2 jalapeño peppers, seeded and minced
- 2 cups corn kernels (may be fresh or frozen thawed)
- ½ cup fresh lime juice (3 large or 4 medium limes)
- 2 teaspoons salt
- 1 teaspoon chipotle chili powder, optional

Directions:

Set up the bubbling water canner. Warmth the containers in stewing water until they're prepared for use. Do not boil. Wash the tops in warm lathery water and put them aside with the groups.

Bring all the said ingredients to a boil in a huge treated steel or plated pan. Diminish the warmth and stew for 5 to 10 minutes, blending sporadically.

Scoop the hot salsa into a hot container, leaving ½-inch of headspace. Eliminate the air bubbles. Wipe the container edge clean. Focus the top on the container. Apply the band and change in accordance with fingertip-tight. Spot the container in the bubbling water canner. Rehash until all the containers are filled.

Process the used jars in a water bath for 15 minutes, adjusting depending on the altitude. Turn off the heat, then remove the lid, and then let the jars stand for at least 5 minutes. Remove the jars and let them cool.

Nutrition: 311 kCal

Classic Fiesta Salsa

Preparation Time: 20 minutes

Cooking Time: 1 ½ hours

Servings: 32

Ingredients:

4 ½ Cups of Tomatoes, diced

3 Tablespoons of Vinegar, White

¼ Cup of Salsa

Directions:

First and foremost, combine your diced tomatoes, vinegar and favorite kind of salsa in a large sized saucepan placed over medium heat.

Cook your mixture until boiling. Once your mixture is boiling reduce the heat to low and then allow to simmer for the next 5 minutes.

Remove from heat and permit to cool totally.

Pour your mixture into your canning jars and seal with your lids.

Boil your jars in some boiling water for the next 10 minutes. Remove and make sure to allow to cool slightly before placing into your fridge. Use whenever you are ready.

Nutrition: 152 kCal

Fresh Tomato Salsa

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 4 pints

Ingredients:

- 4 lbs. fresh chopped tomatoes
- 2 large green peppers, cored and chopped
- 2 large yellow onions, chopped
- 1 large jalapeno, seeded and minced
- 2 tablespoons fresh chopped cilantro
- 1 tablespoon minced garlic
- 2 teaspoons canning salt
- 1/3 cup distilled white vinegar

Directions:

Prepare your water bath canner and your jars.

Combine all of the said ingredients in a large saucepan and bring to a boil.

Diminish the heat and then simmer the salsa for 5 minutes.

Spoon the salsa into your prepared jars, leaving about 1/2 inch of headspace.

Clean the jars and add them to the water bath canner according to step-by-step guide.

Process the jars for 35 minutes then cool according to the step-by-step guide.

Nutrition: 162 kCal

CHAPTER 6:

Pressure Canning Recipes: Legumes



Black Bean Salad

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Servings: 4-6

Ingredients:

1 box of black beans rinsed and drained 540 ml

1 cup drained corn kernels

1 diced green pepper

3 green onions, minced

2 c. tablespoon extra-virgin olive oil

1 tsp. table balsamic vinegar

Some sprigs of parsley or coriander.

Directions:

Using a bowl, combine all the ingredients and serve.

For softer green onions, let them marinate for a few minutes in balsamic vinegar then drain the excess vinegar before adding them to the rest of the ingredients.

Nutrition: 257 kCal

Cowboy Beans

Preparation Time: 2 hours

Cooking Time: 15 minutes

Servings: 6

Ingredients:

3 cans of baked beans (e.g. from Heinz)

1 can of kidney beans

2 onions diced

200 g bacon

4 tbsp maple syrup

10 tbsp BBQ sauce (for example BBQ Original)

3 tbsp BBQ Rub (e.g. Magic Dust)

Directions:

The bacon is cut into small strips and slowly placed in a saucepan. Then the onion pieces are added, which are also roasted. Add the maple syrup, in which the bacon and onions are caramelized.

With the kidney beans, the water is poured out of the can and the beans are added to the pot. The baked beans and sauce are added to the saucepan and the barbecue sauce and rub are added to the BBQ beans. The beans are now stirred well and slowly reduced to the desired consistency over low heat. Stir again and again so that nothing is attached. The cooking time of the BBQ beans can take around 30-60 minutes depending on the desired consistency.

Nutrition: 367 kCal

Bread and Bean Chard Soup

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 6-7

Ingredients:

- 2 shallots
- 2 cloves of garlic
- 1 tbsp thyme
- 6 slice (s) of bacon
- 100 g bread (stale, cut into rough cubes)
- 100 g beans
- 10 fisoles (green)
- 1 Swiss chard
- 800 ml vegetable soup
- 2 tomatoes
- 2 tbsp balsamic vinegar
- 1 bunch of basil
- Salt
- Pepper
- Olive oil

Directions:

Soak the beans in the water a day before, boil in plenty of water until soft, drain and continue to use for the soup.

Place the bacon on a baking sheet and fry until crispy at 160 ° C for about 14 minutes.

Peel the shallots and cloves of garlic and cut them into fine cubes. Cut the biscuits and chard into rough pieces, remove the core from the tomatoes and cut them into small cubes.

Fry the shallots, garlic, chard, and fisoles in a wide saucepan and pour on the soup. Approx. simmer for 10 minutes, and then add the tomatoes, the remaining beans, and the thyme. Season with salt, pepper, and vinegar.

Shortly before serving, mix the bread with the soup and garnish with fresh basil and bacon.

Nutrition: 212 kCal

Quinoa and Black Beans

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 8

Ingredients:

- 1 tsp. vegetable oil
- 1 onion, chopped
- 3 pieces of chopped garlic
- Quinoa $\frac{3}{4}$ cup
- Vegetable soup 1 1 cup
- 1 teaspoon of ground cumin
- approx. teaspoon salt and black pepper
- 1 cup of frozen corn
- 2 cans of black beans
- $\frac{1}{2}$ cup of freshly chopped coriander

Directions:

Firstly, heat the oil over medium heat in a saucepan; cook and stir until lightly browned, around 10 minutes.

Cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring to boil the mixture. Cover, reduce heat, and cook until the quinoa is tender and broth absorbed, about 20 minutes.

Drop frozen corn into the saucepan and simmer until heated through, about 5 minutes; mix in black beans and cilantro.

Nutrition: 1660 kCal

Vegan Green Hummus

Preparation Time: 1 hour

Cooking Time: 5 minutes

Servings: 3

Ingredients:

1 bunch parsley

1 bunch basil

3rd spring onions

240 g cooked chickpeas (home-cooked or canned)

Juice of ½ lemon

2 tbsp Tahin (Sesammus)

5 tbsp olive oil

salt

pepper

Directions:

Wash the parsley and basil and shake well until dry. Pluck the leaves and chop them roughly. Clean, wash and roughly cut the spring onions into pieces.

Put herbs and spring onions with chickpeas, lemon juice, tahini and oil in a tall mixing beaker and puree everything with a hand blender. Season the hummus with salt and with pepper and let it sit for 1 hour before serving.

Nutrition: 142 kCal

Red Rice and Beans

Preparation Time: 20 minutes

Cooking Time: 2 hours

Servings: 6-8

Ingredients:

200 g dried red beans

2 bay leaves

250 g long grain rice

pepper

salt

Directions:

Soak the beans in about 1/2 liter of cold water overnight.

Put the beans in a saucepan the day after, cover with water and cook with laurel for 30 minutes to 2 hours on mild heat. Cook the rice according to the package instructions. Drain the beans, mix with the rice, salt, and pepper. Serve the rice with beans with the veal cutlets.

Nutrition: 142 kCal

Tuscan White Beans

Preparation Time: 15 minutes

Cooking Time: 1 hour and 30 minutes

Servings: 4

Ingredients:

- 300 g dried white beans
- 2 l instant vegetable broth
- 1 sprig (s) of fresh rosemary
- 0.5 bunch of fresh thyme
- 1 bunch of flat-leaf parsley
- 1 clove (s) of fresh garlic
- 100 ml of olive oil plus some salt and pepper
- 1 tbsp grated lemon zest (untreated)
- 3 tsp. lemon juice, freshly squeezed

Directions:

Soak white beans overnight, and then cook open in the vegetable broth for 1.5 hours.

Chop the herbs, peel, and press the garlic. Carefully heat both in olive oil. Put the beans dripping wet in the herb oil, bring to the boil and season with salt, pepper, lemon zest, and lemon juice.

Nutrition: 245 kCal

Slow Cooker Chicken Chili

Preparation Time: 10 minutes

Cooking Time: 8 hours

Servings: 8

Ingredients:

2 cans (19 oz. or 540 ml each) mixed beans, rinsed

2 cups of salsa

1 can (14 oz. or 398 ml) diced tomatoes without added salt, undrained

2 c. tablespoon chili powder

1 1/2 lb. (or 675 g) boneless chicken thighs, cut into small pieces

1 onion, chopped

1 cup of frozen corn

1 cup Light Cracker Barrel Shredded Tex Mex Cheese

Directions:

Combine the first four ingredients mentioned above in the slow cooker; cover with chicken, onion, and corn. (Do not mix.) Cover.

On a low heat, cook the mixture for around 8 hours (or high for 4 to 5 hours). Toss and garnish with cheese before serving.

Nutrition: 313 kCal

CHAPTER 7:

Pressure Canning Recipes: Vegetables and Tomatoes



Pressure Canned Potatoes

Preparation Time: 35 minutes

Cooking Time: 40 minutes

Servings: 7-quart jars

Ingredients:

6 lb. white potatoes

Canning salt

Directions:

Wash the jars thoroughly then place them in a cold oven. Heat it to 250°F. Meanwhile, bring water in a pot to boil. Also, add 4 inches of water in the pressure canner and place it over medium heat.

Peel the potatoes and cut into 2-inch pieces.

Add a tablespoon of salt in each jar then fill with potatoes leaving a 1-inch headspace. Pour the boiling water in each jar then use a canning knife to remove the air bubbles from the jars.

Wipe the jar rims and then place the lids and rings on the jars. After which, place the jars in the pressure canner and secure the lid according to the manufacture instructions.

Process the jars at 10 pounds for 40 minutes and 35 minutes for pit jars.

Turn off the heat and let the canner depressurize before removing the jars.

Place the jars on a towel undisturbed for 24 minutes.

Store in a cool dry place.

Nutrition: 108 kCal

Pressure Canned Carrots

Preparation Time: 35 minutes

Cooking Time: 40 minutes

Servings: 7-quart jars

Ingredients:

2-1/2 lb. Carrots

Salt

Water

Directions:

Wash the carrots and trim them. Peel the carrots and wash them again if you desire.

Slice the carrots into pieces of your liking.

Pack the carrots in the jars leaving a 1-inch headspace. Add a 1/2 tablespoon of salt to each jar then add boiling water to each jar.

Get rid of the air bubbles and add more hot water if necessary. Wipe the jar rims using a clean damp towel, then place the lids on the jars.

After which, place the jars in the pressure canner and process them for 25 minutes at 10 pounds pressure.

Let the canner rest and depressurize before removing the jar.

Nutrition: 27 kCal

Pressure Canned Corn

Preparation Time: 35 minutes

Cooking Time: 55 minutes

Servings: 5 quart jars

Ingredients:

2lb Fresh corn

Water

Salt

Directions:

Cut off the corn from its cob and bring water to boil.

Pack the corn kernels in the jars and leave a 1-inch headspace. Add a half tablespoon of salt on each jar then add the boiled water to cover the corn.

Remove any air bubble and add more water if necessary.

Wipe the rims and immediately place the lids and rings on the jars. Transfer the jars to the pressure canner and process them at 10 pounds pressure for 55 minutes.

Let the canner depressurize before removing the jars. Store in a cool dry place.

Nutrition: 177 kCal

Pressure Canned Asparagus

Preparation Time: 35 minutes

Cooking Time: 30 minutes

Servings: 9-quart jars

Ingredients:

10 lb. asparagus

Canning salt

Boiling water

Directions:

First, bring the water to boil using a pot over high heat.

Trim the asparagus such that they fit in the jars. Pack them in the jars, add 1/2 tablespoon salt and the boiling water leaving a 1-inch headspace.

Wipe the jar rims, place the lids, place the rings, and use hands to tighten.

After which, put the jars in the pressure canner and process at 10 pounds for a minimum of 30 minutes for pints and at least 40 minutes for quarts.

Allow the pressure canner to depressurize before removing the jars.

Nutrition: 20 kCal

Pressure Canned Plain Beets

Preparation Time: 35 minutes

Cooking Time: 40 minutes

Servings: 3-quart jars

Ingredients:

1 lb. Beets

Water

Pickling salt

Directions:

Trim the tops of the beets leaving an inch long top. Also, leave the roots on the beets.

Wash the beets thoroughly with clean water then put them in a pot.

Cover the beets with water and bring to boil for 15-25 minutes or until the skin can come out easily.

Remove the beets from hot water and let them cool a little bit such that you can hold them. They should be at least warm when being put in the jar.

Trim the remaining stem and roots then peel the beets.

Slice the beets into large slices leaving the small ones whole. Put the beets in jars and leave a 1-inch headspace.

Add a half tablespoon of salt in each jar then add boiling water in each jar.

Remove any bubbles in the jar then wipe the rims with a clean piece of cloth.

Put on the lids and the rings. Process the jars at 10 pounds for 30 minutes.

Let the pressure canner depressurize to zero before removing the jars.

Nutrition: 58 kCal

Canned Pumpkin

Preparation Time: 35 minutes

Cooking Time: 40 minutes

Servings: 3 quart jars

Ingredients:

1 lb. Pie pumpkins

Water

Directions:

Start by cutting out the stem as if you want to use the pumpkin to carve, then cut it into 4 equal wedges.

Scrape out the seeds then use a knife to peel the pumpkin. Slice the pumpkin into 1-inch cubes.

After this, place the pumpkin cubes in a large pot and water until the pumpkin is just covered.

Bring the pumpkin and water to boil for 2 minutes. Carefully transfer the pumpkin pieces into jars making sure you avoid smashing them.

Fill each jar with the cooking liquid leaving 1-inch headspace. Wipe the jar rims with a clean damp piece of cloth.

After which, place the lids and rings on the jars and place them in the pressure canner.

Process the jars for at 15 pounds pressure for 90 minutes for quart jars and for 55 minutes for pint jars.

Wait until the pressure canner has depressurized to zero before removing the jars.

Nutrition: 49 kCal

Pressure Canned Hot peppers

Preparation Time: 35 minutes

Cooking Time: 45 minutes

Servings: 2-pint jars

Ingredients:

2 lb. hot peppers

Salt

Directions:

Wear rubber gloves on your hands to avoid burning sensation.

Sort the peppers and select the fresh and firm ones for maximum results.

Wash the hot peppers and place them on a lined baking sheet in a single layer.

Broil in the broiler for 5-10 minutes making sure you flip over once.

Transfer the hot pepper to a zip lock bag and seal tightly. Let rest for 10 minutes then remove them from the bag. Rub off as much pepper skin as much as possible.

Trim the tops off, scrape out the seeds, then cut the peppers into two or into sizes that will fit in the jar.

Pack the peppers in the jars then add a half tablespoon of salt to each jar. Add boiling water to each jar leaving a 1-inch headspace.

Wipe the rims, close the lids and place the rings in place. Process the jars for 35 minutes at 10 pounds pressure.

Wait for the pressure to depressurize before removing the jars out.

Nutrition: 6 kCal

Pressure Canned Sweet peppers

Preparation Time: 35 minutes

Cooking Time: 35 minutes

Servings: 2 pint jars

Ingredients:

2 lb. sweet bell peppers

Salt

Directions:

Thoroughly wash the sweet bell peppers then cut them into quarters.

Place the peppers in a pot covered with water and bring to boil for 3 minutes.

Transfer the peppers in the pint jars then add a quarter tablespoon salt in each jar.

Ladle the cooking liquid in each jar leaving 1-inch headspace. Make sure to wipe the rims and place the lids and rings.

After which, place the jars in the pressure canner and process for 35 minutes at 10 pounds pressure.

Let the pressure canner depressurize before removing the jars.

Nutrition: 46 kCal

Pressure Canned Sweet Potatoes

Preparation Time: 35 minutes

Cooking Time: 40 minutes

Servings: 10-quart jars

Ingredients:

10 lb. sweet potatoes

Water

1-1/2 cup sugar

Directions:

Add the whole sweet potatoes in a stockpot, then add water until they are covered. Bring to boil for 15 minutes.

Remove the sweet potatoes from water and let them cool so that they are easy to peel.

Cut them into large chunks then pack them in the clean jars leaving a half-inch headspace.

Bring it to boil 3 cups of water and add 1-1/2 cups of brown sugar until the sugar has dissolved.

Add boiled water to some of the jars and simple brown sugar syrup to others but maintain the headspace. Remove the bubble and add more hot water if necessary.

Wipe the jar rims then place the lids and rings on. After which, place the jars in the canner and process for at 10 pounds for 90 minutes for quart jars and 65 minutes for pint jars.

Let the pressure drop so that you can remove the jars from the canner.

Nutrition: 86 kCal

Pressure Canned Broccoli

Preparation Time: 35 minutes

Cooking Time: 33 minutes

Servings: 4-pint jars

Ingredients:

4 lb. fresh broccoli

Canning salt

Water

Directions:

Soak then thoroughly wash the broccoli to remove all the dirt that could be in the head.

Cut the head into 2-inch pieces and discard the stems. You can also can the stems if you desire.

Place the broccoli in boiling water and let it boil for 3 minutes.

Use a slotted spoon to pack the broccoli in sterilized jars then add the hot water in each jar leaving 1-inch headspace. Release any air bubbles in each jar and add the water if necessary.

Add 1 tablespoon of canning salt to each jar then wipe the rims with a clean towel. Place the lids and rings then transfer the jars to the pressure canner.

Process the jars at 10 pounds for 30 minutes. Let the canner depressurize before removing the jars.

Let the jars rest overnight to store them in a cool dry place.

Nutrition: 8 kCal

Canned Kale

Preparation Time: 35 minutes

Cooking Time: 80 minutes

Servings: 5-pint jars

Ingredients:

10 lb. Kale

Water

Directions:

Chop the kale into bite-size pieces then remove all the hard stems and yellow parts of the kale.

Rinse the kale to get rid of any dirt then add it to the stockpot. Cover the kale with water.

Bring the water to boil until the kale has wilted nicely.

Use a slotted spoon to full the jars with kale then add 1/2 tablespoon salt in each jar. Add the cooking liquid and leave a 1-inch headspace.

Remove any air bubble and add more cooking liquid if necessary. Wipe the rims and also place the lids and rings on the jars.

Process the jars at 10-11 pounds of pressure for 70 minutes. Turn off the heat and let the canner cool before using a jar lifer to remove the jars.

Let rest for 24 hours undisturbed before storing them in a cool dry place.

Nutrition: 85 kCal

Canning Turnips

Preparation Time: 35 minutes

Cooking Time: 40 minutes

Servings: 12-pint jars

Ingredients:

10 lb. turnips

Water

Directions:

Peel the turnips then dice them into small pieces

Add the turnips in a stockpot and add cold water until just covered. Drain the water to get rid of dirt and debris.

Cover with water once more and bring them to boil over medium-high heat. Diminish heat and let simmer for 5 minutes.

Utilize a slotted spoon to transfer the hot turnips in sterilized jars. Fill the jar with the cooking liquid leaving 1-inch headspace. Add a half tablespoon of pickling salt.

Remove any air bubble and add the cooking liquid if necessary. Wipe the pint jars and place the lids and rings.

Load the jars into the pressure canner and process at 10 pounds for 30 minutes.

Allow the canner to depressurize to zero before removing the jars.

Nutrition: 36.4 kCal

Pressure Canned Caramelized Onions

Preparation Time: 35 minutes

Cooking Time: 10 hours and 70 minutes

Process Time: 70 minutes

Servings: 6-pint jars

Ingredients:

6 lb. Onions

2 stick butter

Water

Directions:

Peel the onions and also slice them into 1/4 inches slices.

Melt 1 stick of butter in the stockpot over high heat then add the diced onions.

Slice another stick of butter over the onions. Cook on high for an hour until the butter has melted and the onions were sweating a little bit.

Reduce the heat then let cook for 10 hours or overnight while stirring occasionally. The onions should be golden brown and well caramelized.

Ladle the onions in the sterilized hot jars then remove any air bubbles. Also, wipe the jar rims with a damp clean cloth

Place the lid and rings on the jars and process them at 10 pounds pressure for 70 minutes.

Remove the pressure canner from heat and let its pressure reduce to zero before removing the jars.

Nutrition: 178 kCal

Canned Fiddleheads

Preparation Time: 35 minutes

Cooking Time: 60 minutes

Servings: 1-pint jars

Ingredients:

2 cups fiddleheads

1/2 cup of water

1/2 cup white vinegar

1 tbsp salt

1/2 tbsp peppercorns

1/2 tbsp fennel

1/2 tbsp coriander

1 sprig thyme

3 garlic cloves

Directions:

Trim off the cut ends then boil the fiddleheads for 10 minutes in salted water.

Strain the fiddleheads and rinse them with clean water. Pack the fiddleheads in the jars and leave 1-inch headspace.

Add the spices directly in each jar on top of the fiddleheads.

Boil water, vinegar, and salt in a saucepan and pour over the fiddleheads.

Wipe the rims, then place the lids and the rings on the jars. After which, place the jars in the pressure canner and process at 10 pounds pressure for 10 minutes.

Nutrition: 22 kCal

CHAPTER 8:

Pressure Canning Recipes: Conserves, Cheeses, Curds, and Butter



Hot Chili Pepper Butter

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 8 pint jars

Ingredients:

40 medium hot chili peppers (seeded, chopped fine)

1 qtr. cider vinegar

1 qtr. prepared yellow mustard

6 cups sugar

1 $\frac{1}{4}$ cups flour

1 teaspoon salt

1 $\frac{1}{2}$ cups water

Directions:

Sterilize the jars.

Combine all the mentioned ingredients together in a pot and bring to boil.

Boil for around 5 minutes, stirring continuously.

Turn-off the flame and skim-off any visible foam.

Ladle the mix immediately into the sterilized jars, leaving quarter-inch of headspace.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 10 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 93 kCal

Lemony Curd

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 3 half-pint jars

Ingredients:

½ cup lemon juice

6 egg yolks

1 cup sugar

1 stick of butter (chunked)

4 tablespoon lemon zest

Directions:

Sterilize the jars.

Whisk the lemon juice, sugar and egg in a saucepan over medium flame and cook for 10-15 minutes, stirring continuously, ensuring that it does not boil. Once the mixture thickens, add butter chunks few at a time and stir mix until melted.

Strain the mixture by using a fine mesh sieve and then whisk in the zest.

Turn-off the flame and skim-off any visible foam.

Ladle the mix immediately into the sterilized jars, leaving half-inch of headspace.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 20 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 123 kCal

Banana & Pineapple Butter

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4 half-pint jars

Ingredients:

- 1 cup banana (mashed)
- 1 cup canned crushed pineapple (with juice)
- 2 tablespoon maraschino cherries (chopped)
- 2 teaspoon lemon juice (fresh)
- 3 ½ cups granulated sugar
- 3 oz. liquid pectin

Directions:

Sterilize the jars.

Combine all the mentioned ingredients except the pectin in a saucepan and bring to boil, stirring continuously.

Leave to boil for a minute.

Turn-off the flame, stir in the pectin for 5 minutes.

Skim-off any visible foam.

Ladle the mix immediately into the sterilized jars, leaving quarter-inch of headspace.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 5 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 116 kCal

Peachy Rum Conserve

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 2 pint jars

Ingredients:

- 3 tablespoons orange rind
- 2/3 cup orange pulp
- 1/2 cup maraschino cherries (chopped)
- 1/2 cup light rum
- 6 1/2 cups sugar
- 2 cups peaches (peeled, pitted, chopped)
- 1/2 teaspoon ginger
- 1/4 teaspoon mace
- 3/4 cup pineapple (crushed)
- 3 tablespoons lemon juice
- 1/2 teaspoon salt

Directions:

Sterilize the jars.

Mix together the orange pulp and orange rind in a pan and just cover with water, cooking until the rind is tender.

Place the rum container in hot water and place aside.

Mix together the pineapple, peaches, lime juice and cherries in a pot along with the orange mix, then mix in the spices and sugar, stirring until the sugar dissolves.

Cook until it thickens, stirring frequently, then remove from heat and mix in the rum.

Skim-off any visible foam and ladle the mix immediately into the sterilized jars. Leave a quarter-inch of headspace, get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 15 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 220 kCal

Soft Cheese

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 9 half-pint jars

Ingredients:

1 lb. Velveeta cheese

5 oz. canned evaporated milk

½ teaspoon salt

1 tablespoon vinegar

½ teaspoon dry mustard

Directions:

Sterilize the jars.

Melt the cheese and milk in a double boiler and then mix in the remaining ingredients.

Ladle the mix immediately into the sterilized jars, up to three-fourths full.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 10 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 189 kCal

Mangolicious Butter

Preparation Time: 10 minutes

Cooking Time: 1 hour

Servings: 6 pint jars

Ingredients:

6 ½ cups ripe mangoes (peeled, pitted, chopped)

3 tablespoon lemon juice

2 ½ cups sugar

¾ cup orange juice

½ cup water

Directions:

Sterilize the jars.

Combine the orange juice, mangoes and water in a pot and bring to boil.

Simmer for 35 minutes on reduced flame.

Push the mixture through a wire sieve and then return the mushy mango back to the pan, mixing in the sugar and lemon juice.

Stir mix until the sugar dissolves and then cook for another 30 minutes.

Skim off the foam.

Ladle the mix immediately into the sterilized jars, up to three-fourths full.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 10 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 66 kCal

Raisin Plum Conserves

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 7 half-pint jars

Ingredients:

- 5 cups plums (chopped, pitted)
- 1 cup orange (peeled, seeded, chopped)
- 3 cups sugar
- 1 cup raisins
- 1 cup pecans (chopped)
- 2 tablespoon orange rind
- 1 teaspoon cinnamon

Directions:

Sterilize the jars.

Mix together all the mentioned ingredients in a pot apart from the pecans and bring to boil.

Stir until you dissolve the sugar and then cook until gelling point, for around 15 minutes, stirring constantly.

Mix in the pecans and stir cook for another 5 minutes.

Turn-off the flame and skim-off any visible foam.

Ladle the mix immediately into the sterilized jars, leaving quarter-inch of headspace.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 15 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 95 kCal

Cinnamon Flavored Peach Butter

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 3 pint jars

4 lbs. peaches (pitted, quartered)

¼ cup lemon juice

2 cups sugar

2 cups water

2 tablespoon lemon zest (grated)

2 teaspoon cinnamon

Directions:

Sterilize the jars.

Combine the water and peaches in a pan and bring to boil.

Simmer until tender, stirring frequently.

Process the mixture in batches till smooth.

Transfer the mixture into the pan again and mix in the lemon juice, lemon zest, sugar, and cinnamon.

Bring to boil again, stirring constantly.

Simmer for around 30 minutes, stirring often.

Turn-off the flame and skim-off any visible foam.

Ladle the mix immediately into the sterilized jars, leaving quarter-inch of headspace.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 10 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 59 kCal

Spiced Pear Butter

Preparation Time: 25 minutes

Cooking Time: 1 hour and 30 minutes

Servings: 9 half-pint jars

Ingredients:

- 15 Bartlett pears (sliced)
- 1 teaspoon cloves (ground)
- 1 ½ teaspoon cinnamon (ground)
- 2 cups water
- 2 tablespoon lemon juice
- 6 cups sugar
- ½ teaspoon ginger (ground)

Directions:

Sterilize the jars.

Combine water and pears in a pan and cook covered until tender (approx. 30 minutes)

Press the tender pears in a colander and then measure 8 cups of pear pulp.

Transfer the pear pulp back into the pan.

In a separate pan caramelize 1 ½ cups of water, stirring and then transfer it into the pear pulp.

Mix in the left over ingredients except the lemon juice and cook for around 45 minutes uncovered till thickened, stirring frequently.

Turn-off the flame and skim-off any visible foam.

Ladle the mix immediately into the sterilized jars, leaving quarter-inch of headspace.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 15 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 88 kCal

Pear & Cherry Conserves

Preparation Time: 25 minutes

Cooking Time: 1 hour

Servings: 10 pint jars

Ingredients:

- 8 cups ripe pears (chopped)
- 32 oz. tart cherries (canned, drained)
- 32 oz. pineapple (canned, undrained)
- 2 limes (zest grated)
- 2 lemons (zest grated)
- 2 cups raisins
- 10 cups sugar
- 1 1/3 cups walnuts (chopped coarsely)

Directions:

Sterilize the jars.

Combine the lime and lemon zest and fruit, pineapple, cherries, pears, sugar and raisins in bowl and leave to refrigerate overnight.

Place the mixture into a Dutch oven and cook for 50-60 minutes till it thickens.

Mix in the nuts.

Turn-off the flame and skim-off any visible foam.

Ladle the mix immediately into the sterilized jars, leaving quarter-inch of headspace.

Get rid of any air bubbles and clean the rims.

Cover the jars with the lid and apply the bands making sure that it is tightened.

Submerge the jars within a prepared boiling water canner for 10 minutes.

Remove, allow to cool, and then label the jars.

Nutrition: 70 kCal

CHAPTER 9:

Pressure Canning: Meat



Canned Beef Stroganoff

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 6

Ingredients:

1-teaspoon black pepper

2 teaspoons salt

2 teaspoons thyme

2 teaspoons parsley

4 tablespoons Worcestershire sauce

2 cloves of garlic, minced

1 cup mushrooms, sliced

1 cup onion, chopped

2 pounds stewing beef, cut into chunks

4 cups beef broth

Directions:

Sterilize the bottles in a pressure canner as indicated in the general guidelines. Allow the bottles to cool.

Place all the needed ingredients in a pot and bring to a boil for 5 minutes. Reduce the heat and allow simmering for another 20 minutes. Turn off the heat and allow cooling slightly.

Transfer mixture to sterilized bottles.

Remove air bubbles and close jars.

Place the jars in pressure canner and process for 25 minutes.

Nutrition: 207 kCal

Canned Ground Beef

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 5

Ingredients:

2 pounds ground beef

3 cups water

Pickling salt

Directions:

Sterilize the bottles in a pressure canner as indicated in the general guidelines. Allow the bottles to cool.

Place beef in a skillet and sauté the meat for 10 minutes until browned.

Pack the meat loosely in the sterilized bottles. Set aside.

Using a pan, bring water to a boil and add ½-teaspoon canning salt per pint of water. Stir to dissolve the salt.

Pour the canning liquid over the beef and leave 1-inch headspace.

Remove air bubbles and close jars.

Place the jars in pressure canner and process for 25 minutes.

Nutrition: 392 kCal

Canned Chipotle Beef

Preparation Time: 15 minutes

Cooking Time: 48 minutes

Servings: 6

Ingredients:

2 pounds beef brisket, cut into chunks

2 teaspoons salt

8 cloves of garlic, minced

2 cups onion, chopped

2 teaspoons oregano

½-cup coriander

2 chipotle chilies, chipped

4 cups beef broth

Directions:

Sterilize the bottles in a pressure canner as indicated in the general guidelines. Allow the bottles to cool.

Place the beef in a pot and also season it with salt. Turn on the heat and sear all sides for 3 minutes. Stir in the garlic and onion. Cook for another minute. Add in the rest of the ingredients.

Close the lid, allowing the meat to simmer for 20 minutes on medium heat. Turn off the heat and allow the mixture to slightly cool.

Transfer the mixture to the bottles.

Remove air bubbles and close jars.

Place the jars in pressure canner and process for 25 minutes.

Nutrition: 322 kCal

Canned Pork

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 5

Ingredients:

2 pounds pork chops, boneless

Canning salt

Water

Directions:

Sterilize the bottles in a pressure canner as indicated in the general guidelines. Allow the bottles to cool.

Place the pork chops in boiling water and allow simmering for 15 minutes.

Strain the cooked pork and pack them in the sterilized bottles.

Using a pan, bring water to a boil and add ½-teaspoon canning salt per pint of water. Stir to dissolve the salt.

Pour pickling solution into the bottle to cover the pork. Leave an inch of headspace.

Remove air bubbles and close jars.

Place the jars in pressure canner and process for 25 minutes. Follow the guidelines for pressure canning.

Nutrition: 379 kCal

Canned Chili

Preparation Time: 15 minutes

Cooking time: 70 minutes

Servings: 6

Ingredients:

3 cups of dry kidney beans, soaked overnight and drained

2 pounds ground beef

1 cup onion, chopped

1 cup pepper, seeded and chopped

4 cups tomatoes, chopped

1 tablespoon chili pepper, seeded and chopped

Directions:

Sterilize the bottles in a pressure canner as indicated in the general guidelines. Allow the bottles to cool.

Place the beans in a pot and boil for 30 minutes. Drain the beans.

To a clean pot, put the cooked beans and the rest of the ingredients. Cook for another 20 minutes.

Transfer the mixture into the sterilized bottles. Leave an inch of headspace.

Remove air bubbles and close jars.

Place the jars in pressure canner and process for 25 minutes. Follow the guidelines for pressure canning.

Nutrition: 412 kCal

Ground/Chopped Beef, Pork, Lamb, or Sausage

Preparation Time: 10 min

Cooking Time: 1 hour

Servings: 2

Ingredients:

Preferred meat, fresh, chilled, chopped/ground

Salt (1 teaspoon for each quart jar)

Meat broth, boiling/tomato juice/water

Directions:

Chop the chilled fresh meat into small chunks. If using venison, grind after mixing with one cup of pork fat (high quality) to every three to four cups of venison. If using sausage (freshly made), combine with cayenne pepper and salt.

Shape into meatballs or patties. If using cased sausage, chop into three to four -inch links.

Cook the meat until light brown in color. If using ground meat, sauté without shaping.

Add the cooked meat to clean and hot Mason jars. Each filled with salt (1 teaspoon).

Boil the meat broth. Pour the meat broth, tomato juice, or water into the jars until filled up to one inch from the top.

Remove air bubbles before adjusting the lids, then process in the pressure canner for 1 hour and 15 minutes (pints) or 1 hour and 30 minutes (quarts).

Nutrition: 642 kCal

Meat Stock

Preparation Time: 10 min

Cooking Time: 1 hour

Servings: 2

Ingredients:

Beef/chicken bones

Water

Directions:

If making beef broth:

After cracking the beef bones (fresh trimmed), rinse and place in a stockpot filled with enough water to cover the bones. Heat until boiling. Afterwards, simmer for about three to four hours.

Discard the bones and let the broth cool before skimming excess fat. Reheat the broth and then pour into clean and hot Mason jars, each with a one-inch headspace remaining.

Adjust the lids after removing air bubbles and process in the pressure canner for 20 minutes (pints) or 25 minutes (quarts).

If making chicken/turkey broth:

Fill a large stockpot with your large chicken or turkey bones. Pour some water into it, enough to cover the bones, then cover and simmer for thirty to forty-five minutes.

Discard the bones and let the broth cool before removing excess fat. Reheat before pouring into clean and hot Mason jars, each left with one-inch headspace.

Adjust the jar lids before processing in the pressure canner for 20 minutes (for pint jars) or 25 minutes (for quart jars).

Nutrition: 361 kCal

Chile Con Carne

Preparation Time: 10 min

Cooking Time: 1 hour

Servings: 2

Ingredients:

Water (5 ½ cups)

Tomatoes, whole/crushed (2 quarts)

Peppers, chopped (1 cup)

Beef, ground (3 pounds)

Chili powder (5 tablespoons)

Red kidney/pinto beans, dried (3 cups)

Salt divided (5 teaspoons)

Onions, chopped (1 ½ cups)

Black pepper (1 teaspoon)

Directions:

Thoroughly wash the beans before adding to a saucepan (2-quart). Cover with cold water and let sit for twelve hours.

Drain the beans that have been soaked and place in a saucepan filled with freshwater (5 ½ cups) and salt (2 teaspoons). Stir to combine and heat until boiling, then simmer for half an hour.

Drain the cooked beans and then return to the saucepan. Stir in salt (3 teaspoons), chili powder, pepper, and tomatoes. Simmer the mixture for five minutes; avoid letting the mixture thicken.

Pour the mixture into clean and hot Mason jars, each with a one-inch headspace remaining. Get rid of any air bubbles before adjusting the jar lids.

Put in the pressure canner and process for 1 hour and 25 minutes.

Nutrition: 464 kCal

Beef Stew

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 4

Ingredients:

3 tbsp. flour

2 pounds canned beef

1 package beef stew seasoning mix powder

2 tbsp. vegetable oil

5 cups frozen bagged vegetables

3 cups water

Directions:

Toss beef in flour, then browns in oil in a skillet over medium-high heat.

Stir in water and seasoning.

Add frozen vegetables and bring to a boil.

Turn to low.

Cover and simmer for 15 minutes.

Nutrition: 768 kCal

Italian Beef

Preparation Time: 10 min

Cooking Time: 1 hour

Servings: 4

Ingredients:

4 toasted baguettes

16oz beef broth

1 pound canned beef

Toppings of your choice (peppers, onions, cheese, etc.)

Directions:

Brown beef for 5 minutes per side in the skillet, over medium-high heat.

Add broth and bring to a boil.

After this, turn heat to medium-low and immediately simmer until slightly reduced.

Spoon onto baguettes.

Top with toppings of your choice.

Nutrition: 690 kCal

Beef Paprika

Preparation Time: 10 min

Cooking Time: 1 hour

Servings: 6

Ingredients:

1 sliced onion

2 tbsp. flour

1/4 tsp. black pepper

1/4 tsp. salt

2 minced cloves of garlic

2 chopped red bell peppers

2 tbsp. sweet paprika

1/2 cup beef broth

2 tbsp. tomato paste

1/2 cup sour cream

1 tsp. caraway seeds

1/4 cup chopped fresh dill

2 pounds canned beef

Directions:

Place onions in a slow cooker.

In a small bowl, toss the beef in flour with salt and pepper.

Top onions with seasoned beef.

Spread over garlic and bell peppers in the slow cooker.

In a separate small bowl, combine paprika, broth, caraway, and tomato paste.

Pour sauce over beef.

Cover to cook, put on high for 4 hours or low for 8 hours.

Uncover and turn off heat; let stand for 10 minutes.

Stir in dill and sour cream.

Nutrition: 768 kCal

Grilled Venison

Preparation Time: 10 min

Cooking Time: 1 hour

Servings: 4

Ingredients:

2 pounds canned venison

1 -1/2 pounds sliced bacon

1-quart apple cider

24 oz. bottled barbecue sauce or marinade

Directions:

Place venison on a shallow baking dish and cover in apple cider.

Cover with plastic wrap and refrigerate for 2 hours.

Remove and pat the meat dry, then discard apple cider and place venison back in baking dish.

Pour barbecue sauce over venison, cover again, and refrigerate for 2 hours more.

Preheat an outdoor grill to high heat.

Remove the meat from the refrigerator then let it stand for 30 minutes.

Wrap pieces of venison in bacon.

Place bacon-wrapped venison pieces onto grill grate, not touching each other.

Grill for 20 minutes, constantly turning it.

Nutrition: 690 kCal

Apricot Pork

Preparation Time: 10 min

Cooking Time: 1 hour

Servings: 4

Ingredients:

1/2 tsp. salt

1/2 tsp. dried thyme

1 pound canned pork

2 tbsp. olive oil

1 sliced onion

1 tbsp. butter

2 tbsp. apricot jam

1/2 cup chicken broth

1 tbsp. Dijon mustard

Directions:

Sprinkle pork with salt and thyme on both sides.

Cook in oil over medium-high heat in a skillet for 3 minutes per side; do not crowd.

Remove from skillet, and then melt butter in skillet.

Cook onion for 3 minutes. After which, add jam, mustard, and broth.

Bring to a boil, stirring continuously.

Cover and turn heat to medium-low, then simmer for 5 minutes.

Return pork to skillet and stir to coat in sauce.

Again, cover and simmer for at least 5 minutes more to heat pork through.

Nutrition: 768 kCal

CHAPTER 10:

Pressure Canning Recipes: Other Options



Rhubarb Cherry Jelly

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 32

Ingredients:

6 cups diced rhubarb

4 cups white sugar

1 (21 ounce) can cherry pie filling

1 (6 ounce) package cherry flavored Jell-O®

Directions:

In a big bowl, put rhubarb. Put sugar over rhubarb; mix to coat. Cover the bowl; refrigerate overnight.

Put rhubarb mixture into a pot; cook on medium heat till tender, frequently mixing. Mix in gelatin and pie filling; boil. Put into a shallow pan; cool in fridge. Pack into plastic containers or jars when jelly is cool; can be frozen or refrigerated.

Nutrition: 165 kCal

Rhubarb Compote with Ginger

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

1 pound chopped rhubarb

1/2 cup orange juice

1 1/2 cups sugar, or more

2 tablespoons chopped candied ginger

Directions:

In a large glass or ceramic jar, mix together candied ginger, orange juice, sugar and rhubarb. Let it stand overnight or for at minimum of 8 hours.

Pour the rhubarb mixture into a pot to boil for about 15 minutes over medium-low heat. Use sugar to sweeten and transfer it to a clean jar. Use lid to cover well and put into the refrigerator to store up to 1 week.

Nutrition: 338 kCal

Rhubarb Jam

Preparation Time: 25 minutes

Cooking Time: 45 minutes

Servings: 32

Ingredients:

2 1/2 pounds fresh rhubarb, chopped

2 cups white sugar

2 teaspoons grated orange zest

1/3 cup orange juice

1/2 cup water

Directions:

Boil water, orange juice, orange zest, sugar and rhubarb in a saucepan; cook for 45 minutes on medium low heat till thick, occasionally mixing; as it cools, it thickens more.

Put in hot sterile jars; seal with rings and lids. Keep opened jars in the fridge.

Nutrition: 57 kCal

Rhubarb and Blueberry Compote

Preparation Time: 40 minutes

Cooking Time: 30 minutes

Servings: 8

Ingredients:

10 stalks rhubarb, peeled and chopped

1 cup white sugar

1 cup frozen blueberries

1 teaspoon vanilla extract

1 cinnamon stick

water to cover

Directions:

Mix cinnamon stick, vanilla extract, blueberries, sugar and rhubarb in a pot. To barely cover rhubarb, add sufficient water. Simmer for 30-40 minutes till rhubarb is broken down and soft, occasionally mixing. Dispose cinnamon stick.

Cool compote for 30 minutes till thick in the fridge.

Nutrition: 112 kCal

Rhubarb Pineapple Jam

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 7

Ingredients:

10 cups chopped fresh rhubarb

1 (20 ounce) can crushed pineapple, undrained

2 cups white sugar

1 (6 ounce) package strawberry flavored Jell-O®

Directions:

Boil sugar, pineapple and rhubarb in a big saucepan on medium heat; mix and cook for 20 minutes till rhubarb is tender. Take off from the heat; mix in gelatin till fully blended. Put into plastic containers/glass jars; freeze/refrigerate.

Nutrition: 49 kCal

CHAPTER 11:

Fermenting Recipes: Relish



Dill Relish

Preparation Time: 3 hours

Cooking Time: 25 minutes

Servings: 64

Ingredients:

6 cups cucumbers, chopped

2 cups sweet red peppers, chopped

1 cup celery, chopped

$\frac{2}{3}$ cup pickling salt

6 cups cold water

4 cups white vinegar

1 cup sugar

2 Tbsp. mustard seed

$\frac{1}{2}$ cup fresh dill heads, chopped

Directions:

Remove seeds and ribs of peppers, then stems and blossom ends of cucumbers. Chop vegetables with a coarse blade on a meat grinder.

Combine cucumber, pepper, onion, and celery with salt and water. Let sit 3 hours. Drain, rinse thoroughly using cold water, and drain well once more. Bring vinegar, sugar, and remaining fixings to a bubble in an enormous pot, stirring to dissolve sugar. Include drained, chopped vegetables and return to a boil. Minimize to simmer and continue until relish reaches desired consistency—about 15 minutes.

Ladle hot relish into half-pint jars, leaving $\frac{1}{2}$ inch of headspace. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down ring firmly tight. Set in a boiling water bath canner for 15 minutes.

Nutrition: 6 kCal

Beet Relish

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4 pints

Ingredients:

- 1 quart chopped, cooked beets
- 1-quart chopped cabbage
- 1 cup chopped onion
- 1 cup chopped sweet red pepper
- 1½ cup sugar
- 1 Tbsp. prepared horseradish
- 1 Tbsp. pickling salt
- 3 cups white vinegar

Directions:

Combine all ingredients in a large pot. Slowly simmer for 10 minutes. Bring to a boil, then quickly pack hot into hot jars, leaving ¼ inch of headspace. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down ring firmly tight. Set it up for 15 minutes in a boiling water bath canner.

Nutrition: 34 kCal

Chow-chow Relish

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 4 pints

Ingredients:

- 1 medium head cabbage, chopped
- 6 medium onions
- 6 sweet green peppers
- 6 sweet red peppers
- 1-quart hard green tomatoes
- ¼ cup pickling salt
- 2 Tbsp. prepared mustard
- 1½ quarts white vinegar
- 2½ cups sugar
- 1½ tsp. ground ginger
- 2 Tbsp. mustard seed
- 1 Tbsp. celery seed
- 1 Tbsp. mixed whole pickling spice

Directions:

Rinse vegetables. Remove seeds and ribs from peppers. Chop all vegetables in a meat grinder with a coarse blade. Mix with salt. Cover. Let stand in cool place overnight. Drain.

In large pot, mix mustard with small amount of vinegar; add remaining vinegar, sugar, and spices. Boil it, and then simmer 30 minutes. Add vegetables. Simmer 10 minutes. Quickly pack hot relish into hot, sterilized jars, leaving ¼ inch of headspace. Be sure liquid covers vegetables. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down ring firmly tight. Set it up for 10 minutes in a boiling water bath canner.

Nutrition: 15 kCal

Corn Relish

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4 pints

Ingredients:

- 9 cups fresh sweet corn
- 2 cups chopped onions
- 1 cup chopped green peppers
- ½ cup chopped red peppers
- 1 cup sugar
- 2 Tbsp. salt
- 1½ Tbsp. celery seed
- 1½ Tbsp. mustard seed
- 1 Tbsp. turmeric
- 3 cups cider vinegar

Directions:

Cut corn from ears. Remove stems, seeds, and ribs from peppers. Combine chopped vegetables, sugar, salt, spices, and vinegar. Bring to a boil. Cover and simmer 15 minutes, stirring once in a while to prevent scorching. Scoop hot relish into hot, sterilized jars, leaving ¼ inch of headspace. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down ring firmly tight. Set in a boiling water bath canner for 15 minutes.

Nutrition: 21 kCal

Pepper Relish

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4 pints

Ingredients:

- 12 sweet red peppers
- 12 sweet green peppers
- 12 medium onions
- 2 cups white vinegar
- 2 cups sugar
- 3 Tbsp. pickling salt

Directions:

Remove ribs and seeds from peppers. Chop vegetables with meat grinder, using a coarse blade. Cover with boiling water. Let stand 5 minutes, then drain. Add the rest of the other ingredients and bring to a boil. Simmer 5 minutes. Scoop hot relish into hot, sterilized jars, leaving $\frac{1}{4}$ inch of headspace. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down ring firmly tight. Set in a 15-minute boiling water bath canner.

Nutrition: 10 kCal

Piccalilli

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 4 pints

Ingredients:

2 quarts green tomatoes

½ cup pickling salt

1-pint white vinegar

¼ cup mustard seed

1 tsp. cinnamon

1 tsp. dry mustard

1 tsp. allspice

1 tsp. ground cloves

1 tsp. celery seed

½ tsp. pepper

2 green peppers

2 chopped onions

3 cups sugar

Directions:

Chop tomatoes in meat grinder, using a coarse knife. Sprinkle with salt, press down, and let stand, covered, overnight in a cool place. Then drain well.

Combine vinegar and spices in a large pot and bring to a boil. Seed and chop peppers and onion. Add vegetables and sugar to kettle and bring to a boil. Simmer for 30 minutes, stirring as needed. Pack hot relish into hot, cleaned containers, leaving ¼ inch of headspace. Wipe edge of container clean; place hot sterilized lid on jar, and screw down ring firmly tight. Set in a boiling water bath canner for 10 minutes.

Nutrition: 16 kCal

Apple Relish

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4 pints

Ingredients:

- 4 lbs. apples
- 3 quarts water
- 1¼ cups white vinegar, divided
- 1 cup sugar
- ½ cup light corn syrup
- 2/3 cup water
- 2 tsp. whole cloves
- 1½ sticks cinnamon

Directions:

Wash, pare, core, and also cut apples into eighths. Place in a bowl containing 3 quarts water and 4 Tbsp. vinegar to prevent darkening.

Combine sugar, corn syrup, rest of vinegar, 2/3 cup water, cloves, and cinnamon, broken into pieces, in a pot. Heat to boiling. Drain apples and add to pot. Cover and boil 3 minutes, stirring occasionally. Scoop hot relish into hot, sterilized jars, leaving ¼ inch of headspace, filling with syrup, leaving ¼ inch of headspace. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down rim firmly tight. Set in a 10-minute boiling water bath canner. Tip: This relish is good served with pork or poultry.

Nutrition: 53.1 kCal

Aunt Katie's relish

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4 pints

Ingredients:

24 ripe medium tomatoes

8 peaches

8 pears

8 apples

3 onions

2 cups cider vinegar

4 cups sugar

2 Tbsp. salt

2 Tbsp. mixed pickling spices

Directions:

Peel, core, seed, and chop tomatoes, peaches, pears, apples, and onions. Dissolve the mixture of sugar and salt in vinegar in large pot. Mix in all ingredients, with spices in spice bag. Boil and then and simmer until relish is thick, stirring frequently to avoid scorching. Scoop hot relish into hot, sterilized jars, leaving $\frac{1}{4}$ inch of headspace. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down ring firmly tight. Set in a 10-minutes boiling water bath canner.

Nutrition: 32 kCal

Elderberry Relish

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4 pints

Ingredients:

3 pints ripe elderberries

1½ pints white vinegar

1½ cups sugar

1 Tbsp. cinnamon

1 Tbsp. allspice

1 Tbsp. cloves

¼ tsp. cayenne pepper

Directions:

Stem elderberries and rinse. Add to vinegar and gently simmer to soften elderberries. Press berries through sieve. Return to vinegar. Add sugar and spices and simmer until it begins to thicken. Stir frequently to prevent scorching. Scoop hot relish into hot, sterilized jars, leaving ¼ inch of headspace. Set in a 10-minute boiling water bath canner.

Nutrition: 50 kCal

Rhubarb Relish

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4 pints

Ingredients:

2 quarts rhubarb

1-quart white onions, peeled and sliced

4 cups brown sugar

1 cup cider vinegar

2 tsp. salt

Spice bag:

1 Tbsp. cinnamon

1 Tbsp. ginger

1 Tbsp. mixed pickling spices

Directions:

Cut rhubarb into $\frac{1}{2}$ inch pieces. Do not use leaves; they are poisonous. Do not skin stalks. Mix all the mentioned ingredients and slowly bring to a boil. Simmer until rhubarb is tender but not mushy. Remove spice bag. Scoop hot relish into hot, sterilized jars, leaving $\frac{1}{4}$ inch of headspace. Wipe rim of jar clean; place hot, simmered beforehand lid on jar, and screw down ring firmly tight. Set it up for 10 minutes in a boiling water bath canner.

Nutrition: 11 kCal

CHAPTER 12:

Fermenting Recipes: Wine



Red Rowan Wine

Preparation Time: 30 minutes

Cooking Time: 3 months

Servings: 1

Ingredients:

2 kg rowanberries

5 lbs. sugar

1 tsp. yeast nutrient

4L water

Directions:

Crush the berries, add 2 pounds of sugar, yeast, and water. After a week, add 2 more pounds of sugar, stir, and let it sit for another week. Add the remaining sugar, stir, insert an airlock or fix a rubber glove with one-two holes made with a needle. Let it ferment for three months. You'll know the wine is ready by the absence of bubbles.

You may use plastic wrap instead of a rubber glove (you need to fix the plastic wrap with a rubber band). Carbon dioxide emitted during the

fermentation process will stretch the rubber band and get out, but oxygen won't be able to get in.

Nutrition: 172 kCal

Rhubarb Wine

Preparation Time: 1 hour

Cooking Time: 2 weeks

Servings: 1

Ingredients:

3.5 lbs. rhubarb

1 tsp. yeast

4 lbs. sugar

Directions:

Press juice from the rhubarb, dilute it with water in a 1:1 ratio, and add 4 pounds of sugar for each 2 quarts of the solution. Bottle, add a handful of unwashed raisins, cover with a cheesecloth, and let it sit in a warm place for 3 days.

Cover using a plastic wrap and fix it with a rubber band. Store in a warm place at a temperature not lower than 75-77°.

After the wine ferments, use a rubber tube to transfer the wine into a different container. Remove sediment and foam, thoroughly wash the bottle, and transfer the wine back into it. Add 2 pounds of sugar, cover the bottle with plastic wrap, and repeat this process after 10 days. Bottle the wine after it ferments and lightens and store it in a cool place.

Nutrition: 249 kCal

Cherry Brandy

Preparation Time: 10 minutes

Cooking Time: 2-3 months

Servings: 1

Ingredients:

Washed ripe berries

35 mL Vodka

Water (optional)

Sugar (optional)

Directions:

Fill 1/3 of the bottle with washed ripe berries and then pour vodka into it until it fills up completely. Plug the bottle with a cotton ball and leave it in a sunny spot for 2-3 months. Over the course of these months, shake the bottle 2 times a week. Strain the brandy and pour it into sterile bottles. If the brandy turns out too strong, you can dilute it with water in a 4:1 ratio and add ½ cup of sugar to each bottle. It'd be best to boil the water together with the sugar beforehand.

Nutrition: 132 kCal

Apple Vinegar with Honey

Preparation Time: 30 minutes

Cooking Time: 3 months

Servings: 1

Ingredients:

1 quart of apple puree

1 quart of water

1/2 cup of honey (or sugar)

1 teaspoon of yeast

1 piece of rye bread

Directions:

Wash and grind apples of any kind without peeling them.

Add boiled water and stir in half of the honey. Add yeast and bread. Make sure that no more than 2/3 of the volume of the dish that you're using is filled. Let the vinegar ferment for 10 days. Stir it daily.

Filter the vinegar through a folded cheesecloth. Add the remaining honey and let it sit for 2 more months.

Filter through cotton wool and bottle. The vinegar can be stored at room temperature.

Nutrition: 130 kCal

Cranberry Liquor

Preparation Time: 15 minutes

Cooking Time: 20 minutes or 3 weeks

Servings: 1

Ingredients:

For first method:

1 quart of vodka

1 cup of sugar

1 cup of cranberry juice

For second method:

2 ¼ cup of cranberries

1 ½ cups of sugar

1 quart of quality vodka

Directions:

First method

Dissolve sugar in cranberry juice and cook over medium heat without bringing it to a boil. As soon as the sugar dissolves, remove it from heat, chill, and add vodka.

Stir and bottle. The drink can be served right away.

Second method

Crush the berries and mix them with sugar. Add vodka and let it sit for at least 3 weeks. Then filter, let the liquor settle, and serve.

Nutrition: 103 kCal

Dandelion “Whiskey”

Preparation Time: 45 minutes

Cooking Time: 7 months, 4 hours cooking

Servings: 1

Ingredients:

4 cups of dandelion flowers

1 quart of water

2 ½ pounds of sugar

Juice and zest of an orange & a lemon

Pinch of ginger

1 ounce of yeast

a piece of rye bread

Directions:

Remove the petals from the flowers and put them in a bowl. Add boiling water and soak the petals for 3 days.

Transfer the contents of the bowl on a pot, add lemon and orange juices and zest, sugar, and ginger. Boil for half an hour, chill to human body temperature.

Rub yeast on the bread, put it into the pot, and cover.

When the rising foam goes down, strain, and bottle. Cork and leave it to ripen. If you prepare the “whiskey” in May it will be ready for Christmas.

Note: You can leave the bottle uncorked and add 3 chopped raisins and a pinch of sugar every month. This will make the wine stronger and it will start resembling whiskey.

Nutrition: 108 kCal

Cherry Liquor

Preparation Time: 1 hour

Cooking Time: 1-2 weeks

Servings: 1

Ingredients:

2 pounds of cherries

1 pound of sugar

1 quart of 70% alcohol

Directions:

Pit the cherries, crush them, and put them into a jar with a wide mouth. Add 70% alcohol or vodka (40% solution alcohol) and let it sit for a week. Don't use 96% alcohol because it will preserve the cherries. Shake twice a day.

Make sugar syrup using 2 cups of water (if you used vodka you need to add additional 2 cups of water), chill, and add it to the mixture. Let it sit for another week. Shake daily.

Filter the liquor through a napkin. It turns out delicious and beautiful. You can also make liquor from strawberries, raspberries, and other berries.

Nutrition: 157 kCal

Sherry Brandy Liquor

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 1

Ingredients:

100 cherry leaves

1 cup of chokeberry (aronia)

4 cups of water

Directions:

Add chokeberries and cherry leaves to a pot of water, bring it to a boil, and cook for 10 minutes.

Remove from heat, chill, and strain (without pressing juice from the pulp).

Stir in 1 2/3 pounds of sugar and a teaspoon of citric acid and cook for 2-3 more minutes.

Chill and slowly stir in an alcohol solution (1 cup of alcohol to 1 cup of water). If you're using vodka instead of alcohol don't add water and instead just use 2 cups of vodka.

Nutrition: 195 kCal

Cream Liqueur “Raspberry King”

Preparation Time: 15 minutes

Cooking Time: 0 minutes

Servings: 1

Ingredients:

4 eggs

2 cups of raspberry jam

1 cup of cream

1 2/3 cups of vodka

a small bag of vanilla sugar

2 tablespoons of cocoa

2 tablespoons of sugar

Directions:

Separate the egg yolks then beat them with sugar.

Mix cocoa with cream and stir well.

Strain the raspberry jam.

Continuing to beat the yolks, gradually stir in cream, jam, and vodka.

Add vanilla sugar the last.

Strain through a sieve and bottle. Serve the liquor shortly after.

Note: if you're using raspberry juice instead of jam, increase the sugar amount to 1/2 cup and use 1 cup of juice. Boil the juice with sugar beforehand (leaving 2 tablespoons for whipping the yolk). After you strain the jam, add cold water to the remains, stir, and strain through a sieve.

You'll get a tasty drink!

Nutrition: 103 kCal

Aronia Liquor

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 1

Ingredients:

3 pounds of berries

2 pounds of sugar

1 2/3 cups of water

1/2 teaspoon of citric acid

2 cups of vodka

Directions:

Boil berries and sugar for 20 minutes.

Chill. Get the berries out using a colander and strain the syrup through a sieve.

Add citric acid and vodka to the chilled syrup.

Bottle.

Spread the remaining berries on a wooden board and dry them. They will turn into raisins. Store them in closed glass jars.

Nutrition: 55 kCal

Raspberry Liquor

Preparation Time: 20 minutes

Cooking Time: 3-4 weeks

Servings: 1

Ingredients:

2 cups of raspberries

1 quart of 70% alcohol

Directions:

Put 2 cups of fresh raspberries into a wide-mouth bottle and add 1 quart of 70% alcohol.

Wrap the mouth of the bottle with a cloth and keep in a cool place for 3-4 weeks.

Dissolve 2 cups of sugar in 2 cups of water, boil, chill, and stir into the bottle with raspberries.

Stir, filter, and bottle. The quality of this liquor increases over time.

Nutrition: 103 kCal

Cream Liquor “Charlie”

Preparation Time: 30 minutes

Cooking Time: 0 minutes

Servings: 1

Ingredients:

4 eggs

2 tablespoons of sugar

2 cups of milk

2 tablespoons of cocoa

2 cups of raspberry syrup

1 cup of alcohol

2 small bags of vanilla sugar

Directions:

Separate 4 yolks and whip them with 2 tablespoons of sugar.

Boil 2 cups of milk and stir in 2 tablespoons of cocoa.

Chill and start whipping while gradually stirring in the yolks.

Continuing to whip, gradually stir in raspberry syrup, alcohol, and vanilla sugar.

Strain twice through a fine sieve and bottle.

Serve shortly after.

Nutrition: 103 kCal

“Cognac” 44

Preparation Time: 45 minutes

Cooking Time: 44 days

Servings: 1

Ingredients:

3 oranges

44 roasted coffee beans

44 teaspoons of sugar

2 ½ quarts of vodka

Directions:

Wash the oranges, dry them with a towel, cut a medium-sized hole on the tops (like a cap).

Put coffee beans into the holes, cover them with the orange peels, and fix the peels with toothpicks. Use 11 coffee beans for each orange.

Put the oranges into a jar and add 44 teaspoons of sugar.

Add the vodka and leave the jar in a dark place at room temperature for 44 days.

Drain the liquid into a glass dish, press the oranges through a cheesecloth, filter the juice, cover the dish, and let it sit for a week. Quality cognac aroma will appear.

Separate from the sediment and bottle. You may serve it right away, but the “cognac” will get better with aging.

Nutrition: 260 kCal

CHAPTER 13:

Fermenting Recipes: Pickles



Pickled Grapes

Preparation Time: 15 minutes

Cooking Time: 1 day and 40 minutes

Servings: 10

Ingredients:

- 1 pound seedless red grapes
- 1 1/2 cups apple cider vinegar
- 1 cup of water
- 1 cup of raw sugar
- ½ red onion, cut into slices
- 2 teaspoons yellow mustard seeds
- 1 teaspoon whole black peppercorns
- 1 cinnamon stick

1 bay leaf
1-star anise pod
1 whole allspice

Directions:

Remove stems and discard any bad grapes. Place grapes in a quart-size mason jar and set aside.

Combine vinegar, water, sugar, red onion, mustard seeds, peppercorns, cinnamon stick, bay leaf, star anise pod, and allspice in a saucepan; bring to a boil.

Reduce heat to low and simmer until onion is softened, about 10 minutes. Remove saucepan from heat and cool for 15 minutes.

Carefully pour the cooled liquid over grapes and gently swirl jar to incorporate spices. Cover the jar and refrigerate 1 day before eating.

Nutrition: 120 kCal

Pickled Garlic and Jalapeno Peppers

Preparation Time: 15 minutes

Cooking Time: 1 hour and 35 minutes

Servings: 20

Ingredients:

- 2 1/2 cups white vinegar
- 1/2 cup olive oil
- 2 carrots, chopped into bite-size pieces
- 16 fresh jalapeno peppers, chopped
- 1 head garlic, peeled, or more to taste
- 2 tbsp whole black peppercorns
- 2 tbsp ground coriander
- 2 tbsp kosher salt
- 2 tablespoons whole mustard seeds

Directions:

Using a pot, combine and boil white vinegar and olive oil. Add carrots; simmer for 10 minutes, until tender.

Stir in jalapenos, garlic, peppercorns, coriander, salt, mustard seeds, and thyme; simmer until jalapenos soften, 5 to 10 minutes.

Pour the jalapeno mixture into 2 jars, making sure that the jalapenos are fully submerged in the vinegar mixture. Cool for about 1 hour; cover and refrigerate.

Nutrition: 66 kCal

Nothing' Sweet about These Spicy Refrigerator Pickles

Preparation Time: 15 minutes

Cooking Time: 1 day and 55 minutes

Servings: 12

Ingredients:

- 1 1/4 cups water
- 1 1/4 cups white vinegar
- 2 1/2 teaspoons pickling salt
- 1 teaspoon whole Tellicherry peppercorns
- 1 teaspoon yellow mustard seeds
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon brown mustard seeds
- 1/2 teaspoon white sugar
- 6 pickling cucumbers
- 1/4 small white onion, sliced
- 8 sprigs fresh dill 1 clove garlic, slightly crushed

Directions:

Combine yellow and brown mustard seeds, sugar, water, vinegar, salt, peppercorns, and crushed red pepper flakes in a saucepan over medium heat.

Cook 5-7 minutes, until sugar and salt have dissolved. Allow mixture to cool, about 30 minutes.

Cut cucumbers into even spears then pack into a 1-liter, large-mouthed glass jar.

Add onion slices, dill sprigs, and garlic. Pour cooled vinegar mixture over cucumbers in the jar to cover completely.

Seal and refrigerate for 24 hours before serving.

Nutrition: 26 kCal

Quick Pickled Radishes

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 10 radishes, thinly sliced
- 2/3 cup white wine vinegar
- 1/3 cup water 1 tablespoon white sugar
- 1 teaspoon salt
- 1 star anise pod
- 1/2 teaspoon cumin seed
- 1/2 teaspoon black peppercorns

Directions:

Place radish slices into a pint-sized jar.

Heat water and vinegar in a small non-reactive saucepan over medium heat; whisk in salt and sugar until just dissolved.

Remove from heat and add star anise pod, cumin seed, and black peppercorns.

Let cool slightly for 5 to 10 minutes.

Pour liquid over radishes. Cover and let cool to room temperature, then refrigerate.

Nutrition: 17 kCal

Sour Cherry Pickle

Preparation Time: 5 minutes

Cooking Time: 21 days, 1 hour and 5 minutes

Servings: 8

Ingredients:

1 cup sour cherries, not pitted

1/2 teaspoon salt

1 cup good quality white vinegar, or as need

Directions:

Wash then drain the cherries, place on a metal baking sheet, and set it in the sun for 1 hour to be sure they are dry.

Place cherries in a jar with a plastic lid; add salt. Pour vinegar to fill the jar.

Close lid and set aside for taste and color to ripen, 3 to 4 weeks.

Refrigerate.

Nutrition: 29 kCal

Pickled Turnips

Preparation Time: 10 minutes

Cooking Time: 7 days and 17 minutes

Servings: 8

Ingredients:

2 turnips, peeled and sliced into ½-inch wedges

1 small beet, thinly sliced

2 cloves garlic, chopped

1 cup distilled white vinegar

1 cup water

1 teaspoon white sugar

1 teaspoon sea salt

Directions:

Divide turnips, beet, and garlic between two 16-ounce mason jars.

Combine and boil vinegar, water, sugar, and salt in a saucepan for 2 minutes.

Remove from heat and pour over turnips, leaving 1/2 inch of space on top.

Seal jars and refrigerate for 1 week.

Nutrition: 16 kCal

Addictive Spicy Dill Avocado Pickles

Preparation Time: 10 minutes

Cooking Time: 1 day and 30 minutes

Servings: 4

Ingredients:

- 1 1/4 cups distilled white vinegar
- 1 cup filtered water 1/2 cup white sugar
- 1 teaspoon rock salt
- 1 teaspoon brown mustard seeds
- 1 teaspoon chopped fresh dill
- 1/2 teaspoon whole black peppercorns
- 1/2 teaspoon habanero pepper flakes
- 2 habanero peppers
- 1 clove garlic, lightly smashed and halved
- 2 under ripe avocados, peeled and sliced into eighths.

Directions:

Using a saucepan, combine vinegar and water.

Stir in salt and sugar; add mustard seeds, dill, peppercorns, and habanero pepper flakes.

Boil; stir until sugar and salt are dissolved.

Removed from heat; cool to room temperature, about 15 minutes.

Divide garlic and habanero peppers clove between 2 canning jars.

Divide avocado slices evenly between jars.

Stir vinegar mixture to evenly disburse seasoning; pour into jars.

Close lids and place in the refrigerator.

Chill until flavors combine, about 24 hours.

Nutrition: 106 kCal

Quick Pickled Jalapeno Rings

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients:

3/4 cup water

3/4 cup distilled white vinegar

3 tablespoons white sugar

1 tablespoon kosher salt

1 clove garlic, crushed

1/2 teaspoon oregano

10 large jalapeno peppers, sliced into rings

Directions:

Combine water, vinegar, sugar, kosher salt, garlic, and oregano in a saucepan over high heat.

Bring mixture to a boil, stir in jalapeno peppers and remove from heat.

Let mixture cool for 10 minutes.

Pack peppers into jars using tongs, cover with vinegar mixture, cover, and refrigerate until need.

Nutrition: 99 kCal

Homemade Refrigerator Pickles

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 64

Ingredients:

1 cup distilled white vinegar

1 tablespoon salt

2 cups white sugar

6 cups sliced cucumbers

1 cup sliced onions

1 cup sliced green bell peppers

Directions:

In a medium saucepan over medium heat, bring vinegar, salt, and sugar to a boil.

Boil until the sugar has dissolved, about 10 minutes.

Place the onions, cucumbers, and green bell peppers in a large bowl.

Pour the vinegar mixture over the vegetables.

Transfer to sterile containers and store them in the refrigerator.

Nutrition: 27 kCal

Bread and Butter Pickles II

Preparation Time: 1 hour

Cooking Time: 4 hours and 30 minutes

Servings: 50

Ingredients:

- 25 cucumbers, thinly sliced
- 6 onions, thinly sliced
- 2 green bell peppers, diced
- 3 cloves garlic, chopped
- ½ cup salt
- 3 cups cider vinegar
- 5 cups white sugar
- 2 tablespoons mustard seed
- 1 ½ teaspoons celery seed
- ½ teaspoon whole cloves
- 1 tablespoon ground turmeric

Directions:

In a large bowl, mix cucumbers, onions, green bell peppers, garlic, and salt.

Allow standing approximately 3 hours.

Using a large saucepan, mix the cider vinegar, white sugar, mustard seed, celery seed, whole cloves, and turmeric.

Bring to a boil.

Drain any liquid from the cucumber mixture.

Stir the cucumber mixture into the vinegar mixture.

Remove from heat shortly before the combined mixtures return to boil.

Transfer to sterile containers. Seal then chill in the refrigerator until serving.

Nutrition: 105 kCal

Microwave Bread and Butter Pickles

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 24

Ingredients:

- 1 large cucumber, sliced
- 1 teaspoon salt
- 1 onion, thinly sliced
- ½ teaspoon mustard seeds
- 1 cup white sugar
- ½ cup distilled white vinegar
- ¼ teaspoon celery seed
- ¼ ground turmeric

Directions:

In a medium microwave-safe bowl, mix cucumber, salt, onion, mustard seeds, white sugar, distilled white vinegar, celery seed, and turmeric.

Microwave on high 7 to 8 minutes, stirring twice until cucumbers are tender and onion is translucent.

Transfer to sterile containers. Seal then chill in the refrigerator until serving.

Nutrition: 36 kCal

Pickled Beets

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 60

Ingredients:

10 pounds fresh small beets, stems removed

2 cups white sugar

1 tablespoon pickling salt

1 quart white vinegar

1/4 cup whole cloves

Directions:

Place beets in a big stockpot with water to cover.

Bring to a boil, and cook until tender, about 15 minutes.

Cut the large beets into quarters.

Drain, reserving 2 cups of the beet water, cool and peel.

Sterilize jars and lids by immersing in boiling water for at least 10 minutes.

Fill each jar with beets and add several whole cloves to each jar.

Using a large saucepan, combine the sugar, beet water, vinegar, and pickling salt.

Bring to a rapid boil.

Pour the hot brine over the beets in the jars, and seal lids.

Place a rack in the bottom of a large stockpot then fill halfway with water.

Boil over high heat, then carefully lower the jars into the pot using a holder.

Leave a 2-inch space between the jars.

Pour in more boiling water until the water level is at least 1 inch above the tops of the jars.

Boil the water, cover the pot, and process for 10 minutes.

Nutrition: 60 kCal

Hot Italian Giardeniera

Preparation Time: 45 minutes

Cooking Time: 2 days and 2 hours

Servings: 10

Ingredients:

- 2 green bell peppers, diced
- 2 red bell peppers, diced
- 8 fresh jalapeno peppers, sliced
- 1 celery stalk, diced
- 1 medium carrot, diced
- 1 small onion, chopped
- 1/2 cup fresh cauliflower florets
- 1/2 cup saltwater to cover
- 2 cloves garlic, chopped
- 1 tablespoon dried oregano
- 1 teaspoon red pepper flakes
- 1/2 teaspoon black pepper
- 1 (5 ounces) jar pimento-stuffed green olives, chopped
- 1 cup white vinegar
- 1 cup olive oil

Directions:

Place in a bowl the jalapenos, green and red peppers, celery, carrots, onion, and cauliflower.

Stir in salt, and fill with enough cold water to cover.

Place plastic wrap or aluminum foil over the bowl, and refrigerate overnight.

The next day, drain salty water and rinse vegetables.

In a bowl, mix red pepper flakes, oregano, olives, black pepper, and garlic.

Pour and mix in vinegar and olive oil.

Combine with vegetable mixture, cover, and refrigerate for 2 days.

Nutrition: 233 kCal

CHAPTER 14:

Fermenting Recipes: Kefir



Vanilla Milk Kefir

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

2 cups milk kefir.

1 to 2 teaspoons vanilla extract.

Directions:

Stir the vanilla extract into the milk kefir. Enjoy.

Nutrition: 72 kCal

Sweet Maple Kefir

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

2 cups traditional milk kefir.

Organic maple syrup

Directions:

Stir the maple syrup into the milk kefir. Taste it and add more syrup if it isn't sweet enough.

Nutrition: 130 kCal

Citrus Kefir

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

2 cups milk kefir.

2 to 4 tablespoons citrus juice.

Directions:

Blend the citrus juice into the milk kefir and serve.

Nutrition: 67 kCal

Cocoa Spice Milk Kefir

Preparation Time: 10 minutes

Cooking Time: 12-48 hours

Servings: 4 cups

Ingredients:

4 cups milk kefir.

5 tablespoons cocoa powder.

2 cloves.

2 tablespoons ground cinnamon.

¼ tablespoon nutmeg.

Organic cane sugar or stevia

Directions:

Make traditional milk kefir, letting the kefir ferment at room temperature for 24 hours.

Strain out the kefir grains and move them to fresh milk.

Add the cocoa powder, cloves, cinnamon and nutmeg and stir them into the kefir.

Place a lid on the kefir and let it ferment for an addition 12 to 24 hours.

Add sweetener and place an airtight lid on the container and move it to the fridge.

Nutrition: 94 kCal

Rise and Shine Kefir

Preparation Time: 15 minutes

Cooking Time: 12-48 hours

Servings: 2 cups

Ingredients:

2 cups milk kefir.

½ cup carrot juice.

½ cup shredded carrots.

1 teaspoon vanilla extract.

Sweetener

Fermenting vessel.

Directions:

Make traditional milk kefir. The first ferment should last 12 to 24 hours. Strain out the kefir grains before adding any of the other ingredients to the fermenting vessel.

Place the milk kefir in the fermenting vessel and add the carrots, carrot juice and vanilla extract to the container.

Place the cover or lid on the container and allow it to ferment for an additional 12 to 24 hours.

Move the container to the fridge until you're ready to consume the kefir.

Right before serving, place the kefir in the blender and blend everything together. Add sweetener. Stevia and rapadura are both good choices for sweetener.

Nutrition: 270 kCal

Kefir Protein Power Shake

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

1 ½ cups milk kefir.

1 – 2 scoops of your favorite protein powder blend.

½ cup milk.

Directions:

Place all of the ingredients in a big shaker bottle and shake until blended.

Drink immediately.

Nutrition: 231 kCal

Kefir Raspberry Flaxseed Fiber Booster

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

2 cups milk kefir.

2 tablespoons ground flaxseed.

½ cup raspberries.

Organic cane sugar (optional)

Directions:

Combine the ingredients mentioned above in a blender and blend them together. Add sweetener if you'd like. Serve.

Nutrition: 304 kCal

Sweet Lavender Milk Kefir

Preparation Time: 15 minutes

Cooking Time: 24-48 hours

Servings: 4 cups

Ingredients:

4 cups milk kefir.

2 tablespoons dried lavender flower heads.

Organic cane sugar or stevia

Directions:

Make traditional milk kefir, letting the kefir ferment at room temperature for 24 hours.

Strain out the kefir grains and move them to fresh milk.

Stir the lavender flower heads into the milk kefir. Do not add the flower heads while the kefir grains are still in the kefir.

Place the lid on the kefir and let it sit at room temperature overnight. The second ferment should last 12 to 24 hours.

Strain the kefir to get rid of the flower heads.

Add cane sugar or stevia. Stir the sweetener into the kefir.

Place the kefir in an airtight container in the fridge.

Nutrition: 180 kCal

Sweet Raspberry Milk Kefir

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

2 cups milk kefir.

3 tablespoons raspberry preserves (or more, if you'd like).

Blender.

Directions:

Place the milk kefir and the raspberry preserves in the blender.

Blend them together.

Serve. You can blend ice into the kefir if you want it to be like a smoothie.

Nutrition: 140 kCal

Strawberry Banana Kefir Smoothie

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 4 cups

Ingredients:

1 cup milk kefir.

6 to 8 strawberries.

1 banana.

5 ice cubes.

Directions:

Add the ingredients mentioned above to a blender and blend them together.

Serve.

Nutrition: 140 kCal

Strawberry Lime Kefir Smoothie

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 4 cups

Ingredients:

1 cup milk kefir.

2 tablespoons lime juice (or a whole lime).

5 strawberries.

Organic cane sugar (optional)

5 ice cubes.

Directions:

The only step is to add all the ingredients mentioned above to a blender and blend it all together. Add sugar.

Nutrition: 178 kCal

Watermelon Slush Kefir Smoothie

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

1 cup milk kefir.

2 cups seedless watermelon, chopped.

10 ice cubes.

Directions:

Add the ingredients mentioned above to a blender and blend it all together.

Serve.

Nutrition: 160 kCal

Piña Colada Kefir

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2 cups

Ingredients:

1 cups milk kefir.

½ cup coconut cream.

½ cup pineapple juice.

Blender.

Directions:

Place the milk kefir, coconut cream and pineapple juice in the blender.

Blend them together.

Serve. You can blend ice into the kefir if you want it to be like a smoothie.

Nutrition: 130 kCal

Kefir Egg Nog

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 4 cups

Ingredients:

4 cups traditional kefir.

2 eggs.

2 to 3 tablespoons organic cane sugar.

½ teaspoon cinnamon.

½ teaspoon nutmeg.

Directions:

Combine the kefir, eggs, sugar, cinnamon and nutmeg in a blender and pulse until smooth.

Sprinkle a bit of nutmeg mixed with cinnamon on top of each cup as you pour it.

Nutrition: 140 kCal

CHAPTER 15:

Dehydrating Recipes: Jerky and Some Extra



Beef Jerky

Preparation Time: 30 minutes

Cooking Time: 4 hours

Servings: 4

Ingredients:

2 lbs. London broil, sliced thinly

1 teaspoon sesame oil

3/4 teaspoon garlic powder

1 teaspoon onion powder

3 tablespoons Brown sugar

3 tablespoons Soy sauce

Directions:

Add all ingredients except meat in the large zip-lock bag and mix until well combined.

Add meat in bag. Seal bag and massage gently to cover the meat with marinade.

Let marinate the meat for 30 minutes.

Arrange marinated meat slices in a single layer on the dehydrator racks and dehydrate at 160° F/ 71° C for 4 hours.

Nutrition: 347 kCal

Chicken Jerky

Preparation Time: 10 minutes

Cooking Time: 7 hours

Servings: 4

Ingredients:

1 ½ lbs. chicken tenders, boneless, skinless and cut into ¼ inch strips

¼ teaspoon ground ginger

¼ teaspoon black pepper

½ teaspoon garlic powder

1 teaspoon lemon juice

½ cup soy sauce

Directions:

Mix all ingredients except chicken into the zip-lock bag.

Add chicken and seal bag and mix until chicken is well coated. Place in refrigerator for 30 minutes.

Arrange marinated meat slices of dehydrator trays and dehydrate at 145° F/ 63°C for 6-7 hours.

Nutrition: 342 kCal

Ranch Beef Jerky

Preparation Time: 15 minutes

Cooking Time: 8 hours

Servings: 6

Ingredients:

2 lbs. flank steak, cut into thin slices

¼ teaspoon cayenne pepper

1 ½ teaspoons liquid smoke

2 tablespoons red pepper flakes

3 tablespoons ranch seasoning

¾ cup Worcestershire sauce

¾ cup soy sauce

Directions:

Add all ingredients and mix well. Cover bowl and place in refrigerator for overnight.

Arrange marinated meat slices on dehydrator racks and dehydrate at 145° F/ 63°C for 7-8 hours.

Nutrition: 346 kCal

Turkey Jerky

Preparation Time: 15 minutes

Cooking Time: 5 hours

Servings: 4

Ingredients:

1 lb. turkey meat, cut into thin slices

1 tsp. salt

2 teaspoons garlic powder

1 tablespoon onion powder

2 teaspoons brown sugar

1/3 cup Worcestershire sauce

¼ teaspoon Tabasco sauce

2 tablespoons soy sauce

1 tablespoon liquid smoke

Directions:

Add all ingredients except meat in the large zip-lock bag and mix until well combined.

Add meat in bag. Seal bag and massage gently to cover the meat with marinade. Place in refrigerator for overnight.

Arrange marinated meat slices on the dehydrator racks and dehydrate at 160° F/ 71°C for 5 hours.

Nutrition: 233 kCal

Asian Pork Jerky

Preparation Time: 15 minutes

Cooking Time: 4 hours 30 minutes

Servings: 5

Ingredients:

1 lb. pork loin, cut into thin slices

¼ teaspoon salt

1 teaspoon black pepper

½ teaspoon onion powder

½ teaspoon garlic powder

1 teaspoon sesame oil

1 tablespoon chili garlic sauce

1 tablespoon brown sugar

1 tablespoon Worcestershire sauce

1/3 cup soy sauce

Directions:

Add all ingredients except meat slices into the large bowl and mix well.

Add sliced meat in the bowl and mix until well coated. Cover bowl and place inside the refrigerator overnight.

Arrange marinated meat slices on the dehydrator racks and dehydrate at 160° F/ 71°C for 4 1/2 hours.

Nutrition: 249 kCal

Tofu Jerky

Preparation Time: 10 minutes

Cooking Time: 4 hours

Servings: 4

Ingredients:

1 block tofu, pressed

4 drops liquid smoke

2 tablespoons Worcestershire sauce

2 tablespoons sriracha

Directions:

Cut tofu in half, then cut into the slices.

In a bowl, mix together liquid smoke, Worcestershire sauce, and sriracha.

Add tofu slices in a bowl and mix until well coated with marinade. Cover bowl tightly and place in the refrigerator overnight.

Place marinated tofu slices on the dehydrator trays and dehydrate at 145° F/ 63° C for 4 hours.

Nutrition: 44 kCal

Sweet & Smoky Salmon Jerky

Preparation Time: 15 minutes

Cooking Time: 5 hours

Servings: 6

Ingredients:

- 2 lbs. salmon, sliced in strips
- 3 teaspoons black pepper
- 3 tablespoons smoked sea salt
- ¼ cup liquid smoke
- 2 tablespoons black pepper
- 1 cup brown sugar
- 1 cup soy sauce
- 1 orange juice

Directions:

Add all ingredients except salmon slices into the large bowl and mix well.

Add sliced salmon in the bowl and mix until well coated. Cover bowl and place inside the refrigerator overnight.

Arrange marinated salmon slices in a single layer on the dehydrator racks and dehydrate at 160° F/ 71°C for 5 hours.

Nutrition: 329 kCal

Lemon Salmon Jerky

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 6

Ingredients:

1 ¼ lbs. salmon, cut into ¼ inch slices

1/2 teaspoon liquid smoke

1 ¼ teaspoons black pepper

1 ½ tablespoons fresh lemon juice

1 tablespoon molasses

½ cup soy sauce, low sodium

Directions:

In a bowl, mix together liquid smoke, black pepper, lemon juice, molasses, and soy sauce.

Add sliced salmon into the bowl and mix until well coated. Cover bowl and place inside the refrigerator overnight.

Strain sliced salmon in colander and pat dry with paper towel.

Arrange sliced salmon on a dehydrator tray and dehydrate at 145° F/ 63° C for 3-4 hours.

Nutrition: 148 kCal

Easy Mexican Jerky

Preparation Time: 15 minutes

Cooking Time: 5 hours

Servings: 4

Ingredients:

1 lb. pork lean meat, sliced thinly

1 teaspoon paprika

½ teaspoon oregano

½ teaspoon garlic powder

1 teaspoon chili powder

¼ teaspoon black pepper

1 teaspoon salt

Directions:

Add paprika, oregano, garlic powder, chili powder, black pepper, and salt in a bowl and mix well.

Add sliced meat in a bowl and mix until well coated. Cover the bowl and place inside the refrigerator overnight.

Arrange marinated meat slices on dehydrator rack and dehydrate at 160° F/ 71° C for 5 hours.

Nutrition: 168 kCal

Perfect Lamb Jerky

Preparation Time: 10 minutes

Cooking Time: 6 hours

Servings: 6

Ingredients:

2 ½ lbs. boneless lamb, trimmed fat and slice into thin strips

½ teaspoon black pepper

1 tablespoon oregano

1 teaspoon garlic powder

1 ½ teaspoons onion powder

3 tablespoons Worcestershire sauce

1/3 cup soy sauce

Directions:

Add soy sauce, Worcestershire sauce, onion powder, garlic powder, oregano, and black pepper in the large bowl and mix well.

Add meat slices in the bowl and mix until well coated. Cover bowl tightly and place in refrigerator for overnight.

Arrange marinated meat slices on dehydrator racks and dehydrate to 145° F/ 63° C for 5-6 hours.

Nutrition: 373 kCal

Dehydrated Yogurt

Preparation Time: 30 minutes

Cooking Time: 24 hours

Servings: 3

Ingredients:

1 gallon milk

1 quart cream

Yogurt starter

Directions:

Put a deep pot over heat and pour the milk in it. Stir it occasionally with a gap of about 10 minutes until it comes to a boil.

Remove from heat and cover the pot. Allow the milk to chill to a temperature where you can comfortably touch it. Then add the yogurt starter and stir.

Pour the milk and starter mixture in glass containers and place them in the dehydrator at 100° for 24 hours. After this much time, the yogurt will be ready. Store it in the fridge for a few hours and then enjoy!

Nutrition: 100 kCal

CHAPTER 16:

Dehydrating Recipes: Powder, Spices, Etc.



Homemade Chili Powder

Preparation Time: 10 minutes

Cooking Time: 6 hours 15 minutes

Servings: 24

Ingredients:

12 red chili peppers

Directions:

Place Parallax Screens on the racks of your Excalibur Food Dehydrator. Carefully slice the chili peppers into thin strips. Note: The amount of heat in your chili powder will depend on how much pith and seed you allow to stay with the peppers. If you want super-hot powder keep the seeds and pith. For less spicy powder discard most of the seeds and pith.

Lay the peppers (and seeds and pith if desired) on the screens and set your Excalibur to 115F. Dehydrate for about 5 to 6 hours or until the peppers are dried. Transfer the contents of your Excalibur to a blender and pulse until a rough powder form. Store in jars or zipper lock bags.

Nutrition: 24 kCal

Spicy Carrot Powder

Preparation Time: 15 minutes

Cooking Time: 6 hours 15 minutes

Servings: 12

Ingredients:

6 large carrots, peeled, chopped

2 jalapeño peppers, sliced

1 tablespoon salt

Directions:

Place the carrots in a food processor. Pulse until the carrots are roughly chopped but not a puree.

Place Parallax Screens on the racks of your Excalibur Food Dehydrator and use all but one rack for the carrots. Make sure the carrots are in thin even layers not thicker than 1/4 inch.

Use one rack for the jalapeño peppers. Set your Excalibur to 150F and dehydrate for 6 hours or until the carrots are dry.

Transfer the dried carrots and jalapeños to a blender and blend until you get a fine powder. Store in jars or zipper lock bags.

Nutrition: 40 kCal

Tasty Pineapple Chunks

Preparation Time: 10 minutes

Cooking Time: 12 hours

Servings: 4

Ingredients:

1 ripe pineapple

Directions:

Peel and cut pineapple. Cut in half and then cut in $\frac{1}{4}$ inch thick chunks.

Place pineapple chunks on dehydrator racks and dehydrate at 135 F/ 58 C for 12 hours.

Nutrition: 62 kCal

Dried Mango

Preparation Time: 5 Minutes

Cooking Time: 8 Hours

Servings: 2

Ingredients:

½ mango, peeled, pitted, and cut into ⅜-inch slices

Directions:

Arrange the mango slices flat in a single layer in the Cook & Crisp Basket. Place in the pot and close the Crisping Lid.

Press Dehydrate, set the temperature to 135°F, and set the time to 8 hours. Select Start/Stop to begin.

When dehydrating is complete, remove the basket from the pot and transfer the mango slices to an airtight container.

Nutrition: 67 kCal

Simple Apple Leather

Preparation Time: 5 minutes

Cooking Time: 6 hours

Servings: 12

Ingredients:

8 cups applesauce

1 3oz. box sugar free jello

Directions:

In a large bowl, combine both the apple sauce and Jello. Place ParaFlexx Screens on the racks of your Excalibur and pour the puree onto the screens. Use a spatula to spread the puree about 1/8 inch thick evenly.

Set your Excalibur to 140F and dehydrate for 6 hours. Make sure the leather is dehydrated and not sticky before removing from the screens.

Nutrition: 103 kCal

Mirepoix Powder

Preparation Time: 20 minutes

Cooking Time: 6 hours

Servings: 24

Ingredients:

2 yellow onions, thinly sliced

3 carrots, sliced into thin rounds

3 stalks celery, cut into thin slices

Directions:

Place ParaFlexx Screens on the racks of your Excalibur Food Dehydrator. On separate racks place layers of onion, carrot, and celery. Make sure they are even layers.

Set your Excalibur to 150F and dehydrate for 6 hours.

When the vegetables are dehydrated, place them in a blender together. Blend until a fine powder form. Store the powder in jars and use as the base for many soups and sauces.

Nutrition: 7 kCal

Int Leaves

Preparation Time: 10 minutes

Cooking Time: 6 hours 10 minutes

Servings: 12

Ingredients:

2 bunches fresh peppermint

Directions:

The leaves on the rack of your Excalibur Food Dehydrator and set to 150F. Dehydrate for 6 hours.

Remove mint leaves from the racks and store in jars or zipper lock bags until ready to use.

Nutrition: 96 kCal

Dried Rose Petals

Preparation Time: 10 minutes

Cooking Time: 4 to 5 hours

Servings: 15

Ingredients:

Fresh rose petals, stems removed

Directions:

Select the type of rose you would like to use. Different varieties have different aromas, and some are stronger and sweeter than others.

For best results, only dehydrate one type of flower at a time because different types of roses require different drying times.

Remove the stems of the rose petals and place the petals on the rack of your Excalibur Food Dehydrator in single layers.

Set your Excalibur to 115F and dehydrate for 4 to 5 hours, or until the petals are dehydrated.

Your dried rose petals should retain their intense aromas for several months.

Nutrition: 37 kCal

Pumpkin Chips

Preparation Time: 15 minutes

Cooking Time: 18 hours 10 minutes

Servings: 6

Ingredients:

1 pumpkin

2 tablespoons coconut oil, melted

1 teaspoon cinnamon

1 teaspoon nutmeg

Directions:

Remove the seeds, pulp, and skin from the pumpkin, and slice the pumpkin flesh into thin slices.

Try to make the slices no more than 1/8 inch thick.

In a large bowl, combine the pumpkin slices, coconut oil, cinnamon, nutmeg, and salt. Stir well to coat.

Place the pumpkin slices on the racks of your Excalibur and set to 125F. Dehydrated for 18 hours or until the slices are crispy.

Nutrition: 140 kCal

Citrus Potpourri

Preparation Time: 20 minutes

Cooking Time: 12 hours 15 minutes

Servings: 5

Ingredients:

2 lemons

2 oranges

6 cinnamon sticks

3 tablespoons dried cloves

Directions:

Slice the lemons and oranges between 1/8 and 1/4-inch-thick and place them on the racks of your Excalibur Food Dehydrator in a single layer so the slices are not touching.

Set your Excalibur to 150F and dehydrate for 12 hours. The citrus should be dry and firm to the touch and not sticky.

Remove the slices from the racks and divide among bowls or jars with equal amounts of cinnamon sticks and dried cloves.

Nutrition: 190 kCal

Crunch Green Bean Chips

Preparation Time: 15 minutes

Cooking Time: 12 hours 10 minutes

Servings: 12

Ingredients:

3 lbs. Fresh green beans

1/4 cup coconut oil, melted

1 tablespoon salt

Directions:

Combine your green beans and oil and mix well to cover. Season with salt and mix once more.

Put the green beans on the racks of your Excalibur and set to 125F.

Dehydrate the beans for 12 hours or until the beans are dried out and firm.

Remove the green beans from the dehydrator and keep in a cool dry spot.

Nutrition: 130 kCal

Chia Seed Pudding

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Servings: 3

Ingredients:

2 cups of unsweetened almond milk

1 tablespoon of raw honey

½ cup of chia seeds

½ cup fresh blueberries

Directions:

Using a large bowl, stir the chia seeds, almond milk, maple syrup, and vanilla extract. Refrigerate for at least 3-4 hours, stirring occasionally. Serve with the topping of strawberry slices.

Nutrition: 139 kCal

Dried Cilantro

Preparation Time: 10 minutes

Cooking Time: 3 hours 10 minutes

Servings: 12

Ingredients:

2 bunches fresh cilantro

Directions:

You can dehydrate your cilantro with or without the stems; it's totally up to you. Rinse and dry the cilantro and place it in a single layer on the racks of your Excalibur Food Dehydrator.

Set your Excalibur to 110F and dehydrate for 3 hours. Remove the dried cilantro from the racks and store in jars or zipper lock bags until ready to use.

Nutrition: 3.68 kCal

Tomato Powder

Preparation Time: 10 minutes

Cooking Time: 4 hours 10 minutes

Servings: 24

Ingredients:

3 lbs. fresh tomatoes

Directions:

Slice the tomatoes about a 1/8 inch thick. Place ParaFlexx Screens on the racks of your Excalibur Food Dehydrator.

Lay the tomato slices on the screens in a single layer so they do not touch.

Set your Excalibur Food Dehydrator to 150F and dehydrate for 4 hours.

When tomatoes are entirely dehydrated, transfer them to a blender, and pulse until a fine powder form. Store the powder in a jar or zipper lock bag.

Nutrition: 86 kCal

Plum Fruit Leather

Preparation Time: 30 minutes

Cooking Time: 8 hours 20 minutes

Servings: 12

Ingredients:

6 purple or red plums split and pitted

2 tablespoons lemon juice

2 teaspoons ground cinnamon

1/4 cup water

Directions:

Place the plums and water in a pot and simmer until the plums begin to break down, about 10 to 15 minutes.

When the plums are soft, pour into a blender and blend until smooth. Add the lemon juice and cinnamon and blend.

Place ParaFlexx Screens on the racks of your Excalibur and set to 140F.

Pour the puree onto the screens and use a spatula to spread the puree evenly, about 1/8 inch thick.

Dehydrate for 8 hours. Make sure the leather is entirely dehydrated and not sticky before removing from the screens.

Nutrition: 31 kCal

CHAPTER 17:

Dehydrating Recipes using Air Fryer



Eggplant Jerky

Preparation Time: 10 minutes

Cooking Time: 12 hours

Servings: 4

Ingredients:

- 1 eggplant, sliced
- 1 tsp. paprika
- 1/2 tsp. black pepper
- 1 garlic clove, minced
- 1/2 cup vinegar
- 1/2 cup olive oil
- 1/2 tsp. sea salt

Directions:

Add eggplant slices into the large bowl.

Add remaining ingredients and toss well. Cover and set aside for 2 hours.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Arrange marinated eggplant slices on dehydrating tray.
Seal pot with air fryer lid and select dehydrate mode then set temperature to 115 F and timer for 12 hours.

Nutrition: 254 kCal

Dehydrated Pear Slices

Preparation Time: 10 minutes

Cooking Time: 5 hours

Servings: 3

Ingredients:

2 pears, cut into 1/4-inch thick slices

1 tbsp lemon juice

Directions:

In a big bowl, mix lemon juice and 2 cups of water.

Add pear slices into the lemon water and soak for 10 minutes.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Place pear slices on the dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 160 F and timer for 5 hours.

Nutrition: 82 kCal

Delicious Nacho Zucchini Chips

Preparation Time: 10 minutes

Cooking Time: 6 hours

Servings: 2

Ingredients:

1 yellow squash, sliced thinly

1/2 tsp. tomato powder

1/4 tsp. paprika

1/2 tsp. chili powder

1/4 tsp. onion powder

1/4 tsp. garlic powder

1 tbsp cheddar cheese, grated

Salt

Directions:

Add squash slices into the mixing bowl. Add remaining ingredients and toss well.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Arrange squash slices on the dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 135 F and timer for 6 hours.

Nutrition: 110 kCal

Apple Sweet Potato Fruit Leather

Preparation Time: 10 minutes

Cooking Time: 4 hours

Servings: 2

Ingredients:

1/2 cup mashed sweet potatoes

1/4 tsp. cinnamon

1 tbsp honey

1/2 cup applesauce

Directions:

Firstly, add all said ingredients into the blender and blend until smooth.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Line dehydrating tray with parchment paper.

Spread blended mixture on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 110 F and timer for 4 hours or until leathery.

Nutrition: 123 kCal

Corn Chips

Preparation Time: 10 minutes

Cooking Time: 8 hours

Servings: 2

Ingredients:

1 cup sweet corn

Pepper

Salt

Directions:

Add corn, pepper, and salt into the blender and blend until creamy.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Line dehydrating tray with parchment paper.

Spread corn mixture on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 115 F and timer for 8 hours.

Nutrition: 66 kCal

Strawberry Mango Fruit Leather

Preparation Time: 10 minutes

Cooking Time: 4 hours

Servings: 2

Ingredients:

1/4 cup fresh strawberries

1/2 mango, peel and chopped

Directions:

Add strawberries and mango into the blender and blend until smooth.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Line dehydrating tray with parchment paper.

Spread blended fruit mixture on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 160 F and timer for 4 hours.

Nutrition: 56 kCal

Banana Chocolate Fruit Leather

Preparation Time: 10 minutes

Cooking Time: 10 hours

Servings: 2

Ingredients:

1 banana

1/4 tbsp brown sugar

1/2 tbsp cocoa powder

Directions:

Add banana, brown sugar, and cocoa powder into the blender and blend until smooth.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Line dehydrating tray with parchment paper.

Spread banana mixture on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 130 F and timer for 10 hours.

Nutrition: 60 kCal

Spicy Chickpeas

Preparation Time: 10 minutes

Cooking Time: 10 hours

Servings: 2

Ingredients:

10 oz. can chickpeas, drained and rinsed

1/2 tbsp sugar

1 1/2 tbsp sriracha

Salt

Directions:

In a bowl, mix together chickpeas, sugar, sriracha, and salt.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Arrange chickpeas on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 130 F and timer for 10 hours.

Nutrition: 191 kCal

Pumpkin Fruit Leather

Preparation Time: 10 minutes

Cooking Time: 8 hours

Servings: 2

Ingredients:

1/2 cup pumpkin puree

1/8 tsp. ground allspice

1/8 tsp. ground nutmeg

1/4 tsp. cinnamon

1 tbsp shredded coconut

1 tbsp honey

1/2 cup applesauce

1/4 cup coconut milk

Directions:

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Line dehydrating tray with parchment paper.

Add all said ingredients into the bowl and mix until well combined and spread mixture on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 135 F and timer for 8 hours.

Nutrition: 159 kCal

Dried Lemon Slices

Preparation Time: 10 minutes

Cooking Time: 10 hours

Servings: 4

Ingredients:

2 lemons, wash and cut into 1/4-inch thick slices

Directions:

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Arrange lemon slices on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 125 F and timer for 10 hours.

Nutrition: 8 kCal

Parsnips Chips

Preparation Time: 10 minutes

Cooking Time: 6 hours

Servings: 2

Ingredients:

1 parsnip, cut into 1/4-inch thick slices

Pepper

Salt

Directions:

Add parsnip slices, pepper, and salt into the bowl and toss well.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Arrange parsnip slices on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 125 F and timer for 6 hours.

Nutrition: 50 kCal

Cauliflower Popcorn

Preparation Time: 10 minutes

Cooking Time: 8 hours

Servings: 2

Ingredients:

2 cups cauliflower florets, chopped

1/4 tsp. ground cumin

1/2 tsp. cayenne

1/2 tbsp paprika

2 tbsp hot sauce

1 1/2 tbsp olive oil

Directions:

Add cauliflower into the large bowl.

Add remaining ingredients over the cauliflower and toss well.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Place cauliflower pieces on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 130 F and timer for 8 hours.

Nutrition: 124 kCal

Dehydrated Okra

Preparation Time: 10 minutes

Cooking Time: 24 hours

Servings: 2

Ingredients:

6 pods okra, slice into rounds

Directions:

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Arrange sliced okra on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 130 F and timer for 24 hours.

Nutrition: 26 kCal

Cucumber Chips

Preparation Time: 10 minutes

Cooking Time: 10 hours

Servings: 2

Ingredients:

1 cucumber, sliced thinly

1 tsp. apple cider vinegar

1/2 tbsp olive oil

Salt

Directions:

Toss cucumber slices with vinegar, oil, and salt.

Place the dehydrating tray in a multi-level air fryer basket and place basket in the instant pot.

Arrange cucumber slices on dehydrating tray.

Seal pot with air fryer lid and select dehydrate mode then set temperature to 135 F and timer for 10 hours.

Nutrition: 53 kCal

CHAPTER 18:

Dehydrating Recipes: Chips and Snacks



Zucchini Chips

Preparation Time: 15 minutes

Cooking Time: 12 hours

Servings: 8

Ingredients:

- 4 cups zucchini, sliced thinly
- 2 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 2 tsp. sea salt

Directions:

Add olive oil, balsamic vinegar, and also sea salt to the large bowl and stir well.

Add sliced zucchini into the bowl and toss well.

Arrange the zucchini slices on dehydrator trays and dehydrate at 135 F/ 58 C for 8-12 hours.

Store in air-tight container.

Nutrition: 40 kCal

Brussels Sprout Chips

Preparation Time: 15 minutes

Cooking Time: 10 hours

Servings: 6

Ingredients:

2 lbs. Brussels sprouts, wash, dry, cut the root and separate leaves

2 fresh lemon juice

½ cup water

¼ cup nutritional yeast

1 jalapeno pepper halved and remove seeds

1 cup cashews

2 bell peppers

1 tsp. sea salt

Directions:

Add Brussels sprouts leaves to the large bowl and set aside.

Add bell peppers, water, lemon juice, nutritional yeast, jalapeno, cashews, and salt to the blender and blend until smooth.

Pour blended mixture over Brussels sprouts leaves and toss until well coated.

Arrange Brussels sprouts on dehydrator trays and dehydrate at 125 F/ 52 C for 10 hours.

Allow to cool. After which, store in air-tight container.

Nutrition: 237 kCal

Eggplant Slices

Preparation Time: 10 minutes

Cooking Time: 4 hours

Servings: 4

Ingredients:

1 medium eggplant, cut into ¼ inch thick slices

¼ tsp. onion powder

¼ tsp. garlic powder

1 ½ tsp. paprika

Directions:

Add the all ingredients into the mixing bowl and toss well.

Arrange eggplant slices on dehydrator trays and dehydrate at 145 F/ 63 C for 4 hours or until crispy.

Store in air-tight container.

Nutrition: 32 kCal

Kale Chips

Preparation Time: 10 minutes

Cooking Time: 4 hours

Servings: 4

Ingredients:

- 2 kale heads
- 1 tsp. garlic powder
- 1 tsp. sea salt
- 1 tbsp. fresh lemon juice
- 3 tbsp. nutritional yeast
- 2 tbsp. olive oil

Directions:

Wash kale and cut into bits.

Add the left over ingredients into the bowl and mix well.

Add kale bits to the bowl and mix until well coated.

Arrange kale bits on dehydrator trays and dehydrate at 145 F/ 63 C for 3-4 hours or until crispy.

Nutrition: 111 kCal

Dried Bell Peppers

Preparation Time: 10 minutes

Cooking Time: 24 hours

Servings: 4

Ingredients:

4 bell peppers cut in half and de-seed

Directions:

Cut bell peppers in strips then cut each strip in ½ inch pieces.

Arrange bell peppers strips on dehydrator racks and dehydrate at 135 F/ 58

C for 12-24 hours or until crisp.

Store in air-tight container.

Nutrition: 38 kCal

Avocado Chips

Preparation Time: 15 minutes

Cooking Time: 10 hours

Servings: 4

Ingredients:

4 avocados, halved and pitted

¼ tsp. sea salt

¼ tsp. cayenne pepper

¼ cup fresh cilantro, chopped

½ lemon juice

Directions:

Cut avocado into the slices.

Drizzle lemon juice over avocado slices.

Arrange avocado slices on dehydrator trays and sprinkle with cayenne pepper, salt and cilantro dehydrate at 160 F/ 71 C for 10 hours.

Nutrition: 62 kCal

Sweet Potato Chips

Preparation Time: 10 minutes

Cooking Time: 12 hours

Servings: 2

Ingredients:

2 sweet potatoes peel and sliced thinly

1/8 tsp. ground cinnamon

1 tsp. coconut oil, melted

Sea salt

Directions:

Add sweet potato slices in a bowl. Add cinnamon, coconut oil, and salt and toss well.

Arrange sweet potato slices on dehydrator trays and dehydrate at 125 F/ 52 C for 12 hours.

Store in air-tight container.

Nutrition: 132 kCal

Healthy Squash Chips

Preparation Time: 10 minutes

Cooking Time: 12 hours

Servings: 8

Ingredients:

1 yellow squash, cut into 1/8 inch thick slices

2 tbsp. apple cider vinegar

2 tsp. olive oil

Salt

Directions:

Add all the necessary ingredients into the bowl and toss well.

Arrange squash slices on dehydrator trays and dehydrate at 115 F/ 46 C for 12 hours or until crispy.

Store in air-tight container.

Nutrition: 15 kCal

Broccoli Chips

Preparation Time: 15 minutes

Cooking Time: 12 hours

Servings: 4

Ingredients:

1 lb. broccoli, cut into florets

1 tsp. onion powder

1 garlic clove

½ cup vegetable broth

¼ cup hemp seeds

2 tbsp. nutritional yeast

Directions:

Add broccoli florets in a large mixing bowl and set aside.

Add remaining ingredients into the blender and blend until smooth.

Pour blended mixture over broccoli florets and toss well.

Arrange broccoli florets on dehydrator trays and dehydrate at 115 F/ 46 C for 10-12 hours.

Nutrition: 106 kCal

Fruit Lollipops

Preparation Time: 15 minutes

Cooking Time: 15 hours

Servings: 3-4

Ingredients:

Kiwi, bananas, apples

1 tbsp. caster sugar juice

Water

Lemon juice

Directions:

Peel and cut the fruit into slices of about 5 mm then put them in the dryer at 235°F until dehydrated. On a sheet of parchment paper lay the dried slices slightly sticking the toothpick into the pulp and pour over the dissolved sugar with water and lemon. Let it solidify for 15 minutes then put the lollipops in the dryer at 113°F for an hour.

Nutrition: 11 kCal

CHAPTER 19:

Appendix: Measurement Conversion Table

Volume Equivalents (Liquid)

US STANDARD	US STANDARD (OUNCES)	METRIC (APPROXIMATE)
2 tablespoons	1 fl. oz.	30 mL
$\frac{1}{4}$ cup	2 fl. oz.	60 mL
$\frac{1}{2}$ cup	4 fl. oz.	120 mL
1 cup	8 fl. oz.	240 mL
$1\frac{1}{2}$ cups	12 fl. oz.	355 mL
2 cups or 1 pint	16 fl. oz.	475 mL
4 cups or 1 quart	32 fl. oz.	1 L
1 gallon	128 fl. oz.	4 L

Volume Equivalents (Dry)

US STANDARD	METRIC (APPROXIMATE)
$\frac{1}{8}$ teaspoon	0.5 mL
$\frac{1}{4}$ teaspoon	1 mL
$\frac{1}{2}$ teaspoon	2 mL
$\frac{3}{4}$ teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
$\frac{1}{4}$ cup	59 mL
$\frac{1}{3}$ cup	79 mL
$\frac{1}{2}$ cup	118 mL
$\frac{2}{3}$ cup	156 mL
$\frac{3}{4}$ cup	177 mL
1 cup	235 mL
2 cups or 1 pint	475 mL
3 cups	700 mL
4 cups or 1 quart	1 L

Oven Temperatures

FAHRENHEIT (F)	CELSIUS (C) (APPROXIMATE)
250°	120°
300°	150°
325°	165°
350°	180°
375°	190°
400°	200°
425°	220°
450°	230°

Weight Equivalent

US STANDARD	METRIC (APPROXIMATE)
½ ounce	15 g
1 ounce	30 g
2 ounces	60 g
4 ounces	115 g
8 ounces	225 g
12 ounces	340 g
16 ounces or 1 pound	455 g

Conclusion

There are numerous valid reasons for preserving and canning at home. Starting canning and preserving foods could really help you save more and provide you with various choices. When you take the time to really sit down and think about it, having a practical understanding of how to preserve and put up the bunt of the summer is critical to finding success in the homesteading lifestyle. You shouldn't look at this book as the be-all, end-all of food preservation. This is just the tip of the iceberg.

Once you get a handle on the basic techniques you can start expanding and branching out into all kinds of other creative endeavors. The first half dozen or so times through, just try to remember to keep it simple. Always remember that whether you are putting things up in the root cellar, pickling, fermenting or canning that sterilization is the most important key to success. Five more minutes of extra effort could make the difference between dumping a case of jars into the compost pile and a pantry full of summer's flavorful goodies.

Once you are the grand maestro of sterilization and you've got a bunch of successful batches put up for the season, then you can start playing with your own creative ideas. By waiting until the bumper crop to get creative, you insure that you've got enough put up already to get you through the lean winter nights.

When you do start to strike out with your own creative additions try to keep it to one or two new ingredients. Sometimes, there are some that seems like a great idea in your mind that can muddle the flavors or over power the flavor of the original fruit, vegetable or meat. Being able to know just which addition is the culprit is a lot easier when you're only dealing with one or two possible suspects. Also don't forget about the importance of shelving space. In 2007 I got over zealous with my canning. Before you knew it I was tearing apart old pallets for the lumber to line my old basement stairwell with shelves. Of course this lead to a couple hundred splinters, which lead me to a weekend of sanding and painting. Sure, in the end I probably saved \$20 or \$30, but if I would have ponied up a few more dollars I could have just bought some garage shelves ahead of time that were rated to hand 250 pounds per shelf. The lesson of the story is that

before you get too excited about putting up a couple hundred cans of fruits and veggies, you really want to look around and understand the space you have available.

Enjoy the process of preserving your bounty and remember to follow safe practices when preserving your food, especially when canning. If you have any doubt, confusion or questions about safe procedures or methods, refer to this book whenever you need to and follow the information you find here. This book is made for your queries and questions in mind.