

CANNING *AND* PRESERVING

HOW TO MAKE PICKLES WITH USING SPECIAL TECHNIQUES

QUICK GUIDE TO LEARN
THE BASICS OF PRESERVING,
CANNING, AND DRYING
VEGETABLES



DEVIN STAFFORD

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DEVIN STAFFORD

Canning And Preserving

*Quick Guide to Learn the Basics of Preserving, Canning, and
Drying Vegetables*

(How to Make Pickles With Using Special Techniques)

Devin Stafford

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Chapter 1: Getting Started

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What you need to do to begin canning or making preserves

Although the idea of canning and jam making may seem difficult or complicated, it's actually quite simple once you know how to make preserves.

Make sure you have a detailed inventory of the areas in which you keep kitchen and pantry utensils.

Utensils

The types of utensils necessary are very simple, as they are most likely found in your kitchen drawers.

- o Spatula. It is a good idea to have at least 2 spatulas.

- Cutting board (one is necessary, but it's best to have at least two, especially when you work with more ingredients).

A Jar lifter/Opener is an excellent product to simplify this process

- o Funnels that can be used for pouring into jars or preventing spillage

Cloths for cleaning and handling jars

- o Knives for preparing ingredients

- o Hot pads

- o A timer is recommended. If you don't own one, the oven clock/timer can be used.

- o Lid wand (this device is used to extract hot jars out of water).

Supply

Glass jars of all sizes (consider the foods that you are preserving and how many you will need to store them) Mason jars, which are high quality and specifically designed for canning, are the best option.

Two pieces of are required for jar lids. (add more)

Spoons (wooden, heatproof options best for stirring)

Whisk

Potato masher

Kitchen towels and kitchen towels to place the glass jars on their cooling racks and for wiping off any dirt or grime.

Wire rack for cool

Appliances & Equipment

You won't need too much canning equipment. But, a pressure canner is an essential item that will allow you to preserve and can properly. This is a pressure cooker for canning.

The water bath is another way to can, and it is often inexpensive. It is worth investing in either of these types of canning devices. However, it all depends on what kind of food you are preparing and which technique is best to preserve them.

Stock Supplies and Additional Items to Get the Best Results

All the above items are required for you to be able to start. For best results

You can have several of each utensil as well as as many jars/lids in case of emergency.

There might be more items than just the ones listed on the obligatory list.

A blender or food processor is great for creating purees as well as blending ingredients to make sauces and cook vegetables for your next batch of food. You don't require a high-end food processor as most food you prepare is ready to be cooked or baked.

Cheesecloths can make canning easier. Whether you're lifting hot items, jars, or cleaning up the entire area, cheesecloths will come in handy. These are not needed, but they can be combined with thicker towels/cloths to make the process simpler.

An electric kettle can be a wise investment.

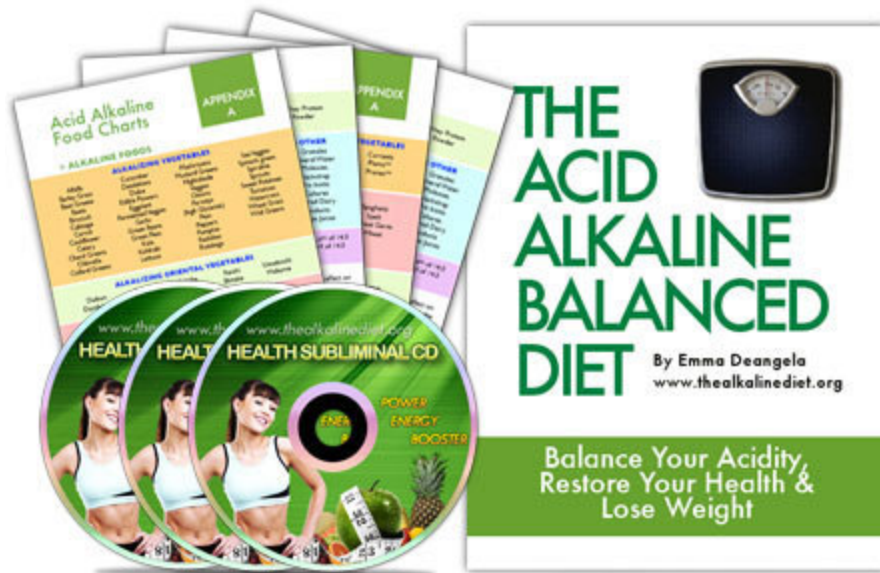
o A slow cooker can be used to stew food over a prolonged period of time, without needing to keep the stove on. It is also safer.

You can prepare meat- or vegetable based stews in less time and even overnight. You can also make your favourite broth by using a slow cooker. Once you have finished boiling the bones with the spices, the first stage of cooking them on the stovetop is complete.

An electric mixer, which can be used to combine ingredients in a variety of ways is a useful tool. It is best to have a mixer or a stationary machine that has many attachments. But, for most canning recipes, a simple mixer will do the trick.

Chapter 2: Canning Basics

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Canning is simply a means of food preservation. Food preservation was practiced in an earlier era for survival.

In times when there was war or migration, people kept their food in jars to preserve it in case of emergency. Canning food was not common in British Empire times. It was reserved for the Royal Navy and army. Because of their circumstances and the surrounding environment, they need preserved

food for wartime. When there were war, families stored canned food in bomb bunkers and in their safe homes so that they could survive in the event of a bomb strike or worse. Radical religious organisations would also store canned food, in their bunkers. This would ensure that they would have sufficient food to eat during the Apocalypse and Armageddon. Sailors would also save their food in cans for a reliable supply while they were away at sea. People would be able to preserve their food for a long time.

Food preservation became an industrial activity as civilization progressed and technology improved. Factories and other industrial areas would use heavy duty machines to can food. The same machines were used to seal the containers. This was done to protect the food from bacteria.

Canning is possible right from your home. Canning is a well-known method of food preservation. Many tutorials and guides are available online to help people can food at home. Canning food is easy and safe. As canning is very popular with families, manufacturers developed child-safe sealing and containers to avoid any accidents.

Canning is the preservation or preservation of cooked or raw food. It involves sealing the container in an airtight seal. The container is usually made of tin-plated steel and/or coated with lacquer. This method of preservation allows food to remain fresher and more easily consumed. The food must first be opened with a lid opener or other suitable device.

How Canning Works

Most fresh foods go bad within a very short time because they have high water levels. Fresh foods have too much water which leads to a shorter shelf-life. Fresh food can be prone to bruising. Microorganisms such as yeast, bacteria, and mold love fresh food surfaces. This allows them to multiply. The more they multiply, and the less food is edible, the more it becomes unpalatable. Fresh food is also susceptible to spoiling. It is extremely difficult to prevent fresh food from being exposed to microorganisms. Prevention is always better than looking for a remedy.

Canning helps to stop microorganisms from spreading through:

Adding acids, such as vinegar, lemon juice, to food stored (Vinegar).

Be careful when picking and cleaning fresh food.

Peeling the fresh food prior to preserving it.

Making use of heat when sealing and storing food.

Use the proper type of jars to preserve food.

Cooking the jars in boiling/boiled water for the proper amount of time or using a pressure cooker.

The Benefits and Uses of Canning

Nutrition

Fresh produce, including fruits and vegetables are known to begin 'dying' as soon as they have been harvested. This causes them to lose their vitamins. In a matter days, up to half or more of vitamins can be lost if fruits and vegetables aren't stored in a cool area or properly preserved. Refrigerated produce can lose their vitamins over a period of up to 2 weeks. The majority of vitamins will be preserved in fresh produce if they are harvested, cleaned, dried, and stored properly. Canning fresh fruits and vegetables properly will preserve their nutritional value better than canning them in unsanitary conditions.

One problem with many of the products sold today in commercial facilities is the use of a wide range of chemicals and other substances to improve their appearance and preserve their shelf life. The problem with fresh produce, if left unattended for a prolonged period of time, can harbor microorganisms regardless of its storage conditions. Some shops don't care enough to protect their products. This can result in consumers suffering from poor health. Canning and even growing your own food is a way to avoid potentially harmful substances. Canning means preserving food in its original condition. Natural preservatives will also be used; acidic acids like vinegar and lemonjuice are well-known to have many health benefits.

Economical

Fresh produce does not last long. Also, it is not economical. Canning can prove very useful, especially when it's used for preserve and preserve seasonal produce. You can't find seasonal produce after a certain time due to the high cost. You can can preserve vegetables, fruits, and other foods in large quantities. This will allow you to keep more vegetables on hand for a longer time while spending less. This will reduce your food expenditures by half if it's your thing to plant and harvest your own fruit and vegetables. You can cut down on the cost of buying produce because you'll be supplying your own supply. If you're a businessman, you could consider starting your business. If you aren't, it's OK. At least you will always have enough fruits and vegetables to go around. If homemade jams are your favorite, you'll be glad to know you can make your very own using canned fruits, vegetables, and at a much lower price. Canning is more affordable than buying produce daily/weekly.

Durability

Cans can withstand extreme environments such as heat and cold, wetness, dryness, etc. This means that canned food can be stored in almost all environments without worrying about how it will react to extreme conditions. The only thing you need to be careful about are signs of corrosion, leakage, denting, or bulging. This could indicate that the can is damaged and that the food may not have survived.

Increased Shelf Life

Canning is a process that requires high temperatures to sterilize containers. This prevents any organism from spoiling the food. The food will remain safe as long a container is intact. In order to prevent any illness or other diseases from spreading, throw away food that has been opened. Canning

can preserve foods for as long as four or five years. Sometimes, the shelf lives can be extended. Some products have shelf lives of up to 30 years.

The National Food Processors Association was able to analyze canned food samples from Bertrand, an 1865 steamboat wreck. Despite the food's appearance, odor, or vitamin content, the results were astounding. Food won't be good for more than one hundred years. But it will probably last for several months. Canning is a good way for families to make savings on their food expenses. Canning is a great option if your produce comes from your garden. Canning food with a long shelf-life allows you to produce food without worrying about it spoiling.

Rewarding Experience

Canning your own food can be very satisfying. You could make it a hobby, or a skill. Canning requires both mental and physical effort, which is good for your body in many ways. Because you can do it as a whole family, it can also make a great experience. This will allow you to teach your children valuable skills that can be passed down through your family. Canning can be a wonderful way to evoke nostalgia if your taste is old-school. Many canners cite the nostalgia that canning brings them back to childhood.

It's also Eco-Friendly

Problem with commercially-produced produce is the fact that preservation of them is not good for the environment. Cooling plants requires electricity from fossil fuels. We all know the negative effects of burning fossil fuels on the environment. Also, produce is kept in plastic containers. These

containers are discarded once the produce has been eaten. Plastic materials are not recyclable and therefore are harmful to the environment.

Canning Food Benefits

Canning foods is not only preserving them but can also offer other benefits.

Non-Seasonal Foods:

Many fruits and vegetable have a season that they won't bear. It means that you won't be able get them at certain times during the year. They may not be available in your area, or they might be too expensive and difficult to find. Canning seasonal fruits & vegetables will give you the ability to preserve them for all year without spending extra.

Convenience:

You will want to eat after a long work day. You can pick up canned foods and have something you like whenever you want to eat. You can even choose what canned foods to have for quick meals and snacks.

Storage for Long Periods of Times:

Canning, naturally, is all about preserve the foods. This also means that you can preserve some ingredients until you need them.

Economical:

Canning ingredients can be cheaper than buying canned goods from the store. It can be time-consuming, but it could still save you hundreds.

The Quality of the Ingredients

Canning canned goods is a more expensive option than making them. You don't know the exact ingredients that went into it. Make your canned goods from scratch to ensure high quality and healthy ingredients.

Taste:

Canning food on your own is the best option because you can customize it to your liking.

Can You Can Can These Foods

Canning is something you will want to do if you are interested in it.

Fruits

Vegetables

Fruit Juices

Pickles

Jams

Relishes

Condiments

Jellies

Vinegars

Salsas

Chutneys

Poultry

Meat

Fish

Foods You Cannot Prepare

You will not be able eat certain foods like the:

Flour products.

Dairy Soy & Fats

Thickeners

Mashed Veggies

High-Fat Meats

Candies

These ingredients do not work well during canning and can lead to spoilage inside the can.

The Equipment for Canning

Canner:

This will depend on the product you are canning. But you will still need a canner regardless of whether you use a pressure or water-bath canner.

Jars:

Use canning containers that have been specifically designed. Others may not seal or work well for the canning method.

Screw bands

During the canning process the lids are held in place by the screws.

Jar Lifters

You'll need something to help handle the jars as they can get very hot during the process.

Clean Cloth

Before sealing them, you will need something to clean around the edges.

Timer:

This will come in handy when you need to track how long the containers have been in your canner.

Flat Rubber Spatula:

This spatula will help you remove any air bubbles before sealing the jar.

Funnel:

If brine cannot be poured into a narrowly-mouthed container, a funnel may prove useful.

Water-Bath Canning vs. Pressure Canning

Water-Bath Canning utilizes boiling hot water. According to the recipe the cans that contain the ingredients are immersed into the boiling water. The boiling water temperature will increase the time.

Pressure canning involves using a tool that applies pressure to the cans for a certain time. The pressure process can take quite a while.

Foods that Work With Water-Bath Canning

You will find some foods that work well with the water-bath technique. You will find that foods with acidic ingredients work best here. This works well for fruit, fruits, juices, pickles, jams, relishes, condiments, vinegars, salsas, and chutneys.

Foods that can be pressure canned

Pressure canning will benefit foods that are less acidic. This means that you can pressure can vegetables, poultry and meat as well as fish.

This book offers many canning tips that you can try. These recipes will help to preserve delicious foods all year.

Chapter 3: Preparing For The Canning Process

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Fresh produce quickly perishes due to their high water content. The process of canning helps to slow down this process. There are many methods to

accomplish this feat. We will discuss some of these in this chapter.

Canned Food Safety

Canning is just as dangerous as any other aspect of life. Safety should be your number one priority. Canning can be dangerous and potentially cause severe injury or illness. *Clostridium botulinum* is a lesser known bacterium that can cause food to become contaminated.

This bacterium has been implicated in many cases, including food poisoning. *Clostridium botulinum* may be found in dormant spores, or relegated as active vegetative spores. The spores, which can be left undiscovered for many years, are completely harmless and can only become vegetative cells when the conditions allow.

Conditions that promote spore development include temperatures between 40° and 120°F, a lower than 2-percent oxygen content, sufficient moisture, and low amounts of acid. The spores that cause botulinum are naturally present in most foods. However, the spores themselves can be completely harmless. These little guys pass through us every day, without us realizing it. But, once they decide they want to hatch into full-blown vegetative cells, that is when they become a problem.

Safety should be your number one priority. You must also keep your equipment clean. Avoid unapproved methods like conventional methods or microwaves. These could lead to your face literally exploding! To ensure safety for your canned food, and yourself, only use sanctioned equipment.

Only use the best quality foods

Your end product is only as good or better than what you started with. It is essential to start with the best quality food! Make sure you are looking at the ingredients in your food so that they have the best possible health and freshness. If you see any mold or bacteria on the food item, throw it away!

Don't be afraid to lose a bit of your hard-earned money. It will only end up costing you more long-term. Make sure you get your food at the peak of its quality. Consider jams and jelly derived from fruit. The ideal time frame to receive your produce is between 24 and 48 hours from the moment it was picked from the ground.

This feat is impossible for the average grocery store buyer. Groceries sell fresh fruits and veggies that are 3 to 5 day old. Also, learn how to hot-pack your food. The oxygen in fruits and vegetables can be as high as 30%. If you can remove more oxygen from your food, it will improve the quality. Hot packing is an excellent way to accomplish this.

This involves boiling the fruits and vegetables at high temperatures for several minutes before packing them into canning jars as soon as they are ready. This is the best way to ensure that you can only can the highest quality foods. This allows you to be certain that the right temperatures have been used to preserve your produce.

Preparing your Jars and Lids

Canning can be achieved by placing vegetables in glass containers and sealing them under extreme pressure with circular metal lids. The standard, large-mouthed Mason containers with standard metal covers are the best. You can store up to half the gallon in these jars.

Jar mouths are generally wider to allow for easier storage. You can maximize safety and efficiency while virtually eliminating the risk for breakage or leaks by using the correct jars lids. Make sure you only use clean, sterilized containers.

The jars can be washed by hand, or you can run them through the dishwasher before they are used. If there is material in your jars that is difficult to wash, you can soak them in water along with vinegar for a few hours. This will make it easy to get rid of any stuck-on material.

Use appropriate headspace

This book will teach you, as you'll see, how much "headspace" you need to keep in a canning container. This is the amount of space at the top of the container that is just above the contents. Your jam mixture must have about 1/2-inch space between its top and the sealed lid. This allows for jams, jellies, marmalades, and other products to expand and contract.

The amount of food being processed and the air content will determine how much headspace you need to expand the food. These are all broken down in the recipes. So please ensure you have the right amount of headspace. You might have serious issues if you do. Make sure to always be present and check your headspace.

The Preparation and Use of Jams, Jellies and Marmalades in Particular

There are many shades and varieties of marmalades, jams or jellies. They are primarily fruit-based. Their natural sugary compounds preserve and maintain their consistency. Marmalades is a lighter version, with small amounts of actual fruits peeling being dispersed throughout the jelly medium.

All jams and jellies have to be able to display the correct amount of sugars, pectins, and acids to get the right look. It is these three basic elements that create the substance we all love, "jelly". The gelatinous matter is only jelly if it can meet these three conditions.

You can try adding some lemon juice to preserves made with fruits that are low in acid. You can also add sugar or pectin if the recipe is low in sugar.

Raspberry Jelly

If you want you can use this loophole to kickstart your weight loss journey.



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Ingredients

5 to 5.5 cups 1kg of sugar

5 to 5.5 cups fresh raspberries juice

Instructions

1. In a large, heavy-bottomed pan combine sugar and raspberry juice.
2. Stirring frequently, heat over medium-high heat to melt the sugar.
3. Increase the heat to high. Now bring the mixture back to a boil. Stirring frequently and skimming the foam for 10-15 minutes until the mixture reaches 215°F (101°C).
4. Put the jam into clean jars. Cover with plastic wrap and let it cool. Once the jams are cooled, cool them in the fridge for up to a week.
5. Canning instructions: To sterilize the jars, first wash them in soapy hot water. Next, boil some water in your canning pot. Before you put the jars in,

cover the bottom with a canning shelf or a towel. Otherwise, jars may break if the bottom of the pot is hot.

6. Remove the rings and lids from the boiling hot water. Boiling the water in the containers will result in a decrease of the sealing rubber's quality.

7. Make sure to leave about a quarter of an inch space between the jam and the top of the sterile jars.

8. Use a knife or a razor to clean the jam. If you use metal utensils, make sure to not touch the bottom.

9. Use a moist paper towel or cloth to wipe the jars clean. Place the lids onto the ring. Secure it around the lids, but not too tight.

10. Cover the jars with boiling hot water by placing a rack on top of the canning pan. Make sure that the jars are at minimum 4 inches deep in boiling water. Boil for 10 to 15 minutes. Once the boil is complete, let cool on low heat for 5 minutes. Then transfer to a cooling rack.

11. When the jars cool off, you'll hear popping. It means that the containers are about to be sealed. Jars that have been sealed may be kept in the pantry up to one-year.



Christmas Cranberry Jam

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A cranberry Jam is the perfect Christmas gift!

Serving Size: 14 1/2-pints

Cooking Time 10 to 15 Minutes

Ingredients:

5 to 5.5 lb. Sugar

2 1/2 to 3 lb. frozen strawberries unsweetened, thawed and fresh strawberries, shelled

2 to 2.5 (3 oz) pouches liquid fruit pectin

Directions:

Blend the strawberries, cranberries, and water in a food processor.

Add sugar to the mixture and bring it to a boil. Let boil for 1 minute.

Blend in pectin. Boil for a minute, stirring frequently.

Let cool for 5 minutes, then remove foam.

Put the heated mixture in half-pint sterilized glass jars. Mix the heated mixture with any air bubbles. Wipe the rims clean. Fix the bands so that your fingertips are snug and then place tops onto the jars.

To fill the canner, add boiling water halfway. Make sure the jars remain covered. Let boil for 10 minutes. Remove the jars from the heat and let cool.

Sweet & Savory Onion Marmalade



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Prep Time: 45 to 50 min./Yields: 5 (1 Pint/500ml Jars)

ingredients:

Salt - 3/4 to 1 tsp.

Butter – 1 to 1.5 tbs. Garlic cloves, minced (4

Brown sugar: 3 to 3.5 tbs.

10 to 11 cups Ground black Pepper - 1/8 teaspoon

Red wine vinegar, 2 tbs.

Cut sweet onion thinly.

directions:

1. Make the marmalade using a medium 5-inch saucepan.

After it's done, turn off the heat.

2. Let it dissolve, then add the garlic & 6. onion.

Take out the sterilized jars. Next, add the onion-marmalade mixture to the jars.

3. Set the heat to medium, cover it, and let cool. Allow them to cool in the refrigerator for between 25-30 seconds. temperature.

4. Mix the vinegar and salt with the pepper. Keep heating for another 10-12 mins.

Southern Pickled Peaches



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These pickled Peaches are great served with chicken or a side of salad. The sweet and tangy peach flavour is addictive.

Preparation time: 60 to 65 min

Serving Sizes

Ingredients:

8 to 9 oz white vinegar

32 to 34 ounces sugar

1 to 2 ounce whole garlands

8 to 9 ounces water

64 to 66 ounces blanched peeled clingstone fruits

5 x 3.25" cinnamon sticks

Directions:

1. Mix sugar, white vinegar and 8 ounces water. Boil in a large pan for 5 min.

2. Put 2 cloves in each of the peaches and then add the liquid to the pan.

3. Let the mixture boil on medium heat for 20 minutes to soften the peaches.

4. You can then place the peaches into the jars according with the canning methods and seal.

Mango Chutney

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This recipe makes a simple chutney and can be used as an accompaniment to any roast or vegetarian dish.

To compliment the sweetness of mangoes, ginger and garlic are strong flavors. Fresh mangoes can be used in this recipe.

Ingredients

6 to 6.5 cups sliced mangoes (pits & skin removed, then sliced in small 1/2 inch pieces).

1 to 1.5 cup chopped onion

1 to 1.5 minced clove

2 to 2.5 cups sugar, grated

1/2 to 3/4 cup raisins (golden raisins recommend)

Distilled vinegar white vinegar, one cup

1 to 1.5 teaspoon chili pepper flakes

1/4 to 1/2 cup dried, crystallized ginger

Mustard seeds, whole, 1 to 1.5 teaspoon

Procedure

Making sugar vinegar syrup the first step is to make mango chutney. Combine the sugar vinegar and water in a medium or large saucepan. Stir and heat on medium heat. Continue cooking until the sugar dissolves. Combine the rest ingredients into the pot. Cook on low heat, medium-low, for about a minute, then reduce to low. Stir constantly until the mixture thickens to the consistency like syrup.

This process will take around two hours.

Mixture thickens on the stovetop. Stir on occasion. Wash the jars thoroughly with warm water. Rinse thoroughly, then transfer to a large pot of boiling hot water. Place in a large pot of boiling water and let stand for about 15 minutes.

Next, close the heat. Remove the jars with a lifting tool.

Place the containers on a table with the chutney. Gently pack the contents of each jar into a container, leaving about one inch of space.

You will find plenty of space at top.

If you are looking to make the chutney quick, you can freeze one jar. After cooling it at room temperature for a few hours, put it in the refrigerator and refrigerate. Prepare the Chutney

You can store the chutney in long-term storage by placing the sealed jars into a water bath container or large pot of boiling water. The process should take about 15 minutes.

Before you place them in the canner make sure the lids are secure. Turn off the heat. Use jar lifters to carefully take the jars out of the canner.

Allow the jars at room temperature to cool for a few hours, then place in your pantry/fruit cupboard for up to a year.

Amazing Sorta Sours

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Ingredients

2 to 2.5 medium-sized cucumbers, very lightly cut

1 to 1.5 cup juice vinegar

1/2 to 1 onion, meagerly sliced

1/2 to 3/4 cup champagne vinegar

2 to 2.5 tablespoons salt and 2 teaspoons salt are acceptable

1 to 1.5 teaspoon mustard Seeds

1 to 1.5 cup water

1 to 1.5 teaspoon celery leaves

1/2 to 3/4 cup sugar

1 to 1.5 teaspoon pickling ginger

1/4 to 1/2 teaspoon ground curry

4 to 4.5 whole garlic cloves, chopped

Method

1. You can combine the cucumber, onion and tomato cuts in this perfect spring-top pitcher.

2. Place the rest, with the exception for the garlic, into a non-responsive pot. Heat the mixture to boiling, then simmer for 4 minutes to activate the zest

flavors.

3. Add the garlic to the jug. Gradually pour the pickling solution over the cucumber slices and onions, filling up the cup until it reaches the top.

4. Let cool to room temperatures. Refrigerate the pickles by topping them with any leftover pickling fluid.

High-quality Strawberry & Kiwi Lemonade Concentrate



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Season: Summer

Difficulty

Method for taking a hot water bath

Yield: 6-8 Pint Jars / 3 Quart Jars

This fun, flavorful kiwi strawberry limeade concentrate is a great way to enjoy the sweetness of summer. It's ideal for keeping refreshing summer drinks in your fridge all year. The proportion of concentrate to water will depend on your personal preference. I find 1 to 4 parts concentrate to be the best. The recipe tastes fresh and delicious, regardless how many months have passed.

Ingredients:

3 to 3.5 c. Strawberries. Rinsed, Hulled

4 to 4.5 c. Lemon Juice. Freshly squeezed

3 to 3.5 c. Kiwis. Peeled.

6 to 6.5 c. of white Granulated Sugar

Instructions:

Wash your jars and rinse them well. Keep warm until you're ready to pack food.

Blend strawberries and the kiwis using a food-processor.

Add the puree to medium-sized saucepan. Bring the mixture to a boil over medium heat. Stir in sugar and lemon-juice and let cool.

Heat until temperature reaches 190 degrees Fahrenheit. Stirring often will prevent the sugars from burning at their bottom.

Remove the mixture from the heat.

Wipe the rims of the jars clean, then screw on the lids.

Allow to cool in a water bath. Jars should be covered by at least 2 inches of water.

Let the water bath cool down completely before removing the jars.

Check seals 12-24 hrs later. Any seals not working within 24 hrs must be reprocessed.

Store in a dry, bright place for upto 1 year.

Salsa Black Bean and Corn

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Preparation time 10 to 15 Minutes

Cooking Time 1 Hour

Servings: 5 to 6

Ingredients:

8 to 8.5 cups of Corn

6 to 6.5 bell peppers, chopped, and the seeds removed

3 to 3.5 hot peppers, chopped.

1 to 1.5 lb. of dried black bean.

2 to 2.5 tablespoons of red chili flakes

1 to 1.5 cup chopped cilantro

2 to 3 onions.

1 to 1.5 tablespoon ground cumin

2 to 2.5 cups chopped tomatoes

1/4 to 1/2 cup lime Juice

Directions:

Place the beans in warm water overnight. Drain the beans overnight and rinse them off the next day.

Add enough water until the beans are covered. Boil the beans for 30 minute, stirring constantly. Drain.

Add the beans to the pot, along with the tomatoes and onions, red peppers flakes, cilantro, cumin, lime juice, and peppers. Add enough water until it is 1 inch above the mixture.

Let the vegetables bring to a boil. Stir frequently. Boil for ten minutes. Then, pour the hot beans and vegetables into sterilized containers. Make sure to add enough liquid so that the vegetables are covered. Wipe the lids clean and adjust the lids. Process at 10 pounds pressure for pressure canners equipped with heavy gauges or 11 pounds for pressure canners equipped with dial gauges for 75 minutes.

Nutrition:

Sodium: 33 mg,

Calories: 304,

Total Fat: 41%

Dietary fiber: 1.4 grams

Total Carbohydrates - 12.3 g

Protein: 1.3 g.

Herb-Flavored Blackberry Jam

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128 servings (8 half -pint containers).

Total Fat: 0 g; Total Carbohydrates: 6 g; Calories: 22; Proteins: 0 g

1/4 to 1/2 cup sugar

2 to 2.5 cups honey

3 1/2 to 4 lb blackberries

1 3/4 to 2 oz powdered fruit pectin

2 to 2.5 tablespoons fresh mint (snipped).

sterilize the jars.

You will need to place 1 cup of blackberries at a go in a large pot. Then, crush the blackberries until you have 6 cups.

Combine the sugar, pectin and milk.

Mix the ingredients together and bring to a boil. Stir until the sugar is dissolved.

Mix in the honey. Bring to boil.

Bring to a boil and keep stirring.

Turn off your flame and take out any visible foam.

Add the thyme.

Mix the ingredients in a bowl and immediately transfer it to sterilized cans.

Remove air bubbles from the rims.

Cover the containers with the lid.

Cover the jars with boiling water. Leave to stand for 10 minutes.

Once the jars have cooled, remove them and label them.

Grape Plum Marmalade



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It's Plum great, folks! It goes well with almost everything!

Here are the exact ingredients

1 to 1.5 cup of grapes

1/4 to 1/2 cup butter

7 to 7.5 plums

7 to 7.5 cups sugar

1 to 1.5 cup water

1 to 1.5 cup pectin

Start by washing the plums. Next, remove the whole plums and then crush them into small pieces. Allow the contents to boil on high heat for around 5 minutes. After 5 minutes, turn off the heat and drain the liquid from the pan.

Next, add your 3/4 cup of pectin, and stir it in to the mixture. Once everything is well combined, take out any foamy bits and transfer the mixture to a set of clean canning bottles. Allow 1/4 inch for processing. Adjust your lids accordingly.

Peach Jam & Ginger

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Ingredients

1 package (1.75 oz.) fruit pectin, powdered

4 1/2 to 5 cups peeled. Pitted. Chopped peaches

1/2 to 1 teaspoon butter

1/4 to 1/2 cup finely chopped crystallized Ginger

6 to 6.5 cups granulated syrup

Instructions

Bring the peaches along with pectin, ginger and water to boil in a large saucepan. Add the butter and sugar to the saucepan. Stir and cook until sugar is completely dissolved. For another minute, bring it back to boil while stirring continuously. Remove from heat. With a spoon, skim off foam.

To sterilize the lids/jars, heat some water in a saucepan for 5 minutes. Fill the sterilized, hot jars with the jam. Make sure there is at least a quarter inch between the tops of each jar. Run a knife or small spatula along the jar's interior to remove any air bubbles.

Use a moistened tissue towel to clean the jar's rims. Then, place the lids on each jar.

Half-fill your canner/large stock pot with water. Bring the water and the rack to a boil. When the water is boiling, heat the stock pot on high heat. Place the filled jars into the stockpot using a holder.

There should be at most two inches space between each container. Two to three inches should be left between each jar. Bring the water back up to a boil. Then, cover the pot. Continue to cook for 10 minutes.

The jars should be taken out of the pot. Let them cool a couple of inches apart.

After cooling, you can check that the seals are intact by pressing on the centre of each lid. If the lid opens and closes in a wavy pattern, it has not sealed correctly. Make sure to keep properly sealed jars dry and away from direct sunlight.

Easy Blackberry Jelly - Lemon Juice



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Ingredients

4 to 4.5 cups blackberry juice

7 1/2 to 8 cups sugar

2 to 2.5 tablespoons lemon juice

Instructions

1. Cook the berries till they are soft. To prevent sticking, use only a little water in the saucepan.
2. Strain the liquid via cheesecloth and return to the pan.
3. In a large bowl, combine all ingredients. Mix all ingredients in a large saucepan. Stir frequently to avoid sticking.
4. Bring to the point that gelling occurs. If necessary skim the foam.

5. Use a 14-inch headspace to pour the contents into the heated jars. Remove bubbles.

6. Place the two-piece lids on top. After drying, wipe the rim with warm moist towels. You can process pints/quarts in a water bath canner for 10 minutes according to the manufacturer's directions.

Green Tomato Jam



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Have you ever tried green tomato jams? This is great!

Serving Size 3 half-pints

Cooking Time 20 to 25 minutes

Ingredients:

2 to 2.5 cups sugar

2 1/2 to 3 cups pureed green tomatoes

1 to 1.5 package raspberry gelatin

Directions:

In a large pot, heat the sugar and tomatoes until they are boiling.

Reduce heat and simmer for 20 minutes.

Heat the pan off and stir in the gelatin.

Any foam should be removed

Put the heated mixture into sterilized half pint jars. Adjust the headspace to remove air bubbles. Take care to clean the rims. Allow the rims to cool down before covering them with lids. Refrigerate for up to 3 Weeks

Kumquat Spiced Marmalade



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Prep Time - 40 to 45 min./Yields: 2 (1/2 PINT/250 ml. Jars

ingredients:

2 to 2.5 cups Kumquats, chopped

Sugar - 1/2 to 3/4 cup

1/2 to 3/4 cup of water

directions:

1. Make the marmalade in a medium-sized pot. Add the spices, kumquats, sugar and mix well.
2. Then, place the kumquat mixture in the pre-sterilized glass jars.
3. Leave a margin of 1/2" from the top. 2. The heat should be kept at medium.
4. Heat the mixture for 12-15 seconds 7. Use a damp cloth or sponge to clean the jar rims. Finally, seal them with a lid and band. 3. Pour in water and let it simmer for 15 minutes more on medium heat. 8. Allow the jars cooled completely to set before placing them in refrigerator.
5. Then take it off the heat.

Pickled Green Beans



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These pickled bean are delicious in tomato-based drinks such Caesars and Bloody Marys. The savoury flavour of the pickled beans is addictive and delicious.

Preparation time: 10 to 15 min

Serving Sizes

Ingredients:

4 to 4.5 peeled cloves garlic

2/3 to 1 ounces salt

32 to 34 ounces Rinsed and Trimmed Green Beans

20 to 22 oz. of white vinegar

8 to 8.5 sprigs fresh dill weed

20 to 22 ounces

Directions:

1. So they fit, slice beans just a bit shorter than the jars.
2. Place a steamer inside a large pot. Pour water into the pot until it is just below the steamer. Bring to boil. Once the water has boiled, add the green beans to your steamer insert.
3. Cook for 3 to 4 minutes or until beans are tender but firm. Place the beans in an ice bath and let cool.
4. Split beans evenly between 4 sterilized, hot jars. Learn how to sterilize by using the canning method.
5. Place 1 clove of garlic and 2 dill-weed sprigs into each jar. 1 tsp. Salt.
6. Bring vinegar and boiling water to a boil in saucepan. Stir in beans and then pour over, leaving 1/4" space at the top.
7. Seal the seal and then proceed with the canning process.

Carrots

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Canning carrots allows you to quickly create a side-dish or snack even when you don't have time.

Carrots should always be thoroughly washed.

Ingredients

- o Sea salt (optional)

- o 18 lb. raw carrots

Procedure

To prepare carrots, you need to remove the skin and cut them into small disks. Although the peeling of carrots is optional and not mandatory, it's a good idea as it will enhance the taste and quality of the cans. After you have removed the carrots from the oven, prepare your pressure canner by adding about 3 inches of water to it with the bottom trivet inside. Make sure to add water to a separate cooking pan and bring it to a boil. There are two types of canning carrots - raw or hot pack.

You can use the natural pack technique by adding the carrots to the sterilized glass jars. For the hot pack process, boil the carrots for about 5 minutes. After that, drain the carrots and pack them into the canning lids.

The pressure cooker should be hot enough to simmer, but not hot enough to boil. You can pour the boiling water on top of the carrots and then add salt to taste. Salt is optional. If you use salt, however, one teaspoon

Recommendation for each 1/2 pint

Attach the seals to the canning lids. Place the

Toss the contents into the canner. After bringing to a boil the contents, let them steam for a minimum of ten minutes. Then add the canning weight and allow the pressure to build. The jars must be processed for 25-30 minutes at 10 pounds pressure (below 1000 feet elevation or according to pressure canner instructions). Allow the cans and lids to cool at ambient temperature once they are done.

After checking the seals, store them in the refrigerator. A good seal can last up to 18months in the pantry.

Healthy Strawberry Jam

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Ingredients

4 to 4.5 tablespoons lemon juice crisp, strained

5 to 5.5 cups hulled strawberries

1 to 2 pound bundle of powdered organic material pectin

7 to 7.5 cups sugar

Method

1. Place the artisan-jugs in an ovenproof, high-temp water shower pot. Make a stew by mixing the water with the artisan pieces. Place the middle covers in a covered pot and add water.

2. Place the lemon juice along with the crushed strawberries in a separate saucepan. Blend in the remaining pectin. Bring the strawberries to boiling point.

3. Add the sugar. Boil gently for 1 minute 15 second. Scrape the top of the foam.

4. You can remove one jug simultaneously from the stewing waters. Pour the water back into the pot. You will need a large-mouth pipe to pour jam into each cup. You want to leave 1/4 inch of space at top of the cups. To remove air pockets, run a blade across the jug's side. For any buildup or stickiness, clean the edge of cup with a wet towel.

5. Take the middle covering from the stewing pot and place it on top. You can screw the bands onto the jugs. Rehash the cups with each one of the jugs. Next, put the cups onto a canning rack. Put the cover on the canner. After that bring the water to full boil. Boil for 10 to 12 minutes.

6. Turn off the heat. Allow the jugs in boiling hot water to expand for 5 minutes.

7. With a juglifter, remove the cups and let them sit for 24hrs.

8. After 24 hours, you can remove the screws from the cups and check that the seal is intact. The inside of the cups shouldn't give. You can store the cup in the ice-box on the off chance that the seals get broken. Make sure to stuff your washroom with any canned goods.

Dessert-Ready Orange Syrup



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Season: Summer

Difficulty

Method for taking a warm bath in the water.

Yield: 1 Half Pint

Make luscious, tangy orange sauce by using just the juice from fresh oranges. Clear Jel products can be substituted for corn syrup in equal parts if you don't own it.

Ingredients:

5 to 5.5 tsp. Corn Syrup

2 to 2.5 c. Orange Juice. Freshly squeezed

1/2 to 1 tsp. Cinnamon and Ground

4 to 4.5 tbsp. Honey

Instructions:

1. Take out any jars that have been washed and sterilize them. Keep them warm until you're ready to use for food packing.
2. In a small pot, combine honey, orange and corn syrup. Stir the mixture over medium heat until it thickens.
3. Pour into sterilized jars.
4. Wipe the rims off the jars, and then secure them using your fingernails.
5. Place in a water bath and let stand for 10 minutes.
6. Take out the jars and allow them to cool completely in the water bath.
7. Check seals 12-24 hrs later. Reprocess any failed seals within 24-hours.
8. Up to 1 year storage in a cool dry place.

Spicy Cranberry Salsa

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Preparation time 10 to 15 minutes

Cooking Time: 1 hour

Servings: 1 to 2

Ingredients:

4 to 4.5 diced large Serrano peppers.

1 1/2 to 2 cups cider vinegar

6 to 6.5 cups chopped onion

1/3 to 1 cup sugar

1 1/2 to 2 cups water

6 to 6.5 tablespoons of clover Honey

1 to 1.5 tablespoon of canning sodium

12 to 13 cups of fresh, unrefined whole cranberries

Directions:

Add all the ingredients to a large saucepan. Let the mixture boil for 5 more minutes. Add the cranberries, and simmer for 20 more.

Put the mixture into sterilized containers, leaving 1/4 inch headspace. Adjust the lids by wiping down the rims.

Nutrition:

Sodium: 33 mg,

Total Fat: 41%

Calories: 104,

Total Carbohydrates 16.3 g

Dietary fiber: 1.4 grams

Protein: 1.3 g.

Herbed Apricot Jelly

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120 servings (8 half pint containers).

Total Fat: 0 g; Calories: 59; Total Carbohydrates: 15 g; Proteins: 0 g

3 to 3.5 fresh rosemary stems

18 to 19 cups ripe Apricots (stemmed. pitted. chopped)

7 1/2 to 8 cups sugar

4 1/2 to 5 cups water

1 3/4 to 2 oz powdered fruit pectin

sterilize the jars.

Combine the apricots water, rosemary and salt in a small saucepan. Heat to simmer.

Cover and simmer for 20 min, then allow to cool.

Strain mixture with a jellybag.

Strain 5 1/2 cups of the juice and add water if necessary to a pot. Next, combine the pectin with the juice.

Bring to boil, stirring frequently

Stir the sugar into the water and bring it back up to boiling, stirring constantly.

Boil for at least one minute.

Turn off your flame and take out any foam.

Mix the ingredients in a bowl and immediately transfer it to sterilized glass jars.

Clean the rims to get rid of air bubbles.

Cover the containers with the lid.

Put the jars inside a prepared boiling water container and allow to sit for 5 min.

Once the jars have cooled, remove them and label them.

Mulberry Marmalade



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This one may be a wait-list item. This is by far the best marmalade I have ever tasted!

These are the exact ingredients.

1 to 1.5 cup lemon juice

2 to 2.5 cups of mulberry liquid

1 to 1.5 cup pectin

6 to 6.5 cups of sugar

3 to 3.5 cups of water

Make sure you have a large saucepan. Add 3 cups of water to it. Your 2 cups mulberry juice, 1/2 cup lemon juice, and your 6 cups sugar are now in the pan. Stir the ingredients together over the next 10-15 minutes. After the ingredients have cooked, turn off your burner and add the cup of pectin. Gently mix everything together before you transfer it to your canning bowls. If you want to finish the canning step, ensure that there is at least 1/4 inch between your head and the container.

Rhubarb Jam

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Yield: 2 pint jars

Ingredients

Juice 2 oranges (about 1/3 to 1 Cup)

2 1/2 to 3 lbs of fresh rhubarb chopped

1/2 to 3/4 cup water

Zest half an Orange (about 2 to 2.5 TSP)

2 to 2.5 cups granulated glucose

Instructions

In a medium saucepan, combine rhubarb and water. Bring mixture up to a boil. Turn down heat to medium-low. Cook, stirring occasionally. Continue cooking for approximately 45 minutes until the jam becomes thick. As the jam cools, it thickens more.

Fill sterilized hot-jars with jam and secure lids with rings. When the jars open, be sure to keep them closed and refrigerated.

Basic Applesauce

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Ingredients

Water

14 to 15 pounds apples

Cinnamon

Instructions

1. To prepare apples, just wash them in warm water. Cut the apples in chunks, remove cores, and then place them into a pot. To prevent the pot frothing, add just enough water.

2. Turn the heat down to medium low and stir frequently to soften the apples. When they are softened, turn off your heat and let them cool.

3. You can wash the lids and jars with warm, soapy waters. After that, rinse them thoroughly. Place the jar rack on the water bath and add water. Boil the jars for 10 mins to sterilize. Place the lids on a small pan over low heat. Keep the lids and containers warm until ready to be used.

4. Strain or mill the cooled applesauce to remove the skins.

5. Put the applesauce back to the saucepot. If desired, season the applesauce with cinnamon (or any other spices), if applicable. Start with a small amount of the mixture and then adjust until you are satisfied with the taste. To avoid sticking, bring the applesauce to a boil on medium-high heat. Stir constantly.

6. A kitchen towel can be used to cover the counter. Place the warm jars in the canner using the jarlifter. Drain and then line them up on the towel. Fill warm jars to the halfway mark with applesauce. Clean the rims. Take the lids out from the warm, use the magnetic lidlifter to lift them off the jars. Screw the band on until it is snug at the fingertip.

7. Carefully place the jars in the container using the jarlifter. Once all jars are placed in the container, turn the water up to about one inch above the tops. If needed, increase the boiling water until it reaches 1 inch above the jar's tops. For water addition, you can use the hot water that was in the

small saucepan where the lids were. Instead of pouring water directly inside the jars, instead pour it around.

8. Bring the canner over high heat to boil. Cover it. Boil water in a canner for 20 min at low altitudes (less than 1,000 feet) once it has reached a strong boil. Adjust the time according to your altitude.

9. After the processing period has finished, turn off the heat. Once the canner is cool, let it settle for around 10 minutes. Place a kitchen towel on the surface and lift the lid off of your face to prevent steam from causing burns. With a jar lifting tool, carefully remove the jars and place them on the towel. Allow the cool jars to cool for 12 to 24 hours. You can hear the satisfying "pinging" sound when the lids seal.

10. Check the jar lids for seals after 12-24 hours by pushing on their middles. The lid should be impossible to open. It would not seal if the lid was flexed. Keep the jar at room temperature and use it up in a matter of days.

Lemon Tomato Jam



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Lemon with Tomato You think that sounds odd? After tasting this jam, you might be able to change your mind!

Serving Size 8 half-pints

Cooking Time 55 to 60 minutes

Ingredients:

5 to 5.5 cups sugar

6 to 6.5 lb. Halfed tomatoes

1/8 to 1 tsp. ground cloves

1/4 to 1/2 tsp. Ground cinnamon

1 to 1.5 sliced lime

Directions:

Use water to cover the saucepan.

Bring to boil. Let cool.

You can chop the tomatoes in batches using a food processor.

As you are working, transfer them in a large heavy-bottomed storage pot.

Add the sugars, cinnamon, cloves and lemon slices to the stockpot.

Boil for 25 minute on medium-high heat. Keep stirring to prevent scorching. Reduce the heat to low. Continue stirring constantly for 30 minutes, or until the jam thickens.

Place the hot jam on a cutting board. Add more jam, if needed, to remove air bubbles.

Rinse each jar using a warm washcloth, dipped with distilled vinegar.

Place the sealed jars in a water bather.

2 Tbsp. Add white vinegar to water. Adjust heat to high

Boil and boil both half-pints & pints for 20-30 minutes. Cool.

Mango Marmalade made with fresh ginger



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Prep Time - 30 to 35 min./Yields: 2 to 3 (1 PinT/500ml). Jars

ingredients:

Fresh ginger, chopped - 1 to 1.5 Tbs. Cubed mangoes – 8 to 8.5 cups

Sugar - 2 1/2 to 3 Cups Lemon, peeling and making strips - 1

directions:

1. Begin by taking the lemon pieces and squeezing the juice.
2. Leave a margin of 1/2" from the top.
3. Do not toss any pulp left over. Next, insert the plastic or wooden utensil and turn it in a circular manner to remove any air bubbles.
4. To make a Spice Bag, place the pulp with ginger in a clean towel.
5. Use a damp cloth for cleaning the jar's rims. Finally, close them using the lid and band.
6. Make the marmalade using a medium saucepan.
7. Then fill the canner with water.

8. Turn the heat to medium, and let the mixture heat for between 40-45 minutes. You can set the canning timer to 10 minutes. Your altitude will affect your canning speed.

9. After it's done, turn off the heat.

10. After canning has ended, take the hot pots out, wipe them off, and take off any bands.

11. Then, place the marmalade mix in the jars.

12. 14. You can store the mango marmalade in an airtight container and still enjoy it!

Pickled Carrots (and Jalapenos)



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To make a sandwich, you can chop the pickled vegetables and add it to an egg salad. These vegetables can be used in wraps with deli meat and cheese.

Preparation Time: 10 to 15 min

Serving Sizes

Ingredients:

2 to 3 ounces white sugar

12 to 13 oz. distilled white Vinegar

16 to 17 oz sliced carrots, cut to 1/4" thick slices

10 to 11 thinly cut jalapeno Peppers

1/2 to 1 red onions, sliced into 1/4 " rings

Directions:

Combine sugar and vinegar together in a large saucepan. Bring to boil on high heat.

Stir until sugar is dissolved. Add the rest of your ingredients to the bowl and mix well. Allow to cool on a plate for 60-65 minutes. Allow the mixture settle to room temperature, then stir.

Crushed Tomatoes

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Tomatoes can be enjoyed in many forms, including raw, stewed, pureed, and canned. Even though it may seem convenient for you to buy canned tomatoes from the grocery store, many companies add high levels of sodium or additives to their products.

This can be avoided when making crushed or pureed fresh tomatoes at home. This recipe can be made from scratch with only two ingredients.

Ingredients

- o Citric acid (bottled)

- o Fresh tomatoes, 15 to 17 pounds

Procedure

Prepare your lids, jars, and containers for canning by washing them thoroughly with soapy water. Then rinse them off well. A dishwasher can also work, but you need to check that there are no residues left. Place the rack in the canner's water bath. Add water to sterilize the lids. To keep them warm, heat a saucepan or pot over low heat.

Tomatoes must be washed frequently in water.

Put water in large saucepan or pot. Bring to a boil. Next, fill a large bowl with iced. The boiling water will allow the tomatoes to soften and then crack open. This process should take around 45-60 second. Once it is done, remove the tomato from the pot. You can then transfer it to the bowl of frozen water. Allow them time to cool.

Drain the water. Once the tomatoes have cooled down, they can be sliced.

Trim the damaged or bruised parts and remove the core. Cut the tomatoes into pieces or quarters. The diced tomatoes should be added to large cooking with the juice. Continue heating on medium-high, stirring occasionally, until the mixture reaches a peak.

Cook the tomatoes for approximately five minutes. Once the timer is up, reduce the heat to low and keep the tomatoes warm.

Place approximately 2 cups of the diced tomatoes in a large pan and cook on low heat till they become tender. This will cause them to release liquid. It takes between 5-6minutes. Use a potato smasher to crush the tomatoes. After that, turn the heat up to medium-high, and bring the mixture back to a boil. Stir regular

Make sure to stir the tomatoes frequently to avoid them sticking to the bottom. Cook the tomatoes until they are boiling. Add the rest of the tomatoes to the saucepan and continue cooking for five additional minutes.

minutes. These tomatoes do NOT need to been crushed. Reduce the temperature to low and allow it to simmer.

To prepare tomatoes for canning place a towel over the counter. After the jars have drained, take the jars off the canner and drain them. In each of

Put 1/4 teaspoons of citric acids or 1 tablespoon of lemon zest in your pots.

Use a funnel or large spoon to scoop the hot tomato mixture into the jars. Leave about 1/2 inch at the top. The lids can be sterilized by placing them in hot water.

You can then lift the lids with a lid-lifter and fix them to the tops. Seal the jars by fastening the lid with a band.

Place the canner inside the jars, leaving two inches between. Adjust the water so that all the jars are covered by the water. You can add more water as you need and pour between the jars. Place the cover over the canner.

Once the boiling point is reached, allow the pints to cool down for about 35 minutes. Adjust the altitudes to be less than 1,000, or as necessary.

After the tomatoes have been cooked, take them off the heat and let them cool in a canner for around 15 minutes. Place the jars in the canner on top of a towel/cloth.

The lids can be kept open for up 24 hours. If the lids are sealed, you should hear a pop sound. You can store the jars in a fruit cellar, pantry, or other storage area for up to a year.

ear.

Amazing Jalapeno Jelly

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Ingredients

12 to 13 jalapeno peppers

1 to 1.5 pinch salt

1 to 1.5 big green chime pepper

1/2 to 3/4 cups apple juice vinegar

4 to 5 ounces fluid pectin

4 1/4 to 5 Cups granulated sugar

4 to 4.5 jalapeno chili peppers, seeded & finely sliced

Method

1. In a blender or food processor, mix the green chilli pepper and 12 jalapenos. Mix until very finely sliced. If the peppers don't match, you should be able to do this in bands.
2. Blend the juice vinaigrette and the peppers together in a large skillet. Stir until the juice vinegar is dissolved. Let stew for 15 to twenty minutes. Strain the mixture over 2 layers of cheesecloth. Once it is strained, discard the mash. You should have approximately 1 cup liquid.
3. Once the fluid is returned to the saucepan, add the salt and sugar. Heat until the liquid reaches boiling point. Blend until the mixture boils quickly (it won't mix down). Boil for one second, then add the fluid Pectin.
4. Add the rest of the jalapeno bell peppers to the mixture and then scoop it into sterilized cups. Capture cups with a heat-resistant sealer. After seal is broken you can refrigerate jam

Concentrate of High Impact Cherry Limeade



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Season: Summer

Difficulty

Method for taking a warm bath in the water.

Yield: Three Quart Jar

There's no need to buy frozen concentrates with excessive sugar and preservatives. This homemade cherry limeade will bring out the summery flavor of limes, cherries. This drink is great all year. It tastes fresh and delicious no matter when it's made. For the best cherries, use them freshest.

Make this concentrate from one part homemade concentrate and three parts water. You can alter the amount of water you use to adjust it to your taste. For example, you might add less water to get a sweeter beverage or more water to make it more intense.

Ingredients:

4 to 4.5 c. Freshly squeezed Lime Juice

6 to 6.5 c. Cherries, Pitted

6 to 6.5 c. Granulated Sugar

Instructions:

1. You can wash and rinse your jars in a thorough manner and then keep them warm until you are ready to pack food.
2. Puree cherries in a food processor
3. The lime juice, sugar, cherries and water should be heated in a medium-sized pan over medium-high heat. Do not bring the mixture to boil. Instead heat the mixture until the sugar dissolves.
4. Once the temperature reaches 191 degrees Fahrenheit (or higher), remove the mixture from heat.
5. Mix the ingredients in a bowl and place it in the oven.
6. Wipe the jar rims dry and seal the lids using your fingernail.
7. After 15 minutes in the water bath, cover the jars with 2 inch of water.

8. Allow the jars to cool completely in the hot water bath.
9. Check seals 12-24 hrs later. Reprocess any failed seals within 24-hours.
10. Up to one year. Keep in a cool, dry and dark area.

Mango Salsa

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Preparation time 10 to 15 minutes

Cooking Time: 2 hours

Servings: 1 to 2

Ingredients:

1 1/2 to 2 cup red bell pepper, chopped

2 to 2.5 teaspoons minced garlic

6 to 6.5 cups unripe mango, diced

2 to 2.5 teaspoons fresh ginger, chopped

1 to 1.5 cup light brown sugar

1/2 to 3/4 cup yellow onion, diced

1 1/4 to 2 cups cider vinegar

1/2 to 1 teaspoon red pepperflakes, crushed

1/2 to 3/4 cup water

Directions:

All the ingredients should be combined in a large soup pot. Reduce the heat and let it simmer for at minimum 5 minutes.

Use sterile jars to store the mixture. Clean the rims of the jars and adjust their lids.

Nutrition:

Sodium: 23 mg,

Total Fat: 41%

Calories: 304,

Total Carbohydrates 16.3 g

Dietary Fiber - 1.4 g

Protein: 1.3 g.

Berry Blast Jam

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140 portions (10 halfpint containers).

Total Fat: 0 g; Calories: 37; Total Carbohydrates: 10 g; Proteins: 0 g

2 to 2.5 cups raspberries (crushed).

2 to 2.5 tablespoons lemon juice (shredded)

4 to 4.5 cups strawberries (crushed)

2 to 2.5 cups blueberries (crushed)

1/2 to 3/4 cup lemonade

1 to 1.5 teaspoon cinnamon (ground).

6 to 6.5 cups sugar

sterilize the jars.

In a saucepan, combine the crushed berries, sugars, lemon juice and peel. Let the mixture boil for a few minutes, stirring occasionally until the sugar dissolves.

Place in a saucepan over a low flame for 25 to 25 minutes without stirring.

Add the cinnamon.

Turn off your flame and take out any visible foam.

Mix the ingredients in a bowl and immediately transfer it to sterilized containers.

Remove air bubbles and clean the wheels.

Cover the jars in the lid. Secure the bands with the screws.

Place the jars in a pot of boiling water and allow to sit for 10 min.

Once the jars have cooled, remove them and label them.

Citrus Marmalade

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This marmalade is a great choice if you're looking for the perfect mix of grapefruits, oranges, or lemons.

These are the exact ingredients.

1/2 to 3/4 cup orange peel

1 to 1.5 cup of grapefruit peel

6 to 6.5 cups of water

1 to 1.5 cup of lemon juice

1 to 1.5 cup of sugar

First, wash any fruit that will be used in this step. Next, you will need to collect the fruit peels. Cut them into 1-inch strips. Bring the saucepan to a boil. Once it has boiled, you can begin cooking your peels.

Once it has boiled, drain off the pan. Add your fruit pulp and cupful of sugar to this mixture and continue boiling for a while before you pack it in your canning bottles. For the marmalade's air to breathe, you should allow at least 1/2 inch between the jars.

Dill Pickles

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Yield: 7 to 8 onequart jars

Ingredients

4 to 4.5 cups white vinegar (distilled).

3/4 to 1 cup of white sugar

8 to 8.5 lbs pickling cucumbers, small

7 to 7.5 garlic cloves

4 to 4.5 cups of water

7 to 7.5 fresh dill heads

1/2 to 3/4 cup pickling sea salt

3 to 3.5 Tbsp pickling ingredients, tied in piece of cheesecloth

Instructions

Place the cukes in a large saucepan and cover with ice cubes. Let sit for about two to eight hours. Drain the cucumbers.

Bring the vinegar water, sugar and pickling spices to a boil. Allow it to sit for 15 min.

To sterilize the lids and containers, boil for at least five minutes. When the cucumbers are still warm, place them in the jars. Leave 1/2 inch space at their top. Each jar will need 1 garlic clove and 1 head delilah.

Put the pickling salt in the container. Leave 1/4 inch space at top. Moisten a towel with water and wipe the jar's rims clean. Place the lids on top of the rings, and screw them on.

Half fill a large container or stockpot with water. On high heat, bring the mixture to a boil. Use a holder to carefully place the jars inside your stockpot. The water should reach at least 1 inch above the jar tops; if it is not, add more boiling.

Boil again for 5 minutes.

You can take your jars out from the canner. Let them cool a couple of inches apart. Once the lids have cooled, press down on the center to inspect the seals. (Lids shouldn't pop up and fall).

Refrigerate any containers that don't seal well and you can use them within 14 day. Let pickles sit in dark and cool areas for at minimum one week before you use.

Strawberry Jam and Easy Rhubarb

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Ingredients

5 to 5.5 cups rhubarb (5 large stalks, cut into cubes 12 inches in diameter)

2 1/4 to 3 cups sugar (about a pint)

2 to 2.5 cups hulled or halved strawberries

1 to 1.5 tblsp. Freshly squeezed Lemon Juice (from around half of large lemons)

Instructions

1. Combine all ingredients and heat in a large saucepan.
2. Once the mixture is bubbling, reduce heat down to medium low. The heat should be at a point where jam bubbles appear in the middle of a pot. You can stir it gently if you notice them popping out.
3. Cook the jam on low heat, stirring every so often, until it has thickened. This should take approximately 15 minutes. Cook the jam until the temperature is 205 degrees F.
4. While jam is cooking, sterilize four 1-cup jars of jelly glass. I either boil the lids or run the rings-and-glass jars through a dishwasher before I put them in the washing machine.
5. Place sterilized bands, lids and lids on a clean dish towel.
6. Prepare a large saucepan filled with boiling water. Cover it with a lid. If the pot is large enough to hold the full jars, the water should be at least 1" deep when the jars are submerged.
7. Make sure to leave at least 14 inches of space around the top of each jar when you pour hot jam. Screw the ring bands to secure the lids. You want them to be secure enough for you to manually tighten them, but not so tight they can't easily be removed. 8. Place the filled containers in a pot of simmering, gently heating water. Transfer the jars onto a dish towel. Place

them at least 1 inch apart. Allow to cool completely for 24 hours. You will hear the lids popping shortly after removing them.

9. Jam should not be stored in the open for more than 2 weeks. Jars that are sealed can be kept for upto a year in cool, dark places.

Lime and Blueberry Juice

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This jam will make you feel a little bit of sweetness when combined with a little lime.

Serving Size: 6 to 7 pints

Cooking time: 10 to 15 Minuten

Ingredients:

1 to 1.5 package dry pectin

4 1/2 to 5 cups blueberries

1 to 1.5 tbsp. lime zest

5 to 5.5 cups sugar

1/3 to 1 cup of lime juice

Directions:

Boil and boil berries, stirring often, and then add sugar to dissolve.

Mix the grated lemon peel and lime juice together and bring the mixture to a boil.

Remove from heat.

Boil the jars on a heat source for 15 minutes.

Allow to cool down completely before storing in an enclosed container.

Lemon Lime Double treat Marmalade

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Prep Time - 1 hour 35 to 40 min./Yields: 4 to 5 (1/2 PINT/250 ml.

ingredients:

16 oz. Limes cut thin slices Water – 6 to 6.5 cups

White granulated white sugar - 7 to 7.5 cups Lemons make thick slices – 16 oz.

directions:

1. To make the marmalade use a medium-sized cooking pot; add the water, lemon and lime juices.

2. Then, place the lime marmalade and lemon juice mixture into the sterilized jars.
3. Let the mixture heat slowly on medium heat.
4. The margin should be 1/4" from the top.
5. Mix in the sugar. Stir it and let it dissolve for around 25-30minutes.
6. Clean the jars' rims using a damp cloth. Finally, seal them with a lid and band.
7. You can store the marmalade in an area that is dry and cool to enjoy it!
8. After that, take it out of the heat.

Vinegar Pickled Carrots

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These carrots are delicious as an appetizer or side dish at parties and intimate gatherings. These carrots are great for a side dish in a grilled cheese sandwich.

Preparation Time: 10 to 15 min

Serving Sizes

Ingredients:

1 to 2 ounce White Sugar

1/8 to 1 teaspoon of ground black pepper

8 to 8.5 ounces of distilled wine vinegar

5 1/2 to 6 ounces (or more) water

1 to 1.5 teaspoon salt

8 to 8.5 large diced carrots

Directions:

1. Combine vinegar and sugar in a medium saucepan. Add salt, pepper and water and bring it to a boil. Remove the pan from the heat and allow to cool for 5-10minutes
2. Place carrots on sterilized jars. Seal according to canning methods. Place in the refrigerator for 24 hrs before using.

Canned Corn

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This simple recipe makes corn on the cob delicious all year.

Ingredients

Canning salt, around 1 1/2 to 2 teaspoon

12 to 13 ears of freshly shucked corn on the cob.

Procedure

You can sterilize the jars by washing them in warm soapy water. Allow them to soak in boiling water for approximately ten minutes. Once they have been cleaned, let them sit on the stovetop for about ten minutes before

they are ready to be used. The husks should be removed from each cob. Shuck the corn just before serving.

If you are interested in canning, here are some options:

Raw packing refers to adding the raw corn kernels straight off the cob into sterilized canners to canne.

Hot packaging involves boiling the corn first in a large saucepan, before draining and packing the containers.

Make sure there is at least one inch space at the top of each method before you seal it with a cover. The canning sodium should be added to each jar. Once it is cooled on a wire rack, you can can the jars in a water bath for approximately 10 minutes. Before canning each jar, wipe the rims with a damp cloth and make sure that the lids are securely sealed. After the canning process has finished, store the canned corn in an airtight container for up 1 year.

Pickled green tomatoes

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Ingredients

4 to 4.5 narrows clears

2 to 2.5 cinnamon sticks

2 to 2.5 teaspoons whole garlic

6 to 6.5 Fresno Chile Peppers, divided by the long method

2 to 2.5 teaspoons ground mace

1/4 to 1/2 cup coriander seeds

10 to 11 cloves garlic

1/4 to 1/2 cup cumin seeds

8 to 8.5 cups juice vinegar

4 to 4.5 tablespoons dark peppercorns

4 to 4.5 tablespoons pure salt

1/2 to 3/4 cup nectar

4 to 4.5 pounds green tomatoes

Method

1. Clean the jugs. Clean the jugs. Place a wire rod or fish jars into the pot to prevent the cups from touching its base. Then, cover the pot with water.

Bring to a simmer. Place the cups in water. Let it simmer for at least an hour. You can also wash the cups in a small pot of boiling water.

2. Make the salt water. Combine the chilies with the narrows leaves, coriander or cumin seeds, cinnamon sticks. Heat to boiling. Allow to cool. Let cool. Take out the chilies, straight leaves and open a spoon.

3. Place the tomatoes in a container. Cut the tomatoes into pieces using a knife and cuttingboard. Remove the tops and the jugs from your stewing water using a tongs or a juglifter. Load the tomatoes and chilies into the container.

4. Fill and seal. Toss the warm pickling solution over the tomatoes. For air boils to be removed, use a clean elastic spatula to slide around inside each cup. Clean the cups with a soft towel. Then, cover them with the cleaned covers. The tops should be secured, making sure not to press too hard.

5. Heat the jugs. Then, heat the water and stir in the cups. Boil on low heat for 15-20 minutes. Turn off the heat. Once the boil is complete, drain the contents and rinse under cold water for 10 minutes.

6. Let the cups cool. Transfer the cups to a kitchen cloth. Let them sit for no less 12 hours. Once the jugs are cool, seal them with a vacuum.

Tangy Zucchini & Onion Relish

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Season: Summer

Difficulty Medium

Method for water bath

Yield: Five Half Pint Jars

Zucchini can grow quickly from mid- to late August. There is always too many zucchini to go around for most people who grow them. Add some zucchini relish to your food stock and you won't worry about how fast or how many zucchini breads you can make. This recipe is perfect to top burgers and hotdogs with the right amount of zest.

Ingredients:

Finely Chopped, 1 1/2 to 2 c. Onion

Finely Chopped Red Bell Peppers, 1/4 to 1/2 c

1/4 to 1/2 c. Pickling/Kosher Salt

5 to 5.5 c. Zucchini, Finely Chopped

1 1/2 to 2 C. White Distilled Vinegar

Finely Chopped, 14 to 15 c. Green Bell Peppers

1/4 to 1/2 C. Water

1 3/4 to 2 c. Granulated Sugar

1 to 1.5 tsp. Turmeric, Ground

1 to 1.5 tsp. Celery seed

1/2 to 1 tsp. Mustard Seed

Instructions:

1. Take out any jars that have been washed and sterilize them. Keep them warm until you're ready to use for food packing.
2. In a large mixing bowl, combine zucchini, bell peppers, and onions. Add salt and enough water to fully cover the contents. Cover the mixture with plastic wrap. Allow it to cool at room temperature for at least three hours.
3. Strain the mixture. Rinse with cool water.
4. In a large pot, add 1/4 cup water, sugar, vinegar, and spices. Bring to boil. Stir until sugar is dissolved. Reduce heat to a simmer. Cover the pot and let it sit covered for 3 minutes.
5. Add the chopped peppers and zucchini. Mixture should come to a boil. Allow it to simmer, covered, for about 10 minutes.
6. Put the hot mixture in the sterilized jars.

7. You can remove any air pockets formed when you packed the food. Now, top up the jars to make sure the headspace is met.

8. Clean the rims of the containers and fix them to your fingers.

9. Place in a water bath and let stand for 10 minutes.

10. Allow to cool down completely after removing the jars from water bath.

11. Reprocess seals within 24-hours to ensure they are still in good condition.

12. Up to 1 Year Storage: Keep in a cool dry place.

Peach Salsa

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Preparation Time 10 to 15 Minutes

Cooking Time 1 Hour

Servings: 1 to 2

Ingredients:

1 1/2 to 2 cups diced red pepper

1/2 to 1 teaspoon crushed red bell pepper flakes

1 1/4 to 2 cups cider vinegar

2 to 2.5 teaspoons chopped garlic

2 to 2.5 teaspoons diced fresh ginger

6 to 6.5 cups unripe yellowpeaches, diced.

1 to 1.5 cup light brown syrup

1/2 to 3/4 cup diced yellow onions

1/2 to 3/4 cup water

Directions:

Combine all the ingredients in large pot. Bring it to boil. Let the mixture simmer for five minutes, then reduce the heat.

Use sterile jars to store the contents. Clean the rims of the jars and adjust their lids.

Nutrition:

Sodium: 33 mg,

Calories: 104,

Total Fat: 41%

Dietary Fiber - 1.4 g

Total Carbohydrates 16.3g

Protein: 1.3 g.

Hot Chili Pepper Butter

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72 servings (8 pint-sized jars).

Total Fat: 0.6 g; Proteins: 1.3 g Calories: 93; Total Carbohydrates: 21.6 g;

1 to 1.5 qt cider vinegar

6 to 6.5 cups sugar

40 to 41 medium-hot chili peppers (seeded. Chopped fine).

1 1/4 to 2 cups flour

1 to 1.5 qt prepared yellow mustard

1 to 1.5 teaspoon salt

1 1/2 to 2 cups water

sterilize the jars.

Combine all ingredients and bring to boil.

Boil for about five minutes, stirring constantly.

Turn off your flame and take out any visible foam.

Mix the ingredients in a bowl and immediately transfer it to sterilized container.

Get rid any air bubbles, and clean the wheels.

Cover the containers with the lid.

Place the jars inside a boiling water container and allow to sit for 10 min.

Once the jars have cooled, remove them and label them.

Cranberry Marmalade

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After a long day, you might need to treat yourself with a generous spoonful of this Cranberry Marmalade.

Here are the exact ingredients

1 to 2 lemon

4 to 4.5 cups cranberries

2 to 3 oranges

1 to 1.5 cup of pectin

3 to 3.5 cups water

6 to 6.5 cups of Sugar

Get started by peeling your oranges, and your lemon. Be sure not to remove the white portion of the rind. Chop these pieces into small pieces, and then put them in a pot. The burner should be on high heat. Once the burner is at high heat, add 3 cups of the water to the pan. Cover the pan with a lid and let it simmer for about 25 mins, stirring occasionally.

Next, chop up the peeled fruit. Then, add them and 4 cups (washed) of cranberries to an average-sized saucepan. Keep the contents of the pan covered for ten more minutes. After that, you can transfer all ingredients to your canner jars. Be sure to leave at most 1/4 inch headspace in the jars.

Sweet Pickles

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(No processing or even cooking necessary!)

Yield: 1 to 2 quart jars

Ingredients

1 to 1.5 onion, sliced

1/2 to 1 tsp turmeric, ground

4 to 4.5 cups of cucumbers, cut

1/2 to 1 tsp celery Seed

1 1/2 to 2 cups vinegar

1/2 to 1 tsp mustard oil

1 1/2 to 2 cups of granulated syrup

1 to 1.5 Tbsp salt

Instructions

Divide the cucumbers and onions among the 2 quart jars.

Combine salt, turmeric mustard seeds and celery with vinegar in a bowl. Stir to dissolve the salt, sugar, and then pour the liquid onto the cucumber and onion slices. Put lids on jars.

Before you serve, keep these pickles in the fridge for one week.

Delicious Cranberry Apple Jam

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Ingredients

505 g ripe apples (such like boskop).

1/2 to 1 vanilla bean

505 g cranberry

155mL apple juice

1 kg jam sugar (1:1 ratio)

2 to 2.5 cinnamon sticks

2 to 2.5 tablespoons lemon juice

2 to 2.5 cloves, (seeds)

Instructions

1. Clean the cranberries with a rinsing and trimming.
2. Apples should be peeled.
3. Get rid of the core, and then dice the rest of the meat into small bits.
4. Combine the lemon juice, cranberries, sugar and apple in a small bowl. Place in the refrigerator for at least 2 hours.
5. In a bowl, combine the juices with the spices.
6. Bring the fruit mixture over medium heat. After boiling, reduce the heat and remove from the heat.

7. Bring to boil for 4 minutes, then strain into jars.

8. Cover the bag with a tight seal and leave it open for 10 minutes.

9. Place right side up on the counter and allow it to cool completely in an area of cold, dark.

Peach Jam

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A delicious combination of jam and bread.

Serving Size 8 half-pints

Cooking Time 5 to 10 Minutes

Ingredients:

1/4 to 1/2 cup lemonade

7 to 7.5 sugar cups

4 1/4 to 5 cups of crushed peaches

1/2 to 1 bottle liquid pectin (1.5 oz.)

Directions:

Place the peaches in a large bowl. Bring the mixture to a boil. Continue stirring for approximately 1 minute. Reduce the heat to low and whisk in the sugar.

Fill sterile bottles half way with the mixture. Close the lids. Put the mixture into a boil of water and cook for 5 min.

Tangy Cherry Marmalade

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Prep Time: 20 to 25 Min./Yields: 5 (1 PINT/500 ml). Jars

ingredients:

Sweet cherries, pitted, 32 oz. Lemon juice 1/4 to 1/2 cup

Oranges: 2/3 to 1 cup Butter, 1 to 1.5 tbs.

Sugar - 3 1/2 to 4 cups

directions:

1. First, peel the oranges and remove seeds.
2. Then insert the wooden or molded utensil (or both) into the jar. Finally, run the circular machine to turn the jar.
3. Mode to eliminate air bubbles
4. Make marmalades using a medium-sized saucepan.
5. Use a damp towel to clean the jar's rims.
6. Then close them with a lid and band.
7. Let the mixture heat slowly on medium heat.
8. Then fill the canner with water and place the jars.
9. Then take it out of the heat. With a spoon, scoop the foam from the pan.

10. Set the canning alarm for 15 minutes. You can adjust canning timing based your altitude.

11. Next, place the cherry marmalade and orange mixture in pre-sterilized jars.

12. After the canning period is completed, take out the hot jars, wipe them off, and take off any bands.

13. Make sure to store in a dry, cool area. 6. The margin should be 1/4" from the top.

Kool Aid Pickles

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These pickles are beloved by my children, who eat them in record time. To make an incredible array of colours, you can mix any flavor and colour Kool-aid.

Preparation Time: 10 to 15 min

Serving Sizes

Ingredients:

2 x 0.13 oz red KOOL Aid packs, unsweetened

32 to 34 ounces dill pickles

4 to 4.5 ounces Granulated Sugar

Directions:

1. Open a pickle jar 32 ounces in size and strain the liquid to a bowl.
2. Stir in Kool-Aid (and sugar) until they are dissolved. Mix the liquid in the jar until it is completely covered. Use a spatula and swirl the liquid around until no air bubbles remain.
3. Add the lid to the jar. Shake vigorously.
4. You can keep it in the fridge for between 7-10 days before using.

Canned Peas

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Peas are a wonderful vegetable to canne. Although there are many varieties of peas, the result is fresh and whole peas. They do not become mushy. They taste very good.

These peas are better than the store-bought variety. Fresh peas from the pod are best for the best flavor. You should do this just before you begin to use the peas. This recipe requires a pressurecanner at a maximum of ten

-pound weighted gauge at 305m altitude or 1,000ft.

It takes approximately 40 to 45 minutes for the processing to complete.

Ingredients

Sea salt

3-4 lb fresh peas straight from the pods

Procedure

First rinse the peas in the pods. After that, shell them and wash again. To get rid of starch, rinse the peas with hot, boiling water.

then drain again. Cook the peas. Once they are hot, pack them in the jars.

Allow one inch for the top. Add a pinch or sea salt to each jar along with some boiling water from a pot or second saucepan. Close each lid tightly and place them inside the pressure canner. Process for about 40 minutes. Canned peas are good for one year storage in a fruit cellar/pantry.

Jalapeno Strawberry Jam

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Ingredients

1 to 1.5 cup minced jalapeno peppers

4 to 4.5 cups crushed strawberries

1 to 1.5 (2oz) ounces) powdered natural item pectin bundle

1/4 to 1/2 cup lemonade

7 to 7.5 cups sugar

8 half-16 ounces of canning cups with covers, rings, and rings

Method

1. The pulverized strawberries, minced jalapeno peppers, lemon juice and pectin should be placed in a large pot. Heat on high heat until the mixture reaches boiling point. Stir in the sugar while you are stewing. Once it is dissolved, bring the pot back to a simmer and cook for 1 minutes.

2. In boiling water, wash the jugs with soap for no less that 5 minutes. You will need to pack the jam into sterilized cups. To expel air boils, use a blunt spatula or blade to clean the insides of the jugs. To eliminate any food deposits, rub the edges with a wet towel. Cover with covers and screw on rings

3. Fill your stockpot to the top with water. Turn on the heat to boil. After boiling, place the cups in a large stockpot. You should leave a 2 inch gap between the jugs. As much as possible, pour in boiling water until the water level reaches 1 inch above the cups' highest points. Bring the water up to a boil. Cover and allow it to simmer for 10 min.

4. You can remove the jugs from your stockpot. Allow to cool overnight. Press the highest point with a finger. Store in a cool, dim territory.

Zucchini Marmalade made with Fresh Oranges and Spicy Ginger

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Season: Summer

Difficulty

Method for taking a hot water bath

Yield: 2 to 3 Pint Jars

Oranges are plentiful during the summer. If it overlaps with the autumn season, you will have enough zucchinis to go around. But you don't need to be without any ideas. This zesty marmalade features spicy ginger with sweet orange and muted lemon. This delicious marmalade can be enjoyed on toast or on a bagel. It will make your afternoon tea party truly special.

Ingredients:

1 to 2 Orange

2 ½ to 3 c. Water

3 to 4 lemons

1 to 1.5 C. Zucchini.

1/2 to ¾ c. Ginger Root, Freshly Peeled

4 1/2 to 5 C. Granulated Sugar

Instructions:

1. Take out any jars that have been washed and sterilize them. Keep them warm until you're ready to use for food packing.

2. You can prepare your citrus by removing the skin from your lemons or oranges. Instead of cutting the peels into fine strips, zest the citrus fruits. Take out the whites and seeds from the rest of your fruit.

3. Place the citrus peel, orange and lemon segments in a saucepan. Add water to the saucepan. Heat on high heat, stirring constantly until it boils. Cover and cook for 25 mins.

4. Blend the mixture until smooth. Add the mixture back to the saucepan. Stir in the zucchini. Heat the mixture until it boils. Then reduce heat and simmer on low heat for 20 minutes.

5. Add the sugar to the water and bring it back to a boil. Cook until the mixture turns into a gel. It can take around 30 minutes. Stir often to prevent the mixture clumping at the bottom.

6. Combine the mixture and leave 1/4-inch space between the jars.

7. You can remove any air pockets formed when you packed the food. Now, top up the jars to make sure the required headspace has been reached.

8. Wipe the jars clean, and then secure the lids by pressing down.

9. Place in a water bath and let stand for 10 minutes.

10. Take the jars off the water bath. Allow to cool.

11. Seals must be checked within 12-24 hour. Failure seals can be reprocessed within 24 hours.

12. Up to 1 Year Storage: Keep in a cool dry place.

Peach Apple Salsa

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Preparation time 10 to 15 minutes

Cooking Time 1 Hour

Servings: 1 to 2

Ingredients:

10 to 11 cups hard, unripe pears and chopped.

2 to 2.5 cups granny Smith chopped apples

6 to 6.5 cups chopped Roma tomatoes, peeled.

4 to 4.5 tablespoons mixed pickling spices

2 1/2 to 3 cups diced yellow onion

2 to 2.5 teaspoons of crushed red flakes

2 to 2.5 cups chopped green bell-peppers

1 to 1.5 tablespoon salt

3 3/4 to 4 cups brown rice sugar

2 1/4 to 3 cups cider vinegar

Directions:

Place the pickling ingredients on a square of cheesecloth. Secure it with a string.

Bring the tomatoes with onions and peppers to a boil in large pot. Reduce the heat to low and let it simmer for at minimum 5 minutes. Stir in the apples and peaches. Reduce heat to low and simmer for 30 min.

Remove the spice bag. Fill the sterile jars with the mixture, leaving 1 inch headspace. Wipe the rims dry and adjust the caps. Prepare in hot water for 10 min.

Nutrition:

Sodium: 33 mg,

Total Fat: 41%

Calories: 404,

Total Carbohydrates: 36.3 G,

Dietary Fiber - 1.4 g

Protein: 1.3 g.

Lemony Curd

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16 portions (3 halfpint containers)

Total Fat: 7 g; Total Carbohydrates: 14 g; Calories: 123; Proteins: 1 g

1/2 to 3/4 cup lemonade

6 egg yolks

1 to 1.5 stick butter (chunked).

1 to 1.5 cup sugar

4 to 4.5 tablespoon lemon zest

sterilize the jars.

Mix together the sugar, egg, lemon juice, and egg in large saucepan. Let it simmer on medium heat for about 10-15 minutes. Keep stirring to prevent it from boiling.

When the mixture becomes thick, add butter chunks little by little and stir until melted.

Strain the mixture through a fine mesh sieve. Next, whisk in the zest.

Turn off your flame and take out any foam.

Mix the ingredients immediately in the sterilized canisters.

Clean the rims to get rid of air bubbles.

Cover the jars in the lid. Secure the bands with the screws.

Cover the jars with boiling water. Leave to stand for 20 min.

Once the jars have cooled, remove them and label them.

Peach Butter Jam

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This jam tastes just like peachy!

Here are the exact ingredients

4 to 4.5 cups sugar

1/2 to 3/4 cup ground ginger

8 to 8.5 cups of peach pulp

1/2 to 3/4 cup groundnutmeg

You will need 8 cups of pulp from the peaches, 4 cups of sugar, 1/2 cup ginger and 1/2 cup nutmeg. Mix the ingredients in a medium saucepan over medium heat. Continue stirring them for the next few moments. Once the burner is off, turn it off and use a sieve or other device to process the contents. Then, you can pack your ingredients into the canning pot and leave about 1/2 inch of head space.

Mexican Chicken Soup

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Yield: 7 to 8 onequart jars

Ingredients

2 to 2.5 cups chopped celery

2 to 2.5 cans (15 oz.) 2 cans (15 oz.

3 to 4 large, boneless chicken breasts, cubed or shred.

2 to 2.5 cans (14 1/2 oz.) Rotel tomatoes

4 to 4.5 cups canned or freshly picked tomatoes, diced

1 1/2 to 2 cups sliced carrots

3 to 3.5 cups frozen or freshly cut corn

1 to 1.5 large chopped onion

6 to 6.5 cups water

3 to 3.5 cloves garlic

3 to 3.5 cubes chicken Bouillon

6 to 6.5 cups chicken stock/broth

1 to 1.5 Tbsp Canning Salt

Ground 1 to 1.5 tsp cumin

Instructions

Boil the chicken in enough water to cover and cook until done. Cut or cube the chicken.

Make sure to follow the manufacturer's instructions when setting up your pressure canner. Let lids and containers heat in water that is simmering, but not boiling, until you need them.

In a large saucepan, combine all ingredients except the chicken. Bring to boil. Once boiling, simmer covered for 3 min. Now add the chicken. Let it boil slowly for about 5 minutes.

The soup should be ladled into hot jars. Clean out any air bubbles. Next, wipe the rims clean with a damp paper towel. Place the lids in the jars. Make sure they are properly centered. Secure the rings with your fingertip. Place the jars inside the pressure-canner.

For quart jars: Process for 90 mins at 11 lbs pressure. For pints jars: Process for 75 mins. Adjust the altitude as necessary.

Let cool the jars. 24 hours later check the seals. They should not be able to pop up or go down.

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