

Canning and Preserving Cookbook for Beginners

CANNING and PRESERVING

*Cookbook for
Beginners*



101

Delicious
Recipes
for Meals
in a Jar!

A Complete Guidebook to Water Bath Canning,
Pressure Canning and Fermentation

Pressure Canning and Fermentation

Canning and Preserving Cookbook for Beginners

*A Complete Guidebook to Water Bath Canning,
Pressure Canning and Fermentation of Meats,
Vegetables, Fruits, Pickles, Jams, and Canning
Supplies,*

PLUS

101 Delicious Recipes for Meals in a Jar!

Collin Bradford

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Introduction



Canning is one of the oldest methods of storing products. The only difference between the canning of hundreds of years before and the canning of today is that now we are better equipped and know how to do it quickly, with efficient machines like pressure canning. It has gotten so easy that anyone can do it at home, though that requires a complete understanding of the processes involved. This is a canning guide that is for beginners who would love to can home-prepared food and store it in their pantry or refrigerator. There are several recipes which will provide you with a

wholesome understanding of the process and how to store different types of food items in different ways. So, let's get started!

What is Canning?

Canning is a method of food preservation by sealing it in hermetically sealed containers and then sterilizing it with high heat. Nicolas Appert of France devised the process in 1809 after extensive research, in answer to a request from his government for a method of preserving food for army and navy usage. Appert's method involved tightly sealing food within a bottle or jar, heating it to a specific temperature, maintaining the heat for a set period of time, and then sealing the container until it was used. Louis Pasteur had to wait 50 years to determine why the food didn't spoil: the heat killed the bacteria in the meal, and the sealing prevented more microbes from entering the jar.

Peter Durand of England invented the use of tin-coated iron cans instead of bottles in 1810, and by 1820, he was supplying canned foods in considerable quantities to the Royal Navy. The United States soon adopted European canning technology, and it went on to become the world leader in

both automated canning methods and total can production. Samuel C. Prescott and William Underwood of the United States defined accurate time-temperature heating conditions for sterilizing canned foods in the late nineteenth century, making canning a science.

Originally, cans were made from a sheet of tin-plated iron that was rolled into a cylinder (known as the body) and manually soldered on the top and bottom. The modern hygienic, or open-top, can, whose constituent sections are linked by interlocking folds that are crimped, or pushed together, supplanted this form in the early twentieth century. The end, or lid, seams are sealed using polymer sealing compounds, and the body seams can be soldered on the outside. The modern tin can is comprised of 98.5 percent sheet steel with a thin layer of tin on the outside (i.e., tinplate). It's made on completely automated lines that can produce hundreds of cans each minute.

Most fruits and vegetables, meat and dairy goods, and processed foods are stored in tin cans, but soft drinks and other beverages are now widely stored in aluminum cans, which are lighter and do not rust. Aluminum cans are made by impact extrusion, with the body of the can punched out in one piece from a single metal sheet using a stamping die. This continuous piece with a rounded bottom is then topped with a lid made of a second piece. Aluminum is also used in the tabs on pop-top cans. Aluminum body and steel covers make up bimetal cans.



Benefits of Home Canning

Canning food at home is a safe and satisfying procedure that is regaining popularity as food costs rise and people recognize the importance of safeguarding their food supplies. Home canning is a great way to improve your intake of local foods by preserving food. Eating locally necessitates eating foods in season, and canning allows you to capture the bounty of any particular crop in season and increase its availability year-round.

You can do home canning as a hobbyist or as a full-time enthusiast who preserves a significant portion of his or her food supply. You will reap many personal benefits, while being a better steward of the environment and supporting your local economy, whether you want to enjoy a couple of fun weekend chores putting up jam or significantly supplement your diet. In addition, given the state of the global food market, you'll save money as well, especially as time passes. Unlike grocery store food, which comes in disposable packaging, your home-preserved meals will be stored in jars that you may reuse time after time.

Excellent taste and quality

When you utilize high-quality food and follow the canning process correctly, you'll be able to make items that are superior to those found in the supermarket. Many recipes for home-canned food are delectable, and the quality is unrivaled.

You'll have complete control over the ingredients because you'll be able to see where your food comes from when you can it at home. Your own garden and fruit trees, as well as local organic farms and any local farm, are excellent sources of fruits and vegetables. You can hand-pick your food at the peak of ripeness from any of these sources. You will also decrease your exposure to Bisphenol A, which is used to line the cans of many mass-produced foods. Bisphenol A is an endocrine disruptor, and its potential danger to humans is becoming more widely recognized.

Local economic support

When you buy directly from local growers, you are putting money into the hands of locals. Local growers prefer selling from their own farms or market stands since they are not bound by the pricing established by large

commodities buyers. This also permits local growers, particularly small ones, to maintain profitability, which is beneficial to the local economy.

Reduce your carbon impact

The food we eat requires a significant amount of energy to produce and transport. Pesticides, herbicides, and petrochemical fertilizers are also used in highly industrialized agriculture. All of these variables affect the ecosystem and limit the soil's future ability to produce food, resulting in increased scarcity, lower quality, and higher asset prices. When you buy local food products and can it at home, you are avoiding a large portion of the transportation costs connected with moving food across continents due to spent fuel. Yes, home canning consumes energy, but this pales in comparison to transporting food halfway across the country to supply a shop shelf. Lowering the amount of food, you consume which comes from distant locations reduces the amount of gasoline consumed. Also, while purchasing local produce, look for growers who employ environmentally friendly, sustainable producing practices.

Feeling of accomplishment

Once you start canning food, you will feel very satisfied. You'll feel as if you've accomplished something significant in your life, because you have! For most of human history, individuals have spent a large amount of time and effort ensuring their food supplies. I'm not saying that we all go back to digging for roots in the field, but most people have a strong desire to help with food harvesting and preparation. Sitting in an SUV for fast food from a drive-through window does not satisfy. It just encourages excessive energy usage for low-quality goods.

Tips for Food Safety

As per the CDC (Centers for Disease Control and Prevention), foodborne illness sickens one out of every six people in the United States each year. Food poisoning is frequently avoided by being cautious when purchasing, preparing, cooking, and storing food. To help keep your food safe, follow these ten steps:

Please wash your hands

Always, before and after handling any food, using the restroom, coughing or sneezing, taking out the garbage, or touching pets, wash your hands with warm water and soap for at least 20 seconds.

Clean surfaces on a regular basis

After preparing each meal item, wash cutting boards, plates, utensils, and surfaces with a clean sponge and hot, soapy water. After each use, clean surfaces and cutting boards with a bleach solution and allow to air dry.

Wash fruits and vegetables

Before eating, cutting, or cooking, wash fruits and vegetables under running water. Even if you intend to peel the fruit or vegetable, wash it first, since bacteria can move from the surface to the inside when you cut or peel it.

Avoid cross-contamination

Prepared foods, such as fresh fruits and vegetables, should be kept apart from raw meats, poultry, shellfish, and eggs. Cross-contamination can be avoided by using separate cutting boards and utensils while preparing meals.

Thaw properly

It is never a good idea to thaw food at room temperature. Food can be defrosted in three safe ways: in the refrigerator, under cold running water, or in the microwave. Food that has been thawed in cold water or in the microwave must be cooked as soon as possible.

Make sure the food is cooked to its safe temperature

Simple by looking at your food, you can't determine if it's cooked and safe to eat. To guarantee that your meal has reached a safe minimum internal temperature, use this chart and a food thermometer.

Refrigerate in a proper manner

Within two hours of purchase, perishable items should be refrigerated at or below 40 degrees F. To avoid fluids from spilling onto other meals and contaminating them; raw meat should be placed on the lowest shelf.

Dispose when needed

By looking at or smelling your leftover or refrigerated items, you can't always tell if hazardous bacteria are growing on them. Using this table of safe storage times, you can figure out when to throw food away.

Table 1
Safe Storage Time and Temperature for “UNOPENED”
Canned Food

Type of Food	Moisture Level	Temperature		Storage time (unopened)
		Celsius	Fahrenheit	
Canned legumes	Below 14 %	Below 27°	Below 80°	2-5 years
Canned veggies	Below 14 %	10-21°	50-70°	1-2 years
Canned poultry	65-70 %	10-15°	50-59°	3-5 years
Canned red meat	65-70 %	10-15°	50-59°	3-5 years
Canned seafood	65-70 %	10-15°	50-59°	3-5 years
Canned stocks and broths	Below 14 %	20°	68°	3-5 years
Canned sauces	Below 14 %	10- 21°	50-70°	1-2 years
Jams, jellies and marmalades	55-75%	Below 21°	Below 70°	6-18 months
Canned wine	55-80%	11-14°	52-57°	1-20 years
Kombucha	55-75%	1-3°	34-38°	1-2 years
Kefir	55-75%	Below 27°	Below 80°	1-2 years
Canned fruits and fruit juices	Below 14 %	Below 29°	Below 85°	1 year

Table 2
Safe Storage Time for “OPENED” Canned Food

Types of Food		Storage time Refrigerator	Storage Freezer
Canned legumes		3-4 days	3 months
Canned veggies		3-4 days	1-2 months
Canned poultry		3-4 days	1-2 months
Canned red meat		3-5 days	4-12 months
Canned seafood	Fin fish	1-3 days	1-2 months
	Shellfish	2-4 days (squid, lobster and crab)	2-4 months
		3-10 days for rest	6-18 months
Canned stocks and broths		4-5 days	1-2 months
Soup and stews		3-4 days	2-3 months
Canned sauces		1-6 months	1-2 years
Jams, jellies and marmalades		6-12 months	1-2 years
wine		12-18 months	Don't freeze
Kombucha		1 week	1-3 months
kefir		2-3 weeks	1-3 months
Canned fruits		7 days	2-3 months

Handle leftovers with care

Refrigerate leftovers at 40 degrees F or below, wrapped in airtight packing or sealed in storage containers. When reheating leftovers, make sure they achieve a temperature of 165 degrees F on the inside.

Sanitize your washing sponge

To kill most germs, yeasts, and mold, dampen your sponge and microwave it for one minute. Sponges can also be disinfected by soaking them for one minute in a solution of 1/4 to 1/2 teaspoon strong bleach per quart of warm water. They can also be put in the dishwasher during the normal cycle.

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Section 1:

Water Bath Canning

What is Water Bath Canning?

Making shelf-stable jams and pickles in your own home is as simple as boiling water bath canning. It's vital to note that water bath canning is only suitable for high-acid foods. Most fruit preserves, such as jams, jellies, and fruit bottled in syrup, as well as many pickles, fall under this category. Always double-check that you're using a safe, tried-and-true recipe from a reputable source, like the National Center for Home Food Preservation. Non-acidic vegetables, poultry, and fish, as well as soup stocks, including vegetable stock, must be canned in a pressure canner rather than a boiling water bath.

Chapter 1:

Tools and Supplies



Basic Equipment and Setup

Though ready-made canning kits are frequently available in hardware stores or online, you may already have many of the necessary items in your kitchen. If that's the case, then you can always pick and choose the rest of the pieces to save money.

- A large, tall pot
- A rack to fit inside the pot
- Canning jars with two-piece lids
- A ladle
- A canning funnel
- A timer
- A jar lifter or tongs
- A clean spatula or chopstick
- A moist, clean towel or paper towel

Optional

- A lid caddy
- A magnetic lid wand
- A canning rack with handles
- A stovetop or electric kettle

Canning Jars

Regular-mouth jars and wide-mouth jars are the two most prevalent varieties of canning jars. For certain canning procedures and foods, each jar is optimal.

Regular-Mouth Canning Jars

Canning jars with a regular opening taper at the top near the lid. If the space right below the lid is somewhat smaller than the remainder of the jar, forming a little neck on which the lid sits, the jar has a regular mouth. The jar's tapering neck keeps some items below the liquid level, allowing them to stay in the pickling liquid. However, because of the narrower mouth, certain vegetables and fruits may be difficult to fit inside the jar. Pourable foods work nicely in regular-mouth canning jars, such as:

- Jams
- Jellies
- Salsas
- Pie filling

These meals may be poured more easily from the jar because of the tapered neck. They're a wonderful option for pickling tiny vegetables that can fit through the entrance. The tapered neck of regular-mouth jars does not offer enough extra space for the liquid to expand as it freezes; hence they cannot be utilized for freezing.

Wide-Mouth Canning Jars

From the bottom of the jar to the lid, wide-mouth canning jars have the same width. When inspecting a wide-mouth canning jar, make sure the sides are straight and there is no taper around the entrance. Larger fruits and vegetables may fit in the jar more easily because of the bigger jar aperture. Vegetables that are too large to fit into a regular-mouth canning jar should be able to fit into a wide-mouth jar with ease. It's also easy to remove the vegetables once they've done pickling because of the broad aperture. If the canned food will be frozen in the future, wide-mouth canning jars should be used, since the wide opening permits the liquid to expand as it freezes.

Canning Jar Sizes

Canning jars come in a variety of different sizes that are suitable for a variety of uses. When choosing a jar size, keep in mind your recipe and cooking time, since the size of the jar might affect how long the item has to be processed when canning.

Quart-Size (32 ounce) Canning Jars

One of the most often-used sizes in canning recipes is the quart-size jar. They're ideal for preserving practically any fruit or vegetable because of their flexibility and greater size. When selecting a canning jar, keep the mouth size in mind.

Most fruits and vegetables can be canned in regular-mouth 32 ounce jars as long as they fit through the narrower mouth hole. It's ideal for making huge amounts of salsa or chopping up smaller vegetables, like asparagus or carrots.

Because it can hold larger fruits and vegetables, the wide-mouth quart size canning jar is more versatile than the regular-mouth variety. When canning bigger pickles or bits of fruit, it's an excellent alternative.

Pint-size (16 ounce) Canning Jar

Pint-size canning jars are ideal for small amounts or experimenting with new recipes. These jars are commonly used for pickles or preserves. Keep in mind that certain bigger vegetables, especially when using regular-mouth canning jars, may not fit through the opening of a pint-size jar.

Half-Pint (8 ounce) Canning Jar

This little size is ideal for making small amounts of jams, jellies, or preserves as presents. If you use a wide-mouth canning jar, you might be able to fit some smaller or sliced vegetables in these jars.

Instructions And Safety Tips

Place a rack in the bottom of a tall pot, such as a stockpot or a lobster pot. The rack keeps the jars' bases off of the pan's bottom, allowing evaporating water to escape around the jars and keeping them from rattling against each other and breaking.

Fill the jars with enough water to cover them by at least one inch above the lids. Turn the heat up. Bring the water to 140 degrees Fahrenheit for raw packing and 180 degrees Fahrenheit for hot packing. This can be done while you're prepping your canned items.

Fill the Jars

Before you begin, inspect all jar rims for chipping or other flaws. When canning, do not use those damaged jars. Make sure you're working with fresh, unused lids that haven't been previously processed. The rings are reusable, but not the lids.

Heat the suitable canning jars in the water bath and the lids in a separate container of hot water if the manufacturer of your jars and lids directs you to do so. Ball Mason Jars have revised their advice, claiming that this is no longer necessary for their products. Before filling your jars and lids with Ball and Kerr products, wash them in hot, soapy water, then rinse and dry thoroughly. Alternatively, you can put the jars (but not the lids) through a dishwasher cycle. Working quickly with a ladle, fill your canning jars with the recipe you just made.

Allow a suitable amount of headspace between the top of the food and the jar rims, usually between 1/2 inch and 1 inch. This is something that the recipe will specify. To expel any trapped air bubbles, run a clean spatula or chopstick around the inside of the jars.

With a clean, wet towel or paper towel, wipe any traces of food off the rims. This improves the contact between the lid and the jar, resulting in a better seal.

Apply the Lids and Rings

Place the circular canning lids on the jars; it is best to use a magnetic lid wand, which allows you to grab them one at a time. Attach the bands to the jars until they are just finger-tight. You want them to be tight enough to keep air out during the canning process, but not too tight.

Process the Jars

With handles, load the jars into a rack and lower it into the water bath if you have one. Otherwise, use a jar lifter or tongs to carefully lower the filled jars into the boiling water, being cautious not to let the food come into contact with the jars' rims. At least 1 inch of water should be above the tops of the jars. If there isn't enough, add additional hot water until there is. A tea kettle comes in useful at this point. Between the jars, there should be at least 1/2 inch of space. Bring the water to a full boil by increasing the heat to high. Close the cover on the saucepan.

Begin timing according to the recipe's instructions. "Process for 10 minutes," for example, will be written on canning recipes that call for a boiling water bath. After you've placed the jars of food in the water and brought it back to a full boil, the processing period begins. Reduce the heat until the water comes to a simmering temperature.

Let the Jars Cool Down

Once the processing time has passed, turn off the heat and allow the jars to cool for five minutes. Take each jar out of the boiling water and place it on a cooling rack. When the processing time is up, keep the jars on their rack to cool or lift them out with a jar lifter or tongs. To remove them from the canner, lift the jars vertically, not tilting them, since this could cause the food within to leak out. Keep 1-inch distance between jars while placing them on to a cooling rack or on a counter. Avoid placing them directly on counters since this can cause temperature shock and breakage. Instead,

place a cloth or towel over the counter and then place the jars on top. Allow them to cool for 12 to 14 hours, undisturbed. During this period, do not touch or open the jars or lids.

Check the Lids and Store Your Jars

After the canning jars have been cooled, press down on the lids to make sure they have sealed properly. When you press on them, they won't jiggle and will feel firm.

Take out the Rings

By carefully lifting the jars from the rim's edge, you can check the seal once again. Simply using the tension of the lid, you should be able to lift the jar. Refrigerate the contents and eat them as soon as possible, if any of the lids fail. Alternatively, if the contents have not been exposed to the elements for more than 24 hours, they can be reprocessed using the same approach with a clean lid and, if required, a new jar.

To eliminate any sugars or other residues from the canning process, wash or wipe down your jars with a damp cloth or paper towel. Keep these canned products in a cold (below 85 degrees F/ 29.5 degree Celsius temperature) and dark place for up to a year.

Chapter 2: Chutneys and Butters



Canning Apple Butter



Ingredients:

- 4 pounds apples, cored and diced
- 1 cup sugar
- 2 tablespoons ground cinnamon
- 1/4 teaspoon ground cloves

Preparation Time: 10 minutes

Cooking Time: 6 hours

Canning Time: 10 minutes

Total Time: 6 hrs. 20 minutes

Servings: 16

How to prepare:

1. Add apples, sugar, cinnamon, and cloves to a slow cooker, cover and cook for 6 hours on low heat, with occasional stirring and mashing everything.
2. Set 8- 8 oz. mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
3. Place the sealing discs in the hot water and keep them hot.
4. Divide the apple butter into the 8- 8 oz. mason jars, while leaving the ½ inch headspace on top.
5. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
6. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
7. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
8. Store as per the instructions in [Table 1](#).

Nutritional Values:

*Calories 78, Total Fat 0.1g, Saturated Fat 0g , Cholesterol 0mg,
Sodium 1mg, Total Carbohydrates 20.9g, Dietary Fiber 1.8g,
Total Sugars 18.3g, Protein 0.2g*

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Green Mango Chutney with Whole Spices



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Canning Time: 10 minutes

Total Time: 45 minutes

Servings: 48

How to prepare:

1. Set 4- 1 pint jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix green mango with fennel seeds and rest of the ingredients in a saucepan.
4. Cook this mango mixture on medium high heat for 25 minutes, with occasional stirring and mashing everything.
5. Divide the tomato chutney into 4- 1 pint jars, while leaving the ½ inch headspace on top.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in [Table 1](#).

Nutritional Values:

*Calories 80, Total Fat 0.1g, Saturated Fat 0g , Cholesterol 0mg,
Sodium 195mg, Total Carbohydrates 20.8g, Dietary Fiber 0.7g,
Total Sugars 17.1g, Protein 0.3g*

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Tomato and Cashew Chutney



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 10 minutes

Total Time: 40 minutes

Servings: 40

How to prepare:

1. Set 7- ½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix tomatoes with sugar and rest of the ingredients in a saucepan.
4. Cook this tomato mixture on medium high heat for 20 minutes, with occasional stirring and mashing everything.
5. Divide the tomato chutney into 7- ½ pint mason jars, while leaving the ½ inch headspace on top.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in [Table 1](#).

Nutritional Values:

*Calories 51, Total Fat 2.3g, Saturated Fat 0.4g, Cholesterol 0mg,
Sodium 231mg, Total Carbohydrates 7g, Dietary Fiber 0.7g,
Total Sugars 5.2g, Protein 1.1g*

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Cranberry Quince Chutney



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 10 minutes

Total Time: 40 minutes

Servings: 48

How to prepare:

1. Set 9- ½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix quinces with sugar and rest of the ingredients in a saucepan.
4. Cook this quince mixture on medium high heat for 20 minutes with occasional stirring and mashing everything.
5. Divide the quince chutney into 9- ½ pint mason jars, while leaving the ½ inch headspace on top.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in [Table 1](#).

Nutritional Values:

*Calories 62, Total Fat 0.1g, Saturated Fat 0g , Cholesterol 0mg,
Sodium 53mg, Total Carbohydrates 14.7g, Dietary Fiber 0.9g,
Total Sugars 12.7g , Protein 0.2g*

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Orange Rhubarb Chutney



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 10 minutes

Total Time: 50 minutes

Servings: 60

How to prepare:

1. Set the 6 -half pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix ginger with rhubarb and the rest of the ingredients in a saucepan.
4. Cook this rhubarb mixture on medium high heat for 30 minutes with occasional stirring and mashing everything.
5. Divide the rhubarb chutney into 6- half pint mason jars, while leaving the ½ inch headspace on top.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in [Table 1](#).

Nutritional Values:

*Calories 117, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg ,
Sodium 9mg, Total Carbohydrates 29.4g, Dietary Fiber 0.4g,
Total Sugars 27.8g, Protein 0.3g*

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Pear Chutney



Ingredients:

- 3 lbs. pears, peeled, cored, and chopped
- 1 1/4 cups light brown sugar
- 1 1/2 cups apple cider vinegar
 - 1 1/2 cups raisins
- 1 lemon, seeded and diced
- 1/4 cup fresh ginger, chopped
- 1 garlic clove, peeled and chopped
- 1 small hot chili pepper, chopped
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon allspice
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground coriander
 - Pinch ground cloves

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 10 minutes

Total Time: 40 minutes

Servings: 48

How to prepare:

1. Set the mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix pears with sugar and rest of the ingredients in a saucepan.
4. Cook this pear mixture on medium high heat for 20 minutes with occasional stirring and mashing everything.
5. Divide the pear chutney into the mason jars, while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 48, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 26mg, Total Carbohydrates 12.1g, Dietary Fiber 1.1g,

Total Sugars 9.2g, Protein 0.3g

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Indian Apple Chutney



Preparation Time: 10 minutes

Cooking Time: 45 minutes

Canning Time: 10 minutes

Total Time: 65 minutes

Servings: 60

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix apple with onion and rest of the ingredients in a saucepan.
4. Cook this apple mixture on medium high heat for 45 minutes with occasional stirring and mashing everything.
5. Divide the apple chutney into the ½ pint mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in table 1.

Nutritional Values:

Calories 97, Total Fat 0.3g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 70mg, Total Carbohydrates 24g, Dietary Fiber 1g,

Total Sugars 19.9g, Protein 0.8g

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Persimmon Chutney



Ingredients:

- 3 lb.firm persimmons, peeled and chopped
- 1 lb. Bartlett pears, chopped
- 1 small red onion, chopped
- 1-inch piece of ginger, peeled and grated
- 1/2 cup raisins
- 2/3 cup brown sugar
- 1/3 cup honey
- 1/2 cup apple cider vinegar
- 1/2 cup white wine
- 3 tablespoons lemon juice
- 1 tablespoon mustard seeds
- 1 tablespoon coriander seeds
- 1/4 teaspoon garam masala
- 1/4 teaspoon curry powder
- 1/2 teaspoon red pepper flakes
- Kosher salt, to taste

Preparation Time: 10 minutes

Cooking Time: 1 hr. 15 minutes

Canning Time: 10 minutes

Total Time: 1 hr. 35 minutes

Servings: 48

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix persimmon with sugar and rest of the ingredients in a saucepan.
4. Cook this persimmon mixture on medium high heat for 1 hr. 15 minutes, with occasional stirring and mashing everything.
5. Divide the persimmon chutney into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in table 1.

Nutritional Values:

Calories 49, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 6mg, Total Carbohydrates 12.1g, Dietary Fiber 1.4g,

Total Sugars 9.4g, Protein 0.4g

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Fig Chutney



Ingredients:

- 2 tablespoons canola or vegetable oil
- 2 garlic cloves, minced
- 1 1-inch piece of fresh ginger, peeled and grated
- 1 Jamaican Hot Chocolate pepper, diced
- 1 medium red onion, diced
- 1lb figs, stemmed and diced
- 1/2 cup raw sugar
- 1/4 cup red wine vinegar
- 1/4 cup balsamic vinegar
- 1/4 teaspoon salt
- Juice of 1/2 lemon
- 2-4 thyme sprigs, leaves only

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 10 minutes

Total Time: 50 minutes

Servings: 32

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, sauté onions, ginger, garlic, and pepper in a pan for 5 minutes until caramelized.
4. Stir in figs and rest of the ingredients then cook for 30 minutes with occasional stirring.
5. Divide the fig chutney into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 48, Total Fat 1g, Saturated Fat 0.2g, Cholesterol 0mg,
Sodium 21mg, Total Carbohydrates 10.4g, Dietary Fiber 1.5g,
Total Sugars 7.8g, Protein 0.5g*

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Mango Chutney



Ingredients:

- 1 tablespoon cooking oil
- 2 teaspoons fresh ginger, minced
- 2 garlic cloves, minced
- 1 red chili, sliced
- 2 teaspoons whole nigella seeds
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 4 large mangoes, peeled and diced
- 2 cups white granulated sugar
- 1 cup white vinegar

Preparation Time: 10 minutes

Cooking Time: 61 minutes

Canning Time: 10 minutes

Total Time: 81 minutes

Servings: 32

How to prepare:

1. Set the 5 ½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, sauté ginger and garlic with oil in a skillet for 1 minute.
4. Stir in mangoes and rest of the ingredients then cook on medium low heat for 60 minutes with occasional stirring and mashing everything.
5. Divide the mango chutney into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in table 1.

Nutritional Values:

*Calories 79, Total Fat 0.6g, Saturated Fat 0.1g, Cholesterol 0mg,
Sodium 20mg, Total Carbohydrates 19.1g, Dietary Fiber 0.7g,
Total Sugars 18.3g, Protein 0.4g*

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Chapter 3:

Jams, Jellies, Marmalades, and Preserves



Strawberry-Rhubarb Jam



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 10 minutes

Total Time: 40 minutes

Servings: 70

How to prepare:

1. Set the 12- ½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix strawberries with sugar and rest of the ingredients in a saucepan.
4. Cook this strawberry mixture on medium heat for 10 minutes with occasional stirring and mashing everything.
5. Divide the strawberry jam into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 114, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 3mg, Total Carbohydrates 30.2g, Dietary Fiber 0.3g,

Total Sugars 28.7g, Protein 0.1g

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Spiced Peach Jam with Ginger



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 10 minutes

Total Time: 30 minutes

Servings: 48

How to prepare:

1. Set the 5-½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix peaches with sugar and rest of the ingredients in a saucepan.
4. Cook this peaches mixture on medium heat for 10 minutes with occasional stirring and mashing everything.
5. Divide the peach jam into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 61, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 131mg, Total Carbohydrates 15g, Dietary Fiber 0.3g,
Total Sugars 16g, Protein 0.1g*

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Raspberry Spread without Pectin



Preparation Time: 10 minutes

Cooking Time: 40 minutes

Canning Time: 10 minutes

Total Time: 60 minutes

Servings: 48

How to prepare:

1. Set the 3-½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix raspberries with sugar and lemon juice in a saucepan.
4. Cook this raspberry mixture on medium low heat for 40 minutes with occasional stirring and mashing everything.
5. Divide the raspberry spread into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 29, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 0mg, Total Carbohydrates 7.4g, Dietary Fiber 0.6g,

Total Sugars 6.7g, Protein 0.1g

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No-Sugar Raspberry Jam



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 10 minutes

Total Time: 30 minutes

Servings: 32

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix raspberries with agar-agar and lemon juice in a saucepan.
4. Cook this raspberry mixture on medium low heat for 10 minutes with occasional stirring and mashing everything.
5. Divide the raspberry jam into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in table 1.

Nutritional Values:

Calories 13, Total Fat 0.1g, Saturated Fat 0g , Cholesterol 0mg,

Sodium 0mg, Total Carbohydrates 3.2g, Dietary Fiber 1g,

Total Sugars 0.7g, Protein 0.2g

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Apricot Lavender Jam



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 10 minutes

Total Time: 40 minutes

Servings: 48

How to prepare:

1. Set the 8-½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix apricots with lemon juice and the rest of the ingredients in a saucepan.
4. Cook this apricot mixture on medium low heat for 20 minutes with occasional stirring and mashing everything.
5. Divide the apricot jam into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in table 1

Nutritional Values:

Calories 78, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 0mg, Total Carbohydrates 20.4g, Dietary Fiber 0.2g,

Total Sugars 20.2g, Protein 0.1g

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Spicy Cayenne Tomato Jam



Preparation Time: 10 minutes

Cooking Time: 2 hrs. 30 minutes

Canning Time: 10 minutes

Total Time: 2 hrs. 50 minutes

Servings: 48

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix tomatoes and apple with sugar and the rest of the ingredients in a saucepan.
4. Cook this tomato mixture on low heat for 2 hrs. 30 minutes with occasional stirring and mashing everything.
5. Divide the tomato jam into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in table 1.

Nutritional Values:

Calories 32, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 53mg, Total Carbohydrates 8g, Dietary Fiber 0.6g,

Total Sugars 7.2g, Protein 0.4g

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Grapefruit Marmalade



Preparation Time: 10 minutes

Cooking Time: 15 minutes

Canning Time: 10 minutes

Total Time: 35 minutes

Servings: 48

How to prepare:

1. Cut the grapefruits in half, remove ribbons of zest from the peel and set them aside.
2. Peel the grapefruits, then remove the seeds, then chop the flesh.
3. Set the 2- 5 oz. mason jars on rack in a water canner with water, cover the jars with more water and let them simmer to 180 degrees F.
4. Place the sealing discs in the hot water and keep them hot.
5. Meanwhile, mix grapefruit flesh with sugar in a saucepan.
6. Cook this grapefruit mixture on medium high heat for 10 minutes with occasional stirring and mashing everything.
7. Stir in the zest ribbons and cook for 5 minutes, stirring constantly.
8. Divide the marmalade into the mason jars while leaving the ½ inch headspace.
9. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
10. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
11. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
12. Store as per the instructions in table 1

Nutritional Values:

Calories 56, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 5mg, Total Carbohydrates 14.8g, Dietary Fiber 0g,

Total Sugars 14.8g, Protein 0g

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Red Onion Marmalade



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 10 minutes

Total Time: 50 minutes

Servings: 32

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix onions with sugar and rest of the ingredients in a saucepan.
4. Sauté onions with oil in a large skillet for 15 minutes.
5. Stir in balsamic vinegar and red wine, and then cook to a boil.
6. Reduce its heat and cook for 15 minutes.
7. Divide the onion marmalade into the mason jars while leaving the ½ inch headspace.
8. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
9. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
10. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
11. Store as per the instructions in table 1

Nutritional Values:

Calories 27, Total Fat 1.3g, Saturated Fat 0.4g, Cholesterol 1mg,

Sodium 7mg, Total Carbohydrates 2.7g, Dietary Fiber 0.2g

Total Sugars 2g, Protein 0.1g

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Apple Jelly



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 10 minutes

Total Time: 30 minutes

Servings: 70

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Add apples and enough water to cover them to a cooking pot then boil and cook for 10 minutes on a simmer.
4. Mash the soften apples, and then transfer them onto a cheesecloth placed over a bowl.
5. Squeeze out all the juice from the apples and transfer it to the bowl.
6. Stir in rest of the ingredients and cook to a boil.
7. Divide the apple jelly mixture into the mason jars while leaving the ½ inch headspace.
8. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
9. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
10. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
11. Store as per the instructions in table 1

Nutritional Values:

Calories 88, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 2mg, Total Carbohydrates 23.5g, Dietary Fiber 0.3g,

Total Sugars 22.4g, Protein 0g

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Jalapeno Pepper Jelly



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 15 minutes

Servings: 48

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix bell pepper with rest of the ingredients in a saucepan.
4. Cook this bell pepper mixture on medium high heat for 5 minutes with occasional stirring and mashing everything.
5. Divide the pepper jelly into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in table 1

Nutritional Values:

*Calories 108, Total Fat 0g , Saturated Fat 0g, Cholesterol 0mg,
Sodium 19mg, Total Carbohydrates 28.1g, Dietary Fiber 0.4g,
Total Sugars 27.7g, Protein 0.1g*

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Chapter 4: Salsas and Relishes



Pickled Pepper and Onion Relish



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 30 minutes

Total Time: 45 minutes

Servings: 48

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix pepper with onion and rest of the ingredients in a saucepan.
4. Cook this onion mixture on medium high heat for 5 minutes with occasional stirring and mashing everything.
5. Divide the onion relish into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 30 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 44, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 75mg, Total Carbohydrates 10.9g, Dietary Fiber 0.5g,
Total Sugars 9.8g, Protein 0.3g*

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Chow Chow



Ingredients:

- 12 ½ lbs. green tomatoes, chopped
- 8 large onions, chopped
- 10 green bell peppers, chopped
- 3 teaspoons salt
- 6 chopped green chili peppers
- 1 quart distilled white vinegar
- 1 ¾ cups white sugar
- ½ cup prepared horseradish
- 1 tablespoon ground cinnamon
- 1 tablespoon ground allspice
- ¼ teaspoon ground cloves

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Canning Time: 10 minutes

Total Time: 35 minutes

Servings: 48

How to prepare:

1. Toss tomatoes with onions, bell peppers, and salt in a bowl and leave them overnight.
2. Drain the tomato mixture and transfer to a saucepan.
3. Tie cinnamon, cloves, and allspice in a cheesecloth, then place in the saucepan and cook for 15 minutes.
4. Discard the spice bag and divide the chow into the mason jars while leaving the ½ inch headspace.
5. Clean the rim of each jar with a clean cloth or paper towel, cover with sealing disc, and rotate the lid until it is fingertip tight.
6. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
7. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
8. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 97, Total Fat 0.2g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 159mg, Total Carbohydrates 24.9g, Dietary Fiber 1.4g,
Total Sugars 22.3g, Protein 0.9g*

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Sweet Zucchini Relish



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 10 minutes

Total Time: 40 minutes

Servings: 48

How to prepare:

1. Grind zucchini, onions, and red bell pepper in a food processor.
2. Sprinkle salt on top and refrigerate for 10 hours, then transfer to a saucepan.
3. Stir in turmeric, celery seeds, vinegar, and sugar, and then cook for 15 minutes on low heat.
4. Add cornstarch and cook for 5 minutes with stirring.
5. Set the 12- ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
6. Place the sealing discs in the hot water and keep them hot.
7. Divide the zucchini relish into the mason jars while leaving the ½ inch headspace.
8. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
9. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
10. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
11. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 74, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 441mg, Total Carbohydrates 19.2g, Dietary Fiber 0.5g,

Total Sugars 17.6g, Protein 0.4g

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Rhubarb Relish



Ingredients:

- 2 ¼ cups packed brown sugar
- 2 cups chopped rhubarb
- 2 cups chopped strawberries
- ½ cup white vinegar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 10 minutes

Total Time: 40 minutes

Servings: 48

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix rhubarb with strawberries and the rest of the ingredients in a saucepan.
4. Cook this rhubarb mixture on medium-low heat for 20 minutes with occasional stirring and mashing everything.
5. Divide the rhubarb mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 27, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 2mg, Total Carbohydrates 6.7g, Dietary Fiber 0.2g,

Total Sugars 6.2g, Protein 0.1g

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Rummage Relish



Ingredients:

- 8 cups green tomatoes, cored and chopped
- 4 cups red tomatoes, peeled, cored and chopped
- 4 cups cabbage, chopped
- 3 cups onion, chopped
- 2 cups cucumber, chopped
- 1 cup green bell pepper, chopped
- 1 cup red bell pepper, chopped
- ½ cup salt
- 4 cups brown sugar
- 1 tablespoon celery seed
- 1 tablespoon ground cinnamon
- 1 tablespoon mustard seed
- 1 teaspoon ground ginger
- 2 garlic cloves, minced
- ½ teaspoon ground cloves
- 2 quarts vinegar

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 48

How to prepare:

1. Mix green tomatoes, peppers, cucumber, red tomatoes, onions, and cabbage in a bowl.
2. Sprinkle salt on top, and then refrigerate overnight and drain.
3. Transfer the veggies to a saucepan and add rest of the ingredients.
4. Cook the veggies for 5 minutes on a simmer, while stirring.
5. Set the 8 pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
6. Place the sealing discs in the hot water and keep them hot.
7. Divide the relish into the mason jars while leaving the ½ inch headspace.
8. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
9. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
10. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
11. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 27, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 2mg, Total Carbohydrates 6.7g, Dietary Fiber 0.2g,

Total Sugars 6.2g, Protein 0.1g

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Chapter 5: Low-Sodium And Low-Sugar Recipes



Low-Sodium Pickles



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 4

How to prepare:

1. Boil vinegar, black peppercorns, cloves, coriander seeds, dill, stevia, salt, and red pepper flakes in a saucepan.
2. Set the 2- 1/2 pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
3. Place the sealing discs in the hot water and keep them hot.
4. Divide the radish, onion, garlic, and the vinegar mixture into the mason jars while leaving the 1/2 inch headspace.
5. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
6. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
7. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
8. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 48, Total Fat 0.2g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 3499mg, Total Carbohydrates 7.5g, Dietary Fiber 1.6g,
Total Sugars 2.7g, Protein 1g*

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Polish Dill Pickles



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 10 minutes

Total Time: 20 minutes

Servings: 32

How to prepare:

1. Set the 4-1 pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Divide the cucumbers and rest of the ingredients into the mason jars while leaving the ½ inch headspace.
4. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
6. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
7. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 22, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 363mg, Total Carbohydrates 4.3g, Dietary Fiber 0.4g,
Total Sugars 2.6g, Protein 0.5g*

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Sweet Heat Pickles



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 12

How to prepare:

1. Set the mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Boil water, vinegars, sugar, and spices in a saucepan.
4. Divide the veggies and vinegar brine into the mason jars while leaving the ½ inch headspace.
5. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
6. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
7. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
8. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 45, Total Fat 0.5g, Saturated Fat 0.1g, Cholesterol 0mg,

Sodium 588mg, Total Carbohydrates 8.1g, Dietary Fiber 1.4g,

Total Sugars 2.5g, Protein 1.5g

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Low-Sodium Pickled Peppers



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 10 minutes

Total Time: 20 minutes

Servings: 4

How to prepare:

1. Set the mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Divide the peppers and rest of the ingredients into the mason jars while leaving the ½ inch headspace.
4. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
6. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
7. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 38, Total Fat 3.5g, Saturated Fat 0.5g, Cholesterol 0mg,
Sodium 0mg, Total Carbohydrates 1.9g, Dietary Fiber 0g,
Total Sugars 1.5g, Protein 0.1g*

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Turnips and Beets Pickle



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 23

How to prepare:

1. Set the 6- 1 pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix turnips with vinegar and the rest of the ingredients in a saucepan.
4. Cook this turnip mixture on medium high heat for 5 minutes, with occasional stirring.
5. Divide the turnip mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 27, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 25mg, Total Carbohydrates 5.4g, Dietary Fiber 0.9g,

Total Sugars 4.6g, Protein 0.5g

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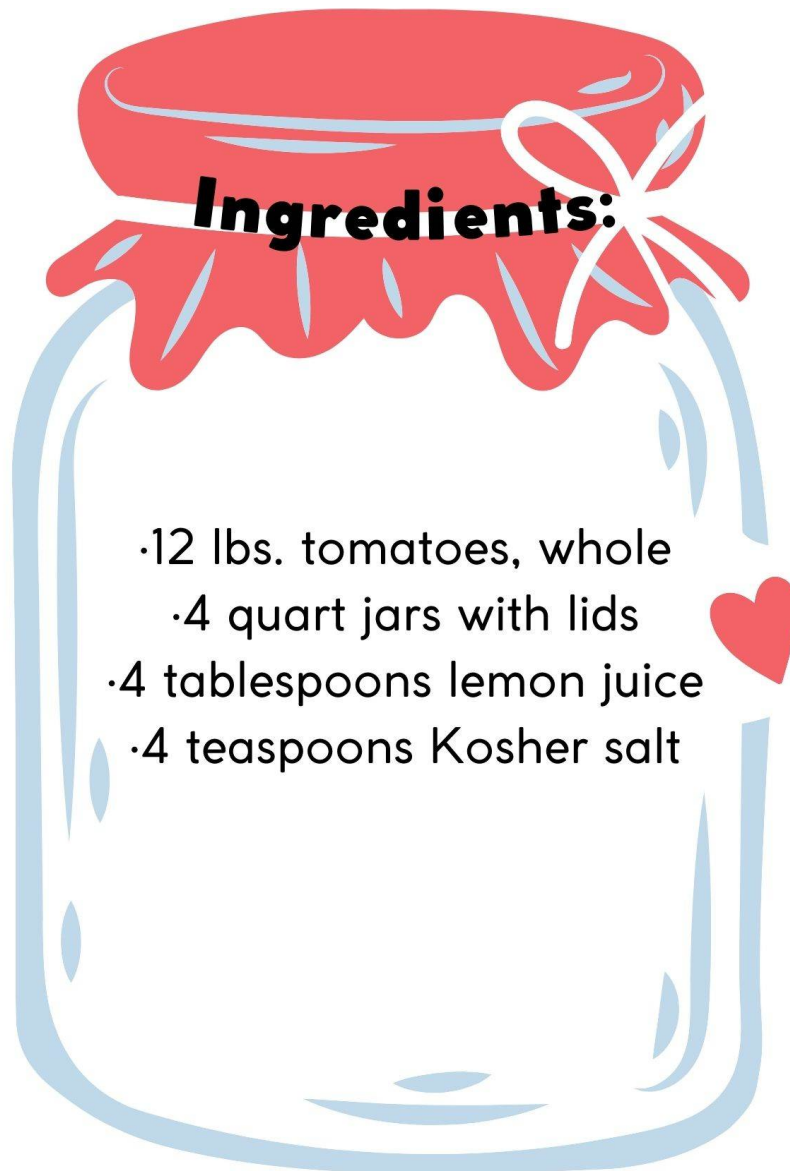
Chapter 6:

Tomatoes



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Grandma's Canned Tomatoes



Preparation Time: 10 minutes

Cooking Time: 2 minutes

Canning Time: 45 minutes

Total Time: 57 minutes

Servings: 12

How to prepare:

1. Cook a large pot filled with water to boil on medium high heat.
2. Cut a small X in the top skin of the tomatoes.
3. Place tomatoes in the water for 1-2 minutes, then transfer them to ice cold water.
4. After 2 minutes remove the tomatoes from the cold water and peel off the skins.
5. Set the 4 mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
6. Place the sealing discs in the hot water and keep them hot.
7. Divide the tomatoes into the mason jars and sprinkle an equal amount of salt and lemon.
8. Pour enough water over the tomatoes to pack them in the jars.
9. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
10. Return the jars using a jar lifter to the water bath canner and let them boil for 45 minutes in the canner.
11. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
12. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 83, Total Fat 1g, Saturated Fat 0.2g , Cholesterol 0mg,
Sodium 798mg, Total Carbohydrates 17.8g, Dietary Fiber 5.5g,
Total Sugars 12g, Protein 4g*

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Tomato Salsa



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 12

How to prepare:

1. Set the 6- 1 pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix tomatoes with peppers and rest of the ingredients in a saucepan.
4. Cook this tomato mixture on medium high heat for 5 minutes with occasional stirring and mashing everything.
5. Divide the tomato mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 57, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 664mg, Total Carbohydrates 12.6g, Dietary Fiber 2.9g,
Total Sugars 6.3g, Protein 1.7g*

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Pickled Cherry Tomatoes



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 32

How to prepare:

1. Set the 10- ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix tomatoes with peppers and the rest of the ingredients in a saucepan.
4. Cook this tomato mixture on medium high heat for 5 minutes with occasional stirring and mashing everything.
5. Divide the tomato salsa into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 50, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 1091mg, Total Carbohydrates 11g, Dietary Fiber 1.1g,
Total Sugars 9g, Protein 0.8g*

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Pickled Green Tomatoes



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 10 minutes

Total Time: 30 minutes

Servings: 32

How to prepare:

1. Set the mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix green tomatoes with salt and rest of the ingredients in a saucepan.
4. Cook this green tomato mixture on medium high heat for 10 minutes with occasional stirring and mashing everything.
5. Divide the tomato mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 57, Total Fat 0.5g, Saturated Fat 0.1g, Cholesterol 0mg,
Sodium 1187mg, Total Carbohydrates 12.6g, Dietary Fiber 1.4g,
Total Sugars 10g, Protein 1.1g*

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Green Tomato Chutney



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 48

How to prepare:

1. Set the mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix green tomatoes with brown sugar and the rest of the ingredients in a saucepan.
4. Cook this green tomato mixture on medium high heat for 5 minutes with occasional stirring and mashing everything.
5. Divide the green tomatoes mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 86, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 86mg, Total Carbohydrates 21.1g, Dietary Fiber 0.7g,

Total Sugars 19.2g, Protein 0.5g

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Chapter 7: Perfect Pickles



Spicy Pickled Radishes



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 10 minutes

Total Time: 20 minutes

Servings: 12

How to prepare:

1. Set the 1 pint jar on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Add the radishes along with other ingredients to the jar while leaving the ½ inch headspace on top.
4. Clean each jar's rim with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Return the jar using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
6. Remove the jar with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
7. Store as per the instructions in Table 1

Nutritional Values:

*Calories 7, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 294mg, Total Carbohydrates 1.4g, Dietary Fiber 0.1g,
Total Sugars 1.2g, Protein 0.1g*

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English Pickled Onions



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 10 minutes

Total Time: 20 minutes

Servings: 24

How to prepare:

1. Set the 3- 1 pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Divide the onions and rest of the ingredients into 3- 1 pint jars.
4. Pour water into the jars while leaving ½ inch headspace on top.
5. Clean each jar's rim with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
6. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
7. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
8. Store as per the instructions in Table 1

Nutritional Values:

*Calories 44, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 441mg, Total Carbohydrates 9.6g, Dietary Fiber 0.9g,
Total Sugars 7.3g, Protein 0.5g*

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Pickled Green Onions



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 8

How to prepare:

1. Set a ½ pint jar on rack in a water canner with water, cover the jar with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Divide the green onion, dill, and garlic into the canning jar.
4. Mix water with vinegar, sugar, and salt in a saucepan and cook to a boil.
5. Pour this brine into the jar while leaving the ½ inch headspace on top.
6. Clean each jar's rim with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jar using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jar with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in Table 1

Nutritional Values:

*Calories 11, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 4mg, Total Carbohydrates 2.5g, Dietary Fiber 0.7g,
Total Sugars 1.1g, Protein 0.5g*

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Pickled Carrots



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 8

How to prepare:

1. Set the 2- 1 quart jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Divide the carrots and garlic into the 2- ½ quart canning jars.
4. Mix water with vinegar and salt in a saucepan and cook to a boil.
5. Pour this brine into the jars while leaving the ½ inch headspace on top.
6. Clean each jar's rim with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars, using a jar lifter, to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store as per the instructions in Table 1

Nutritional Values:

*Calories 39, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 707mg, Total Carbohydrates 4.2g, Dietary Fiber 0.9g,
Total Sugars 1.9g, Protein 0.3g*

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Pickled Butternut Squash



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 10 minutes

Total Time: 20 minutes

Servings: 8

How to prepare:

1. Set the 2- ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Divide the butternut squash, onions, and chiles into jars.
4. Add water, sugar, vinegar, and salt while leaving the ½ inch headspace on top.
5. Clean each jar's rim with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
6. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
7. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
8. Store as per the instructions in Table 1

Nutritional Values:

*Calories 29, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 294mg, Total Carbohydrates 6.5g, Dietary Fiber 0.9g,
Total Sugars 2.2g, Protein 0.5g*

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Pickled Green Beans



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 12

How to prepare:

1. Set the 6- ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix green beans with water and the rest of the ingredients in a saucepan.
4. Cook this green bean mixture on medium high heat for 5 minutes with occasional stirring.
5. Discard the garlic and divide the green bean mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 23, Total Fat 0.2g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 2359mg, Total Carbohydrates 5.2g, Dietary Fiber 2.1g,
Total Sugars 1g, Protein 1.3g*

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Pickled Ginger



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 12

How to prepare:

1. Place ginger in a bowl, sprinkle salt on top and let sit for 30 minutes.
2. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
3. Place the sealing discs in the hot water and keep them hot.
4. Meanwhile, mix ginger with salt and rest of the ingredients in a saucepan.
5. Cook this ginger mixture on medium high heat for 5 minutes with occasional stirring.
6. Divide the ginger mixture into the mason jars while leaving the ½ inch headspace.
7. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
8. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
9. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
10. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 46, Total Fat 0.2g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 32mg, Total Carbohydrates 7.7g, Dietary Fiber 0.2g,

Total Sugars 5.9g, Protein 0.2g

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Pickled Beets



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 10 minutes

Total Time: 30 minutes

Servings: 48

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix beets with sugar and the rest of the ingredients in a saucepan.
4. Cook this beet mixture on medium high heat for 10 minutes with occasional stirring.
5. Divide the beet mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 45, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 174mg, Total Carbohydrates 10.5g, Dietary Fiber 0.4g,
Total Sugars 9.7g, Protein 0.2g*

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Spicy Dill Avocado Pickles



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 48

How to prepare:

1. Set the ½ pint mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix peppers with avocado and the rest of the ingredients in a saucepan.
4. Cook this pepper mixture on medium high heat for 5 minutes with occasional stirring and mashing everything.
5. Divide the pepper mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

Calories 26, Total Fat 1.6g, Saturated Fat 0.3g, Cholesterol 0mg,

Sodium 41mg, Total Carbohydrates 3g, Dietary Fiber 0.6g,

Total Sugars 2.2g, Protein 0.2g

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Turnip Pickles



Ingredients:

- 2 turnips, peeled and sliced
- 2 garlic cloves, chopped
- 1 cup distilled white vinegar
- 1 cup water
- 1 teaspoon white sugar
- 1 teaspoon sea salt

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 10 minutes

Total Time: 25 minutes

Servings: 12

How to prepare:

1. Set the 2-16 oz. mason jars on rack in a water canner with water, cover the jars with more water, and let them simmer to 180 degrees F.
2. Place the sealing discs in the hot water and keep them hot.
3. Meanwhile, mix turnips and the rest of the ingredients in a saucepan.
4. Cook this turnip mixture on medium high heat for 5 minutes with occasional stirring.
5. Divide the turnip mixture into the mason jars while leaving the ½ inch headspace.
6. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
7. Return the jars using a jar lifter to the water bath canner and let them boil for 10 minutes in the canner.
8. Remove the jars with a lifter, carefully, from the canner and leave them at room temperature for 24 hours.
9. Store in a cold, dark place for up to one year.

Nutritional Values:

*Calories 15, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 176mg, Total Carbohydrates 2.7g, Dietary Fiber 0.5g,
Total Sugars 1.8g, Protein 0.3g*

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Section 2: Pressure Canning



Chapter 8:

Pressure Canning: Supplies, Instructions, and Safety

What is Pressure Canning?

A pressure canner is used for the heating and cooking process in this regulated method for preserving foods. The contents of the food are placed in separate containers which are uniformly distributed in a water-filled canner pot. The contents are first heated to a very high temperature under pressure, resulting in steam that cooks, sterilizes, and seals the food in the containers airtight. As the pressure in the pressure canner rises, heated steam is driven into the food to properly cook and preserve it. Fruits, vegetables, meats, birds, fish, and other foods are routinely preserved through pressure canning.

Pressure Canning Equipment

Here is the equipment that you will need to carry out this process:

- Pressure Canner
- Liquid measuring cups
- Colander
- Ladle
- Jar lifter
- Lid lifter or lid wand
- Wide mouth jar funnel
- Canning jars with two-piece lids
- Boiling water canner and rack
- Kitchen scale
- Sieve, food mill, or fruit press
- Jelly bag
- Thermometer for jelly or candy
- Timer
- Food processor
- Cutting board
- Knives
- Long-handled spoons

Pressure Canners

The dial gauge and the weighted gauge are the two types of pressure canners. Both do the same thing, but in somewhat different ways. The difference is in the way pressure is measured. To measure the amount of

pressure built, one utilizes a dial gauge, while the other uses weights. You adjust the heat to either retain the dial in the precise position or keep the weights at a moderate jiggle once you've attained the desired pressure.

Dial Gauge Pressure Canner

The pressure of the canner is shown on a dial gauge, and you may manage it by adjusting the heat on the stove burner knob as needed to raise or drop the pressure; OR any pressure exceeding the intended level of pressure is released by a weighted-gauge (also known as a deadweight-gauge).

Weighted Gauge Pressure Canner

To manage and maintain the proper pressure, the weighted gauge pressure canner uses a three-piece adjustable pressure regulator. The regulator features weights that may be removed to change the pressure to 5, 10, or 15 pounds. When the pressure regulator on the canner begins to rock gently, the desired pressure is achieved.

How to do Pressure Canning?

If you wish to can unpickled vegetables, soup stocks, beans, or any other non-acidic item, you'll need a pressure canner. Fruit, sweet preserves, and pickles, for example, can be adequately preserved without the use of special equipment in a boiling water bath. Because each kind of pressure canner is slightly different, read the manufacturer's instructions carefully before using it for the first time. The steps listed below are applicable to pressure canning in general. Hopefully, these will aid in your comprehension of the technique.

Place rack in canner and add water

Rack and water are placed in the pressure canner before loading jars. A detachable rack also comes with pressure canners. Before adding water and filling the jars, make sure the rack is in the canner. For the amount of water to use, follow the manufacturer's instructions. A three-inch depth of water should be adequate if no amount is specified. Add considerably more water if the jars will be processed for more than 40 minutes.

Turn on heat if hot-packing jars

If the food canned is hot when you are filling the jars before processing, you can start heating the water by turning on the heat under the canner. Do

not turn on the heat, however, if the food will be cold-packed into the jars, as the jars may shatter when placed in the water.

Fill the jars and place them in the pressure canner

Lower a jar of soup stock, for example, into a pressure canner using a jar lifter. Clean canning jars should be 2/3 filled with the prepared ingredients and have 1/2 to 1 inch of headspace. Use a jar lifter to drop the jars into the canner after screwing on two-piece canning lids. Set the jars upright to avoid getting food on the adhesive ring on the inside of the lids. Make sure there's enough room between the jars.

Close the canner and make sure it is ventilated

Put on the pressure canner's lid. To check if the pressure canner is working properly, set it at highest heat setting and let it steam for 10 minutes. Steam should escape from a pressure canner's lid through a vent or a petcock. When steam begins to flow freely from the vent or petcock. Normally you follow the manufacturer's instructions for how long you should let the steam out. If it isn't specified, allow 10 minutes.

Increase the pressure and process the food jars

A weighted gauge needs to be positioned over the vent of a pressure canner lid. Set the weighted gauge on the vent or close the petcock, depending on the model of canner. The dial gauge or weighted gauge will hiss and bounce as the pressure rises. After the recipe's stated pressure is attained, start timing, according to the recipe's guidelines (usually 10 pounds of pressure). Adjust its heat as needed to keep the pressure constant during the processing time. If somehow the pressure drops below the specified level, raise the heat to restore the pressure and start the processing time over.

Depressurize the canner before opening it

Remove the canner from the heat when the timed procedure is completed and let it cool for five minutes after the pressure gauge hits zero. At this point, the canner is not just cooling, but also depressurizing.

Open the petcock with care or remove the weight from the vent. If you begin canning and hear a hissing sound, the canner isn't depressurized enough. In this scenario, keep it weighted or closed for another five minutes to cool down and depressurize.

Open pressure canner and carefully remove jars

After being pressure canned, jars begin to cool down. Remove the cap from the canner with care. Lift the side away from your face to remove it; there will be a lot of steam, and if you open the side closest to you first, you may get burned.

Carefully remove the jars using a jar lifter, without tilting them. Place them on a heat-resistant surface which will allow them to cool completely without being disturbed. Inspect to see if the lids are sealed once they have cooled. Keep the container stored away from direct sunlight and heat.

Chapter 9: Fruits and Vegetables



Canned Asparagus



Ingredients:

- 10 lbs. asparagus, woody ends cut off
- 5 teaspoons pickling and canning salt
- Boiling water for packing

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 30 minutes

Total Time: 40 minutes

Servings: 12

How to prepare:

1. Divide the asparagus and salt into the mason jars while leaving the 1 inch headspace, then pour in water to cover the asparagus.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 30 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in table 1.

Nutritional Values:

Calories 76, Total Fat 0.5g, Saturated Fat 0.2g, Cholesterol 0mg,

Sodium 977mg, Total Carbohydrates 14.7g, Dietary Fiber 7.9g

Total Sugars 7.1g, Protein 8.3g

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Canned Peas



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 10 minutes

Total Time: 20 minutes

Servings: 6

How to prepare:

1. Divide the peas, salt and water into the ½ pint mason jars, while leaving 1 inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 10 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in table 1.

Nutritional Values:

Calories 12, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 791mg, Total Carbohydrates 2g, Dietary Fiber 0.7g,

Total Sugars 0.7g, Protein 0.7g

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Canned Carrots



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 25 minutes

Total Time: 35 minutes

Servings: 48

How to prepare:

1. Divide the carrots and the rest of the ingredients into the ½ pint mason jars, while leaving the 1 inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 25 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

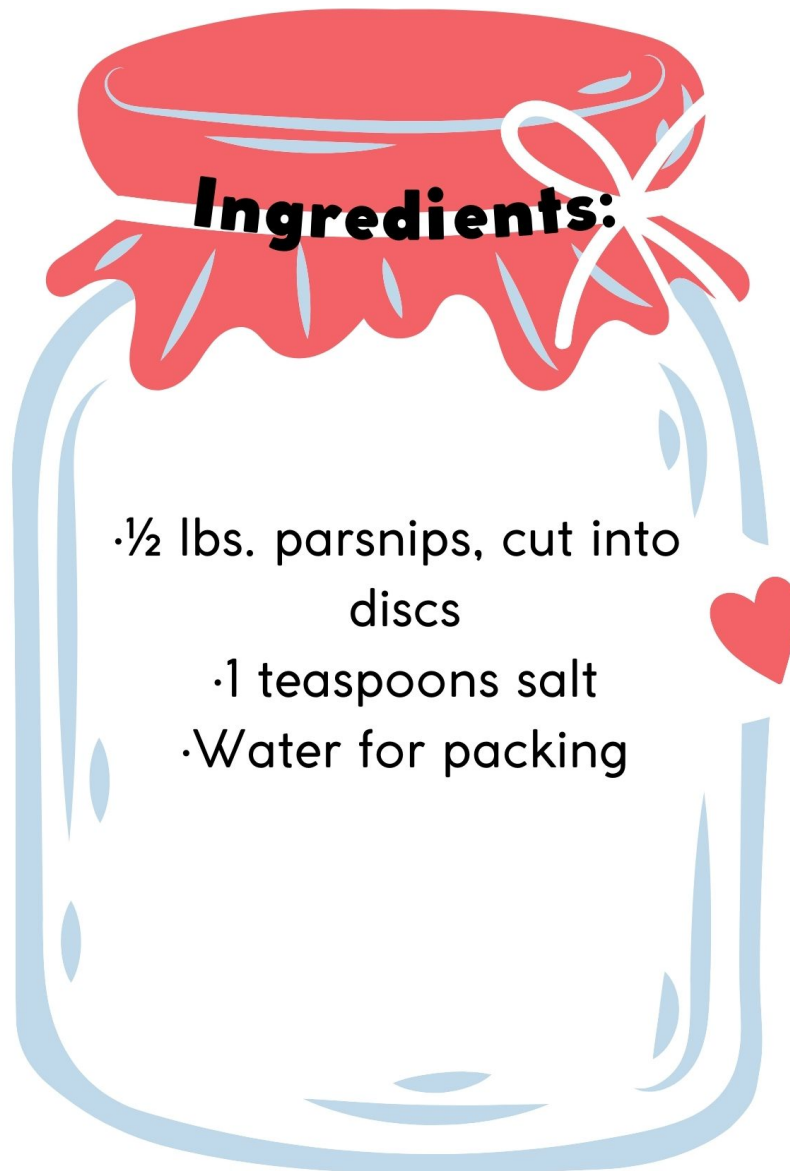
Calories 31, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 440mg, Total Carbohydrates 7.4g, Dietary Fiber 1.9g

Total Sugars 3.7g, Protein 0.6g

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Canned Parsnips



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 30 minutes

Total Time: 40 minutes

Servings: 12

How to prepare:

1. Soak parsnips in water overnight for 24 hours, then drain.
2. Divide the parsnips, salt, and water into ½ pint mason jars, while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 30 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

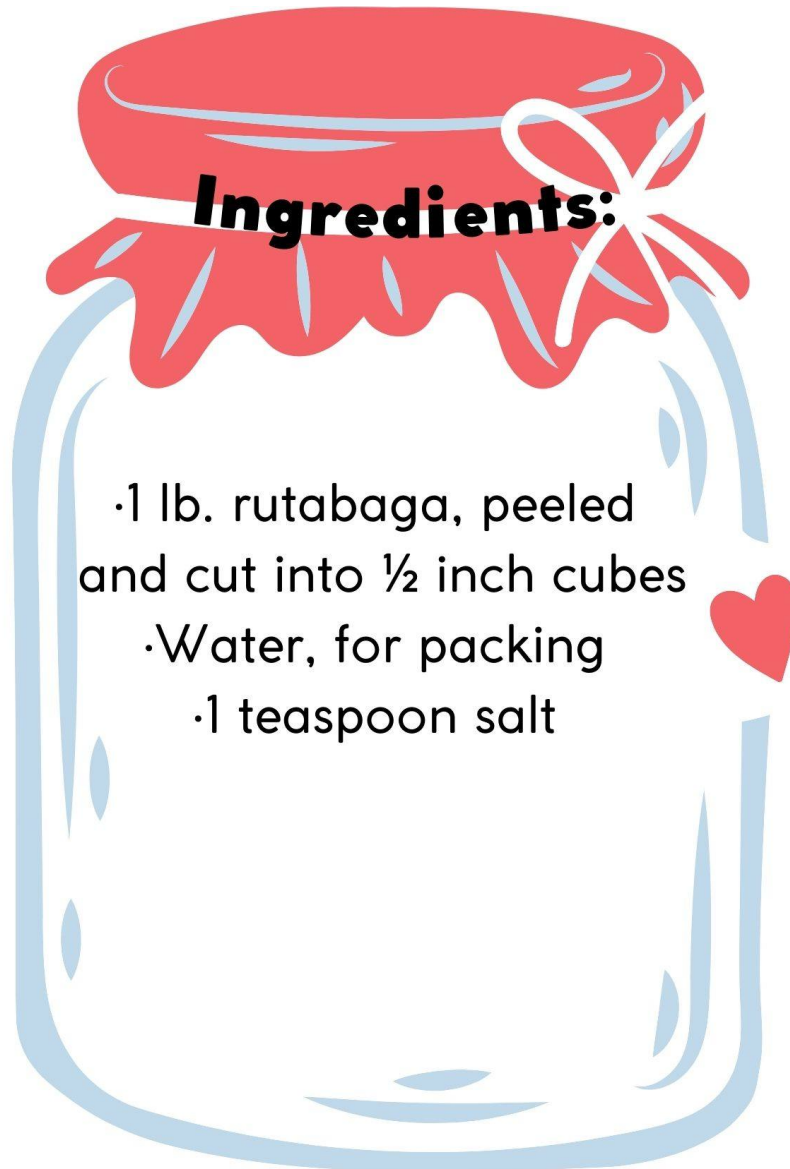
Calories 14, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 196mg, Total Carbohydrates 3.4g, Dietary Fiber 0.9g,

Total Sugars 0.9g, Protein 0.2g

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Canned Rutabaga



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 30 minutes

Total Time: 40 minutes

Servings: 4

How to prepare:

1. Divide the rutabaga, salt, and water into the ½ pint mason jars, while leaving the 1-inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs. and cook for 30 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 41, Total Fat 0.2g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 606mg, Total Carbohydrates 9.2g, Dietary Fiber 2.8g,

Total Sugars 6.4g, Protein 1.4g

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Chapter 10: Meat, Poultry And Seafood



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Canned Ground Beef



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 90 minutes

Total Time: 1 hr. 45 minutes

Servings: 12

How to prepare:

1. Sauté meat in a skillet greased with cooking spray until brown.
2. Divide the meat and rest of the ingredients into a pint mason jar while leaving the 1 inch headspace.
3. Clean the rim of the jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 90 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 70, Total Fat 2.4g, Saturated Fat 0.9g, Cholesterol 34mg,

Sodium 345mg, Total Carbohydrates 0g, Dietary Fiber 0g,

Total Sugars 0g, Protein 11.5g

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Red Bean Chili



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 35 minutes

Servings: 16

How to prepare:

1. Sauté ground meat in a skillet greased with cooking spray until brown.
2. Divide the meat and salt and remaining ingredients into the ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with sealing disc, and rotate the lid until its fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 343, Total Fat 6.2g, Saturated Fat 2.2g, Cholesterol 76mg,
Sodium 1049mg, Total Carbohydrates 35g, Dietary Fiber 10.8g,
Total Sugars 8.4g, Protein 37.3g*

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Canned Sauerbraten



Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 90 minutes

Total Time: 1 hr. 45 minutes

Servings: 6

How to prepare:

1. Boil mustard seeds, sugar, juniper, cloves, bay leaves, black pepper, salt, red wine vinegar, cider vinegar, and water in a saucepan, and then cook to a boil.
2. Divide the meat, the spice mixture and rest of the ingredients into the ½ pint mason jars. Leave the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 90 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 204, Total Fat 2.8g, Saturated Fat 0.6g, Cholesterol 0mg,
Sodium 160mg, Total Carbohydrates 41.9g, Dietary Fiber 2.5g,
Total Sugars 24.1g, Protein 2.2g*

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Corned Beef and Potatoes



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 30 minutes

Total Time: 50 minutes

Servings: 12

How to prepare:

1. Mix meat with the vegetables and the rest of the ingredients and cook a boil.
2. Divide the corned beef mixture into the ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 30 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 367, Total Fat 24.5g, Saturated Fat 9.6g, Cholesterol 73mg,

Sodium 53mg, Total Carbohydrates 15.9g, Dietary Fiber 2.4g,

Total Sugars 1.2g, Protein 19.9g

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Chili Con Carne



Ingredients:

- 3 lbs. dried kidney beans, soaked and drained
- 3 tablespoons oil
- 3 lbs. lean ground beef
- 3 large yellow onions, chopped
- 6 garlic cloves, minced
- $\frac{1}{3}$ cup chili powder
- 1 tablespoon sugar
- 2 tablespoons salt
- 2 tablespoons ground cumin
- 3 tablespoons beef bouillon granules
- 1 teaspoon black pepper
- 1 tablespoon onion powder
- $1\frac{1}{2}$ teaspoons garlic powder
- 6 (14 $\frac{1}{2}$ oz.) cans diced tomatoes
- 6 (14 $\frac{1}{2}$ oz.) cans tomato sauce
- 3 cups water

Preparation Time: 10 minutes

Cooking Time: 14 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 39 minutes

Servings: 23

How to prepare:

1. Soak beans in water for 30 minutes, and then cook in boiling water for 30 minutes, then drain.
2. Sauté beef with onion, garlic, and oil in a deep pan for 8 minutes, then drain.
3. Stir in seasonings and the rest of the ingredients, and then cook for 5 minutes.
4. Divide the beef mixture and beans into the ½ pint mason jars while leaving the 1 inch headspace.
5. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
6. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
7. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
8. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 392, Total Fat 7g , Saturated Fat 1.8g, Cholesterol 53mg,
Sodium 1255mg, Total Carbohydrates 50.8g, Dietary Fiber 13.1g,
Total Sugars 10.4g, Protein 34.4g*

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Beef Tips with Gravy



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 35 minutes

Servings: 32

How to prepare:

1. Sauté beef in a skillet greased with cooking spray until brown on all sides.
2. Divide the beef and rest of the ingredients into the ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

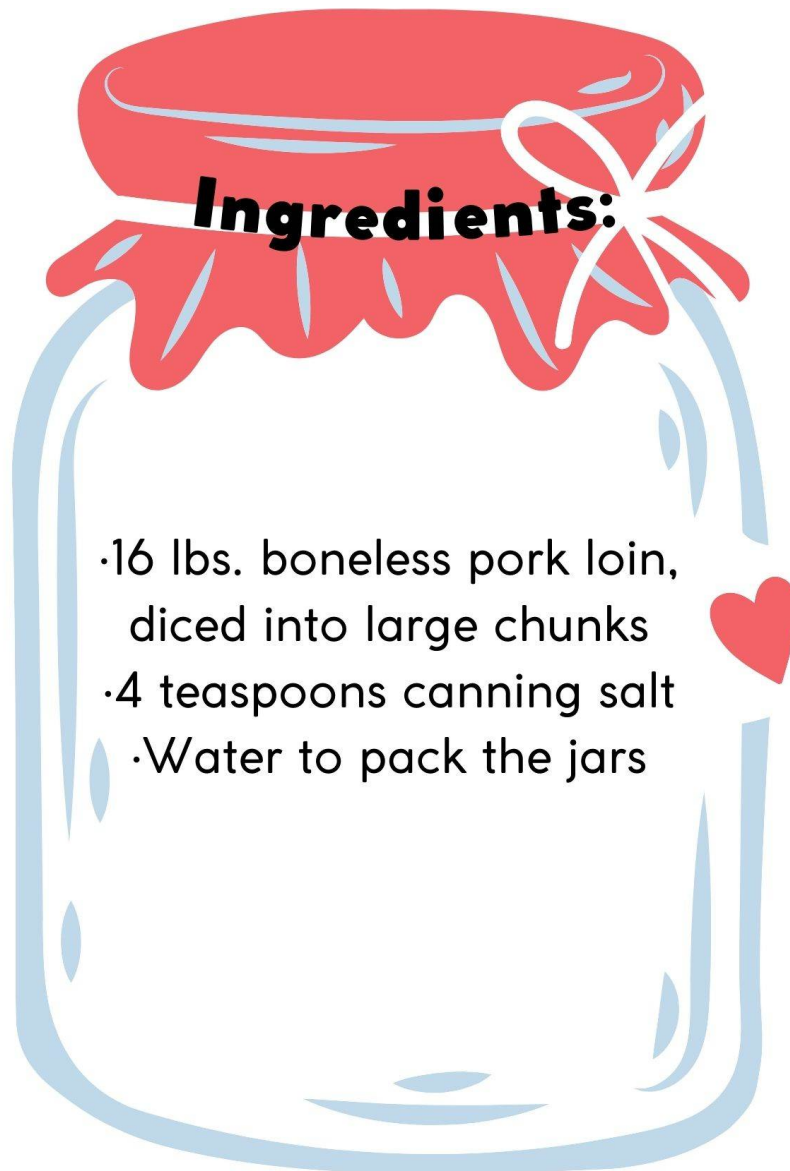
Calories 216, Total Fat 9.4g, Saturated Fat 0.1g, Cholesterol 0mg,

Sodium 117mg, Total Carbohydrates 0.3g, Dietary Fiber 0.1g,

Total Sugars 0.1g, Protein 31.3g

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Canned Pork Loin



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 90 minutes

Total Time: 1 hr. 40 minutes

Servings: 48

How to prepare:

1. Divide the pork, salt, and water into the ½ pint mason jars while leaving the 1 inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 90 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 366, Total Fat 21.1g, Saturated Fat 7.9g, Cholesterol 121mg,

Sodium 254mg, Total Carbohydrates 0g, Dietary Fiber 0g,

Total Sugars 0g, Protein 41.3g

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Asian Chicken



Ingredients:

- 9 lbs. chicken, diced
- 5 medium carrots, diced
- 2 large onions, chopped
- 7 garlic cloves, minced
- 12 cups chicken broth
- $\frac{3}{4}$ cup soy sauce
- 1 tablespoon onion powder
- 1 tablespoon ground ginger
- 1 $\frac{1}{2}$ teaspoons garlic powder
- $\frac{1}{2}$ teaspoon cayenne pepper

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 35 minutes

Servings: 20

How to prepare:

1. Mix chicken broth, ginger, garlic powder, onion powder, and soy sauce in a saucepan and cook for 10 minutes on a simmer.
2. Divide the broth mixture and rest of the ingredients into the ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

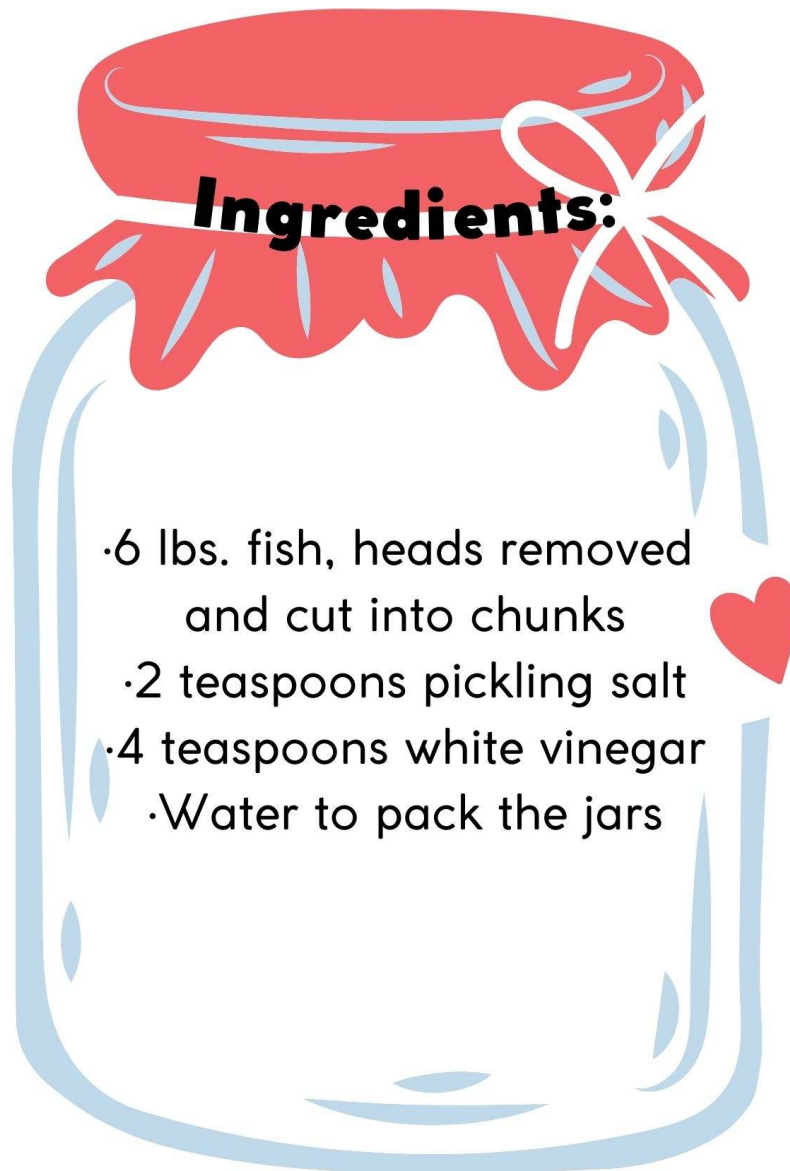
Calories 353, Total Fat 7.1g, Saturated Fat 2g, Cholesterol 157mg,

Sodium 1137mg, Total Carbohydrates 5.2g, Dietary Fiber 0.9g,

Total Sugars 2.2g, Protein 63.1g

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Canned Fish



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 10 minutes

Total Time: 20 minutes

Servings: 32

How to prepare:

1. Divide the fish, vinegar, salt and water into the ½ pint mason jars while leaving the 1 inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 10 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 327, Total Fat 7.6g, Saturated Fat 2g, Cholesterol 107mg,

Sodium 1081mg, Total Carbohydrates 0g, Dietary Fiber 0g,

Total Sugars 0g, Protein 60.2g

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Canned Mackerel



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 1 hr. 40 minutes

Total Time: 1 hr. 50 minutes

Servings: 6

How to prepare:

1. Divide the mackerel, salt, and the rest of the ingredients into the ½ pint mason jars while leaving the 1 inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 1 hr. 40 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 380, Total Fat 24g, Saturated Fat 6g, Cholesterol 120mg,

Sodium 814mg, Total Carbohydrates 0g, Dietary Fiber 0.2g,

Total Sugars 0g, Protein 42g

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Chapter 11:

Legumes



Split Pea Soup



Ingredients:

- 1 -16 oz. package split peas
- 8 cups water
- 1 large onion, diced
- 4 medium carrots, diced
- 4 stalks celery, diced
- 1 cup cooked ham, diced
- 1 bay leaf
- 4 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon sage

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 50 minutes

Servings: 8

How to prepare:

1. Sauté celery, onions, and carrots with oil in a pot for 5 minutes.
2. Stir in sage, bay leaf, garlic, split peas, water, veggies, and ham, and then cook for 20 minutes.
3. Discard the bay leaves and divide the soup into the ½ pint mason jars while leaving the 1 inch headspace.
4. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
6. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
7. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 309, Total Fat 6.1g, Saturated Fat 2g, Cholesterol 38mg,
Sodium 2857mg, Total Carbohydrates 44.6g, Dietary Fiber 9.6g,
Total Sugars 13.7g, Protein 20.8g*

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Canned Chickpeas



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 55 minutes

Servings: 6

How to prepare:

1. Cook chickpeas in water for 30 minutes on medium high heat.
2. Divide the chickpeas and water into the ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 275, Total Fat 4.6g, Saturated Fat 0.5g, Cholesterol 0mg,

Sodium 18mg, Total Carbohydrates 45.9g, Dietary Fiber 13.2g,

Total Sugars 8.1g, Protein 14.6g

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Lentil Soup



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 55 minutes

Servings: 2

How to prepare:

1. Boil lentils in boiling water until soft, then drain.
2. Divide the broth and the rest of the ingredients into the 10- ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 187, Total Fat 0.9g, Saturated Fat 0.2g, Cholesterol 0mg,

Sodium 988mg, Total Carbohydrates 44.6g, Dietary Fiber 19.8g,

Total Sugars 3.2g, Protein 19.6g

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Pinto Beans



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 55 minutes

Servings: 12

How to prepare:

1. Boil beans in boiling water until soft, then drain.
2. Divide the beans and water into the ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 59, Total Fat 0.2g, Saturated Fat 0.1g, Cholesterol 0mg,

Sodium 11mg, Total Carbohydrates 13.5g, Dietary Fiber 6.4g,

Total Sugars 2.7g, Protein 3.4g

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Black Beans



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 75 minutes

Total Time: 1 hr. 55 minutes

Servings: 12

How to prepare:

1. Boil black beans in boiling water until soft, then drain.
2. Divide the beans and the rest of the ingredients into the 8- ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 75 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 387, Total Fat 1.6g, Saturated Fat 0.4g, Cholesterol 0mg,

Sodium 630mg, Total Carbohydrates 70.7g, Dietary Fiber 17.2g,

Total Sugars 2.4g, Protein 24.5g

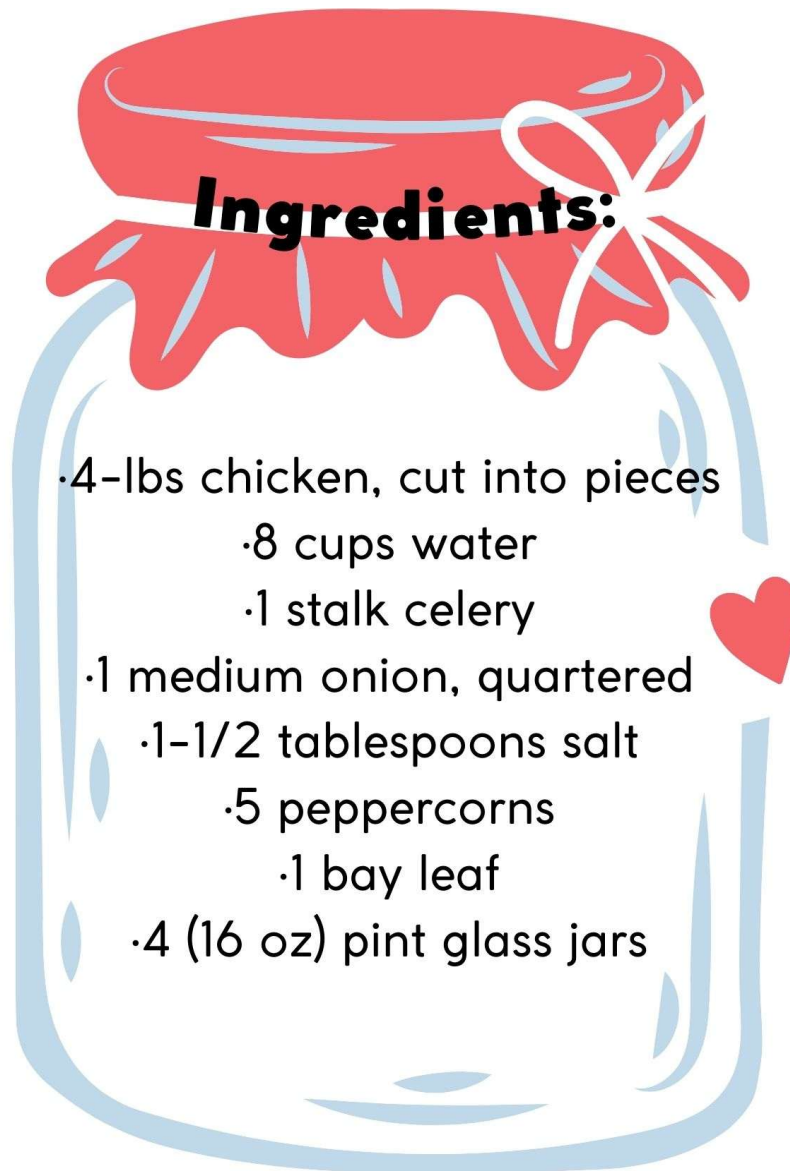
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Chapter 12:

Sauce, Stew, Soup, Stock, and Broth



Chicken Stock



Preparation Time: 10 minutes

Cooking Time: 30 minutes

Canning Time: 30 minutes

Total Time: 1 hr. 10 minutes

Servings: 8

How to prepare:

1. Add water, chicken, and rest of the ingredients in a large pot, and then cook for 30 minutes on medium-low heat.
2. Strain the stock and discard the solids.
3. Divide the stock into 4 -1 pint mason jars while leaving the 1 inch headspace.
4. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 30 minutes.
6. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
7. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 348, Total Fat 6.9g, Saturated Fat 1.9g, Cholesterol 175mg,
Sodium 1024mg, Total Carbohydrates 1.4g, Dietary Fiber 0.3g,
Total Sugars 0.6g, Protein 65.9g*

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Creole Sauce



Ingredients:

- 12 medium tomatoes
- 2 cups onion chopped
- 5 oz. red pepper, chopped
- ½ cup celery chopped
- 1 garlic clove, chopped
- 1 red chili pepper, chopped
- 1 tablespoon parsley, minced
- 1 tablespoon sugar
- 2 teaspoons salt
- ½ teaspoon marjoram (dried)
- ¼ teaspoon chili powder

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Canning Time: 30 minutes

Total Time: 45 minutes

Servings: 6

How to prepare:

1. Mix tomato, onion, and the rest of the ingredients in a saucepan and cook to a boil.
2. Divide the creole sauce into ½ pint mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 30 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 102, Total Fat 0.8g, Saturated Fat 0.1g, Cholesterol 0mg,
Sodium 800mg, Total Carbohydrates 23.2g, Dietary Fiber 5.3g,
Total Sugars 15.2g, Protein 3.7g*

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Canned Spaghetti Sauce



Ingredients:

- 25 lbs. tomatoes
- 4 large green peppers, seeded
- 4 large onions, cut into wedges
- 2 cans (12 oz.) tomato paste
- 1/4 cup canola oil
- 2/3 cup sugar
- 1/4 cup salt
- 8 garlic cloves, minced
- 4 teaspoons dried oregano
- 2 teaspoons dried parsley flakes
- 2 teaspoons dried basil
- 2 teaspoons crushed red pepper flakes
- 2 teaspoons Worcestershire sauce
- 2 bay leaves
- 1 cup, plus 2 tablespoons bottled lemon juice

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 60 minutes

Total Time: 70 minutes

Servings: 72

How to prepare:

1. Puree all the spaghetti sauce ingredients in a blender for 1 minute.
2. Divide the sauce into the 9 -1 qtr. mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 60 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 52, Total Fat 1.2g, Saturated Fat 0.1g, Cholesterol 0mg,
Sodium 406mg, Total Carbohydrates 10.3g, Dietary Fiber 2.5g,
Total Sugars 7.2g, Protein 1.8g*

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Canned Tomato Sauce



Preparation Time: 10 minutes

Cooking Time: 15 minutes

Canning Time: 20 minutes

Total Time: 45 minutes

Servings: 20

How to prepare:

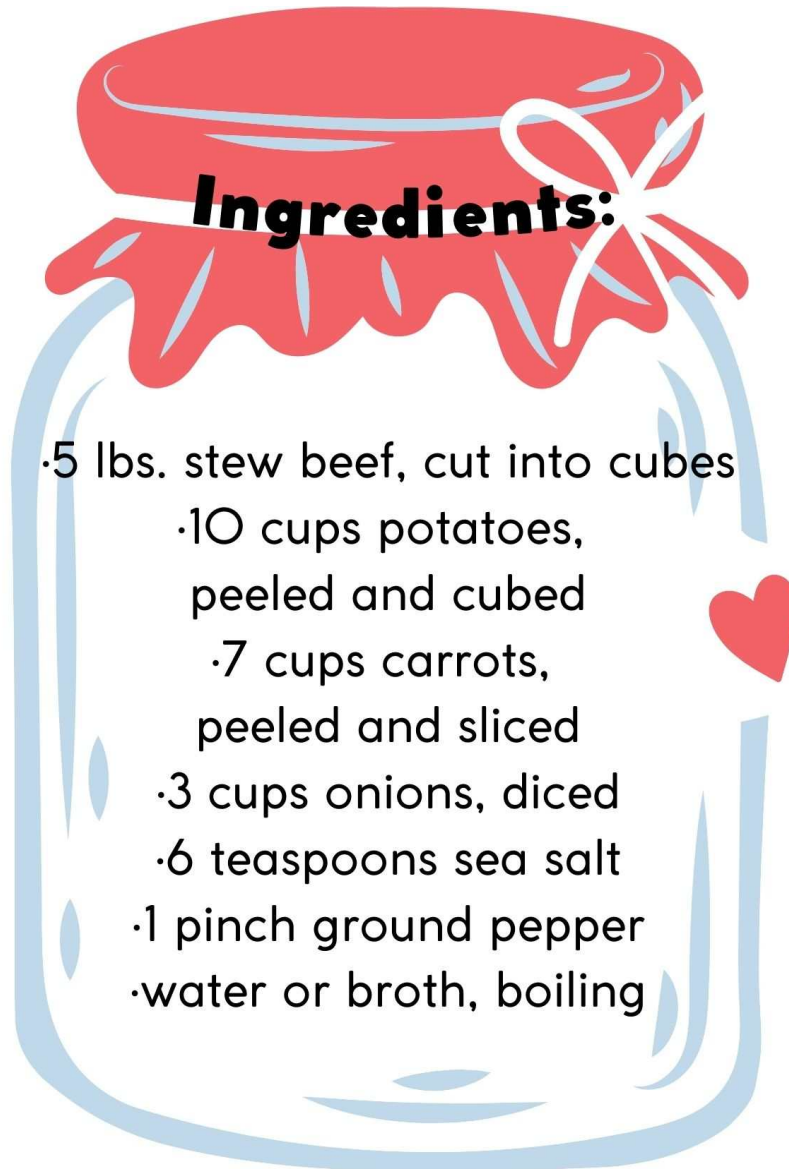
1. Puree tomatoes in a blender until smooth.
2. Stir in lemon juice, salt, and basil, and then mix well.
3. Cook this tomato sauce in a saucepan for 15 minutes on a simmer.
4. Divide the tomato sauce into the 7- 1 pint mason jars while leaving the 1 inch headspace.
5. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
6. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 20 minutes.
7. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
8. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 83, Total Fat 1g, Saturated Fat 0.2g, Cholesterol 0mg,
Sodium 256mg, Total Carbohydrates 17.8g, Dietary Fiber 5.5g,
Total Sugars 12g, Protein 4g*

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Canned Beef Stew



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 90 minutes

Total Time: 1 hr. 40 minutes

Servings: 12

How to prepare:

1. Divide the beef, potatoes, and the rest of the ingredients into ½ pint mason jars while leaving the 1 inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 90 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 468, Total Fat 9.5g, Saturated Fat 0.1g, Cholesterol 0mg,
Sodium 785mg, Total Carbohydrates 54.5g, Dietary Fiber 5.4g,
Total Sugars 5g, Protein 39.6g*

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Pressure-Canned Venison Stew



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 90 minutes

Total Time: 1 hr. 40 minutes

Servings: 4

How to prepare:

1. Divide the venison and the rest of the ingredients into the mason jars while leaving the 1 inch headspace.
2. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
3. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 90 minutes.
4. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 311 , Total Fat 9.4g, Saturated Fat 3.5g, Cholesterol 75mg,
Sodium 1104mg, Total Carbohydrates 20g, Dietary Fiber 4.2g,
Total Sugars 7g, Protein 35.3g*

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Canned Vegetable Soup



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Canning Time: 30 minutes

Total Time: 50 minutes

Servings: 2

How to prepare:

1. Boil potatoes, tomatoes, carrots, lime beans, corn, celery, onions, garlic, and water in a large saucepan until potatoes are soft.
2. Divide the vegetable mixture into the mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 30 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 32, Total Fat 0.6g, Saturated Fat 0g , Cholesterol 0mg,

Sodium 22mg, Total Carbohydrates 24.2g, Dietary Fiber 4g,

Total Sugars 12.1g, Protein 2.9g

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Shrimp Stock



Ingredients:

- Shells from 2 lbs. of shrimp
- 1 small onion, peeled and quartered
- 1 large carrot, quartered
- 1 celery stalk, quartered
- 3 garlic cloves, peeled
- ¼ cup fresh herbs, chopped
- 2 bay leaves
- ½ teaspoon whole peppercorns
- ½ gallon of cold water

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 45 minutes

Total Time: 75 minutes

Servings: 2

How to prepare:

1. Boil the shrimp, onions, carrots, and the rest of the ingredients, in a saucepan and cook for 15 minutes.
1. Strain the shrimp broth through a fine mesh sieve.
2. Divide the shrimp mixture into the mason jars while leaving the 1 inch headspace.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 45 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Leave the stock mixture to cool for 24 hours.
7. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 26, Total Fat 0.6g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 22mg, Total Carbohydrates 24.2g, Dietary Fiber 4g,

Total Sugars 12.1g, Protein 2.9g

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Clam Chowder Base



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 40 minutes

Total Time: 70 minutes

Servings: 2

How to prepare:

1. Boil the clams and the rest of the ingredients in a saucepan and cook for 15 minutes.
2. Strain the clam broth through a fine mesh sieve.
3. Divide the clam mixture into the 4- 1-pint mason jars while leaving the 1 inch headspace.
4. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 40 minutes.
6. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
7. Leave the stock mixture to cool for 24 hours.
8. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 56, Total Fat 1.2g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 22mg, Total Carbohydrates 13.2g, Dietary Fiber 4g,

Total Sugars 12.1g, Protein 2.9g

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Lobster Broth



Ingredients:

- 1 onion, peeled and quartered
- 1 stalk celery, cut into chunks
- 1 carrot, peeled and cut into chunks
- 2 cloves garlic, peeled and halved
- 1 tablespoon olive oil
- 6 cups crushed, cooked lobster shells
- 1 tablespoon tomato paste
- 1 cup white wine
- 1 tomato, cut into wedges
- 1 teaspoon whole black peppercorns
- 1 bay leaf
- 1 clove
- 12 cups water

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Canning Time: 45 minutes

Total Time: 75 minutes

Servings: 2

How to prepare:

1. Boil the lobster shells, onion, carrot, and the rest of the ingredients in a saucepan and cook for 15 minutes.
2. Strain the lobster broth through a fine mesh sieve.
3. Divide the lobster broth into the 4-1 pint mason jars while leaving the 1 inch headspace.
4. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 45 minutes.
6. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
7. Leave the broth mixture to cool for 24 hours.
8. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 100, Total Fat 0.6g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 22mg, Total Carbohydrates 24.2g, Dietary Fiber 4g,

Total Sugars 12.1g, Protein 2.9g

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Chapter 13 :

Tomatoes



Canned Whole Tomatoes



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 25 minutes

Total Time: 35 minutes

Servings: 4

How to prepare:

1. Divide the tomatoes, lemon juice, and salt into the 2-1 pint mason jars while leaving the 1 inch headspace.
2. Pour enough water to pack the tomatoes in the jar.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 25 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Leave the canned tomatoes at room temperature for 24 hours.
7. Store as per the instructions in table 1.

Nutritional Values:

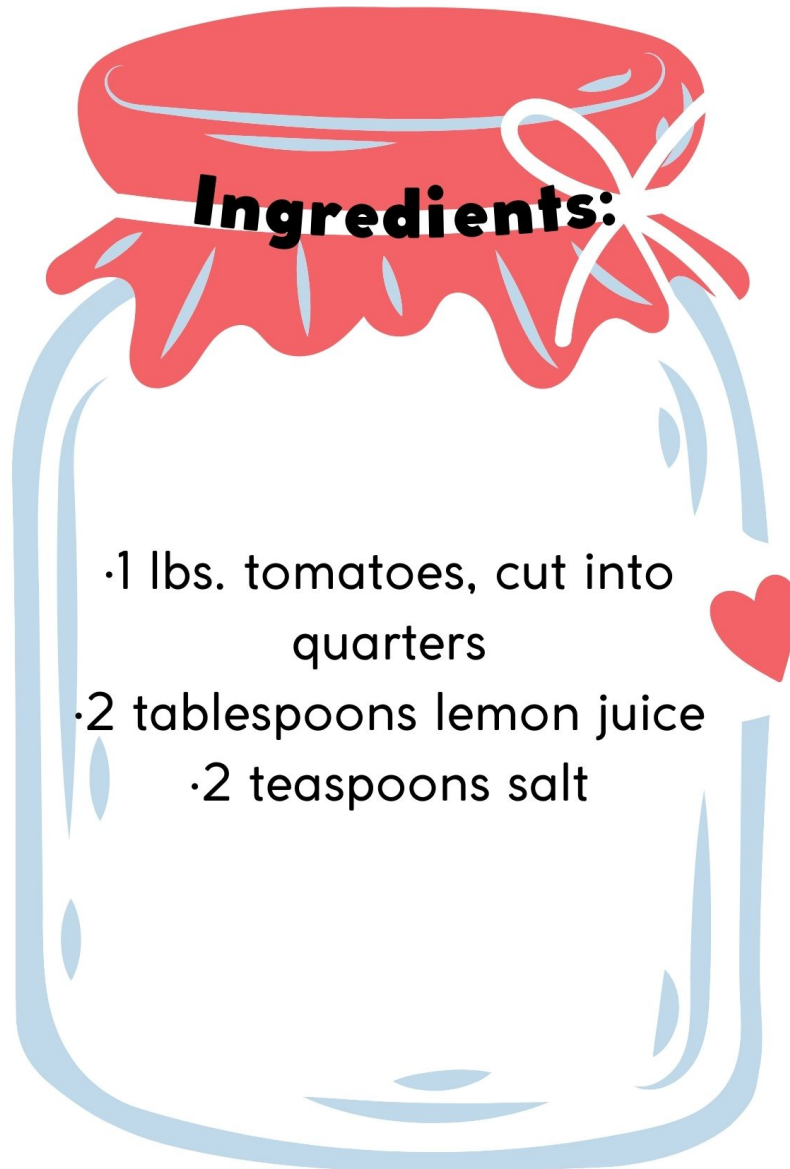
Calories 43, Total Fat 0.5g, Saturated Fat 0.1g, Cholesterol 0mg,

Sodium 594mg, Total Carbohydrates 9g, Dietary Fiber 2.8g,

Total Sugars 6.1g, Protein 2.1g

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Crushed Tomatoes



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 30 minutes

Total Time: 40 minutes

Servings: 4

How to prepare:

1. Divide the tomatoes, lemon juice, and salt into ½ pint mason jars while leaving the 1 inch headspace.
2. Pour in enough water to pack the tomato wedges.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 30 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 22, Total Fat 0.3g, Saturated Fat 0.1g, Cholesterol 0mg,

Sodium 1170mg, Total Carbohydrates 4.6g, Dietary Fiber 1.4g,

Total Sugars 3.1g, Protein 1.1g

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Stewed Tomatoes



Preparation Time: 10 minutes

Cooking Time: 2 minutes

Canning Time: 15 minutes

Total Time: 27 minutes

Servings: 2

How to prepare:

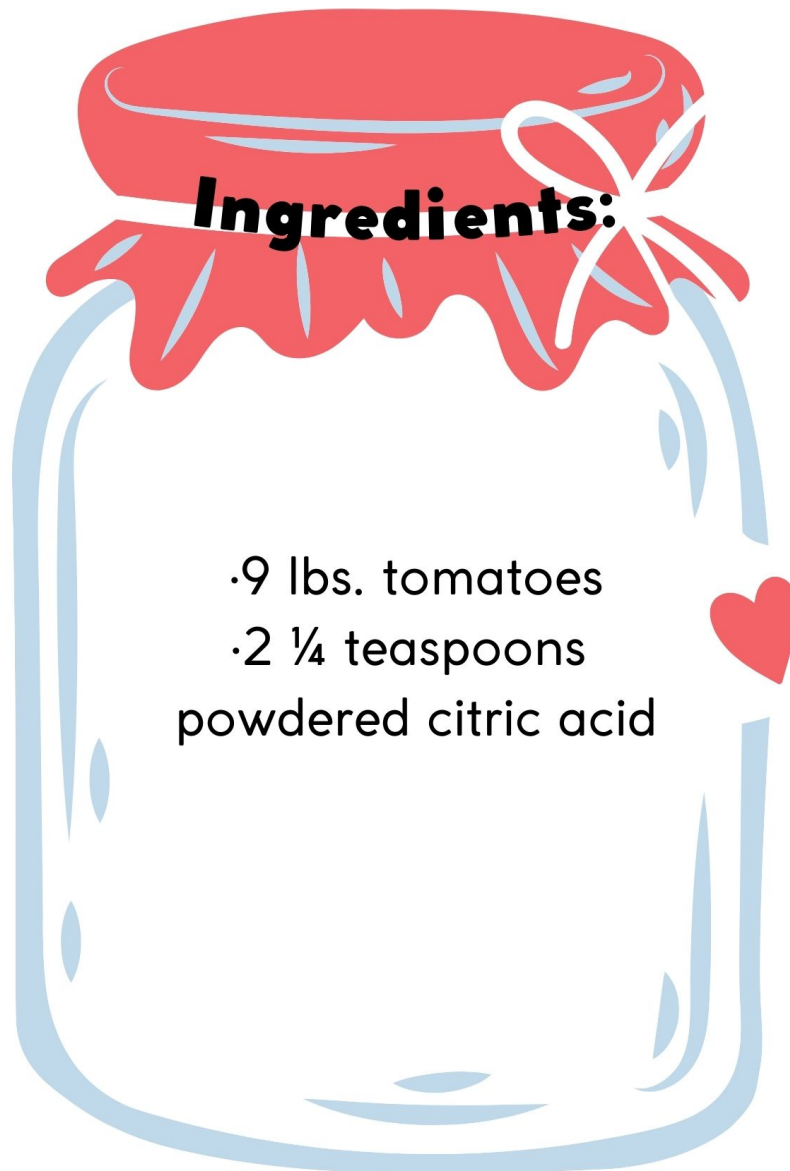
1. Add tomatoes to a pot filled with boiling water for 2 minutes.
2. Peel the whole tomatoes carefully.
3. Divide the tomatoes and the rest of the ingredients into the ½ pint mason jars while leaving the 1 inch headspace.
4. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
5. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 15 minutes.
6. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
7. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 97, Total Fat 0.8g, Saturated Fat 0.2g, Cholesterol 0mg,
Sodium 442mg, Total Carbohydrates 21.7g, Dietary Fiber 4.5g,
Total Sugars 16.8g, Protein 4.8g*

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Canned Diced Tomatoes



Preparation Time: 10 minutes

Cooking Time: 2 minutes

Canning Time: 15 minutes

Total Time: 27 minutes

Servings: 12

How to prepare:

1. Cook a large pot filled with water to a boil on medium high heat.
2. Cut a small X in the top skin of the tomatoes.
3. Place tomatoes in the water for just 1-2 minutes, then transfer them to cold water.
4. After 2 minutes, remove them from the cold water and peel off the skins.
5. Chop the tomatoes into large cubes.
6. Divide the tomatoes and citric acid into the ½ pint mason jars while leaving the 1 inch headspace.
7. Pour in enough water to cover the tomatoes.
8. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
9. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 15 minutes.
10. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
11. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 61, Total Fat 0.7g, Saturated Fat 0.1g, Cholesterol 0mg,

Sodium 17mg, Total Carbohydrates 13.2g, Dietary Fiber 4.1g,

Total Sugars 9g, Protein 3g

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Canned Sliced Green Tomatoes



Preparation Time: 10 minutes

Cooking Time: 0 minutes

Canning Time: 15 minutes

Total Time: 25 minutes

Servings: 12

How to prepare:

1. Divide the tomatoes, lemon juice and salt into the 4-½ pint mason jars while leaving the 1 inch headspace.
2. Pour in enough water to pack the tomatoes into the jars.
3. Clean the rim of each jar with a clean cloth or paper towel, cover with a sealing disc, and rotate the lid until it is fingertip tight.
4. Place the jars in the pressure canner, set the pressure to 10 lbs., and cook for 15 minutes.
5. Allow the pressure canner to cool, and then remove the jars with a lifter, carefully, from the canner.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 100, Total Fat 0.6g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 22mg, Total Carbohydrates 24.2g, Dietary Fiber 4g,

Total Sugars 12.1g, Protein 2.9g

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Section 3: Fermenting



Food has been fermented by humans since the Neolithic era, long before anybody understood the science underlying fermentation. We now understand that fermentation not only improves the flavor of foods like sourdough bread, cheese, and wine, but it also serves to keep us alive. It is

all because of the scientific findings of French scientist Louis Pasteur, who demonstrated that living organisms begin with fermentation.

What is fermentation?

Fermentation is any metabolic process in which the action of microbes causes a desired change in food or drinks, whether it's to improve flavor, preserve goods, provide health benefits, or do something else. The word “ferment” comes from the Latin verb "fervere," which means "to boil."

Fermentation is, ironically, achievable without the use of heat. Fermentation transforms the flavor and shelf life of substances by promoting the development and life cycle of beneficial microorganisms.

How does fermentation happen?

All vegetables contain the beneficial bacteria lactobacillus. When you slice, grate, or crush them with salt, their juice is released, mingling with the salt to form brine. Lactobacillus reproduces and begins to break down the item once enclosed in this briny environment, digesting the natural

sugars and converting them to lactic acid, which gives the product its tangy flavor and provides a sour environment that inhibits the growth of harmful bacteria.

While items like kimchi and kombucha have just recently become popular in the USA, people have been using the natural process of fermentation for thousands of years all over the world.

Organically fermented foods are becoming less daunting to consume or create as more people become aware of their advantages, and something we increasingly want to do at home rather than rely on commercially-prepared ones. Many commercially-processed foods have been pasteurized and are no longer "alive," as well as being less nutritious and tasty than they originally were. Starting fermentation with fruits and vegetables is a wonderful idea.

Fermenting food at home

The best thing is that you can ferment at home with just a few sterilized jars, vegetables, muslin, baking paper, and a little patience.

Sterilize your jars

You can purchase specialty preserving jars, but I usually have a surplus of glass jars on hand, and reusing them is a terrific way to save waste. To pack in all the components, you'll need wide-mouth jars, and it's critical to sterilize your jars to avoid the growth of germs that may make you sick.

To sterilize them, heat oven to 180 degrees C

Wash the jars and lids completely in warm soapy water, and then dry on the draining rack, using a clean tea towel to dry the lids. Place your jars on a shelf for 15 minutes in the oven, then remove with oven gloves. They're ready to use once they've cooled.

Mason Jar Fermentation

It doesn't get any easier than this when it comes to the lacto-fermentation "recipe." In a nutshell, you immerse vegetables in salt water and wait. If things don't go as per the plan, you can experiment with three elements that impact lactic acid fermentation.

- Amount of salt
- Temperature
- Fermentation Time

Bacteria grow more quickly in warmer conditions, thus the time it takes to ferment anything may be shorter in the summer than in the winter. If you're fermenting anything and it starts to mold, you may need to adapt by adding a pinch of salt to kill off the mold spores. Alternatively, ferment at a slower rate in a somewhat colder atmosphere. Also, make sure your jars and lids are spotless! It's all a game of trial and error, but the recipe ideas I've included below should work for any season.

Fermented Vegetables

The following are the basic materials you'll need:

- Vegetables or fruits
- Salt
- Seasonings of choice
- Clean glass jars
- Fermentation weights, valves or airlock lids

Steps to Fermentation

- Begin by re-filling your jars with your vegetables and spices. Allow at least 1 inch of headspace on top of the vegetables. As a general rule, it's preferable to use a container that's too big than one that's too little!
- Next, weigh out 5 grammes of salt for every 100 grammes of water you're using on a kitchen scale. Salt weight and volume ratios vary dramatically between different types of salts, so I recommend weighing the salt and water rather than using volume. If you don't have a scale and yet want to ferment, you can typically get by with approximates. 1 teaspoon of kosher salt weighs around 5 grams, while 1 teaspoon of fine sea salt weighs approximately 6 grams.
- Stir together the salt and room-temperature water until the salt is dissolved.
- Then, once the vegetables are completely immersed, pour the brine over them. Allow about 1/2 inch of space above the brine in the jar. If necessary, weigh the vegetables down with a weight or spring to keep them totally submerged.
- Cover with a valved or airlock lid. This permits the jar's built-up gas to escape without allowing additional air or bugs to enter.
- If you're using a standard lid, don't tighten it all the way.
- Marinate the jars for 3-6 days at room temperature.
- Taste the vegetables after 3 days to evaluate whether they've attained the acidity level/pickled flavor that you want. Allow them to sit for another day if they're salty, but lack tang, then taste them again the next day until they're to your satisfaction.

Pickling vs. Lacto-Fermenting

The presence of probiotics in fermentation is the fundamental distinction between pickling and fermenting. Pickling, on the one other hand, employs an acidic chemical (typically vinegar) instead of natural bacteria from the veggies to obtain the desired flavor. Fermentation produces a taste as a result of a natural chemical process.

Lacto-Fermentation Equipment

It is recommended that you invest in the weights, springs, valves, or airlock lids if you plan on fermenting on a regular basis. They make everything simpler, and they're not too expensive in terms of kitchen equipment.

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Chapter 14:

Vegetables



Cabbage Kimchi



Preparation Time: 15 minutes

Fermentation Time: 5 days

Total Time: 5 days 15 minutes

Servings: 4

How to prepare:

1. Cut out the stem of the cabbage, and then cut into 2-inch wide strips.

2. Place the cabbage in a bowl and sprinkle salt on top. Place a plate on top and leave for 2 hours.
3. Rinse and drain the marinated cabbage then leave in a colander for 20 minutes.
4. Grind the spice paste mixture in a blender until smooth.
5. Mix the cabbage, spice paste and the rest of the ingredients in a bowl.
6. Place the kimchi mixture in a 1 quart jar and press the cabbage down.
7. Seal the lid of the jar and let the kimchi ferment for 5 days, in a cool room without direct sunlight.
8. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 18, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 7083mg, Total Carbohydrates 4.2g, Dietary Fiber 1g,

Total Sugars 2.2g, Protein 0.7g

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Sauerkraut



Preparation Time: 10 minutes

Preparation Time: 15 minutes

Fermentation Time: 10 days

Total Time: 10 days 25 minutes

Servings: 12

How to prepare:

1. Cut out the stem of the green cabbage then cut into 2-inch wide strips.
2. Place the cabbage in a bowl and sprinkle salt on top. Place a plate on top and leave for 2 hours.
3. Rinse and drain the marinated cabbage then leave it in a colander for 20 minutes.
4. Mix the cabbage, salt, and caraway seeds in a bowl.
5. Place the cabbage mixture and enough water to cover it to a 1 quart jar and press the cabbage down.
6. Seal the lid of the jar and let the sauerkraut ferment for 10 days, in a cool room without direct sunlight.
7. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 45, Total Fat 1.1g, Saturated Fat 0.1g, Cholesterol 0mg,
Sodium 10482mg, Total Carbohydrates 8.5g, Dietary Fiber 4.8g,
Total Sugars 2.9g, Protein 2.5g*

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Fermented Mixed Vegetables



Preparation Time: 15 minutes

Fermentation Time: 10 days

Total Time: 10 days 15 minutes

Servings: 12

How to prepare:

1. Divide equal amount of water and the rest of the ingredients into 2-
½ pint mason jars.
2. Seal the lid of the jar and let the vegetables ferment for 10 days, in a
cool room without direct sunlight.
3. Store as per the instructions in table 1.

Nutritional Values:

Calories 26, Total Fat 0.2g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 503mg, Total Carbohydrates 5.7g, Dietary Fiber 1.8g,

Total Sugars 0.8g, Protein 1g

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Lacto-Fermented Carrots



Preparation Time: 15 minutes

Fermentation Time: 7 days

Total Time: 7 days 15 minutes

Total Time: 30 minutes

Servings: 6

How to prepare:

1. Add water, carrots, and the rest of the ingredients to a 32 oz. mason jar.
2. Seal the lid of the jar and let the carrots ferment for 7 days, in a cool room without direct sunlight.
3. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 40, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 1461mg, Total Carbohydrates 9.7g, Dietary Fiber 2.4g,
Total Sugars 4g, Protein 1g*

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Sichuan-Style Fermenten Vegetables



Preparation Time: 15 minutes

Fermentation Time: 5 days

Total Time: 5 days 15 minutes

Servings: 6

How to prepare:

1. Add water, kefir, celery and the rest of the ingredients into a 1 quart glass canning jar.
2. Seal the lid of the jar and let the vegetables ferment for 5 days, in a cool room without direct sunlight.
3. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 50, Total Fat 0.6g, Saturated Fat 0.1g, Cholesterol 0mg,
Sodium 978mg, Total Carbohydrates 9.3g, Dietary Fiber 3.7g,
Total Sugars 4.9g, Protein 4.5g*

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Chapter 15:

Fruits



Fermented Mixed Berries



Preparation Time: 15 minutes

Fermentation Time: 2 days

Total Time: 2 days 15 minutes

Servings: 4

How to prepare:

1. Mix berries, honey, and the rest of the ingredients in a pint mason jar.

2. Seal the lid of the jar and let the berries ferment for 2 days, in a cool room without direct sunlight.
3. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 72, Total Fat 0.3g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 148mg, Total Carbohydrates 17.2g, Dietary Fiber 2.5g,
Total Sugars 13.6g, Protein 0.5g*

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Fermented Strawberries with Honey



Preparation Time: 15 minutes

Fermentation Time: 2 days

Total Time: 2 days 15 minutes

Servings: 6

How to prepare:

1. Mix strawberries, honey, and the rest of the ingredients in a pint mason jar.
2. Seal the lid of the jar and let the strawberry mixture ferment for 2 days, in a cool room without direct sunlight.
3. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 77, Total Fat 0.8g, Saturated Fat 0.3g, Cholesterol 22mg,

Sodium 116mg, Total Carbohydrates 10.7g, Dietary Fiber 1g,

Total Sugars 8.4g, Protein 7.7g

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Fermented Peaches



Preparation Time: 15 minutes

Fermentation Time: 2 days

Total Time: 2 days 15 minutes

Servings: 4

How to prepare:

1. Mix peaches, honey, salt, and basil in a large bowl.

2. Divide this peach mixture into a 1 quart mason jar.
3. Pour in enough water to cover the peaches into the jar.
4. Seal the lid of the jar and let the peach mixture ferment for 2 days, in a cool room without direct sunlight.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 63, Total Fat 0.4g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 238mg, Total Carbohydrates 14.7g, Dietary Fiber 3.5g,
Total Sugars 9.5g, Protein 1g*

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Lacto-Fermented Pear Kvass



Preparation Time: 15 minutes

Fermentation Time: 2 days

Total Time: 2 days 15 minutes

Servings: 4

How to prepare:

1. Mix pears, berries, ginger, and milk in a large bowl.

2. Divide this pear mixture into a 1 quart mason jar.
3. Pour in enough water to pack the pears into the jar.
4. Seal the lid of the jar and let the pear mixture ferment for 2 days, in a cool room without direct sunlight.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 56, Total Fat 0.9g, Saturated Fat 0.4g, Cholesterol 3mg,

Sodium 16mg, Total Carbohydrates 11.7g, Dietary Fiber 2.2g,

Total Sugars 7.3g, Protein 1.5g

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Fermented Raspberry Preserves



Preparation Time: 15 minutes

Fermentation Time: 2 days

Total Time: 2 days 15 minutes

Servings: 12

How to prepare:

1. Mix raspberries, palm sugar, and the rest of the ingredients in a pint mason jar.
2. Seal the lid of the jar and let the raspberries ferment for 2 days, in a cool room without direct sunlight.
3. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 99, Total Fat 1.3g, Saturated Fat 0.5g, Cholesterol 32mg,

Sodium 267mg, Total Carbohydrates 11.2g, Dietary Fiber 4g,

Total Sugars 4.7g, Protein 11.8g

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Chapter 16:

Kombucha and Water Kefir



Strawberry Water Kefir



Preparation Time: 15 minutes

Fermentation Time: 48 hours

Total Time: 48 hours 15 minutes

Servings: 4

How to prepare:

1. Mix water, strawberry, sugar, and rest of the ingredients in a saucepan.
2. Cook this mixture to a boil, and then remove it from the heat.
3. Cover and leave this mixture for 24 hours.
4. Strain and pour the kefir liquid into a mason jar.
5. Seal the lid and let the strawberry-flavored kefir ferment for 24 hours.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 61, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 0mg, Total Carbohydrates 16.2g, Dietary Fiber 0.2g,
Total Sugars 15.9g, Protein 0.1g*

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Fig Water Kefir



Preparation Time: 15 minutes

Fermentation Time: 4 days

Total Time: 4 days 15 minutes

Servings: 12

How to prepare:

1. Mix figs, water, sugar, and the rest of the ingredients in a saucepan.

2. Cook this mixture to a boil, and then remove it from the heat.
3. Cover and leave this mixture for 24 hours.
4. Strain and pour the kefir liquid into a 1 quart mason jar.
5. Seal the lid and let the kefir ferment for 3 days.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 100, Total Fat 0.6g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 22mg, Total Carbohydrates 24.2g, Dietary Fiber 4g,

Total Sugars 12.1g, Protein 2.9g

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Prune Water Kefir



Ingredients:

- ½ cup alive water kefir grains
- 8 cups tap water
- ½ cup sugar
- 2 lemon wedges
- 2 prunes
- 2 cups fresh berries
- 3 2-quart mason jars
- Sugar Mixture
- 1 cup cane sugar
- ½ cup coconut sugar
- ¼ teaspoon sea salt

Preparation Time: 15 minutes

Fermentation Time: 5 days

Total Time: 5 days 15 minutes

Servings: 2

How to prepare:

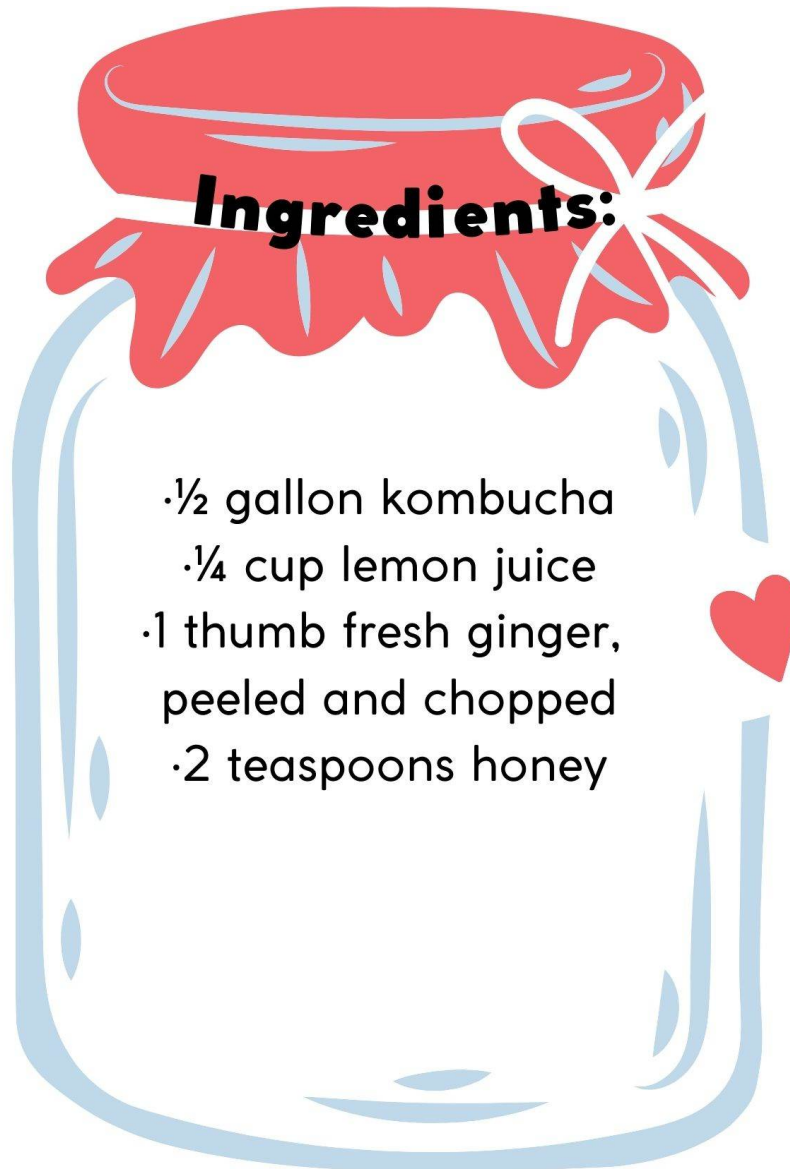
1. Mix water, prunes, sugar, and the rest of the ingredients in a saucepan.
2. Cook this mixture to a boil, and then remove it from the heat.
3. Cover and leave this mixture for 24 hours.
4. Strain and pour the kefir liquid into a mason jar.
5. Seal the lid and let the prune-flavored kefir ferment for 4 days.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 65, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 90mg, Total Carbohydrates 44.5g, Dietary Fiber 2.2g,
Total Sugars 20.3g, Protein 0.5g*

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Lemon Ginger Kombucha



Preparation Time: 15 minutes

Fermentation Time: 10 days

Total Time: 10 days, 15 minutes

Servings: 8

How to prepare:

1. Mix kombucha, lemon juice, ginger, and honey in a suitable mason jar.
2. Seal the lid and let the kombucha ferment for 10 days.
3. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 36, Total Fat 0.2g, Saturated Fat 0.2g, Cholesterol 0mg,

Sodium 9mg, Total Carbohydrates 8.2g, Dietary Fiber 0.1g,

Total Sugars 6.9g, Protein 0.3g

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Red Tea Kombucha



Ingredients:

- 7 cups clean water
- ½ cup white sugar
- 4 bags hibiscus tea
- 1 cup kombucha
- 2 cups unflavored kombucha
- 2 kombucha SCOBYs
(symbiotic culture
of bacteria and yeast)

Preparation Time: 15 minutes

Fermentation Time: 10 days

Total Time: 10 days 15 minutes

Servings: 12

How to prepare:

1. Boil 7 cups water in a saucepan and steep red tea bag for 10 minutes.

2. Strain and divide into 4- ½ pint suitable Mason jar.
3. Divide rest of the kombucha ingredients into the jars.
4. Seal the lid and let the kombucha ferment for 10 days.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

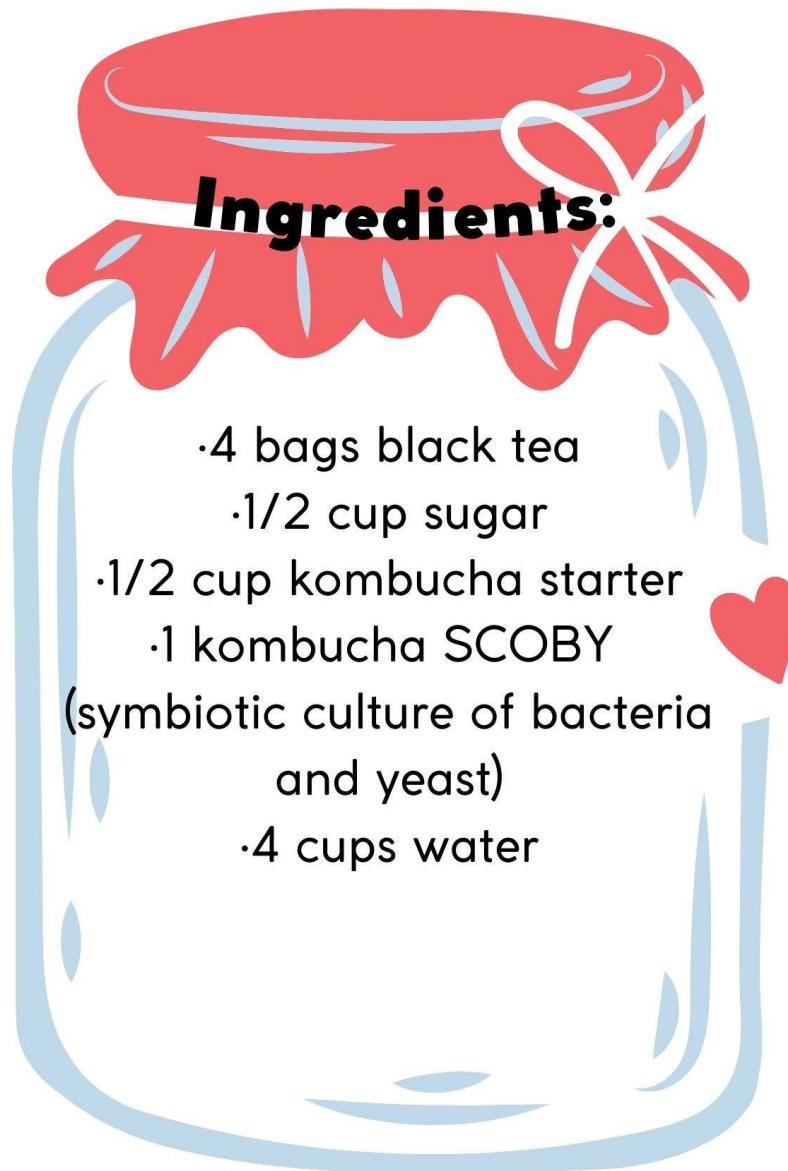
Calories 94, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 2mg, Total Carbohydrates 25.2g, Dietary Fiber 0g,

Total Sugars 25g, Protein 0g

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Black Tea Kombucha



·4 bags black tea

·1/2 cup sugar

·1/2 cup kombucha starter

·1 kombucha SCOBY

(symbiotic culture of bacteria
and yeast)

·4 cups water

Preparation Time: 15 minutes

Fermentation Time: 11 days

Total Time: 11 days, 15 minutes

Servings: 4

How to prepare:

1. Mix black tea, water, and the rest of the ingredients in a saucepan.

2. Cook this mixture to a boil, and then remove it from the heat.
3. Cover and leave this mixture for 24 hours.
4. Strain and pour the kombucha liquid into a 1 quart mason jar.
5. Seal the lid and let the kombucha ferment for 10 days.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 96, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 5mg, Total Carbohydrates 25.5g, Dietary Fiber 0g,
Total Sugars 25g, Protein 0g*

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Chapter 17:

Wine



Pear Wine



Preparation Time: 15 minutes

Fermentation Time: 6 weeks 24 hrs.

Total Time: 6 weeks, 24 hrs. 15 minutes

Servings: 24

How to prepare:

1. Mix water, yeast, sugar, and the rest of the ingredients in a saucepan.

2. Cook this mixture to a boil, and then remove it from the heat.
3. Cover and leave this mixture for 24 hours.
4. Strain and pour the wine liquid into a mason jar.
5. Seal the lid and let the wine ferment for 6 weeks.
6. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 98, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 58mg, Total Carbohydrates 25.6g, Dietary Fiber 1.6g,

Total Sugars 20.2g, Protein 0.8g

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Sweet Red Berry Fruit Tea Wine



Preparation Time: 15 minutes

Cooking time: 10 minutes

Fermentation Time: 10 days

Total Time: 10 days, 25 minutes

Servings: 24

How to prepare:

1. Boil water in a suitable saucepan, and then remove from the heat.

2. Add sugar and teabags, leave them for 10 minutes, and then remove.
3. Stir in yeast, cover and let it ferment for 10 days, then strain.
4. Store as per the instructions in Table 1.

Nutritional Values:

Calories 213, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 0mg, Total Carbohydrates 56.7g, Dietary Fiber 0g,

Total Sugars 56.7g, Protein 0g

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Rhubarb Wine



Preparation Time: 15 minutes

Fermentation Time: 6 months, 5 days.

Total Time: 6 months, 5 days, 15 minutes

Servings: 32

How to prepare:

1. Cut the rhubarb into large pieces.

2. Mix rhubarb, yeast, sugar, and rest of the wine ingredients in a saucepan.
3. Cook this mixture to a boil, and then remove it from the heat.
4. Cover and leave this mixture for 5 days.
5. Strain and pour the wine liquid into a 1 gallon glass jar.
6. Stir in crushed Campden tablet.
7. Seal the lid and let the wine ferment for 6 months at cool dark place.
8. Stir in sugar, and potassium sorbate.
9. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 175, Total Fat 0.1g, Saturated Fat 0g, Cholesterol 0mg,

Sodium 6mg, Total Carbohydrates 45.8g, Dietary Fiber 1.3g,

Total Sugars 43.3g, Protein 0.6g

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Plum Wine



Preparation Time: 15 minutes

Fermentation Time: 6 weeks, 24 hrs.

Total Time: 6 weeks, 24 hrs. 15 minutes

Servings: 32

How to prepare:

1. Mash plums in a pot and stir in sugar, water, and lemon juice.

2. Cook this mixture to a boil, and then remove from the heat.
3. Cover and let the mixture ferment for 24 hours, then strain.
4. Stir in yeast, mix again, cover, and let it ferment for 6 weeks.
5. Store as per the instructions in [table 1](#).

Nutritional Values:

Calories 165, Total Fat 0g , Saturated Fat 0g, Cholesterol 0mg,

Sodium 0mg, Total Carbohydrates 43.9g, Dietary Fiber 0.2g,

Total Sugars 43.6g, Protein 0.2g

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Homemade Wine



Preparation Time: 15 minutes

Fermentation Time: 6 weeks

Total Time: 6 weeks, 15 minutes

Servings: 32

How to prepare:

1. Add yeast, juice concentrate, and rest of the ingredients to a jug.

2. Cover and let this wine ferment for 6 weeks.
10. Strain and store as per the instructions in [table 1](#).

Nutritional Values:

*Calories 52, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 0mg, Total Carbohydrates 26.2g, Dietary Fiber 0.1g,
Total Sugars 26g, Protein 0.2g*

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Section 4: Measurement

Conversion Table

Table 3

	Liter	Tsp.	Tbsp.	Cups	Pint	Quart
100 milliliters	0.1	9	7	½	¼	0.1
100 centiliters	1	203	67 ½	4	2	1
100 deciliters	10	2028	676	42	21	10 ½

Table 4

	Quarts	Pint	Ounces	Cups	Liters	Milliliters
1 gallon	4	9 ½	128	19	4 ½	4546
½ gallon	2	5	77	9 ½	2	2273
1 quart	1	2	32	4	1	964
½ quart	½	1	16	2	½	473
1 pint	½	1	19	2	½	568
½ pint	1/3	½	9 ½	1	¼	284
1 cup	¼	½	8	1	¼	236

Conclusion

Are you ready to do home canning? It's about time to get rid of all the preservative-mixed, store-bought canned products and make your own healthy, low-sodium, and low-sugar foods, like pickles, kvass, chutney, and sauces, and store them for weeks and months and years. The canning recipes given in different sections of this cookbook will help you can all sorts of food items for daily use, from veggies to fruits, meat, poultry, and seafood, and more! So, choose your favorite recipes, and let's get started canning!

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Glossary

Acid food: *Foods with enough acid to produce a pH of 4.6 or below are known as acid foods.*

Except for figs, all fruits, most tomatoes, fermented and pickled vegetables, relishes, and jams, jellies,

and marmalades are considered acidic foods. Boiling water is used to process acidic foods.

Canning: *a method of preserving food in airtight, vacuum-sealed containers, and heating it sufficiently to allow it to be stored at room temperature. This book provides an overview of the canning process.*

Pickling salt: *is another term used for canning salt. There are no anti-caking or iodine additions in this table salt.*

Citric acid: *is an acid that may be used to flavor canned goods. It improves the flavor and color of low-acid meals by increasing their acidity.*

Cold pack jars *are packed with uncooked food during the canning process. The phrase "raw pack" is commonly used to describe this procedure. The term "cold pack" is frequently misused to describe goods that have been open-kettle canned or jars that have been heat-processed in boiling water.*

Mold: *is a fungus-like creature that grows on food in a colorful and visible manner. Mold may develop on a variety of foods, including acidic foods such as jams and jellies, as well as canned fruits. In certain foods, recommended heat processing and sealing techniques inhibit their development.*

Toxins: *created by mold development on meals are known as mycotoxins.*

Fermentation: is the purposeful development of bacteria, yeast, or mold in food. Natural sugars are fermented by native bacteria to produce lactic acid, a taste and preservative found in sauerkraut and naturally fermented pickles. Fermented foods include alcohol, vinegar, and some dairy items.

Heat processing: Method of treating jars with enough heat to allow food to be stored at regular household temperatures for 1 year (unopened) and for 2-3 months (opened).

Open-kettle canning is a method of canning that is not recommended. Food is allegedly sufficiently heat-treated in a covered kettle before being packed and sealed in sterile jars. Foods canned in this manner have low vacuums or too much air, allowing for quick deterioration of food quality. Furthermore, these items frequently perish as a result of recontamination while the jars are being filled.

pH: stands for "potential hydrogen ion concentration" and is a measure of acidity or alkalinity. The range of values is 0 to 14. When the pH of a meal is 7.0, it is considered neutral; lower values are more acidic, while higher ones are more alkaline.

Pasteurization: is a way of heating a food to the point where the most heat-resistant pathogenic or disease-causing bacterium associated with that meal is destroyed.