



# CANNING AND PRESERVING

A BOOK OF VALUABLE TIPS FOR PRESERVING FOOD!

ALICE WATERSON

*Recipes*

# **Canning and Preserving Recipes**

**A Book of Valuable Tips for Preserving Food!**

**By Alice Waterson**

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## Introduction



How can you integrate home grown foods into your recipe repertoire at home? Can you seek out the different varieties of ingredients you'll need to preserve and can them?

Are you curious about the various ways in which preserved and canned foods can make your recipes tastier?

You can be part of the modern revival of canning, something your grandmother probably did. Canning and preserving produce high quality, flavorful foods that save you money and build selfreliance, since you're not always at the mercy of market prices.

In this cookbook, you'll discover how to can and preserve 30 fruits, veggies and sauces, so you'll have them when you need them. Below is a chart that will let you know how to determine processing time if you're pressure canning, depending on your altitude.

## Canned Tomatoes with Garlic & Basil



Each culture has its own preferred flavorings, like Italians with basil and garlic. They enhance this recipe. I prefer using Roma tomatoes in my canning, but you can use any variety you prefer.

**Makes:** 4 quarts

**Cooking + Prep Time:** 1/2 hour

**Ingredients:**

- 16 cloves of garlic, whole
- 12 pounds of tomatoes, Roma
- 4 tbsp. of salt, kosher
- 8 tbsp. of lemon juice

- 4 tsp. of Louisiana hot sauce
- 8 basil leaves, fresh

### **Instructions:**

1. Place the 8 x 1-pint or 4 x 1-quart jars and their 2-pc. caps in soapy, hot water. Rinse them well and then drain. Heat the lids and jars in 180F water (simmering). Leave them there until you need them.
2. Choose fresh tomatoes, the best you can find. They should be free from spots and splits.
3. Remove stems. Make X's with a paring knife through top skin of tomatoes.
4. Place large sized stock pot on stove. Fill 3/4 full of water. Bring to good boil.
5. Place tomatoes in wire basket. Lower into water in pot. Blanch them for 1/2 to 1 minute until top skin begins peeling away from your X.
6. Immediately dip tomatoes in cold water so they will stop cooking. Slip off skins with knife, starting at your X. Leave tomatoes whole.
7. After peeling, place tomatoes in another large sized stock pot. Add water to cover tomatoes and one inch more.
8. Bring water to rolling boil. Cool the tomatoes for five minutes. As they cook, remove canning jars and lids from hot water. Place on a dry towel. Add 2 tbsp. of lemon juice to all the jars. 9. Pack hot tomatoes carefully in jars. Place 4 garlic cloves and 2 leaves of basil in jars, as well. 10. Ladle hot cooking liquid carefully over tomatoes in jars. Leave an inch at the top, known as head space. Add hot sauce and 1 tsp. salt to all jars.
11. Move jars a bit to remove air bubbles. Repeat a few times. Screw lids down firmly on jars. Place in simmering water bath for about 40-45 minutes. Remove them from the hot water and set them aside so they can cool.
12. Once jars are cool, make sure lids are properly sealed. Label the jars and store in cool, dark place.



## Blueberry Jam Preserves



Summer wouldn't be the same without picking berries or picking some up at your local farmer's market. Then you have the ingredients for a great batch of money-saving blueberry jam. It's great on biscuits or scones.

**Makes:** 60 Servings

**Cooking + Prep Time:** 1/2 hour

**Ingredients:**

- 2 tbsp. of lemon juice
- 8 cups of blueberries, fresh
- 7 cups of granulated sugar
- 1 x 1 & 3/4 oz. pkg. of fruit pectin, powdered

**Instructions:**

1. Mash the blueberries and transfer them to Dutch oven. Add the lemon juice and pectin and stir well.
2. Bring mixture to rolling boil on high heat. Stir constantly. Add sugar and continue to stir. Return to full boil.
3. Boil for one minute while still stirring. Remove from heat and skim off any foam.
4. Ladle into jars or freezer-safe containers and allow to cool down to room temperature. This usually takes about an hour.
5. Cover jars. Allow them to stand overnight so they can set. Do not leave them setting for more than 24 hours.
6. Blueberries can be refrigerated for up to three weeks or frozen for up to a year.

## Canned Spicy Mixed Vegetables



These mixed veggies make a super topping for sandwiches, pizza or pasta. If you like your foods on the spicy side, you can add some chilies to the recipe.

**Makes:** 10 pints

**Cooking + Prep Time:** 3 & 1/2 hours

**Ingredients:**

- 3 & 1/2 cups of sugar, granulated
- 1/2 cup of pickling salt or canning salt
- 1/4 cup of mustard, prepared
- 5 cups of vinegar, white
- 2 pounds of peeled, quartered small onions
- 4 pounds of cucumbers, pickling – 4-5 inches long, washed, cut into 1-inch slices
- 2 cups of 1/2-inch cut carrots

- 4 cups of 1-inch cut pieces of celery
- 2 cups of florets, cauliflower
- 2 cups of peeled, de-seeded, 1/2-inch cut pieces of red peppers, sweet
- 2 tbsp. of mustard seeds
- 3 tbsp. of celery seeds
- 1/2 tsp. of turmeric, ground
- 1/2 tsp. of cloves, whole

**Instructions:** 1. Combine the veggies together. Cover with two inches of crushed or cubed ice. Place in your fridge for three or four hours.

2. Combine mustard and vinegar in an 8-qt. kettle. Combine well.

3. Add the turmeric, cloves, mustard seed, celery seed, sugar and salt.

4. Bring mixture to boil.

5. Drain the vegetables. Add them to kettle with pickling ingredients. Cover the kettle and bring slowly to boil.

6. Drain the vegetables. Reserve the pickling solution.

7. Ladle the veggies into sterile pint or quart jars. Leave 1/2" at the top.

8. Add pickling solution to jars. Make sure you still have 1/2" at top.

9. Adjust the lids as needed. Place jars into simmering water. Make sure the water covers them completely. Bring to boil and process for about 20 minutes. Remove the jars and allow to cool. Label jars and store in cool, dark place.

## **Pear & Ginger Preserves**



These delightful preserves make a thoughtful, wonderful gift for friends, neighbors or coworkers. They taste great on crackers and muffins, or you can use them as a baked ham condiment.

**Makes:** 4 cups

**Cooking + Prep Time:** 13 hours & 40 minutes including 13 hours setting time  
**Ingredients:**

- 1 lemon, large, chopped and de-seeded
- 6 cups of pears, Bartlett or Bosc
- 1-2 tbsp. of fresh ginger, grated and peeled
- 1/4 cup of liqueur, pear flavor
- 1/2 cup of water, filtered
- 4 cups of sugar, granulated

**Instructions:**

1. Combine pears, lemon, ginger and pear liqueur in large sized sauce pan. Add sugar and stir. Bring to boil.

2. Reduce the heat. Simmer for 15 minutes and remove from the heat.
3. Cover. Allow to stand for 12 hours without refrigeration.
4. Remove cover from pan. Bring to boil on high heat. Lower the heat and simmer the pear mixture for an hour and 15 minutes and stir occasionally. It should thicken.
5. Place a cup of preserves into each of your four 8-oz. jars. Cover with the lids. Place upside down on wire rack to cool. Chill. They will keep in your fridge for up to 6 weeks.

## **Tomato Bell Pepper Salsa**



This is a simply delicious recipe for chunky salsa with tomatoes and bell peppers. I've tried many other salsa recipes, but I always seem to come back to this one. I never get bored of the mixture of flavors.

**Makes:** 10 pints

**Cooking + Prep Time:** 1 hour & 5 minutes

**Ingredients:**

- 4-5 de-seeded, chopped jalapeno peppers
- 15 minced cloves of garlic
- 1 chopped rib of celery
- 1 chopped red pepper, sweet, medium
- 4 chopped green peppers, medium
- 35 peeled, quartered tomatoes, medium
- 2 x 12-oz. cans of tomato paste
- 3 chopped onions, large
- 1/2 cup of sugar, granulated
- 1 & 3/4 cups of vinegar, white
- 1/4 – 1/2 tsp. of pepper sauce, hot
- 1/4 cup of canning salt

**Instructions:**

1. Cook the tomatoes in uncovered large stock pot for 20 minutes on med. heat.
2. Drain the tomatoes. Reserve the two cups of liquid. Return tomatoes to same pot.
3. Stir in reserved tomato liquid, hot pepper sauce, canning salt, jalapenos, garlic, celery, red pepper, sugar, vinegar, tomato paste, onions and green peppers.
4. Bring to boil and then reduce the heat. Leave stock pot uncovered and stir frequently while simmering for an hour.
5. Ladle the hot mixture in 10 x 1-pint jars. Leave 1/2 inch at the top. Move jars to remove air bubbles. Wipe the jar rims. Screw on the bands until they are tight to the feel.
6. Place jars in canner along with simmering water. Be sure they are covered completely. Bring water to boil and process for about 20 minutes. Then remove the jars and allow to cool.

**Balsamic Plum Basil Preserves**



This is a very easy recipe, so it's a good one to start off with, if you've never canned before. Everyone I've served these plum preserves to has absolutely loved them.

**Makes:** 3 cups

**Cooking + Prep Time:** 2 & 1/2 hours

**Ingredients:**

- 1 & 1/2 cups of sugar, granulated
- 4 & 1/2 cups of unpeeled, diced plums
- 1 x 1 & 3/4-ounce pkg. of fruit pectin, powdered
- 3 tbsp. of vinegar, balsamic
- 1 tbsp. of chopped basil, fresh

**Instructions:**

1. Stir all ingredients except for the basil into a 4-quart glass bowl.
2. Microwave on High setting for eight minutes. Expect the mixture to boil.
3. Stir the mixture. Microwave for 8-10 more minutes on High. It should thicken to a texture like that of maple syrup.
4. Stir the basil into the warm preserves. Cool the mixture for about two hours, until completely cool.
5. Cover. Chill preserves in airtight container until you want to serve them. They will keep in your refrigerator for up to three weeks.



## Authentic Canned BBQ Sauce



I used to be on the fence about barbeque sauce, but since I started canning with this recipe, I'm a regular BBQ fan. I have the chance to customize the heat, flavor and sweetness myself, so I make it the way my family loves it.

**Makes:** 3 pints

**Cooking + Prep Time:** 3 hours and 20 minutes

**Ingredients:**

- 1 tbsp. of pepper flakes, hot
- 3 chopped garlic cloves
- 2 cups of onions, chopped finely
- 21 medium tomatoes, cored, peeled and chopped
- 1 & 1/2 cups of brown sugar, packed lightly
- 1 tbsp. of celery seeds
- 1/3 cup of lemon juice
- 1 cup of vinegar, white
- 1 & 1/2 tbsp. of ground nutmeg or mace

- 2 tbsp. of salt, kosher
- 1 tsp. of ginger, ground
- 1 tsp. of cinnamon, ground
- 1 tbsp. of mustard, dry

1. Combine the tomatoes with the celery seeds, pepper flakes, garlic and onions in large steel sauce pan.
2. Bring to boil on high heat while stirring constantly. Lower the heat. Cover the pan. Gently boil for about 1/2 hour, until the veggies have softened.
3. Transfer the mixture in batches to sieve over glass bowl. Press using the back of a large spoon so that all pulp and liquid are extracted. Discard the solids.
4. Return the pulp and liquid to the sauce pan. Add the brown sugar, cinnamon, ginger, mustard, mace, salt, lemon juice and vinegar. Return to boil on med-high and stir occasionally.
5. Reduce heat. Allow to gently boil for about 1/2 hour while you stir frequently, till the mixture is thicker, about the consistency of bottled BBQ sauce.
6. Heat the jars you will be using in simmering hot water until you are ready for them. Do not allow them to boil. Wash the lids in soapy, warm water. Set the bands aside.
7. Ladle the hot sauce into jars. Leave 1/2 inch open at top. Remove the air bubbles and wipe the rims. Apply lids until hand-tight. Place jars in the canner with boiling water.
8. Process the jars in the canner for about 20 minutes, as adjusted for altitude. Remove the jars. Allow to cool.
9. Check the lids to make sure they are sealed properly after a day.

## **Strawberry with Basil Preserves**



I love strawberries on and in so many dishes. If I don't have any in my garden I pick up a couple flats at the local farmer's market for this recipe. The basil

**Makes:** this a truly unique recipe, and you can't QUITE taste it, but it deepens the flavor of the berries.

**Makes:** 18 pints

**Cooking + Prep Time:** 40 minutes

**Ingredients:**

- 1 tsp. of butter, unsalted
- 5 cups of strawberries, crushed
- 1/2 cup of minced basil, fresh
- 7 cups of sugar, granulated
- 1 x 1 & 3/4-oz pkg. of fruit pectin, powdered

1. Combine butter and strawberries in Dutch oven. Stir pectin into mix. Bring to full boil on high heat. Stir constantly. Stir in the sugar and return to full boil for about a minute. Stir in basil immediately.

2. Remove pot from heat and skim off the foam.

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pint jars. Leave 1/4" open at the top. Move jars to remove the air bubbles. Add more mixture if needed. Screw lids on tightly.

4. Place jars in canner with water at a simmer. Be sure the water covers the jars completely. Bring to boil and process for about 10 minutes. Then remove the jars and allow to cool.

## **Dandelion Jelly**



This jelly was such an enjoyable project for my family. I wasn't sure about the taste – I mean, I don't usually EAT dandelions – so I just made one batch. I'll be making more, since it is so delicious. I think I'd like to give it away with a pretty bow for Christmas.

**Makes:** 7-9-pint jars

**Cooking + Prep Time:** 45 minutes

**Ingredients:**

- 4 & 1/2 cups of sugar, granulated
- 2 tbsp. of lemon juice
- 3 cups of tea, dandelion
- 1 box of pectin, powdered

**Instructions:**

1. Add the lemon juice, dandelion tea and box of powdered pectin in a large sized sauce pan. Bring to boil.

2. Add sugar. Return to boil. Boil for one to two more minutes.
3. Remove mixture from heat. Fill jars, leaving 1/2" open at the top. Process by altitude (see chart in introduction) and store in refrigerator.

## **Chicken & Veggie Soup**



Is there anything better and more comforting than homemade chicken soup with vegetables or noodles? I combine the ingredients and when they are simmering, the kitchen smells SO good. I serve it with some of my home-made bread.

**Makes:** 8 pints

**Cooking + Prep Time:** 1 & 1/2 hours

**Ingredients:**

- 4 cups of chopped, cooked chicken
- 4 quarts of broth, chicken – homemade, if possible
- 4 cups of mixed veggies, like onions, carrots and celery
- 1 garlic clove

- Kosher salt
- Ground pepper

**Instructions:**

1. Place cooked chicken and broth in large sized stock pot. Bring to boil.
2. Chop your veggies. You can mix and match your favorite vegetables, as long as you have four cups in total, more or less.
3. Add the vegetables to the pot. Bring to boil.
4. Add salt & ground pepper.
5. Add the garlic and any other seasonings you'd like.
6. Use a slotted spoon to add solid ingredients to jars. The solids should not fill any more than 1/2 of each jar. Then top jars off with the broth. Leave an inch at the top.
7. Place lids on the jars. Process using the instructions from pressure canner.

**Rhubarb Jelly Preserves**



This rhubarb jelly always has me curious – it tastes much better than the rhubarb plant looks. It’s also easier to make than I ever would have guessed. It’s a good recipe to start on if you don’t have a lot of experience in canning or preserving.

**Makes:** 64 Servings

**Cooking + Prep Time:** 35 minutes

**Ingredients:**

- 7 cups of sugar, granulated
- 4 & 1/2 – 5 lbs. of 1-inch cut pieces of rhubarb



- 2 x 3-oz. pouches of fruit pectin, liquid
- 1-2 drops of food coloring, red, if desired

**Instructions:**

1. Grind rhubarb using grinder or food processor.
2. Line strainer with 4 cheesecloth layers. Place over large bowl.
3. Place the rhubarb in the strainer. Cover with cheesecloth edges. Allow to stand for 1/2 hour. Pour the juice into Dutch oven and add the sugar. Add the food coloring, if you desire.
4. Stir constantly and bring to boil on high. Add the pectin and bring up to full boil. Leave there for a minute, constantly stirring.
5. Remove from heat. Allow to stand for several minutes. Skim off any foam.
6. Ladle mixture carefully into hot jars. Leave 1/4" space at top. Remove the air bubbles. Adjust the lids. Process for 10 minutes in boiling water canner.

**Pickled Onions**



I always have pickled onions in my fridge, regardless of the season. The condiment has the look of jewels, and its zesty flavor adds tang and color to many dishes. It takes less than an hour to preserve and you'll love that you spent the time doing it.

**Makes:** 6 pints

**Cooking + Prep Time:** 50 minutes

**Ingredients:**

**For the brine**

- 2 cups of vinegar
- 4 cups of water, filtered
- 7 tbsp. of salt, kosher
- 2/3 cup of sugar, granulated

**For the pickles**

- 3 & 1/2 tsp. of salt, kosher
- 4 lbs. of onions, red
- 6 bay leaves
- 3 tsp. of peppercorns

### **Instructions:**

1. To create the brine, combine the water, salt, vinegar and sugar in sauce pot. Simmer on low heat. Stir often, until the sugar and salt dissolve. Set the pan aside until you are ready for the mixture.
2. Trim onions. Slice them thinly into strips.
3. Toss the onions with 1 & 3/4 tsp. of salt. Allow to set for 1/2 hour. Rinse.
4. Distribute bay leaves and peppercorns evenly in your jars.
5. Add roughly 1/2 pound of onions to each of your six jars. Press with tongs and pack loosely.
6. Cover onions with brine and leave 1/2 inch of space at the top.
7. Clean rims of jars with a clean towel. Place lids on jars. Seal with bands, using fingertips only.
8. Process for 8-10 minutes. When timer goes off, remove jars from hot water bath with a jar lifter. Place them on towels. Allow to cool for about 24 hours.
9. After a day, remove bands and test the seals. The jars that have good seals are fine to keep in cool, dark place for up to one year. In cases where the seal was broken, store in your fridge and use it within two weeks.

### **Stone Peach Preserves**



There is nothing like the taste of a ripe, sweet peach. It's so welcoming. When picked at the peak of freshness, you can smell the scent, and you just know it will taste great. Now my family enjoys that great taste any time of year.

**Makes:** 3 cups

**Cooking + Prep Time:** 2 hours & 35 minutes

**Ingredients:**

- 1 & 1/2 cups of sugar, granulated
- 3 tbsp. of lemon juice, fresh
- 4 & 1/2 cups of peaches, peeled, diced
- 1 x 1 & 3/4-ounce pkg. of fruit pectin, powdered

**Instructions:**

1. Stir all ingredients together in a large glass bowl.
2. Microwave the mixture on high for eight minutes. The mixture will come to boil. Stir the mixture. Microwave at 8-10 minutes on high until the mixture thickens.

3. Completely cool the mixture for about two hours. Cover. Chill in airtight container until you want to serve them. They can be stored in your fridge for up to three weeks.

## Fig Preserves



OK, so I planted too many figs last year. We ate a lot of them, but still had some left over. So, I decided I'd make preserves with the extras. You can use this recipe if you like plain figs or add peaches for a delightful taste.

**Makes:** 5-7 pints

**Cooking + Prep Time:** 4 hours & 45 minutes including 3 hours of setting time **Ingredients:**

- 5 lbs. of quartered or halved figs
- 5 lbs. of sugar, granulated

**Instructions:**

1. Wash figs. Trim off stem ends. Place figs in large pot. Cover with sugar. Set them at room temperature for about three hours.
2. Heat sugar and figs while stirring, on medium heat. Once sugar dissolves, raise heat to high. Bring to hard boil. Lower heat to med-low. Boil gently for 40 minutes. Stir frequently.
3. Preserves are finished when surface foam dissipates. A spoon inserted in mixture should come out coated on the back.
4. Ladle syrup and figs into sterilized, hot jars. Leave 1/4” of head space. Wipe jar rims clean. Place lids on and screw tight.
5. Put filled jars in canning pot. Cover with water that extends two inches above the tops of the jars.
6. Bring to boil. Boil for 13-15 minutes. Remove jars with tongs. Place on clean towel. Let the jars completely cool before moving them. Store in cool, dark area.

**Canned Pesto**

This pesto recipe includes fresh basil and several other easy to find

ingredients. You can use it on pasta or spread on bread. It's so tasty.

**Makes:** 1 pint

**Cooking + Prep Time:** 45 minutes

**Ingredients:**

- 2 minced medium garlic cloves
- 1/3 cup of pine nuts
- 1/2 cup of grated Parmesan cheese
- 1/2 cup of oil, olive
- 2 cups of basil, fresh
- 1/4 tsp. of kosher salt, coarse
- 1/4 tsp. of black pepper, ground

**Instructions:**

1. Rinse the basil leaves. Pat them dry. Add to food processor along with pine nuts. Pulse a few times. Add oil. Blend till the mixture is smooth.
2. Add Parmesan cheese. Pulse. Scrape down the sides.
3. Mince a clove of garlic. Add to processor. Pulse again. Have a taste now to see if you want to use the other clove of garlic, or not. Add kosher salt and ground pepper. Blend again.
4. Transfer pesto to clean pint jar. You will notice a thin oil layer accumulating on top. This is fine. Twist lid onto jar. Store in refrigerator.

**Ginger & Nectarine Preserves**



If there is anything better than nectarines, it's nectarines with the taste of ginger. My family eats a lot of stone fruits, like nectarines, peaches and plums. This recipe is like keeping summer in a jar and opening it whenever you like.

**Makes:** 3 cups

**Cooking + Prep Time:** 2 hours & 25 minutes

**Ingredients:**

- 1 & 1/2 cups of sugar, granulated
- 4 & 1/2 cups of unpeeled, diced nectarines
- 3 tbsp. of lemon juice, fresh
- 1/3 cup of ginger, minced and crystallized
- 1 x 1 & 3/4 pkg. of fruit pectin, powdered

**Instructions:**

1. Stir all ingredients together in large glass bowl.
2. Microwave on High for eight minutes. It will boil don't worry.
3. Stir the mixture. Microwave for 8-10 minutes on high until it thickens.



4. Cool the mixture well, for two hours or so.
5. Cover. Chill in airtight container. They will keep in your fridge for up to three weeks.

## Sweet Pickles



It can be a bit tricky to catch cucumbers JUST when you want them. They go from tiny to huge in less than a day! So, I adapted this recipe to use with larger cucumbers, and you can still get the sweet and tasty gherkin texture and flavor from them.

**Makes:** 4 quarts

**Cooking + Prep Time:** 2 hours & 50 minutes including 2 hours setting time

### **Ingredients:**

- 3 tbsp. of salt, canning
- 3 & 3/4 cups of vinegar, white
- 4 cups of sugar, granulated
- 4 lbs. of cut 6" spears of cucumbers

- 4 tsp. of cloves, whole
- 4 cinnamon sticks
- 4 tea bags, black
- 2 tsp. of diced or sliced ginger, fresh

**Instructions:**

1. Cover the spears of cucumbers with boiling hot water. Allow to stand for about two hours and then drain.
2. Combine vinegar, sugar and salt in sauce pan. Bring to boil.
3. In wide mouth, heated jars, place 1/2 tsp. of ginger, 1 tsp. of cloves, 1 cinnamon stick and 1 tea bag – contents only – not the bag, string or tag.
4. Pack cucumber spears into heated jars. Ladle vinegar/sugar over the spears. Leave 1/2 inch of head space.
5. Rotate jars to remove bubbles. Wipe rim of jars to make sure you'll have a good seal.
6. Adjust rings and lids to finger tight. Process for 15 minutes in boiling water bath.
7. Carefully remove from bath. Place on towel on your counter.
8. Allow the jars to sit undisturbed overnight. Check the seals the next day. If any of the jars didn't seal fully, refrigerate them. The rest can be stored in a cool, dark place.

**Pineapple & Orange Freezer Preserves**



If you haven't tried many recipes yet, this is an easy one to start with. You can use instant pectin and you don't have to do a lot of cooking. They're not even processed with boiling water. Even though it's easy, it's still very tasty.

**Makes:** 4 x 1/2-pint jars

**Cooking + Prep Time:** 1 hour & 5 minutes

**Ingredients:**

- 2 & 1/2 cups of orange sections, chopped
- 1 & 1/2 cups of sugar, granulated
- 1 x 8-ounce can of undrained pineapple in its own juice, crushed
- 2 tbsp. of lemon juice, fresh
- 2 x 0.6-ounce pkgs. of pectin, instant

**Instructions:**

1. Stir together the sugar, orange sections, lemon juice and pineapple in medium sized glass bowl. Allow to stand for 15 minutes.

2. Add in the pectin gradually and stir for three minutes. Allow to stand for 1/2 hour.
3. Spoon the mixture into 1/2-pint, clean jars or other freezersafe containers. Leave 1/2" of head space. Seal the jar, label it and freeze it upright. Can be stored in freezer for up to a year. Thaw for a day in the fridge before serving.

## **Tomato Jam**



Tomatoes are a great choice for making savory jam at the end of your summer season. This recipe pairs them with cinnamon, cumin and ginger. The jam tastes great on grilled cheese sandwiches and BLTs, and it serves as a tasty condiment for burgers or grilled fish.

**Makes:** 3 x 1/2-pint jars

**Cooking + Prep Time:** 3 hours & 20 minutes

**Ingredients:**

- 2 cups of sugar, granulated
- 3 lbs. of cored, chopped tomatoes, top quality
- 1 tbsp. of ginger, grated, fresh

- 1/4 cup of lemon juice, fresh squeezed
- 1 tsp. of salt, kosher
- 2 tsp. of pepper flakes, red
- 1/4 tsp. of cumin
- 1/2 tsp. of cinnamon

**Optional:** 2 tbsp. of pectin, liquid

**Instructions:**

1. Combine the tomatoes, cumin, cinnamon, salt, pepper flakes, ginger, lemon juice and sugar in a large pot.
2. Bring to boil on med-high. Stir frequently. Lower heat. Simmer till mixture has a consistency like typical fruit jam. This will take about 2 & 1/2 hours.
3. Add pectin, if you are using. Allow to simmer for another minute.
4. Ladle hot jam into your sterilized, hot jars. Leave 1/4" of head space. Screw lids on jars, barely tightening.
5. Place the jars on a rack in a large pot. Completely cover with water. Cover the pot. Bring to boil on med-high. Boil for about 15 minutes.
6. Turn heat off. Uncover the pot. Allow the jars to rest in the water for about five minutes. Remove the jars from the pot. Allow them to sit unmoved on your countertop for at least six hours. Store in cool, dark place.

## **Glazed Sweet Carrots**



I've been canning carrots for years, but none of the other recipes offer this much great taste! You only need plain water for the canning, and you can add ginger if you like. This recipe works especially well with sliced and baby carrots.

**Makes:** 16 pints

**Cooking + Prep Time:** 1 hour & 10 minutes

**Ingredients:**

- 8 cups of sugar, brown
- About 10 pounds of carrots
- 4 cups of orange juice
- 8 cups of water, filtered

**Instructions:**

1. Wash carrots and drain them. Combine orange juice, brown sugar and water in large sized sauce pan. Heat on medium heat and stir till sugar dissolves. Keep mixture hot. 2. Place the raw carrots in the sterilized, hot jars. Leave an inch of head space. Fill the jars with the hot syrup, still leaving an inch of head space.

3. Tap the jars to remove any air bubbles. Wipe jar rims and screw on the lids. 4. Process jars in a pressure canner for 1/2 hour under 10 pounds of pressure. Store in cool, dry area.

## **Orange Marmalade Preserves**



Homemade orange marmalade has a taste that is sweet and a little bitter, at the same time. It will fill your kitchen with an irresistible aroma, and the jars look like jewels. It's an easy recipe and a jar with a bow

**Makes:** an excellent addition to gift baskets.

**Makes:** 3 pints

**Cooking + Prep Time:** 2 hours & 5 minutes

**Ingredients:**

- 6 cups of sugar, granulated
- 5 lbs. of oranges, ripe

**Instructions:**

1. Wash oranges and dry them. Remove bright colored zest ONLY from orange. Leave the white pith intact for now.
2. Chop the zest you just made. Set it aside.
3. Cut ends from de-zested oranges. Cut off white pith.
4. Work over a large bowl to catch orange juice. Hold fully peeled oranges one at a time and use sharp knife to cut sections out. Squeeze any extra juice out of the orange membrane once you cut all the fruit out, and the seeds, too. They contain pectin, which helps the marmalade to set naturally.
5. Combine juice, fruit, zest, sugar and 4 cups of water in large pot. Bring to boil.
6. Lay cheesecloth in medium bowl. Put seeds and membranes in bowl. Tie cheesecloth corners to hold the seeds and membranes. Add this bag to pot.
7. While mixture is coming to boil, place canning kettle with water on and let it boil.
8. Bring the marmalade up to 220 degrees F. Hold temp there for about five minutes.
9. Put dollop of mixture on chilled plate. Swirl plate to spread out the mixture. Drag a finger through it. If the mixture has set, it will hold a clean, clear track when you run your finger through it.
10. Remove the pectin bag. Squeeze any existing marmalade out and into pot. Discard the bag. Remove marmalade from heat. Allow to sit for five minutes. Set up your jars and lids next to pot.
11. Stir marmalade so that zest is evenly distributed in mixture. Ladle mixture into jars. Leave 1/2 inch of head space. Place lids on your jars.
12. To can the marmalade, place filled jars in canning kettle. Boil for about 10 minutes. Allow them to cool and put them in a cool, dry place.

**Cranberry Sauce Preserves**





Homemade cranberry sauce puts the store-bought cans to shame. It has that fresh cranberry punch and uses less sugar. The hint of fresh orange juice rounds out this smooth gel. Once it's chilled, you may have to guard it from your kids. Mine like it right out of the jar.

**Makes:** 16 Servings

**Cooking + Prep Time:** 55 minutes

**Ingredients:**

- 4 cups of sugar, granulated
- 4 x 12-oz. bags of cranberries, fresh
- 1 fresh orange, juiced, + add water to make 4 cups liquid total
- Zest from 1 orange

**Instructions:**

1. Combine water, zest, orange juice and sugar in large stock pot on high heat. Bring to boil.

2. Add cranberries. Return to boil. Lower heat. Boil gently for about 10 minutes. Cranberries will pop open.
3. Pour into sieve over heat-safe bowl till all that is left is a paste with twigs and seeds from orange zest and cranberries.
4. Pour into hot, sterile canning jars. Leave 1/4" of head space. Wipe rims and place lids on jars. Screw on until fingertip tight.
5. Place jars in canner. Cover using hot water. Bring to boil. Process for 15 minutes. Turn heat off.
6. Remove cover from canner. Leave jars inside for about five minutes and transfer to towel or rack to cool, undisturbed, overnight. Wipe jars down and label them. Store in cool, dark place for as long as 12 months.

## **Pickled Tomatoes**



Yum.... Pickled green tomatoes are a common recipe for fans of the noble pickle. This recipe has a unique taste that pairs well with cheeses, baguettes

and scrambled eggs. It's a bit different than other tomato recipes, in a good way.

**Makes:** 6 & 1/2 pints

**Cooking + Prep Time:** 1 hour & 10 minutes

**Ingredients:**

- 10 peppercorns
- 10 garlic cloves
- 3 quarts of tomatoes, ripe
- 1 bunch of fresh dill
- 1 bunch of coriander
- 1 bay leaf
- 2 cloves
- 6 tsp. of salt
- 6 cups of water, filtered
- 3/4 cup of vinegar, white
- 3 tsp. of sugar, granulated
- 1 chopped chili pepper, if desired
- 1 sliced carrot, if desired

1. Wash the tomatoes. Remove their stems.

2. Prepare the sterilized jars.

3. Place coriander, dill, peppercorns, cloves, bay leaf and garlic in bottom of jars.

4. Place tomatoes on top of spices and herbs till jars are full except for 1/2-inch head space. As you are layering the tomatoes in jars, stuff carrot and pepper pieces in the gaps left by tomatoes.

5. To make brine, add water, sugar, salt and vinegar to medium pot on high heat. Bring to rolling boil. Use glass measuring cup to add hot brine into your jars of tomatoes, covering them. Close lids.

6. Place jars in boiling water bath. Make sure lids are covered. Keep in bath for 15 minutes. Then remove and place on towel on counter until fully cooled.

7. Properly sealed jars can be stored in cool, dark place. If any lids popped, they must be refrigerated, instead.

## **Pepper & Peach Preserves**



OK, I must admit to an addiction to the pepper and peach flavors together in these preserves. The sweetness of the peaches is perfectly offset by the heat of peppers, both jalapeno and red. The jam is versatile, spicy and SO delicious.

**Makes:** 3 cups

**Cooking + Prep Time:** 2 & 1/2 hours

**Ingredients:**

- 1 & 1/2 cups of sugar, granulated
- 1/2 chopped bell pepper, red
- 1 minced jalapeño pepper
- 3 tbsp. of lime juice, fresh
- 4 & 1/2 cups of peaches, peeled, diced
- 1 x 1 & 3/4-ounce packet of fruit pectin, powdered

1. Stir all ingredients together in large glass bowl.
2. Microwave on high for eight minutes. Stir until it thickens.
3. Cool mixture for about two hours.
4. Cover in airtight container. Can be stored in fridge for up to three weeks.

**Apple Butter**



I love making the most delicious foods from scratch. It's an homage to my mother. Apple butter is just one example. You start off with a boatload of applesauce and turn it into apple butter to be stored and used whenever you want it.

**Makes:** 9 quarts

**Cooking + Prep Time:** 12 hours & 50 minutes including 12 hours slow cooker time **Ingredients:**

- 2-3 cups of sugar, granulated
- 1 tsp. of ground cloves
- 2 tbsp. of cinnamon, ground
- 1/2 tsp. of allspice
- 9 quarts of apple sauce

**Instructions:**

1. Making applesauce is step one in making apple butter. If you don't have the time to make your own, just pick some up at your local grocery.
2. Fill your slow cooker within one inch of full. You will add the rest of the applesauce later. Place over low heat. Allow it to boil.
3. As you're waiting for the boil, add your spices – cinnamon, clove and allspice. Add your sugar, as well. If you'd prefer not using sugar, you can use honey or agave.
4. Set slow cooker on low or medium heat. Allow to cook for eight hours. If mixture hasn't yet cooked down, raise the heat. Once mixture is cooked, put the lid on the slow cooker. Set it on so that steam can escape. Allow to cook for six to 18 hours. Stirring it once in a while will keep it from sticking to pot.
5. After cooking the applesauce overnight, the volume will have been reduced by half. Now you can add remaining applesauce and more sweetener. Let it cook for several more hours.
6. Clean jars thoroughly. Be sure they have been cleaned well and dried fully.
7. Blend apple butter in slow cooker until the texture is very smooth.
8. Pour the mixture into your jars. Seal properly. Store in a cool and dark place.

## **Cherry & Jalapeño Preserves**



The seeds of the jalapeños in this recipe will infuse your preserves with heat. It tastes great on toast, sandwiches, or as a sauce for pork chops or blackened chicken. You can also use it with cheese and crackers as an appetizer.

**Makes:** 4 cups

**Cooking + Prep Time:** 1 & 1/2 hours

**Ingredients:**

- 1 cored, chopped large apple, Granny Smith
- 1 & 1/2 tsp. of ginger, ground
- 2/3 cup of vinegar, cider
- 1 & 1/2 cups of water, filtered
- 2 cups of sugar, granulated
- 1/2 tsp. of cinnamon, ground
- 1 dash each salt, ground nutmeg and ground cloves
- 2 lbs. of pitted, chopped cherries, sweet
- 4 sliced jalapeño peppers



- Instructions:** 1. Combine all your ingredients in a heavy, large sauce pan. Bring to boil. Lower heat. Simmer until it has become slightly thick and it has reduced itself to four cups.
2. Skim foam from the surface of your mixture now and then.
3. Cool and pour mixture into airtight container. The mixture will become thicker as it is cooling. Cover. Chill.
4. Refrigerate the preserves in airtight container for as long as three weeks.

## Spicy Lemon Beans



I'm not the biggest raw bean fan, I'll admit. I do like bean salad, just not all that often. But this recipe has changed my mind somewhat. These beans are simply delicious and since they have just a hint of lemon, it adds something unique.

**Makes:** 3-4 pints

**Cooking + Prep Time:** 1 hour & 20 minutes

**Ingredients:**

- 2 & 1/2 cups of vinegar, apple cider
- 2 pounds of cleaned, trimmed, sliced green beans
- 1 tbsp. of salt, kosher
- 1 & 1/2 cups of water, filtered
- 1 tbsp. of pickling spice
- Lemon rind strips
- 1 tbsp. of sugar, granulated

**Instructions:**

1. Prepare your canning jars, rims and lids.
2. Combine sugar, water, vinegar and salt in sauce pan. Bring mixture to boil.
3. Add beans. Cover and return to boil. Boil for a minute.
4. Remove beans. Bring liquid back to boil.
5. Remove your hot jars from water bath canner. Drop flat lids in boiling water.
6. Add 1 strip lemon rind and 1 tsp. of pickling spice to all jars.
7. Add beans to jars, and pack lightly.
8. Pour hot vinegar liquid in each jar. Fill except for 1/2-inch head space.
9. Wipe rims of jars and apply flat lids to them. Apply bands.
10. Process for 10 minutes in boiling water bath canner. Store in cold, dark place.

## **Pineapple Zucchini**



When you chop and cook zucchini in sugar, lemon juice and pineapple juice, it really picks up taste from them, especially the pineapple flavor. It

**Makes:** the house smell like pineapple and it tastes just wonderful.

**Makes:** 4 quarts

**Cooking + Prep Time:** 1 hour

**Ingredients:**

- 3 cups of sugar, granulated
- 1 x 46-oz. can of pineapple juice, unsweetened
- 1 & 1/2 cups of lemon juice, bottled
- 4 quarts of diced or grated zucchini

**Instructions:**

1. Remove peels and seeds from zucchini. Cube or grate the zucchini into cubes.
2. Mix all the ingredients well. Stir frequently while simmering for 20 minutes.
3. Fill hot, clean jars with zucchini mixture. Leave 1/2 inch of head space. Adjust the lids and process them for 15 minutes.

4. Remove the jars. Allow them to completely cool. Test the seal. Store in cool, dry place.

## Cucumber Relish



Pickle relish is always a welcome topping for bratwurst and hot dogs. This recipe **Makes:** it easy and quickly, and the canning offers a long storage time.

**Makes:** 3 quarts

**Cooking + Prep Time:** 2 hours & 10 minutes

### **Ingredients:**

- 1 cup of chopped onion
- 3 pounds of cucumbers, pickling
- 1-2 cups of sugar, granulated
- 1/4 cup of pickling salt
- 4 minced garlic cloves
- 3 cups of vinegar, white
- 2 tsp. of mustard seed

- 2 tsp. of celery seed
- 1 dash of turmeric

**Instructions:**

1. Trim cucumber ends. Cut them lengthways. Remove seeds. Cut in chunks.
2. Dice cucumbers in small pieces. You can use a food processor if you like. Make sure not to overprocess. You don't want it mushy.
3. Dice onions. In large sized pot, combine onions, salt and cucumbers. Cover. Set aside for two to three hours.
4. In mesh sieve, drain onions and cucumbers. Remove as much moisture as you can. Press to remove excess moisture.
5. To create brine, combine the vinegar with turmeric, celery seed, mustard seed, garlic and sugar in large sized pot. Bring to boil.
6. Add drained onions and cucumbers. Return brine to boil. Simmer for about 10 minutes.
7. Fill jars with your pickle relish. Leave 1/4 inch of head space. Wipe the jar rims and place lids on. Process jars in boiling water bath for about 10 minutes.
8. Remove relish jars and allow to sit without being disturbed until they are cool. Make sure seals are good. Store in a cool and dark place.

**Pizza Sauce**



This is simply an awesome sauce. Sometimes I peel the tomatoes, but usually I core and puree them in a food processor. They make the most of the taste of pizza, which is already pretty great.

**Makes:** 6 pints

**Cooking + Prep Time:** 2 hours and 40 minutes

**Ingredients:**

- 2 peeled, cut onions, large
- 4 seeded, cored, quartered bell peppers, large
- 1 garlic bulb, separated and peeled
- 10 lbs. of halved or quartered tomatoes, ripe
- 1 cup of chopped basil leaves, fresh
- 4 tsp. of salt, kosher
- 1 tsp. of black pepper, ground
- 1/2 cup of chopped oregano, fresh

**Instructions:**

1. Preheat the oven to 450F.

2. Place the tomatoes, bell peppers, garlic and onion on rimmed baking sheets. Place in the preheated oven. Roast for 1/2 hour to 40 minutes, till veggies are soft and the tomato skins have blistered.

3. Remove veggies from the oven. Drain off any excess water. Place the vegetables in your food processor and use the puree option until the mixture is smooth.

4. Pour pepper, herbs, sauce and salt in a slow cooker. Leave lid off. Turn slow cooker to low. Stir occasionally while cooking until sauce is like paste in consistency.

5. Pour hot sauce into your jars. Leave 1/2" of head space. Place on lids and their rings. 6. Process for 30-35 minutes at 10 pounds of pressure - adjusted for elevation – see the chart in the Introduction.

## Conclusion

This canning and preserving cookbook has shown you...

... that when you decide to preserve your own food, you are freezing time or encouraging good bacteria to grow, which will crowd out bad bacteria.

I started with the simplest canning method, water bath canning, which has you filling jars with acidic foods like cucumbers or tomatoes, covering them with lids and boiling in water until the jars form seals under their lids. This action will force all the air from your food and the jar, and create a vacuum, where bacteria can't thrive.

So, what can you do now?

Water bath canning provides you with all kinds of tasty foods, like pickles, tomatoes, jellies and jams. It's a great place for you to start canning. I also included some pressure canning recipes. They require some additional equipment, but they will give you another world of flavor options. You don't have to use pressure canning, but if you want the option of storing ingredients for all kinds of food, you may want to look into it.

Have fun experimenting! Enjoy the results!