

# CANNING & PRESERVING COOKBOOK

## FOR BEGINNERS

Natalia Mazzone

**400**

Delicious Recipes  
for Meals in a Jar!

**1500**

Days of Tasty  
Homemade Recipes

A Book About the Basics of  
Canning and Preserving Food  
Along with 400 Amazing Recipes



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# **Canning and Preserving Cookbook for Beginners**

*A Book About the Basics of Canning and  
Preserving Food Along with 400 Amazing  
Recipes*

*Natalia Mazzoni*

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# Introduction

Canning appears to be somewhat outdated. A saucepan is gently filled with hot jam or pickle jars that have two-piece lids on top. These sealed, shelf-stable goods are placed on a pantry shelf after being cooked and may be used all year. However, the method of home canning as we know it is very new. Napoleon and his trials to feed an army made canning a military enterprise before and even after the invention of the self-sealing Mason jar in the 1850s. Homemakers were more inclined to preserve and store vegetables in vats of intensely salted, sweetened, and spiced vinegar brines in the nineteenth century than keep these containers in cold pantries for months at a time. The 1879 publication *Housekeeping in Old Virginia* had recipes for brines that used two pounds of sugar for every gallon of vinegar. It was a brine that was "strong enough to bear an egg" and was acidic enough to prevent the spoilage of almost everything. Some of the recipes in this cookbook advised brining vegetables for at least six months before using them. The variety of vegetables that were preserved in this fashion, including lemons, cabbage, green tomatoes, and melon rinds, is what makes the collection of recipes in *Housekeeping* so extraordinary. Reusable Mason jars and their trustworthy two-piece lids brought about a more convenient method of food preservation, but other preservation principles—how it prevents food from spoiling—remained a mystery. Scientists at the USDA made a significant discovery in 1915 when they discovered the bacteria that causes botulism poisoning. Scientists eventually came up with the three safety pillars of canning: acidity, heat, and an anaerobic (airless) condition that would guarantee shelf stability. However, there is still significant disagreement over safe canning procedures between American food experts and ordinary chefs. One of the major causes of contention is the open-kettle method, in which hot

food is placed into a heated jar, covered with a cap, and left on the counter to seal itself. Although this technique was widely used in the past, American food scientists no longer support it. The food still has a chance of spoiling even if the jar seals since it was never sterilized in hot water.

The strong acidity of the foods (fruits) that go into several of the preserved foods in this book, such as jams, jellies, and other sweet spreads, makes them well-suited for preservation. Some of them, like chutneys and some pickles, are concoctions of high-acid and low-acid items (such meats, all vegetables, and occasionally tomatoes), which are kept fresh by precise quantities of sugar salt, and/or vinegar. Others, like fruits and vegetables canned without sugar, salt, or vinegar, are made free of harmful toxins and hence safe to consume by processing at high temperatures for the required lengths of time.

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# Chapter 1: Canning and Preserving



Microorganisms, particularly molds, yeasts, and bacteria, must be removed in order to preserve food. Not all molds and yeasts in food are dangerous, as anybody who has enjoyed a slice of blue cheese or a loaf of sourdough bread will attest. Bacteria play a key role in other processes, such as the production of sauerkraut. However, generally speaking, food preservation calls for reducing microbial activity as much as is practical. It is unpleasant to open a jar of jam only to find that a mold family has moved in on the exterior. This can happen if a container is not properly sterilized. If you see mold on the surface of a preserve's jar, throw it away.) Heat, acidity, and an airtight seal work together to ensure the security of a jar's contents. Since most bacteria, yeasts, and molds frequently have low heat tolerances, heating food to the point where water boils will destroy the bulk of these microorganisms. The bulk of these spoilers also needs oxygen to survive, which is cut off by an airtight barrier. Therefore, cooking preserves in a jar while sterilizing food in a water bath destroys germs and forces air out of the jar, allowing the lid to seal when the jar cools.

Even while an airtight barrier keeps oxygen and new germs out, it can also be the perfect habitat for the dangerous bacterium *Clostridium botulinum*. The bacteria *Clostridium botulinum*'s spores grow in an anaerobic environment. The toxin produced by these spores, when consumed, produces botulism poisoning, a risky and occasionally fatal illness. In this case, acid is employed. *Clostridium botulinum* is susceptible to acid. Botulism spores need an acidic environment to survive in the jar. The other approach for eradicating botulism involves processing jars at temperatures far higher than the boiling point of water. Due to the fact that water boils at a higher temperature while under pressure, foods that are not acidic enough to avoid botulism must be processed in a pressure canner.

## **1.1 History of Preserving**

Canning appears to be somewhat outdated. A saucepan is gently filled with hot jam or pickle jars that have two-piece lids on top. These sealed, shelf-stable goods are placed on a pantry shelf after being cooked and may be used all year. However, the method of home canning as we know it is very new. Napoleon and his trials to feed an army made canning a military enterprise before and even after the invention of the self-sealing Mason jar in the 1850s. Homemakers were more inclined to preserve and store vegetables in vats of intensely salted, sweetened, and spiced vinegar brines in the nineteenth century than keep these containers in cold pantries for months at a time. The 1879 publication *Housekeeping in Old Virginia* had recipes for brines that used two pounds of sugar for every gallon of vinegar. It was a brine that was "strong enough to bear an egg" and was acidic enough to prevent the spoilage of almost everything. Some of the recipes in this cookbook advised brining vegetables for at least six months before using them. The variety of vegetables that were preserved in this fashion,

including lemons, cabbage, green tomatoes, and melon rinds, is what makes the collection of recipes in Housekeeping so extraordinary. Reusable Mason jars and their trustworthy two-piece lids brought about a more convenient method of food preservation, but other preservation principles—how it prevents food from spoiling—remained a mystery. Scientists at the USDA made a significant discovery in 1915 when they discovered the bacteria that causes botulism poisoning. Scientists eventually came up with the three safety pillars of canning: acidity, heat, and an anaerobic (airless) condition that would guarantee shelf stability. However, there is still significant disagreement over safe canning procedures between American food experts and ordinary chefs. One of the major causes of contention is the open-kettle method, in which hot food is placed into a heated jar, covered with a cap, and left on the counter to seal itself. Although this technique was widely used in the past, American food scientists no longer support it. The food still has a chance of spoiling even if the jar seals since it was never sterilized in hot water. One woman mentioned that her grandmother used to pour the hot tomato sauce into jars, cover the jars with lids, and store them over the stove until she needed them when our co-author, Kate, and we took acidified foods canning workshop via the University of Wisconsin extension program. A jar would occasionally blow up as a result of ongoing microbiological activity. The mess would be sufficient justification for not using this approach. It is common to discover recipes for marmalades that don't call for water-bath processing after the marmalade is packed in jars, despite the fact that many well-known European jam producers support this method. The idea makes sense because marmalade is often stable on its own, the fruit has a strong acid content, and sugar itself serves as a preservative. The moment at which we can be certain that the jar, the lid, and the contents are sterilized is at least 10

minutes, yet despite this, we always boil jam jars in water. Contradictory information keeps getting spread as canning and preserving become more and more popular. In the meanwhile, cautions from jargon-filled government manuals may deter a beginner from even trying. To safely can, you don't need a doctorate or access to a sterile lab. You do need to comprehend a few truths, though.

## **1.2 Home Canning**

You may enjoy eating fresh, tasty food all year long thanks to home canning. Although food preservation in jars can seem dated, it is actually fairly easy and just as useful as the newest health food craze or gourmet dish! Home canners reap the benefits of a variety of handmade foods, sides, and snacks generated from a single session of preservation. Given today's hurried lifestyles, home food preservation produces goods that are time-saving while preparing meals every day. Individual jars preserved at home may be served immediately after opening or be used to make quick meals and snacks on the go.

Food preservation is done after preparing it, similar to baking. This method is referred to as "heat processing" for home canning. It is not challenging or time-consuming. The most common home-preserved items actually take less time to prepare than a pizza or bread. While undergoing canning of food at home, it doesn't require room in your freezer or fridge, unlike baking. Foods that are home-canned appropriately can be kept for almost a year in your pantry. When mason jars with metal lids of two pieces and food within are heated, the dangerous bacteria that result in spoiling food are destroyed, followed by making an airtight seal that protects against contamination while the jars are in storage. The amount of acidity in the food being preserved determines the precise processing methods, durations, and temperatures. Mint jelly, Jam, Corn relish,

salsa, and dill pickles are just a few of the five adaptable home-canned delicacies that are prepared in-depth in the book ahead. Take some time to go through this book on Home Food Preservation if you like to have all the information before starting a project.

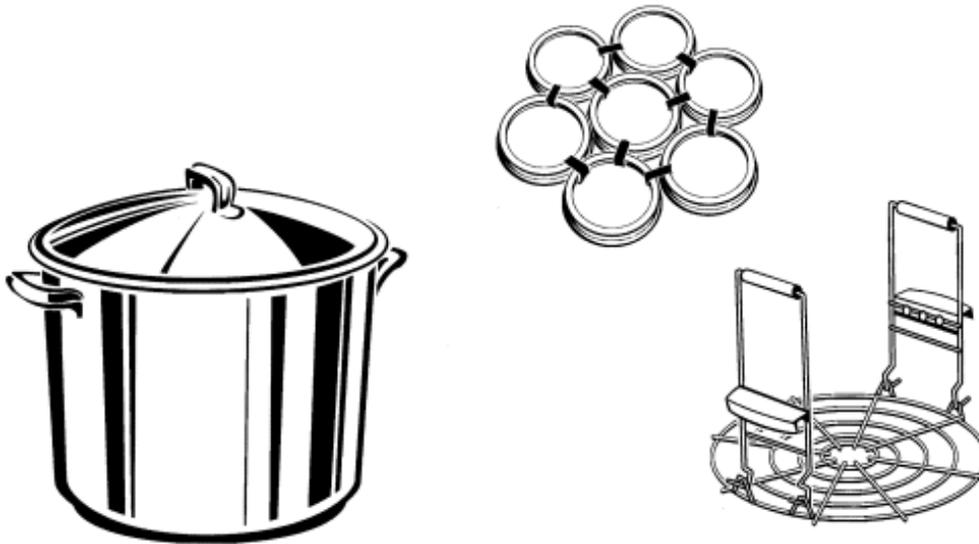
Today's home canned items, such as jams, jellies, tomatoes, fruits, and pickles, fruits, may typically be preserved using kitchenware that you already own. Of course, you will require new two-piece metal lids, canning jars, and a canner to treat the filled jars with heat before you can begin.

### **1.3 Boiling- Water Canner**

In a boiling-water canner, the majority of the recipes stated in the book are heat processed. Most kitchens already have containers that can serve as boiling-water canners; if you have smaller jars, then that's way easier, so you don't necessarily need to rush out and get one. Simply put, a boiling-water canner is a sizable, deep pot with a top and a rack. Boiling-water canners for commercial use are available at cooking supply shops, but before you invest in this specialist equipment, consider whether one of your current pots could work as a good replacement.

Any vessel used to can food in boiling water needs to be big enough to submerge the jars entirely. The pot's height should ideally be more than the jars' height. This way, it leaves enough excess pot height for the water to boil quickly while still allowing space for the jars to be covered by at least 1 inch of water. The jars are simply raised from the surface of the pot by the rack, which keeps them out of direct heat and allows the boiling water to cook the whole jar. The handles on racks made particularly for boiling-water canners enable the rack to be raised and connected to the pot's rim. Do not remove the rack from the container after it is full of jars. To cover the bottom of the pot, you may

alternatively use a cooling rack for cakes or more screw bands tied together. A jar lifter is unquestionably helpful with this kind of rack.



## 1.4 Pressure Canner

A particular piece of equipment called a pressure canner is required to heat the non-acidified meat, fish, poultry, and vegetables, as well as recipes that incorporate one or more of the stated ingredients. There are pressure canners on sale in kitchen supply stores. They are tall, frequently hefty pots with two unique characteristics: a lockable lid and a mechanism for controlling pressure. See *Pressure Canning: Low-Acid Foods* for further information on pressure canners and how to use them.



## **1.5 Canning Jars**

Only canning jars made of glass are advised for safe home canning. Genuine canning jars feature a special threaded neck that is made to fit around the screw bands used for home canning. To allow for the sealing inside the lid, the top of the jar needs to be level, smooth, and free of chips. The size and volume of canning jars must also adhere to accepted heat processing techniques and durations.



## **1.6 Canning Utensils**

There are a few specialized kitchen tools that make canning simpler and safer. However, they are not necessary. These include non-metallic spatulas, canning funnels, magnetic lid wands, and jar lifters.

## **1.7 Factors Affecting Food Preservation**

# Food Preservation



- Interplay of:
- 1) Intrinsic factors
  - 2) Processing
  - 3) Extrinsic factors



## **Processing:**

**Physical:** *heat (most often), non-thermal*

**Chemical:** *acid, preservatives, fermentation*

## **Extrinsic:**

**Packaging:** *atmosphere, relative humidity, physical protection*

**Storage Conditions:** *temperature, atmosphere, relative humidity*

# Chapter 2: Jams, Jellies, and Marmalades



## 1. Salsa Jam

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 40kcal

### Ingredients

- 2 cups peeled tomatoes
- $\frac{2}{3}$  cup chopped red onions
- $\frac{2}{3}$  cup canned tomato sauce
- 3 tablespoons jalapeño peppers
- 3 tablespoons lime juice
- $1\frac{1}{2}$  tsp. s lime zest
- $\frac{1}{4}$  tsp. Tabasco sauce
- 5 cups granulated sugar
- 1 pouch liquid pectin

## Instructions

- Combine the tomatoes, onions, tomato sauce, and jalapenos in an 8-quart stainless steel stockpot. Over medium heat, bring to a boil while stirring continuously. 5 minutes of gentle simmering at a reduced heat with frequent stirring to avoid sticking. Stir in the Tabasco, lime juice, and lime zest, after which you may add the sugar gradually.
- The mixture should be heated over medium-low heat while being regularly stirred to dissolve the sugar. Stirring continuously, raise the heat to medium-high, and bring to a full rolling boil. Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil.
- Turn off the heat and skim any froth from the saucepan. While stirring occasionally, let the jam cool in the saucepan for five minutes. Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## 2. Strawberry Kiwi Jam

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 50kcal

### Ingredients

- 3 cups crushed strawberries
- 3 kiwis, peeled and diced

- 1 tablespoon lemon juice
- 1 box powdered pectin
- 5 cups granulated sugar

### **Instructions**

- Strawberries, kiwi, lemon juice, and pectin should all be combined in an 8-quart stainless steel stockpot. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly.
- Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Fill heated jars with the jam, allowing a headspace of 14 inches. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes.
- From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

### **3. Blackberry Chambord Jam**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 48kcal

#### **Ingredients**

- 5½ cups seedless blackberry pulp
- 1 box powdered pectin
- ½ tsp. unsalted butter

- 7 cups granulated sugar
- 1/4 cup Chambord

### **Instructions**

- The pectin and blackberry pulp should be combined in an 8-quart stainless steel stockpot. When using butter, add it now. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat.
- When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Stir in the Chambord until completely combined after adding. During the waiting period, stir the jam periodically.
- Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes.
- From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **4. Cantaloupe Jam**

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 50kcal

### **Ingredients**

- 7 cups cantaloupe pulp
- 2 cups granulated sugar
- Two tbsps. lemon juice
- 1 tsp. lemon zest

## **Instructions**

- In an 8-quart stainless steel stockpot, add the cantaloupe pulp. Cook for 8 to 10 minutes,
- stirring regularly, until smooth. Bring to a boil over low heat. When the sugar has completely dissolved, add it together with the lemon juice and zest.
- Until the mixture starts to thicken and reaches the jelling stage (220°F at sea level), boil the mixture for another 15 to 20 minutes while stirring occasionally. Skim any froth from the pot after removing it from the heat. Fill the heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles.
- With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **5. Strawberry Jam**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 50kcal

### **Ingredients**

- 4 cups granulated sugar
- 1 1/2 boxes powdered pectin
- 6 cups crushed strawberries

### **Instructions**

- Mix the pectin with 1/4 cup of the sugar in a small bowl until well combined. Strawberries and pectin mixture should be combined in an 8-quart stainless steel stockpot.

While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. Stir in the remaining sugar until all of it has dissolved. Stirring continuously, bring the mixture back to a full rolling boil.

- While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Five minutes should pass while you stir the jam occasionally. Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles.
- With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **6. Kiwi Daiquiri Jam**

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 50kcal

### **Ingredients**

- 2 cups crushed kiwi
- 2/3 cup unsweetened pineapple juice
- 1/3 cup lime juice
- 1/4 cup unsweetened coconut
- 1 box powdered pectin
- 1/4 tsp. unsalted butter
- 3 cups granulated sugar
- 1/4 cup rum or 1/2 tsp. rum extract
- Few drops of green food coloring

## Instructions

- Combine the kiwi, lime juice, pineapple juice, coconut, pectin, and butter, if using, in an 8-quart stockpot. Over medium-high heat, while continually stirring, bring the liquid to a full rolling boil. Stir in the sugar until all of it has dissolved. Bring the mixture back to a high rolling boil while stirring continuously. Boil for one minute while stirring continuously.
- Take the saucepan off the heat, then skim any froth. Rum and any added food coloring should be stirred in. Fill heated jars with the jam, allowing headspace. Squeeze out any air bubbles. Use a clean, wet paper towel to wipe the jar's rims and threads. Screw on heated lids after applying them. 4-ounce, 8-ounce, and pint jars should be processed in a water bath canner for 10 minutes.
- Take out of the water bath canner, then allow it to chill for 12 to 24 hours. While removing the screw bands, inspect the seals. For up to a year, keep jars in a cold, dry, and dark location.

## 7. Strawberry Margarita Jam

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 55kcal

### Ingredients

- 3 cups crushed strawberries
- 2/3 cup lime juice
- 1/2 cup tequila
- 1/4 cup Cointreau or Triple Sec
- 6 cups granulated sugar
- 1/2 tsp. unsalted butter
- 1 pouch liquid pectin

## Instructions

- Strawberries, lime juice, tequila, and Cointreau should all be combined in an 8-quart stainless steel stockpot. If using, stir in the butter after adding the sugar. Stirring continuously, cook the mixture over medium-low heat until the sugar is entirely dissolved.
- Stirring continuously, turn the heat up to medium-high and bring to a full rolling boil. Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. While stirring occasionally, let the jam cool in the saucepan for five minutes. Fill heated jars with the jam, allowing a headspace of 1/4 inch.
- Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## 8. Strawberry Banana Jam

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 55kcal

### Ingredients

- 1 cup mashed ripe bananas
- 1 tablespoon lemon juice
- 4 cups crushed strawberries
- 1 box powdered pectin

- 7 cups granulated sugar

### **Instructions**

- Bananas and lemon juice should be combined in an 8-quart stockpot. Stir in the strawberries after adding them. Add the pectin and stir.
- While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Fill heated jars with the jam, allowing a headspace of 1/4 inch.
- Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **9. Peach Raspberry Jam**

**Prep time:** 24 hours | **Serve:** 8 | **Calories:** 56kcal

### **Ingredients**

- 1 quart whole raspberries
- 2 1/2 cups peaches
- 5 tablespoons lemon juice,
- 6 3/4 cups granulated sugar
- 1/2 tsp. unsalted butter
- 1 pouch liquid pectin

## **Instructions**

- To get the seeds out, press the raspberries through a food mill or fine-mesh sieve. Measure out 1 cup of the puréed raspberry pulp and discard the seeds. Combine the peaches, raspberry pulp, sugar, lemon juice, and butter (if using) in an 8-quart stockpot.
- Stirring continuously, boil the mixture over medium-low heat until the sugar dissolves. Bring the mixture to a full rolling boil by turning up the heat to medium-high. Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Fill heated jars with the jam, allowing a headspace of 1/4 inch.
- Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **10. Ripe Gooseberry Jam**

**Prep time:** 24 hours | **Serve:** 8 | **Calories:** 56kcal

### **Ingredients**

- 4 cups ripe gooseberries,
- 3/4 cups granulated sugar
- 1 pouch liquid pectin

### **Instructions**

- The gooseberries and sugar should be combined in an 8-quart stainless steel stockpot. Stirring continuously, warm

the mixture over low heat until the gooseberries start to juice. Bring the mixture to a full rolling boil over medium-high heat while stirring continuously. Add the pectin and stir.

- Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes.
- From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **11. Sweet Cherry Jam**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 63kcal

### **Ingredients**

- 4 cups Bing cherries,
- 1/2 cup lemon juice
- 5 cups granulated sugar
- 1/2 tsp. unsalted butter
- 1 pouch liquid pectin
- 1 tsp. pure almond extract

### **Instructions**

- The cherries and lemon juice should be combined in an 8-quart stainless steel stockpot. If using, stir in the butter after adding the sugar. The mixture should be heated over

medium-low heat while being regularly stirred to dissolve the sugar. Stirring continuously, turn the heat up to medium-high and bring to a full rolling boil.

- Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Add the almond essence and stir. While stirring occasionally, let the jam cool in the saucepan for five minutes.
- Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes.
- From the water bath canner, remove and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **12. Raspberry Plum Jam**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 60kcal

### **Ingredients**

- 2 quarts of whole raspberries
- 12/3 cups plums
- 1 tablespoon lemon juice
- 6 1/2 cups granulated sugar
- 1/2 tsp. unsalted butter
- 1 pouch liquid pectin

## Instructions

- To get the seeds out, press the raspberries through a food mill or fine-mesh sieve. Measure out 2 1/2 cups of the puréed raspberry pulp and discard the seeds. Combine the raspberry pulp, plums, and lemon juice in an 8-quart stainless steel stockpot. If using, stir in the butter after adding the sugar. The mixture should be heated over medium-low heat while being regularly stirred to dissolve the sugar. Stirring continuously, turn the heat up to medium-high and bring to a full rolling boil. Add the pectin and stir.
- Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. While stirring occasionally, let the jam cool in the saucepan for five minutes.
- Fill heated jars with the jam, allowing a headspace of 1/4 inches. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## 13. Nectarine Jam

**Prep time:** 24 hours | **Serve:** 8 | **Calories:** 58kcal

### Ingredients

- 5 cups nectarines
- 7 tablespoons lemon juice
- 1 box powdered pectin

- 1/2 tsp. unsalted butter
- 7 cups granulated sugar

### **Instructions**

- Nectarines and lemon juice should be combined in an 8-quart stainless steel stockpot. Add the butter, if using, and stir in the pectin. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil.
- While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads.
- Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **14. Peach Amaretto Jam**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 65kcal

### **Ingredients**

- 4 cups peaches
- 4 cups granulated sugar
- 1/2 cup amaretto liqueur

### **Instructions**

- Peaches and sugar should be combined in a stainless steel stockpot that holds 8 quarts. Over medium-high

heat, bring the mixture to a boil while stirring continuously. The jam should boil slowly for about 15 minutes, often stirring, until it thickens and reaches the jelling point (220°F at sea level).

- Skim any froth from the pot after removing it from the heat. Add the amaretto and stir. Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes.
- From the water bath canner, remove and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

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## **15. Spiced Blueberry Jam**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 63kcal

### **Ingredients**

- 6 cups whole blueberries
- 1 box powdered pectin
- Two tbsps. lemon juice
- 1 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 5 cups granulated sugar

### **Instructions**

- Combine the blueberries, pectin, lemon juice, cinnamon, ginger, and nutmeg in an 8-quart stainless steel stockpot. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly.
- Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Fill heated jars with the jam, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes.
- From the water bath canner, remove and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the

seals. For up to a year, keep jars in a cold, dry, and dark location.

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## 16. Black Raspberry Jelly

**Prep time:** 24 hours | **Serve:** 7 | **Calories:** 75kcal

### Ingredients

- 3 1/2 quarts whole black raspberries
- 1 box powdered pectin
- 1/2 tsp. unsalted butter
- 6 1/2 cups granulated sugar

### Instructions

- The black raspberries should be gently mashed in an 8-quart stainless steel stockpot. Simply add enough water to the berries to cover them. After combining everything, cover the pot. Stirring occasionally, simmer the mixture over medium heat for about 15 minutes.
- Take the saucepan off the stove. The black raspberry mixture should be strained through either a wet jelly bag or a fine-mesh sieve lined with several layers of damp fine-knit cheesecloth over a big basin. Throw away the seeds and pulp. Dole out 4 1/2 cups of freshly made black raspberry juice. Dry and rinse the stockpot. Add the pectin, butter, and 4 1/2 cups of black raspberry juice to the saucepan. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Pour the jelly into the heated jars, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

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## **17. Pomegranate Red Wine Jelly**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 63kcal

### **Ingredients**

- 3 cups pomegranate
- 1 box powdered pectin
- 4 cups granulated sugar

### **Instructions**

- Wine and pectin should be mixed together in an 8-quart stainless steel stockpot. Stirring continuously, bring the mixture to a full rolling boil over medium-high heat. Boil for one minute. When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Pour the jelly into the heated jars, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes.
- From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **18. Rhubarb-Red Raspberry Jelly**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 67kcal

### **Ingredients**

- 4 pounds' rhubarb

- 1 quart whole red raspberries
- 4 cups granulated sugar
- 2 pouches of liquid pectin

## **Instructions**

- Rhubarb should be cut into 1-inch chunks. Grind the rhubarb into a fine powder using a food processor, grinder, or blender. In a big basin, stack three layers of moist fine-knit cheesecloth. Place a spoonful of the ground rhubarb in the cheesecloth's middle. When the leaking stops, tie the cheesecloth's ends together and hang it over a large basin. Alternatively, place the rhubarb in a wet jelly bag and let it drain. Throw away the pulp.
- Take 3 cups of rhubarb juice. Crush the raspberries to a fine powder. In a big basin, stack three layers of moist fine-knit cheesecloth. Place a spoonful of the smashed raspberries in the cheesecloth's middle. When the leaking stops, tie the cheesecloth's ends together and hang it over a large basin. Alternately, place the raspberries in a wet jelly bag to drain. Throw away the seeds and pulp. Take 3/4 cup of raspberry juice. Combine the rhubarb juice, raspberry juice, and sugar in an 8-quart stainless steel stockpot.
- While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. Add the full contents of the two pectin packs and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Quickly skim any froth from the saucepan after removing it from the heat. Ladle the jelly into the hot jars as soon as possible, allowing 1/4-inch headspace. With a fresh, wet paper towel, wipe the jar rims and threads.

- Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **19. Mint Jelly**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 45kcal

### **Ingredients**

- 3 1/2 cups Mint leaves
- 4 1/2 cups water
- 1/4 cup lemon juice
- A few drops of green and blue food coloring
- 6 1/2 cups granulated sugar
- 2 pouches of liquid pectin

### **Instructions**

- Mint leaves and water should be put in a 4-quart stainless steel stockpot and heated to a rolling boil. 30 minutes should pass after the pot has been taken off the heat and covered. The mint juice and pulp should be filtered through a fine-mesh screen. Throw away the pulp. After cleaning it, line the sieve with four layers of moist, fine-knit cheesecloth. Rinse the cheesecloth between each of the two times you strain the juice through it.
- Place the juice in the refrigerator for a few hours or overnight. Pour the liquid cautiously into another container, leaving the sediment remains. Throw away the sediment. If desired, strain the juice through a moist coffee filter to obtain crystal-clear juice. Calculate 3 1/2

cups of mint juice. Add the lemon juice and stir. Several drops of food coloring can be added to get the appropriate level of green. When the sugar is added, the hue will become lighter. Mint juice and sugar are combined in an 8-quart stainless steel stockpot and heated over medium heat while being regularly stirred until the sugar is completely dissolved. Stirring continuously, raise the heat to medium-high, and bring to a full rolling boil. Add both pectin packets and stir. Stirring continuously, bring the mixture back to a full rolling boil.

- While stirring continuously, bring to a boil. Quickly skim any froth from the saucepan after removing it from the heat. Ladle the jelly into the hot jars as soon as possible, allowing 1/4-inch headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **20. Raspberry Jelly**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 60kcal

### **Ingredients**

- 3 1/2 quarts' raspberries, crushed
- 7 1/2 cups granulated sugar
- 2 pouches of liquid pectin

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## Instructions

- In an 8-quart stainless steel stockpot, add the crushed raspberries and heat to a boil over medium-high heat. For five minutes, simmer under cover with the heat reduced. 30 minutes should pass after the pot has been taken off the heat. Raspberry juice and pulp should be filtered through a fine-mesh sieve. Throw away the seeds and pulp.
- After cleaning it, line the sieve with four layers of moist, fine-knit cheesecloth. Rinse the cheesecloth between each of the two times you strain the juice through it. Place the juice in the refrigerator for a few hours or overnight. Avoid disturbing the sediment at the bottom of the container by slowly pouring the juice into a different container.
- Throw away the sediment. If desired, strain the juice through a moist coffee filter to obtain crystal-clear juice. 4 cups of raspberry juice should be prepared. Combine the raspberry juice and sugar in an 8-quart stainless steel stockpot over medium heat, stirring regularly until the sugar is completely dissolved. Stirring continuously, turn the heat up to medium-high and bring to a full rolling boil. Add both pectin packets and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil.
- Quickly skim any froth from the saucepan after removing it from the heat. Ladle the jelly into the hot jars as soon as possible, allowing 1/4-inch headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals.

Jars can be kept for up to a year in a cold, dry, and dark location.

## **21. Crabapple Jelly**

**Prep time:** 24 hours | **Serve:** 16 | **Calories:** 78kcal

### **Ingredients**

- 5 pounds' crabapples
- 5 cups water
- 1/3 cup powdered pectin
- 1 package of mulling spices
- 9 cups granulated sugar

### **Instructions**

- Crabapples should be cut in half, with the stems and bloom end removed. Avoid peeling. In an 8-quart stainless steel stockpot, add the apples and water. Over medium-high heat, bring to a boil while stirring periodically. Once the heat is reduced, cover the pan and boil the apples for 30 to 40 minutes, stirring regularly.
- The cooked apples should be lightly crushed with a vegetable crusher or the back of a big spoon. After that, simmer for a further 5 to 7 minutes with the lid on. Take the saucepan off the stove. The apple combination should be strained through a fine-mesh sieve that has been lined with several moist layers of fine-knit cheesecloth. Measure out 7 cups of clear crabapple juice after another filtration. Wipe the stockpot clean. Crabapple juice and pectin should both be combined in a stockpot.
- Add the bag of mulling spices and whisk continuously while you heat the mixture in a rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly.

Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. After skimming off any froth, turn off the heat and remove the spice bag from the saucepan. Pour the jelly into the heated jars, allowing a headspace of 14 inches. Get rid of any air bubbles.

- With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **22. Cranberry Jelly**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 53kcal

### **Ingredients**

- 5 cups fresh or frozen whole cranberries
- 4½ cups water
- 6 cups granulated sugar
- 1 pouch liquid pectin

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## Instructions

- The cranberries and water should be put in a 4-quart stainless steel stockpot and heated to a rolling boil. For 15 minutes, or until all of the berries have popped their skins and become soft, reduce the heat, cover, and slowly boil the mixture.
- After turning off the heat, let the pot rest for an hour. Apply a fine-mesh strainer to the cranberry juice and pulp to be strained. Throw away the seeds and pulp. After cleaning it, line the sieve with four layers of moist, fine-knit cheesecloth. Rinse the cheesecloth between each of the two times you strain the juice through it.
- Place the juice in the refrigerator for a few hours or overnight. Avoid disturbing the sediment at the bottom of the container by slowly pouring the juice into a different container. Throw away the sediment. If desired, strain the juice through a moist coffee filter to obtain crystal-clear juice. The cranberry juice should be divided into 4 cups. Cranberry juice and sugar are combined in an 8-quart stainless steel stockpot and heated over medium heat while being regularly stirred until the sugar is completely dissolved. Stirring continuously, turn the heat up to medium-high and bring to a full rolling boil. Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil.
- While stirring continuously, bring to a boil. Quickly skim any froth from the saucepan after removing it from the heat. Ladle the jelly into the hot jars as soon as possible, allowing 1/4-inch headspace. With a fresh, wet paper towel, wipe the jar rims and threads. A
- Screw bands and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to

24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **23. Blackberry Jelly**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 77kcal

### **Ingredients**

- 4 cups whole blackberries
- 4 cups water
- 1 box powdered pectin
- 1/2 tsp. unsalted butter
- 4 1/2 cups granulated sugar

### **Instructions**

- The blackberries should be gently mashed in an 8-quart stainless steel stockpot. Add the water, cover the pan, and simmer for about 15 minutes at medium heat while stirring occasionally. Take the saucepan off the stove. Use a fine-mesh sieve with several layers of moist, fine-knit cheesecloth or a damp jelly bag to strain the blackberry mixture.
- Throw away the seeds and pulp. Take 3 3/4 cups of blackberry juice. If required, you can get a precise measurement by adding up to 1/2 cup of water to the juice. Blackberry juice, pectin, and butter, if used, should all be combined in an 8-quart stainless steel stockpot. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat. Pour the jelly into the

heated jars, allowing a headspace of 1/4 inch. Get rid of any air bubbles.

- With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **24. Orange Marmalade**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 58kcal

### **Ingredients**

- 4 medium oranges
- 2 medium lemons
- 2 1/2 cups water
- 1/8 tsp. baking soda
- 1 box powdered pectin
- 6 1/2 cups granulated sugar

### **Instructions**

- The oranges and lemons should be scrubbed with a gentle brush, then rinsed gently and dried. Only the colorful, outside layer of the peel should be separated into strips using a vegetable peeler or paring knife.
- Slice the peel into uniformly sized, ultra-thin strips. Peel the oranges and lemons using a knife, getting rid of all of the white membrane and pith on the outside. Remove any seeds by cutting the fruit portions apart from the white membrane. Throw away the seeds and membrane. Using the juices as a guide, chop the orange and lemon parts.

- Orange and lemon peel, water, and baking soda should all be put in an 8-quart stainless steel stockpot and brought to a boil over medium heat. For 20 minutes, simmer, covered, with sporadic stirring. Reduce heat. To the saucepan with the cooked peel, add the oranges, lemons, and saved juice. For 10 minutes, cover and simmer.
- Remove the lid, then mix the pectin gradually. Stirring continuously, turn the heat up to medium-high and bring to a full rolling boil. When the sugar is added, mix it in thoroughly.
- Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Fill heated jars with the marmalade, allowing 1/4-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **25. Strawberry Lemon Marmalade**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 73kcal

### **Ingredients**

- 2 to 4 lemons
- 2 cups water
- 4 cups strawberries
- 1 box powdered pectin

- 6 cups granulated sugar

## **Instructions**

- The lemons should be scrubbed completely with a soft brush before being rinsed properly and dried. Only the colored outer layer of the lemon peel should be peeled off using a zester in thin strips. Alternately, pull it off and then cut it into extremely thin strips with a paring knife. 1/4 cup is measured out. Measure out 1 tablespoon of lemon juice after pressing one lemon.
- Lemon peel and water should be combined in an 8-quart stainless steel stockpot. Over medium-high heat, bring the mixture to a boil, then cook it for approximately 5 minutes, or until the peel is tender. Drain the liquid off and throw it away.
- The cooked peel should be combined with the strawberries and lemon juice. Add the pectin and mix thoroughly. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat.
- When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Fill heated jars with the marmalade, allowing 1/4-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **26. Orange Jack Marmalade**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 60kcal

### **Ingredients**

- 12 to 14 oranges
- 1/4 cup lemon juice
- 1/8 tsp. baking soda
- 5 cups granulated sugar
- 1/2 tsp. unsalted butter
- 1 pouch liquid pectin
- 1/4 cup whiskey

### **Instructions**

- Six of the oranges should have only the colored outer layer of peel removed using a zester in extremely thin strips. Peel strips should be roughly chopped. Alternately, peel the fruit and chop it roughly after slicing it into very thin strips with a paring knife. Remove the white pith from the oranges' outer layers by peeling them entirely. Remove any seeds by cutting the fruit portions apart from the membrane. Throw away the membrane and pith. While retaining the liquid, finely cut the fruit. 2 1/2 cups of the fruit should be combined with the juice.
- Oranges that have been cut, lemon juice, and baking soda should all be combined in an 8-quart stainless steel stockpot. Over medium-high heat, bring to a boil. Then, turn the heat down, cover the pan, and simmer gently for 8 minutes. Orange peel has been added; stir until evenly distributed. For three minutes, cover and simmer.
- Add the sugar and butter, if used, gradually. Stirring continuously, turn the heat up to medium-high and bring

to a full rolling boil. Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil.

- Skim any froth from the pot after removing it from the heat. Whiskey should be stirred in after cooling for five minutes.
- Fill heated jars with the marmalade, allowing 1/4-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

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## 19. Red Onion Marmalade

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 58kcal

### Ingredients

- 1½ cup red onions
- ½ cup dried cranberries
- ¼ cup brown sugar
- ¼ cup cider vinegar
- 2 tsp. s finely grated orange zest
- 2½ cups unsweetened apple juice
- 1 box powdered pectin
- 3½ cups granulated sugar

### Instructions

- Red onions, cranberries, brown sugar, and vinegar are combined in a large pan over medium heat. For around 10 minutes, cook the onions while continually stirring. Keep them from browning.
- Orange zest, apple juice, and the cooked onion combination should all be combined in an 8-quart stainless steel stockpot. Add the pectin and stir. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat.
- Add the sugar and whisk continuously until it dissolves completely. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil.
- Fill heated jars with the marmalade, allowing ¼-inch headspace. Get rid of any air bubbles. With a fresh, wet

paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **27. Pink Grapefruit Marmalade**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 40kcal

### **Ingredients**

- 7 to 9 medium pink grapefruit
- 1/4 cup water
- 1/8 tsp. baking soda
- 5 cups granulated sugar
- 1/2 tsp. unsalted butter
- 1 pouch liquid pectin

### **Instructions**

- Scrub the grapefruit well with a gentle scrub brush, then completely rinse and pat dry. Use a zester to cut 4 grapefruits into extremely thin strips, reserving the colorful outer layer of peel. Peel strips should be roughly chopped. Alternately, peel the fruit and chop it roughly after slicing it into very thin strips with a paring knife. 1 cup is measured out. Peel the grapefruit using a knife, getting rid of all of the white membrane and pith on the outside. Remove any seeds by cutting the grapefruit slices apart from the white membrane. Throw away the seeds and membrane. Grapefruit slices should be chopped, and the juice should be saved. Measure out 2

3/4 cups of grapefruit that has been diced, and then add just enough grapefruit juice to cover any gaps. Extra grapefruit juice, 1/2 cup, is measured out.

- Combine the grapefruit juice, zest, and water in an 8-quart stainless steel stockpot. Add baking soda, if desired. Over medium heat, bring the mixture to a boil. After that, lower the heat, cover the pan, and simmer the mixture for 10 minutes, stirring now and again.
- Chopped grapefruit should be added to the stew. For five minutes, simmer with the lid off after covering and bringing to a boil.
- If using, remove the pot's lid and whisk in the sugar and butter. Stirring continuously, cook the mixture over medium heat until the sugar is fully dissolved. Heat it up to a medium-high setting.
- Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil.
- Skim any froth from the pot after removing it from the heat. Five minutes should pass while you mix the marmalade occasionally.
- Fill heated jars with the marmalade, allowing a 14-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **28. Apricot Orange Marmalade**

**Prep time:** 24 hours | **Serve:** 15 | **Calories:** 75kcal

## **Ingredients**

### **For Orange Mixture**

- 4 navel oranges
- 3 lemons
- 6 cups water
- 2 cups Granulated sugar

### **For Apricot Mixture**

- 4 cups water
- 2 cups firmly packed
- dried apricots, rinsed
- 2 cups granulated sugar

## **Instructions**

- The quartered orange and the lemon slices should be combined in a 4-quart stainless

steel stockpot to make the orange combination. For 6 to 8 hours, add the water, cover, and let stand. Over high heat, bring the mixture to a boil. After 30 minutes of simmering at low heat, turn off the heat and let the pan cool. For an additional 6 to 8 hours, cover and let stand. Return the measured orange mixture to the pot. For every cup of the orange mixture, add 1 cup of sugar. Stir thoroughly, then pause.

- The apricot combination should be made by combining water and apricots in an 8-quart stainless steel stockpot. For 8 hours, cover and leave standing. Over medium-high heat, bring the soaked apricots and water to a boil. Then, lower the heat and simmer for 30 to 40 minutes, or until

the apricots are very tender. Take the saucepan off the stove. With regular stirring, bring the apricot mixture to a boil over medium heat after pressing it through a food mill or coarse sieve.

- Add the sugar and stir. For 40 minutes, lower the heat and gently simmer the mixture while stirring often. Stir continuously to prevent burning as the liquid begins to thicken.
- Over medium heat, combine the orange mixture with the apricot mixture and bring to a boil. Once the marmalade reaches the jelly stage (220°F at this point), reduce the heat and boil it while stirring regularly.
- Fill heated jars with the marmalade, allowing 1/4-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **29. Peach and Blackberry Preserves**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 77kcal

### **Ingredients**

- 3 cups peaches
- 1 1/2 cups whole blackberries
- 5 tablespoon lemon juice,
- 7 cups granulated sugar
- 1/2 tsp. unsalted butter

- 1 pouch liquid pectin

### **Instructions**

- Peaches, blackberries, sugar, butter, and lemon juice should all be combined in an 8-quart stainless steel stockpot. Stirring continuously, cook the sugar over medium-low heat until it dissolves. Bring the mixture to a full rolling boil by turning up the heat to medium-high.
- Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Pour the preserves into the heated jars, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **30. Wild Grape Jelly**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 65kcal

### **Ingredients**

- 5 pounds' grapes
- 2 cups water
- 1 box powdered pectin
- 7 cups granulated sugar

### **Instructions**

- Grapes and water should be combined in a stainless steel stockpot that holds 8 quarts. Over medium heat, bring the mixture to a simmer, and cook for approximately 5 minutes, or until the grapes soften and the skins begin to burst. The grapes should be crushed with a big spoon or a vegetable masher before continuing to boil for at least an additional five minutes or until the grapes are extremely mushy and broken down. Take the saucepan off the stove. Put a wet jelly bag or fine mesh sieve lined with several layers of damp, fine-knit cheesecloth over a big bowl to strain the mixture.
- Juice from 5 cups of grapes. Add extra water to produce 5 cups of juice if you don't get that many. Dry and rinse the stockpot. Grape juice and pectin should be combined in the saucepan. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. When the sugar is added, mix it in thoroughly. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. After taking the pot from the heat, skim out any froth. Pour the jelly into the heated jars, allowing a headspace of 1/4 inch. Get rid of any air bubbles.
- With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

### **31. Spiced Blackberry Jam**

**Prep time:** 24 hours | **Serve:** 8 | **Calories:** 40kcal

#### **Ingredients**

- 4 pints' blackberries
- 1-star anise
- 3 cloves
- 1 small cinnamon stick
- juice of 2 lemons
- 3 cups warmed sugar

### **Instructions**

- Add the blackberries, star anise, cloves, cinnamon stick, and Two tbsps. Of water to a saucepan. This is just enough water to prevent the fruit from sticking to the pan. When they are juicy and tender, mash them with a spoon after bringing them to a simmering temperature.
- After removing the cinnamon stick, pass the berries through a sieve or a food mill's fine disc. There is no need to purée the fruit at all if you like a chunkier-textured jam; just remove the spices with a spoon and stir in the blackberry pulp in its entirety.
- Blackberries are placed in a preserving pan with the lemon juice added, and they are heated through while being gently stirred. When the sugar has completely dissolved, add it to the pan and stir. Increase the heat and quickly boil the jam until it reaches the setting point.
- In hot, sterilized jars, pour the jam.

## **32. Spiced Blackberry & Nectarine jam**

**Prep Time:** 24 hours | **Serve:** 8 | **Calories:** 50kcal

### **Ingredients**

- 4 pints' blackberries
- 1-star anise

- 3 cloves
- 1 small cinnamon stick
- 4 nectarines (approx. ½ pound when skinned and stoned)
- juice of 2 lemons
- 4 cups warmed sugar

### **Instructions**

- As in stages 1-2, cook and purée the blackberries with the spices.
- Put the nectarines in a dish and cover them with boiling water to peel them. After a few minutes, drain the water and replenish it with cold water; the fruit's skins should easily come off. After removing the stones, cut the nectarines into quarters, then into thirds (smaller pieces if you like a finer-textured preserve).
- In a preserving pan, combine the blackberries, nectarines, sugar, and lemon juice. Proceed with step 3 of the cooking process. After 5 minutes, stir the jam to evenly distribute the nectarine chunks. As before, pack the jam.

## **33. Apricot jam**

**Prep Time:** 24 hours | **Serve:** 6 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds' apricots
- 3 cups sugar
- juice of 1 small lemon

### **Instructions**

- Fruits can be skinned by putting them in a basin, covering them with boiling water, letting them sit for a few

minutes, and then adding cold water to replace the heat. The skins ought to thereafter be simple to remove. The skins should be set aside. Cut the fruit in half and take off the stones. Put the skins and stones inside a piece of muslin, then knot a string bag over it.

- Place the muslin bag with the other ingredients in a ceramic or glass bowl with the sugar, lemon juice, and 1/4 cup of water. Place the bowl in the refrigerator for the night and push a sheet of wax paper down over the surface to cover it.
- The juice from the fruits will have been extracted the following day and poured into the partially dissolved sugar. When the sugar has completely dissolved, pour the bowl's contents into a preserving pan and cook slowly while stirring the mixture. To keep the apricot halves whole, slowly simmer for 10 minutes without stirring. Then, using a slotted spoon, remove the halves from the syrup. Take out and throw away the muslin bag.
- Put the apricots back into the syrup right away and bring it back to a boil after the syrup has reached the setting point. Jam should be taken off the heat. If necessary, skim.
- Divide the apricots evenly among the heated, sterilized jars and then pour the syrup over them, filling the jars all the way to the top. The jars should be sealed and let to cool upside-down.

### **34. Apricot & Vanilla jam**

**Prep Time:** 24 hours | **Serve:** 7 | **Calories:** 50kcal

#### **Ingredients**

- 1 vanilla bean
- 2 pounds' apricots

- 3 cups sugar
- juice of 1 small lemon

### **Instructions**

- Slice the vanilla bean in half lengthwise, then use a knife to scrape off the seeds. After that, prepare apricot jam according to the directions, adding the seeds when combining the ingredients in a bowl and hiding the pod pieces among the fruit. Then, let the mixture macerate for an overnight period.
- The pod fragments must be removed before the jars can be filled and sealed.

## **35. White currant & red chili jam**

**Prep Time:** 24 hours | **Serve:** 3 | **Calories:** 40kcal

### **Ingredients**

- 3 pints of white currants
- 4 red gooseberries
- juice of 1 lemon
- 2 red chilies
- Warmed sugar

### **Instructions**

- Use a fork's tines to scrape the white currants' stems clean of their stalks. If using,  
combine the currants, gooseberries, lemon juice, and 5/8 cup of water in a pan. Simmer for a while until the fruit is ripe and bursting.
- Push the fruit through a food mill's fine disc or a sieve, gathering the purée that is produced in a measuring jug.

- For every cup of purée, use 3/4 cup of sugar.
- Add the minced chilies to the purée while still heated, followed by the warmed sugar. Until the sugar has completely dissolved, stir the jam over low heat.
- Increase the heat and boil the liquid quickly to the set point. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

### **36. Raspberry jam**

**Prep Time:** 24 hours | **Serve:** 3 | **Calories:** 40kcal

#### **Ingredients**

- 4 pints' raspberries
- juice of 1 small lemon 1
- 3 cups warmed sugar

#### **Instructions**

- In a preserving pan, combine the raspberries and lemon juice. Gently warm them to release the juice, then mash the berries with a spoon to soften the fruit and release the liquid. Push the fruit through a sieve to remove the seeds if you want a smooth jam.
- When the sugar has completely dissolved, add the warmed sugar to the fruit and continue stirring over low heat. Increase the heat and quickly boil the jam until it reaches the setting point. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

## **37. Strawberry & Gooseberry Jam**

**Prep Time:** 24 hours | **Serve:** 5 | **Calories:** 40kcal

### **Ingredients**

- 1-pint gooseberries, stems, and blossom ends removed
- 2 pints' strawberries, hulled
- 4 cups warmed sugar
- juice of 1 lemon

### **Instructions**

- Add the gooseberries and 3 tablespoons of water to a preserving pan. Add the strawberries after simmering the berries slowly until they are barely tender. Cook for 5 minutes, or until the fruit starts to wilt and the juice runs.
- Fruit should be combined with hot sugar and lemon juice. Over low heat, stir slowly until the sugar is completely dissolved. Increase the heat and boil the liquid quickly to the set point. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

## **38. Strawberry & Vanilla jam**

**Prep time:** 24 hours | **Serve:** 3 | **Calories:** 40kcal

### **Ingredients**

- 1 vanilla bean
- 4 pints' strawberries, hulled; larger fruits halved
- 3 scant cups of sugar
- juice of 3 small lemons

### **Instructions**

- The vanilla bean should be split lengthwise into four pieces, and the pieces should be tucked in among the strawberries in a bowl. Leave the sugar-covered surface for 12 or even 24 hours.
- In a preserving pan, add the lemon juice after adding the fruit, vanilla bean, and juice. Cook the fruit without stirring for the duration of the cooking process over low heat until the sugar has completely dissolved. Heat the liquid up and boil it quickly to the set point. If necessary, skim.
- Scrape the seeds from the vanilla bean pieces, remove the beans, and add them to the jam. Discard the beans. The seeds and jam should be combined.
- Fill hot, sterilized jars with the jam, then seal them.

### **39. Plum Jam**

**Prep Time:** 24 hours | **Serve:** 2 | **Calories:** 40kcal

#### **Ingredients**

- 1-pound plums, halved and stoned
- 2 cups warmed sugar

#### **Instructions**

- The plums should be tender but still intact after 10 minutes of gentle cooking when they are placed in a pan with 12 cups of water.
- Warm the sugar before adding it to the fruit, constantly stirring until all of the sugar has dissolved. Then, increase the heat and boil the mixture quickly to reach the setting point. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

## **40. Plum & Marrow Squash Jam**

**Prep Time:** 24 hours | **Serve:** 5 | **Calories:** 40kcal

### **Ingredients**

- 1-pound plums, halved and stoned
- 1-pound marrow squash
- 4 cups sugar

### **Instructions**

- Put the plums and marrow squash together in a pan with  $\frac{1}{2}$  cup water and continue as for Plum Jam.

## **41. Peach & Raspberry Jam**

**Prep Time:** 24 hours | **Serve:** 5 | **Calories:** 40kcal

### **Ingredients**

- 3 pints' raspberries
- 1 $\frac{1}{2}$  pounds of ripe peaches (5 or 6)
- 1 4 $\frac{1}{4}$  cups sugar
- juice of 2 lemons

### **Instructions**

- Raspberries should be put in a pan. Mash them with the back of a spoon after gentle warming to soften and release their juice.
- Push them through a sieve or the fine disc of a food grinder when they are soft and juicy.
- In a saucepan, combine the raspberry purée, half the sugar, and half the lemon juice. Simmer for a few minutes, then remove from the heat and transfer to a glass or ceramic bowl. Put the waxed paper on top,

pressing it firmly onto the fruit, and place the bowl in the refrigerator for the night.

- In the meantime, put the peaches in a basin and cover them with boiling water to skin them. The skins should now easily peel away from the flesh after a few minutes of steeping. Drain the water and replenish it with cold water. To ensure that the pieces are still fairly large, quarter the peaches, remove the stones, and then cut each quarter in half.
- In a skillet, combine the peaches, remaining sugar, and lemon juice. Heat the mixture until it just begins to simmer, then turn off the heat. As with the raspberries, place the fruit in a glass or ceramic bowl and wrap it in waxed paper before placing it in the refrigerator for the night.
- The following day, put the peaches and raspberries in a saucepan and gently boil while constantly stirring to ensure that the sugar has completely dissolved. Heat the mixture up and boil it quickly until the setting point is achieved. If necessary, skim. Stir to spread the peach bits after 5 minutes. Jam should be put into hot, sterile jars and then sealed.

## **42. Chicago Cherry jam**

**Prep Time:** 24 hours | **Serve:** 5 | **Calories:** 40kcal

### **Ingredients**

- 2 pints' cherries
- 1 generous cup warmed sugar
- 1 tbsp. lemon juice

### **Instructions**

- Using a cherry stoner over a basin to catch any liquid, pit the cherries. Put the stones in a piece of muslin, then knot a string bag over it. Two tbsps. Of water, together with the fruit and juice, should be added to a skillet and gently simmered until the fruit is just cooked.
- Stir the fruit with the warmed sugar and lemon juice over low heat until all the sugar has dissolved. Then, increase the heat and boil the mixture quickly to achieve the set point. After removing the muslin bag, swirl the jam to redistribute the cherries and let it sit for 5-10 minutes. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

### **43. Countryside Jam**

**Prep Time:** 24 hours | **Serve:** 5 | **Calories:** 40kcal

#### **Ingredients**

- 2¼ cups rose hips
- 2¼ cups hawthorn hips (“haws”)
- 2 cups rowan berries (optional)
- 2 cups sloes 1
- 2 cups sloes
- 1-pound crab apples or tart cooking apples, chopped
- 2 pints’ blackberries
- 1½ pints elderberries
- ⅞ cup hazelnuts shelled and chopped warmed sugar

#### **Instructions**

- Sort the fruit and take the stalks out. Put the apples, sloes, hips, haws, and, if using, rowan berries in a pan

with just enough water to cover the fruit, causing it to start floating. 15 minutes should be plenty for the fruit to soften and the apples to become fluffy.

- Pull the puréed pulp from the fruit mixture in a preserving pan after passing it through a food mill's fine disc or a sieve. 15 minutes later, add the nuts, elderberries, and blackberries.
- Add the same amount of hot sugar after measuring the cooked fruit. Turn raises the heat and boils quickly to achieve the set point after stirring over low heat until all the sugar has dissolved. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

## **44. Pear & Vanilla jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds of pears
- juice of 1 large lemon
- 3 cups sugar
- 1 vanilla bean

### **Instructions**

- To prevent them from turning brown, combine the lemon juice with the pears in a basin. Add 1/4 cup water after the sugar has been sprinkled over the fruit.
- Once the vanilla bean's seeds have been removed, cut it in half lengthwise, insert the bean in between the pears, and then add the seeds. Overnight, leave the dish covered with a plate so that the fruit juices can soak up some of the sugar.

- The following day, transfer the bowl's contents into a preserving pan, stir over low heat to dissolve the sugar, then increase the heat and quickly boil to the setting point, at which point the pears will be transparent. If necessary, skim.
- Pour the jam into hot, sterilized jars, then remove the vanilla bean before sealing.

## **45. Pumpkin & Vanilla jam**

**Prep Time:** 24 hours | **Serve:** 6 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds' pumpkin or butternut squash flesh
- 1 vanilla bean
- 4<sup>3</sup>/<sub>4</sub> cups sugar
- juice of 2 lemons

### **Instructions**

- Cook the pumpkin for 10 to 15 minutes at moderate heat, until it is cooked through but still has some shape, in a skillet with just enough water to prevent it from catching. When the pumpkin is cool enough to handle, drain out any extra juices and cut them into smaller pieces.
- Cut the vanilla bean in half lengthwise, then use a knife to scrape off the seeds. In a bowl, combine the pumpkin, sugar, and lemon juice. Sprinkle the seeds on top and tuck the vanilla bean pieces among the pumpkin. Overnight, cover with waxed paper pressed firmly against the surface.
- The following day, transfer the bowl's contents to a preserving pan, stir until all the sugar has dissolved, then increase the heat and quickly boil until the mixture

reaches the setting point. If necessary, skim. Fill hot, sterilized jars with the jam, then seal them.

## **46. Rhubarb & Apricot jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 47kcal

### **Ingredients**

- 1-pound apricots
- 4 stalks of rhubarb
- 3 cups sugar
- juice of 1 lemon

### **Instructions**

- By putting the apricots in a bowl and covering them with boiling water, you can skin them. After waiting a short while, drain the water and replace it with cold water. With a knife, the skins should then be simple to remove. Remove the stones before cutting them into halves. After mixing everything together, cover the bowl with a plate and let it sit for an hour.
- When the sugar has completely dissolved, pour the bowl's contents into a preserving pan and stir gently over low heat. Increase the heat, bring it to a simmer, and then turn off the heat. Everything should be poured into a glass or ceramic bowl, covered with wax paper that has been inserted into the surface and chilled for the night. The following day, transfer the bowl's contents back to the canning pan, stir over low heat until all the sugar has dissolved, then increase the heat and quickly boil to the set point. If necessary, skim. Fill hot, sterilized jars with the jam, then seal them.

## **47. Green fig jam rhubarb & lime jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 30kcal

### **Ingredients**

- 1-pound figs
- 2 cups warmed sugar
- juice of 1 lemon
- 8 stalks rhubarb
- grated zest, and juice of 3 limes
- 3<sup>3</sup>/<sub>4</sub> cups sugar

### **Instructions**

- The figs should be cooked in a skillet with Two tbsps. Of water until they are tender and juicy.
- Add the fruit to the warmed sugar and lemon juice, stir over low heat until the sugar has completely dissolved, then increase the heat and boil quickly to achieve the set point. After 10 minutes, whisk the mixture to evenly distribute the fig chunks. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

## **48. Fig & Pear Jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 42kcal

### **Ingredients**

- 1<sup>1</sup>/<sub>4</sub> pounds figs diced 1
- 1-pound pears
- juice of 1 large orange
- 1 small lemon
- 3<sup>3</sup>/<sub>4</sub> cups sugar

- 8 green cardamom pods

### **Instructions**

- After preparing the figs as directed above, combine all the ingredients in a bowl and let sit for an hour. Pour the mixture into a preserving pan, stir to dissolve the sugar, then raise the heat to a simmering temperature. Pour the mixture into a glass or ceramic dish, cover the top with waxed paper, and put the bowl in the refrigerator overnight. The next day, add the ingredients back into the pan, stir over low heat, then turn the heat up and quickly boil to the set point.

## **49. Green Tomato Jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 40kcal

### **Ingredients**

- juice and finely pared zest of 1 small lemon
- 1-pound green tomatoes
- 1<sup>5</sup>/<sub>8</sub> cups sugar
- 2 pieces of stem ginger

### **Instructions**

- Simply cover the lemon zest with water in a skillet and simmer for about an hour or until tender. Discard the liquid after draining the zest.
- To allow the sugar to absorb part of the fruit liquids, combine the tomatoes, lemon juice, and sugar in a bowl. Leave the mixture overnight.
- The following day, transfer the bowl's contents to a preserving pan and include the zest. Once the sugar has completely dissolved, stir over low heat, then increase the heat and boil quickly to the set point. If necessary, skim.

- Pour the jam into hot, sterilized jars, then add the stem ginger and seal.

## **50. Tutti Frutti Jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 40kcal

### **Ingredients**

- 1½ cup black currants
- 1½ cup red currants
- 2 cups strawberries
- 2 cups raspberries
- 4¼ cups warmed sugar

### **Instructions**

- Run the tines of a fork over the stems of the black and red currants to separate them from their stalks. In a preserving pan, add the currants and just enough water to prevent the fruits from sticking to the pan's bottom. After bringing to a boil, simmer for 15 to 20 minutes.
- For an additional 10 minutes, add the strawberries and raspberries to the pot. When all the sugar has dissolved, add the warmed sugar to the fruit and continue stirring over low heat. Increase the heat and boil the liquid quickly to the set point. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

## **51. Gooseberry jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 40kcal

### **Ingredients**

- 2 pints of gooseberries
- 3 rounded cups of sugar

- juice of 2 small lemons

### **Instructions**

- In a preserving pan, combine all the ingredients and cook over low heat. Pour the contents into a ceramic or glass bowl after immediately removing them from the heat. The waxed paper should be placed on top, pressing down onto the fruit. Refrigerate the bowl for the entire day.
- The following day, reintroduce the contents of the bowl to the preserving pan, gently heat, and mix to ensure that all the sugar has dissolved. To reach the setting point, increase the heat and boil the liquid quickly. You need to keep an eye on the syrup to ensure it doesn't burn, and it only takes 5 to 10 minutes to complete. If needed, skim.
- Put the jam in hot, sterilized jars, then tighten the lids.

## **52. Gooseberry & Elderflower Jam**

**Prep Time:** 24 hours | **Serve:** 4 | **Calories:** 40kcal

### **Ingredients**

- A handful of fresh elderflowers
- 2 pints of gooseberries
- 3 rounded cups of sugar
- juice of 2 small lemons

### **Instructions**

- Before wrapping the flowers in muslin and tying them into a bundle, shake the flowers face down to get rid of any pests. Follow the directions for making gooseberry jam, adding the elderflower bundle after the first simmer and before the gooseberries are allowed to macerate for the night. Before putting the fruit back in the preserving pan to finish cooking, cut the bundle.

## 53. Peach & Pear jam

**Prep Time:** 24 hours | **Serve:** 7 | **Calories:** 45kcal

### Ingredients

- 1-pound peaches, quartered and stoned
- 1-pound pears, quartered
- juice of 1 lemon 1 juice
- 3  $\frac{1}{3}$  cups sugar

### Instructions

- To release the juices and soften the fruit, place it in a skillet with lemon juice and 1 tablespoon of water. 10 minutes of simmering, then turn off the heat and let the dish cool.
- To purée the fruit mixture, run it through a food mill's fine disc or a sieve, then transfer the pulp to a preserving pan. Now reduce the heat and quickly boil to achieve the set point after adding the sugar to the fruit and stirring the mixture over low heat until all the sugar has dissolved. If necessary, skim.
- Fill hot, sterilized jars with the jam, then seal them.

## 54. Dumpsideary jam

**Prep Time:** 24 hours | **Serve:** 6 | **Calories:** 42kcal

### Ingredients

- 1 pound of cooking apples
- 1-pound pears
- 1-pound plums halved
- 1  $\frac{1}{4}$  cups water

- grated zest and juice of 1 small lemon
- 1 piece of gingerroot
- 2 cloves
- 5 cups sugar

### **Instructions**

- In a preserving pan, add all the fruits and the plum stones together with 114 cups of water, and boil slowly until the fruit is tender.
- After removing the plum stones, pass the entire fruit through a food mill's fine disc or a sieve.
- Put the finished fruit purée and the lemon juice and zest in a preserving pan. Put the sugar and the spices in the pan after tying the spices in a muslin cloth. Stirring frequently, gradually heat the liquid until all of the sugar has dissolved. Increase the heat and boil the liquid quickly to the set point. If necessary, skim.
- Take the spices out. Jam should be poured into hot, sterilized jars before sealing.

## **55. Black Currant Jelly**

**Prep Time:** 35min | **Serve:** 7 | **Calories:** 43kcal

### **Ingredients**

- 2 pounds of black currants
- juice of 1 small lemon (optional)
- warmed sugar

### **Instructions**

- Run a fork through the stems of the black currants to separate them from their stalks.

- The currants should be simmered for 5 minutes until they begin to burst and the juice flows, in a preserving pan with the lemon juice, if used, and 213 cups of water. Take the pan off the heat, then use a fork to mash the currants.
- Fill a jelly bag over a bowl with the currants and liquid, and let it drop for several hours or overnight (resisting the urge to help things along by squeezing the bag).
- Due to the high pectin content of black currants, you can then improve the yield by adding the pulp and 11/4 cups of water to the preserving pan and boiling it for 5 minutes. Refill the jelly bag with the pulp, let it drain for a few hours, and then collect the juice in a pitcher.
- For every cup of juice, use 1/4 cup sugar.
- Add the warmed sugar after heating the juice in a preserving pan over low heat. Stir to dissolve the sugar, then increase the heat and quickly boil until the setting point is reached. If necessary, skim. Fill sterilized jars with the mixture, then seal.

## **56. Red Currant & Gooseberry Jelly**

**Prep Time:** 35 min | **Serve:** 8 | **Calories:** 50kcal

### **Ingredients**

- 2½ cups each of red currants and gooseberries
- 1½ cups water

### **Instructions**

- The juice from the currants and berries should be collected in a pitcher after they have been boiled until mushy and bursting. The fruit pulp shouldn't be boiled again. Similar to previously, finish the jelly.

## **57. Rose hip Jelly & Rowan Jelly**

**Prep Time:** 35min | **Serve:** 4 | **Calories:** 28kcal

## **Ingredients**

- 4 cups rose hips, stalks removed
- 2 pounds cooking or tart apples, roughly chopped
- warmed sugar

## **Instructions**

- In a preserving pan, combine the apples and rose hips. Simmer them slowly for about 45 minutes, or until the fruit is soft and pulpy, with just enough water to cover them. The fruit should be mashed with the back of a spoon, then poured into a jelly bag, left undisturbed for an entire night, and the drips should be collected in a measuring pitcher.
- For every cup of juice, add 1/4 cup of sugar. Place the juice and warmed sugar in a preserving pan, stir until the sugar has completely dissolved, then increase the heat and boil the mixture quickly to achieve the set point. If necessary, skim.
- Fill hot, sterilized jars with the jelly, then seal them. For this jelly, combine equal parts of apples and rowan berries, or quinces if you have any on hand. It is prepared in the same manner as rose hip jelly. However, it tends to sink at the bottom of the jars; adding chopped rosemary to the jelly before packing works well because this preserve is frequently served with fatty meats.

## **58. Crab apple jelly & Damson & Apple jelly**

**Prep Time:** 35min | **Serve:** 8 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds' crab apples, roughly chopped
- Sugar
- 1-pound apples
- 1-pound damsons

### **Instructions**

- In a preserving pan with 2 cups of water, add the apples. The fruits should be simmered for around 45 minutes, being mashed with a wooden spoon until they soften and become fluffy.
- To catch the drips, place the apples in a jelly bag that is hanging over a measuring pitcher. If you want your jelly to be crystal clear, resist the urge to crush the bag and let the apples drain naturally for many hours or overnight.
- Remove the pulp from the bag, put it in a skillet with 1 1/4 cups of water, and bring it back to a boil to release more juice. Put it back in the bag and let it drain there for a few more hours.
- For every cup of juice, use 1/4 cup sugar. When the sugar is added to the juice, stir continuously over low heat until all of the sugar has dissolved. Heat the liquid up and boil it quickly to the set point.
- If necessary, skim. Fill hot, sterilized jars with the jelly, then seal them.

## **59. Blackberry jelly & Raspberry Jelly**

**Prep Time:** 35min | **Serve:** 9 | **Calories:** 50kcal

## **Ingredients**

- 5 pints' blackberries
- juice of ½ small lemon
- 4 cups sugar

## **Instructions**

- Put the berries and a meager 1/2 cup of water in a preserving pan. Melt the fruit in a saucepan for 5 minutes, then mash the berries with a wooden spoon.
- Fruit should be placed in a jelly bag and left for several hours or overnight, or until the pulp within the bag is almost dry. The jelly bag should be suspended over a measuring pitcher to catch any drips.
- For every cup of juice, use 1/4 cup sugar. Blackberry juice is combined with lemon juice before being poured into a preserving pan. When the sugar is all dissolved, add it and stir over low heat. Increase the heat and boil the mixture quickly to reach the setting point.
- If necessary, skim. Fill hot, sterilized jars with the jelly, then seal them.

## **60. Apple & Black Currant Marmalade**

**Prep Time:** 60 min | **Serve:** 6 | **Calories:** 60kcal

## **Ingredients**

- 1½ pints black currants
- 1-pound apples, cut into large chunks
- 5 cups warmed sugar

## **Instructions**

- Run the tines of a fork over the stems of the black currants to separate them from their stalks.
- Add 3 tablespoons of water to a pan with all the fruit (just enough to keep the fruit from catching on the bottom of the pan). Gently simmer the mixture until the apples are fluffy, the fruit is tender, and the juices are flowing. Turn off the heat and let it stand until it is safe to handle.
- The fruit combination should be forced through a sieve or the fine disc of a food mill into a bowl. Pour the purée into a preserving pan after measuring it, then add the same amount of hot sugar. Now reduce the heat and boil quickly to achieve the set point after stirring over low heat until all the sugar has dissolved. If necessary, skim.
- Marmalade should be poured into hot, sterilized jars and sealed.

## **61. Seville orange marmalade**

**Prep Time:** 60 min | **Serve:** 6 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds Seville oranges
- 1 small lemon
- 6 cups sugar

### **Instructions**

- Preheat the oven to 350 degrees Fahrenheit. Put the whole fruits in an oven-safe, heavy casserole with a lid or preserving pan. On the stovetop, add 5 cups of water and bring it to a simmering point.
- Place the pan in the oven with a lid made of aluminum foil if you're using a preserving pan. The fruit should be poached for 2 1/2 to 3 hours for the skins to become soft.

- Lift the fruit out of the liquid with a spoon and place it in a colander. Cut each fruit in half when cold enough to handle, remove the pulp with a spoon while leaving the skin on, and place the pulp, pith, and seeds in a muslin bag that is hung over a bowl to catch any drips. (A huge piece of muslin collected into a bag and knotted with string can also be used.) In order to make the liquid 1 quart in volume, add any that has accumulated in the basin underneath the pulp that has been drained before measuring the liquid.
- Put the muslin bag in a pot and cover it with enough poaching liquid. Then, simmer for 15 minutes after bringing to a boil. Squeeze the bag to extract as much liquid as you can from the pulp after letting it cool enough to handle. Throw away the bag and everything within.
- Put the rind in a preserving pan after chopping it into thin pieces. Completely add the poaching liquid. You can add the sugar without first warming it if the mixture is cold; otherwise, you must warm the sugar first.

## **62. Lemon & Fig Marmalade**

**Prep Time:** 60 min | **Serve:** 5 | **Calories:** 38kcal

### **Ingredients**

- 1-pound dried figs
- 3 lemons
- 4<sup>3</sup>/<sub>4</sub> cups warmed sugar

### **Instructions**

- Cut each of the figs into four pieces after removing the stalks. Lemons should be cut in half lengthwise, then thinly sliced, with the liquid and any seeds being collected as you go. Put the seeds in a piece of muslin, and then tie

a string bag around it. In a big dish, combine the figs, the wrapped seeds, and the lemon slices and juice. Cover with 1 quart of water and let sit for 24 hours.

- The mixture should simmer for 1- 1 1/2 hours or until the lemon rind is tender after being poured into a skillet and heated to a simmer. Remove the seeds after letting the area cool slightly.
- Place the warmed sugar in. Bring the marmalade to a fast boil and simmer until it reaches the setting point while stirring, often over low heat without boiling. If necessary, skim. Seal hot, sterilized jars with the pot.

### **63. Lime Marmalade**

**Prep Time:** 60 min | **Serve:** 8 | **Calories:** 40kcal

#### **Ingredients**

- juice and pared rind of 12 limes
- 3 cups warmed sugar

#### **Instructions**

Finely shred the rind fragments. Lime seeds and piths should be placed in a muslin bag and secured with string. In a preserving pan, combine the lime rind, lime juice, and 7 cups of water. Bring to a boil, then simmer for an hour to soften the rind. When all of the sugar has completely dissolved, add the warmed sugar and whisk over low heat. Next, increase the heat and boil the mixture quickly to achieve the set point. Put the marmalade into warm, sterilized jars, remove the muslin bag, and seal.

### **64. Peach Marmalade**

**Prep Time:** 60 min | **Serve:** 6 | **Calories:** 50kcal

#### **Ingredients**

- 2 pounds of peaches, roughly chopped
- 3¼ cups sugar

### **Instructions**

- In a pan, combine the peaches with their stones and 1 cup of water. They should be simmered for a while until the peach bits are tender.
- Throw away the stones and purée the meat by pressing it through a sieve or the fine disc of a food mill.
- The sugar should be warmed, if necessary, before being added to the purée in the preserving pan. Gently whisk the mixture over low heat until the sugar is entirely dissolved. Boil at a higher temperature until the liquid reaches the setting point. If necessary, skim.
- Marmalade should be poured into hot, sterilized jars and sealed.

## **65. Quince & Orange Marmalade**

**Prep Time:** 6-8hrs | **Serve:** 7 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds' quinces, fur washed off
- 3 small oranges
- 5 cups warmed sugar

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## Instructions

- Use a second casserole if all the fruits won't fit into the first one. Place the fruits in the dish and fill with boiling water until they barely start to float. Put the lid on and cook slowly for 6 to 8 hours in the oven, overnight, or in a slow cooker.
- When it is safe to handle, take the baking sheet out of the oven. Colander the liquid and pour it into a pan. Place the quinces' skins and cores with the cooking liquid after quartering and peeling them. Scoop out the meat from 2 of the oranges, cut them in half, and add the flesh, seeds, and pith to the liquid. Place the peel aside.
- Bring the mixture to a boil before reducing it to a third or a half of its initial volume. Through a strainer, pour the reduced mixture into a preserving pan.
- Slice the quinces into thick slices that measure 1/2 inches in thickness and 3/4 inches in diameter. Slice the entire orange into thin rounds, then finely shred the removed orange halves.
- Once the mixture has been reduced, add the quinces, orange slices, and shredded rind and heat through. Make sure to keep the orange segments whole, add the same volume of warmed sugar, and whisk over low heat until all the sugar has dissolved. Then, crank the heat up and boil quickly to achieve the set point. If necessary, skim.
- With the help of a slotted spoon, remove the orange slices and use them to decorate the heated, sterilized jars' interiors by leaning them against the glass. Then, tightly cap the jars after adding the jam.

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## Chapter 3: Fruits and Vegetables



### 1. Tipsy Pineapple

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

#### Ingredients

- 2 whole pineapples
- 1 large orange 3 1/2 cups water
- 3 cups granulated sugar
- 1 tablespoon freshly squeezed lemon juice
- 1 cup coconut rum

#### Instructions

- Remove the pineapple's core after peeling. Cut the pineapple into slices measuring 1/2 to 1 inch. Place aside.
- Scrub the orange well with a gentle scrub brush, then completely rinse and pat dry. Only the colorful outer layer of the peel should be peeled off using a paring knife or vegetable peeler on a narrow strip. Slice the peel into 2 to 3-inch long, thin slivers.

- Combine the water, 1 1/2 cups of sugar, and the orange peel in an 8-quart stainless steel stockpot. Stirring continuously, cook the sugar over medium-low heat until it is totally dissolved. The mixture should be heated up to medium, brought to a boil, and then gently simmered for five minutes.
- The syrup is then re-boiling once the pineapple slices and lemon juice have been added. Ten minutes of gentle simmering at reduced heat. Remove the pineapple and orange peel from the pan using a slotted spoon. Cover and leave out.
- The remaining 1 1/2 cups of sugar should be added to the syrup and heated while stirring until fully dissolved. The syrup should be heated through before boiling for ten minutes. Take the food off the heat and allow it to cool somewhat. Add the coconut rum and stir
- Pack the pineapple into the heated jars with a slotted spoon, allowing a 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the pineapple, leaving a headspace of 1/2 inch. Get rid of any air bubbles. Use a clean, moist paper towel to wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint jars for 15 minutes and quart jars for 20 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **2. Sweet Cherries**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 1/4 cups water

- 2 1/4 cups granulated sugar
- 10 pounds of sweet cherries, stemmed and pitted

### **Instructions**

- Mix the water and sugar in an 8-quart stainless steel stockpot. Over medium-high heat, bring the liquid to a boil while continually stirring to dissolve the sugar. Add the cherries to the syrup after lowering the heat. Stir the mixture slowly over low heat for 2 minutes or until the cherries are warm.
- Fill the heated jars with the cherries, leaving 1-inch headspace, using a slotted spoon. Pour the heated syrup into the jars in a thin layer over the cherries, leaving a headspace of 1/2 inch. Get rid of any air bubbles. If the extra syrup is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids
- In a water bath canner, process pint jars for 15 minutes and quart jars for 20 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

### **3. Grapes**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

#### **Ingredients**

- 4 cups water
- 1 1/2 cups granulated sugar
- 8 1/2 cups stemmed firm ripe grapes

#### **Instructions**

- Mix the water and sugar in a 4-quart stainless steel stockpot. Stirring continuously, bring the mixture to a boil over medium-high heat until the sugar has fully dissolved. 5 minutes of boiling is followed by a low heat setting, a cover, and continued heating until required.
- To prevent the skins from separating during processing, prick the ends of each grape two or three times with a big, sterilized needle.
- Fill the heated jars with the grapes, allowing a 1-inch headspace. When packaging, give the jars a little shake to ensure a tight seal. Pour the heated syrup into the jars in a thin layer over the grapes, leaving a headspace of 1/2 inch. Get rid of any air bubbles. If the extra syrup is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids
- In a water bath canner, process pint jars for 15 minutes and quart jars for 20 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

### **4. Canned Pears**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

## **Ingredients**

- 10 cups water
- 3 1/2 cups granulated sugar
- 2 tsp. s freshly squeezed lemon juice
- 1 tsp. ascorbic acid crystals or fruit preservative
- About 10 pounds of pears

## **Instructions**

- Mix the water and sugar in an 8-quart stainless steel stockpot. Stirring continuously, cook the sugar over medium-low heat until it has fully dissolved. Low heat should be used to keep the syrup warm until required.
- Add the ascorbic acid crystals and lemon juice to a sizable dish of water. Shake until dissolved.
- The pears should be peeled, sliced into halves or quarters, and cored. To keep them from browning, soak them in lemon water for a while. The pears should be taken out of the water with a slotted spoon and thoroughly drained.
- Fill the heated jars with the pear slices, allowing a 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the pears, leaving a headspace of 1/2 inch. Get rid of any air bubbles. If the extra syrup is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint jars for 20 minutes and quart jars for 25 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours.

Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **5. Amaretto Pears**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 cups of room-temperature water
- 2 cups granulated sugar 8 cups cold water
- Two tbsps. ascorbic acid crystals or fruit preservative
- 7 1/2 to 8 pounds small, unblemished, firm Bartlett pears
- 1/2 cup amaretto or 1 tablespoon pure almond extract

### **Instructions**

- Prepare an 8-quart stainless steel stockpot with sugar and water. Cook the sugar over medium-low heat, constantly stirring, until it has completely dissolved. To keep the syrup warm until needed, a low heat setting should be utilized.
- To a big dish of water, add the ascorbic acid crystals and lemon juice. Till dissolved, shake.
- The pears must be cored, skinned, and cut into half or quarters. Soak them in the lemon water for a bit to prevent browning. With a slotted spoon, remove the pears from the liquid and completely drain them.
- Slices of pears should be placed in the hot jars with a 1-inch headspace. With a headspace of 1/2 inches, add the warm syrup to the jars, covering the pears in a thin layer. Squash any air bubbles. To maintain the headspace, add additional syrup if necessary. Wipe the jar rims and threads with a new, moist paper towel. Apply heated lids and screw on bands.

- Process pint jars for 20 minutes and quart jars for 25 minutes in a water bath canner. Remove the contents of the water bath canner, and let them cool for 12 to 24 hours. Examine the seals after removing the screw bands. Jars can be stored for up to a year in a dark, cool, and dry environment.

## **6. Peach Halves**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 2 quarts' water
- 2 cups granulated sugar
- 10 to 12 pounds round unblemished peaches

### **Instructions**

- Sugar and water should be prepared in an 8-quart stainless steel stockpot. Until the sugar has completely dissolved, cook it over medium-low heat while stirring continuously. Use a low heat setting to keep the syrup warm until required.
- Lemon juice and ascorbic acid crystals should be added to a large dish of water. Shake until dissolved.
- The pears need to be quartered or sliced in half after being cored and peeled. To keep them from browning, let them sit in the lemon water for a while. Remove the pears from the liquid using a slotted spoon, then fully drain them.
- Pear slices should have a 1-inch headspace when they are put in the heated jars. Add the heated syrup to the jars, covering the pears with a thin coating and leaving a headspace of 12 inches. Get rid of any air bubbles. If the extra syrup is required, add it to keep the headspace.

With a fresh, wet paper towel, wipe the jar rims and threads. Put hot lids on and fasten bands.

- In a water bath canner, process pint jars for 20 minutes and quart jars for 25 minutes. Remove the water bath canner's contents, and then allow them to cool for 12 to 24 hours. After the screw bands have been taken off, inspect the seals. Jars can be kept for up to a year if they are kept in the dark, cool, and dry location.

## **7. Maraschino Cherries**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 8 cups of cold water
- Two tbsps. ascorbic acid crystals
- 2 1/2 pounds' sour cherries
- 2 cups granulated sugar
- 1 1/2 cups water
- Two tbsps. red food coloring
- 1 tablespoon pure almond extract

### **Instructions**

- Eight cups of cold water and the ascorbic acid crystals should be combined in a big basin and thoroughly mixed. After adding, soak the pitted cherries for 15 minutes. Drain, rinse, then thoroughly drain the cherries.
- Sugar and 1-1/2 cups of water should be combined in a 4-quart stainless steel stockpot. Stirring continuously, bring the mixture to a boil over medium-high heat until the sugar has fully dissolved. Add the drained cherries to the syrup after stirring in the food coloring. Simmer for three

minutes with the heat reduced. Turn off the heat and allow the pot to cool fully. For 24 hours, cover and leave the object at room temperature.

- Over medium heat, uncover the saucepan and bring the cherry mixture to a boil. Add the almond extract right away after taking the saucepan from the heat.
- Fill the heated jars with the cherries, leaving 1-inch headspace, using a slotted spoon. Pour the heated syrup into the jars in a thin layer over the cherries, leaving a headspace of 1/2 inch. Get rid of any air bubbles. If the extra syrup is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Process pint jars for 15 minutes in a water bath canner and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **8. Yellow Wax Beans**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### **Ingredients**

- 6 pounds of yellow wax beans
- 4 tsps. table salt Boiling water

### **Instructions**

- Drain the beans carefully after giving them a good rinse. Snap the beans into 1-inch pieces after trimming the ends and removing any threads.
- Leave a 1-inch headroom as you pack the beans into the heated jars. Each pint jar or quart jar should have one tsp. of salt added.

- Pour the boiling water into the jars in a thin stream, making sure to leave a 1-inch headspace around the beans. Get rid of any air bubbles. If more liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a dial-gauge pressure canner or a weighted-gauge pressure canner, process pint jars for 20 minutes and quart jars for 25 minutes at 11 pounds of pressure or at 10 pounds of pressure, respectively.
- Take the canner off the heat after canning period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **9. Basketweave Carrot Coins**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 pounds of whole carrots
- 2 tsp. s canning or pickling salt
- Boiling water

### **Instructions**

- Remove the taproot and carrot tops. Clean the carrots thoroughly to get rid of any dirt, then rinse and pat dry. Slice the peeled carrots into 1/4-inch thick pieces.
- Carrots are placed in heated pint jars. Carrots should be arranged in the jar's first three or four outer rows in a basketweave, or brick, pattern, with the rows staggered such that the carrots in the row above cover the joint line of the carrots in the row below. Fill up the gaps in the

middle of the rows with care, pressing the pieces into each row securely to prevent the carrots from moving. The carrots can be positioned with the use of a skewer or a chopstick.

- Rows of carrots should still be packed into the jars firmly, with a 1-inch headspace. For every pint jar of carrots, add a half tsp of salt.
- Pour the boiling water into the jars, being sure to leave a 1-inch headspace and cover the carrots. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 25 minutes at either 10 pounds of pressure or 11 pounds of pressure in a weighted-gauge pressure canner.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **10. Crinkle-Cut Carrots**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 20kcal

### **Ingredients**

- 8½ pounds of whole carrots
- 3½ tsp. s pickling or canning salt
- Boiling water

### **Instructions**

- Wash and dry the carrots after giving them a thorough cleaning to get rid of any dirt. Re-rinse the carrots after

peeling. Slice the carrots uniformly into 1/4-inch thick slices using a crinkle-cut slicer.

- Carrots should be stuffed into hot jars with a 1-inch headspace. Each pint jar or quart jar should have one tsp. of salt added.
- Pour the boiling water into the jars, being sure to leave a 1-inch headspace and cover the carrots. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a dial-gauge pressure canner or a weighted-gauge pressure canner, process pint jars for 25 minutes and quart jars for 30 minutes at 11 pounds of pressure or at 10 pounds of pressure, respectively.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **11. Black-Eyed Peas**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 6 pounds' peas
- 1 tablespoon table salt Boiling water

### **Instructions**

- Rinse, drain, and shell the peas.
- The peas should be stuffed into heated jars with a 1-inch headspace. Each pint jar or quart jar should have one tsp. of salt added.

- Pour the boiling water into the jars in a thin layer so as to cover the peas and preserve the 1-inch headspace. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed at 11 pounds of pressure for 40 minutes, and quart jars should be processed at 10 pounds of pressure for 50 minutes in a dial-gauge pressure canner.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. For up to a year, keep jars in a cold, dry, and dark location.

## **12. Black Beans**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 quarts of cold water
- 4<sup>2</sup>/<sub>3</sub> tablespoons canning or pickling salt
- 1 pound dried black beans

### **Instructions**

- Three tsp. s of salt and the cold water should be combined in a large bowl or other container and stirred until the salt is thoroughly dissolved.
- At room temperature, add the beans, cover, and let soak overnight.
- Drain and give the beans a good rinse. Put the beans in an 8-quart stainless steel stockpot and cover them with

fresh water. Bring the mixture to a boil over medium-high heat, then lower the heat and let it simmer for 30 minutes.

- For each heated pint jar or each hot quart jar, add a tsp. of salt.
- Fill the jars with the beans and cooking liquid, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- At 11 pounds of pressure in a dial-gauge pressure canner or 10 pounds in a weighted-gauge pressure canner, process pint jars for 75 minutes and quart jars for 90 minutes.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

### **13. Crowder Peas**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

#### **Ingredients**

- 4 to 5 pounds crowder pea pods
- Boiling water

#### **Instructions**

- Rinse and thoroughly drain the pea pods. The pods should be spread out overnight to dry on towels.
- Shell the peas the following day. Remove any leftover pods and thoroughly rinse the peas.

- In an 8 to 10-quart stainless steel stockpot, add the peas and just enough water to cover them. Over medium-high heat, bring to a boil. Then, turn the heat down, and boil for three minutes while stirring periodically. Take the saucepan off the stove.
- Pack the peas into the heated jars with a slotted spoon, allowing a 1-inch headspace. Pour the boiling water into the jars in a thin layer so as to cover the peas and preserve the 1-inch headspace. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed at 11 pounds of pressure for 40 minutes, and quart jars should be processed at 10 pounds of pressure for 50 minutes in a dial-gauge pressure canner.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **14. Whole Green Beans**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 8 pounds fresh whole green beans
- 4 tsp. s table salt Boiling water

### **Instructions**

- Drain the beans well after giving them a good rinse to eliminate any dirt. Trim the strings and the ends.
- Fill the heated jars with the beans, allowing a 1-inch headspace. For each pint jar and each quart jar, add a tsp. of salt.
- Pour the boiling water into the jars in a thin stream, making sure to leave a 1-inch headspace around the beans. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed at 11 pounds of pressure for 20 minutes, and quart jars should be processed at 10 pounds of pressure for 25 minutes in a dial-gauge pressure canner.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **15. Thyme Green Beans**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 to 8 sprigs of fresh thyme
- 6 1/2 pounds unblemished, young, tender green beans
- Two tbsps. freshly squeezed lemon juice
- 1 tablespoon canning or pickling salt

### **Instructions**

- Drain thoroughly after giving the green beans a thorough rinse to get rid of any dirt.
- Half-full of water should be used to fill an 8-quart stainless steel stockpot. Put the thyme sprigs in a cheesecloth bag, add them to the water, and then heat the water to a boil.
- Trim the ends of the bean stems with a good knife. Cut the green beans into uniform, 1-inch-long pieces.
- From the water, remove the thyme bag. Carefully whisk in the lemon juice after adding the green beans to the water. For five minutes, simmer on a lower heat. Take the saucepan off the stove.
- Green beans should be packed into heated jars with a 1-inch headspace using a slotted spoon. For each pint jar of beans or each quart jar, add a tsp. of salt.
- Add two to three layers of fine-knit cheesecloth to a fine-mesh sieve. The cooking liquid should be strained using a sieve.
- Pour the hot liquid into the jars in a thin layer over the beans, leaving a headspace of 1 inch. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

## **16. Roasted Roma Tomatoes**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

## **Ingredients**

- 5 pounds ripe Roma tomatoes
- 5 to 8 large cloves of garlic
- 1 tsp. canning or pickling salt
- 1 tsp. freshly ground black pepper
- 1 tsp. citric acid

## **Instructions**

- The oven should be preheated to 450°F. Place a rack in the middle of the oven.
- Cut the tomatoes in half lengthwise and arrange cut side down on two 9 x 13-inch baking pans, a wide-rimmed baking sheet, or a roasting pan. Salt, pepper, and garlic slivers should be added. Roast for 30 to 40 minutes, or until the tomato juice flows clear in the pan and the tomato skins have noticeable black stripes or blisters. Burn the skins in the broiler for a few minutes if necessary to achieve the appropriate color.
- Scraping the pan to get all the juices and garlic, transfer the tomatoes to a 6-quart stainless steel stockpot. Just bring the mixture to a boil over medium-high heat, stirring just as necessary to keep it from sticking. The tomatoes will crumble if you stir them too often or aggressively. Take the saucepan off the stove.
- Each hot pint jar should contain 14 tsp. Citric acid. Fill the jars with the tomatoes and juice, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 40 minutes in a water bath canner. From the water bath canner, remove, and

allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location

## **17. Sweet Potatoes**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 to 6 pounds of sweet potatoes
- Boiling water

### **Instructions**

- The sweet potatoes should be scrubbed completely with a soft brush before being rinsed properly and dried.
- Cut the sweet potatoes into 1-inch pieces after peeling. The potatoes can be sliced into spears or other desirable forms.
- Sweet potatoes should be stuffed into hot jars with a 1-inch headspace. Pour the boiling water into the jars, being sure to leave a 1-inch headspace and cover the sweet potatoes. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- At 11 pounds of pressure in a dial-gauge pressure canner or 10 pounds in a weighted-gauge pressure canner, process pint jars for 65 minutes and quart jars for 90 minutes.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **18. Asparagus**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 12kcal

### **Ingredients**

- 7 pounds' asparagus
- Boiling water

### **Instructions**

- Clean off any dirt with water, then thoroughly dry the asparagus on a wire rack or with many layers of paper towels. Cut the rough ends into pieces 1 inch shorter than the height of the jar after removing them. Drain thoroughly after a second rinse.
- Asparagus should be carefully packed into hot jars, spear end up, with a 1-inch headspace. Pour the boiling water into the jars in a thin layer over the asparagus, leaving a headspace of 1 inch. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Process pint and quart jars for 30 and 40 minutes, respectively, in a dial-gauge pressure canner with 11 pounds of pressure or a weighted-gauge pressure canner with 0 pounds of pressure.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **19. Vegetable Soup**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 20kcal

## **Ingredients**

- 4 quarts peeled and quartered tomatoes
- 4 quarts peeled and chopped potatoes
- 6 cups peeled and chopped carrots
- 4 cups cut or snapped green beans
- 4 onions, chopped
- 2 cups chopped celery (4 to 6 stalks)
- 18 cups water
- 12 beef soup base cubes 1 cup pearl barley
- Two tbsps. table salt
- 1 tablespoon Italian seasoning
- 1 tsp. Mrs. Dash® seasoning (optional)
- 1/2 tsp. freshly ground black pepper

## **Instructions**

- Stir all the ingredients together in a 16 to 20-quart stainless steel stockpot after adding them in the prescribed sequence. Over medium-high heat, whisk the mixture regularly while it boils. Stirring occasionally, reduce the heat to a simmer, cover, and cook for 30 minutes. Vegetables should be somewhat soft but not mushy. Take the saucepan off the stove.
- Fill heated pint jars with the soup, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed at 11 pounds of pressure in a dial-gauge pressure canner for 60 minutes, and quart

jars should be processed at 10 pounds of pressure for 75 minutes.

- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **20. Mushrooms**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 20kcal

### **Ingredients**

- 6 pounds of small white or brown mushrooms
- Boiling water

### **Instructions**

- To thoroughly clean each mushroom, use a gentle brush or a wet paper towel. Drain thoroughly after rinsing with cold water.
- Remove the stems and throw them away. Slice larger mushrooms in half, but leave little ones whole.
- In a 6-quart stainless steel stockpot, add the mushrooms and then cover with water. Over medium-high heat, bring to a boil. Then, turn the heat down, and continue boiling for 5 minutes. Take the saucepan off the stove.
- Pack the mushrooms into the heated jars with a slotted spoon, allowing a 1-inch headspace. Pour the boiling water into the jars, being sure to leave a 1-inch headspace and cover the mushrooms. Get rid of any air bubbles. If extra liquid is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

- Pint jars should be processed for 45 minutes at either 10 pounds of pressure or 11 pounds of pressure in a weighted-gauge pressure canner.
- Take the canner off the heat after the processing period is finished. Before removing the jars from the canner, let the pressure drop to zero. For 12 to 24 hours, allow cooling. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **21. Apricot Nectar**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 cups pitted, peeled, and sliced ripe apricots
- 4 cups water
- 2 cups granulated sugar
- Two tbsps. lemon juice

### **Instructions**

- The apricots and water should be combined in an 8-quart stainless steel stockpot. Over medium heat, bring the mixture to a boil while stirring periodically. For 10 to 15 minutes, or until the fruit is soft, lower the heat, cover the pan, and simmer. Skim any froth from the pot after removing it from the heat. Use a food mill or fine-mesh sieve to pass the liquid and apricots through. Throw away the fibrous pulp.
- After washing it, add the apricot juice back to the saucepan. Add the sugar and whisk continuously while cooking over medium heat to thoroughly dissolve the sugar. To thin the juice to the appropriate consistency, if it is too thick, add additional water. Add the lemon juice and stir. Take the saucepan off the heat.

- Fill heated jars with the juice, allowing a 1-inch headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and quart jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

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# Chapter 4: Pickles



## 1. Hot Dill Pickles

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### Ingredients

- 5 to 7 pickling cucumbers, depending on size
- ½ cup 10% acidity white vinegar
- 1 or 2 cloves garlic, peeled
- 1 jalapeño or cayenne pepper (optional)
- A few fresh dill leaves or flower heads, or 1 scant tsp. dill seed
- 1 tablespoon canning or pickling salt
- 1 tsp. crab boil seasoning (for spicier pickles; optional)
- 1 tsp. granulated sugar
- Boiling water

### Instructions

- Scrub the cucumbers with a gentle brush, then thoroughly rinse and pat dry. Cut the cucumbers into spears or sticks if they are big.

- A heated quart jar should be filled with the cucumbers, allowing a 1-inch headspace. Add salt, sugar, crab boil spice, dill leaves, jalapenos or cayenne pepper, vinegar, and all of these ingredients to the container.
- Pour the boiling water into the jar in a thin stream, making sure to leave a 1-inch headspace above the cucumbers. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- For 20 minutes, process quart jars in a water bath canner. Remove the canned goods from the water bath and allow them to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **2. Barb's Bread-and-Butter Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 25kcal

### **Ingredients**

- 4 quarts thinly sliced medium pickling cucumbers (about 25 cucumbers)
- 3 cups sliced onions (about 4 medium onions)
- 2 green bell peppers (or 1 red and 1 green pepper), chopped
- 3 cloves garlic, sliced
- 1/3 cup canning or pickling salt
- 5 cups granulated sugar
- 3 cups cider vinegar
- Two tbsps. mustard seeds
- 1 1/2 tsp. s celery seeds

- 1 1/2 tsp. s ground turmeric

## **Instructions**

- Combine the cucumbers, onions, bell peppers, and garlic in a big container. Put the salt in. Add cracked ice on top and stir well. Set aside for three hours. Good drainage
- Mix the sugar, cider vinegar, celery, mustard, and turmeric in an 8-quart stainless steel stockpot. Cook while stirring continually over medium-high heat until the sugar dissolves completely.
- Just until the liquid begins to boil, add the drained cucumber mixture. Take the saucepan off the stove.
- Pack the pickles into the heated jars with a slotted spoon, allowing a 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the pickles, leaving a headspace of 1/2 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 10 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **3. Baby Beet Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 12kcal

### **Ingredients**

- 6 pounds 1- to 1 1/2-inch- diameter baby beets
- (80 to 90 small beets)
- 3 cups raspberry vinegar or red-wine vinegar
- (5% acidity)

- 1½ cup white vinegar
- 2 cups granulated sugar
- ⅔ cup water
- 2 tsp. s whole allspice
- 1½ tsp. s canning or pickling salt
- ½ cinnamon stick

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## Instructions

- Trim the beet greens, leaving a stem that is 1-inch long. The beets should be scrubbed completely in cold water with a gentle scrub brush, then rinsed well and dried. Reduce the taproot's length to 1/2 inch.
- Half-fill an 8-quart stainless steel stockpot with water, then heat to a rolling boil. Cook the beets in four batches for 8 to 10 minutes, depending on their size, just until they are soft.
- With a slotted spoon, remove the beets from the water and immediately submerge them for a minute in cold water to halt the cooking process and release the skins. Good drainage Trim the stems and taproots from the beets before peeling them.
- Combine the raspberry vinegar, white vinegar, sugar, water, allspice, salt, and cinnamon stick in an 8-quart stainless steel stockpot. Stirring continuously, bring to a boil over medium-high heat until the sugar dissolves completely. Beets should boil for 5 minutes after being peeled. Take the saucepan off the stove.
- Pack the beets into the heated jars with a slotted spoon, allowing a 1-inch headspace.
- Use two to three layers of moist fine-knit cheesecloth to line a fine-mesh sieve. Put a strainer over the pickling syrup to filter it. Pour the heated syrup into the jars in a thin layer over the beets, leaving a headspace of 1/2 inch. Get rid of any air bubbles. If the extra syrup is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process quart and pint jars for thirty minutes. From the water bath canner, remove, and

allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

#### **4. Reese Family Bread-and-Butter Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

##### **Ingredients**

- 16 to 20 medium cucumbers, thinly sliced
- 10 small onions, thinly sliced
- 1/3 cup canning or pickling salt
- 3 cups cider vinegar
- 2 cups granulated sugar
- Two tbsps. mustard seeds
- 2 tsp. s celery seeds
- 2 tsp. s ground turmeric
- 1 tsp. ground ginger
- 1 tsp. whole peppercorns

##### **Instructions**

- Slices of cucumber and onions should be layered in a big dish with salt sprinkled on top of each layer. Place ice cubes on top. After 1 1/2 hours, let it stand. Drain properly after giving everything a good rinse.
- Combine the mustard, celery, and peppercorn seeds with vinegar, sugar, and other seasonings in an 8-quart stainless steel stockpot. Stirring continuously, cook the mixture over medium-high heat until the sugar is fully dissolved.

- Bring the drained cucumber mixture to a boil before adding it. Take the saucepan off the stove. Pack the pickles into the heated jars with a slotted spoon, allowing a 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the pickles, leaving a headspace of 1/2 inch.
- Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed in a water bath canner for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. For up to a year, keep jars in a cold, dry, and dark location.

## **5. Dilled Asparagus Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### **Ingredients**

- 4 pounds of fresh asparagus
- 2 1/2 cup white-wine vinegar
- 2 1/2 cups water
- 2 tsp. s celery seeds
- 2 tsp. s mustard seeds
- 2 tsp. s dill seeds
- 2 tsp. s crushed red pepper flakes
- 6 cloves garlic
- 6 sprigs of fresh dill
- 6 small jalapeños, serrano, or cayenne peppers

## Instructions

- Trim the asparagus to a length of around 4 inches after rinsing.
- Vinegar and water should be combined in a big pot and heated to a boil. Heat up, then turn the heat down to low and cover. Distribute the red pepper flakes, dill seeds, mustard seeds, and celery seeds equally among the six-pint jars. Each jar should have one garlic clove, one spicy pepper, and fresh dill.
- With the tips facing up and headspace of 1/2 inch, stuff the asparagus spears into the jars.
- Fill the jars with the hot vinegar mixture, being sure to cover the asparagus and provide a headspace of 1/2 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids
- Pint jars should be processed for 10 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## 6. Pickled Cauliflower

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### Ingredients

- 6 tsp. s canning or pickling salt
- 12 cups cauliflower florets
- 4 cups white vinegar
- 4 cups distilled water
- 4 cups granulated sugar

- 2 cups thinly sliced onions
- 1 cup chopped red bell peppers
- 1 tablespoon mustard seed
- 1 tablespoon celery seeds
- 1 tsp. ground turmeric
- 1 tsp. Crushed red pepper flakes

### **Instructions**

- Half-fill a 12-quart stockpot with water. Add the salt and stir. Bring the water to a boil over medium-high heat. Boil the cauliflower for three minutes after adding it. Cauliflower should be well drained and left to cool.
- Vinegar, distilled water, and sugar should all be combined in an 8-quart stainless steel stockpot. Heat the mixture while stirring regularly over medium-high heat until all of the sugar has been dissolved. Add the celery, mustard, onions, red bell peppers, turmeric, and red pepper flakes. The mixture should boil. For five minutes, simmer over a lower heat. Keep the thermostat on low and reduce the heat.
- Cauliflower should be stuffed into hot jars with a 1-inch headspace. Pour the heated syrup mixture into the jars in a thin layer over the cauliflower, leaving a headspace of 1/2 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 15 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw band and inspect the seals. Jars can be kept for up to a year in

a cold, dry, and dark location. For up to a year, keep jars in a cold, dry, and dark location.

## **7. Sweet Pickle Spears**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 14kcal

### **Ingredients**

- 4 pounds small pickling cucumbers
- Boiling water
- 3 cups granulated sugar
- 3<sup>3</sup>/<sub>4</sub> cups white vinegar
- 3 tablespoons canning or pickling salt
- 3 tsp. s celery seeds
- 4 tsps. ground turmeric
- 1 1/2 tsp. s mustard seeds

### **Instructions**

- Scrub the cucumbers with a gentle brush, then thoroughly rinse and pat dry. Cut each cucumber's flower, and stem ends off. Each cucumber should be quartered lengthwise to form spears.
- Put the spears of cucumber in the big metal basin. After covering with boiling water, leave the dish alone for two hours.
- Combine the celery seeds, mustard seeds, salt, sugar, vinegar, and other ingredients in an 8-quart stainless steel stockpot. Stirring continuously, bring the mixture to a boil over medium-high heat until the sugar is completely dissolved. Then, turn the heat down to low, cover, and keep warm until required.

- Clearly drain the cucumbers. Cucumber spears that have been drained are packed into hot jars with a 1-inch headspace. Pour the heated syrup into the jars, being sure to leave a 1-inch headspace and cover the cucumbers' tops. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 10 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **8. Dill Pickle Spears**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### **Ingredients**

- 30 to 36 pickling
- cucumbers (3 to 4 inches long)
- 3 cups white vinegar 3 cups water
- 6 tablespoons canning or pickling salt
- 1 bunch fresh dill sprigs 4 cloves garlic, peeled
- 1 tablespoon mustard seed

### **Instructions**

- Scrub the cucumbers with a gentle brush, then thoroughly rinse and pat dry. Each cucumber should have a 1/8-inch slice removed from the blossom end, after which each cucumber should be sliced lengthwise into 4 to 6 wedge-shaped spears. Depending on the cucumber's breadth and the desired spear size, there will be a certain number of spears per cucumber. Place aside.

- Bring the vinegar, water, and salt to a boil over medium-high heat while continually swirling the liquid until the salt is dissolved in a 3- to 4-quart stainless steel stockpot. Keep heated, cover, and lower the heat.
- Each quart jar should include a thick coating of dill, 1 garlic clove, and 1 1/2 tbsps. of mustard seeds in the bottom.
- The bottom of the jars should be filled with cucumber spears. You should leave 1 1/2 inches of headspace after loading the jars with the first layer of spears, another layer of dill, and the last layer of cucumbers.
- Fill the jars with the hot pickling liquid, be sure to leave a 1-inch headspace, and cover the cucumbers completely. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil pint and quart jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## 9. Dilly Beans

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 20kcal

### Ingredients

- 4 pounds of young green beans
- 8 tsps. crushed red pepper flakes
- 8 cloves garlic, peeled 8 heads of fresh dill
- 8 tsp. s mustard seeds
- 5 cups white vinegar 5 cups water

- 1/2 cup canning or pickling salt

### **Instructions**

- Green beans should be cut to a length of 4 inches. Place aside.
- Each pint jar should include 1 tsp. Of red pepper flakes, 1 tsp. Of mustard seeds and 1 garlic clove. Beans should be placed in each jar halfway, standing them upright with a 1-inch headroom in between. Each jar should include 1 full dill head in the middle. Beans should be added until the jars are full.
- Bring the vinegar, water, and salt to a boil over medium-high heat in a 6-quart stainless steel stockpot while stirring continuously to dissolve the salt.
- Fill the jars with the hot vinegar mixture, covering the beans and allowing a headspace of 1/2 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 10 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **10. Golden Glow Sweet Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories :** 9kcal

### **Ingredients**

- 3 quarts' cucumbers
- 6 medium onions, sliced
- 2 red bell peppers
- 1/4 cup canning or pickling salt

- 2 cups white vinegar
- 3 1/2 cups granulated sugar
- 15 whole cloves
- Two tbsps. mustard seeds
- 1 tsp. celery seeds
- 1 tsp. ground turmeric

### **Instructions**

- Combine the cucumbers, onions, bell peppers, and salt in a large basin or container. Vegetables should be covered with water, and the container should be covered and left at room temperature overnight to soak. Rinse and drain the combination of cucumbers. Good drainage
- Combine the turmeric, celery seeds, mustard seeds, sugar, vinegar, and an 8-quart stainless steel stockpot. Over high heat, bring the mixture to a boil. Incorporate the drained cucumber combination into the syrup, bring to a boil once more, then decrease the heat to a simmer and cook the veggies for 5 to 10 minutes while stirring constantly. Take the saucepan off the stove.
- Pack the pickles into the heated jars with a slotted spoon, allowing a 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the pickles, leaving a headspace of 12 inches. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 10 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **11. Squash Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 15kcal

### **Ingredients**

- 8 cups 1/8-inch-thick slices of squash
- 2 cups sliced onions
- 2 tablespoons canning or pickling salt
- 2 cups white vinegar
- 2 cups granulated sugar
- 2 cups green bell peppers
- 1 tsp. mustard seeds
- 1 tsp. celery seeds

### **Instructions**

- Squash, onions, and salt should be combined in a large mixing dish. Set aside for an hour. To get rid of the salt, drain the squash and onions and rinse them many times.
- Combine the vinegar, sugar, bell peppers, mustard seeds, and celery seeds in an 8-quart stainless steel stockpot. Over medium heat, bring the mixture to a boil. Then, turn the heat down to low, and let it simmer for three minutes.
- Over medium-high heat, add the drained squash and onions to the pepper mixture and bring to a full boil. Boil the mixture for five minutes on low heat. Take the saucepan off the stove.
- Pack the pickles into the heated jars with a slotted spoon, leaving 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the pickles, leaving a headspace of 1/2 inch. Get rid of any air bubbles. With a fresh, wet

paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

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- Pint jars should be processed for 15 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **12. Cinnamon Pickled Watermelon Rind**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 20kcal

### **Ingredients**

- 2 cups white vinegar 2 cups water
- 2 pounds granulated sugar
- 4-3-inch cinnamon sticks
- 2 tsp. s whole cloves
- 1 tsp. ground allspice
- 1 medium watermelon Canning or pickling salt
- 1 lemon

### **Instructions**

- Remove the pink meat from the rind of the watermelon and only slightly cut the red flesh from the rind. Peel the rind's outer green skin with a paring knife or a vegetable peeler. Cut the watermelon rind into pieces that are no larger than 1 inch. Count out 2 pounds (between 3 1/2 and 4 cups) of rind.
- In a 2-gallon stoneware crock or a large ceramic or glass container, put the prepared watermelon rind. Water should be measured and added until the rind is entirely

submerged. For every quart of water used to cover the rind, add 14 cups of salt. Overnight, leave the container covered and at room temperature to soak.

- Watermelon rind should be well drained before being added to an 8-quart stainless steel stockpot. Put on the rind a layer of fresh water. Over medium heat, bring the mixture to a moderate boil. Cook for 12 to 14 minutes, or until the rind is fork-tender but not soft. Return the rind to the stockpot after a thorough drain. Place aside.
- Lemon slices should be combined with just enough water to cover them in a 2-quart pot. Cook the lemon for 10 to 12 minutes over medium heat, or until it is almost completely cooked through. Keep an eye out to prevent the lemon from burning.
- The cooked watermelon rind should be combined with the cooked lemon, vinegar, water, sugar, cinnamon sticks, cloves, and allspice. Cook the watermelon mixture over medium heat, often stirring, for 25 to 30 minutes, or until the rind is transparent.

### **13. Sweet Beet Pickle Slices**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 17kcal

#### **Ingredients**

- 1 cup granulated sugar
- 2 tsp. s pickling spices
- 12 to 18 medium beets
- 3 cups cider vinegar

#### **Instructions**

- The beets should be scrubbed completely with a soft brush before being rinsed properly and dried. Remove the

leaves, leaving the beets' roots and stems sticking out 3 inches.

- Beets should be placed in an 8-quart stainless steel stockpot, covered, and brought to a boil over medium-high heat.
- Cook the beets for 5 to 10 minutes, or until the skins begin to loosen and come off easily. Take the saucepan off the stove. Beets should be drained, let to cool, and then the skins should be removed together with the stems and roots. Slice the beets into 1/4"-thick pieces. Take 8 cups of the sliced beets.
- Combine the vinegar, sugar, and pickling spices in an 8-quart stainless steel stockpot and stir until the sugar is dissolved. Over medium-high heat, add the beet slices and bring the mixture to a boil. Boil for 15 minutes with the heat reduced, stirring periodically. Take the saucepan off the stove.
- With the use of a slotted spoon, tightly pack the beet slices into the heated jars while maintaining a 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the beets, leaving a headspace of 1/2 inch. Get rid of any air bubbles. If the extra syrup is required, add it to keep the headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 30 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **14. Old Timey Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 13kcal

## **Ingredients**

- 2 cups cider vinegar
- 1 cup granulated sugar
- 1 tablespoon whole cloves
- 1 tablespoon whole allspice
- 1 tsp. canning or pickling salt
- 2 quarts of sliced pickling cucumbers

## **Instructions**

- Mix the vinegar, sugar, cloves, allspice, and salt in an 8-quart stainless steel stockpot. Over medium heat, bring to a boil. Then, turn the heat down to low and simmer for five minutes.
- Over medium-high heat, add the cucumber slices and bring the mixture to a full boil. Reduce the heat, cover, and simmer for 3 to 5 minutes, or until the cucumbers brighten in color. Take the saucepan off the stove.
- Cucumbers should be packed into hot jars with a 1-inch headspace using a slotted spoon. Pour the heated syrup into the jars in a thin layer over the pickles, leaving a headspace of 1/2 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 15 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **15. Sweet Lime Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

## **Ingredients**

- 2 gallons' water
- 2 cups pickling lime 7 pounds pickling
- cucumbers, rinsed and sliced  $\frac{1}{4}$  inch thick
- 9 cups granulated sugar 8 cups white vinegar
- 1 tablespoon canning or pickling salt
- 1 tsp. s pickling spice
- 1 tsp. celery seeds

## **Instructions**

- Lime and water should be combined and stirred until the lime is completely dissolved in a large mixing bowl, pickling jar made of glass or enamel, or bucket made of plastic that is food-safe. Slices of cucumber should be added, and they should soak for 12 hours or overnight at room temperature.
- Carefully remove the cucumbers from the lime water using a slotted spoon, then throw away the lime water. Change the water after each rinsing as you rinse the cucumber slices three times in cold water.
- Add cold water to the big mixing basin. Slices of washed cucumber are added, then crushed or cubed ice is placed on top. Allow the cucumber slices to soak in the cold water for three hours. Good drainage.
- Combine the celery seeds, sugar, vinegar, salt, pickling spice, and stainless steel stockpot with 8 to 10 quarts. Stirring continuously, bring the mixture to a moderate boil over medium heat until the sugar dissolves. After turning off the heat, add the drained cucumber slices to the saucepan. For five to six hours or overnight, cover the

slices and leave them to soak in the syrup at room temperature.

- Over high heat, bring the cucumber mixture to a boil, 35 minutes of gentle boiling after lowering the heat. Take the saucepan off the stove.
- Pack the pickle slices into the heated jars with a slotted spoon, allowing a 1-inch headspace. Pour the heated syrup into the jars in a thin layer over the pickles, leaving a headspace of 1/2 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and quart jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **16. Best Dill Pickles**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### **Ingredients**

- Enough pickling cucumbers to fill 7-quart jars
- 9 cups water
- 6 cups white vinegar
- 1/2 cup canning or pickling salt
- 3 tablespoons mustard seeds
- 7 heads of fresh dill
- 7 media to large cloves of garlic
- 7 small red Chile peppers
- 7 freshly picked grape leaves

## Instructions

- Scrub the cucumbers with a gentle brush, then thoroughly rinse and pat dry. From each cucumber's blossom end, slice a 1/8-inch piece. Place aside.
- Combine the mustard seeds, salt, vinegar, and water in an 8-quart stainless steel stockpot. Over medium-high heat, whisk the mixture continually until it comes to a boil, then turn the heat down, cover the pan, and keep it warm.
- Cucumbers should be packed into heated quart jars with a 1-inch headspace. Add 1 big head of dill, 1 clove of garlic, 1 chili pepper, if using, and 1 grape leaf, if used, to each jar.
- Fill the jars with the hot pickling liquid, being sure to leave a 1-inch headspace and cover the cucumbers' tops. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids. Pint and quart jars should be processed in a water bath canner for 20 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. For up to a year, keep jars in a cold, dry, and dark location.

# Chapter 5: Relishes



## 1. Corn Relish

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### Ingredients

- 9 cups fresh corn kernels
- 2 cups chopped onions
- 1 cup chopped green bell peppers
- 1/2 cup chopped red bell peppers
- 1 cup granulated sugar
- Two tbsps. table salt
- Two tbsps. celery seeds
- Two tbsps. mustard seeds
- 3 cups cider vinegar

### Instructions

- In an 8-quart stainless steel stockpot, combine the corn, onions, bell peppers, sugar, salt, celery seeds, mustard

seeds, and vinegar. Bring to a boil over high heat, stirring frequently.

- Cover, reduce the heat to medium-low, and simmer for 15 minutes, occasionally stirring to prevent scorching. Remove the pot from the heat.
- Ladle the relish into hot jars, leaving 1/2-inch headspace. Remove any air bubbles. Wipe the jar rims and threads with a clean, damp paper towel. Apply hot lids and screw bands.
- Process pint jars in a water bath canner for 15 minutes. Remove from the water bath canner and let cool for 12 to 24 hours. Check the seals and remove the screw bands. Store jars in a cool, dry, dark place for up to 1 year.

## **2. Zucchini Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### **Ingredients**

- 4 medium zucchini
- 2 medium onions, finely chopped
- 1/2 medium red bell pepper
- 1/2 medium green bell pepper
- 1 cup granulated sugar
- 3/4 cup cider vinegar
- 1 tsp. dry mustard
- 1 tsp. celery seeds
- 1/2 tsp. crushed red pepper flakes
- 1 tablespoon water
- 1 tsp. s cornstarch

## **Instructions**

- The bell peppers, zucchini, and onions should all be combined in a large basin and mixed thoroughly. Add the salt and mix thoroughly. One hour should pass while being stirred occasionally.
- Either use a sizable fine-mesh sieve or a colander that has been coated with a single layer of cheesecloth to drain the veggies. Rinse well and then drain once more, forcing the extra liquid out. If more water has to be wrung out, use a paper towel.
- The drained veggies should be combined with sugar, vinegar, mustard, celery seeds, and red pepper flakes in an 8-quart stainless steel or enamel stockpot. Over high heat, bring the mixture to a rolling boil. Lower the heat, cover the pan, and gently simmer for 15 minutes, or until the veggies are soft.
- Mix the water and cornstarch together in a small dish. Incorporate the veggies with the cornstarch mixture. Cook for about 5 minutes, stirring often, or until the liquid becomes transparent and thickens. Take the saucepan off the stove.
- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Process pint jars for 15 minutes in a water bath canner and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **3. Sweet and Tangy Tomato Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

## **Ingredients**

- 4 medium plum tomatoes, quartered
- 2 medium green bell peppers
- 1 cup coarsely chopped sweet onions
- 1 cup coarsely chopped green cabbage
- 4 tsp. s kosher salt
- 1 cup granulated sugar
- 1 cup white vinegar
- 1/2 cup water
- 1 tsp. mustard seeds
- 1 tsp. celery seeds
- 1 tsp. ground turmeric

## **Instructions**

- In a food processor, combine the tomatoes, bell peppers, onions, and cabbage; process until very finely chopped. Drain.
- Place the salt over the chopped veggies after moving them to a medium bowl. Covered, place in refrigerator for 4 to 12 hours.
- Drain the veggies well in a wide fine-mesh sieve or a colander lined with a single layer of cheesecloth after giving them a cold water rinse.
- Combine the turmeric, celery seeds, mustard seeds, vinegar, and water in a 6-quart stainless steel stockpot. To the syrup, add the drained veggies. Over medium-high heat, whisk the mixture regularly while it boils. Reduce

the heat, cover the pot, and simmer for 10 to 15 minutes, depending on how thick you like your sauce to be. Take the saucepan off the stove.

- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes and pint jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

#### **4. Jacob's Zucchini Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 12kcal

##### **Ingredients**

- 4 to 5 pounds of medium zucchini
- 6 to 8 large onions
- 1/3 cup canning salt
- 2 1/2 cups cider vinegar
- 4 cups granulated sugar
- 1 tablespoon ground nutmeg
- 1 tablespoon dry mustard
- 1tsp. s celery salt
- 1 tsp. ground turmeric
- 1 red bell pepper
- 1 green bell pepper

## Instructions

- In a food processor, combine the zucchini and onions and pulse until very finely diced.
- Zucchini, onions, and salt are combined in a large basin and thoroughly mixed. Overnight, cover and leave at room temperature.
- In a colander with a single layer of cheesecloth of considerable size, drain the zucchini mixture. Drain one more while pushing the extra liquid out after rinsing with cold water. Place aside.
- Red and green bell peppers, celery salt, mustard, vinegar, sugar, nutmeg, and turmeric should all be combined thoroughly in an 8-quart stainless steel stockpot. Over medium-high heat, whisk the mixture regularly while it boils.
- As the syrup comes back to a boil, add the drained zucchini mixture and stir continuously. Simmer for 30 minutes on low heat, stirring periodically. Take the saucepan off the stove.
- Fill heated pint jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed in a water bath canner for 10 seconds. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## 5. Chow-Chow

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

## **Ingredients**

- 2 quarts of chopped cabbage
- 4 onions, chopped
- 12 green bell peppers
- 6 red bell peppers
- 2 quarts of green tomatoes
- 1/2 cup kosher salt
- quarts cider vinegar
- cups granulated sugar
- tablespoons dry mustard
- 4 tablespoons mustard seeds
- 3 tablespoons celery seeds
- 3 tablespoons mild yellow mustard
- Two tbsps. whole mixed pickling spices
- 1 tablespoon ground turmeric
- 1 tablespoon ground ginger

## **Instructions**

- Combine the cabbage, onions, bell peppers, green tomatoes, and salt in an 8-quart stainless steel stockpot or another big container. Overnight, cover and leave at room temperature.
- Utilizing a strainer, drain the veggies. Rinse well, then re-drain. Place aside.
- Combine the vinegar, sugar, celery seeds, dry mustard, yellow mustard, pickling spices, turmeric, and ginger in a 12-quart stainless steel stockpot. Stirring continuously,

bring the mixture to a boil over medium-high heat until the sugar has fully dissolved. For 20 minutes, simmer over a lower heat.

- Ten minutes later, add the syrup-containing vegetables that have been drained. The mixture will begin to boil when the heat is increased. Take the saucepan off the stove.
- Fill heated jars with the chow-chow, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 15 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location .

## **6. Sweet Cucumber Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### **Ingredients**

- Six cups of medium pickling cucumbers
- Three tbsps. pickling or kosher salt
- Two cups of finely chopped onions
- 2 to 3 quarts of ice-cold water
- Two cups of cider vinegar
- 1-1/2 tsps. mustard seeds
- Three cups of granulated sugar
- 1-1/2 tsps. celery seeds

## **Instructions**

- Layer the cucumbers, onions, and salt in a big basin. Just enough ice-cold water should be added to cover the veggies entirely. Let the cover stand for two hours.
- Either use a sizable fine-mesh sieve or a colander that has been coated with a single layer of cheesecloth to drain the veggies. Rinse well and then drain once more, forcing the extra liquid out. Place aside.
- Combine the mustard seeds, celery seeds, sugar, vinegar, and a 6- to 8-quart stainless steel stockpot. Over medium-high heat, bring the liquid to a boil while stirring continuously until the sugar has fully dissolved. Re-boil the syrup after adding the drained veggies. Ten minutes of simmering at a lower heat while stirring often. Take the saucepan off the stove.
- Fill heated pint jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes and pint jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **7. Hamburger and Hot Dog Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 7 cups peeled, seeded, and ground pickling cucumbers
- 3 cups carrots

- 3 red bell peppers
- 4 medium white onions
- 1/4 cup canning or kosher salt
- 4 cups granulated sugar
- 3 cups cider vinegar
- 1 tablespoon celery seeds
- 1 tablespoon mustard seeds

### **Instructions**

- Combine the ground veggies in a sizable glass dish or crock, and then top with salt. The bowl should be covered with waxed paper or a fresh dishtowel and left to stand for three hours at room temperature. In a large fine-mesh strainer, drain thoroughly.
- Combine the sugar, cider vinegar, celery seeds, and mustard seeds in a 6- to 8-quart stainless steel stockpot. Stirring continuously, bring the mixture to a boil over medium-high heat until the sugar has fully dissolved.
- The syrup should be combined with the drained veggies. While stirring continuously, bring the mixture to a boil. Once the heat is reduced, boil the veggies for about 20 minutes, stirring periodically. Take the saucepan off the stove.
- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes and pint jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24

hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **8. Red Pickle Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 8 cups finely chopped pickling cucumbers
- 4 medium yellow onions
- 5 medium red or yellow bell peppers
- 3 medium green bell peppers
- 1/4 cup pickling salt
- 2 tsp. s celery seeds
- 2 tsp. s ground turmeric
- 8 cups of cold water
- 4 cinnamon sticks
- 1 tablespoon whole cloves
- 1 tsp. whole allspice
- 8 cups cider vinegar

### **Instructions**

- Incorporate the cucumbers, onions, bell peppers, salt, celery seeds, turmeric, and cold water in a 12-quart stainless steel stockpot or a large dish and whisk to thoroughly combine. For 8 to 12 hours, cover and leave the object at room temperature.
- Cinnamon sticks, cloves, and allspice should be combined and tied together in a spice bag or many

layers of cheesecloth.

- Bring the spice bag, cider vinegar, and water to a boil in an 8 to 10-quart stainless steel stockpot over medium heat. For 20 minutes, simmer uncovered over low heat.
- A thickening purée will form after 45 minutes of simmering the tomato-vinegar combination after adding the diced tomatoes and bringing it to a boil. Stir in the sugar until it is completely dissolved, then add the two mustard seeds. The pot should be taken off the heat, covered, and let cool completely.
- Add the cucumber combination to the tomato purée after draining it in a colander that has been lined with a single layer of cheesecloth or a sizable fine-mesh sieve. Over high heat, bring the mixture to a boil. Reduce the heat, cover the pot, and simmer for 30 to 45 minutes, or until the majority of the liquid has evaporated. Turn off the heat and take the spice bag out of the saucepan.
- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 15 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **9. Sweet Jalapeño Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 3/4-pound jalapeño peppers

- 1 large red bell pepper
- 4 medium carrots, peeled
- 1 medium onion
- 3 cups granulated sugar
- 2 cups cider vinegar
- 1 tablespoon mustard seeds
- 1 tablespoon dill seeds

### **Instructions**

- Bell and jalapeno peppers should be cut in half. Cut the vegetables into roughly 2-inch-long julienne strips after removing the seeds and membranes. Place aside.
- The carrots and onion should be julienned into strips that are 2 inches long and 1/8 inch thick. Place aside.
- Cook the sugar and cider vinegar in an 8-quart stainless steel stockpot over medium heat, stirring regularly until the sugar fully dissolves. The mixture will begin to boil when you add the julienned veggies. For 20 to 25 minutes, reduce the heat and simmer the relish until it begins to thicken.
- For the vegetable combination, include the mustard and dill seeds. Stirring often, simmer for 30 to 40 minutes or until the relish is thick. Take the saucepan off the stove.
- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and 8-ounce jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw

bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **Eggplant Caponata**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 3 medium tomatoes
- 1/3 cup pitted black
- 1/3 cup pitted green olives
- Two tbsps. capers
- 1 large eggplant
- 1 cup diced celery
- 1 large yellow onion
- 1 cup red-wine vinegar
- 1 tablespoon granulated sugar
- 1 tablespoon lemon juice
- 1 tsp. Table salt
- Freshly ground black pepper

### **Instructions**

- The tomatoes, black olives, green olives, and capers should all be combined in a medium bowl. Place aside.
- The oven should be preheated to 400 degrees Fahrenheit with a rack in the middle. Using parchment paper, line a large baking sheet. On the paper, distribute the diced eggplant in a single layer. Bake for approximately 15 minutes, stirring halfway through, until golden brown on both sides. Put the eggplant in a large basin.

- Cook the celery in a tiny amount of water in large cast iron or nonstick pan over medium heat for 10 to 12 minutes, or until it is tender and slightly brown. Add the celery to the bowl that contains the eggplant. The onions should be added to the pan and cooked until tender and golden over medium heat.
- The tomato-olive combination, the cooked eggplant and celery, the wine vinegar, sugar, lemon juice, salt, and pepper to taste should all be added to the skillet. Cook over low heat, often stirring, for about 20 minutes, after thoroughly mixing. Take the pan off the stove.
- Fill heated jars with the caponata, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 15 minutes and pint jars for 20 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **10. Yellow Zucchini Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 10 cups yellow zucchini
- 4 cups chopped onions
- 1 large red bell pepper chopped
- 5 tablespoons pickling or canning salt
- 3½ cups granulated sugar

- 3 cups white vinegar
- 1 can of chopped green chilies
- 4 tsp. s celery seeds
- 1 tablespoon ground turmeric
- 1 tsp. freshly ground black pepper
- 1/2 tsp. ground nutmeg

### **Instructions**

- Combine the zucchini, onions, and bell peppers in a large glass, ceramic, or stainless steel container. Overnight in the refrigerator after thoroughly stirring and salting.
- The zucchini combination may be drained in a large fine-mesh sieve or a colander coated with a single layer of cheesecloth, then rinsed and drained once more.
- Combine the sugar, vinegar, chilies, celery seeds, turmeric, black pepper, and nutmeg in an 8-quart stainless steel stockpot. Over medium-high heat, bring the liquid to a boil while stirring continuously to dissolve the sugar. Ten minutes of simmering at a lower heat while stirring often. Take the saucepan off the stove.
- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes and pint jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

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## **11. Hot Zucchini Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 10 cups peeled and ground zucchini
- 4 cups ground onions
- 5 tablespoons pickling salt
- 2 1/2 cups cider vinegar
- 4 cups granulated sugar
- 1 jar or can of diced pimientos
- 2 large jalapeño peppers with seeds
- 2 tsp. s celery seeds
- 1 tsp. dry mustard
- 1 tsp. ground turmeric
- 1 tsp. ground nutmeg
- 1 tsp. cornstarch
- 1/2 tsp. black pepper

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## **Instructions**

- Zucchini, onions, and salt should all be combined in an 8-quart stainless steel stockpot and well mixed. Overnight, cover and leave at room temperature.
- In a colander with a single layer of cheesecloth or a Silpat of considerable size, drain the zucchini mixture. Drain one more after two rinses. Zucchini mixture back in the saucepan.
- To the zucchini mixture, add mustard, pimientos, jalapenos, celery seeds, turmeric, nutmeg, cornstarch, and black pepper. Over medium heat, bring the mixture to a simmer; then, turn the heat down, and let it simmer for 30 minutes. Take the saucepan off the stove.
- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. For up to a year, keep jars in a cold, dry, and dark location.

## **12. Mémère Bergeron's Hamburger Relish**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 12 cucumbers
- 3 red bell peppers
- 2 pounds' onions
- 1/3 cup pickling salt
- 2 quarts of white vinegar
- 4 cups granulated sugar
- 2 tsp. s whole cloves
- 2 tsp. s whole allspice
- 1 tsp. celery seeds
- 1/4 cup dry mustard
- 1 tsp. ground turmeric
- 1/2 cup cornstarch
- 1/2 cup cold water

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## **Instructions**

- Combine the bell peppers, onions, and cucumbers in a big basin. Overnight at room temperature, cover the veggies after salting them and let them there.
- Drain the veggies well in a fine-mesh strainer after giving them a cold water rinse. The veggies should be chopped finely using a food processor, meat grinder, or knife before being drained once more in a fine-mesh sieve.
- Vinegar, sugar, and chopped veggies should all be combined in an 8-quart stainless steel stockpot.
- Cloves, allspice, and celery seeds should be placed in a cheesecloth or spice bag and tied shut. Over medium-high heat, add the spice bag to the vegetable mixture and bring it to a boil. For 20 minutes, simmer over a lower heat.
- Stir in the dried mustard and turmeric before adding them to the relish. Bring the mixture back up to a boil.
- Cornstarch and cold water should be well combined in a small bowl. Boil the relish for 5 minutes after adding the cornstarch mixture. Turn off the heat and take the spice bag out of the saucepan.
- Fill heated jars with the relish, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes and pint jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals.

Jars can be kept for up to a year in a cold, dry, and dark location.

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# Chapter 6: Sauces, Salsas, Nectarines, Syrups, Chutneys, and Specialty Preserves



## 1. Special BBQ Sauce

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### Ingredients

- 4 to 6 quarts Roma or other plum tomatoes
- 3 bell peppers
- 1 white onion, chopped
- 1 red onion, chopped
- 1/2 bunch of fresh thyme leaves
- 1 cup fresh basil leaves
- 10 to 12 cloves garlic, chopped
- 1 tablespoon olive oil
- 2 cups firmly packed brown sugar

- 1 can of tomato paste
- 1 cup dry red wine
- 1/2 cup Worcestershire sauce
- 1/4 cup balsamic vinegar
- 1 tablespoon granulated sugar
- 1 tablespoon Tabasco
- 1 tablespoon black pepper
- 1 tsp. s garlic powder
- 1 tsp. table salt

## **Instructions**

- Cook the tomatoes, bell peppers, white and red onions, thyme, basil, and garlic in the olive oil in a large pan over medium-high heat for 5 to 8 minutes, or until they are soft. Fill an 8-quart stainless steel stockpot with the mixture. The veggies should be simmered for about two hours at medium heat, stirring regularly, until tender.
- Purée the veggies in tiny batches in a blender until they are smooth (place a cloth over the lid to prevent hot vegetables from spitting out). The puréed mixture should be added back to the stockpot. Add the Tabasco, granulated sugar, wine, Worcestershire, black pepper, garlic powder, and salt after incorporating the brown sugar, tomato paste, and other ingredients.
- Stirring regularly, cook the sauce over medium-low heat until it has reduced in volume by at least one-third and is thick enough to drop by the spoonful onto a platter. This can need many hours. Alternatively, you may simmer the mixture for about 2 hours on low heat with the lid placed

on the rim of the pot and stirring regularly. Take the saucepan off the stove.

- Fill heated jars with the sauce, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 20 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **2. Tomato Sauce**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### **Ingredients**

- 10 pounds' plum tomatoes, cored and quartered
- 6 tablespoons bottled lemon juice
- 1 tablespoon canning or pickling salt (optional)

### **Instructions**

- Bring the tomatoes to a boil in a large stockpot over medium heat. Once the tomatoes have mostly broken down, lower the heat and continue to simmer, stirring periodically. Take the saucepan off the stove.
- Reserve the tomato pieces and the liquid after straining the tomatoes through a strainer over a big basin. Clean out the stockpot.
- Then press through a food mill or fine-mesh sieve after processing the saved tomato pieces in a food processor or with a handheld immersion blender. Refill the stockpot with the tomato purée. Add the strained liquid to the

stockpot after straining the conserved liquid through a fine-mesh screen to get rid of the seeds. Throw away the seeds.

- Over high heat, bring the tomato mixture to a boil. Boil the sauce for 60 to 90 minutes at medium-low heat, often stirring, until it has been roughly cut in half. Take the saucepan off the stove.
- To each heated pint jar, add 1 tablespoon of lemon juice from a bottle. If desired, add 12 tsp. Salt to each pint jar. Add Two tbsps. Of canned lemon juice and 1 tsp. Of salt to each quart jar.
- Leave a headspace of 1/2 inch while ladling the sauce into the jars. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint jars for 35 minutes and quart jars for 40 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

### **3. Cranberry Ketchup**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

#### **Ingredients**

- 2 bags of frozen cranberries
- 1 1/4 cups red-wine vinegar
- 1 1/4 cups water
- 2 cups firmly packed light brown sugar
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground allspice
- 1/8 tsp. ground nutmeg

#### **Instructions**

- The cranberries, vinegar, and water should all be combined in a 4-quart stainless steel stockpot. Over medium-high heat, bring the mixture to a boil. Then, lower the heat and simmer the mixture, often stirring, for about 20 minutes, or until all the cranberries have softened and popped. Skim any froth from the pot after removing it from the heat.
- Use a food mill or fine-mesh sieve to press the cranberry mixture through. Throw away the seeds and skins. Refill the stockpot with water and add the leftover cranberry pulp.
- Brown sugar, cinnamon, allspice, and nutmeg should all be added at this point. Stirring frequently, bring the mixture to a boil over medium heat. For about 10 minutes, boil the mixture over low heat while often stirring until the desired consistency is reached. Stir the ketchup often as it thickens to avoid burning and sticking. Take the saucepan off the stove.

- Ketchup should be ladled into heated jars with a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes and pint jars for 15 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **4. Chili Sauce**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 10kcal

### **Ingredients**

- 1peck tomatoes
- 6 cups chopped onions
- 6 medium green bell peppers
- 1/4 cup ground hot peppers
- 13/4 cup white vinegar
- 2 cups firmly packed dark brown sugar
- 1/4 cup table salt
- 11/2 tsp. s freshly ground black pepper
- 11/2 tsp. s ground allspice
- 11/2 tsp. s ground cloves

### **Instructions**

- The tomatoes should be peeled and cored before being ground in a food processor, blender, or food grinder.
- Combine the ground tomatoes, onions, bell peppers, and spicy peppers in a 12-quart stainless steel stockpot. Add

the vinegar and stir. Stir thoroughly after adding the brown sugar, salt, black pepper, allspice, and cloves.

- Over medium-high heat, whisk the mixture regularly while it boils. Reduce the heat to low and simmer, stirring periodically, for about 2 hours or until the majority of the liquid has been cooked out. Take the saucepan off the stove.
- Fill heated jars with the sauce, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 20 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

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## 5. Tomato Ketchup

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### Ingredients

- 4 quarts of plum tomatoes
- 3/4 cup chopped onions
- 1/2 cup chopped red bell peppers
- 1 1/2 cups cider vinegar
- 1 cup granulated sugar
- 1 tablespoon table salt
- 1 tablespoon paprika
- 1 1/4 tsp. s celery seeds
- 1 tsp. whole allspice
- 1 tsp. mustard seeds
- 1 cinnamon stick

### Instructions

- In an 8-quart stainless steel stockpot, combine the tomatoes, onions, and bell peppers. Bring the mixture to a simmer over medium heat, stirring frequently, and cook until the tomatoes are tender. Remove the pot from the heat.
- Using a food mill, purée the tomato mixture. Return the tomato purée to the stockpot and cook over low heat, frequently stirring, until the mixture is thick and reduced by half. Stir in the vinegar, sugar, salt, and paprika.
- Tie the celery seeds, allspice, mustard seeds, and cinnamon stick in a spice bag or a few layers of cheesecloth. Add the spice bag to the tomato mixture.

Simmer the ketchup, frequently stirring to prevent scorching, until it reaches the desired thickness, 15 to 30 minutes. Remove the pot from the heat and remove the spice bag.

- Ladle the ketchup into hot jars, leaving ½-inch headspace. Remove any air bubbles. Wipe the jar rims and threads with a clean, damp paper towel. Apply hot lids and screw bands.
- Process pint jars in a water bath canner for 15 minutes. Remove from the water bath canner and let cool for 12 to 24 hours. Check the seals and remove the screw bands. Store jars in a cool, dry, dark place for up to 1 year.

## **6. Sweet-and-Sour Sauce**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### **Ingredients**

- 7 cups granulated sugar
- 1 cup plus Two tbsps. ClearJel powder
- 4 cups white- or red-wine vinegar
- ½ cup soy sauce
- 2 cans of juice-packed pineapple
- 8 cups peeled and chopped tomatoes
- 4 cups chopped onions
- 4 cups seeded and chopped green bell peppers

### **Instructions**

- The sugar and ClearJel should be well combined in a big basin. Place aside.

- Vinegar and soy sauce should be combined and heated to a boil in an 8-quart stainless steel stockpot. After adding the sugar mixture and stirring until the sugar is completely dissolved, add the saved pineapple juice. Bring to a boil and simmer for 5 minutes while stirring continuously until the mixture becomes somewhat thick.
- The tomatoes, onions, bell peppers, and pineapple that has been drained. Bring the mixture back to a boil, then turn off the heat.
- Fill heated jars with the sauce, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 35 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **7. Tomato Basil Sauce**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### **Ingredients**

- 12 cups plum tomatoes
- (8 to 9 pounds of tomatoes)
- 10 cloves garlic, minced (about 1 head of garlic)
- 4 cups chopped fresh basil leaves
- 8 shallots, minced
- 4 tablespoons red-wine vinegar
- 6 tsp. s granulated sugar
- 4 tsp. s freshly squeezed lemon juice
- 2 tsp. s pickling salt
- 1 tsp. freshly ground coarse black pepper
- 8 scallions (including green tops), thinly sliced
- 1 can (12 ounces) tomato paste

### **Instructions**

- Combine the tomatoes, shallots, garlic, basil, vinegar, sugar, lemon juice, salt, and pepper in an 8-quart stainless steel stockpot.
- Over medium-high heat, whisk the mixture regularly while it boils. Boil the mixture slowly for five minutes while constantly stirring over low heat. Add the tomato paste and scallions, then bring the sauce back to a full boil. Take the saucepan off the stove.
- Fill heated jars with the sauce, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet

paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

- In a water bath canner, process pint jars for 35 minutes and quart jars for 40 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **8. Tomatillo Salsa**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### **Ingredients**

- 6 cups chopped husked tomatillos
- 1 cup chopped onions
- 1 cup chopped seeded sweet green peppers
- 1 cup hot peppers
- 1 cup chopped fresh cilantro
- 3/4 cup white vinegar
- 1/4 cup freshly squeezed lime juice
- 4 cloves garlic, finely chopped
- 2 tsp. s ground cumin
- 1/2 tsp. table salt

### **Instructions**

- In an 8-quart stainless steel stockpot, combine the tomatillos, onions, sweet peppers, hot peppers, cilantro, vinegar, lime juice, garlic, cumin, and salt. Bring the mixture to a boil over medium-high heat, stirring frequently, then reduce the heat to medium and simmer,

frequently stirring, for 10 minutes. Remove the pot from the heat.

- Ladle the salsa into hot jars, leaving ½-inch headspace. Remove any air bubbles. Wipe the jar rims and threads with a clean, damp paper towel. Apply hot lids and screw bands.
- Process pint jars in a water bath canner for 25 minutes. Remove from the water bath canner and let cool for 12 to 24 hours. Check the seals and remove the screw bands. Store jars in a cool, dry, dark place for up to 1 year.

## **9. Roasted Corn and Sweet Pepper Salsa**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 6 cups peeled plum tomatoes
- 6 cloves garlic, roughly chopped
- 4 cups fresh white corn kernels
- 3 bell peppers
- 1 red onion, chopped
- 2 shallots, finely chopped
- 3 tablespoons olive oil
- 1 cup red-wine vinegar
- ¼ cup balsamic vinegar
- ¼ cup lemon juice
- 1 tablespoon granulated sugar
- 1 tablespoon table salt
- 1 tsp. freshly ground black pepper

- 1 can of tomato paste
- 1/4 cup finely chopped fresh flat-leaf parsley

## **Instructions**

- Purée the tomatoes and garlic in a blender. Place aside.
- Cook the corn, bell peppers, onions, and shallots in olive oil in a large pan over medium-high heat for 3 to 5 minutes, or until the veggies are gently roasted and lightly browned.
- The tomato purée and combination of roasted corn should be combined in an 8-quart stainless steel stockpot. Add the tomato paste, red wine vinegar, balsamic vinegar, lemon juice, sugar, salt, and black pepper after thoroughly blending. Stir until well-combined.
- Over medium heat, whisk the mixture regularly while it simmers for about 10 minutes. Cook for 2 more minutes before adding the parsley. Take the saucepan off the stove.
- Fill heated jars with the salsa, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes.
- From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **10. Salsa**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

## **Ingredients**

- 10 cups cored and chopped tomatoes
- 5 cups chopped onions
- 5 cups seeded and chopped sweet peppers
- 3 cups seeded and finely chopped hot peppers
- 3 cups chopped fresh cilantro
- 1½ cups cider vinegar
- 1 whole head of garlic, finely chopped
- 4½ tsp. s table salt

## **Instructions**

- Combine the tomatoes, onions, sweet peppers, spicy peppers, cilantro, vinegar, garlic, and salt in an 8-quart stainless steel stockpot. Stirring regularly, bring the mixture to a boil over medium-high heat, then lower the heat to medium and simmer for 10 minutes. Take the saucepan off the stove.
- Fill heated jars with the salsa, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 25 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **11. Roma Tomato Salsa**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### **Ingredients**

- 28 cups cored and chopped ripe Roma or other plum tomatoes
- 5 cups chopped yellow onions
- 1 cup Anaheim peppers
- 2 1/2 cups Hungarian wax peppers
- 1 cup finely chopped green jalapeño peppers
- 6p large cloves of garlic
- 2 cups lemon juice
- 5 tsp. s black pepper
- 3 tablespoons Mexican oregano
- Two tbsps. pickling salt

### **Instructions**

- Combine the tomatoes, onions, peppers, and garlic in a 12-quart stainless steel stockpot. Salt, oregano, black pepper, and lemon juice should all be thoroughly mixed before adding.
- Over medium-high heat, bring to a boil while stirring regularly. For 20 minutes, simmer uncovered, over low heat, stirring regularly. Take the saucepan off the stove.
- Fill heated jars with the salsa, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 15 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

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## **12. Mango Salsa**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 50kcal

### **Ingredients**

- 2 large, firm, ripe mangos
- 1 small red onion, chopped
- 1/2 cup finely chopped fresh cilantro
- 1 serrano pepper, seeded and minced
- 3 tablespoons bottled lime juice
- Two tbsps. finely chopped candied ginger
- 1 1/2 tbsps. firmly packed dark brown sugar
- 1/2 tsp. table salt

### **Instructions**

- Mangos, red onions, cilantro, serrano peppers, lime juice, candied ginger, brown sugar, and salt should all be combined in a large pot. Stirring constantly, cook the mixture for 5 to 10 minutes, until it is well heated. Never boil. Take the saucepan off the stove.
- Fill heated jars with the salsa, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint jars should be processed for 10 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location

## **13. Apricot Orange Conserve**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 3½ cups apricot halves, chopped and drained
- 1½ cup freshly squeezed orange juice
- Grated zest of ½ large orange
- Two tbsps. freshly squeezed lemon juice
- 3¼ cups granulated sugar
- ½ cup chopped walnuts or pecans

### **Instructions**

- Combine the apricots, orange juice, orange zest, and lemon juice in a medium stainless steel stockpot. Add the sugar and stir. Cook the mixture, often stirring, over medium heat for about 20 minutes, or until it thickens and reaches the jelly stage (220°F at sea level).
- Stir thoroughly after adding the nuts. Skim any froth from the pan after removing it from the heat.
- Fill heated jars with the conserve, allowing a headspace of ¼ inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours.

## **14. Apple Pie Conserve**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 5 cups cored, peeled, and finely chopped apples

- 1 1/4 cups unsweetened apple juice
- 1/2 cup golden raisins
- 1 tablespoon lemon juice
- 4 cups granulated sugar
- 1 cup dark brown sugar
- 1 1/2 tsp. s ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. unsalted butter
- 1/2 cup chopped walnuts or pecans
- 1 pouch liquid pectin

### **Instructions**

- Combine the apples, apple juice, raisins, and lemon juice in an 8-quart stainless steel stockpot. Over medium-high heat, bring the mixture to a boil. After that, lower the heat, cover it, and simmer it for 5 minutes, stirring now and again.
- Remove the lid from the saucepan and mix in the butter, if using, the brown sugar, cinnamon, and nutmeg. Cook while stirring, often over medium-high heat, until the sugar dissolves completely. Add the walnuts and stir. Stirring continuously, raise the heat to medium-high, and bring to a full rolling boil.
- Add the pectin and stir. Bring the mixture back to a rolling boil while stirring continuously. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Fill heated jars with the conserve, allowing a headspace of 1/4 inches. Get rid of any air bubbles. With a fresh, wet

paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **15. Nectarine Conserve**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 2/3 cup freshly squeezed orange juice
- 2/3 cup golden raisins
- 3 cups pitted, peeled, and crushed nectarines (about 3 pounds of nectarines)
- 1/2 cup freshly squeezed lemon juice
- 1 tablespoon finely grated orange zest
- 6 cups granulated sugar
- 1/2 tsp. unsalted butter (optional)
- 3/4 cup sliced or slivered almonds
- 2 pouches (3 ounces each) of liquid pectin
- 1/3 cup Grand Marnier, brandy, or rum (optional)

### **Instructions**

- Orange juice is warmed in a small pan over low heat. Keep it from simmering. Add the raisins, turn off the heat, cover, and let stand for an hour.
- Nectarines, lemon juice, and orange zest should all be combined in a stainless steel stockpot that holds 8 quarts.

Add the raisin mixture, toss in the sugar, and then, if using, add the butter. Stirring continuously, cook the mixture over medium-low heat until the sugar is entirely dissolved. Add the almonds and stir. Stirring continuously, turn the heat up to medium-high and bring to a full rolling boil.

- Add the pectin and stir. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil.
- Skim any froth from the pot after removing it from the heat. If used, stir in the Grand Marnier, brandy, or rum. While stirring occasionally, let the conserve cool in the saucepan for 5 minutes.
- Fill heated jars with the conserve, allowing a headspace of 14 inches. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours.
- Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **16. Gooseberry Conserve**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 6 cups whole gooseberries
- 1 cup pineapple
- 1 unpeeled orange
- 1 cup raisins

- 4 cups granulated sugar
- 3/4 cup chopped walnuts

### **Instructions**

- The gooseberries, pineapple, oranges, and raisins should all be combined in an 8-quart stainless steel stockpot. Add the sugar and stir. Cook the sugar until it is completely dissolved over low heat while stirring continuously.
- Stirring continuously, raise the heat to medium-high, and quickly bring the mixture to a boil. The walnuts, please. Until it reaches the jelly stage (220°F at sea level), boil and stir the mixture, and take the pan off the stove.
- Fill heated jars with the conserve, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. For up to a year, keep jars in a cold, dry, and dark location

## **17. Carrot Cake Conserve**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 1 1/2 cups carrots
- 1 3/4 cups juice-packed crushed pineapple fresh pineapple and juice
- 1 1/2 cups pears
- 1/2 cup dates

- 3 tablespoons freshly squeezed lemon juice
- 1 1/2 tsp. s finely grated lemon zest
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1/2 tsp. ground cloves
- 1/4 tsp. ground cardamom (optional)
- 1 box (1.75 ounces) powdered pectin
- 6 1/4 cups granulated sugar
- 1/4 tsp. Unsalted butter (optional)

### **Instructions**

- Carrots, pineapple (including juice), pears, raisins or dates, lemon juice, lemon zest, cinnamon, nutmeg, cloves, and cardamom, if desired, should all be combined in an 8-quart stockpot.
- Over medium-high heat, whisk the mixture regularly while it boils. Reduce the heat to medium-low, cover the pot, and simmer for 15 to 20 minutes, stirring occasionally, or until the carrots are soft and the dried fruit is ripe.
- The pectin should be added and thoroughly mixed up.
- While stirring continuously, bring the mixture to a full rolling boil over medium-high heat. Stir in the sugar and, if using, the butter, then adds the mixture. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Fill heated jars with the jam, allowing a headspace of 1/4 inches. Get rid of any air bubbles. With a fresh, wet paper

towel, wipe the jar rims and threads. Screw bands on and apply hot lids.

- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **18. Pineapple Rhubarb Strawberry Conserve**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 1 can juice-packed crushed pineapple
- 1½ cup chopped rhubarb
- 1½ cup crushed strawberries
- 1 tablespoon lemon juice
- 1 tablespoon finely grated lemon zest
- 1 box powdered pectin
- ½ tsp. unsalted butter (optional)
- 6½ cups granulated sugar
- ½ cup chopped pecans or walnuts
- ⅓ cup golden raisins

### **Instructions**

- Combine the pineapple, rhubarb, strawberries, lemon juice, and lemon zest in an 8-quart stainless steel stockpot. Add the butter, if using, and stir in the pectin. While stirring continuously, bring the mixture to a full rolling boil over medium-high heat.

- The sugar should be added and well mixed in before the pecans and raisins are added. Stirring continuously, bring the mixture back to a full rolling boil. While stirring continuously, bring to a boil. Skim any froth from the pot after removing it from the heat.
- Fill heated jars with the conserve, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **19. Apple Butter**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 4 pounds of apples, peeled, cored, and chopped
- 2 cups unsweetened apple juice or water
- 3 tablespoons freshly squeezed lemon juice
- 2 1/2 cups granulated sugar
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg

### **Instructions**

- Combine the apples, apple juice, and lemon juice in an 8-quart stainless steel stockpot. Over high heat, bring the mixture to a boil. Stirring often to avoid sticking, simmer for 30 minutes on low heat with the lid on. Take the saucepan off the stove.

- Through a fine-mesh strainer or a food mill, run the cooked apple mixture.
- Refill the saucepan with the apple purée. Add the nutmeg, cinnamon, and sugar by stirring. Stirring continuously, bring the mixture to a boil over medium heat until the sugar has fully dissolved. For about 30 minutes, reduce the heat, stirring constantly, and simmer the apple butter until it is extremely thick and coats the back of a spoon. Stir the mixture often while it thickens to avoid burning. Take the saucepan off the stove.
- Pour the butter into the heated jars, allowing a headspace of 1/4 inches. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **20. Baked Peach Rum Butter**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 8 cups peeled and crushed peaches
- 1 tablespoon molasses
- 1 tsp. ground nutmeg
- 2 cinnamon sticks
- 1 whole vanilla bean
- 3 cups firmly packed brown sugar
- 1/2 cup freshly squeezed lemon juice
- 1 cup rum, preferably Jamaican

### **Instructions**

- The oven should be preheated to 350 degrees Fahrenheit with a rack in the middle.
- Peaches, molasses, and nutmeg should all be combined and stirred together in an 8-quart stainless steel stockpot. Add the vanilla bean and cinnamon sticks. Cook the peaches for about 20 minutes over medium heat, stirring regularly to prevent the mixture from sticking. Add the brown sugar and whisk until it is fully dissolved. Add the lemon juice and 1/2 cup of rum. Take the saucepan off the stove. Remove the vanilla bean and cinnamon sticks.
- To get a smooth texture, purée the peach combination in small batches in a food processor or with a potato masher. Spread out the peach mixture equally in a 2-inch baking or roasting pan.
- 30 minutes of baking is followed by butter stirring and thickness testing. When the butter drips or falls on a

sheet from the edge of a spoon that has been tilted sideways, it has finished baking. If further baking time is required, bake for up to another 60 minutes, stirring and testing for doneness every 15 minutes. After removing the skillet from the oven, whisk in the final 1/2 cup of rum.

- Pour the butter into the heated jars, allowing a headspace of 1/4 inch. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, boil 4-ounce, 8-ounce, and pint jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **21. Holiday Cranberry Chutney**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 3 cups fresh cranberries
- 1 1/4 cups finely chopped sweet onions
- 1 1/4 cups chopped candied pineapple
- 3 cloves garlic, finely chopped
- Two tbsps. ginger
- 1 tsp. grated orange zest
- 1/4 cup freshly squeezed orange juice
- 1 cup red-wine vinegar
- 1 1/2 cups granulated sugar
- 1 cup golden raisins

- 1 cup water
- 1 tsp. dry mustard
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 1/2 tsp. cayenne pepper

### **Instructions**

- The cranberries, onions, pineapple, garlic, ginger, orange zest, orange juice, and vinegar should all be combined in an 8-quart stainless steel stockpot. Over medium-high heat, bring the mixture to a boil while occasionally stirring. About 15 minutes after turning down the heat, cover the pan and slowly boil the cranberries until they soften and burst.
- Add the cayenne, mustard, cinnamon, cloves, sugar, raisins, and water. For about 15 minutes, slowly boil while stirring often. The liquid will thicken after cooling and should be somewhat runny. Take the saucepan off the stove.
- Chutney should be ladled into heated jars with a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **22. Mango Chutney**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

## **Ingredients**

- 1-quart mangos
- 1/2 cup raisins
- 1/2 cup chopped onions
- 1 small hot red pepper
- 2 1/2 cups cider vinegar
- 1 1/2 cups firmly packed dark brown sugar
- 1 tablespoon mustard seed
- 1 tablespoon ground ginger
- 1 tsp. table salt

## **Instructions**

- Mangoes, raisins, onions, and red pepper should all be combined in a stainless steel stockpot that holds 8 quarts. Salt, ginger, mustard seeds, brown sugar, and vinegar should all be combined.
- Over medium-high heat, whisk the mixture regularly while it boils. For 25 to 30 minutes, reduce the heat and simmer the mixture while stirring periodically. Take the saucepan off the stove.
- Chutney should be ladled into heated jars with a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## 23. Strawberry Syrup

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### Ingredients

- 3 quarts of whole strawberries
- 3 cups water
- 1 tablespoon grated lemon zest
- 2 $\frac{1}{2}$  cups granulated sugar
- 3 $\frac{1}{2}$  cups light corn syrup
- 1 tablespoon lemon juice

### Instructions

- Strawberries, 1 $\frac{1}{2}$  cups of water, and lemon zest should all be combined in an 8-quart stainless steel stockpot. Over medium-high heat, whisk the mixture regularly while it boils.
- Simmer for 6 minutes on low heat, stirring often. Take the saucepan off the stove.
- Through many moist layers of fine-knit cheesecloth, place the strawberry mixture in a fine-mesh sieve. After throwing away the pulp and seeds, save the liquid.
- The remaining 1 $\frac{1}{2}$  cups of water and the sugar should be combined in a big pot. Over medium-high heat, bring the liquid to a boil while stirring until the sugar has fully dissolved.
- Stir in the strawberry juice and corn syrup once the syrup has reached 230°F on an instant-read thermometer or candy thermometer. Bring the syrup to a boil once more, then let it cook for 5 minutes while stirring occasionally. Add the lemon juice and stir. Take the pan off the stove.

- Fill heated jars with the syrup, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. For up to a year, keep jars in a cold, dry, and dark location.

## **24. Apricot Syrup**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 6 cups pitted and chopped fresh apricots
- 4½ cups granulated sugar
- 3 tablespoons freshly squeezed lemon juice

### **Instructions**

- The apricots and sugar should be combined in a 6-quart stainless steel stockpot. After three hours, cover and let stand.
- Stirring continuously, cook the mixture over medium-low heat until the sugar is entirely dissolved. Bring the mixture to a boil over medium-high heat while stirring regularly. For 15 minutes, simmer gently on the lowest heat setting with a lid on. Skim any froth from the pot after removing it from the heat. Allow 15 minutes for cooling.
- The apricot mixture should be filtered through a fine-mesh sieve. Throw away the pulp. Put three layers of clean, moist fine-knit cheesecloth in the sieve after cleaning it. The syrup should be filtered with cheesecloth.

- The apricot syrup and lemon juice should be combined in a 4-quart stainless steel stockpot and heated to a rolling boil. After turning down the heat, gradually boil the syrup for 10 to 15 minutes, constantly stirring until it thickens. Take the saucepan off the stove.
- Fill heated jars with the syrup, allowing a 1-inch headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **25. Berry Syrup**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 2 quarts' berries
- 6¾ cups granulated sugar
- ¼ tsp. unsalted butter

### **Instructions**

- Crushed berries should be heated to a boil over medium-high heat in a 4-quart stainless steel stockpot while being stirred constantly. For about 10 minutes, reduce the heat and boil the berries while stirring periodically. After removing the saucepan from the heat, give it some time to cool. Separate the juice from the pulp by passing the mixture through a fine-mesh sieve. Throw away the pulp. Re-strain the juice to get a clearer syrup by lining the sieve with a couple of layers of moist, fine-knit cheesecloth. Take 5 cups of the berry juice.

- In an 8-quart stainless steel stockpot, pour the berry juice. If using, stir in the butter after adding the sugar. Stirring continuously, bring the mixture to a boil over medium-high heat until the sugar has fully dissolved. Boil the syrup for 5 to 8 minutes, constantly stirring while the heat is reduced to medium. The syrup will be thicker the longer the mixture is allowed to boil. Take the saucepan off the stove.
- Fill heated jars with the syrup, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **26. Blueberry Pie Filling**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 3 cups granulated sugar
- 3/4 cup ClearJel powder
- 12 cups blueberries
- 1 tablespoon finely grated lemon zest
- 1/4 cup bottled lemon juice

### **Instructions**

- The sugar and ClearJel powder should be combined and well combined in an 8-quart stainless steel stockpot. Stir

in the blueberries after adding them. For 30 minutes, cover and leave standing.

- To the blueberry mixture, add the lemon juice and zest. Stirring continuously, bring the mixture to a mild boil over medium heat, and simmer for 5 to 10 minutes, or until the sauce thickens. Take the saucepan off the stove.
- Fill heated jars with the pie filling, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint and quart jars should be processed in a water bath canner for 30 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **27. Basil Vinegar**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 1 cups basil leaves
- 1 large clove of garlic, sliced
- 4 1/2 cups white- or red- wine vinegar

### **Instructions**

- A 1/2- to a 2-quart glass jar or another glass container should be filled with the basil leaves and garlic.
- Simply warm the vinegar in a large stainless steel saucepan over low heat. Never allow it to simmer. Take the pan off the stove.
- Pour the hot vinegar over the basil leaves in the jar with caution, then give the container a little shake to mix.

Apply the lid or tape the plastic wrap to the jar's sides after covering it twice with plastic wrap. Place in a paper bag and steep for two to four weeks in a cool, dry location. Every few days, give the jar or container a little stir. After two weeks, start tasting the vinegar. Allow the vinegar to steep for up to 4 weeks if you want a stronger flavor.

- Vinegar should be strained through a fine-mesh sieve lined with cheesecloth. Throw out the garlic and basil. Restrain the vinegar into a clean container after lining the sieve with three layers of clean, moist fine-knit cheesecloth. Overnight standing with the vinegar covered will allow any sediment to sink to the bottom.
- Pour the vinegar into a large saucepan gradually, taking care not to disturb any sediment that may be at the bottom of the pot (discard the sediment). On low heat, warm the vinegar to 180°F. Take the pan off the stove.
- Fill heated jars with the hot vinegar, allowing a 1-inch headspace. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **28. Pear Topping**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 12 pounds of pears, peeled, cored, and coarsely ground
- 4 or 5 oranges, peeled, seeded, and coarsely ground
- 2 tsp. s fruit preservative crystals
- 5 pounds granulated sugar (about 11<sup>3</sup>/<sub>4</sub> cups)
- 1 can (20 ounces) juice-packed crushed pineapple, drained

### **Instructions**

- The pulverized pears and oranges should be combined in an 8-quart stainless steel stockpot. The fruit preservative should be sprinkled over the fruit and gently mixed in. The fruit should be covered and left to stand in the sugar for about an hour.
- Over medium-high heat, whisk the mixture regularly while it boils. For 10 to 15 minutes, or until the fruit is fork-tender, reduce the heat, simmer, and stir constantly. Add the pineapple and stir. Stirring constantly, bring the mixture back to a full rolling boil. Skim any froth from the pot after removing it from the heat.
- Fill the heated jars with the topping, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- In a water bath canner, process pint and 8-ounce jars for 10 minutes. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands

and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

## **29. Mémère Doyon's Vegetarian Mincemeat**

**Prep Time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### **Ingredients**

- 1/2 peck green tomatoes
- 3 quarts' apples
- 3 pounds of dark raisins
- 3 pounds granulated sugar
- 1 cup white vinegar
- 1 cup grape jelly
- Two tbsps. kosher salt
- 1 tablespoon unsalted butter
- 1 tablespoon ground cinnamon
- 1 1/2 tsp. s ground nutmeg

### **Instructions**

- Grind the raisins, apples, and green tomatoes in a food processor or meat grinder.
- Combine the chopped apples, raisins, and ground green tomatoes in an 8-quart stainless steel stockpot. Add the salt, butter, cinnamon, nutmeg, sugar, vinegar, grape jelly, and grape jelly. Stirring continuously, bring the mixture to a boil over medium-high heat until the sugar and jelly have fully dissolved. For 30 to 45 minutes, reduce the heat and simmer the mincemeat, stirring regularly. Take the saucepan off the stove.

- Fill heated jars with the mincemeat, allowing a 1-inch headspace. Get rid of any air bubbles. With a fresh, wet paper towel, wipe the jar rims and threads. Screw bands on and apply hot lids.
- Pint and quart jars should be processed for 30 minutes in a water bath canner. From the water bath canner, remove, and allow to cool for 12 to 24 hours. Remove the screw bands and inspect the seals. Jars can be kept for up to a year in a cold, dry, and dark location.

### **30. Black Currant Nectar**

**Prep Time:** 10-15min | **Serve:** 7 | **Calories:** 40kcal

#### **Ingredients**

- 3 pints of overripe black currants
- 4 cups Sugar

#### **Instructions**

- Run the tines of a fork over the stems of the black currants to separate them from their stalks.
- Cook them for 30 minutes, stirring regularly and mashing the fruit with the back of a spoon, on the top of a double boiler, or in a dish over a pan of simmering water. The pulp is then discarded after straining through a sieve into a measuring pitcher.
- For every 2 1/2 cups of juice, add 2 cups of sugar and stir over low heat until the sugar has completely dissolved. Just bring to a boil, then swiftly turn off the heat.
- The nectar should be poured into sterilized, clip-top, or corked bottles or into freezer containers, sealed, and frozen.

### **31. Elderflower Nectar**

**Prep Time:** 24 hours. | **Serve:** 6 | **Calories:** 48kcal

### **Ingredients**

- 20 heads of elderflower
- 6½ cups fine granulated sugar
- ⅓ cup citric acid 2 lemons, thinly sliced
- 2 oranges, thinly sliced

### **Instructions**

- To get rid of any undesirable animals, shake the flowers while facing down.
- In a stainless steel or enamel pan, combine the sugar with 5 cups of water. Heat the mixture slowly while stirring to completely dissolve the sugar, and then bring the resulting syrup to a boil.
- After adding the flowers and bringing the mixture back to a boil, turn off the heat.
- Add the remaining ingredients, thoroughly combine, and then leave covered in a cool location for 24 hours.
- Pour the cordial through a strainer into sterile, clip-top, or corked bottles.

## **32. Ginger & Lemon Nectar**

**Prep Time:** 24 hours | **Serve:** 5 | **Calories:** 35kcal

### **Ingredients**

- 2 pieces of fresh gingerroot
- juice and thinly pared zest of 2 lemons
- 1 cup sugar

### **Instructions**

- Five cups of water and the zest of 5 lemons and ginger should be in a pan. Gently simmer for 40 minutes. Discard the zest and ginger after straining through a sieve into a measuring pitcher.
- To the drink with ginger flavoring, add lemon juice. To every cup of liquid, add 5/8 cup sugar and stir slowly over low heat until all the sugar has dissolved. Just bring to a boil, then swiftly turn off the heat.
- The nectar should be poured into sterilized, clip-top, or corked bottles or into freezer containers, sealed, and frozen.

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### **33. Lemon & Orange Nectar**

**Prep Time:** 30 min | **Serve:** 6 | **Calories:** 40kcal

#### **Ingredients**

- 8-10 lemon
- 6-8 oranges
- 3 scant cups of sugar
- ½ tsp citric acid lemon

#### **Instructions**

- Finely mince the zest from 1 lemon and 1 orange. In a pan, combine the sugar, zest, and 2 1/2 cups of water. Make a syrup over low heat, then boil for five minutes. Discard the zest after straining through a sieve into a measuring pitcher. Maintaining the same ratio of half lemon and half orange, squeeze as many lemons and oranges as necessary to generate the same amount of juice as syrup. Citric acid should be added to the pan with the syrup and fruit juices, and it should be thoroughly mixed in before being added.

### **34. Rose Hip Nectar**

**Prep Time:** 10-15min | **Serve:** 5 | **Calories:** 30kcal

#### **Ingredients**

- 4 cups rose hips, freshly gathered
- 1 cup Sugar

## Instructions

- To break down the rose hips, put them in a pan and smash them with the back of a spoon. They should be covered with boiling water and simmered for 5 minutes or until the hips are tender.
- The mixture should be strained through a jelly bag after the pan has been taken from the heat and has stood for 15 minutes. The juice should then be collected in a measuring pitcher. Juice is set aside.
- Put the pulp in the pan after removing it from the jelly bag. Repeat step 2 while squeezing out the extra liquid from the pulp. Add 2 cups of water and bring the mixture to a boil.
- Boil the mixture after mixing the juice from both pitchers in the pan to reduce it by about a third to a half.
- For every cup of juice, add 1/2 rounded cup of sugar and stir over low heat until all the sugar has dissolved. Just bring to a boil, then remove from heat right away.
- The nectar should be poured into sterilized, clip-top, or corked bottles or into freezer containers, sealed, and frozen.

## 35. Raspberry Nectar

**Prep Time:** 10-15min | **Serve:** 6 | **Calories:** 50kcal

### Ingredients

- 4 pints of overripe raspberries
- 2 cups Sugar

## Instructions

- Put the raspberries in a basin over a pan of simmering water or on top of a double boiler. The berries should be broken down with the back of a spoon before adding 1 tablespoon of water and cooking until the fruit is mushy, the juices are flowing, and the fruit is boiling while sometimes stirring. Fill a jelly bag with the liquid, then catch the drips in a measuring pitcher.
- For every cup of juice, add 1 scant 3/4 cup of sugar, and stir over low heat until all the sugar has dissolved. Just bring to a boil, then swiftly turn off the heat.
- The nectar should be poured into sterilized, clip-top, or corked bottles or into freezer containers, sealed, and frozen.

## 36. Apricot Nectar

**Prep Time:** 25min | **Serve:** 6 | **Calories:** 50kcal

### Ingredients

- 2 1/3 cups sugar
- 2 pounds of overripe apricots

### Instructions

- To prepare syrup, combine the sugar with 4 1/2 cups of water in a pan. The apricots should be added to the syrup and simmered until the fruit pieces are soft. Filter into a measuring pitcher using a sieve. The nectar should be poured into sterilized, clip-top, or corked bottles or into freezer containers, sealed, and frozen.

## 37. Blackberry Nectar

**Prep Time:** 35min | **Serve:** 4 | **Calories:** 60kcal

### Ingredients

- 3 pints of overripe blackberries
- 3-4 cups of Sugar

### Instructions

- In the top of a double boiler or in a dish set over a pan of simmering water, add the blackberries and 1/2 cup of water. Cook for an hour, regularly stirring and mashing the fruit with the back of a spoon. After that, strain the mixture through a sieve into a measuring pitcher; discard the pulp.
- For every cup of juice, add 3-4 cups of sugar and stir slowly over low heat until all the sugar has dissolved. Just bring to a boil, then swiftly turn off the heat.
- The nectar should be poured into sterilized, clip-top, or corked bottles or into freezer containers, sealed, and frozen.

## 38. Mulberry Nectar

**Prep Time:** 35min | **Serve:** 7 | **Calories:** 60kcal

### Ingredients

- 4 pints of overripe mulberries
- 5-8 cups of Sugar

## **Instructions**

- Put the mulberries in a basin over a pan of simmering water or on the top of a double boiler. After breaking down the fruits with the back of a spoon, add 1 tablespoon of water. Cook, sometimes stirring, until the fruit is mushy, the juices are running, and the fruit reaches a boil. Fill a jelly bag with the liquid, then catch the drips in a measuring pitcher. For every cup of juice, add 5-8 rounded cups of sugar and stir over low heat until all the sugar has dissolved. Just bring to a boil, then swiftly turn off the heat.

## **39. Red Currant & Nectarine Nectar**

**Prep Time:** 35min | **Serve:** 6 | **Calories:** 65kcal

### **Ingredients**

- 2½ pints overripe red currants
- 3 overripe nectarines
- 5-8 cups of Sugar

### **Instructions**

- Run the tines of a fork over the stalks to quickly and easily separate the red currants from their stalks.
- Put the nectarines in a bowl over a pan of simmering water or on top of a double boiler. After breaking down the fruits with the back of a spoon, add 1/2 cup of water. Add the red currants and continue cooking them until they are mushy and the liquid is pouring after the fruit has softened. Discard the pulp after straining through a sieve into a measuring pitcher.
- For every cup of juice, add 5-8 rounded cups of sugar and stir over low heat until all the sugar has dissolved. Just bring to a boil, then swiftly turn off the heat.

- The nectar should be poured into sterilized, clip-top, or corked bottles or into freezer containers, sealed, and frozen. Use pre-purchased pop molds to create juice pops.

## **40. Apricots in Syrup**

**Prep Time:** 10-15min | **Serve:** 1 | **Calorie:** 40kcal

### **Ingredients**

- 1<sup>3</sup>/<sub>4</sub> cups sugar pared rind and juice of 1 small orange
- 1 small cinnamon stick 4 cardamom pods, with seeds crushed
- 2-star anise
- 1<sup>1</sup>/<sub>2</sub> pounds apricots, halved and stoned

### **Instructions**

- Create a syrup by combining 2<sup>1</sup>/<sub>2</sub> cups of water, sugar, three strips of orange zest, orange juice, and spices in a pan. Before increasing the heat and bringing the mixture to a simmer, heat it slowly while stirring to dissolve the sugar. Then, using a slotted spoon, take the cooked but whole apricots from the poaching liquid and place them in hot, sterilized jars. To thicken and decrease the syrup, rapidly bring it to a boil for 10-15 minutes.
- Cover the fruit completely with syrup and spices. Seal the jars after giving them a light tap to let off any air bubbles.

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## **41. Figs in Vanilla Syrup**

**Prep Time:** 25-30min | **Serve:** 1 | **Calorie:** 20kcal

### **Ingredients**

- ½ vanilla bean
- 1¼-inch piece of cinnamon stick
- 6 or 7 figs, halved
- ¼ tsp citric acid figs in vanilla

### **Instructions**

- Set the oven to 300 degrees. Add 1 cup of water to the pan with the sugar, cinnamon stick, and vanilla bean. The sugar must first be stirred over low heat to dissolve it, and then it must be brought to a boil and simmered for two minutes to create a syrup.
- Get rid of the heat. Throw out the cinnamon stick. Using a knife, scrape the vanilla bean's seeds out and add them to the syrup after slicing it in half lengthwise.
- The sliced sides of the figs should be facing outward as you pack them into a clean, sterilized jar. Sprinkle the figs with the vanilla bean halves. Swivel the jar to eliminate any air bubbles before adding enough syrup to cover the figs in the container.
- On a baking sheet covered with several layers of folded newspaper, set the jar in the oven with the top of the jar wrapped in aluminum foil. Bake for 25 to 30 minutes, at which point the syrup should have taken on a wonderful pink hue.
- Seal after taking it out of the oven and removing the foil.

## **42. Orange Slices in Spiced Honey**

**Prep Time:** 10-15min | **Serve:** 4 | **Calorie:** 20kcal

## **Ingredients**

- 6 oranges, cut into ¼-inch slices
- 1¾ cup white wine vinegar
- 1¼ (rounded) cups sugar
- ⅓ cup clear, pale honey
- 1 small cinnamon stick
- 2 tsp whole coriander seeds
- 1 tsp whole cloves

## **Instructions**

- Add just enough water to the pan to cover the orange slices. Until the zest is soft, bring to a boil and simmer for one hour. Take the water out and throw it away. The sugar and honey should melt after being heated gradually while whisking the remaining ingredients in a skillet.
- Oranges should be added after simmering for 30 minutes or until the zest is transparent. Then, pack the mixture into sterilized jars. After straining the syrup to get rid of the spices, add it back to the pan and quickly boil it for 10 minutes to decrease it. Fill the jars to the top, then tighten the lids.

## **43. Whole Peaches in Brandy**

**Prep time: 10-15min | Serve: 4 | Calorie: 40kcal**

### **Ingredients**

- 2 pounds' small peaches
- 1¼ cups sugar
- 1 vanilla bean
- 1 cup brandy

### **Instructions**

- Put the peaches in boiling water for a few minutes to skin them. You might have to complete this in groups. Using a sharp knife, the skins of the fruits should come off easily.
- Stirring slowly over low heat can help the sugar dissolve when you add 1 3/4 cups of water and half of the sugar to a pan. If using, add the vanilla bean after simmering the syrup. The peaches should be added to the syrup in three batches and poached for 5 minutes, with additional syrup spooned on top if necessary. With a slotted spoon, scoop them out and place them in a clean, sterilized jar, neatly packing them in a while, being careful not to crush or damage them.
- Push the bean down among the fruits after removing it from the syrup. When all the sugar has dissolved, add the remaining sugar to the syrup in the pan and whisk. Increase the heat and boil the mixture quickly for 4 minutes. After 10 minutes, turn off the heat and let the food cool. After measuring the syrup and brandy, combine the two ingredients and whisk. After covering the peaches with brandy syrup, cap the jar.

## **44. Cherries in Eau De Vie**

**Prep Time:** 10-15min | **Serve:** 4 | **Calorie:** 40kcal

### **Ingredients**

- 3 cups ripe cherries
- $\frac{3}{8}$  cup sugar
- $2\frac{3}{8}$  cups eau de vie

### **Instructions**

- Using a cherry stoner, pit the cherries and remove any stalks before packing them into wide-necked jars that have been sterilized. Sprinkle sugar on top of the layers of fruit as you go. Spoon any extra sugar on top of the cherries after the jars are full.
- The eau de vie should completely cover the cherries in the jars before being sealed.
- Shake the jars occasionally to help the sugar dissolve and turn into syrup while you store them for at least 6 weeks.

## **45. Apricot Chutney**

**Prep Time:** 75min | **Serve:** 7 | **Calorie:** 25 kcal

### **Ingredients**

- 1 tsp. allspice
- 1 tsp. mustard seeds
- 1 tsp. ground coriander
- 1 small cinnamon stick
- 1-pound apricots
- 1 pound of cooking apples
- 3 cups cider or wine vinegar
- $1\frac{1}{2}$  cups golden raisins, chopped

- 2 cloves garlic
- Juice of 1 lemon
- 1 tsp. salt
- $\frac{3}{4}$  -an inch gingerroot,
- 2 cups warmed sugar

### **Instructions**

- Put the spices in a piece of cheesecloth, then tie a string bag around it. In a stainless-steel preserving pan, combine the apricots, apples, vinegar, and spice bag. Bring to a boil, then simmer for 10 minutes.
- The other ingredients should be added and stirred over low heat until all the sugar has dissolved. After that, come to a boil and simmer, stirring regularly, for about 1\12 hours, or until the chutney is thick but still juicy.
- Pour the chutney into hot, sterilized jars, remove the muslin bag, and then seal the jars.

## **46. Beet Chutney**

**Prep Time:** 75min | **Serve:** 5 | **Calorie:** 42kcal

### **Ingredients**

- 2 pounds of raw beets
- 1-pound onions
- 1½ pounds of cooking apples
- 3 cups seedless raisins
- 4½ cups malt vinegar
- 4 scant cups of sugar
- 2 tsp. ground ginger

## **Instructions**

- To dissolve the sugar, combine everything in a stainless-steel preserving pan and stir over low heat. Bring to a boil, then reduce heat and simmer gently for one hour, occasionally stirring, until the beets and onions are tender and the chutney is thick but not dry.
- In hot, sterilized jars, pour the chutney and then seal them.

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## **47. Vegetable Garden Chutney**

**Prep Time:** 75 min | **Serve:** 5 | **Calories:** 30kcal

### **Ingredients**

- 1-pound zucchini
- 2 rounded tsp. salt, plus extra for sprinkling
- 1-pound scarlet runner beans
- ½ pound of corn kernels
- 1-pound onions, minced
- 2¾ cups cider vinegar
- 1 tbsp. cornstarch
- 1 tbsp. English mustard powder
- 1 tbsp. turmeric
- 1 green chili, deseeded and minced 1
- 2 cups warmed demerara sugar

### **Instructions**

- Slice the zucchini after cutting it in half lengthwise. Place in a bowl, sprinkle with salt and let sit for an hour. After that, thoroughly rinse and drain the zucchini. In a stainless-steel preserving pan, combine all the vegetables and the vinegar. After bringing to a boil, simmer for 10 minutes.
- To make a smooth paste, combine the cornstarch, mustard, and turmeric in a bowl with a small amount of the pan's vinegar. The paste should be added to the pan along with the chili and warmed sugar. Stir over low heat until the sugar has dissolved, then simmer for ¾ to 1 hour, stirring regularly, until the chutney is thick but juicy.

## **48. Damson Chutney**

**Prep Time:** 3 hours | **Serve:** 6 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds' damsons
- 3¾ cups malt vinegar
- 1 small cinnamon stick
- 1 rounded tbsp. allspice
- 1 scant tsp. cloves
- ½ pound of cooking apples
- 2 small onions
- 1½ cups raisins
- 1½ cups chopped dates
- 3 cups brown sugar
- 2 small cloves of garlic
- 1 tbsp. ground ginger
- 1 tbsp. coarse salt

### **Instructions**

- The damsons should be cooked in a skillet with 1 cup of vinegar until they are tender and bursting. Remove the stones after they are cold enough to handle. Put the spices in a piece of muslin, and then tie a string bag around it. Put all the ingredients in a stainless-steel preserving pan, bring to a boil, and then simmer slowly for 2-2 1/2 hours, occasionally stirring, until the chutney is dark and thick but still juicy.

- Pour the chutney into hot, sterilized jars, remove the muslin bag, and then seal the jars.

## **49. Green Tomato & Red Onion Chutney**

**Prep Time:** 55 min | **Serve:** 5 | **Calories:** 37kcal

### **Ingredients**

- 2 pounds of green tomatoes
- ½ pound of cooking apples
- 1-pound red onions
- ¾ cup soft brown sugar
- 2½ cups malt vinegar
- ½ tsp. mustard seeds
- ½ tsp. cayenne pepper
- 1 tbsp. gingerroot
- 1¼ cups raisins
- 3 green chilies
- 1 tsp. salt

### **Instructions**

- To skin the tomatoes, put them in a bowl, cover them with boiling water, and let them sit for a few seconds. When you cut into the fruits with a sharp knife, the skins should now easily come off. When tomatoes are green, it is more difficult to peel them; therefore, steeping them longer than normal bits help. Roughly chop the tomatoes.
- In a stainless-steel preserving pan, combine all the ingredients and bring to a boil. Stirring occasionally, lower the heat, and simmer until everything is prepared, and the chutney has thickened.

- Chutney should be poured into hot, sterilized jars before sealing.

## **50. Mango Chutney**

**Prep Time:** 45min | **Serve:** 10 | **Calories:** 70kcal

### **Ingredients**

- 2 pounds of mango flesh
- 2 tsp. mixed pickling spices juice
- the thickly pared rind of 1 small orange
- ½ pound onions,
- 1¼ cup white wine vinegar
- 2 cloves garlic
- 1 tbsp. grated gingerroot
- 2 hot red chilies
- 2¾ cups light brown sugar

### **Instructions**

- Leave the remaining half of the mango flesh in larger chunks and cut the first half into little pieces. Put the rind pieces and pickling spices in a piece of muslin, then tie the piece of fabric into a bag.
- In a stainless-steel preserving pan, combine all the ingredients, excluding the sugar and the large mango chunks, and boil gently for 20 minutes, or until the mango and onions are tender.
- Continue to boil gently for 5 minutes after adding the remaining mango. Then, while stirring gently and being careful to preserve the chunky texture, boil the mixture until it achieves a thick, jam-like consistency. Add the

warmed sugar and stir over low heat until it has completely dissolved.

- Taking out the muslin bag. After 10 minutes, mix the chutney once more to spread the chunks.
- In hot, sterilized jars, pour the chutney and then seal them.

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## **51. Nectarine Chutney**

**Prep Time:** 1.5 hours | **Serve:** 5 | **Calories:** 40kcal

### **Ingredients**

- 2<sup>1</sup>/<sub>4</sub> pounds nectarines
- ½ pound cooking apples,
- ½ pound onions
- 1½ cups raisins
- 1½ cups light brown sugar
- 3 tbsp. stem ginger, minced
- 2 cloves garlic
- 2 tsp. coarse salt
- 1 tsp. cayenne pepper
- 1pint white wine vinegar

### **Instructions**

- To dissolve the sugar, combine all the ingredients in a stainless-steel preserving pan and stir over low heat. Gently simmer for about 11/2 hours, stirring periodically, until the chutney is thick but still juicy.
- Chutney should be poured into hot, sterilized jars before sealing.

## **52. Onion Marmalade**

**Prep Time:** 1.5 hours | **Serve:** 8 | **Calories:** 30kcal

### **Ingredients**

- 2 pounds of onions
- 2 scant tbsp. olive oil

- 1-pint red wine vinegar
- 3 cups brown sugar
- 2 bay leaves
- 15-18 black peppercorns, crushed
- 2 scant tsp. salt

### **Instructions**

- Cut the onion rings from the slices. The onion rings should be tender but not browned after being gently cooked for about 20 minutes in oil in a stainless-steel preserving pan.
- When the marmalade is black and thick but still juicy, add the remaining ingredients and boil slowly for 1-1 1/2 hours, stirring regularly.
- Marmalade should be poured into hot, sterilized jars and sealed.

## 53. Red Tomato & Garlic Chutney

**Prep Time:** 10-15min | **Serve:** 4 | **Calories:** 30kcal

### Ingredients

- 1 tsp. whole allspice
- 1 tsp. coriander seeds
- 2 tsp. mustard seeds
- ½ tsp. cumin seeds
- 2 pieces of fresh root ginger
- 3¼ pounds of red tomatoes
- 1 pound of cooking apples
- 1-pound onions
- 2 small cloves of garlic
- 1 cup red wine vinegar
- 1 tsp. coarse salt
- ⅞ cup brown sugar

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## **Instructions**

- Place the entire spices and ginger that has been bruised in a piece of muslin and secure it with twine to form a bag.
- In a stainless-steel preserving pan, combine all the ingredients with the exception of the sugar. Bring to a boil, then simmer for a certain amount of time until the vegetables are fork-tender. When all the sugar has dissolved, add the warmed sugar and continue stirring over low heat. Turn to raise the heat, bring to a boil, then simmer gently for about 1 1/2 hours, stirring periodically, until the chutney is thick but not dry.
- Pour the chutney into hot, sterilized jars, remove the muslin bag, and then seal the jars.

## **54. Aunt Edna's S Apple Chutney**

**Prep Time:** 10-15min | **Serve:** 5 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds of apples
- 2½ cups cider vinegar
- 1 ⅜ cup pickling spice
- 1 tbsp. ground ginger
- 1½ cups raisins
- 2 cups warmed brown sugar
- 2 tsp. salt
- 1 red chili

### **Instructions**

- In a stainless-steel preserving pan, combine the apples and vinegar. Put a piece of cheesecloth in the pan and tie the ground ginger and pickling spice together with string. Cook apples gently until they are soft but still maintain their structure.
- The raisins should be roughly chopped or processed in a food processor before being added to the pan along with the sugar, salt, and optional chili. When the chutney is thickened but still juicy, take it from the heat after bringing it to a boil. Take out the spice bag.
- In hot, sterilized jars, pour the chutney and then seal them.

## **55. Apple & Date Chutney**

**Prep Time:** 10-15min | **Serve:** 5 | **Calories:** 70kcal

### **Ingredients**

- 2 pounds cooking apples
- 4½ cups malt vinegar
- ½ pound onions, peeled and chopped
- 2 scant tsp. mustard seeds
- 1 scant tsp. ground ginger
- 1½ scant cups warmed brown sugar
- 1¾ cups chopped dried dates
- 1 clove of garlic, peeled and chopped

### **Instructions**

- In a stainless-steel preserving pan, combine the first five ingredients. Bring to a boil, then simmer for a few minutes, or until the apples are mushy but still retain some of their shapes.

- Then turn off the fire and whisk in the dates, sugar, and garlic over low heat until the sugar is dissolved. Increase the heat, bring to a boil, then reduce the heat and simmer the chutney until it is thick but not dry.

## **56. Pumpkin Chutney**

**Prep Time:** 10-15min | **Serve:** 5 | **Calories:** 40kcal

### **Ingredients**

- 12 peppercorns
- 2 tsp. whole allspice
- $\frac{3}{4}$ -inch-square piece of fresh gingerroot bruised 5 $\frac{1}{2}$  cups pumpkin flesh, 1 cut into  $\frac{5}{8}$ -inch cubes (from pumpkin weighing approx. 2 $\frac{3}{4}$  pounds)
- 1-pound cooking apples, peeled, cored, and finely chopped
- 2 rounded tbsp. minced stem ginger
- $\frac{3}{4}$  pound shallots, peeled, cored, and minced
- 1 $\frac{3}{8}$  cup golden raisins, chopped
- 2 cloves garlic, minced
- 2 tsp. salt
- 2 $\frac{1}{2}$  cups cider vinegar
- 1 $\frac{7}{8}$  cups (packed) warmed soft brown sugar

### **Instructions**

- Put the gingerroot, dry spices, and muslin in a bag and secure it with twine. In a stainless-steel preserving pan, combine all the ingredients (apart from the sugar) and slowly bring to a boil. After a gentle simmer for 20 minutes, the pumpkin and apple should be soft.

- While simmering for about 1-1 1/2 hours, occasionally stirring, until the chutney is thick but still juicy, add the warmed sugar and mix until all the sugar has dissolved.
- Pour the chutney into hot, sterilized jars, remove the muslin bag, and then seal the jars.

## **57. Pear Chutney**

**Prep Time:** 10-15min | **Serve:** 5 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of pears
- 1-pound onions
- grated rind and juice of 1 lemon
- grated rind and juice of 1 orange
- 1 scant cup sugar
- 1½ scant cups seedless raisins
- 1¼ cups cider vinegar
- 1 tsp. salt
- 1 tsp. ground ginger
- ½ tsp. cloves

### **Instructions**

- When all the sugar has dissolved, add the ingredients to a stainless-steel preserving pan and stir over low heat. Stirring regularly, bring to a boil, then reduce heat and simmer for about two hours, or until the chutney is dark, thick, and juicy. It will thicken a little bit as it cools, as with all chutneys.
- In hot, sterilized jars, pour the chutney and then seal them.

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## Chapter 7: Spring Recipes



### 1. Basic Strawberry Jam

**Prep Time:** 30 min | **Serve:** 12 | **Calories:** 40kcal

#### Ingredients

- 2 pounds' ripe strawberries
- 2½ cups sugar
- 1 tablespoon freshly squeezed lemon juice

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## Instructions

- Remove the berries' crowns after giving them a quick washing. Use a potato masher to combine with the sugar, lemon juice, and zest, if using, in a large bowl (or your hands).
- Put the fruit-sugar combination in a preserving pan and cook over high heat, frequently stirring, until it boils. Depending on the size of your pan and the power of your heat source, it may take 8 to 10 minutes to reduce at a full rolling boil while stirring to the gel stage.
- Once the gel has set, skim if required before ladling the hot jam into the four ready 1-pint jars with 1/4-inch headspace. After sealing, process for 10 minutes in a pot of hot water.

## 2. Slow-cooked strawberry jam with rosé wine

**Prep Time:** 30 min | **Serve:** 10 | **Calories:** 50kcal

### Ingredients

- 2 pounds small, ripe strawberries
- 1½ cups sugar
- Two tbsps. Dry French rosé wine

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## **Instructions**

- Remove the berries' crowns after giving them a quick washing. Crush them along with the sugar in a mixing basin, then pour them into a big preserving pan. In the pan, the fruit-sugar combination shouldn't go deeper than 1/2 inches.
- Put the entire pan in a 250° oven after simmering the contents slowly over medium heat. Up to two hours may pass before the jam is reduced to your preferences; during this time, stir for 30 seconds every fifteen minutes. Use the cold-saucer test to examine the gel set. Finally, whisk in the wine and re-bake the dish for a further 15 minutes to decrease.
- Pour the hot jam into four 1-pint sterilized jars, allowing a headspace of 1/4 inch. The jars should be kept in the refrigerator once they have cooled. Plan to consume the jam within a month or freeze it instead for extended storage.

## **3. Fancy strawberry jam with pinot noir**

**Prep Time:** 10-15min | **Serve:** 12 | **Calories:** 40kcal

### **Ingredients**

- 3 pounds' ripe strawberries
- 2½ cups sugar
- Two tbsps. lemon juice
- Zest of ¼ lemon
- 1-inch cinnamon stick
- ¼ pod star anise
- 3 tablespoons fine Oregon Pinot Noir

## Instructions

- Strawberries should be quickly rinsed and well drained. Caps removed, cut in half lengthwise. Cut each quarter in half if they are huge. Sliced berries, sugar, lemon juice, zest, and spices should all be combined in a bowl. Allow macerating for 30 minutes.
- Put the fruit-sugar combination in a preserving pan and cook it up until it boils. Whipping the mixture vigorously will cause the berries to cook down into a paste-like consistency. Add the Pinot Noir 6 to 8 minutes later. Continue reducing for another 4 to 6 minutes, constantly whisking, to the gel point.
- Throw away the spices and continue whisking for another minute or more, or until the jam has a uniformly smooth texture. Leave a 1/4-inch headroom when you divide it among the four ready 1/2-pint jars. After capping the jars, process them for 10 minutes in a boiling water bath.

## 4. Strawberry preserves with elderflower liqueur

**Prep Time:** 10-15min | **Serve:** 8 | **Calories:** 44kcal

### Ingredients

- 3 pounds of strawberries, the smaller, the better
- 2<sup>1</sup>/<sub>4</sub> cups sugar
- 3 tablespoons freshly squeezed lemon juice
- 1 to Two tbsps. St-Germain elderflower liqueur

## Instructions

- Remove the berries' crowns after giving them a quick washing. Cut any larger ones into halves or quarters if necessary. Lemon juice is then sprayed on top of the fruit and sugar layer. Leave alone for one hour.
- In a preserving pan, pour the fruit and sugar mixture and heat to a boil.
- Get rid of the heat. Cover it and refrigerate it overnight after it has cooled.
- The combination should be strained through a colander the next day, and the syrup should be collected in a basin. Permit to drip for fifteen minutes. Eight to ten minutes after it has reached a full boil, reduce the syrup in a preserving pan over high heat to the gel stage. A candy thermometer will read 220 degrees for the syrup's temperature. Watch for the big bubbles I refer to as "frog eyes" to develop into mats that cover the surface of the boiling syrup as a general indicator.
- Over medium heat, add the berries and simmer, gently swirling or shaking the pan, for an additional 3 minutes. In the final minute of cooking, stir in the St-Germain. With a headspace of 1/4 inches, pour the hot preserves into the four prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## 5. Rhubarb Jam with Rose Geranium and Raspberry Vinegar

**Prep Time:** 8 hours | **Serve:** 12 | **Calories:** 40kcal

### Ingredients

- 2½ pounds of rhubarb stalks
- 3½ cups sugar

- Two tbsps. raspberry vinegar
- 3 or 4 rose geranium leaves

## **Instructions**

- Slice the stalks into 1-inch pieces and remove the leaves. In a mixing dish, combine with the sugar and leave to macerate for at least one hour or maybe overnight.
- Place the fruit-sugar combination in a preserving pan and heat to a gentle boil. Rhubarb disintegrates as it cooks, so to create a preserve with more texture, stir it infrequently initially. Instead, shake the pan to make sure that nothing settles to the bottom. When the pan reaches a rolling boil, decrease the heat to a simmer for 7 to 9 minutes, or until the liquids thicken. When cooking is nearly finished, keep a close eye on the pan and stir even more.
- Add the raspberry vinegar after removing the pan from the heat. Rose geranium leaves should be softly bruised by being squeezed in your fist. After a minute of stirring in the hot jam, the leaves should be discarded. If desired, taste and add extra vinegar or rose geranium.
- Fill five prepared 1/2-pint jars with the hot jam, leaving a headspace of 1/4 inches. One little rose geranium leaf can be placed in the bottom of each jar for an enhanced rose flavor. After capping the jars, process them for 10 minutes in a pot of hot water.

## **6. Strawberry-rhubarb jam**

**Prep Time:** 45min | **Serve:** 8 | **Calories:** 40kcal

### **Ingredients**

- 2 pounds' small strawberries
- 1½ pounds of rhubarb stalks

- 3 cups sugar
- Two tbsps. lemon juice
- 1 vanilla bean, split lengthwise

### **Instructions**

- Strawberries should be quickly rinsed and drained. The berries should first have their tops removed. Rhubarb should be cut into 1-inch slices. Fruit should macerate for 30 minutes after being combined with sugar, lemon juice, vanilla bean if used, and other ingredients.
- In a preserving pan, pour the contents and quickly heat to a boil. For 10 to 12 minutes, reduce over high heat till the gel point. Ladle the hot jam into five prepared 1/2-pint jars, leaving 1/4-inch headspace, and discard the vanilla bean if using. Process for 10 minutes in a pot of boiling water.

## **7. Pickled Asparagus with Tarragon and Green Garlic**

**Prep Time:** 25min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of fat fresh asparagus
- 1½ cups white-wine vinegar
- 1½ cups water
- 1½ tsp. s kosher salt
- 2 tsp. s sugar
- ¼ tsp. black peppercorns
- 2 allspice berries, crushed
- ½ bay leaf

- 1 sprig of fresh thyme
- Six 4-inch sprigs of fresh tarragon
- 3 mature cloves of garlic

## **Instructions**

- Warm up a big saucepan of water to blanch the asparagus. Combine the vinegar, water, salt, sugar, pepper, allspice, bay leaf, thyme, and three sprigs of tarragon in a separate saucepan. Bring to a boil, turn off the heat, and let the mixture soak for 15 minutes.
- Meanwhile, trim the asparagus' woody ends and, if you'd like, use a vegetable peeler to remove the base. Using a 4-inch bamboo skewer as a gauge, cut the stalks to size.
- Working in batches, season the water with salt and blanch the asparagus for 90 seconds or until halfway cooked. The spears should have an opaque center and be malleable yet still hard. To stop the cooking, shock the asparagus in a dish of icy water. Then, thoroughly drain.
- The spears and one fresh sprig of the remaining tarragon should be placed in each of the three wide-mouth pint jars that have been prepared. Evenly distribute the garlic among the jars.
- Filter the pickling syrup, then throw away the used aromatics. Ladle the syrup over the asparagus, leaving a headspace of 12 inches, and bring the mixture back to a boil. After capping the jars, process them for 10 minutes in a boiling water bath. A week must pass before opening.

## **8. Pickled Carrots, Taqueria style**

**Prep Time:** 45 min | **Serve:** 10 | **Calories:** 20kcal

### **Ingredients**

- 2<sup>3</sup>/<sub>4</sub> pounds carrots
- 1/4 pound of small red onions
- 2 to 4 fresh jalapeño peppers
- 1/2 tsp. cumin seeds
- 8 cloves garlic, peeled
- 2 cups white-wine vinegar
- 2 cups water
- 4 tsp. s kosher salt, plus more for the pot
- 1/2 tsp. black peppercorns, crushed
- 2 tsp. s dried Mexican oregano

## **Instructions**

- Warm up a saucepan of water big enough to blanch the carrots all at once. The carrots should be peeled, trimmed, and then cut into 1-inch-diagonal slices. The onions should be peeled and chopped into eighths. If you like only mild heat, remove the seeds after cutting the jalapenos in half and deveining them. The cumin should be colored and aromatic after just one minute of toasting in a dry skillet. Divide the dried chilies, cumin, and garlic among the four-pint jars that have been prepared.
- Bring the vinegar, 2 cups water, salt, peppercorns, and oregano to a boil in a separate pot. After adding the onions and jalapenos, turn off the heat. Place aside till required.
- Boil the carrots for two to three minutes until they are partially cooked, then season the blanching water with salt (1 heaping tablespoon per quart). After draining, add the carrots to the other pot with vinegar and onions. Up to a boil.

- Divide the veggies among the four jars with a slotted spoon, then fill the jars to the top with the hot pickling liquid, leaving a headspace of 1/2 inch. After capping the jars, process them for 10 minutes in a boiling water bath. Process for 30 minutes in a hot water bath between 180 and 185 degrees to achieve a firmer texture.

## **9. Pickled Carrots, Bistro Style**

**Prep Time:** 35min | **Serve:** 12 | **Calories:** 20kcal

### **Ingredients**

- 2 cups white-wine vinegar
- 1¾ cups water
- 1½ tsp. s kosher salt
- 1½ tsp. s coriander seeds
- ½ tsp. black peppercorns
- 1 tsp. caraway seeds
- ½ bay leaf 3 sprigs of fresh thyme
- A few leaves of fresh rosemary
- 3 cloves garlic, peeled
- 1 small shallot, cut into thick slices
- 2 pounds of small carrots

### **Instructions**

- In a saucepan, combine the vinegar, water, salt, and all of the aromatics, excluding the garlic and shallot. Bring to a boil before setting aside for 15 minutes to steep.
- Trim the roots and stems after using a vegetable peeler to peel the carrots. To fit them into pint jars, if required, cut them into 4-inch lengths.

- In three-pint jars that have been prepped, divide the shallot and garlic. For the best fit, alternate packing the raw carrots stem-up and stem-down in the jars. With a headspace of 1/2 inches, spoon the pickling liquid over the carrots after bringing it back to a boil. After capping the jars, process them for 10 minutes in a boiling water bath.

## **10. Agrodolce spring onions**

**Prep Time:** 10-15min | **Serve:** 10 | **Calories:** 15kcal

### **Ingredients**

- 1 pound of spring onions
- 3 cups tart white wine
- ½ cup white-wine vinegar
- ½ cup golden raisins
- 1 tablespoon tomato paste
- 3 tablespoons olive oil
- 3 tablespoons sugar
- 1 dried red chili pepper
- 1 bay leaf
- 3 cloves
- 1 sprig of fresh thyme
- ¼ tsp. black peppercorns
- 1 tsp. kosher salt
- ½ tsp. yellow mustard seeds

### **Instructions**

- To soften the skin of the onions, soak them in lukewarm water for 5 minutes. Then, peel the onions and trim the stalks. To preserve the onions whole while cooking, either scrape out the roots or delicately slice them away without severing the base.
- Pour the wine and vinegar over the onions in a medium saucepan. Bring to a boil all the ingredients, including the raisins. Reduce the heat to a simmer and cook, covered, until the sauce has thickened and taken on rich color and the onions are easily punctured with a bamboo stick or a sharp knife. It will take about 1 hour and 45 minutes to cook the food. As the sauce decreases, shake the pot occasionally to prevent sticking, and turn the onions over as needed to achieve even cooking.
- The heated onions should be placed in a wide-mouth pint jar that has been prepared; you should have some leftovers for immediate use. After the jar has cooled, keep it in the refrigerator for as long as you like. Leave a good 1/2-inch headspace when processing for shelf storage, wipe the rim with a paper towel dipped in vinegar, and seal. Process for 15 minutes in a pot of boiling water.

## **11. Cocktail onions**

**Prep Time:** 10-15min | **Serve:** 12 | **Calories:** 20kcal

### **Ingredients**

- 1-pound cocktail onions
- Two tbsps. plus
- 2 tsp. s kosher salt
- 2 cups water, plus
- 1 cup of hot brine
- 1 cup white wine vinegar

- ¼ tsp. whole black peppercorns
- 4 allspice berries
- 5 juniper berries
- 3 cloves
- 1 tsp. mustard seeds
- ½ inch cinnamon stick
- 1 bay leaf ½ tsp.
- Prepared Horseradish or grated fresh

### **Instructions**

- To soften the skins, soak the onions in cool water for 5 minutes. Peel the top layer off and throw it away. Trim the stem and root. Pour two tablespoons of salt and two cups of water into a ceramic dish with the onions inside. Use a saucer or the lid of a small cooking pot to weigh down the onions. In a bowl or jar, combine the vinegar and aromatics; seal. For a week, keep the onions and vinegar in the fridge.
- After draining, give the onions a freshwater rinse. Leave a healthy 12-inch headroom as you snugly pack them into the four prepared 1/2-pint jars. Discard the used aromatics after straining the vinegar through a fine-mesh screen.
- Bring to a boil the vinegar, 1 cup of water, and Two tbsps. Of salt. After covering the onions with the hot brine, leave a headspace of 1/2 inch. Fill each jar with two or three fresh juniper berries. After sealing, process for 10 minutes in a pot of hot water. Before opening, let the product cure for at least a week.

## **12. Ramps in white-wine vinegar, French style**

**Prep Time:** 10-15min | **Serve:** 12 | **Calories:** 20kcal

## **Ingredients**

- 1-pound whole ramps
- 1 cup white wine vinegar
- 1 cup water
- 1 tablespoon dry white vermouth
- 1½ tsp. s kosher salt
- 1 tablespoon sugar
- 10 black peppercorns
- 1 bay leaf 3-inch sprig of fresh thyme
- 1-inch sprig of fresh rosemary

## **Instructions**

- Ramp preparation involves trimming the roots and removing the white bulb's papery outer layer. Trim and save the green leaves above the reddish stem for later use.
- In a small pot, combine the ramps and the remaining ingredients. Bring to a boil. 5 minutes of simmering. Cover and leave at room temperature for the night.
- Bring the pot's contents back to a boil the next day. Pack the heated ramps into two 1-pint sterilized jars using a slotted spoon. Leave a 1/4-inch headroom under the pickling liquid before covering. After cooling, seal the container and put it in the fridge. Alternatively, place the heated ramps in prepared 1/2-pint jars with 1/2-inch headspace for shelf storage. The sealed jars should be processed for 10 minutes in a hot water bath.

## **13. Ramps in Apple-Cider Vinegar, Tennessee Style**

**Prep Time:** 10-15min | **Serve:** 8 | **Calories:** 30kcal

### **Ingredients**

- 2 pounds of whole ramps
- 12 black peppercorns
- 2 cloves
- 4 allspice berries
- 1 cardamom pod
- 2 small shards of mace
- 1¼ cup apple cider vinegar
- 1¼ cups water
- 1½ tsp. s kosher salt
- 2 tsp. s honey

### **Instructions**

- Ramp preparation involves trimming the roots and removing the white bulb's papery outer coat. Trim and save the green leaves that are above the reddish stem for further use.
- Place the raw, trimmed ramps in two-pint jars that have been prepped. Distribute the aromatics equally among the jars.
- Bring to a boil the vinegar, water, salt, and honey in a saucepan. Over the ramps, pour the heated liquid while leaving 1/2-inch headspace. In a hot water bath, process the jars for 10 minutes after sealing.

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## **14. Pickled Eggs in Sriracha Sauce**

**Prep Time:** 25min | **Serve:** 9 | **Calorie:** 40kcal

### **Ingredients**

- 1 dozen large eggs
- 1¼ cup white wine
- ¼ cup Sriracha Hot Chili Sauce
- 1 tsp. kosher salt
- 2 bay leaves

### **Instructions**

- Place the raw eggs in a pot big enough to hold them in a single layer, and add water to at least cover them by 1 inch. Eleven minutes of simmering follow a boil. Immediately after draining the eggs, drop them into a bowl of ice water. Gently crack them, then let them soak in water for about five minutes to help the shells come off. Peel.
- In a quart jar with a wide mouth that has been scorched with boiling water, place the peeled eggs. It's acceptable to lightly press the eggs into the jar, but don't press them in so hard that they split.
- Bring to a boil the vinegar, Sriracha sauce, salt, and bay leaves in a saucepan. Cover the eggs with the hot liquid, leaving a headspace of 1/4 inches. Store in the fridge for up to a month after you seal the jar and let it cool. Before using, give the liquid a good shake because it will separate. The eggs should be cut in half and dressed with a few drops of pickling liquid before serving. This recipe is not meant to be canned or placed on a shelf.

## **15. California Capers**

**Prep Time:** 24 hours | **Serve:** 10 | **Calorie:** 20kcal

## **Ingredients**

- 1-pint fresh nasturtium pods
- Kosher salt
- 1 shallot
- Black peppercorns
- 1 clove
- Mace
- White-wine vinegar

## **Ingredients**

- After rinsing, the pods should be covered in brine made from 3 tsp. s of salt and 2 cups of boiling water. Overnight soak at room temperature, uncovered. Drain the pods the following day and remove any damp flower parts. Concern yourself not with the sulfurous scent. Once more, cover with new brine and let stand overnight.
- The pods should be drained and placed in a pint jar after the third day. Add a clove, a little piece of mace, a shallot slice, and six black peppercorns. Refrigerate the container after completely covering the pods with vinegar. The pranks last a year.

## **16. Pickled Green Almonds**

**Prep Time:** 24 hours | **Serve:** 12 | **Calorie:** 40kcal

### **Ingredients**

- 1-pound green almonds
- 1 quart plus 1 cup of water
- $\frac{1}{4}$  cup kosher salt
- 1 cup white wine vinegar
- Two tbsps. dry vermouth
- $\frac{1}{2}$  small shallot
- $\frac{1}{4}$  tsp. Prepared Horseradish
- 2 small pieces of mace
- $\frac{1}{2}$  tsp. black peppercorns
- A few fresh rosemary leaves
- 1 dried red chili

### **Instructions**

- Green almonds should be rinsed in cold water. Each one should be pricked twice with a trussing needle or skewer. Place them aside in a sizable, inert bowl. After bringing a quart of water and salt to a boil, pour the mixture over the almonds. Overnight, cover and depart.
- Additionally, on the first day, combine in a small pot the remaining cup of water, the vinegar, vermouth, and aromatics. It should be brought to a boil, then taken off the heat, and left to sit overnight.
- Drain the almonds and give them fresh water rinse the following day. Fill two-pint jars with boiling water. To get rid of the aromatics, pass the vinegar brine through a

fine-mesh sieve. When it comes to a boil, pour the hot brine over the almonds to cover them completely. Place the jars in the refrigerator after sealing. This pickle is best consumed within a month or so of being preserved because the almonds will darken with time.

## **17. Cherry preserves made with powdered pectin**

**Prep Time:** 35min | **Serve:** 10 | **Calorie:** 42kcal

### **Ingredients**

- 3 pounds mixed sweet cherry varieties
- Two tbsps. freshly squeezed lemon juice
- 2½ cups sugar
- 1 tablespoon powdered apple pectin

### **Instructions**

- Cherry pits and rinses them. Although we've used a cherry pitter, hand pitting is just as quick. To collect all of the juices, work over a bowl.
- Toss the cherry pits, juice, and lemon juice together. The fruit is stirred once the sugar and pectin have been combined. If you decide to use cherry pits, pound them into a small cheesecloth pouch after cracking them with a hammer.
- This should be added to the fruit and sugar mixture. Macerate for several hours or overnight. Put the liquid from the fruit-sugar mixture through a colander and into a bowl. Permit to drip for fifteen minutes. Place the liquid and, if using, the pit pouch in a preserving pan. 3 minutes of steady boiling should be done. Put the fruit in. A tsp. of syrup placed on a cooled saucer in the freezer creates a thin skin after 3 to 4 minutes of cooking at a boil. The

objective is thickened syrup rather than a rigid gel set. When the syrup has been sufficiently reduced, turn off the heat. Add the kirsch after getting rid of the pits. For 30 seconds, stir.

- After a few minutes of cooling, stir the preserves one more to evenly distribute the fruit. Fill five prepared 1/2-pint jars with the preserves, leaving a headspace of 1/4 inches. After sealing, process for 10 minutes in a pot of hot water.

## **18. Cherry Preserves with Pinot Noir**

**Prep Time:** 35min | **Serve:** 10 | **Calories:** 50kcal

### **Ingredients**

- 2 cloves
- 2 allspice berries
- 2 blades (the “rays”) of the star-anise pod
- 10 black peppercorns, lightly crushed
- 25 cracked pits 3 pounds mixed sweet cherry varieties (see headnote)
- 2½ cups sugar
- Two tbsps. freshly squeezed lemon juice
- 1 tablespoon powdered pectin
- ¼ cup Oregon or Sonoma Coast Pinot Noir

### **Instructions**

- Wrap the spices in a small cheesecloth pouch with the pits if using. Follow the recipe for Cherry Preserves Made with Powdered Pectin, with the exception that in step 3, you add Pinot

Noir to the preserving pan at the same time the cherries go in, omitting the kirsch.

## **19. Cherry preserves with red currants**

**Prep Time:** 10-15min | **Serve:** 7 | **Calories:** 40kcal

### **Ingredients**

- 3 pounds of ripe cherries
- 2½ cups sugar
- 1-pound red currants
- ¼ cup water

### **Instructions**

- Cherry pits and sugar are macerated for a half-hour. In a preserving pan, gradually bring the mixture to a boil; then, turn off the heat. At this point, you might pour the mixture into a bowl, cover it with plastic wrap or parchment paper to prevent browning, and place it in the refrigerator overnight. If not, pour the contents of the pan through a colander over a basin to catch the syrup and let drip for 15 minutes, stirring now and then.
- Clean off any leaves and rinse the currants. Put the berry clusters in a small pot with the water and mash them with a potato masher without removing the stems. The juice should be brought to a boil, then simmered for 10 minutes before being strained through a moist jelly bag and let drip for 15 minutes. I found that there is no danger in gently rubbing the jelly bag as it cools in order to extract additional juice, despite the strict instructions one always hears against doing so. One cup of this pectin stock should be consumed (see Jelly Basics).
- In a preserving pan, combine the pectin stock and cherry syrup and bring to a boil for five minutes. Add the

cherries, bring to a boil once more for an additional 6 to 8 minutes, and then check the gel set. If necessary, decrease by one minute more.

- If using, stir in the kirsch and stir the mixture for an additional 2 to 3 minutes to slightly cool the preserves. Fill five prepared 1/2-pint jars with the mixture, leaving 1/4-inch headspace. Make sure to divide the cherry meats and syrup among the jars in an even fashion. After sealing, process for 10 minutes in a pot of hot water.

## **20. Red currant jelly**

**Prep Time:** 25min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- Two pounds of red currants
- One cup water
- Three cups sugar

### **Instructions**

- After giving the currants a good rinse, add the water to a pot. After bringing to a boil and simmering for ten minutes, give them a few presses with a masher. For 15 minutes, pass this pectin stock through a jelly bag. About three cups of juice should be consumed. To maintain a ratio of 1 cup juice to 1 cup sugar, adjust the amount of sugar if you have significantly more or less.
- Place the sugar on a non-stick baking dish, and warm it in a 225° oven for fifteen minutes while the jelly bag drips.
- In a preserving pan, let the pectin stock boil before adding the sugar. Reduce for 6 to 8 minutes or until the gel point. Work quickly to remove any froth, then quickly pour the hot jelly into three 1/2-pint jars, leaving 1/4-inch headspace, before it starts to cool. Allow the jars to cool

for a minute or two until a thin skin forms on the jelly's surface if any foam or bubbles are still present. The impurities will be caught by the skin, which you may remove. After capping the jars, process them for 10 minutes in a water bath that is boiling.

## **21. Cherry Preserves with Plums**

**Prep Time:** 10-15min | **Serve:** 12 | **Calories:** 50kcal

### **Ingredients**

- 2 pounds of black cherries, such as Bing
- 2 pounds' firm, yellow-fleshed plums, such as Red Beauty
- Two tbsps. freshly squeezed lemon juice
- 3 cups sugar
- ¼ cup brandy or bourbon

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## **Instructions**

- Fruit must be washed and drained. Slice the plums into quarters and remove the pits from the cherries. Fruit, sugar, and lemon juice are all combined. Set aside for at least 15 minutes to macerate.
- In a preserving pan, combine the fruit and sugar and reduce it while stirring regularly over high heat. Add the brandy or bourbon once it has entirely reduced, which should take 10 to 12 minutes. Cook for a further minute while stirring often.
- Fill five prepared 1/2-pint jars with the hot preserves, allowing 1/4 inches of headspace, seal them, and process them in a boiling water bath for 10 minutes.

## **22. Smooth cherry jam**

**Prep Time:** 25min | **Serve:** 10 | **Calories:** 40kcal

### **Ingredients**

- 3 pounds of mixed cherries
- Two tbsps. lemon juice
- 2½ cups sugar

### **Instructions**

- Cherry stems should be removed after cleaning. Place them in a heavy pot without the pits and mash them with a potato masher. Cover your hands with a fresh dish towel while you work to prevent spills. Juice from the crushing should be enough to fill the pot's bottom. Add a few tsp. s of water if necessary.
- The cherries must be very soft, and the pits must separate from the flesh before the 15 minutes are up, so

bring the pot to a boil, stirring occasionally. Get rid of the heat.

- Pick out the pits and throw them away after the fruit has cooled enough to handle. The pulp should be processed in a food processor or through the coarsest setting on a food mill until it is smooth.
- In a preserving pan, mix the sugar, lemon juice, and cherry purée. Over medium heat, decrease the mixture while stirring regularly after bringing it to a boil. After the hot jam has boiled for 10 to 12 minutes when it has thickened to the point where you can draw a line with a spoon in the bottom of the pan, check to see if a gel has formed. If the jam leaks liquid around the edges when using the cold-saucer test, reduce it even more. When a skin appears on the chilled jam's surface, it is finished.
- When the gel has set to your satisfaction, whisk in the alcohol and heat for an additional minute. Leaving a headspace of 1/4 inches, ladle the hot jam into the four prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **23. Cherry 'shine**

**Prep Time:** 1 month | **Serve:** 8 | **Calories:** 40kcal

### **Ingredients**

- 1 to 1½ pounds firm, dark cherries
- 1-pint 80-proof alcohol

### **Instructions**

- Trim the cherry stems to a half-inch length after rinsing them. Put them tightly into a scorched quart jar. Alcohol should completely cover the fruit before the jar is closed. Age for at least one month after setting aside. Although

the jar does not need to be chilled, it is advisable to utilize the cherries and alcohol within six months.

## **24. Maraschino cherries**

**Prep time: 15-20min | Serve: 4 | Calories: 30kcal**

### **Ingredients**

- ½ pound of sour cherries
- 1 scant cup Luxardo brand marasca liqueur

### **Instructions**

- Rinse and thoroughly drain the cherries. Put the cherry into a pint jar that has been scorched while trimming the stems to 3/4 inches. The liquor should be added to the jar, sealed, and kept in the fridge for at least a week before consumption.
- Pack the cherries tightly into a pint jar that has been scorched, then top with liqueur, leaving a headspace of 1/2 inches. After the jars are sealed, process them for 15 minutes in a pot of hot water. The jars should sit in the water for 5 minutes before being removed to lessen venting.

## **25. Cherry olives**

**Prep Time: 10-15min | Serve: 5 | Calories: 40kcal**

### **Ingredients**

- ½ pound firm, dark cherries
- 1 sprig of fresh tarragon
- ½ cup red-wine vinegar
- ½ cup water
- ½ tsp. kosher salt

- Two tbsps. sugar

### **Instructions**

- Trim the cherry stems to a half-inch length after rinsing them. They should be tightly packed in a hot pint jar with the tarragon hidden inside.
- In a small saucepan, combine the vinegar, water, salt, and sugar. Heat the mixture just until the solids are dissolved. Pour enough syrup over the cherries to cover them completely. Before usage, seal and allow it to cure for at least a week. In the refrigerator, cherries can last for several months.

## **26. Sour cherry preserves**

**Prep Time:** 10-15min | **Serve:** 7 | **Calorie:** 50kcal

### **Ingredients**

- 5 pounds' sour cherries, pitted
- Two tbsps. freshly squeezed lemon juice
- 2½ cups sugar
- 8 ounces Apple Jelly or Red Currant Jelly

### **Instructions**

- In a ceramic mixing bowl, mash the cherries with the lemon juice, then toss in the sugar. Overnight or for several hours, let macerate. Refrigerate the fruit for at least an overnight period, covering the surface with parchment paper or plastic wrap to stop browning.
- Place the syrup in a bowl after straining the fruit and sugar mixture through a sieve. Permit to drip for fifteen minutes. After the syrup first comes to a boil, reduce it over high heat in a preserving pan for 6 to 8 minutes, or until it thickens. Add the jelly and stir until it melts. Check

to see if the gel has been set after another 3 to 5 minutes of reduction on high heat with the cherries added. If used, stir in the kirsch.

- As the mixture cools, remove it from the fire and stir it intermittently for about 5 minutes to ensure that the fruit is uniformly distributed throughout the syrup. With a headspace of 1/4 inches, pour the hot preserves into the four prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **27. Sour cherry preserves with mint and honey**

**Prep Time:** 15-25min | **Serve:** 8 | **Calorie:** 40kcal

### **Ingredients**

- 2½ pounds sour cherries pitted
- 1 tablespoon freshly squeezed lemon juice
- 1 cup sourwood honey or other pale, floral honey
- 4 ounces Apple Jelly
- Three 4-inch sprigs of fresh mint

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## Instructions

- In a ceramic mixing bowl, combine the cherries, lemon juice, and honey. Macerate all day or for several hours. Refrigerate the fruit for at least an overnight period, covering the surface with parchment paper or plastic wrap to stop browning.
- Place the syrup in a bowl after straining the fruit and sugar mixture through a sieve. Permit to drip for fifteen minutes. In a preserving pan over high heat, reduce the syrup for 5 minutes. To dissolve the jelly, stir it in. Check to see if the gel has been set after another 3 to 5 minutes of high heat reduction with the cherries added.
- Get rid of the heat. Crush the mint in your fist to give it a light bruise. 30 seconds later, remove the sprigs from the hot preserves and throw them away. Ladle the jam into two prepared 1/2-pint jars, leaving 1/4-inch headspace, after allowing the jam to cool for a few minutes while stirring occasionally. After sealing, process for 10 minutes in a pot of hot water.

## 28. Cherry pie filling, or sour cherries in extra-light syrup

**Prep Time:** 25min | **Serve:** 1 | **Calorie:** 44kcal

### Ingredients

- 5 pounds of sour cherries
- ¼ cup sugar
- Two tbsps. Kirsch or 1 tsp. almond extract

## **Instructions**

- Working over a basin to collect the juices, pit the cherries. Juice should be strained off, and if more water is required to make 1 cup, do so.
- In a pot big enough to accommodate all the cherries comfortably, bring the juice to a boil. After dissolving the sugar with a stirring motion, add the cherries and bring to a boil. If using, whisk in the kirsch or almond extract before removing the pan from the heat.
- Divide the cherries equally among the four prepared pint jars using a slotted spoon. Fill to the top with the heated juice, leaving 1/2 inches of headroom, then seal. Process for 15 minutes in a pot of boiling water.

## **29. Cherry Chew**

**Prep Time:** 45min | **Serve:** 7 | **Calorie:** 40kcal

### **Ingredients**

- 3 pounds of mixed cherries
- 1½ cups sugar
- Two tbsps. freshly squeezed lemon juice

### **Instructions**

- After it first boils, reduce the fruit-sugar purée for at least 30 minutes or until it becomes extremely thick and peels away from the pan's sides. You might even finish the reduction in a 250° oven to prevent the risk of burning. Once the boiling paste has adequately thickened, stir it every 15 minutes.
- The paste should then be spread to an even 3/8-inch thickness on a cookie sheet fitted with parchment after cooling in the preserving pan for 5 minutes while stirring

often. For a day or two, dry the paste, uncovered, in a warm, sunny location, until the surface is just beginning to become tacky. Then, flip it over and take off the paper.

- Observe the second side drying. (Alternatively, you might dry the paste for several hours on each side in a 200° oven.) When the paste has totally hardened, cut it into strips or any other form you choose, and then put it in the refrigerator in an airtight container.

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# Chapter 8: Summer Season's Canning Recipes



## 1. Pickled Beets with Star Anise

**Prep time:** 2 hours | **Serve:** 12 | **Calories:** 55kcal

### Ingredients

- 6 pounds' small beets
- 2¼ cups red-wine vinegar
- 2¼ cups red wine or water
- 1 cup sugar
- 1 tablespoon plus 1 tsp. kosher salt
- 1 pod star anise

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## **Instructions**

- To stop bleeding, leave the root's thin "tail" intact but trim the beet greens to an inch above it. The greens can wait till supper. Boil the beets whole in unsalted water for 30 to 40 minutes, depending on size, or until a spear easily pierces them.
- Make the vinegar syrup in the meanwhile. Bring to a boil all of the remaining ingredients in a saucepan. Put the pot aside and turn off the heat.
- Drain and place the beets in cold water after they are soft. As you take them out of their skins, use a knife to trim the ends of the root and stem as required.
- Depending on size, cut the beets in half or quarters and then put them tightly into the four ready pint jars.
- Remove the star anise, and then re-boil the syrup. Pour it into the jars while giving each one a little shake to let the beets settle. Leave a headspace of 1/2 inch. To remove air pockets, gently poke the inside with a skewer or another thin object. After capping the jars, process them for 30 minutes in a pot of boiling water.
- Before opening, let the product cure for at least a week.

## **2. Pickled Beets in Apple-Cider Vinegar**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 25kcal

### **Ingredients**

- 2 cups apple-cider vinegar
- 2 cups water
- 1 cup brown sugar
- 1 tablespoon

## **Instructions**

- Pickled beets with star anise require the vinegar and other ingredients to be combined to produce a syrup, which is then poured over the cooked beets and processed as instructed.

## **3. Traditional Spiced Beets**

**Prep time:** 2 hours | **Serve:** 12 | **Calories:** 25kcal

### **Ingredients**

- 2 cups white-or red-wine vinegar
- 2 cups water
- 1 cup sugar
- 1 tablespoon kosher salt
- 3 inches' cinnamon stick
- 5 cloves
- allspice berries
- ½ pod star anise

### **Instructions**

- Make a syrup with the vinegar and other ingredients as directed in the pickled beets with the star anise recipe. Pour the heated syrup through a tiny fine-mesh sieve before ladling it into the jars to preserve the aromatics.
- Beets should be sealed and prepared as specified.

## **4. Golden Beets with Ginger**

**Prep time:** 2 hours | **Serve:** 12 | **Calories:** 20kcal

### **Ingredients**

- 6 pounds of small golden beets (6 to 8 bunches)

- 3 cups apple cider, white wine,
- or champagne vinegar
- 2 cups water
- ½ cup granulated white sugar
- ½ cup light-brown sugar
- 2-inch ginger root
- 6 cloves
- 6 allspice berries
- 3 inches' cinnamon stick
- 2 cardamom
- 2 tsp. s kosher salt

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## Instructions

- Leave the root's thin "tail" intact, but trim the beet greens 1 inch above the roots. Boil the entire beets for 30 to 40 minutes in unsalted water or until a spear, easily pierces them.
- Prepare the syrup in the meanwhile. Bring to a boil all of the remaining ingredients in a saucepan. Put the pot aside and turn off the heat.
- Drain and place the beets in cold water after they are soft. As you take them out of their skins, use a knife to trim the ends of the root and stem as required. Depending on their size, cut the beets in half or halves and then place them tightly into the four prepared pint jars.
- In order to preserve the aromatics, bring the syrup back to a boil before ladling it into the jars through a fine-mesh filter. As you fill each jar, give it a gentle shake to let the beets settle. To remove air pockets, gently poke the inside with a skewer or another thin object. Top up the jars as needed, allowing a headspace of 1/2 inch. The jars are sealed, then processed for 30 minutes in a hot water bath. Before opening, let the product cure for at least a week.

## 5. Bread and Butter Pickles

**Prep time:** 2 hours | **Serve:** 10 | **Calories:** 65kcal

### Ingredients

- 4 pounds Kirby pickling cucumbers
- 1 pound of small onions
- ½ cup kosher salt
- 1 cup water

- 3 cups apple-cider vinegar
- 1½ cup brown sugar
- 1 tablespoon ground turmeric
- 1 tablespoon mustard seeds
- 1 tsp. celery seeds
- 1 tsp. coriander seeds
- 1 tablespoon ginger root
- 2 small fresh or dried red chilies, diced

### **Instructions**

- Trim off the stem and bloom ends after thoroughly cleaning the cucumbers. Slice into 3/8-inch thick pieces, then combine with the onions in a big basin. Cover with a brine made from 1 gallon of cold water and 1/2 cup of kosher salt. Set aside for two hours after covering with two trays of cracked ice. Turning the layers over while stirring from time to time
- Combine the remaining ingredients in a saucepan in the meanwhile. Then turn off the heat and set it aside after bringing it to a boil.
- After draining the veggies, give them a fresh water rinse. Add the veggies and simmer for 5 minutes after bringing the vinegar syrup back to a boil.
- Divide the veggies among the four prepared pint jars with a slotted spoon, and then pour the syrup into the jars, leaving a headspace of 12 inches. After sealing, process for 10 minutes in a pot of hot water.

## 6. Cucumber Dill Spears and Chips

**Prep time:** 2 hours | **Serve:** 9 | **Calories:** 15kcal

### Ingredients

- ¼ cup kosher salt
- 6 cups of lukewarm water
- 2 tsp. s coriander seeds
- ½ tsp. fennel seeds
- 3 large flowering dill heads (4 inches across)
- 3 pounds Kirby pickling cucumbers
- 4 cloves garlic, crushed
- 2 cups white wine vinegar

### Instructions

- Add the coriander, fennel, and dill once the salt has been dissolved in the water. Place aside.
- Cleanse the cucumbers well, rubbing any spines off. Trim the stem and flower ends into a thin circle, then cut it lengthwise into quarters. Place the spears in a big dish and pour the brine over them. For 24 hours, weigh the cucumbers down with a plate, cover the bowl with a dish towel, and leave. It's okay to keep the bowl out at room temperature if it doesn't fit in your refrigerator.
- The next day, save the brine and place the cucumber spears in two hot quart jars. The brine should be divided into 2 cups and set aside. Divide the aromatics from the leftover brine amongst the jars after passing it through a fine sieve to remove the solids. Place two garlic cloves and a head of the dill in each jar.

- Bring to a boil a mixture of the vinegar and the 2 cups of saved brine. Cover the pickles with it after pouring. Before usage, place the sealed jars in the refrigerator for a week. When filling the jars for long-term shelf storage, provide 12-inch headspace before sealing. Process in a hot water bath between 180 and 185 degrees for 30 minutes or in a boiling water bath for 10 minutes.

## **7. Cornichons**

**Prep time:** 2.5 hours | **Serve:** 9 | **Calories:** 15kcal

### **Ingredients**

- 2 pounds' small gherkins
- ¼ cup kosher salt
- 10 to 12 onions
- 5-inch branch tarragon
- 2 tsp. s yellow mustard seeds
- ½ tsp. black peppercorns
- 2 small bay leaves
- 4 cups white-wine vinegar

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## Instructions

- Rub off the blooms and spines after thoroughly washing the gherkins. Place the drained food in a big mixing basin. Add the salt and give the gherkins a thorough toss to coat them. They'll appear frosty. The gherkins should be placed in a sieve with any extra salt from the mixing bowl's bottom coating them. For two hours, place the colander in the sink or over a bowl to drip.
- The gherkins should be rinsed in clean water and dried with a fresh kitchen towel. In a 1/2-gallon Mason jar that has been scorched, stack the onions, tarragon, and aromatics in various places. The room-temperature vinegar should fully cover the gherkins before being sealed. Before opening, let the product cure for at least a week. The pickles may last for months in the fridge.

## 8. Sunshine Pickles

**Prep time:** 2-3 weeks | **Serve:** 13 | **Calories:** 17kcal

### Ingredients

- 3 pounds Kirby cucumbers,
- 4 to 5 inches long 3 large flowering dill heads
- 2 slices of stale rye bread
- 6 fresh grape leaves
- 2 quarts of bottled water
- 2¼ ounces of non-iodized salt

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## Instructions

- Trim the stem and blossom ends of the cucumbers after cleaning them to remove any spines. Each cucumber should be cut lengthwise so the pickling brine may enter. Place the cucumbers and dill in a crock or gallon-sized jar that has been scorched. If used, place the grape or cherry leaves on top of the bread slices.
- Stirring the salt into the warm water will help it dissolve. To fully cover the cucumbers, pour the brine over them. Place the jar in a warm, sunny location after sealing.
- The pickles will get sour in a few more days once little bubbles start to appear. Take out the bread, drain the brine, and then add the completed pickles to the jar with the brine. They may be kept for several months in the refrigerator.

## 9. Kosher Dill Pickles

**Prep time:** 2-3 weeks | **Serve:** 12 | **Calories:** 15kcal

### Ingredients

- 5 pounds small, firm Kirby cucumbers
- 1 gallon of bottled water
- 6 ounces of salt
- 4 flowering dill heads
- 8 cloves of garlic

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## **Instructions**

- Just enough heating will cause the salt to dissolve. Let the food reach room temperature.
- Rub off the spines after washing the cucumbers. Trim the flower tips and stem. In a 2-gallon crock or jar, add the dill, garlic, spices, and leaves to the bottom. Pack the cucumbers tightly into the space. Weight and cover with brine. With a plate or a loose lid, cover the crock. Store between 65 and 70 degrees' room temperature.
- Every day, check the crock and remove any scum or bubbles. Mold particles that are floating should not worry you. If any mold develops there, skim them and clean the crock's walls. Within a week, the pickles will start to sour, and after two to three weeks, they will be completely soured. They can be consumed at any stage of the procedure. To preserve, move the pickles to scorched quart jars and fully cover with brine. For up to several months, keep it in the refrigerator.

## **10. Zucchini Dill Spears**

**Prep time:** 2 hours | **Serve:** 9 | **Calories:** 15kcal

### **Ingredients**

- 3 pounds' small zucchini
- ¼ cup plus 1 tablespoon kosher salt
- 12 fresh dill fronds
- 2 tsp. s dill seeds
- 2 tsp. s mustard seeds
- 1 tsp. coriander seeds
- ¼ tsp. saffron threads

- 4 cloves garlic
- 4 small dried chili peppers
- 2½ cups white-wine vinegar
- 1 cup water
- ¼ cup sugar

## **Instructions**

- Scrub the zucchini well, and cut away the blossom ends. If they're small enough to fit into the jar, cut them in half lengthwise. Otherwise, slice them into 4-inch spears. Toss the trimmed zucchini in a bowl with ¼ cup of salt, the dill fronds, and a double handful of ice cubes. Add cold water to cover, and weigh the zucchini with a plate. Leave for 2 hours.
- Drain the zucchini in a colander, and rinse. Distribute the dill fronds and all the remaining aromatics among four prepared pint jars.
- Combine the vinegar, water, sugar, and the remaining tablespoon of salt in a saucepan, and bring to a boil. Working in batches, cook the zucchini for 2 minutes until khaki colored and pliable. Pack them snugly into jars.
- Once all the zucchini is cooked, ladle the hot syrup into the jars, leaving ½ inch of headspace. Seal and process in a boiling-water bath for 10 minutes. For a firmer texture, you can instead use a hot-water bath, between 180 and 185 degrees, for 30 minutes.

## **11. Pickled Green Beans**

**Prep time:** 30 min | **Serve:** 9 | **Calories:** 15kcal

### **Ingredients**

- Two tbsps. kosher salt
- One tbsp. sugar
- Six cloves of garlic, peeled
- Six small dried chili peppers
- Six sprigs of fresh herbs
- Three and a half cups of white-wine vinegar
- Three pounds' green beans
- Three and a half cups of water
- Thirty black peppercorns
- Thirty coriander seeds
- One tbsp. yellow mustard seeds

### **Instructions**

The beans should be blanched for 60 to 90 seconds in boiling saline till they become bright and completely cooked. Remove the water and shock in a bowl of icy water. If required, cut to a length of four inches to fit into pint jars.

Six prepared pint jars should each get an equal amount of garlic, chilies, and herbs. Fill the jars with the beans.

Bring to a boil the following ingredients in a saucepan: water, vinegar, and all other spices and herbs. The hot syrup should be poured over the beans, leaving a headspace of 1/2 inch. After sealing, process for 10 minutes in a pot of hot water.

## **12. Fermented Green Beans**

**Prep time:** 2 weeks | **Serve:** 10 | **Calories:** 12kcal

### **Ingredients**

- 1 gallon of bottled water
- 6 ounces' salt
- 2 pounds' small green beans
- 4 flowering dill heads
- 6 small cloves of garlic, crushed
- 3 dried red chilies
- 1 tsp. black peppercorns

### **Instructions**

- Just enough heating will cause the salt to dissolve. Let the food reach room temperature.
- Bean stem ends should be cut off. In a 2-gallon crock or jar, layer them with the remaining ingredients. Brine the surface. Beans are weighed. Place a plate over the crock and leave it at room temperature.
- In 4 or 5 days, bubbles will start to appear. Everyday skim. In about 2 weeks, the beans will be fully pickled.
- Using a slotted spoon, remove the beans from the brine and place them in three hot quart jars. After straining the brine, add enough of it to the jars to thoroughly cover the beans. For up to several months, keep it in the refrigerator.

## **13. Brined Baby Turnips**

**Prep time:** 2 weeks | **Serve:** 10 | **Calories:** 14kcal

### **Ingredients**

- 2 quarts of bottled water
- 3 ounces' salt
- 2 pounds of small turnips with their greens
- 1 tablespoon dried chili flakes
- 2 cloves garlic
- Two tbsps. apple-cider vinegar

### **Instructions**

- Just enough heating will cause the salt to dissolve. Let the food reach room temperature.
- Trim and quarter the turnips after washing them together with their accompanying greens. Greens should be sorted, and those that are yellow or rangy should be thrown away. If the stems are hard, cut them. Turnips and greens should be placed in a small crock or gallon-sized container. Vinegar, garlic, and chili flakes should be added. Brine the surface. The veggies are weighed. Place the crock in a cool location and cover it with a plate.
- In 4 or 5 days, bubbles will start to appear. Daily skim, as necessary. In approximately two weeks, the turnips will be completely pickled.
- Using a slotted spoon, remove the turnips from the brine and place them inside a quart jar that has been scorched. After straining the brine, add enough of it to the jars to thoroughly cover the turnips. For up to several months, refrigerate.

## **14. Spicy Sweet Squash Pickle**

**Prep time:** 2 weeks | **Serve:** 10 | **Calories:** 14kcal

### **Ingredients**

- 3 cups apple-cider vinegar
- $\frac{3}{4}$  cup water, plus more for the brine
- 1 tablespoon kosher salt, plus more for the brine
- $\frac{1}{2}$  cup sugar
- 2 tsp. s yellow mustard seeds
- $\frac{1}{2}$  tsp. coriander seeds
- 3 cloves
- $\frac{1}{4}$  tsp. fennel seeds
- $\frac{1}{4}$  tsp. dill seeds
- 4 allspice berries
- 2 inches' cinnamon stick
- 10 black peppercorns
- 1 shard of mace or a few fresh gratings of nutmeg
- 1 cardamom pod, crushed to release the seeds
- 2 dried red chilies, split, plus more if desired
- 1 bay leaf
- 3 pounds' small yellow crookneck squash
- 3 to 4 inches' long
- 1 small red onion
- 4 cloves garlic, peeled

### **Instructions**

- In a large saucepan, combine all the spices and aromatics except the garlic with the vinegar,  $\frac{3}{4}$  cup water, 1 tablespoon salt, and sugar, and bring to a boil.

When ready to use it later, turn off the heat and let the mixture soak.

- Wash the squash well. Trim off and throw away the bloom ends and stem. Slice the cleaned squash into rounds that are no thicker than 1/4 inch. The onion should be peeled and cut into thin rings. Place the veggies in a big basin and pour a brine over them made of 3 tablespoons kosher salt and 1-quart water. Lay a tray of ice cubes on top, then leave for two hours. Rinse with fresh water after draining.
- Remove from the pickling syrup and throw away the cloves, allspice, cinnamon, mace, cardamom pod, red chilies, and bay leaf. Add the onion slices and squash rounds after bringing the syrup back to a boil. Once again, bring to a boil, then simmer for 5 minutes or more, or until the squash is well heated.
- Divide the veggies among the four ready pint jars using a slotted spoon. Put a clove of garlic in each container. Pour the heated syrup on top, leaving a headspace of half an inch. To remove any air bubbles, run a skewer or other tiny object around the inside edge of the jar. Then, add extra syrup if needed.
- After capping the jars, process them for 10 minutes in a hot water bath. After turning off the heat, let the jars for five minutes to rest in the water before removing them. Before opening, let the product cure for at least a week.

## **15. Salad Onions**

**Prep time:** 2 days | **Serve:** 10 | **Calories:** 14kcal

### **Ingredients**

- 2 pounds of small onions
- 8 cups water

- ½ cup kosher salt
- 3 cups champagne or sherry vinegar
- Two tbsps. sugar
- 3 small dried red chili peppers
- 3 bay leaves
- 6 allspice berries
- 3 cloves
- 15 black peppercorns
- 1 cardamom pod, crushed
- ¾ tsp. brown mustard seeds

## **Instructions**

- In a large saucepan, combine all the spices and aromatics except the garlic with the vinegar, ¾ cup water, 1 tablespoon salt, and sugar, and bring to a boil. When ready to use it later, turn off the heat and let the mixture soak.
- Wash the squash well. Trim off and throw away the bloom ends and stem. Slice the cleaned squash into rounds that are no thicker than ¼ inch. The onion should be peeled and cut into thin rings. Place the veggies in a big basin and pour a brine over them made of 3 tablespoons kosher salt and 1-quart water. Lay a tray of ice cubes on top, then leave for two hours. Rinse with fresh water after draining.
- Remove from the pickling syrup and throw away the cloves, allspice, cinnamon, mace, cardamom pod, red chilies, and bay leaf. Add the onion slices and squash rounds after bringing the syrup back to a boil. Once again,

bring to a boil, then simmer for 5 minutes or more, or until the squash is well heated.

- Divide the veggies among the four ready pint jars using a slotted spoon. Put a clove of garlic in each container. Pour the heated syrup on top, leaving a headspace of half an inch. To remove any air bubbles, run a skewer or other tiny object around the inside edge of the jar. Then, add extra syrup if needed.
- After capping the jars, process them for 10 minutes in a hot water bath. After turning off the heat, let the jars for five minutes to rest in the water before removing them. Before opening, let the product cure for at least a week.

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## **16. Roasted Okra with Pimenton**

**Prep time:** 2 weeks | **Serve:** 10 | **Calories:** 14kcal

### **Ingredients**

- 2 cups white-wine vinegar
- $\frac{3}{4}$  cup water
- 1 tablespoon kosher salt
- 3 tsp. s pimentón
- $2\frac{1}{4}$  pounds small okra
- 1 small onion
- 3 cloves of garlic in their skin
- 3 dried red chilies
- $1\frac{1}{2}$  tsp. s yellow mustard seeds
- 15 black peppercorns

### **Instructions**

- In a saucepan, mix the pimentón, vinegar, water, salt, and. Boil, then turn off the heat and set aside. Wash and thoroughly drain the okra. Slice the onion into quarters after peeling.
- On a baking sheet, spread the okra in a single layer and nestle the minced garlic and onion below. When the okra is charred, bake the sheet for 10 to 15 minutes at 500 degrees.
- Fill three prepared regular-mouth pint jars with the hot okra, giving a wide 34-inch headspace. Add a whole dried chili, a piece of chopped onion, a tsp. of mustard seeds, and five peppercorns to each jar. Also, include one clove of roasted garlic.

- Ladle the vinegar brine over the okra to cover, leaving a headspace of 12 inches. Bring the vinegar brine back to a boil. After capping the jars, process them for 15 minutes in a hot water bath.

## **17. Watermelon Rind Pickles**

**Prep time:** 1-2 weeks | **Serve:** 10 | **Calories:** 12kcal

### **Ingredients**

- 3½ pounds prepped watermelon rind\
- ¼ cup kosher salt
- 6 cups water
- 2½ cups red-wine vinegar
- 1½ cup sugar
- Two tbsps. molasses
- ½ tsp. allspice berries
- ½ tsp. black peppercorns
- 5 cloves 3
- to 5 dried red chilies
- 1-inch cinnamon stick

### **Instructions**

- Using the photograph that follows as a guide, break down the watermelon into slices. First, cut the melon in half, then into quarters. Cut each quarter in half, and cut the resulting chunk into 1-inch slices. Using a sharp knife, slice the peel away from the flesh. (Save the flesh to eat.) Finally, use a vegetable peeler to remove the outermost dark-green rind and discard the peelings.

- What's left to use for the recipe is the pale-green inner rind. Cut each piece of rind into 1½-inch pieces, and place in a large mixing bowl.
- Make a brine of the salt and water, and pour over the rinds. Weight them with a plate, cover the bowl with a clean dish towel, and set aside overnight.
- The next day, drain the rinds and rinse with fresh water. Combine the vinegar, sugar, and molasses in a large saucepan, and bring to a boil. Crush the spices in a mortar, and add them to the pan. When the vinegar syrup boils, add the rinds to the pan, cover, and cook gently for 10 minutes, turning them over regularly until the rinds are translucent. Lift out the rinds with a slotted spoon, and pack them into four prepared pint jars, leaving a generous ½-inch headspace.
- Bring the syrup back to a boil, and pour it over the rinds to cover, leaving ½ inch headspace. Run a skewer or other thin implement around the inside edge of the jars to release any air pockets, and top up with more syrup as necessary. If you run short of syrup, top up the jars with straight red-wine vinegar. Wipe the rims, seal the jars, and process in a boiling-water bath for 10 minutes. Wait a week or two before eating.

## 18. Pickled Peppers

**Prep time:** 1 week | **Serve:** 10 | **Calories:** 7kcal

### Ingredients

- 1½ pounds of small peppers
- 8 fat cloves of garlic
- 4 tsp. s dried oregano
- 3½ cups white-wine vinegar
- 1 cup water
- Two tbsps. kosher salt

### Instructions

- Trim the pepper stems to around 1/4 inch after washing them. Each pepper should be cut so the pickling brine may seep through.
- Between two prepared quart jars, distribute the oregano and garlic. The raw peppers should be tightly packed into the jars as you go.
- Bring to a boil the vinegar, water, and salt in a saucepan. Fill the jars with the hot brine, allowing a headspace of 1/2 inch. For the best texture, seal the jars and store them in the fridge; alternatively, process for 30 minutes in a hot water bath heated to between 180 and 185 degrees. Give the jars a week to cure.

## 19. Pickled Purslane

**Prep time:** 2 days | **Serve:** 10 | **Calories:** 14kcal

### Ingredients

- ½ pound purslane leaves, picked from the stems
- 3 or 4 fresh dill fronds
- 1 fresh or dried red chili pepper
- 1 clove of garlic, crushed
- 1½ cups white-wine vinegar
- 1½ cups water
- 1 tsp. kosher salt
- ½ tsp. dill seeds
- ¼ tsp. black peppercorns
- ¼ tsp. fennel seeds
- ½ tsp. coriander seeds
- 1 allspice berry, crushed

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## **Instructions**

- Purslane leaves should be drained and rinsed. Place them in a wide-mouth quart jar that has been scorched together with the dill fronds, chilies, and garlic.
- Bring the remaining ingredients to a boil in a saucepan. Pour enough inside the container to thoroughly enclose the purslane. Enclose and let cool. Before usage, keep in the refrigerator for at least a week. This can last for a few months at most.

## **20. Fruit Apple Sauce Butter**

**Prep time:** 30 min | **Serve:** 8 | **Calories:** 47kcal

### **Ingredients**

- 8 cups applesauce
- 1 large package of Jell-O (i.e., strawberry or raspberry)
- 1 small package of unflavored gelatin

### **Instructions**

- If used, dissolve unflavored gelatin in 1/2 cup cold water and Jell-O in 1/2 cup boiling water. Put the fruit/applesauce butter in pint jars and process them in a hot water bath for 10 minutes after mixing everything together and adding the applesauce.

## 21. Olive Oil Cake

**Prep time:** 1 hour | **Serve:** 5 | **Calories:** 107kcal

### Ingredients

- 2 large eggs
- ½ cup honey
- ¼ cup milk
- ¾ cup extra-virgin olive oil
- 3¼ ounces almond meal (about 1 cup), plus more for pan
- 4½ ounces all-purpose flour (about 1 cup) 2
- tsp. s baking powder
- ½ tsp. kosher salt Confectioners 'sugar, for dusting the cake

### Instructions

- Eggs, honey, and milk should all be whisked together in a sizable mixing dish. Add the olive oil in a tiny stream, constantly whisking until well-integrated. All of the dry ingredients—aside from the confectioners' sugar—should be added at once. As you whisk them into the wet components, the mixture will become smooth and thin, much like pancake batter.
- The batter should be poured into an oiled and almond meal-dusted 8-inch cake pan. The cake should be baked for 40 to 45 minutes at 350 degrees until it is lightly browned and a skewer inserted in the center comes out dry. After giving the cake some time to cool, remove it out of the pan and let it finish cooling on a rack. Sprinkle confectioners' sugar over the top just before serving.

## 22. Apricot Clover Club

**Prep time:** 2 minutes | **Serve:** 10 | **Calories:** 36kcal

### **Ingredients**

- 1 tsp. Apricot Jelly
- ½ ounce simple syrup
- ½ ounce freshly squeezed lemon juice
- ½ ounce dry vermouth
- 1½ ounces gin
- 1 tablespoon egg white

### **Instructions**

- In a cocktail shaker, mix the lemon juice, simple syrup, and apricot jelly. Mix by stirring. Stir in the gin and vermouth. Add the egg white and mix for 30 seconds or until foamy. Shake for another 30 seconds till chilled after adding a few ice cubes. Into a chilled coupe or cocktail glass, strain.

## **23. Plum Sauce and Plum Jam**

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 7kcal

### **Ingredients**

- 4 pounds Santa Rosa or other plums
- 3 cups sugar
- Two tbsps. juice
- 3 inches' cinnamon stick

### **Instructions**

- The plums should be pitted and quartered before being combined with the sugar, lemon juice, and cinnamon stick. Set aside for an hour to macerate.

- In a preserving pan, add the fruit and sugar combination and reduce at a full boil while stirring often. For jam, check for a firm set after 8 to 10 minutes; for plum sauce, check for a loose set 5 to 6 minutes after the full boil. Ladle the hot preserve into three ready-to-use pint jars with 1/4-inch headspace once the plums have thickened to your preferred consistency. Discard the cinnamon. After sealing, process for 10 minutes in a pot of hot water.

## **24. Burgundy Plums with Rosemary**

**Prep time:** 30 min | **Serve:** 10 | **Calories:** 27kcal

### **Ingredients**

- 3 pounds of purple plums
- 2 cups sugar
- Two tbsps. lemon juice

### **Instructions**

- The plums should be pitted and quartered before being combined with sugar and lemon juice. If used, crack the pits and take the kernels out before stirring them in. For up to a day, set aside to macerate.
- The fruit-sugar combination should be added to a preserving pan and reduced to a high boil for 8 minutes, stirring continuously until it reaches the gel point. Turn off the heat after it has thickened to your preference. A 4-inch rosemary branch should be bruised before being dipped into hot jam for 30 seconds and discarded. If you'd want a stronger flavor, chill a tsp. of jam, taste it, and add another rosemary branch. With a headspace of 1/4 inch, pour the hot preserve into the four prepared 1/2-pint jars, ten minutes of processing in a hot water bath after sealing.

## 25. Plum Liqueur

**Prep time:** 1 week | **Serve:** 10 | **Calories:** 7kcal

### Ingredients

- 1 pound small, dark plums
- 1 bottle Chilean Sauvignon Blanc
- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  tsp. allspice berries, crushed
- A few black peppercorns, crushed
- 2 cups gin

### Instructions

- The plums should be cut in half and added to a pot along with the wine, sugar, allspice, and pepper. Boil for a few minutes before simmering for five. Pour into a 1-gallon container or crock after stirring in the gin and apricot kernels or split pits. For a week, cover tightly and leave away.
- Press the fruit with a wooden spoon while you strain the juices through a strainer. Through a fine-mesh strainer, strain the mixture once again. Fill the containers entirely with liquid, then pour them into hot bottles or jars. For at least one month, keep in a cold, dark location. If you're meticulous, you might want to strain the liqueur over a moist jelly bag before serving because it will throw sediments.

## 26. Nocino

**Prep time:** 40 days | **Serve:** 10 | **Calories:** 29kcal

### Ingredients

- Two pounds' walnuts

- 3½ cups sugar
- Zest of 1 lemon in strips
- Zest of 1 orange, in strips
- 5 cloves
- ¼ whole nutmeg
- 750 milliliters 80-proof vodka
- One heaping tsp. whole dark-roast coffee beans

### **Instructions**

- The walnuts should be divided into quarters and put in a minimum 3-quart glass jar. Stir with the remaining ingredients. Don't be concerned if the sugar doesn't dissolve right away. For 40 days, set the sealed jar somewhere sunny. The liquid will initially become a menacing green before becoming black. Once every 10 days, flip the jar over a few times to stir the contents. At any point, you may taste the alcohol and, if you'd like, add extra aromatics.
- Filter the jar's contents through a wet jelly bag and collect the liquids in a basin after 40 days have passed. Pour the liquor into scorched bottles, then tighten the lids. For several months, keep them in a cold, dark area; Lanza advises opening them on All Saints' Day. It's not required to strain the liquor through a coffee filter before serving to get rid of the sediments. Without refrigeration, the liqueur will last for a very long time.

## **27. Whole-Fruit Raspberry**

**Prep time:** 1 week | **Serve:** 10 | **Calories:** 17kcal

### **Ingredients**

- 2 pounds' raspberries

- 1 tablespoon freshly squeezed lemon juice
- 2 cups sugar

### **Instructions**

- Remove any trash or overripe fruit by picking over the raspberries. Combine the sugar and lemon juice with the crushed half of the berries, then pour the mixture into a preserving pan.
- Over medium heat, bring to a boil. Then, reduce, stirring continually, until the gel point, 6 to 8 minutes later, over high heat.
- The remaining whole berries are added after reducing the heat to medium-high. Shake the pan to mix them into the hot jam, and then reduce for an additional 6 to 8 minutes while gently but consistently shaking until the jam reaches the gel stage.
- Leaving a headspace of 1/4 inch, ladle the hot jam into the three prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **28. Wild Blackberry Molasses**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 45kcal

### **Ingredients**

- 2 hard green apples
- 1 cup water
- 1 bay leaf
- 2 juniper berries
- 10 pink peppercorns
- 4 pounds of wild blackberries

- 3 cups sugar
- Two tbsps. lemon juice

### **Instructions**

- The apples should be coarsely chopped and simmered with the water for 20 minutes or until tender. Blackberries should be added together with the aromatics after being mashed with a potato masher. Bring to a boil once more, then simmer for an additional 15 minutes, or until all of the fruit has collapsed.
- The cooked fruit should be run through a chinois or the medium blade of a food mill. There will be around 6 cups of purée. In a preserving pan, combine the purée, sugar, and lemon juice. Quickly bring to a boil. Reduce over high heat while stirring continuously until the gel point, 10 to 12 minutes.
- Fill six prepared 1/2-pint jars with the hot jam, allowing 1/4-inch headspace, and process for 10 minutes in a boiling water bath.

## **29. Simple Blackberry Cordial or Blackberry Vinegar**

**Prep time:** 1 week | **Serve:** 7 | **Calories:** 10kcal

### **Ingredients**

- Seeds left over from Wild Blackberry Molasses (preceding recipe) Vodka or white-wine vinegar

### **Instructions**

- Pack the seeds into a scalded quart jar, and cover with a pint of alcohol or vinegar. Allow to steep for a week, then strain. For a cordial, sweeten to taste. Store the cordial or strained vinegar in an airtight bottle or jar.

## **30. Raspberry Vinegar**

**Prep time:** 1-2 weeks | **Serve:** 10 | **Calories:** 15kcal

### **Ingredients**

- 6 ounces' ripe raspberries
- About 1 cup of good red-wine vinegar

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## **Instructions**

- The raspberries should be placed in a hot pint jar. When packing rose petals, do it before adding the raspberries. Red wine vinegar should be used to cover the fruit, and it should be kept there for at least a week. Pour the vinegar through several layers of moist cheesecloth or a damp jelly bag and gently press. Vinegar should be kept in a hot bottle or jar. Without refrigeration, it will remain fresh for a year.

## **31. Raspberry Shrub**

**Prep time:** 15 min | **Serve:** 10 | **Calories:** 35kcal

### **Ingredients**

- Two tbsps. Raspberry Vinegar
- 2 to 3 tablespoons simple sugar syrup
- Sparkling water or Prosecco Lemon slice and herb sprig as garnishes

### **Instructions**

- In a highball glass, mix the vinegar, simple syrup, and brandy if using. Crushed ice should be added before Prosecco or sparkling water. Add a lemon slice and a sprig of an herb, such as mint, tarragon, or lemon verbena, to the dish as a garnish.

## **32. Mulberry Plum Jam**

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 25kcal

### **Ingredients**

- 1½ pounds mulberries
- 1½ cups sugar
- 1 pound plums

## Instructions

- Mulberries should be checked for leaves, trash, and overripe fruits. In a dish, mash the berries with 1 cup of sugar; put aside.
- Don't bother pitting the plums before slicing them in half. For 10 to 15 minutes, stew the plums with 1/4 cup of water until the pulp is extremely soft. Rub it through the bottom of a colander with your hands to remove the skins and leave the pits clean. Throw away the pits.
- Place the puréed pulp and the last 1/2 cup of sugar in a small preserving pan. Bring to a boil, then simmer for about two minutes to thicken. When a tsp. of hot jam has been frozen in the freezer for 30 seconds, it has thickened and developed a light skin that wrinkles when your finger is pushed through it. Add the mulberries, and reduce for an additional 4 to 5 minutes. Don't reduce too much.
- Leaving a headspace of 1/4 inch, ladle the hot jam into the three prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **33. Wild Blueberries in Light Syrup**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 25kcal

### **Ingredients**

- 3 cups water
- 1 cup sugar
- 1½ inches cinnamon stick
- A 1½-by-¾-inch strip of fresh lemon peel
- 2 fat pinches of ground coriander
- 3 pounds of wild blueberries

## Instructions

- To start, prepare the syrup by mixing the water, sugar, and aromatics in a pot. Bring to a boil, turn off the heat, and then leave the mixture alone for 15 minutes to steep.
- To get rid of any stems and leaves, rinse and pluck the berries. Five prepared pint jars should be filled with them uncooked, with a headspace of 34 inches.
- Bring the syrup back to a boil after discarding the cinnamon stick and lemon peel. With a healthy 1/2-inch headroom, pour it over the fruit. After capping the jars, process them for 15 minutes in a hot water bath. Keep the jars in the water for 5 minutes before removing them to avoid venting.

## 34. Wild Blueberry Preserves

**Prep time:** 35 min | **Serve:** 8 | **Calories:** 22kcal

### Ingredients

- 1½ pounds of wild blueberries
- ½ cup water
- 2 cups sugar
- 1 tablespoon lemon juice

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## Instructions

- After washing them, pluck the berries apart to get rid of stems, leaves, and other oddities. They should be gently heated for two to three minutes with the water in a preserving pan until they are tender. With a slotted spoon, scoop the berries out of the pan and turn off the heat.
- The sugar should be added to the liquid that is still in the pan, stirred to dissolve it, and then reduced for 2 to 3 minutes over high heat until it thickens. Bring the berries and any juice they may have produced back to the canning pot. Return the mixture to a boil, then cook it quickly for an additional two to three minutes, stirring the pan now and again to keep the fruit from sticking.
- Add the lime or lemon juice and give the pot a few good twists to combine it after the syrup has thickened once more and the berries look to have lost some of their volumes. Leave a headspace of 14 inches between the hot preserves and the three prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## 35. Huckleberry Jam

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 20kcal

### Ingredients

- ½ pound wild huckleberries
- Two tbsps. water
- ¾ cup sugar

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## **Instructions**

- Pick over the berries, then cook them in water over low heat for 5 minutes or until the skins burst. With a fork, softly mash them, leaving some whole.
- The sugar should be stirred in before the mixture is heated to the gel stage and reduced for about 5 minutes. Pour into two 4-ounce jars (or a prepared 1-pint jar) and process for 10 minutes in a boiling-water bath of either size.

## **36. Blue Jelly**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 45kcal

### **Ingredients**

- 2 cups Mixed wild and domestic blue berries
- 1 Cinnamon stick
- Half tsp. Freshly grated mace or nutmeg
- 2 cups Sugar
- 1 tbsp. lemon juice

### **Instructions**

- Elderberries' stinky stalks need extreme precision while removing the berries off their stems. Drain after rinsing the fruit. With a potato masher, smash them in a saucepan. Put a little number of aromatics; for instance, add a 2-inch cinnamon stick and a few grated nutmegs to 3 pounds of berries. The berries should be tender after 10 minutes of simmering after bringing to a boil. Crush them once more.
- The juice should be collected in a basin after the berries have been strained through a damp jelly bag or a colander lined with damp cheesecloth. Once cool enough

to handle, let drip for half an hour, then squeeze off as much juice as you can.

- In a preserving pan, measure the juice, add an equal amount of sugar, and add 1 tsp of lime or lemon juice for every cup of juice. If you have a lot of berry juice, work in batches of 3 cups.
- Using high heat and frequent stirring, bring the juice and sugar mixture to a boil, then decrease for 8 to 10 minutes, or until it reaches the gel point. Leave a 1/4-inch headspace when ladling into the prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **37. Elderberry Syrup**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 45kcal

### **Ingredients**

- 3 pounds' elderberries
- 1/3 cup water
- 1 or 2 pods star anise
- 2 cups sugar

### **Instructions**

- Rinse the fruit clusters, then carefully separate them from the musty stalks. Use a potato masher to smash the berries in a big saucepan with the star anise. For every 3 pounds of fruit, just a scant 1/3 cup of water should be added. Then, bring to a boil. Simmer for 10 minutes on a lower heat while repeatedly mashing the fruit. Squeeze the jelly bag to remove the leftover juice after straining the juice through it and letting it cool. Three cups should be about right.

- In a preserving pan, bring the juice to a boil before adding the sugar. Pour the syrup into scorched bottles after the sugar has dissolved. For up to two months, seal the container and keep it in the fridge. Ladle the hot syrup into the prepared pint jars, allowing 1/2 inch of headspace for long-term shelf storage. After sealing, process for 10 minutes in a pot of hot water.

## **38. Crème De Cassis**

**Prep time:** 6 months | **Serve:** 7 | **Calories:** 25kcal

### **Ingredients**

- 2 pounds of black currants
- 2½ cups Everclear
- 1¾ cups water
- 4½ cups sugar

### **Instructions**

- Get rid of the currant stalks. Crush them with a potato masher in a glass or ceramic basin. Add the Everclear to the fruit along with every last drop of juice in a quart Mason jar. For a week or two, store the jar in a cold, dark area after sealing it. Every other day, shake the jar.
- Use a moist jelly bag to strain the jar's contents; squeeze out as much liquid as you can. Put the liquid, water, and sugar in a saucepan.
- Just until the sugar melts, cook while stirring continually over medium heat.
- Pour the warm liquor into scorching bottles. Use a cork or stopper to close. Age for at least 6 months in a dry, cold environment.

## **39. Cassis Jelly**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 45kcal

## **Ingredients**

- 2 pounds of black currants
- 3½ cups water
- 3 cups sugar

## **Instructions**

- Get rid of the currant stalks. Put the object in a pot and fill it with water. Boil for a few minutes before simmering for 20. Put the berries through a wet jelly bag to strain them. Lightly squeeze the jelly bag. Three cups of pectin stock should be consumed.
- In a preserving pan, mix sugar and pectin stock. Stirring continuously, bring to a boil, then reduce over high heat until the gel has set, about 6 to 8 minutes.
- Ladle the boiling jelly immediately into the three ready 1/2-pint jars, allowing 1/4-inch headspace. After sealing, process for 10 minutes in a pot of hot water.

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## 40. Peach Jam

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 45kcal

### Ingredients

- 5 pounds of ripe peaches
- Two tbsps. lemon juice
- 3½ cups sugar

### Instructions

- Cut a shallow "X" in the pointed end of each peach to begin peeling it. Blanch the peaches in boiling water for 60 to 90 seconds, or until the peel starts to come off, working with a couple at a time. Using a slotted spoon, remove the skins and pits from the peaches and lay them aside to cool. Each peach should be sliced into four equal pieces after being divided into quarters. The fruit should be combined with the lemon juice and sugar and let macerate for 30 minutes.
- In a large preserving pan, add the fruit and sugar combination and quickly heat to a full boil. Reduce over high heat while stirring continuously for 8 to 10 minutes at a full rolling boil to reach the gel stage. If the jam is too thick for your taste, remove it from the heat and whisk it for an additional minute to break up the pieces. Fill six prepared 1/2-pint jars with the hot jam, allowing a headspace of 1/4 inch. After capping the jars, process them for 10 minutes in a hot water bath.

## **41. Peach Jam with Champagne**

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 45kcal

### **Ingredients**

- 5 pounds of ripe peaches
- 3 cups sugar
- $\frac{1}{4}$  cup champagne, dry rosé wine, or Sauvignon Blanc

### **Instructions**

- Prepare the jam as directed; only leave out the lemon juice and stir in the champagne or wine halfway through.

## **42. Peach-Passion Fruit Jam**

**Prep time:** 24 hours | **Serve:** 10 | **Calories:** 45kcal

### **Ingredients**

- $\frac{3}{4}$  pound passion fruits (about 12 large pods)
- 5 pounds of yellow peaches
- 4 cups sugar
- 1 tablespoon freshly squeezed lemon juice

### **Instructions**

- Scrape the juice and seeds from the passion fruits into a basin after cutting them open. You'll consume roughly a half cup. When the jam has reached the gel stage, add the passion fruit pulp and proceed as directed in the basic Peach Jam recipe. Cook the jam for a further three minutes after stirring in the seeds. Test the gel setting. Fill the jars, then proceed as instructed.

## **43. Ultra-Low-Sugar White Nectarine or White Peach Compote**

**Prep time:** 30 min | **Serve:** 12 | **Calories:** 30kcal

## **Ingredients**

- 3 pounds of white nectarines or peaches
- 1 tablespoon lemon juice
- 1 cup sugar
- 1 tablespoon dry rosé wine

## **Instructions**

- Sliced fruit should be combined with sugar and lemon juice in a bowl and macerate for 30 minutes.
- Put the fruit-sugar mixture in a preserving pan, stirring often, and bring to a boil. For five minutes, reduce over high heat. Put the wine in. Once the liquids have been reduced to a thick sauce, continue to cook for an additional 3 to 5 minutes.
- If you want a smoother consistency, whisk ferociously for 1 minute. Leaving a headspace of 1/4 inch, ladle the hot jam into the three prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

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## 44. Peach or Nectarine Chutney

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 25kcal

### Ingredients

- 5 pounds of yellow peaches
- 3 cups organic or turbinado sugar
- 2 cups apple-cider vinegar
- $\frac{3}{4}$  cup raisins
- 1 cup chopped Vidalia onion
- 1 sweet banana pepper
- 2 or 3 fresh green jalapeños
- 2 cloves garlic, minced
- Two tbsps. grated fresh ginger root
- 2 tsp. s turmeric
- 4 tablespoons mustard seeds
- 1 tsp. garam masala
- 2 tsp. s Darjeeling tea

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## Instructions

- In a large saucepan, combine all the ingredients and bring to a boil. Reduce the mixture over moderate heat for up to an hour, or until all the extra liquid has evaporated and the mixture is thick and jam-like in consistency. It's important to taste the chutney multiple times and adjust the flavors as needed. Chutney should have a rich taste profile, be complex, and have some spice at least. During the last 10 minutes of cooking, add extra minced jalapenos if you want the vibrant flavor of green chilies.
- Pour the heated chutney into the four ready pint jars, allowing a headspace of 1/4 inch. After sealing, process for 10 minutes in a pot of hot water. Before eating, let the food cure for a month.

## 45. Spiced Peach Butter

**Prep time:** 30 min | **Serve:** 8 | **Calories:** 45kcal

### Ingredients

- 5 pounds of very ripe peaches
- 1/3 cup water
- 1 1/2 cups sugar
- 1 tablespoon molasses
- 1 allspice berry, ground
- Pinch of freshly ground cinnamon
- A few scrapings of nutmeg

## **Instructions**

- For 20 to 25 minutes, or until the peaches are extremely mushy, simmer the peaches in a saucepan with the water. If used, blanch the kernels in boiling water before removing the skins.
- Use a potato masher to crush the peaches. Add molasses and sugar and stir. Bring back to a boil, decrease, and whisk continuously over medium heat. Freeze a spoonful of the hot preserve once it has thickened and darkened, around 25 to 30 minutes. Continue cooking if there is leaking liquid around the edges. Stir in the spices and bourbon, if using, once it's finished cooking. Taste the food and tweak the flavorings to your liking.
- With a headspace of 1/4 inch, pour the hot preserve into the four prepared 1/2-pint jars. To get rid of air bubbles, go around the inside edge of the jar with a skewer or another thin object. After capping the jars, process them for 10 minutes in a hot water bath.

## **46. White Peach Halves in Lavender Syrup**

**Prep time:** 45 min | **Serve:** 8 | **Calories:** 35kcal

### **Ingredients**

- 2 stems of dried lavender flowers
- 4½ cups water
- 2 cups sugar
- 5½ to 6 pounds' white peaches
- Two tbsps. lemon juice

### **Instructions**

- The lavender should be placed in a saucepan with the water and sugar after being wrapped in a cheesecloth

bag. When the syrup comes to a boil, turn off the heat and cover the pan until required.

- Each peach's pointy end should be slashed with an "X." Work in batches and blanch the vegetables for 60 to 90 seconds, or until the skin starts to come off. With a slotted spoon, remove them, then drain. Peel and pit the peaches once they have cooled. As desired, cut them into halves or slices. Slices are simpler to handle and present than halves. Slice the peaches and drop them into a quart of water that has been made acidic with lemon or citric acid.
- Squeeze the lavender to release its flavor before removing it from the syrup and discarding it. The syrup should boil. Eight prepared pint jars or four prepared quart jars should be used to store the peaches. Shake the container to settle the peaches after adding some hot syrup when it is around one-third full. Repeat as necessary, allowing a headspace of 1/2 inch. To remove any air bubbles, run a skewer or other thin object around the inside edge of the jar. If required, fill it with syrup. For pint-sized jars, process in a boiling-water bath for 25 minutes; for quart-sized jars, process for 30 minutes. Turn off the heat, give the jars five minutes to rest in the water, then remove them to minimize venting.

## **47. Yellow Peach Slices in Tea Syrup**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 25kcal

### **Ingredients**

- 5 pounds of yellow peaches
- ½ tsp. citric acid
- 2 cups water
- 1 cup sugar

- 2 Earl Grey tea bags

## **Instructions**

- Each peach's pointy end should be slashed with an "X." Work in batches and blanch the vegetables for 60 to 90 seconds, or until the skin starts to come off. With a slotted spoon, remove them, then drain. Peel and pit the peaches once they have cooled. As desired, cut them into slices or half. As you slice the peaches, add the lemon juice or citric acid to a quart of water.
- Bring the 2 cups of water and sugar to a boil in a kettle. Sliced peaches should be heated in batches for 2 minutes in boiling syrup, turning them over once or twice to ensure equal cooking. With a slotted spoon, remove the peaches and place them in the five ready-to-use pint jars. Continue until all of the peaches are jarred. The tea bags should be added to the pot and steeped for five minutes before being squeezed out and discarded.
- Ladle the syrup over the peaches, leaving a headspace of 1/2 inch, and bring the mixture back to a boil. To remove any air bubbles, run a skewer or other thin object around the inside edge of the jars. If required, top out the jars with syrup.
- For pint and quart jars, seal and process in a boiling-water bath for 20 and 25 minutes, respectively. Turn off the heat, give the jars five minutes to rest in the water, then remove them to minimize venting.

## 48. Summer Fruit Cocktail

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### Ingredients

- 2 pounds of firm apples
- 2 cups water, plus more for acidulated water
- Two tbsps. freshly squeezed lemon juice
- 2 pounds' firm pears
- 2 pounds' firm canning peaches
- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup preserved cherries

### Instructions

- The apples should be peeled, cored, and sliced into eighths. Place the pieces right away in a basin with 2 cups of water and 1 tablespoon of lemon juice to avoid browning. Pears should be peeled, cored, and sliced into eighths before being placed in a second bowl of acidified water while you work. Peaches should be peeled, pitted, and sliced before being added to the bowl with the pears.
- In a large pot, bring the water and sugar to a boil. After draining the apples, add them to the saucepan. After bringing the mixture back to a boil, simmer the mixture for 1 minute, or until the apple slices become soft and transparent. Add the peaches and pears after draining them. Return the saucepan to a boil, add the cherries, and then turn the heat off.

## **49. Black Mission Fig Jam**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of just-ripe figs
- 2 scant cups organic sugar
- 3 tablespoons freshly squeezed lemon juice

### **Instructions**

- To make a textured yet manageable jam, just quarter the figs, clip the stem end and then cut the sections across.
- In a mixing dish, combine the fruit, sugar, lemon juice, and zest (if using). Stir everything together, then covers tightly and chill for several hours or overnight. In a preserving pan, add the fruit and sugar combination and quickly bring to a boil. Reduce the heated jam over high heat for 6 to 8 minutes while stirring regularly. Then, reduce the heat to medium and continue to reduce the mixture for a few more minutes until it reaches the gel stage.
- Fill five prepared 1/2-pint jars with the mixture, allowing 1/4-inch headspace. After sealing, process for 10 minutes in a pot of hot water.

## **50. Black Mission Fig Jam with Madeira**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of just-ripe figs
- 2 cups organic sugar
- Two tbsps. lemon juice

- ¼ cup Madeira

### **Instructions**

- Take the Black Mission Fig Jam recipe to heart. Add the Madeira, bring the mixture back to a boil, and simmer for an additional one minute after adding it in the last minute of cooking, when the hot jam has been sufficiently reduced. As usual, fill and process the jars.

## **51. Black Mission Fig Jam with Syrah**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of just-ripe figs
- 2 cups organic sugar
- Two tbsps. lemon juice
- ¼ cup California Syrah

### **Instructions**

- Follow the Black Mission Fig Jam recipe. Add the wine, bring the mixture back to a boil, and simmer for an additional one minute after adding the wine in the last minute of cooking, when the hot jam has been sufficiently reduced. As usual, fill and process the jars.

## **52. Black Mission Fig Jam with Indian Spices**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of just-ripe figs
- 2 cups organic sugar
- Two tbsps. lemon juice

- ¼ tsp. garam masala

### **Instructions**

- The Black Mission Fig Jam recipe should be followed. Add the garam masala and stir well to mix after the hot jam has reduced to the desired consistency. As usual, fill and process the jars.

## **53. Black Mission Fig Jam with Smoky Black Tea**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of just-ripe figs
- 2 cups organic sugar
- Two tbsps. lemon juice
- ½ tsp. Smoked black tea

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## **Instructions**

- The Black Mission Fig Jam recipe should be followed. Add the crushed tea when the hot jam has been reduced by a suitable amount. As usual, fill and process the jars.

## **54. Brown Turkey Fig Jam with Honey and Wild Aromatics**

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of just-ripe figs
- 1¼ cups organic sugar
- ½ cup sage honey
- ½ tsp. fennel seeds
- 3 bay leaves
- Two tbsps. lemon juice
- Zest of 1 lemon

### **Instructions**

- When macerating the figs with sugar, add the honey and wild aromatics as directed for Black Mission Fig Jam. As per usual, reduce while skimming off the froth that honey invariably creates. Jars are filled, sealed, and processed as usual.

## 55. Whole Figs in Red Wine Syrup

**Prep time:** 24 hours | **Serve:** 12 | **Calories:** 30kcal

### Ingredients

- 2½ cups red wine
- 2½ cups water
- 3 cups sugar
- 1 bay leaf
- 1 sprig of fresh thyme
- 12 black peppercorns
- Pinch of fennel seeds
- 3½ pounds brown turkey figs
- Two tbsps. red-wine vinegar
- Four 1½-inch strips of lemon zest

### Instructions

- In a big saucepan, mix the wine, water, 2 1/2 cups of sugar, and spices. Add the entire figs after slowly bringing them to a boil. Once again, bring to a boil, then simmer for 15 minutes. The pot should be taken from the heat and left to cool to room temperature. Overnight, cover and chill.
- The following day, combine the figs with the vinegar and remaining 1/2 cup sugar and bring to a boil. If you think the syrup needs extra vinegar to balance out the flavor, taste it first.
- Pack the figs into the four prepared regular-mouth pint jars with a slotted spoon, allowing a wide 1/2-inch headspace. Place a piece of lemon zest into each jar

before adding boiling syrup, leaving a headspace of 1/2 inch. After capping the jars, process them for 10 minutes in a hot water bath.

## **56. Confetti Relish**

**Prep time:** Few Weeks | **Serve:** 15 | **Calories:** 20kcal

### **Ingredients**

- 3 pounds mixed zucchini and yellow squash
- 1 pound of red onions
- 1 pound red or yellow bell peppers
- 3 tablespoons kosher salt
- 3½ cups apple cider vinegar
- 1½ cups water
- 1 cup sugar
- 1 tablespoon brown mustard seeds
- 1 tablespoon yellow mustard seeds
- 1 tsp. curry powder
- ½ tsp. black peppercorns
- 1 tsp. coriander seeds
- 3 cloves garlic, minced
- 2 fresh or dried chili peppers

### **Instructions**

- Mix the salt with the veggies after dicing them into 1/4-inch pieces. Place in a colander and allow it to drain for two hours. To rinse the veggies, pour boiling water from a kettle over them.

- In a large saucepan, combine the other ingredients and bring to a boil. Once the veggies are added, simmer them for 20 to 25 minutes over medium heat or until they are tender and transparent.
- Five prepared pint jars should be filled with the hot relish, allowing a 1/2-inch headspace. After capping the jars, process them for 10 minutes in a hot water bath. Give it a couple of weeks to cure.

## **57. Spicy Pepper Relish**

**Prep time:** 1 week | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds mixed mild peppers
- 4 to 6 ounces of green or red jalapeños
- 1 pound onions
- Two tbsps. olive oil
- 1 tablespoon kosher salt
- ½ tsp. wild fennel seeds
- 4 to 5 cloves of garlic
- 2 anchovy fillets
- 1 ⅓ cup red-wine vinegar
- 1 ⅓ cup dark, earthy red wine

### **Instructions**

- Slice the peppers and jalapenos in half, then arrange them on a baking sheet covered with aluminum foil, cut side down. The peppers should be cooked under the broiler until their skins are blistered and completely charred.

- Place the blackened peppers in a covered container, and let them 15 minutes to steam. Stems, seeds, and skins should easily fall off. Remove them. Work with the jalapenos while wearing rubber gloves. Peel the peppers and cut them into 1/4-inch slices. Chop up the jalapenos. Place aside.
- Slice the onion into 1/4-inch pieces after peeling. Add a 1/4 tsp. of salt and sauté in the olive oil over medium heat. Don't let the onions brown; stir often. Add the anchovies, fennel, and minced garlic after 5 minutes, and season with an additional 1/4 tsp. of salt. Add the peppers, half of the jalapenos, and the remaining salt after cooking for a further 5 minutes. Stir the vinegar and wine together before covering. Bring to a boil, then reduce the heat to a simmer and cook for 30 to 40 minutes with a lid partially on. Check the amount of heat halfway through cooking, then add as much of the leftover diced jalapeno as you wish.
- Pack the hot relish into three prepared pint jars with a slotted spoon once the liquid has decreased and the onions are extremely soft, allowing a good 1/2-inch headspace. Finally, pour the liquid from the saucepan over the relish, leaving a headspace of 1/2 inch. To remove any air bubbles, run a bamboo skewer or other thin object over the inside edge of the jars. Top them off again if required. If there isn't enough liquid to completely submerge the relish, add pure red wine vinegar to make up the difference. Clean the rims, put on the lids, and process the jars for 10 minutes in a pot of hot water. Before opening, let the product cure for at least a week.

## **58. Roasted Red Pepper Relish**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 10kcal

### **Ingredients**

- 2¼ pounds of red bell peppers
- 1 pound Roma tomatoes
- 1 small onion
- 2 cloves garlic
- 1 tablespoon kosher salt
- 2 anchovy fillets, rinsed and drained
- 6 tablespoons red-wine vinegar
- 2 tsp. s sugar
- ½ tsp. dried oregano
- Pinch of ground cayenne pepper
- 4 tablespoons extra-virgin olive oil

## **Instructions**

- Peppers must be cut in half. On a baking sheet covered with aluminum foil, arrange the peppers, tomatoes, onion, and garlic. Cook the veggies under the broiler until they are browned and charred. The tomatoes, onion, and garlic should be set aside to cool.
- After wrapping the peppers in aluminum foil and sealing the edges, steam them for 15 minutes.
- With your fingers, remove the charred skin from the tomatoes, then cut them in half to release the seeds and liquid. Chop the meat after discarding the seeds and liquid. Mince the onion after peeling. In a small bowl, combine the anchovies, ¼ tsp. Salt and peeled garlic. In a bowl, mix the tomatoes, onion, and garlic-anchovy paste.
- Peel the charred skin from the peppers and throw it away. Throw away the white connective tissue and seeds. Add

the peppers to the dish with the remaining veggies after chopping them into 1/4-inch cubes. You must be left with 4 1/2 glasses.

- In a saucepan, combine the chopped veggies, vinegar, cayenne pepper, the remaining salt, sugar, and dry herbs. Stirring periodically, bring to a boil. If desired, add the basil during the last minute of cooking. Reduce the heat and simmer gently for 5 minutes.
- Fill four prepared 1/2-pint jars with the hot relish, allowing a healthy 1/2-inch headspace. To get rid of any air bubbles, go around the inside edge of the jar with a bamboo skewer or another thin object. Make sure not to spill any oil on the jar rim when you add 1 tablespoon of olive oil to each one. After capping the jars, process them for 10 minutes in a hot water bath.

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## **59. Sweet Onion Relish**

**Prep time:** 60 min | **Serve:** 8 | **Calories:** 22kcal

### **Ingredients**

- 3 pounds of Texas sweet onions
- 1 red bell pepper
- 2½ cups apple cider vinegar
- 3 tablespoons sugar
- 1 tablespoon plus 2 tsp. s molasses
- 1 tablespoon kosher salt
- 1½ tsp. s yellow mustard seeds
- 1 dried red chili, minced, or to taste
- 3 allspice berries
- 1 cardamom pod, crushed
- 2 cloves

### **Instructions**

- Red bell pepper and onions should be diced into 1/4-inch pieces.
- In a sizable saucepan, combine all the remaining ingredients with the exception of the black pepper, and bring to a boil. When the onions are transparent but still have a firm texture, add the chopped bell pepper and onions, bring the mixture back to a boil, and then simmer for 30 to 40 minutes. The used cloves, cardamom, and allspice are removed from the fire and thrown away. Black pepper, several grinds, is added.
- Pack the hot relish into the three-pint jars with a slotted spoon, allowing a good 1/2-inch headspace. After each jar

is completely full, divide the vinegar syrup among them, allowing a headspace of 1/2 inch. Seal the jars after wiping the rims. Process for 10 minutes in a pot of boiling water.

## **60. Snap Bean Relish**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 15kcal

### **Ingredients**

- 2 pounds of green beans
- 2 tsp. s kosher salt, plus more for blanching
- ½ pound of red onions
- 1 large yellow pepper
- 4 cloves garlic
- 2½ cups white-wine vinegar
- 1½ cups water
- Two tbsps. sugar
- 1 tsp. yellow mustard seeds
- ¼ tsp. ground cayenne pepper
- 1 heaping tablespoon chopped fresh opal basil
- Freshly ground black pepper
- 4 tablespoons extra-virgin olive oil

### **Instructions**

- Until the beans are bright and malleable but not quite cooked, blanch them in salted boiling water for 60 to 90 seconds. With a slotted spoon, remove the beans and shock them in cold water. Drain then set apart. The onion should be diced into 14-inch pieces and blanched for 60

seconds in the same water. Drain. Yellow pepper should be diced into 1/4-inch pieces. To prepare four-pint jars, divide the garlic among them.

- In a large saucepan, combine the vinegar, water, salt, sugar, mustard, and cayenne pepper. Bring to a boil. Slice the beans into 1/4-inch circles in the meanwhile.
- The vinegar syrup in the saucepan with the beans, onion and yellow pepper should now be boiling. After 5 minutes of cooking, add the basil and plenty of freshly ground black pepper. Divide the heated relish among the jars with a slotted spoon, allowing 3/4-inch headspace. Pour 1 tablespoon of extra virgin olive oil into each jar after ladling in the boiling syrup, allowing a good 1/2-inch headspace. After capping the jars, process them for 10 minutes in a hot water bath.

## **61. Fennel Relish**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 1½ pounds of sweet onions
- 2 tsp. s plus 1 tablespoon kosher salt
- 4 large fennel bulbs
- 2 cups apple cider vinegar
- 2 cups water
- 3 tablespoons honey
- 2 tsp. s fennel seeds
- 1 tsp. mustard seeds
- 1 bay leaf
- ½ pound tart apples

- Two tbsps. minced fennel fronds
- Freshly ground black pepper

### **Instructions**

- The onions should be diced and placed in a colander with Two tbsps. Of salt. Allow to drip for two hours, then drain and rinse with new water.
- Trim the base of the fennel bulbs, remove the stiff outermost rib, and remove the slender stalks and fronds. From root to stem, slice the bulbs into 14-inch thick pieces. Slices should be placed in a single layer on a baking sheet covered with aluminum foil and roasted for 30 minutes or until the edges begin to brown. After allowing it cool, cut it into 14-inch dice.
- Bring the vinegar, water, honey, bay leaf, fennel, mustard, and remaining tablespoon of salt to a boil in a saucepan. Returning to a boil, add the apples, fennel, and onions, and simmer for an additional 5 minutes. Add the minced fennel fronds and six pinches of black pepper after stirring. Divide the relish among the four prepared pint jars with a slotted spoon, allowing a wide 1/2-inch headspace, and then pour the hot syrup over the top, again leaving 1/2-inch headspace. After sealing, process for 10 minutes in a pot of hot water.

## **62. Dill Relish**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds Kirby pickling cucumbers
- 1 pound Vidalia or other sweet onions
- ½ cup kosher salt

- 2 trays of ice cubes
- 3 cups white-wine vinegar
- ½ cup sugar
- 2 cloves garlic, minced
- 2 tsp. s dill seeds
- 1 tsp. fennel seeds
- 1 tablespoon mustard seeds
- ¼ cup minced fresh dill weed

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## **Instructions**

- Remove the cucumbers' spines by rubbing them clean. Dice the ends into 1/4-inch pieces after trimming. Cut up the onions. In a large mixing basin, combine the salt and veggies, and cover with ice cubes. Leave alone for two hours.
- Put the veggies in a strainer to drain, and then rinse them by covering them with a saucepan of boiling water.
- In a big kettle, mix the vinegar, sugar, garlic, dill, fennel, and mustard seeds. When the sugar has completely dissolved, add the diced veggies and bring to a boil. After 5 minutes, reduce the heat to medium. Ladle the hot relish into four prepared pint jars, allowing a 1/2-inch headspace, then stir in the dill weed. After sealing, process for 10 minutes in a pot of hot water.

## **63. Salsa Verde with New Mexico Green Chilies**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds' tomatillos
- ½ pound red onion
- 1 pound fresh or frozen green New Mexico chilies
- 1 cup white wine vinegar
- ¼ cup freshly squeezed lime juice
- Two tbsps. kosher salt
- 3 cloves garlic, chopped
- 1 tsp. cumin seeds
- 1 tsp. smoked paprika

- 1 tsp. dried oregano
- ½ tsp. black peppercorns

### **Instructions**

- Tomatillos may be sticky underneath their papery husks; remove them from the husks and give them a thorough rinsing. Use the flat edge of your knife or your palm to crush the tomatillos. Chop roughly.
- In a saucepan, combine all the ingredients minus the cilantro and tequila. Stirring periodically, bring to a boil, and simmer for 10 minutes. Taste after removing from the heat. To suit your tastes, change the seasoning and level of heat. Once again, at a boil, add the cilantro and tequila, if using, and simmer for one more minute.
- Pour the heated mixture into the four ready pint jars, allowing a headspace of 1/2 inch, 15 minutes in a hot water bath after sealing.

## **64. Crushed Tomatoes**

**Prep time:** 55 min | **Serve:** 12 | **Calories:** 20kcal

### **Ingredients**

- 1¼ pounds Roma or other plum-style tomatoes
- 1 tablespoon bottled lemon juice
- ¼ tsp. citric acid, per pint jar

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## Instructions

- Boiling water should be used to blanch the tomatoes for 60 to 90 seconds or until the skin separates. With a slotted spoon, remove them and lay them aside to cool. Blanch one pound at a time when processing a lot of food. Slip the tomatoes out of their skins when they are cold enough to handle. The tomatoes should now be swiftly quartered with your hands and placed in a saucepan. Bring to a boil after adding enough tomatoes to cover the bottom.
- Peel and blanch the subsequent pound of tomatoes while the first batch is coming to a boil. Each one should be cut into quarters and added to the pot's boiling contents. Try to keep the boil slow and constant. Repetition is necessary to fill the pot with all the tomatoes. Continue to gently simmer the tomatoes for 5 more minutes, stirring occasionally.
- Prepare a one-pint jar or one-quart jar for every pound or two pounds of tomatoes in the meantime. Add 1 tablespoon of bottled lemon juice or 1/4 tsp. of citric acid for every pint or Two tbsps. For every quart. Add any salt you like.
- Pour the heated tomatoes into the jars, allowing a headspace of 1/2 inch. For 35 minutes for pints and 45 minutes for quarts, seal the container and process it in a hot water bath.

## 65. Heirloom Tomato Sauce

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### Ingredients

- Ripe tomatoes
- 1 tablespoon bottled lemon juice

- Kosher salt to taste

### **Instructions**

- The steps in the recipe for Crushed Tomatoes should be followed to blanch, peel, crush, and cook the tomatoes. Once all the tomatoes have been added, gently cook for an additional 10 minutes while stirring occasionally.
- Use a food mill with a fine blade or a chinois to pound the tomatoes into a powder. Purée should be added back to the saucepan, boiled, and reduced by half while stirring periodically. Insert a skewer into the pot to measure the beginning depth, then compare as the contents are reduced to determine the progress.
- Set up your prepared jars in a line as the sauce reduces, then add 1 tablespoon of canned lemon juice or 1/4 tsp. Citric acid per pint.
- Add a little salt to taste once the sauce has been reduced by half or to your preference.
- Pour the sauce into the prepared jars, allowing a headspace of 1/2 inch. For quart-sized jars, process for 40 minutes in a hot water bath after sealing. After turning off the heat, let the jars for five minutes to rest in the water before removing them.

## **66. Tomato Jam with Smoked Paprika**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds of Roma tomatoes
- Two tbsps. lemon juice
- 1½ cups sugar
- 1 tsp. Kosher salt

- ¼ tsp. freshly ground black pepper
- 1/8 tsp. smoked paprika

### **Instructions**

- The tomato is peeled, seeded, and chopped. Place the cut pieces in a colander to drain as you work.
- In a preserving pan, mix the tomatoes, lemon juice, and sugar. After letting the mixture macerate for 10 minutes, bring it to a boil over high heat, decrease it, and stir it often. Add the salt, pepper, and paprika after 15 minutes.
- For another 10 to 15 minutes, keep reducing until the mixture thickens. If desired, add extra paprika after tasting. Pour the hot jam into two ready 1-1/2-pint jars, allowing a headspace of 1/4 inch. After sealing, process for 10 minutes in a pot of hot water.

## **67. Summertime Grilled Chicken with Tomato Jam**

**Prep time:** 35 min | **Serve:** 4 | **Calories:** 230kcal

### **Ingredients**

- 1 chicken
- Tomato Jam

### **Instructions**

- A small fryer should be cut into quarters and tossed with a substantial amount of entire fresh rosemary leaves, freshly squeezed lemon juice, smashed garlic, salt, freshly cracked black pepper, and a few pinches of smoky paprika the night before it is to be grilled. Mix to evenly coat everything with extra-virgin olive oil. Overnight in the refrigerator, cover the chicken, giving it a few stirs to disperse the flavor.

- Take the chicken out of the fridge an hour before cooking the next day. The chunks should be grilled for 10 to 12 minutes on each side, or until the juices flow clear, over medium-hot coals. Place on a plate. Slice the legs from the thighs and cut the breasts into two halves after the chicken is cold enough to handle. Add plenty of paper-thin lemon rounds, a few fresh rosemary sprigs, salt, pepper, and a drizzle of your finest extra-virgin olive oil to a big dish with the chicken and any fluids. Serve with Tomato Jam with Smoked Paprika on the side, whether warm, at room temperature or cold.
- The chicken can also be "grilled" under the broiler. Place the chicken skin side down in the oven, then turn it over so the skin will crisp and brown as the chicken cooks through.

## **68. Tomato Jam with Ginger and Lime Zest**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds of Roma tomatoes
- Two tbsps. freshly squeezed lime juice
- 1½ cups sugar
- 1 tsp. kosher salt
- A few grinds of black pepper
- Two tbsps. grated or finely chopped fresh ginger root
- Zest of ½ lime, finely grated

### **Instructions**

- Replace the lemon juice with lime juice and proceed as directed for the tomato jam with smoked paprika, after reducing for 15 minutes, including the salt, pepper,

ginger, and lime zest. Jars are filled and processed as usual.

## **69. Tomato Paste**

**Prep time:** 35 min | **Serve:** 10 | **Calories:** 15kcal

### **Ingredients**

- 5 pounds of Roma tomatoes
- 1 tsp. kosher salt

### **Instructions**

- Work on a plate or over a bowl to catch the juices, seeds, and skins while you blanch, peel, and seed the tomatoes. The tomatoes should be seeded, roughly chopped, and simmered for one hour over medium heat.
- To get a purée devoid of seeds, press the soft tomato pulp through a fine-screen chinois or a food mill. Over low heat, reduce the purée until it has stiffened into a paste. Even with the little quantities required, this may take an hour. Use a rubber spatula to stir the mixture continuously as it begins to thicken, flipping it over frequently to prevent burning.
- Fill the tiny jars with the completed paste, allowing a headspace of 1/4 inch. To get rid of any air bubbles, run a skewer or other thin object around the inside edge of the jars. Then, gently clean the rims and seal. Process for 45 minutes in a pot of boiling water. Any paste that remains after opening a jar should be entirely covered with extra-virgin olive oil and utilized within a few weeks.

## **70. Tomato Broth**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- Tomato liquids from making Tomato Paste
- Bottled lemon juice or citric acid

### **Instructions**

- All the liquids, seeds, and skins that are left behind after producing tomato paste should be saved. Squeeze the skins to release all of the juice, then throw away the skins. To get the seeds out, pour through a sieve with fine mesh. After 15 minutes of drip time, discard the seeds. Calculate the amount of broth.
- Add 1 tablespoon of bottled lemon juice or 1/4 tsp. of citric acid to each prepared pint jar.
- Ladle the boiling liquids into the prepared pint jars. Pints are sealed after 35 minutes of processing.

## **71. Canadian Ketchup**

**Prep time:** 35 min | **Serve:** 12 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds of Roma tomatoes
- 1½ pounds firm peaches
- 1½ pounds firm pears and chopped
- 1½ pounds tart apples
- 2 cups chopped celery
- 2 cups chopped red onions
- 1½ cups sugar
- 2 cups white-wine vinegar
- Two tbsps. kosher salt
- 4 cloves

- 1 cardamom pod, lightly crushed
- 1-inch cinnamon stick
- 3 allspice berries
- 5 black peppercorns
- 8 coriander seeds

## **Instructions**

- In a large saucepan, combine all the ingredients. Cook, stirring regularly, for about 2 hours, or until the mixture is reduced to a thick sauce.
- Discard the cinnamon stick, then spoon the hot sauce into eight ready 1-1/2-pint jars, leaving 1/2-inch headspace for chunky Canadian-style ketchup.
- 15 minutes in a hot water bath after sealing. Use a food mill with a fine blade or a chinois to pound the ingredients for smooth American-style ketchup. Bring the purée back to a boil in the same pot. Pour into the prepared jars, leaving a headspace of 1/2 inch. After sealing, proceed as usual. Using a wet paper towel, the rims. Use a cotton ball or paper towel soaked in vinegar to clean the rims of any remaining fish oil. Close the jars. Load
- the pressure canner with the jars in it as directed by the manufacturer.
- Process the jars in a dial-gauge pressure canner at 11 pounds of pressure or a weighted-gauge pressure canner at 10 pounds of pressure, as directed by the manufacturer. Both pint and half-pint jar processing takes 100 minutes.
- In accordance with the manufacturer's instructions, depressurize the canner. The jars should be taken out and let to cool overnight. The next morning, take off the rings

and push the "button" on each jar's lid to confirm that it has been sealed. The seal was broken if there was any movement. The food is still edible and can be kept in the fridge for a few days, but unsealed jars should not be used for long-term shelf storage.

- Use a moist towel that has been soaked in a moderate vinegar solution to wipe the jars' exteriors. Keep a close eye on the threads. Without their rings, store the jars in a cold, dark location. Throw away the jar and its contents right away if a seal breaks while it is being stored or if there is any indication of bubbling, foaming, or fizzing. Avoid tasting the product to see whether it has gone bad!

## **72. Barbecue Sauce**

**Prep time:** 60 min | **Serve:** 12 | **Calories:** 27kcal

### **Ingredients**

- 4 pounds Roma tomatoes
- 2 pounds' peaches
- 1 cup chopped onion
- 4 small cloves garlic, chopped
- 1¼ cup apple cider vinegar
- 3 tablespoons molasses
- ½ cup mescal or tequila
- 1-ounce sun-dried tomatoes
- ¼ ounce dried porcini mushrooms
- 2 dried red chilies
- 2 dried cayenne peppers
- 3 tablespoons oyster sauce

- 2 tsp. s kosher salt
- ½ tsp. black peppercorns, ground
- ½ tsp. allspice berries, crushed
- 1 tsp. mustard powder
- ¼ tsp. cumin seeds
- 1 tsp. smoked black tea
- ½ tsp. Spanish pimentón
- Pinch of celery seeds

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## Instructions

- In a big saucepan, combine all the ingredients. Stirring regularly, bring to a boil, then reduce the heat and simmer for 30 minutes. Once the tomatoes and fruit are extremely soft, simmer for another 15 minutes after tasting and adjusting the spices.
- Allow the heated mixture to cool somewhat before passing it through a food mill's fine blade or a chinois.
- Reintroduce the purée to the saucepan and simmer at a low boil for at least 45 minutes or until the sauce reaches the desired consistency. Pour into four ready 1/2-pint jars, allowing a headspace of 1/2 inch. After sealing, process for 10 minutes in a pot of hot water.

## 73. Tomato Confit

**Prep time:** 80 min | **Serve:** 9 | **Calories:** 35kcal

### Ingredients

- 3 pounds' small tomatoes
- 2 cups extra-virgin olive oil
- 4 cloves garlic, crushed
- 4 or 5 sprigs of fresh thyme
- ½ tsp. kosher salt
- Freshly ground black pepper
- 4 or 5 branches of fresh rosemary

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## **Instructions**

- The tomatoes' stems should be cut off after washing. They should be placed in a baking dish that is just big enough to contain them all. Add enough olive oil to the dish to cover the bottom by 1/2 inch. Around the tomatoes, tuck the garlic cloves and thyme sprigs. Lay the rosemary branches on top and season with salt and several grinds of black pepper.
- Turn the tomatoes over once during baking at 325 degrees for 60 to 75 minutes, or until the skins are wrinkled and cracking. The tomatoes should be transferred carefully into wide-mouth pint jars that have been sterilized in the oven for the last 15 minutes of cooking after cooling for a few minutes. The cooking oil should thoroughly cover the tomatoes before sealing. The chilled jars can be kept for up to two weeks in the fridge.

## **74. Canned Salmon**

**Prep time:** 60 min | **Serve:** 9 | **Calories:** 55kcal

### **Ingredients**

- Salmon
- Kosher salt

### **Instructions**

- Start with a whole fish or get fillets to start. Remove the scales and fins from a whole fish before filleting them. Depending on your desire, the skin may or may not be retained on the fillets.
- The fillets should be cut into pieces that fit into your jars. Fit as much fish as you can into each jar, allowing 1 inch of headroom without mashing it.

- For each 1/2-pint or pint jar, add 14 or 2 tsp. s of kosher salt. Utilize a moist paper towel to gently wipe the jar rims. Use a cotton ball or paper towel soaked in vinegar to clean the rims of any remaining fish oil. Close the jars. In accordance with the manufacturer's recommendations, load the jars into the pressure canner.
- Process the jars in a dial-gauge pressure canner at 11 pounds of pressure or a weighted-gauge pressure canner at 10 pounds of pressure, as directed by the manufacturer. Both pint and half-pint jar processing takes 100 minutes.
- In accordance with the manufacturer's instructions, depressurize the canner. The jars should be taken out and let to cool overnight. The next morning, take off the rings and push the "button" on each jar's lid to confirm that it has been sealed. The seal was broken if there was any movement. The food is still edible and can be kept in the fridge for a few days, but unsealed jars should not be used for long-term shelf storage.
- Use a moist towel that has been soaked in a moderate vinegar solution to wipe the jars' exteriors. Keep a close eye on the threads. Without their rings, store the jars in a cold, dark location. Throw away the jar and its contents right away if a seal breaks while it is being stored or if there is any indication of bubbling, foaming, or fizzing. Avoid tasting the product to see whether it has gone bad!

## **75. Canned Trout**

**Prep time:** 60 min | **Serve:** 9 | **Calories:** 45kcal

### **Ingredients**

- Trout
- Kosher salt

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## **Instructions**

- Follow the recipe and instructions for canned salmon to preserve the trout fish by canning.

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## Chapter 9: Fall Recipes



### 1. Green Tomato Chutney

**Prep time:** 1hrs-30 min | **Serve:** 8-10 | **Calories:** 30kcal

#### Ingredients

- 4 pounds of green tomatoes
- 2½ tablespoons kosher salt
- 1-pound green apples
- ½ pound shallots or red onions
- 3 cloves garlic
- 1 tablespoon grated fresh ginger root
- 1½ cup red-wine vinegar
- 1½ cup brown sugar
- 2 to 4 dried or fresh chili peppers,
- thinly sliced 5 cloves 10 black peppercorns,
- crushed Fat pinch of ground mace or nutmeg
- 1 tablespoon brown mustard seeds

- 1 cup raisins or dried currants

## **Instructions**

- Use a vegetable peeler to peel the tomatoes, then slice them into 3/4-inch pieces. Add 1 tablespoon of salt, toss, and let drain for an hour in a colander. Use fresh water to rinse.
- Apples should be peeled, cored, and cut into 1-inch cubes. Shallots or onions should be thinly sliced. Trim the garlic after peeling.
- In a big saucepan, combine everything but the dried fruit, and bring to a boil. For 45 minutes, simmer with a cover on. Simmer uncovered for a further 30 minutes after adding the dried fruit. Sometimes stir. The liquid in the kettle should be fairly glossy and thickened at the conclusion of the cooking period. Increase the heat and simmer the chutney for an additional 5 to 10 minutes, occasionally stirring to prevent burning if it appears too watery.
- Fill the four ready pint jars with the hot chutney, allowing a headspace of 1/2 inch, 15 minutes in a hot water bath after sealing. Before using, let cure for a month.

## **2. Canned Green Tomatoes**

**Prep time:** 45 min | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- Hard green tomatoes
- 2 tablespoons bottled lemon juice per quart
- 1 teaspoon kosher salt

## **Instructions**

- To remove the stems, wash the tomatoes. Slices should be stacked in ready-made quart jars after being cut into 1 1/2-inch piece. Per quart jar, add 2 tablespoons of lemon juice from a bottle and 1 teaspoon of kosher salt.
- Boiling water should cover the tomatoes, allowing a headspace of 1/2 inch, 45 minutes in a hot water bath after sealing.

## **3. Mrs. Dorsey Brown's Green Tomato Pickle**

**Prep time:** 6 hrs. | **Serve:** 8-10 | **Calories:** 20kcal

### **Ingredients**

- 4 pounds of green tomatoes
- 1 green bell pepper
- 1 red bell pepper
- 1-pound white onions
- 1 or 2 dried hot chilies
- ½ cup kosher salt
- 2¼ cups apple cider vinegar
- ⅓ cup water
- 2 cups organic sugar
- ¼ cup molasses
- 1 teaspoon black pepper
- 2 teaspoons celery seeds
- 2 tablespoons mustard seeds

### **nstructions**

- Trim the stem and flower ends before slicing the green tomatoes in half. Slice the peppers crosswise into 12-inch pieces after halving and coring them. Slice the onions very thinly. In a large, nonreactive mixing dish, combine all the veggies and the chilies. Season with salt. Leave alone for six hours. Remove the salty liquid, then cover the veggies for 15 minutes with new water. Drain once again. Combine the remaining ingredients in a big saucepan with the veggies. It should have a delightful burn; if not, taste and add additional chilies as needed. Bring to a boil, then reduce the heat and simmer for one hour, stirring just as needed to prevent the veggies from disintegrating. Divide the cooked veggies into seven prepared 12-pint jars using a slotted spoon, then top with the hot liquid, leaving a headspace of 12 inch. To get rid of any air bubbles, run a skewer or other thin object around the interior edge. If required, fill it with extra liquid. After capping the jars, process them for 10 minutes in a hot water bath. Cure for a minimum of two weeks before using to give the flavors time to meld and soften.

#### **4. Chow-Chow - Purple Cabbage**

**Prep time:** 2 weeks. | **Serve:** 8-10 | **Calories:** 20kcal

##### **Ingredients**

- 2 Purple cabbages
- 2½ pounds
- 1 head cauliflower
- 2 pounds of green tomatoes
- 1 pound Kirby cucumbers
- 1 -pound onions

- 1 pound red or green peppers
- 1 pound apples
- 2 jalapeño
- $\frac{1}{3}$  cup kosher salt
- 4 cups apple cider vinegar
- 3 cups water
- $\frac{3}{4}$  cup brown sugar
- 2 teaspoons celery seeds
- 2 teaspoons mustard seeds
- 3 tablespoons mustard powder
- 3 tablespoons all-purpose flour

### **Instructions**

- All the fruits and vegetables should be ground before being combined with salt. Pour into a colander and let for 4 hours to drain.
- Squeeze the liquids out of the vegetable combination, one handful at a time. Vegetables should make up 16 cups of your diet. The vinegar, water, sugar, celery seeds, and mustard seeds should all be combined in a big saucepan. A few teaspoons of the vinegar syrup should be combined with some flour and mustard powder to produce a paste before adding it to the saucepan. Then, add the veggies after bringing the liquids to a boil. Regain a boil, then continue to cook for a further five minutes.
- Pack the veggies into the eight ready pint jars with a slotted spoon, allowing a wide 1-inch headspace. Fill the jars with the liquids, allowing a headspace of  $\frac{1}{2}$  inch. To

remove any air bubbles, carefully run a skewer or other thin object around the inside edge of the jars before sealing. For ten minutes, process the jars in a bain-marie of hot water. Leave the jars in the water for 5 minutes before removing them to lessen venting. 2 weeks of curing should pass before opening.

## **5. Mrs. Plagemann's Savory Grapes**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 small sprigs of dried thyme
- 2 cups white-wine vinegar
- 3 cups sugar
- 2 tablespoons shallots

### **Instructions**

- Pick grapes that are crisp, firm, and just harvested. Take them off the stem, then thoroughly wash them. Fill the four-pint jars with them as tightly as possible. Compressing the grapes to fit in a few more is OK, but avoid crushing them. Put a tiny sprig of thyme and a half-cinnamon stick into each jar.
- Bring the vinegar, sugar, and shallots to a boil in a saucepan.
- Pour the hot syrup over the grapes to completely cover them, then close the jars and place them in the fridge. You'll get the greatest texture from doing this.
- When you ladle the boiling syrup over the grapes, be sure to allow a good 12-inch headspace for long-term shelf storage. Process for 10 minutes in a hot water bath after sealing.

## **6. Pan-Roasted Quail with Savory Grapes**

**Prep time:** 1 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- Split quail lengthwise
- freshly cracked black pepper
- Salt
- a bay leaf or two
- virgin olive oil

### **Instructions**

- Quail should be split lengthwise and marinated in extra virgin olive oil, salt, freshly cracked black pepper, thyme sprigs, and one or two bay leaves for at least an overnight period in the refrigerator.
- When ready to cook, give the birds an hour to warm up to room temperature. In a big skillet over high heat, sear them for about 4 minutes on each side in heated lard or olive oil. On a heated plate, set aside. Vermouth is used to deglaze the pan once the extra fat has been drained from it. Heat up a few grapes by adding them in. Add fresh thyme leaves before serving the quail hot, along with the hot grapes and reduced pan juices.

## **7. Grape Jelly**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1 pound's grapes
- 1 green apple
- 3 cups sugar

- 2 tablespoons lemon juice

### **Instructions**

- Drain, rinse, and remove the grapes from their stems. Use a potato crusher or your hands to smash the grapes after placing them in a saucepan. Apple core and skin included slice it and put it to the stew.
- Bring to a boil, then simmer for 20 minutes with the top ajar.
- Pour the pot's contents through a moist jelly bag or two layers of cheesecloth. At this point, the pectin stock will be rather opaque. Allow the bag or cheesecloth sack to drip over a bowl for approximately an hour or until it is cold. You may give the bag a few light massages as it cools to help the liquids drain. However, be delicate when squeezing and stop immediately if you notice foggy particles poking through.
- Place the quart jar with the pectin stock in the refrigerator overnight. The following day, filter it to get rid of the tartrate crystals using a wet jelly bag. Check the stock. You need four cups.
- In a preserving pan, combine the pectin stock, sugar, and lemon juice. Reduce over high heat until it reaches the gel point, about 10 minutes at a full boil. Utilize the cold-saucer test to inspect the set. Place a cooled dish with 1 teaspoon of hot jelly on it in the freezer for 1 minute. When the gel has dried, the skin will have formed wrinkles when a finger is pushed through it. Reduce for another minute and check again if there is no skin. With a headspace of 1/4 inch, pour the hot jelly into three prepared 1/2-pint jars. After sealing, the process for 10 minutes in a pot of hot water.

## **8. Brandied Raisins**

**Prep time:** One month. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1 cup Riesling wine or water
- 8 ounces' raisins (about 1<sup>3</sup>/<sub>4</sub> cups)
- <sup>3</sup>/<sub>4</sub> cup French brandy
- 2 tablespoons organic sugar

### **Instructions**

- In a small pot, simmer the wine or water. Overnight, place the raisins on the counter with a lid on.
- Put the raisins in a hot, regular-mouth pint jar using a slotted spoon. After sealing, add the sugar and brandy to the container. Before opening, wait for at least a month while occasionally shaking. If desired, taste and add extra sugar. There is no need to chill the jar.

## **9. Texas Pear Jam**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds of ripe pears
- <sup>1</sup>/<sub>4</sub> cup freshly squeezed lemon juice
- 2 cups sugar
- 2 tablespoons honey
- <sup>1</sup>/<sub>2</sub> vanilla bean split lengthwise

### **Instructions**

- Pears should be peeled, cored, and diced into 1-inch pieces. Place the chopped pears in a basin with 2 cups of

water that has been acidified with 1 tablespoon of lemon juice while you work to stop them from browning.

- Pears are drained and combined with the remaining 3 tablespoons of lemon juice in a dish. Add the vanilla bean, honey, and sugar. Set aside for two hours or overnight maceration.
- The fruit-sugar combination should be placed in a preserving pan, brought to a boil, and reduced over high heat for 20 minutes or until it reaches the gel point. Throw away the vanilla bean. Fill six prepared 1/2-pint jars with the hot jam, allowing a headspace of 1/4 inch. Process for 10 minutes in a hot water bath after sealing.

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## 10. Truffle Fall Fruit

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### Ingredients

- 1½ pounds pears
- 1½ pounds apples
- 2 tablespoons lemon juice
- 1½ cups sugar
- 3 ounces dried figs in hot water
- 1 fresh black truffle

### Instructions

- The pears and apples should be peeled, cored, and diced into 1/2-inch pieces. To stop the fruit from browning while you're working, submerge it in water that has been acidified (1 tablespoon lemon juice to 2 cups of water).
- After draining the fruit, combine it with the final tablespoon of lemon juice. Add the sugar and figs and stir. Set aside for two hours or overnight maceration.
- In a preserving pan, combine the fruit and sugar and bring to a boil. Meanwhile, chop the remaining ingredients into matchsticks and save; slice the truffle into 6 slices about the thickness of a quarter. Reduce the fruit-sugar mixture over medium heat for 10 to 12 minutes after it reaches a boil. Add the chopped truffle and stir. Pour enough hot jam into three sterile
- Lay in a slice of truffle after covering the bottom of 1/2 pint jars with them. Fill the jars with enough jam to fill them two-thirds full. Fill the jars with one more piece of truffle. Fill the jars to the top, allowing 1/4-inch headspace. Store in the refrigerator for the tastiest results.

- Process the sealed jars in a boiling-water bath for 10 minutes to extend shelf life.

## **11. Piquant Pears with Bay Leaf and Black Pepper**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 35kcal

### **Ingredients**

- 1½ cups water
- ¾ cup white-wine vinegar
- 1 cup sugar
- ½ cup honey
- 5 small bay leaves
- 6 - pound ripe pears
- 2 ~~tablespoons~~ tablespoons lemon juice
- 1 teaspoon black peppercorns
- 5 lemon strips and Zest

### **Instructions**

- In a saucepan, mix the water, vinegar, sugar, honey, lemon zest, and bay leaves. Turn off the heat after bringing it to a boil and leave aside.
- Pears should be peeled, cored, and quartered. Sliced fruit should be placed in a basin with lemon juice as you work to keep them from browning.
- Re-boil the syrup one more. Poach the pears in numerous batches for 5 minutes, or until they are just beginning to soften. Spoon them carefully into the five prepared pint jars. Continue until every pear has been jarred.

- Each jar should have a bay leaf and a strip of lemon zest from the syrup in addition to the pepper that has been crushed. The syrup should be added to jars, allowing a half-inch headspace. To let air bubbles out, run a skewer or other thin object around the inside edge of the jar. Place for 15 minutes in a hot water bath after sealing.

## **12. Asian Pears in Ginger-Lemongrass Water**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1 pound Asian pears
- 5 cups water
- 1<sup>3</sup>/<sub>4</sub> cups sugar
- Zest of ½ lime and 6 strips
- 1 stalk lemongrass
- A 1½-inch thumb of fresh ginger root
- 8 tablespoons bottled lemon juice

### **Instructions**

- Pears should be peeled, cut into quarters, and the core removed with the edge of a spoon. Put the fruit in a quart of water with 2 tablespoons of lemon juice very away to avoid browning.
- In a large saucepan, combine the lemongrass, ginger, 5 cups water, 5 cups sugar, lime zest or Kaffir lime leaves, and lime juice. Once the sugar has completely dissolved, stir and bring to a boil.
- The pears should be transparent after 5 minutes of simmering in the syrup, so drain them and cook them in

two or three batches. Shake the pint jars as you work to settle the slices before packing the hot fruit into them as tightly as you can. After all the fruit has been cooked and packed, do not top off with liquid.

- Each pint jar needs 1 tablespoon of lemon juice from a bottle. Give the heated syrup a full 1/2-inch headroom before ladling it on top. Among the jars, distribute the aromatics. After sealing, process for 20 minutes in a pot of hot water. To minimize venting, turn off the heat and wait five minutes before removing.

### **13. Walnuts in Maple Syrup and Brandy**

**Prep time:** 1 week | **Serve:** 8-10 | **Calories:** 30kcal

#### **Ingredients**

- 1½ cups shelled walnuts
- 1 cup maple syrup
- ¼ cup brandy or nocino
- 2 cloves

#### **Instructions**

- Place the walnuts on a baking sheet and bake for five minutes at 425 degrees. Place aside.
- In a small saucepan, bring the maple syrup to a boil. Add the nuts after reducing the foam. Cook for a further two minutes after stirring to incorporate the syrup. After adding the alcohol, turn off the heat.
- Pour the heated mixture into two 1-pint sterilized jars. Each jar should contain a clove. Then, seal. Use within six months after storing in the refrigerator for at least a week.

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## **14. Orgeat**

**Prep time:** one month. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 2 pounds' apricot
- ¼ cup apricot kernels
- ½ pound raw almonds
- 2¼ cups hot water
- 6 fresh or dried rose geranium leaves
- 2¼ cups sugar
- Ten drops of orange-flower water
- 1 tablespoon brandy

### **Instructions**

- Using a nutcracker, split open the apricot pits and scoop out the kernels. They should be blanched for 30 seconds in a pan of boiling water before being removed using a slotted spoon. Almonds should be blanched for 30 seconds in the same water. Drain. By vigorously rubbing the kernels and almonds between your palms, you may remove their skin. They will erupt from their skins with white flesh.
- Chop the almonds and kernels roughly. A handful of finely chopped nuts and kernels should be placed in a large, heavy freezer bag. Place the bag on a cutting board, and use a rolling pin or the bottom of a pan to crush the nuts into the meal. Up until all the nuts are crushed, continue to work in tiny batches.
- Approximately 180 degrees, or the temperature at which a teakettle would "whisper," should be used to cover the

nut meal in a saucepan. Steep for 15 minutes, then drain through a damp jelly bag or double layer of wet cheesecloth. Dry the dregs off and set them aside

- Bring the strained liquid back to a boil in the saucepan. Don't allow the liquid to boil. Re-steep for 15 minutes after adding the rose geranium leaves and dregs. Put the almond milk in a big bowl after straining it through a jelly bag. To get every last drop of milk out, wring the dregs in numerous batches. Two cups of drink should be consumed.
- Add the bottled water, sugar, orange-flower water, and brandy, if using, to the bowl of almond milk. Pour the liquid into scorched bottles after stirring to fully dissolve the sugar. Keep in the fridge for up to one month. Shake thoroughly before using because it will separate over time.

## **15. Apple Jelly**

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 40kcal

### **Ingredients**

- 5 pounds apples
- 2 cups Water
- 4 cups Sugar
- 2 tbsp. lemon Juice

### **Instructions**

- Apples should be cut into quarters, the stem and calyx (the dried bloom) removed, but the peel, core, and seeds left intact. Put the pared fruit in a big saucepan and add just enough water to cover them. For 30 minutes, simmer with a lid half on until the fruit is tender. To ensure equal cooking,

you can flip the fruit once after 15 minutes, but other than that, don't stir. Pour the cooking liquid through two layers of damp cheesecloth or a moist jelly bag. 30 minutes' drip time, then gently squeeze. The strained pectin stock can be chilled overnight to settle, but it's not necessary. For up to a week, the pectin stock can be stored in the refrigerator.

- Make a note of the pectin stock's measurement. Measure out 3 cups of sugar and reheat it on a baking sheet in an oven set to 225 degrees for 15 minutes for every 4 cups of stock. Measure 2 tablespoons of lemon juice for every 4 cups of stock. In a preserving pan, combine the pectin stock and lemon juice. Boil for 5 minutes. Stir to dissolve the sugar after adding it.
- For around 8 minutes, reduce over high heat until the gel point. (For an explanation of the gel set, see Jelly Basics.) Ladle the mixture into the prepared pint jars with a 14-inch headspace, skimming as necessary. Seal, then process for 10 minutes in a hot water bath,
- A blank canvas is how Apple Jelly is. Here are a handful of the numerous fill-in-the-blank options.

## **16. Jameson Jelly**

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 cups apple pectin stock
- 3 cups organic sugar
- 2 tablespoons freshly squeezed lemon juice

- ¼ cup Jameson Irish whiskey

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## **Instructions**

- Observe the steps for Apple Jelly. Add the whiskey to the preserving pan and continue to decrease for a further one or two minutes after reaching the gel stage. Process the sealed jars as normal after checking the gel set.

## **17. Apple Jelly with Chardonnay and Cloves**

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 cups apple pectin stock
- 3 cups sugar
- 2 tablespoons lemon juice
- 5 cloves
- ¼ cup good California Chardonnay

### **Instructions**

- Observe the steps for Apple Jelly. The sugar and cloves should be added to the preserving pan.
- Reduce till you reach the gel stage. When the gel has set, add the wine and heat for an additional one to two minutes. Throw away the cloves. Process normally after sealing the jars.

## **18. Apple Jelly with Mint**

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 cups apple pectin stock
- 3 cups sugar
- 2 tablespoons freshly squeezed lemon juice
- 6 sprigs of fresh mint or more to taste

### **Instructions**

- Follow the procedure for Apple Jelly. At the gel point, bruise four sprigs of the mint to release its fragrance, and stir through the hot jelly for 1 minute. Discard the spent mint. Chill a spoonful of jelly, and taste it. For a stronger mint flavor, infuse with another sprig or more. Place a fresh mint leaf in each jar before sealing. Process the jars normally.

## **18. Apple Jelly with Red Wine and Bay**

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 cups apple pectin stock
- 3 cups sugar
- 2 tablespoons lemon juice
- 2 small California bay leaves
- ¼ cup dry red wine

### **Instructions**

- Observe the steps for Apple Jelly. Bay leaves, and sugar should be added to the preserving pan. Add the wine once the jelly syrup has been reduced for 5 minutes. It will take another five minutes or so to reduce the mixture to the gel stage after bringing it back to a boil. Process normally after sealing the jars.

## **19. Hot Pepper Jelly**

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 4 cups apple pectin stock
- 3 cups sugar 2
- 2 tablespoons freshly squeezed lemon juice
- 2 to 3 teaspoons dried chili flakes

### **Instructions**

- Observe the steps for Apple Jelly. The sugar and chili flakes should be added to the preserving pan. To the gel point, reduce. After sealing the jars, proceed normally.

## **20. Thrifty Applesauce**

**Prep time:** 30 min | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- Two pounds of Cooked fruit left from making Apple Jelly
- 1 cup water
- 1 tbsp. lemon Juice
- ½ cup Honey

## Instructions

- Run the cooked fruit through a food mill's medium blade. If aesthetics is important to you, you might wish to use a spoon to remove the cores and seeds before grinding. Purée is measured, and the quantity is noted.
- With around 1 cup of liquid for every 4 cups of purée, thin the purée in a preserving pan with water or apple cider. If you'd like a thinner consistency, add additional liquid. For every 4 cups of purée, add 2 teaspoons of freshly squeezed lemon juice. Starting with around 2 to 4 teaspoons of honey per 4 cups of purée, add honey or sugar to taste.
- Over medium heat, bring the liquid to a boil while continually stirring to avoid burning up to a boil. To taste the applesauce, chill a tablespoon of it. If you'd like, increase the honey or liquid. Continue cooking for a few minutes longer if the consistency is too runny.
- Fill the pint jars with the heated applesauce, allowing a headspace of 1/2 inch. To get rid of any air bubbles, go around the inside edge of the jar with a bamboo skewer or another thin object. To avoid browning during storage, squeeze 1 teaspoon of lemon juice into each jar without stirring it.
- After capping the jars, process them for 10 minutes in a hot water bath. Fill the jars, then process them as usual.
- For more taste, you may purée the pulp from various jellies, including grape, quince, or crab apple, and add it to your apple sauce.

## 21. Apple Jam with Honey

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 35kcal

### Ingredients

- 4 pounds' apples,
- 2 tablespoons lemon juice
- ½ cup water
- 2 cups sugar
- 1 to 2 tablespoons sage honey
- 1 tablespoon Lemon zest,

### Instructions

- Apples should be peeled, cored, and cut into 1-inch chunks before being quickly combined with water and lemon juice in a basin. To keep the fruit from browning as you add more, swirl it into the acidulated water.
- The sugar should be added, combined, and then allowed to macerate for at least an hour.
- When the apples are tender, and just a little amount of concentrated liquid is left, quickly reduce the fruit-sugar mixture in a preserving pan for 10 to 12 minutes. Add a little honey, some Calvados, and lemon zest. To taste, chill a spoonful of the jam, and then add extra flavoring or all of it if you prefer.
- Leaving a headspace of 1/4 inch, ladle the hot jam into the four prepared 1/2-pint jars. After sealing, process it for 10 minutes in a pot of hot water.

## 22. Special Apple Butter

**Prep time:** 2 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### Ingredients

- pounds mixed apple varieties,
- including  $\frac{1}{3}$  tart
- $\frac{1}{2}$  gallon unfiltered apple cider
- 2 allspice berries
- 20 fresh gratings of cinnamon
- 10 fresh gratings of nutmeg

### Instructions

- Apples should be peeled, cored, and cut into 1-inch chunks before being quickly combined with water and lemon juice in a basin. To keep the fruit from browning as you add more, swirl it into the acidulated water.
- The sugar should be added, combined, and then allowed to macerate for at least an hour.
- When the apples are tender, and just a little amount of concentrated liquid is left, quickly reduce the fruit-sugar mixture in a preserving pan for 10 to 12 minutes. Add a little honey, some Calvados, and lemon zest. To taste, chill a spoonful of the jam, and then add extra flavoring or all of it if you prefer.
- Leaving a headspace of  $\frac{1}{4}$  inch, ladle the hot jam into the four prepared  $\frac{1}{2}$ -pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **23. Apples in calvados jelly**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 47kcal

### **Ingredients**

- 2 pounds' apples
- 2 cups water
- 3 tablespoons lemon juice
- 4½ cups sugar
- Zest of 1 lemon
- 3 tablespoons Calvados

### **Instructions**

- To produce 11/2 pounds of thinly sliced fruit, peel, quarter, core, and slice enough apples (1/4-inch-thick); save the peels and cores as well as the entire leftover apples. Put the slices in acidic water as you work to stop browning.
- The remaining entire apples should be cut into quarters without being peeled, and they should be placed in a small saucepan with the leftover peels, cores, and pithy hulls once your lemon has been juiced with zest removed, 30 minutes of gentle simmering after adding the 5 cups of water. Place the jelly bag over the cooked fruit and liquid, and let drip for 15 minutes. Throw away the used solids. In a clean kettle, boil the pectin stock until it has reduced to 2 cups. Overnight, cover and chill.
- Drain the apple slices while layering them in a double boiler with 3 tablespoons lemon juice, lemon zest, and 2 1/2 cups of sugar. Bring the

lower portion of the double boiler to a full boil while tightly covering. The apples will leak a lot of juice as they cook. Flip the apple slices gently after 10 minutes to ensure equal cooking. After 20 minutes, turn off the heat, cover the pan, and let the apples sit for 24 hours in the liquid, occasionally turning them over.

- The next day, add the liquid, apple slices, and lemon zest to a small saucepan. Discard the lemon zest. The fruit should be transparent after 5 minutes of simmering after bringing to a boil. Avoid overcooking. Put a colander over a bowl to catch the liquid as you strain the pot's contents through it. To squeeze out extra liquid, place a heavy saucepan on top of the apples; let it drip there for five minutes. Apple slices should be set apart.
- In a preserving pan, combine the apple slices' cooking liquid with the 2 cups of pectin stock. Bring to a boil. Add the remaining 2 cups of sugar, then reduce the mixture to a full boil.
- Spread the apple slices evenly among the four ready 1-pint jars as the hot jelly decreases. Leave a large 1/2-inch headroom and pack them loosely so that there is room between the slices.
- Returning to the preserving pan, cool the hot jelly until a solid gel set has formed. Add the Calvados and bring them to a rapid boil for one minute. Verify the gel is set.
- The heated jelly should be poured over the apple slices with a headspace of 1/4 inch. To remove air pockets and huge bubbles, gently push apart the apple slices with a bamboo stick or other thin

object. Clean the jar rims, secure the lid, and cook for 10 minutes in a boiling water bath.

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## 24. Scrimper's Reward

**Prep time:** 24 hrs. | **Serve:** 10 | **Calories:** 37kcal

### Ingredients

- 5 pounds of crab apples
- 8 cups of water Sugar
- ½ cup full-bodied white wine
- Four 3-inch sprigs of fresh thyme

### Instructions

- Remove the calyx and the stem from the crab apples, but leave the peel and core intact. The water should barely cover the pared fruit when you place it in a big saucepan with it. Bring to a boil. For 30 minutes, simmer with a lid half on until the fruit is tender. Filter through the second layer of damp cheesecloth or a moist jelly bag. Gently squeeze. It's not necessary to let the pectin stock sit overnight, although you might wish to.
- Pectin stock should be measured. An equal amount of sugar is warmed on a baking sheet for 15 minutes in an oven set to 225 degrees. In a preserving pan, boil the pectin stock for 5 minutes before stirring in the sugar to dissolve it. For five minutes, reduce the flame. Put the wine in. Once the reduction has reached the gel stage, turn off the heat. Thyme should be bruised, and then it should be tossed after a minute of swishing in the hot jelly. If necessary, skim.
- Fill five prepared 1/2-pint jars with the prepared jelly, allowing a headspace of 1/4 inch. Add a few

fresh thyme leaves to each jar before closing if you'd like. Process for 10 minutes in a pot of boiling water.

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## 25. Savory Crab Apple Jelly

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 40kcal

### Ingredients

- 4 cups crab apple pectin stock
- 4 cups sugar
- 3 tablespoons sherry vinegar
- 1 tablespoon myrtle berries and leaves

### Instructions

- In a preserving pan, bring the pectin stock to a boil before reducing it for 5 minutes. In around 8 minutes, reduce the mixture to the gel stage after adding the sugar, vinegar, and spices.
- With a headspace of 1/4 inch, pour the hot jelly into three prepared 1/2-pint jars. Keeping in mind that the spices will continue to infuse over time, you are free to discard them or distribute them among the jars as you see fit. After capping the jars, process them for 10 minutes in a hot water bath.

## 26. Whole Preserved Crab Apples

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 45kcal

### Ingredients

- 1-pound crab apples
- 4 cups water
- 1/4 cup apple cider vinegar
- 1/2 cup apple
- 1/4 cup sugar

- 2 tablespoons brandy
- A few sprigs of fresh thyme

## **Instructions**

- The crab apples should be washed, stemmed, and pricked four times using a trussing needle or skewer. Put them in a shallow pot and add water to cover them. Cook the crab apples for 25 minutes at very low heat, occasionally stirring, until just tender.
- The crab apples should be moved to a bowl to cool using a slotted spoon. Increase the heat, then cut the cooking water back to 2 cups.
- Trim the blossom and end of each crab apple when it is cold enough to handle it as follows: Insert the point of a very sharp knife next to the remaining bloom into the fruit's base. Rotate the apple fully against the edge of the blade while maintaining control of the knife, and a little cone-shaped piece of flesh surrounding the calyx will lift out. Fill the prepared quart jar with the trimmed apples, allowing a wide 3/4-inch headspace.
- Add the vinegar, jelly, and Calvados when the cooking liquid has been reduced to 2 cups and stir until the jelly has melted entirely. Once the syrup has reached a rolling boil, pour it over the crab apples, leaving a headspace of 3/4 inch. Put a few thyme sprigs inside the jar, seal it, and process it for 20 minutes in a hot water bath.

## **27. Fall Fruit Cocktail**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 2 pounds of crisp apples
- ¼ cup lemon juice
- 2½ cups water
- 2 pounds' firm pears
- 2 pounds firm dark-skinned plums
- ½ pound seedless grapes
- 1 cup sugar

### **Instructions**

- The apples should be peeled, cored, and sliced into eighths. Slices should be put in a bowl with 1/4 cup water, 2 tablespoons freshly squeezed lemon juice, and more as you work. Pears should be peeled and cored before being cut into eighths and placed in a separate bowl with the remaining 2 tablespoons of lemon juice and 1/4 cup water. Using a vegetable peeler, remove the pit from the plums, then quarter them. Slices of plum should be added to the pears, and they should sometimes be stirred. Pick the grapes from the stems and give them a thorough rinsing. If using quince, remove the core and slice them thinly.
- In a large saucepan, bring the remaining 2 cups of water and the sugar to a boil. After the kettle returns to a boil, add the apples and their juice and simmer for one to two minutes. (If using quince, start with them and cook for 2 minutes, or

until they are half soft, before adding the apples.) Add the pears, plums, and grapes along with their Juice to the saucepan after the apple slices have turned translucent. Return to a boil, then turn the heat off. Pack the heated fruit into five prepared regular-mouth pint jars with a slotted spoon, leaving a wide 1/2-inch headspace. To help the fruit settle, shake the jars.

- Add the alcohol if used, and bring the syrup back to a boil. Pour the syrup into the jars, allowing a headspace of 1/2 inch. Put a little cinnamon stick inside each jar if you'd like. The jars are sealed, then processed for 20 minutes in a hot water bath.

## **28. Medlar Butter**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 2 pounds medlars
- 3<sup>1</sup>/<sub>4</sub> cups water
- 2 cups sugar
- 1 tablespoon lemon juice
- 1 tablespoon aged Spanish brandy

### **Instructions**

- Use your fingers to pry open the medlars. 3 cups of water should be added to the saucepan with them. Stirring often, bring to a boil, then simmer for 30 minutes.
- Put the cooked fruit in a colander and pour the Juice into a basin to catch it. Rub the fruit through

the colander piece by piece when it is cold enough to handle. Purée should equal 4 cups.

- In a preserving pan, combine the purée, sugar, lemon juice, and the last 1/4 cup of water. Stirring frequently, bring to a boil, then reduce for approximately 15 minutes over medium heat, or until a spoonful of the liquid that has been cooled in the freezer doesn't leak at the edges. Add the brandy and stir. With a headspace of 1/4 inch, pour the hot preserve into the four prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **29. Pyracantha Jelly**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 2 pounds' berries
- 1 small green apple
- 4 cups water
- 1 cup sugar
- 1 teaspoon lemon juice

### **Instructions**

- Rinse the berries well after removing the stems. Remove the apple's peel and core before chopping it. In a saucepan, mix the fruit and water. The berries should be quite soft after an hour of covered simmering over low heat after bringing to a boil.
- Fruit should be strained through a wet jelly bag, and it should drip for 30 minutes. Gently squeeze.

You need around 1 cup of pectin stock. To make a cup, if you have less, add water. Before adding the sugar, decrease the stock if there is more. For 15 minutes, warm the sugar in a 225° oven.

- In a little preserving pan, mix the pectin stock, sugar, and lemon juice. It takes 5 to 8 minutes to reduce from a boil to the gel stage. Pour into a 1/2-pint prepared jar, allowing a headspace of 1/4 inch. After sealing, process for 10 minutes in a pot of hot water.

### **30. Damson Cheese and Damson Butter**

**Prep time:** 1hrs- 30 min | **Serve:** 8-10 | **Calories:** 30kcal

#### **Ingredients**

- 5 pounds' damsons
- Optional: kernels from the cracked pits
- ½ cup water
- 4-inch piece of fresh ginger root,
- lightly crushed with the back of a skillet, 4 cups sugar
- 3 tablespoons freshly squeezed lemon juice

#### **Instructions**

- Damson pitting Put pits aside if you plan to use the kernels; otherwise, throw them away. Bring to a boil the fruit in a saucepan together with the water and ginger. For 30 minutes, simmer over a lower heat. Meanwhile, if using kernels, use a nutcracker to crack a few pits to release the kernels.

- Throw away the ginger and pass the stewed damsons through your food mill's finest screen for a perfectly smooth cheese, or use a tamis (a drum sieve) and pass the pulp through its fine mesh for a flawlessly smooth cheese.
- In a preserving pan, combine the purée, sugar, lemon juice, and kernels. Reduce over high heat while continually stirring until the mixture is stiff and mounds in a spoon. It can take 30 minutes or more to complete. Ladle the heated paste into three prepared 1/2-pint jars, allowing 1/4-inch headspace, after removing the pits and stirring in the alcohol, if using. After sealing, process for 10 minutes in a pot of hot water.

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## **31. Damson Conserve**

**Prep time:** 1 hr. | **Serve:** 10 | **Calories:** 40kcal

### **Ingredients**

- 2½ pounds damsons
- 1½ cups sugar
- ¼ pound dried dates
- ¼ pound dried currants, cranberries
- 2 tbsps. lemon Juice and Zest from ½ lemon
- ¼ cup orange juice
- Zest of ½ orange
- 12 kernels from the cracked pits
- 3 green cardamom pods
- 2 inches' cinnamon stick
- ½ cup coarsely chopped walnuts
- 2 tablespoons plum brandy

### **Instructions**

- Damsons that have been prepared should be combined with sugar, dried fruit, citrus juices, half of both citrus zests, the spice mixture, and any pit kernels. Combine, stir, and let macerate for an hour.
- The fruit-sugar combination should be added to a preserving pan, brought to a boil, and quickly reduced while being stirred frequently. Add the walnuts and the remaining citrus zest once the hot jam has almost reduced—this might take 8 to 10 minutes, depending on the size of your pot.

Add the alcohol after another 3 minutes of boiling, then check the gel set. Leave a headspace of 1/4 inch between the hot conserves and the four prepared 1/2-pint jars.

- After sealing, process for 10 minutes in a pot of hot water.

## **32. Grenadine**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 6 to 8 heavy pomegranates
- 1½ cups sugar

### **Instructions**

- Everything is stained with pomegranate juice. Peel the apple under running water to minimize splattering. All pomegranates should be quartered. Put your quarter in the water in the bowl. Arils (seeds) should be gently pried free of the flexible pith. Throw away the peels and remove as much of the white, bitter pith as you can. Remove the arils. You need four cups.
- One cup at a time, press the arils through a jelly bag that has been wet to extract the juice. Throw away the seeds. You should drink 2 glasses of juice in total.
- In a preserving pan, bring the juice to a boil while skimming the froth. Over medium heat, reduce by half, approximately 10 minutes, and then gradually whisk in the sugar until it dissolves. Pour the liquid into a scorched bottle or jar after bringing it back to a boil. Keep in the fridge for up

to six months. Ladle the hot syrup into a pint jar that has been prepared, allowing 1/2 inch of headspace for extended storage. After sealing, process for 10 minutes in a pot of hot water.

### **33. Pliny's Quince in Honey**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 30kcal

#### **Ingredients**

- 5 pounds' quince 3 pounds' honey
- 3 cups water
- Freshly cracked black pepper

#### **Instructions**

- The quince should be peeled and chopped into eighths. Slice the pieces lengthwise as thinly as you can after removing the hard "stone cells" and woody center. Weigh the fruit you've prepared. You need to weigh around 3 pounds.
- In a saucepan, combine the honey and water. Heat the mixture to a boil. Sliced quince should be added once the flame has been reduced to a simmer. Making sure to avoid breaking the pieces, swirl the fruit slices in the syrup occasionally. Any froth, skim it. A pink hue will appear on the quince after around 30 minutes. Add six to eight black peppercorns.
- Simmer the quince slices for a further 20 minutes or more, or until they are consistently crimson and transparent. Fill four prepared pint jars with the mixture, allowing 1/4-inch of headspace. To get rid of any air bubbles, run a skewer or other thin object around the inside edge of the jar. The jars

are sealed, then processed for 10 minutes in a hot water bath.

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## **34. Nostradamus's Quince Jelly**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds' quince 10 cups water 4 cups sugar
- 2 tablespoons freshly squeezed lemon juice
- Optional: 6 rose geranium leaves

### **Instructions**

- Remove the stem and calyx (remains of the flower) from the quince, but save the peels and cores. Cut each quarter into four more manageable pieces. Place in a big pot and just cover with water.
- When the quince is very soft and barely pink, reduce heat, partially cover, and simmer for 1 1/2 hours.
- To extract the pectin stock, pass the quince through a damp jelly bag or a colander lined with damp cheesecloth. Set the drip timer for 30 minutes. Pectin stock should equal roughly six cups. The stock can be kept in the refrigerator for three days or up to overnight.
- The sugar should be spread out on a baking sheet and warmed for 15 minutes in an oven set to 225 degrees. In a preserving pan, mix the sugar, lemon juice, and pectin stock. After 20 minutes or more of reduction at high heat till the gel stage, turn off the heat. If used, lightly crush 4 of the rose geranium leaves and mix them for a minute into the heated jelly. Ladle the jelly into four ready 1/2-pint jars, allowing a headspace of 1/4

inch, after discarding the leaves and the jelly. Before adding the jelly to each jar, drop a fresh geranium leaf in the bottom if you like a stronger rose flavor. Jars should be sealed and processed for 10 minutes in a pot of boiling water.

## **35. Ten-Hour Membrillo**

**Prep time:** 10 hrs. | **Serve:** 8-10 | **Calories:** 20kcal

### **Ingredients**

- About 5 pounds of quince pulp left over from Nostradamus's Quince Jelly
- Sugar (see the procedure for amount)
- ¼ cup freshly squeezed lemon juice
- 1 small California bay leaf
- 3 cardamom pods
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon black pepper

### **Instructions**

- Measure the purée after processing the soft pulp through a food mill's medium disc.
- In a flameproof baking pan or stovetop-safe preserving pan, combine the purée with an equal amount of sugar. Add the aromatics and lemon juice and stir.
- Over medium heat, bring the mixture to a boil. After vigorously stirring, place it, uncovered, in a 250° oven. Till next Sunday, cook. Joke! However, allow plenty of time for cooking.

- As soon as the purée is dark red and thick enough that you can use a spoon to draw a line on the dish's bottom, stir it about every 30 minutes. A 5-pound batch will require 8 to 10 hours to cook. Turn off the oven and leave the membrillo inside if you need to pause the cooking. Before you restart cooking, stir thoroughly. Compared to where you left it, the paste can be substantially drier.
- Pour the heated paste onto a 13 by 9-inch pan that has been lined with parchment paper, leaving a layer that is about an inch thick. Lay the membrillo slab onto a board and let it cool overnight, uncovered. Allow to air dry for 24 to 48 hours in a warm location, such as a sunny counter or an oven with the pilot light on. Slice the slab into 1-pound pieces, cover it in parchment paper, and flip it many times to promote equal drying. On a parchment-lined baking sheet, the hot paste might potentially be applied more thinly. Using cookie cutters, cut the cooled sheet into seasonal shapes. The membrillo can keep in the refrigerator for up to a year if it is sealed in an airtight container.

## **36. Persimmon Butter**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds Fuyu persimmons
- 1 cup water
- 1½ cups sugar, or less to taste
- 1 tablespoon molasses
- 1 tablespoon lemon juice

- ½ vanilla bean
- 3 inches cinnamon stick

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## Instructions

- Persimmons should be rinsed. Peel using a vegetable peeler after removing the big sepals. Cut into cubes of 1 1/2 inches. In a preserving pan, combine the fruit and water. Simmer until the fruit is tender for 20 to 25 minutes. Use a food mill to put the pulp and its liquid through. You need roughly 5 cups of purée.
- Put the purée, sugar, molasses, lemon juice, vanilla bean, and cinnamon back in the preserving pan. Taste, and if required, adjust the sugar and lemon juice. Up to a boil. Reduce to an applesauce-like consistency while stirring continuously. When a spoonful of preserve placed on a cooled saucer in the freezer for one minute comes out of the freezer without dripping any liquid, it is ready. Throw away the used cinnamon stick and vanilla bean.
- To use within a week, ladle the hot preserve into airtight containers and place in the refrigerator. Alternately, freeze it in a snap-seal jar. Canning is not the intended use for this recipe.

## 37. Pumpkin Butter

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### Ingredients

- 6 pounds of unpeeled pumpkin
- 2 cups water
- About 2 cups of organic sugar
- molasses or honey
- 1/4 teaspoon smoked pimento

- ¼ teaspoon dried red-pepper flakes
- 1/8 teaspoon salt

### **Instructions**

- Remove the seeds by cutting the pumpkin in half. Along the vertical wrinkles or stripes, slice the flesh into inch-wide pieces. Apply a vegetable peeler to each strip to remove the rind. Cube the meat and add it to the water in a saucepan. Cook for 20 minutes, with a lid, on, over moderate heat, until the vegetables are very soft.
- Use a food mill to create a chunkier consistency or a potato masher to run the cooked pulp and its liquid through. For every three cups of pumpkin, measure out the purée and add it to a preserving pan along with a meager 1 cup of sugar. Reduce over high heat, frequently stirring, until a spoonful of preserve set on a cooled saucer and placed in the freezer for one minute does not leak liquid at the edge (if desired, add a few tablespoons of molasses for taste or substitute 1/2 cup sugar with 1/4 cup honey).
- Salt, red pepper flakes, and smoky paprika are added by stirring. Adjust the spices based on taste. To use within a week, ladle the hot preserve into airtight containers and place in the refrigerator. Alternately, freeze it in a snap-seal jar. Canning is not the intended use for this recipe.

## **38. Chunky Cranberry Jam with Nuts and Ginger**

**Prep time:** 1 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1-pound cranberries

- 1 cup water
- 1 hard apple
- 1 tablespoon ginger root
- 2 inches' cinnamon stick
- Zest of 1 orange
- 2 cups sugar
- ¼ cup chopped pecans, walnuts, or pistachios
- 1 tablespoon Citron Vodka

### **Instructions**

- After rinsing, add the water, apple pieces, ginger, cinnamon stick, and orange zest to a saucepan along with the cranberries. The berries should explode after 5 minutes of simmering after bringing to a boil.
- Return the mixture to a mild boil while stirring continuously after adding the sugar, stirring until it dissolves. The nuts should be added at this point, and the cooking time should be increased by 2 to 3 minutes. Cranberries will soon reach the gel stage due to their low moisture content and high pectin content. Add the alcohol, if using, at the gel point, and simmer for a further 30 seconds.
- Ladle the hot jam into four prepared 1/2-pint jars, allowing a headspace of 1/4 inch, after removing the cinnamon stick. After sealing, process for 10 minutes in a pot of hot water.

### **39. Molded Cranberry Jelly**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

## Ingredients

- 1-pound cranberries
- 1½ cups water 1 tablespoon freshly grated ginger root
- 2 inches' cinnamon stick
- ¼ pod star anise 2½ cups sugar Optional: 4 ounces

## Instructions

- Rinse the cranberries, and place them in a saucepan with the water, ginger, cinnamon, and star anise. Bring to a boil, and simmer for 10 minutes until the cranberries have totally collapsed.
- Discard the cinnamon stick and star anise, and pass the cooked berries and their liquid through the fine blade of a food mill. Return the purée to the saucepan. Add the sugar and jelly if using, and stir to dissolve.
- Bring the mixture to a boil, and reduce over a lively heat until it reaches the gel point, about 8 minutes. (You will be able to achieve a very firm set: in the cold-saucer test, the jelly should cool into a solid mass in 60 seconds.) If you plan to use the jelly within 2 weeks, pour it into an antique jelly mold, brioche pan, or another small dish. Cover the mold tightly with parchment or plastic wrap, and refrigerate. To serve, place the mold in a pan of hot water for a minute to loosen the jelly and invert it onto a serving dish.
- For longer shelf storage, ladle the hot jelly into four prepared ½-pint jars, leaving ¼ inch

headspace. Seal and process in a boiling-water bath for 10 minutes.

## **40. The Plymouth Cocktail**

**Prep time:** 1 hour | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 2 ounces Citron Vodka
- ounce freshly squeezed orange Juice
- 1 tablespoon cranberry jelly
- A 1½-inch strip of orange zest for garnish

### **Instructions**

- Shake the vodka, orange juice, and cranberry jelly with ice in a cocktail shaker for 30 seconds or until the jelly dissolves. Strain into a coupe, and garnish with a twist of orange Zest.

## **41. Chili Ristras**

**Prep time:** 10 days. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1-pound small, thin chili peppers, such as cayenne

### **Instructions**

- About 6 feet of kitchen twine should be used to thread a trussing needle. The twine should be folded back on itself twice before being tied off with a thick triple knot.
- Just below the stem cap, insert the threaded needle into the chili's thickest portion. Push the chili gently to the knot.
- Continue until all the chilies are threaded, then snip the thread at the needle and tie a loop at the end. You now

possess a ristra. A place with good ventilation and protection from the sun is where you should hang it. The chilies will quickly begin to shrivel; hang them up to dry for at least 10 days. At that point, either relocate the ristra to be easily accessible to your stove or alternatively destring the chilies and place them in a paper bag in the cabinet. They are long-lasting.

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## **42. Roasted Jalapeños En Escabeche**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 3 pounds of red jalapeño peppers
- 2 cups white-wine vinegar
- 1 tablespoon honey
- 1 teaspoon kosher salt
- 1 teaspoon dried Mexican oregano
- 4 cloves garlic, peeled
- 20 black peppercorns
- 4 small bay leaves
- 4 tablespoons extra-virgin olive oil

### **Instructions**

- Roast the peppers whole, flipping them frequently until they are wrinkled and charred all over, directly over wood embers or beneath the broiler. They should be steamed for 15 minutes in a closed container.
- After they have cooled, slice each jalapeno open to remove the seeds—the hottest part—and white connective tissue while wearing rubber gloves. Peel or rub the burned skins off. Cut the peppers into strips after cleaning. Place aside.
- Bring to a boil the vinegar, honey, salt, and oregano in a saucepan. After removing it from the heat, leave it covered for 15 minutes.
- Four prepared 1/2 pint jars should each include one tiny bay leaf, five peppercorns, and a garlic

clove. Leave a 3/4-inch headroom after loosely packing the peppers into the jars.

- With a liberal 1/2-inch headspace, put the hot vinegar syrup into the jars after bringing it back to a boil and straining it to collect the oregano. To get rid of air bubbles, go around the inside edge of the jar with a bamboo skewer or another thin object. Add a tablespoon of olive oil to each jar before topping it over with additional syrup, leaving a headspace of 1/2 inch. Avoid overfilling.
- With a paper towel dampened with vinegar, wipe the rims clean. Then, seal the containers and process them for 10 minutes in a boiling water bath. Alternately, you may process for 30 minutes in a hot water bath heated to between 180 and 185 degrees for a firmer texture .

### **43. Prepared Horseradish**

**Prep time:** one month | **Serve:** 8-10 | **Calories:** 30kcal

#### **Ingredients**

- 1/4 pound fresh horseradish root
- 1/2 teaspoon kosher salt
- 1/4 teaspoon mustard powder
- Pinch of sugar
- 2/3 cup best-quality sherry vinegar

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## Instructions

- Using a box grater, finely shred the Horseradish after peeling it to make 1 cup.
- Pour the vinegar over the shredded Horseradish after whisking in the salt, sugar, mustard powder, and salt. To blend, thoroughly stir everything. For up to a month, keep the prepared Horseradish in a refrigerator-safe container.

## 44. Whole-Grain Mustard

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### Ingredients

- 2 tablespoons mustard powder
- ¼ cup water ½ cup yellow mustard seeds
- 2 tablespoons brown mustard seeds
- ¼ cup white-wine vinegar
- ¼ cup rounded white wine
- 1 teaspoon kosher salt
- 1 teaspoon unrefined sugar
- ½ teaspoon Prepared Horseradish
- A few small sprigs of dried thyme
- 1 teaspoon brewed Scottish Breakfast

## **Instructions**

- Stir the mustard seeds and mustard powder into the water, then put the mixture aside for 10 minutes.
- Add the remaining ingredients and stir. Overnight, place covered in the refrigerator. The produced mustard will first be quite spicy. If using tea, whisk it in after adjusting the spices and place the container in the fridge. After another night's sleep, it will be prepared for usage. It may be stored for months.

## **45. Vanilla Extract**

**Prep time:** 24 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1-ounce vanilla beans
- 1 cup vodka

### **Instructions**

- Cut the beans in half lengthwise. Put the paste in a pint jar that has been scorched after scraping the seeds, or "caviar," with the edge of a knife. Segment the beans into 1-inch-long pieces. Put them into the container. Vodka should be added. Area the jar in a cold, dark place after sealing it.
- Every few days, shake the bottle. Within a month, the extract will be ready for usage, and after six months, it will be fully effective. The extract can then be filtered through a wet coffee filter and stored in a container, preferably one that is dark or green, to reflect less light. When a recipe calls for vanilla extract, replace it exactly with the extract. It can be stored forever. The vanilla

beans can be used for a second extraction. As an alternative, you may leave the beans in the extract and keep topping it off with new vodka.

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## **46. Pine Cone Syrup**

**Prep time:** 12 hrs. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1 cup organic sugar
- 1 cup water
- 4 piñon cones, broken apart

### **Instructions**

- Just bring the sugar and water to a boil in a small pot. Get rid of the heat. Cones should be added to the syrup, stirred, and let to steep for up to a whole day.
- Discard the cones after straining the syrup through a fine-mesh screen. Seal the syrup in a bottle. The bottles should be kept in the fridge. Ladle the heated syrup into three prepared 4-ounce jars, allowing 12-inch headspace for long-term shelf storage. After sealing, process for 10 minutes in a pot of hot water.

## **47. Onion Confiture**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1<sup>3</sup>/<sub>4</sub> pounds onions
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 4 sprigs of fresh or dried thyme
- 1 cup red wine, such as a Côtes du Rhône

- $\frac{1}{3}$  cup best-quality sherry vinegar
- $\frac{1}{3}$  cup Grenadine or Cassis
- $\frac{3}{4}$  cup organic sugar

### **Instructions**

- The onions should be thinly sliced and slowly cooked in oil, salt, pepper, and thyme in a large, heavy pan. Instead of sautéing them, you should simmer them for 25 minutes, constantly stirring, until they are tender. The onions must not be allowed to brown.
- Add the sugar, wine, vinegar, grenadine, or Cassis, and continue cooking slowly while sometimes stirring the pan for 45 to 50 minutes, or until the liquids have reduced to a syrup.
- Remove the thyme, then pour the preserve into each of the two prepared 1-pint jars, allowing a headspace of  $\frac{1}{4}$  inch, 15 minutes in a hot water bath after sealing.

## **48. Leeks Vinaigrette**

**Prep time:** 30 min | **Serve:** 8-10 | **Calories:** 20kcal

### **Ingredients**

- About 20 skinny leeks
- cup champagne vinegar
- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup Sauvignon Blanc
- $\frac{1}{2}$  teaspoon kosher salt
- 1 tablespoon sugar

- 4 sprigs of fresh thyme
- small bay leaves
- 1 clove garlic
- Freshly ground black pepper
- 6 tablespoons extra-virgin olive oil

## **Instructions**

- The leeks' thick outer skin should be peeled off. Trim the roots and remove the green tips until the length of the white base that is left is no longer than 4 inches. The trimmed leeks should be soaked in cold water for 10 minutes while being occasionally stirred to get rid of any remaining grit. Drain.
- In a saucepan, mix the vinegar, wine, kosher salt, sugar, thyme, and bay leaves. Bring to a boil, then turn off the heat until required.
- Leeks should be blanched in numerous batches in a saucepan of salted boiling water (1/4 cup salt to 1 gallon of water). When the water returns to a boil, cook them for 4 minutes.
- Bring them to a boil, let them drain until they are cold enough to handle, and then place them, leek roots facing up, into two prepared wide-mouth pint jars.
- Each jar gets a half-garlic clove, some thyme and bay leave divided between them, and five or six grinds of black pepper on top. Ladle the vinegar-water syrup over the leeks, allowing a 3/4-inch headspace as you do so. Bring the syrup back to a boil. Each jar should be filled with 2 teaspoons of

olive oil before being sealed. Process for 10 minutes in a pot of boiling water.

- Split open the leeks and pat them dry before serving. Dress as advised in the introduction to the recipe.

## **49. Curried Cauliflower Pickle**

**Prep time:** 15 min | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1-pound head cauliflower
- 1 teaspoon kosher salt
- 2 cups white-wine vinegar
- 2 cups water
- 3 tablespoons organic sugar
- 4 teaspoons hot curry powder
- 24 saffron threads
- 4 cardamom pods, crushed
- 4 cloves garlic, peeled and split
- 4 teaspoons black sesame seeds
- 2 teaspoons kalonji seeds
- ½ cup golden raisin
- 4 tablespoons extra-virgin olive oil

## Instructions

- After washing and draining the cauliflower head, separate the florets from the stem by beginning at the base and cutting up the stem. The components should be as similar in size as feasible.
- After the water returns to a boil, blanch the cauliflower in multiple batches for 2 minutes in boiling, heavily salted water. Drain.
- Bring to a boil the following ingredients in a saucepan: salt, vinegar, 2 cups water, sugar, curry, saffron, and cardamom. After taking the syrup off the stove, let it sit for 15 minutes before bringing it back to a boil.
- Divide the sesame seeds, kalonji seeds, and garlic equally among the four prepared pint jars. Place the raisins on top of the cauliflower as you fill the jars. Pour the heated syrup on top, leaving a headspace of 34 inches. Each jar should have 1 tablespoon of olive oil added, sealed, and cooked for 10 minutes in a pot of boiling water. Before opening, let the product cure for at least a week.

## 50. Pickled Cardoons

**Prep time:** 30 min | **Serve:** 8-10 | **Calories:** 30kcal

### Ingredients

- 2½ pounds cardoons or celery
- ¼ cup freshly squeezed lemon juice for acidulated water
- 1 teaspoon kosher salt, plus more for blanching
- 2 teaspoons cumin seeds, lightly toasted

- 2 cloves garlic, peeled. Freshly ground black pepper
- 1½ cups white-wine vinegar
- 1½ cups dry white wine
- 2 tablespoons sugar
- 3 anchovy fillets
- 4 tablespoons extra-virgin olive oil

### **Instructions**

- Trim and peel the cardoons by running a sharp knife underneath the stalk's outer ribbed surface to remove the strings. Cut the peeled stalk into 4-inch sections. Soak the pieces in acidulated water to prevent browning.
- Blanch the cardoons in well-salted boiling water for 4 minutes (only 2 minutes for celery). Drain. Loosely pack into two prepared regular-mouth pint jars, leaving ½ inch headspace. Add 1 teaspoon of cumin seeds and 1 clove of garlic to each jar and a few grinds of black pepper.
- Combine the vinegar, wine, sugar, and kosher salt in a small saucepan. Rinse and pat dry the anchovy fillets and mash them into a paste with a fork. Add the anchovy paste to the saucepan, and bring the mixture to a boil.
- Ladle the boiling syrup over the cardoons, leaving ¾ inch headspace. Finally, pour 2 tablespoons olive oil into each jar, seal, and process in a boiling-water bath for 10 minutes.

## 51. Fall Kimchi

**Prep time:** 48 hrs. | **Serve:** 8-10 | **Calories:** 60kcal

### Ingredients

- 1 pound Napa cabbage
- 4 ounces of non-ionized salt
- 4 to 6 scallions, roots trimmed
- 8 to 10 chive shoots
- 1 shallot lobe, sliced
- 3 tablespoons sugar
- 2 tablespoons plus
- 2 teaspoons Aleppo chili powder
- 1 to 2 tablespoons dried cayenne chili flakes
- ¼ cup salted shrimp
- ½ cup Korean anchovy sauce or shrimp sauce
- ½ cup strong beef stock
- 2 tablespoons sweet paprika
- 2 to 4 tablespoons fresh chili paste, or more to taste
- ¼ cup minced garlic
- 2 tablespoons grated fresh ginger root

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## Instructions

- Cut off the rough center from each Napa cabbage quarter. In a large, nonreactive basin or vat, layer with the salt. While stirring a few times to make sure the salt is spread evenly, cover and let sit overnight.
- Drain the salted cabbage, give it a quick washing in lukewarm water, and put it cut side down to drain the next day. Combine the cabbage, scallions, chives, shallot, sugar, 2 teaspoons of Aleppo pepper, and 1 to 2 tablespoons of cayenne chili flakes in a large bowl. Stir well to combine.
- Mix the anchovy or shrimp sauce with the ground salted shrimp. Over the veggies, pour this mixture. Combine the paprika, the remaining 2 teaspoons of Aleppo chili powder, the chili paste, and the beef broth or water. Pour on top of the veg. With your hands, combine all the ingredients with the grated ginger and minced garlic until everything is properly soaked.
- Fill four scorched quart jars, a crock, or any other nonreactive container with the cabbage mixture and tamp it down firmly. Wrap the surface in plastic wrap or parchment paper closely. In contrast, place the cabbage mixture into food-grade plastic bags and secure them loosely. Store in a dry, cold environment. When the kimchi has soured to your preference, test it after two days and keep fermenting. It will last for weeks if kept in a refrigerator in a closed container.

## 52. Special Sauerkraut

**Prep time:** 2 weeks | **Serve:** 8-10 | **Calories:** 30kcal

## **Ingredients**

- 1-pound cabbage
- 1½ ounces non ionized salt, or more if needed
- Pickling spices

## **Instructions**

- Take off the cabbage heads' stiff outermost leaves. Each head should be sliced into quarters, with the woody center removed. Slice the cabbage into quarter-inch-thick slices using a chef's knife. Alternatively, you might use a mandolin or a traditional kraut board to shred the cabbage.
- Combine half the salt and half the shredded cabbage in a large bowl, then transfer the mixture to the container you'll be fermenting it in. You may use a big glass jar, a stone crock, or a food-grade plastic container; for every 5 pounds of cabbage, you'll need a container with a 2-gallon capacity. In the bottom of the container, firmly press the cabbage. Repeat the process with the remaining cabbage and salt. Leave alone for two hours. Once the cabbage has gotten softer and released some juice, firmly pack it down once again. Then, use a plate on top of which is a sealed quart jar of water or a clean rock to weigh it down.
- The cabbage should be submerged in its own brine the next day. In such a case, mix 1/4 ounce of salt with 1 quart of water, then pour that mixture over the cabbage to cover it.

- Watch and wait right now. Every few days, inspect the sauerkraut. If any scum forms on the water's surface, skim it off and wash the plate and weights as well. If a few little mold particles appear on the brine or the container wall, don't be concerned. Skim them off the surface or remove them with a wet paper towel.
- To taste, wait. Within two weeks, the sauerkraut will begin to sour. Small bubbles will appear as it ferments, the brine will cloud, and the cabbage's vivid green hue will fade to a light khaki-gold. The fermentation is finished when the bubbles cease, and the sauerkraut has a strong, somewhat yeasty flavor.
- Quart jars can be used to store the finished sauerkraut in the fridge. Make sure there is enough brine in each jar to completely cover the contents. The kraut keeps well after six weeks. Freezing will maintain the texture better than canning for extended storage. However, if you'd rather can it, bring the sauerkraut and brine to a simmer in a pot. Place in jars, allowing a 1/2-inch headspace, and thoroughly submerged in the brine. For pints and quarts, process the sealed jars in a boiling water bath for 10 and 15 minutes, respectively. After turning off the heat, wait 5 minutes before removing the jars.

## **53. Molasses Cookies**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- $\frac{3}{4}$  cup butter
- 1 cup sugar

- 1 egg
- ¼ cup molasses
- 9 ounces of all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger<sup>3</sup>

### **Instructions**

- In a bowl, combine butter and sugar. Add molasses and egg after beating. Combine the flour, baking soda, and spices in a sieve, then stir them into the butter mixture. Just combine everything well. The dough needs an hour to chill.
- Grease two baking trays very lightly. The dough should be formed into ¾-inch balls, then placed on the baking sheet 2 inches apart and coated with sugar. Bake for 8 to 10 minutes at 350 degrees, or until the tops are dry and crinkled. To cool, move the cookies to a rack.

## **54. Grapefruit Marmalade**

**Prep time:** 2 hr. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds of mixed grapefruit varieties
- 1 gallon plus 8 cups of water
- 1 tablespoon kosher salt
- 2 tablespoons loose-leaf black tea
- 5 pounds' sugar

## Instructions

- Cleanse the grapefruits well with cool water. Use very hot water to thoroughly rinse any fruit that was purchased at a store to get rid of any wax residue.
- Using a sharp knife to score the skin, carefully separate the peel from the meat and remove the grapefruits' peel in quarters. Try to save the quarters as much as you can. Scoop away the excess with the side of a spoon if the peels have an extremely thick albedo behind the external Zest—in pomelos, it may be an inch or more.
- Stir the salt into a gallon of water in a big saucepan, and then bring the mixture to a boil. Give the peels a 5-minute blanching. If you want to prevent them from floating, weigh them down with a metal colander or a pot lid that is one size smaller. Remove the peels, then throw away the salted water.
- Cut the peels into thick, 3/4-inch-wide strips after they are cold enough to handle. With 8 cups of fresh water, place them in a large preserving pan and simmer at a low boil for 15 minutes.
- Pick or scrape as much albedo as you can from the outside of the grapefruit flesh while the peels are cooking. Slice off the stiff membrane seam where the segments converge using a sharp knife after cutting it into quarters and removing the center "rag." Throw away any seeds. Make 1-inch dice out of the quarters, being careful to get rid of any thick connective tissue you might have missed the first time. Add the diced meat and the black tea to the preserving pan after the peels

have simmered for 15 minutes. (If you like, add up to 1 tablespoon of loose tea to the pan; the rest should be in tea bags or a tea ball.) Simmer for a further 15 minutes. To make sure the peel is well cooked, cut a piece in half. While the grapefruits are finishing cooking, preheat the sugar on a baking sheet for 15 minutes in an oven set to 225 degrees.

- Stir to dissolve the sugar after adding it to the preserving pan. For around 40 minutes, reduce over very high heat till the gel point. Ladle the hot marmalade into prepared 1/2-pint or pint jars, allowing 1/4-inch headspace, and allow it cool for 5 minutes while stirring occasionally. After sealing, process for 10 minutes in a pot of hot water.

## **55. Lime or Lemon Marmalade**

**Prep time:** 1 hr-40 min. | **Serve:** 8-10 | **Calories:** 30kcal  
**Ingredients**

- 2 pounds' limes
- 10 cups water
- 3½ pounds sugar
- 3 tablespoons ginger root

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## Instructions

- In cold water, scrub the limes. Use very hot water to thoroughly rinse any fruit that was purchased at a store to get rid of any waxy residue.
- Utilizing a vegetable peeler, cut the Zest from the stem to the bottom nipple in broad strips. Slice the Zest into thin strips with a very sharp knife while stacking the pieces one at a time. The flesh should be cut into the tiniest rounds you can manage after removing a round from each end of the skinned fruit and throwing it away. Overnight, submerge the peels and cut rounds in the water.
- Bring the fruit and water to a gentle boil for 20 minutes the next day. Overnight, let it cool, then cover it.
- On the third day, reheat the sugar for 15 minutes on a baking sheet in an oven set to 225 degrees. With your fingertips, gently break apart any albedo rounds that haven't already decomposed on the fruit. In a preserving pan, combine the fruit with the pectin stock and ginger, if used, and bring to a boil once more for five minutes.
- To the pan, add the sugar. When the sugar-fruit combination comes back to a boil, skim it once, but don't bother doing it again. For about 15 minutes, reduce the sugar-fruit combination over high heat to the gel point. When it's done, there will still be a lot of liquid in the pan, but when tested with a cold saucer, the hot marmalade will set up in about 30 seconds.
- After taking the pan off the heat, give it five minutes to cool while stirring often. Leave a

headspace of 1/4 inch between the hot marmalade and the twelve prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

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## **56. Lime Toddy and Lime Smash**

**Prep time:** 30 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 1 tablespoon of lime marmalade
- $\frac{1}{3}$  cup boiling water
- 1 ounce of bourbon

### **Instructions**

- Melt one spoonful of lime marmalade in one-third cup of boiling water to make a toddy that will energize the health and comfort the sick. Incorporate 1 ounce of bourbon.
- The melted marmalade may be used to make a lime smash after cooling. It should be shaken with 2 ounces of bourbon before being poured over ice. Insert a mint sprig as garnish.

## **57. Kumquat Marmalade with Orange Zest and Rum**

**Prep time:** 40 min. | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 2 pounds' kumquats
- 6 cups water
- 6 cups sugar
- 2 oranges
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  cup aged rum

### **Instructions**

- Kumquats should be washed before being cut into 14-inch circles. In a small bowl, combine the seeds with 1/2 cup of water after removing the seeds. Set both containers aside for the night after adding the last of the water to the fruit slices.
- The seeds will have yielded a crystal-clear pectin jelly by the next day. Put it in a saucepan with the kumquats and the liquid from which they were soaked after straining them through a fine-screen sieve to remove the seeds. Turn the heat off and let the pot cool after bringing it to a full rolling boil. Overnight, cover and put aside.
- The next day, reheat the sugar on a baking sheet in an oven set to 225 degrees. Kumquats should be combined with their Juice in a preserving pan. Use a grater to Zest the oranges. Oranges must be squeezed. The kumquats should be added to a pan along with the zest, orange juice, and lemon juice.
- The preserving pan's contents should boil for three minutes. Add the sugar, whisk to combine, then simmer for 10 to 12 minutes, until the mixture reaches the gel point.
- Add the rum and continue to boil for an additional 30 seconds until the gel has set. After making sure the set is correct, spoon the hot jam into the eight prepared 1-pint jars, allowing a headspace of 1/4 inch. After sealing, process for 10 minutes in a pot of hot water.

## **58. Guava Jam and Guava Paste**

**Prep time:** 1 hr.30 min. | **Serve:** 8-10 | **Calories:** 40kcal

### **Ingredients**

- 5 pounds' pink-fleshed guavas
- 2 cups water
- 4 tablespoons lemon juice
- Zest of 1 lemon
- 5 cups sugar

### **Instructions**

- Guavas should be rinsed and drained. Cut the fruit in half, then slice the halves into 1 1/2-inch slice after removing the stem and petal ends. Put them and the water in a saucepan. When the guavas are very soft, bring to a boil and then simmer for 30 to 40 minutes, stirring constantly.
- Use a food mill's fine blade to process the cooked fruit and its juice. Throw away the seeds. Purée should equal around 8 cups.
- Put the purée, lemon juice, and half of the lemon zest in a preserving pan, and bring to a boil. To keep the boil from dropping, add the sugar 1 cup at a time. Guavas are prone to sticking, so swirl continuously for 15 to 20 minutes while you reduce the purée to the gel stage. Add the final bit of Zest.
- Ladle the heated purée into six ready 1/2-pint jars with 1/4-inch headspace if you want to make guava jam. After sealing, process for 10 minutes in a pot of hot water.

- Cook the purée for guava paste for a further 20 minutes. Continue constantly stirring during the latter phase of cooking. Turn off the heat if you need to leave the stove until you return. The heated paste should then be poured into small molds like brioche pans or a pan coated with parchment paper. The paste should be turned out of its container and sliced into 1-pound chunks after cooling overnight. Place in an airtight jar in the refrigerator after wrapping with parchment paper. It may be stored for months.

## **59. Caramelized Pineapple with Tequila and Saffron**

**Prep time:** 1 hr. | **Serve:** 8-10 | **Calories:** 50kcal

### **Ingredients**

- 12 allspice berries
- 12 black peppercorns
- 6 cloves
- 2 cups reposado tequila
- 2 cups water
- ¼ cup honey
- 24 threads saffron
- 2 pineapples
- 1 cup organic sugar

### **Instructions**

- In a mortar, break the cloves, peppercorns, and allspice. They should be combined with tequila,

water, honey, and saffron in a small saucepan. Boil, then turn off the heat and set aside.

- Cut off the top and bottom of one of the pineapples before coring and slicing it. With a sharp knife, slice off the skin using downward motions while holding it upright like a barrel, reaching deep enough to remove the brown eyes. Slice off the fibrous core after cutting the heart lengthwise into four equal pieces. Slice each quarter in half crosswise.
- Each pineapple slice should be coated on one side with sugar, which has been placed on a dish. Slices should be arranged in a single layer, sugar side up, on a baking sheet coated with foil. About half of the pineapple can fit on one page. Slices of pineapple should be somewhat caramelized after 10 to 15 minutes of baking in a 500-degree oven. Transfer the heated pineapple to a bowl using tongs. Continue by doing the second half.
- Place the pineapple pieces in the wide-mouth quart jar that has been prepared. Add the remaining liquid from the bowl to the saucepan containing the canning syrup.
- With a half-inch headroom, pour the boiling syrup over the pineapple slices, covering them completely. For the second pineapple, save the leftover syrup. After sealing, process for 20 minutes in a pot of hot water. After the heat has been turned off, give the jar in the canner 5 minutes before removing it.
- Repeat the process with the second pineapple and the saved syrup. Before opening, let the jars cure for at least a week.

## **60. Bengal Spice Mango Chutney**

**Prep time:** 1 hr.20 min | **Serve:** 8-10 | **Calories:** 30kcal

### **Ingredients**

- 5 pounds under ripe mangoes
- 3 cups organic sugar
- 1 tablespoon molasses
- 1 large shallot, minced
- 1 clove of garlic, minced
- 1 tablespoon ginger root
- 2 fresh jalapeños
- 4 ounces' tamarind paste
- ½ cup apple-cider vinegar
- 1 teaspoon yellow mustard seeds
- 2 teaspoons brown mustard seeds
- 12 black peppercorns
- 10 green cardamom pods
- 10 cloves
- 1 teaspoon kalonji seeds
- ½ teaspoon fenugreek seeds
- 1 or 2 whole dried red chilies
- ½ teaspoon kosher salt
- 2 tablespoons minced fresh cilantro

### **Instructions**

- Using a vegetable peeler, remove the mango's skin. Then, "fillet" the mangoes by cutting along the curve of the seed. Put the pits and the flesh in a mixing dish after dicing it into 1-inch pieces. Add the molasses, shallot, garlic, ginger, sugar, and half of the spicy peppers that have been minced. Allow macerating for at least 30 minutes.
- In a big saucepan, stir the fruit-sugar combination. Vinegar and tamarind paste should be added. Add the mustard seeds to the mixture once they have been partially ground in a mortar. Crush the cloves, cardamom pods, and peppercorns. Add them to the saucepan along with the salt, dried red chilies, kalonji seeds, and fenugreek seeds.
- Stirring often, bring the mixture to a boil, then simmer for approximately 40 minutes, or until it is black and thick. Taste a tablespoon of the chutney once it has chilled. Add the cilantro and as much of the leftover minced spicy peppers as you wish. Adding more of any of the other spices can also change the flavor.
- Five more minutes of cooking are required after bringing the pot's contents back to a boil. Leave a headspace of 14 inches between the hot chutney and the seven prepared 1/2-pint jars. After sealing, process for 10 minutes in a pot of hot water.

## **61. Seville Orange Marmalade**

**Prep time:** 1 hr. 20 min. | **Serve:** 8-10 | **Calories:** 37kcal

### **Ingredients**

- 5 pounds of Seville oranges

- 3½ quarts water
- 5 pounds of organic sugar

## **Instructions**

- Oranges should be washed in cold water. Use very hot water to thoroughly rinse any fruit that was purchased at a store to get rid of any waxy residue.
- Place the whole fruit in a stockpot and cover it with water. Bring to a boil, then simmer for 1 1/2 hours with a tight lid on. With a slotted spoon, remove the oranges and place them on a baking sheet to cool for 30 minutes; according to Diana Kennedy, the oranges are ready "when the handle of a wooden spoon can easily pierce the rind." To produce 8 cups of cooking liquid, measure the liquid and, if required, decrease it or add water. Place it aside after pouring it into a big basin.
- Cut the oranges in half, then use a spoon to remove the pulp. Without being very picky, remove the many seeds from the mushy pulp and place them in a cheesecloth or muslin jelly bag. Tie off the bag and place it in the cooking liquid to soak. Delete the remaining pulp.
- Slice each quarter of the orange peel into strips that are 14 inches broad by 1 1/2 inches long after cutting the orange peel halves in half. As you go, add the sliced peel to the simmering liquid in the basin. After cutting all the peels, you can cover the bowl and let it out overnight if you choose.
- On a baking sheet, warm the sugar in a 225°F oven. Squeeze the seed bag to remove as much liquid as you can before adding the peels and

Juice to a preserving pan. For many minutes, continue to knead the bag, "milking" it to release several tablespoons of a viscous, thick pectin gel. To the preserving pan, add the pectin. The pan should come to a full rolling boil. Before adding the sugar, boil the peels for a further 15 to 20 minutes if any of them are still opaque. If not, add the sugar and reduce the mixture while stirring often and skimming as needed over high heat.

- The marmalade will get substantially darker and glossier after 45 to 50 minutes. Using a cold saucer, look for a gel set. Cook for a few more minutes if required, then do another test. Ladle the marmalade into prepared pint or 1/2-pint wide-mouth jars, allowing 1/4-inch headspace, and let it cool for 5 minutes while stirring occasionally. Ensure that the rind strips are all completely immersed. To get rid of any air bubbles, run a skewer around the inside edge of the jar. The jars are sealed, then processed for 10 minutes in a hot water bath. Marmalade made from Seville oranges keeps for at least two years and gets darker with age.

## **62. Turnip Pickle**

**Prep time:** 4-5 weeks | **Serve:** 8-10 | **Calories:** 25kcal

### **Ingredients**

- 2 pounds' turnip
- 5 cups vinegar
- 2 tbsps. Salt
- 1 cup sugar
- Pickling Spices

## **Instructions**

- Boil the turnips.
- Mix all the remaining ingredients together and place in a ½-pint jar and seal well.
- Let it cure for 4-5 weeks before opening.

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# Chapter 10: Winter Season's Canning Recipes



## 1. Mandarin orange

**Prep Time:** 10-15min | **Serve:** 2 | **Calories:** 40kcal

### Ingredients

- 2½ pounds mandarins
- ¼ cup sugar
- Two tbsps. freshly squeezed lemon juice
- 1/8 tsp. orange-flower water

### Instructions

- With your fingers, section 1½ pounds of the mandarins after peeling them. Take out as much of the stringy pith as you can and throw it away. Two prepared pint jars should be filled with the parts, leaving 3/4-inch headspace.
- The remaining mandarins should be juiced with 2 cups of water added. In a small saucepan, combine the liquid,

sugar, and lemon juice. Bring to a boil. Ladle the heated syrup into the jars, leaving 1/2 inches of headspace, then stir in the orange-flower water if using.

- Gently shake the jars to remove any air bubbles before wiping the rims and sealing.
- For ten minutes, process the jars in a hot water bath. Wait five minutes before removing the jars to lessen venting.

## **2. Winter fruit cocktail**

**Prep Time:** 10-15min | **Serve:** 3 | **Calories:** 50kcal

### **Ingredients**

- 6 pounds mixed orange and grapefruit varieties
- 3 tablespoons lemon juice, plus
- 1 whole lemon
- 1/2 cup sugar
- 1/4 cup Cointreau, brandy, bourbon, Scotch, red vermouth, Campari, or other alcohol

### **Instructions**

- Zest from an orange, a grapefruit, and lemon should be peeled out in broad strips using a vegetable peeler. Reserve. Remove the leftover grapefruit and orange peels to be candied or dried while you're at it.
- Using the "supreme" method, peel and section all the oranges and grapefruits. Keep the peel aside. Put the pieces in a big mixing basin. To extract the juice from the remaining connective tissue and pith, squeeze them over a dish. Add the lemon juice once all the citrus has been cut into sections, then toss everything together carefully.

- Loosely put the citrus parts into the three ready regular-mouth pint jars, leaving 3/4-inch headspace, using a slotted spoon. Put one or two slices of grapefruit, orange, and lemon peel in each jar.
- The liquid that is still in the bowl is measured. In a small pot, combine the sugar and the remaining liquid, adding water as needed to reach 1 1/2 cups total. If using, add the alcohol after bringing it to a boil.
- Cover the fruit with the heated liquid, leaving a headspace of 1/2 inches. To get rid of air pockets, run a skewer or other thin object around the inside edge of the jar. If required, top it off once more. Before processing for 10 minutes in a boiling water bath, cap the jars. Wait five minutes before removing the jars to lessen venting.

### **3. The green valley sour**

**Prep Time:** 10 min | **Serve:** 2 | **Calorie:** 40kcal

#### **Ingredients**

- 1 1/2 ounces bourbon
- 1/2 ounce Jamaican rum
- 2 ounces citrus canning syrup
- egg white

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## **Instructions**

- In a highball glass, combine the bourbon, rum, and syrup. Add ice. Alternately, for a fancier variation, froth the ingredients with an egg white and shake again while adding ice to freeze them. Into a cocktail glass, strain.

## **4. Vin de Pamplemousses**

**Prep Time:** 1 month | **Serve:** 750mL | **Calories:** 28kcal

### **Ingredients**

- 6 white grapefruits
- 6 pink grapefruits
- 2 limes or lemons 5 cups sugar
- 2 vanilla beans split lengthwise,
- Two 8-inch chamomile branches with flowers or 4 chamomile tea bags
- 750-milliliter bottle vodka
- 6 bottles of light, crisp white wine
- honey

### **Instructions**

- Citrus should be scrubbed with cold water, and if using store-bought fruit, it should be rinsed in extremely hot water to get rid of any waxy residue. To reveal the juicy heart of the grapefruits hidden beneath the thick pith, cut a round slice from each end of the fruit. Keep the endcaps aside. Slice the grapefruits first into halves, then into 1 1/2-inch piece. Lemons or limes should be thinly sliced into rounds.

- Wash two 5-quart glass jars in hot, soapy water, then thoroughly rinse.
- Drain after scalding with boiling water. Between the two jars, distribute the sugar equally. Each with a split vanilla bean.
- By alternating the colors and pushing the layers down as you go, stack the grapefruit slices with the lemon or lime slices. Add the chamomile tea bags or branches when the jars are almost full. Use the peel-side-up endcaps that were set aside as the top layer.
- Wine should be poured over the fruit before dividing the vodka equally between the two jars. You should still have a bottle of wine left over because you'll need it later. In order to get rid of any air pockets, seal the jars and flip them over once or twice. Over time, the sugar will dissolve.
- Put the jars somewhere cool and dark. For the first week, agitate them just once every day. Top up each jar with wine from the reserved bottle at the end of the week. Every few days for the next month, check on the jars and stir them. Add wine to them once every week.
- After 30 days, remove the lids from the jars and pour the liquid into a big basin after straining it through a sieve. After an hour of dripping, gently squeeze to release more liquid. The fruit can be discarded or used to make a marmalade. If you want the wine to be sweeter, add a few tsp. s of honey after giving it a taste. It should be covered and left in the fridge overnight to settle.
- The following day, strain the wine, leaving the sediments behind, through a wet jelly bag or two layers of damp cheesecloth. Put it in the scorched bottles. Keep in the fridge for up to three months. It is not required to strain

the wine before drinking it because the sediment will eventually settle out. Simply pour slowly, leaving the sediment in the bottle.

## **5. Salt-cured Meyer lemons**

**Prep Time:** 10-15min | **Serve:** 4 | **Calories:** 30kcal

### **Ingredients**

- About 7 tablespoons of kosher salt
- 2 bay leaves
- 4 sprigs of dried or fresh thyme
- ½ tsp. black peppercorns
- 2 dried chili peppers
- 4 fresh, unsprayed lemon blossoms
- 2 pounds of Meyer lemons

### **Instructions**

- Two-pint jars should be filled with two tablespoons of salt each. If using, distribute the aromatics, including the chilies and blossoms, among the jars.
- Eight lemons should be sliced into quarters without cutting all the way through the base so you can close the fruit to make it "whole" once more. Open the quarters gently, then sprinkle 1 tsp. Of salt evenly across the cut surfaces of each fruit in the center. Put the lemon in the container after sealing it. Repeat while tightly packing. Each pint of water should hold four tiny Meyer lemons.
- Fill the jars with the remaining lemon juice, leaving a headspace of 1/2 inches, after pressing the remaining lemons. Every several days, agitate and seal. Verify the

lemons are still immersed throughout the first week. If not, mash the fruit down and add more freshly squeezed lemon juice to the jars. The liquid will have a slightly viscous "body" due to pectin leaching from the peel and seeds. In approximately a month, the lemons will be ready for use. They can last a year in the refrigerator.

## **6. Citron vodka**

**Prep Time:** 5 min | **Serve:** 2 | **Calories:** 40kcal

### **Ingredients**

- 6 "fingers" of citron
- 750-milliliter bottle of good vodka

### **Instructions**

- The citron's "fingers" should be cut off at the base and split lengthwise.
- Put the citron pieces in the bottle after removing a few tsp. s of the vodka. Before consuming, let the infusion a week to infuse. It will keep forever, but it won't last very long.

## **7. The Green Valley Scratch Cocktail**

**Prep Time:** 5min | **Serve:** 4 | **Calorie:** 40kcal

### **Ingredients**

- 1-ounce Calvados
- 1-ounce Citron Vodka
- $\frac{3}{4}$  ounce Orgeat
- 1-ounce Grenadine

### **Instructions**

- For 20 seconds, shake all the ingredients with ice. Into a cold glass, strain.

## **8. Citrus jelly**

**Prep Time:** 25min | **Serve:** 1 | **Calorie:** 43kcal

### **Ingredients**

- 2 pounds of peels and pith
- 8 cups water
- 2 Meyer lemons or 1 large orange
- 3½ cups sugar
- Two tbsps. Cointreau

### **Instructions**

- Add 8 cups of cold water to a pot with the peels and pith.
- Bring to a boil, reduce the heat, and simmer for an hour with a partial lid on. To obtain 4 cups of pectin stock, strain the mixture and lightly press the solids. To allow the solids to separate, pour them into a quart jar or other container, cover it, and place it in the refrigerator overnight.
- Remove the zest of a Meyer lemon or orange in fine threads the following day. In a small pot of boiling water, let the zest soften for 10 minutes. When not in use, turn off the heat and keep them in the water.
- Pour the pectin stock through two layers of damp cheesecloth or a damp jelly bag. In the jar, keep the sediments. There will be roughly 3 1/2 glasses of clear liquid. In a preserving pan, combine it with 3 1/2 cups sugar, mix to combine, and then heat to a full boil.

Reduce quickly—it takes around 10 minutes—to the gel point.

- Drain the zest, then combine it with the Cointreau in the heated jelly. Bring the preserving pan back to a boil and let it cook for an additional 30 seconds. Test the gel setting. With a headspace of 1/4 inches, pour the hot jelly into three prepared 1/2-pint jars. Process for 10 minutes in a boiling water bath after sealing.

## **9. Gummi candy**

**Prep Time:** 25 min | **Serve:** 8 | **Calorie:** 50kcal

### **Ingredients**

- 2 cups Citrus Jelly
- 1 cup warm Sugar

### **Instructions**

- A flat-bottomed glass baking dish should receive the hot jelly to a depth of 1/2 inch. The dish should then be dried for many hours in a barely warm oven once the jelly has had time to cool overnight.
- Remove the jelly from the oven when it feels tacky to the touch, and let it cool for an hour. A marble countertop or cutting board should have a thick coating of sugar on it. Slice around the edge of the jelly to release it from the dish by briefly running the blade of a sharp knife under hot water. To melt the contact between the jelly and the glass, submerge the bottom of the dish in a small pan of very hot water for 30 seconds. Then, invert the dish on the marble or cutting board with a fluid motion. Onto the sugar will fall the jelly.
- Slice the jelly into any desired gummi shape, such as bars, chunks, or even bears, using a heated knife. Before

placing the pieces in an airtight box between sheets of parchment that have been thoroughly dusted with sugar, roll the pieces in the sugar and let them dry on the countertop for a few hours.

## **10. Lime curd**

**Prep Time:** 20 min | **Serve:** 12 | **Calories:** 40kcal

### **Ingredients**

- 1-pound mixed lime varieties
- 1 Kaffir lime leaf
- 1½ inches lemongrass stem
- ½-inch slice of fresh ginger root
- 2 cloves
- 3 allspice berries
- 6 coriander seeds
- 5 egg yolks
- 1½ cups sugar
- 2 sticks of unsalted butter

### **Instructions**

- Remove the fragrant outermost peel off half the limes using a grater to get 3 tablespoons of lime zest. Squeeze the entire fruit to produce ¾ cups of juice, then drain it. (Save the rinds that aren't peeled for making syrup.) Combine the juice and zest. Place the aromatics in a tiny cheesecloth bag and tie it up before adding it to the juice.
- Over medium heat, in the top of a double boiler, combine the yolks and sugar. After adding the sack of aromatics,

whisk in the juice and zest. One slice of butter at a time, whisk in.

- Cook the curd slowly for 10 minutes, frequently stirring, until it reaches 170 degrees on a candy thermometer, has the consistency of heavy cream, and coats a wooden spoon. The eggs will curdle if the curd is allowed to boil. If the eggs begin to curdle, immediately taking them off the heat and rapidly whisking them might be able to save the curd. A spoonful of hot curd should be placed on a cool saucer and placed in the freezer to determine the consistency. It ought to have a thick, spreadable consistency after one minute.
- Through a fine strainer, pour the heated curd into three 1-pint jars that have been sterilized. Seal, then let cool for the night. Use within 4 weeks after refrigeration storage, or freeze for up to a year.

## **11. Kumquats in burnt honey syrup**

**Prep Time:** 8-10 hours | **Serve:** 12 | **Calories:** 40kcal

### **Ingredients**

- 1-pound kumquats
- 2 cups water
- 1 $\frac{1}{4}$  cups sugar
- $\frac{1}{3}$  cup pale honey

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## Instructions

- Each kumquat should have the stem nub removed. You should also make a shallow cut across the top of the fruit to keep it from exploding when cooking. In a small saucepan, mix the fruit, water, and sugar. The kumquats should be transparent after 30 minutes of simmering after bringing to a boil.
- In the meantime, warm the honey in a skillet over medium heat. As it boils, it will turn darker. If you start with light honey, it will be adequately "burnt" after approximately five minutes when it has taken on the heated brandy-brown hue.
- Kumquats and honey are combined in the pot; swirl to combine. Turn off the heat, cover the pan, and let it sit at room temperature for the night.
- The following day, pack the fruit into two prepared pint jars and reheat the fruit-syrup mixture. Pour the syrup on top, leaving a headspace of 1/2 inch. After sealing, process for 10 minutes in a pot of hot water.

## 12. Candied Orange Peel and Orange Syrup

**Prep Time:** 35min | **Serve:** 7 | **Calories:** 30kcal

### Ingredients

- 8 oranges
- 3 cups water
- 3½ cups organic sugar
- 4 cloves

## Instructions

- The oranges should be thoroughly cleaned with hot water. Using a pointed instrument
- quarter the peel using a knife. Each quarter should be cut into 1/4-inch pieces crosswise. Cook the peels for 20 minutes or until they are tender in a kettle of boiling water. Drain. 2 Put the 3 cups of water and 1 1/2 cups of sugar in a pot and bring to a boil. (For grapefruits, blanch the skins in boiling water, drain them, and then cook them in new water until tender.) To the boiling liquid, add the peels and cloves. Prevent stirring. Instead, stir the mixture while pressing the peels into the syrup with a slotted spoon. Peels should be left in the syrup overnight after being taken from the heat and covered.
- The following day, add an additional 1 cup of sugar to the pan containing the peels, shake to settle the sugar, and bring to a boil once more. Peels are once more laid aside overnight after being taken off the heat and covered.
- On the third day, shake the pan, add the last of the sugar, and then bring to a boil. Turn off the heat, cover, and then set the peels aside once again.
- For a week or up to overnight.
- Put a basin underneath the colander to catch the rich syrup as you strain the peels through it. Give them 15 minutes to drip. Throw away the cloves. The peels should be coated in sugar before being spread out in a single layer on a rack or parchment paper-lined baking sheet. On a heated countertop or in the oven with the pilot light on, leave overnight, uncovered. When the candied peels are dry, place them between sheets of sugar in an airtight container. They'll stay fresh for months.

- Filter the syrup using a wet jelly bag. Place it in a small pot and heat it till boiling. Pour the hot syrup into the 12-pint prepared jars, leaving a headspace of 1/2 inches. After sealing, process for 10 minutes in a pot of hot water.

### **13. Limeade syrup**

**Prep Time:** 30 min | **Serve:** 7 | **Calories:** 30kcal

#### **Ingredients**

- ½ pound lime rinds
- 2½ cups water
- 3 cups sugar
- 10 coriander seeds
- 2 cloves
- 2 allspice berries
- Two ¼-inch slices of fresh ginger root
- 1 Kaffir lime leaf and
- 2 inches' lemongrass stalk, crushed

#### **Instructions**

- In a saucepan, combine all the ingredients and cook for 30 minutes. Pass through a fine-mesh sieve to filter. For up to six months, keep in the refrigerator in a tightly closed bottle.

## 14. Citrus cordial

**Prep Time:** 25min | **Serve:** 8 | **Calories:** 20kcal

### Ingredients

- 1-pound lemons, limes, Seville oranges, or bergamots
- 2½ cups water
- 2½ cups sugar

### Instructions

- Use a vegetable peeler to remove the citrus' outermost layer of zest to lessen the bitterness. Simmer the zest and water in a saucepan for 30 to 40 minutes, or until the zest is soft. After adding and thoroughly dissolving the sugar, turn off the heat. Overnight, let it cool, cover it, and set it aside. Fruit should be squeezed to produce 1 cup of juice, then chilled overnight.
- The next day, use a slotted spoon to remove the peels from the syrup before re-bringing it to a boil. Ladle the mixture into the four ready 1-pint jars after adding the juice. Keep in the fridge for up to a month. Ladle into four ready 1/2-pint jars, leaving a headspace of 1/2 inches for long-term storage. After sealing, process for 10 minutes in a pot of hot water.

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## **15. Marmalade basic**

**Prep Time:** 45min | **Serve:** 8 | **Calories:** 36kcal

### **Ingredients**

- 2 pounds of blood oranges
- 1 pound Meyer lemons
- ½ pound Eureka lemons
- 3 cups water
- 4 cups sugar
- ¼ cup sage or other pale honey
- Two tbsps. Citron Vodka or bergamot cordial

### **Instructions**

- Cleanse the fruit thoroughly in cold water. If using citrus from the store, wash it with hot water to get rid of any wax.
- Remove the colored zest off the orange in broad strips with a vegetable peeler, reserving as much of the albedo (white pith) as you can. For a more textured marmalade, cut the peels into 1/4-inch chiffonade or broader confetti-like bits. Place aside.
- Remove any residual albedo from the citrus fruit's flesh. If preparing jelly, keep the albedo; otherwise, discard it. Slice the pulp into 1-inch cubes, and either reserve the albedo or add any seeds you find.
- Sliced peel, chopped pulp, and water are combined in a preserving pan and gently boiled for 30 minutes or until the peel is completely cooked.

- Add the sugar, re-boil the mixture, and then reduce it over high heat while stirring often. Check to see if the gel has set after about 20 minutes and, if desired, whisk in the honey for added sweetness and taste. Boil for a further 30 seconds after stirring in the alcohol if used. Verify the gel is set. The heated marmalade should cool for five minutes while being stirred now and then. Fill five prepared 1/2-pint jars with the mixture, leaving 1/4-inch headspace. After sealing, process for 10 minutes in a pot of hot water.

## **16. Negroni jelly**

**Prep Time:** 25min | **Serve:** 10 | **Calorie:** 40kcal

### **Ingredients**

- 1-pound albedo trimmings
- 4 cups water
- 2 cups sugar, or as needed
- 1 tablespoon each gin, sweet red vermouth, and Campari or Aperol

### **Instructions**

- Put the trimmings in a small pan and add the water to cover them. Cook the albedo for 45 minutes, or until it is quite pliable but not dissolving.
- Pour the liquid from the pot's contents through a moist jelly bag and into a bowl. Check the pectin stock here. Two cups should be consumed.
- In a preserving pan, combine the pectin stock with an equal amount of sugar.
- Bring to a boil after stirring to dissolve. For 10 to 12 minutes, reduce over high heat till the gel point. Cook for

another minute after adding the alcohol. Test the gel setting. Ladle the hot jelly rapidly into the two ready 1/2-pint jars, allowing 1/4-inch headspace. After sealing the jars and removing any froth or bubbles from the surface, process for 10 minutes in a hot water bath.

## **17. Scotch marmalade**

**Prep Time:** 25min | **Serve:** 12 | **Calorie:** 40kcal

### **Ingredients**

- 2½ pounds Valencia oranges
- 2½ pounds Marsh white grapefruits
- 1 pound of Eureka lemons
- 10 cups water
- 5 pounds' organic sugar ½ cup plus
- Two tbsps. good Scotch whisky

### **Instructions**

- Day one: Start with the oranges when preparing the fruit. Remove a thin circle from either end and throw it away. Fruit should be cut into quarters. Cut each wedge into "chips" that are 1/4 inch wide. Throw away any seeds you find. Lemons and grapefruits should be cut similarly. Put 10 cups of water and all the fruit that has been broken into pieces in a big basin. Overnight, cover and chill.
- Next day: Put the fruit-water combination in a large canning pan. Bring to a boil, reduce heat, and simmer for 60 minutes, stirring to mix the ingredients in the pot every 5 minutes, or until the peels are translucent and soft.

- On a baking sheet, warm the sugar in a 225°F oven. Bring the mixture back to a boil after adding it and thoroughly stirring to ensure complete dissolution. Reduce at a full rolling boil for at least 45 minutes, often stirring, to the gel stage.
- Stir in the Scotch once you are pleased with the gel set. After 1 minute of vigorous boiling, turn off the heat, stir for 1 more minute, and check to see if the gel has set.
- The heated marmalade should cool for 5 minutes while being stirred occasionally. Leave a 1/4-inch headroom as you pour it into the eight ready pint jars. The jars are sealed, then processed for 10 minutes in a hot water bath.

## **18. Scottish Scones**

**Prep Time:** 45min | **Serve:** 10 | **Calorie:** 30kcal

### **Ingredients**

- 6 ounces ( $\frac{3}{4}$  cup) unsalted butter, chilled
- 6 ounces' whole-wheat flour, plus more for dusting
- 12 ounces of all-purpose flour
- $\frac{2}{3}$  cup sugar
- 3 tsp. s baking powder
- Pinch of kosher salt
- 4 ounces dried currants
- 2 large eggs
- $\frac{3}{4}$  cup milk

### **Instructions**

- When not in use, chop up the butter into little pieces and freeze. Dust two baking sheets liberally with whole-wheat flour.
- Mix the flours, sugar, baking powder, and salt in a sizable mixing bowl. Add the currants and stir. With your fingertips, incorporate the butter into the dry ingredients after adding it. Just enough dry ingredients must be combined with the milk and eggs to form a moist dough.
- By tablespoonful's, place the dough on the baking sheets, spacing them 3 inches apart. Bake the scones for 25 minutes at 350 degrees or until they are just beginning to color. Remove to a cooling rack.

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# Chapter 11: Mixed Canning Recipes



## 1. Basic Sauerkraut

**Prep time:** 10 min | **Serve:** 2 | **Calories:** 27kcal

### Ingredients

- Two pounds' cabbage
- Four tsp. s sea salt

### Instructions

- The outer cabbage leaves should be peeled off and thrown away. (Note: If your cabbage was not grown organically, this is very crucial.
- Cut a full cabbage in half from the south pole to the north pole if you're working with one.
- Once again, cut each half along the north-south line, resulting in four pieces for the entire cabbage.
- Lay a quarter of the cabbage on the cutting board with its south pole facing you. Slice it as finely or coarsely as you prefer. A kraut made from more finely chopped cabbage

will ferment more quickly and become softer. A product with a coarser cut will be crunchier. Watch out for your fingertips!

- Turn or flip the cabbage quarter in any suitable manner to make it more sturdy on the cutting board and easier to cut when the cutting gets difficult.
- Suppose you'd rather shred your cabbage in a food processor equipped with a "slice" wheel. An appropriate Krauthobel, a box grater, or a meat slicer similar to those found in delis could also be used.
- Slice the cabbage in this way for the remainder. When finished, combine everything in a mixing dish and season with salt.
- Squeeze liquid from the cabbage by vigorously massaging it with clean hands after mixing it with salt. This could take one to ten minutes, depending on the amount of cabbage you have, how fresh it is, and how hard you are pressing. Once you've done it a few times, you'll get the hang of it.
- Fill the containers with the mixture. Push down firmly to remove as many air bubbles as you can using an appropriate-sized tool, such as a tiny jar or potato crusher, so that the liquid rises beyond the surface of the cabbage. Because the cabbage will expand as it ferments, make sure there is at least 1 inch (2.5 cm) between the top of the cabbage and the mouth of the jar.
- If at all possible, seal the jar's cover and keep it somewhere cool and dark that is between 50°F and 75°F (10°C and 25°C).

## **2. Lacto-Fermented Vegetables**

**Prep time:** 10 min | **Serve:** 5 | **Calories:** 25kcal

### **Ingredients**

- 2 pounds' cabbage, turnips, radishes, kohlrabi,
- 4 tsp. sea salt
- Herbs and seasoning per choice

### **Instructions**

- As desired, you can peel, shred, core, seed, chop, or even slice your vegetables. Peeling, shredding, and cutting of root vegetables where needed.
- Once the vegetables have been cleaned, cored, and properly prepared, weigh them all at once.
- For every pound of vegetables, add 2 tsp. s of sea salt.
- Salt and veggies should be combined in a mixing basin.
- For a minute or two, vigorously rub your hands together while massaging them.
- With your hands, cram the vegetables into the jar as tightly as you can.
- To cram the vegetables into the jar even more tightly, use a small-sized jar. Ideally, the liquid should rise above the tops of the vegetables when you press down. The jar must be tightly shut.
- Over the next few days, open the jar several times and pack its contents down.

## **3 . Fermented Carolina-Style Slaw**

**Prep time:** 20 min | **Serve:** 8 | **Calories:** 20kcal

## **Ingredients**

- One pound of green cabbage
- 1 large onion
- 1 large green bell pepper
- 1 large carrot
- Half apple
- One-fourth pound celery root
- 1 tsp. celery seed
- 4 tsp. s sea salt
- 1 /4 cup honey
- Six tbsps. oil
- Two tsps. dry mustard
- One-piece gingerroot
- Black pepper to taste

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## **Instructions**

- Cut the bell pepper, onion, and cabbage into thin slices.
- The carrot, apple, and celery root, if used, should all be grated or shredded.
- Ferment the veggies. After the veggies have fermented, rinse them in a colander over a bowl of water, press the juice out with your hands, and reserve it.
- Using a fork, whisk, or blender, thoroughly combine 1/2 cup of the liquid with the honey, oil, dry mustard, and ginger. Mix the dressing mixture after pouring it. Salt & pepper to taste. If you want it to be sourer, add extra of the liquid you set aside. Refrigerate.

## **4. Special Cucumber Pickles**

**Prep time:** 10 min | **Serve:** 1 | **Calories:** 4kcal

### **Ingredients**

- 3 or 4 pounds of cucumbers
- 2 quarts of chlorine-free water
- sea salt
- 1 cup whey
- 3 Garlic Cloves
- 1 bay leaf
- A few fresh grapes or oak leaves
- Red wine vinegar

### **Instructions**

- If your cucumbers are even the slightest bit mushy, you purchased them from the shop, or you believe they may

have been picked some time ago, you can revive them by soaking them in icy water.

- Cut the cucumber blossom ends off. Enzymes found in these ends may be a factor in "hollow pickle syndrome."
- In the pitcher, combine the salt and chlorine-free water. If using, also add any starter or vinegar.
- Place the cucumbers first, then the seasonings and tannin producers, in the bottom of the jar or crock.
- Fill the crock with the brine.
- To keep everything submerged, weigh everything down.
- Use the cloth to cover the jar or crock's top if necessary, and secure it in place with the rubber band.
- Store in a cold, dry environment. Pull out a pickle every day after the second or third, slice off a piece with a fresh knife, and taste it. The pickles are finished when they are mildly sour but still crunchy. Transfer them right away to a cool location.

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## 5. Special Kimchi

**Prep time:** 30 min | **Serve:** 3 | **Calories:** 23kcal

### Ingredients

- 1/3 cup coarse salt
- 2 cups water
- 2 pounds' vegetables
- 1/2 head of garlic
- 1 large or 2 small onions
- 1 piece of ginger root
- Half cup Korean red pepper powder and chili flakes
- One tbsp. sugar
- One tsp. fish sauce
- Few scallions or a length of Korean "long onion."

### Instructions

- Make a brine in the mixing bowl by dissolving the salt and water.
- Slice some or all of the vegetables: Cut the leafy vegetable bunches into quarters or into 1-inch-square (2.5-cm) pieces. Include as much or as little of the sliced cabbage core as you'd like. The root vegetables should be peeled and cut into thin, diagonal slices that are about an inch (2.5 cm) long.
- Utilizing clean hands, add the diced veggies to the brine and stir. Vegetables become more flexible due to the brine. To prevent items out of the bowl, cover it. The vegetables should be properly drained in a colander after

about six hours (or overnight). Try them. They need to have a little pleasant saltiness. If they are too salty for your taste, rinse them or soak them in fresh, chlorine-free water before tasting them again. Put them apart.

- Peel the onions and garlic. Ginger can be peeled with the edge of a spoon.
- The onions, garlic, and ginger should be blended in a food processor with just enough water to make the mixture possible. (Alternatively, combine them in a mortar and pestle, or finely chop them with a knife.)
- To the mixture from step 5, add the red pepper, sugar, and fish sauce, if needed. Add just enough water to keep the mixture from crumbling into a paste.
- Scallions should be cut into 1-inch (2.5-cm) lengths on the diagonal, added to the paste and combined with a wooden spoon.
- Place the drained veggies in a sizable bowl, and use the spoon to combine them with the seasoning paste. Try some kimchi. If it needs more salt, do so at this time while stirring.
- Leave 1 inch (2.5 cm) of space at the top after packing the kimchi into the Mason jars snugly. Try to press it down firmly enough to remove the majority of the air bubbles along the jar's side. Seal the jar. 10 For a few days, keep the jar on the counter at room temperature. Every day or two, sample it. It ought to start tasting a little "wild." When you're satisfied with the flavor, store it in a cool cellar, a refrigerator, or bury it in the earth. The ensuing fermentation proceeds more slowly as the temperature drops.

## 6. Yogurt

**Prep time:** 12-24 hours | **Serve:** 2 | **Calories:** 61kcal

### Ingredients

- Six tbsps. yogurt
- 1-quart milk

### Instructions

- Calculate how much yogurt you'll need for the starter. Alternatively, divide it equally between the pint jars and the quart jar.
- The milk should be heated in the saucepan to about 180°F (80°C). Turn off the heat and let it cool to about 110°F (45°C). If you are eager, you can pour the milk into a metal mixing bowl and/or submerge the pan in ice water or cold water to speed up the cooling process.
- Fill the jar with the milk, leaving about 1 inch (2.5 cm) of space at the top. Shake the jar after you've sealed it to thoroughly combine the milk and yogurt starting.
- Place the jar in the incubator that you have set up that is warm or insulated. If your incubator lacks a heat source of its own, place your yogurt jar in the incubator with a few of your extra mason jars filled with hot tap water.
- You may expect your yogurt to be ready in 12 to 24 hours. It will further thicken if you place it in the refrigerator.

## 7. Strained Yogurt and Whey

**Prep time:** 25 min | **Serve:** 3 | **Calories:** 40kcal

### Ingredients

- 1 quart
- plain yogurt

### Instructions

- Lay the cheesecloth inside the sieve after wetting it with chlorine-free tap water.
- Over the bowl or pitcher, place the strainer.
- Yogurt should be poured, spooned, or scooped into the strainer, then left to drain.

## 8. Kefir

**Prep time:** 25 min | **Serve:** 1 | **Calories:** 24kcal

### Ingredients

- 1 quart (950 ml) milk, or a little less
- 1–Two tbsps. (15–30 g) kefir grains

### Instructions

- If you'd like, you can warm the milk to 180°F (80°C) in a saucepan and then let it cool to below 100°F (40°C). By doing this, the presence of more bacteria in the milk is ensured. This step is really not necessary because the kefir's bacteria will probably quickly displace any other microbes in the milk.
- Milk should be poured into one jar almost to the top, allowing some room (1 inch, or 2.5 cm), and then the kefir grains should be added.

- Shake the jar with the lid on.
- For 12 to 24 hours, let the jar in a room. If you remember, give it a shake every couple of hours.
- Give the jar one final shake. Strain the kefir into the second Mason jar while it is over a strainer. You may recover your kefir grains by straining (starter).
- The completed kefir can be kept for months in the refrigerator or for weeks on the counter by covering the jar with a lid. It will gradually begin to separate and turn unpleasant sour, and yeasty; before it becomes harmful to consume, it will first become unappealing.
- You can instantly begin a new batch of kefir using your kefir grains. If not, rinse them in non-chlorinated water and keep them in the refrigerator in a small jar with non-chlorinated water until you need to use them again.

## 9. Crème Fraîche

**Prep time:** 10 min | **Serve:** 8 | **Calories:** 921kcal

### Ingredients

- 12-13 ounces unpasteurized cream
- 3 tablespoons yogurt, kefir

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## **Instructions**

- Measure out how much starter you'll need if you're using one. Fill the Mason jar with it.
- Fill the jar with the cream, leaving about 1 inch (2.5 cm) of space at the top. To ensure that the starter and cream are thoroughly combined, close the jar and shake it.
- The jar should be left in a warm location for 12 hours or overnight. Examine the cream. Give it another six hours if it hasn't thickened yet.
- It will last for a week or two in the refrigerator once it has thickened.

## **10. Butter and Buttermilk**

**Prep time:** 25 min | **Serve:** 1 | **Calories:** 101kcal

### **Ingredients**

- Cream or cultured cream
- Ice water
- Sea salt

### **Instructions**

- Place the cream in a mason jar, screw on the lid, and shake until the cream solidifies. Alternately, mix it with your tools until it solidifies.
- Your butter will agitate once more after being added to some ice or ice water. More liquid will be removed thanks to this.
- Transfer the butter to a medium basin or a chopping board using a wooden spoon or another tool of your choosing.

- Use the wooden spoon to work the butter to get even more liquid out of it. The better your butter will keep, the more liquid you can drain from it.
- If you want to, add salt to taste before you're finished rubbing it.
- Keep your butter chilled. Optionally, massage it once more to extract more of the liquid once it has chilled and firmed up.

## **11 . Preserved Lemons and Limes**

**Prep time:** 10 min | **Serve:** 1 | **Calories:** 6kcal

### **Ingredients**

- One and a half pounds of lemons
- ¼ cup sea salt
- A cinnamon stick,
- A bay leaf, a few cloves,
- A few peppercorns
- A handful of coriander seeds
- 1 or 2 additional lemons for juice

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## Instructions

- To bring the lemons and/or limes to room temperature, remove them from the refrigerator one hour beforehand.
- Blanch them in boiling water for 30 seconds; if they are waxed or if you are unsure, remove them and let them cool.
- Rolling the fruit on the counter beneath your palm while applying some pressure, but not enough to cause the rinds to crack, will soften the fruit.
- Along the equator of each lemon or lime, slice. Then, cut each hemisphere into four wedges; alternatively, only make these cuts halfway through. Throw away the seeds.
- Place some salt, some spices, if used, and fruit wedges in the bottom of the jar. Firmly compact. Layer by layer, repeat this procedure up until everything is in the jar or the jar is almost filled; if the fruit is not covered by the juice that has been produced, juice one or two more fruits and add their juice to the container. Close the jar, leaving a headspace of 1 inch (2.5 cm) at the top.
- Keep the jar at room temperature and shield it from the sun. Open the jar each day for the first week to pack it down so that the liquid will rise to the top. After a week or two, the fruit starts to change in personality. They will continue to develop in flavor for around a year if kept at room temperature. You can halt their development at any time by putting them in the refrigerator.

## **12. Peach and Plum Chutney with Preserved Lime**

**Prep time:** 2-3 days | **Serve:** 6 | **Calories:** 23kcal

### **Ingredients**

- One and a half pounds of peaches and plums
- A few wedges of preserved lime
- Half a handful of chopped walnuts
- One tablespoon of mixed spices
- Two tablespoons of yogurt whey

### **Instructions**

- Cut the peaches and plums into the required size and remove the pits.
- Pulverize the preserved lime.
- Place all the ingredients in a bowl and thoroughly combine.
- Pack down the mixture after adding it to the container. If the juices don't cover the chutney completely, add water until it does, allowing 1 inch (2.5 cm) of headroom.
- Store the jar at room temperature after carefully closing the lid. For pressure relief, periodically open the jar.
- Put the product in the refrigerator after two or three days, when it starts to get a little bubbly.

## **13. Pico De Gallo**

**Prep time:** 25 min | **Serve:** 5 | **Calories:** 17kcal

### **Ingredients**

- Six tomatoes
- Half bunch cilantro
- Six cloves garlic
- Hot peppers, to taste
- Half cup sauerkraut juice
- Salt and pepper to taste

### **Instructions**

- Bring the stockpot to a boil after adding water to it.
- In the mixing basin, make an ice bath.
- Using the paring knife, score each tomato's top with an "X."
- The tomatoes should be placed in the boiling water with tongs for about 30 seconds, all at once or in batches, until the skin begins to peel, and then they should be dropped into the ice bath right once. They will be simpler to peel as a result.
- The majority of the tomato's flesh is what is left after peeling, removing the cores, and using your fingers to pick out some or all of the seeds.
- All of the ingredients should be chopped before being added to the mixing bowl. To taste, add salt and pepper.
- Fill the mason jar with the mixture.
- Cover the salsa with the sauerkraut juice by pouring it on top. Use as much sauerkraut juice as is required to completely cover the veggies, at least 1 cup. Leave a headroom of 1 inch (2.5 cm).

- Place the mixture on the counter for 3 to 5 days with the lid on. After that, place it in the refrigerator.

## **14. Hard Apple Cider**

**Prep time:** 5 min | **Serve:** 1 | **Calories:** 120kcal

### **Ingredients**

- 1 gallon of fresh, unpasteurized apple cider
- 1 envelope cider yeast
- 1 cup fresh organic raspberries or grapes

### **Instructions**

- If you want to try using a wild starting, put the raspberries or grapes in a pint-sized mason jar, cover with about a cup (250 ml) of cider, secure the lid, and store it somewhere warm. Check on it daily. You've successfully extracted a yeast starter from your fruit if, after a few days, the contents of the jar have begun to bubble! You can try again or buy some yeast if a week passes with no results.
- Fresh cider should fill the carboy about three-quarters full. Pour yourself a glass of the cider if it was in the carboy and drink it to clear some room in the bottle.
- Add your starter to the cider carboy, cap it, and shake or spin the container before adding it.
- If using, get the airlock ready and put it on top of the carboy. If you're using the straightforward airlock shown in the image, get it ready by taking off the cap, adding water, and putting it back on.

## **15. Mead**

**Prep time:** 5 min | **Serve:** 10 | **Calories:** 300kcal

## **Ingredients**

- 2 to 1 1/2 quarts of water
- 1-quart honey
- 1 envelope champagne yeast, ale yeast, or wine yeast; or, for a wild fruit starter,
- 1 cup fresh organic raspberries or grapes

## **Instructions**

- In the stockpot, add the water, and then bring it to a boil.
- Remove from the heat, then stir in the honey with a metal spoon until everything is thoroughly combined. For the starter, you have three options.
- Bring the water and honey back to a boil if it has been a while since you combined them. In any case, check the temperature to make sure it is below about 100°F (40°C) before moving on to the next step.
- Pour the honey-water mixture into the carboy after thoroughly stirring in the starter. As in the Hard Apple Cider recipe, prepare the airlock before inserting it into the carboy.
- For a few weeks, keep the developing mead in the dark area. Just as you would for hard apple cider,

## **16. Kombucha**

**Prep time:** 20 min | **Serve:** 3 | **Calories:** 30kcal

### **Ingredients**

- 2 quarts' water
- 2 tsp. s plain black tea

- 3/4 cup sugar
- 3/4 cup kombucha starter
- 1 piece kombucha "SCOBY."

## **Instructions**

- In the saucepan, add the water, and then bring it to a boil. Cut the heat off.
- Boiling water should be added to the tea in a large jar, which should then be covered. The tea should steep for 10 to 15 minutes, after which the tea should be removed.
- When the sugar is completely dissolved, add it to the brewed tea and mix with a metal spoon. Re-cover the container and allow the mixture to cool to around room temperature.
- Half the kombucha starting should be added to the glass jug, followed by the "SCOBY" and the remaining starter.
- Use the handkerchief and rubber band to seal the jug's top to keep insects and other foreign items out. Move it with care and out of direct sunlight to a place that will maintain a warm room temperature.
- Start sampling your kombucha with a spotlessly clean spoon after five days. The beverage should have a delightful tartness to it. If it's still sweet after a day or two, let it continue to brew before tasting it.
- When you are satisfied with the taste of your kombucha, ladle or pour most of it into mason jars, leaving a small space at the top of each. They should be kept in the refrigerator or at a cool room temperature. Keep some of the kombucha and the "mother" for your subsequent batches.

- You are welcome to share some of your leftover "SCOBY" and begin with a buddy. Wash your hands thoroughly before picking up the "SCOBY," cutting it if required with a clean knife and placing it in a jar with some liquid. Keep at least as much "SCOBY" for yourself as you did for your previous batch. Keep more of your subsequent batch will be larger.

## **17. Vinegar**

**Prep time:** 30 min | **Serve:** 2 | **Calories:** 15kcal

### **Ingredients**

- 1-quart wine, apple cider, or other fermented beverage
- 1/4 cup vinegar

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## **Instructions**

- Pour the cider or wine into the container.
- If using, add the starter at the ratio of around 1 tbsp. To every cup of liquid or 1/4 cup per quart.
- Cover with a cloth, secure with a rubber band or piece of string, place somewhere dark and wait. Be tolerant. It will probably take one or two months for the vinegar to properly go sour, but you can taste it occasionally to check on fermentation.

## **18. Ginger Ale**

**Prep time:** 30 min | **Serve:** 1 | **Calories:** 138kcal

### **Ingredients**

- Three to Four inches of ginger root
- One-gallon water
- One and a half cups of sugar
- Half to one cup yogurt whey

### **Instructions**

- Grate and peel the ginger. The spoon's edge makes a great tool for ginger peeling.
- Bring the water and ginger to a boil in the stockpot. Boil the food for a few minutes more. Your ginger "tea" is now ready.
- Turn off the heat, mix in the sugar, and let it dissolve. 1 gallon of yield (3.8 L) 30 minutes for preparation Time frame: 3-7 days
- Cool to a comfortable room temperature.

- To the sweetened tea, add the whey starter.
- Fill the carboy with the mixture.
- Install the airlock in the carboy after preparing it.
- For a few days, leave the carboy somewhere at room temperature or slightly cooler.
- In a few days, your ginger ale ought to start to bubble. When the fizz has subsided after a few more days, it could be time to bottle it. Fill your smaller bottles or jars almost to the top with it, leaving a small amount of space. After a few more days, keep these bottles at room temperature before storing them somewhere cool or in the refrigerator.

## **19. Corned Beef**

**Prep time:** 1 week | **Serve:** 10 | **Calories:** 213kcal

### **Ingredients**

- One beef brisket flat, approximately two pounds
- Three tbsps. sea salt
- Two tbsps. sugar,
- Three tbsps. pickling spice
- Half cup whey
- One cup water

### **Instructions**

- Use a metal skewer or another long, sharp tool to deeply pierce the brisket several times.
- After combining the dry ingredients in a basin, massage the brisket with the mixture. In a bowl or container, put the brisket.

- Make sure the brisket is completely submerged, combine the whey and water, then pour the mixture over it. Make more brine if you need it by combining 1 cup (250 ml) water, 1/2 cup whey, and 3 tablespoons salt.
- Close the jar or place a cover of some kind over the bowl. At room temperature, let the beef rest for a day while turning it over every few hours to keep it submerged. Refrigerate after that for at least a day and maybe up to two weeks.

## **20. Slow Cooker Apple Butter**

**Prep Time:** 11 hours 30 mins | **Serve:** 12 | **Calories:** 34

### **Ingredients**

- Five and a half pounds of apples
- Two tsps. of cinnamon
- Four cups of sugar
- One-fourth tsp. of cloves
- One-fourth tsp. of salt

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## Instructions

- In a slow cooker, place the finely chopped apples.
- Combine the Cinnamon, cloves, salt, as well as sugar in a medium mixing bowl.
- Fill the slow cooker with the mixture. Mix apples thoroughly.
- Cook for one hour on high with the lid on.
- Reduce the heat to a low setting and simmer the mixture for 9 to 11 hours.
- Occasionally stir the mixture till it is dark brown as well as thick.
- Uncover and cook for another hour on low.
- To improve smoothness, keep stirring with a whisk.
- Check the doneness of the mixture with a spoon.
- Once the apple butter is done, transfer it to a sterile jar, cover it, and store it in the fridge or freezer.

## 21. Blueberry & Apple Jam

**Prep Time:** 35 min | **Serve:** 9 | **Calories:** 63

### Ingredients

- A half tablespoon of [butter](#)
- One pound [apple](#)
- A half cup of [water](#)
- One and a half [sugar](#)
- Three tbsps. blueberry liqueur
- Two tbsps. [lemon juice](#)

- One pound [blueberry](#)

## **Instructions**

- Bring the apples and water to a boil in a heavy-bottomed saucepan or preserving pan. Cook for 5 minutes, until the potatoes are tender.
- Cook for another 5 minutes after adding the lemon juice and blackberries.
- Stir in the sugar until it is completely dissolved. After that, add the butter as well as bring it to a boil. Continue to boil for another 15 minutes.
- Drop a small amount of jam onto a chilled saucer and allow it to cool briefly to see if it has reached the setting point. When you poke your finger into the surface from the side, and if it wrinkles, then you've achieved the setting point.
- If not, continue to boil for a few minutes longer and test again.
- If it doesn't seem to have reached its setting point, add 1 tablespoon of lemon juice and continue to cook for another three to five minutes.
- If using, add the liquor and scrape the scum from the top with a slotted spoon.
- Allow 15 minutes to cool before filling. This is necessary because this will help you from stopping the accumulation of all fruit at the top. Then it should be filled into sterilized jars and sealed

## 22. New York Lime Marmalade

**Prep time: 90mins | Serve: 20 | Calories: 323**

### Ingredients

- Two and one-fourth pounds of fresh [limes](#)
- Three and a half lbs. of [sugar](#)
- Seven cups [water](#)

### Instructions

- Wash limes thoroughly and dry; slice as thinly as possible with a sharp knife, retaining any juice; remove seeds (if there are any during the slicing process).
- In a china glass or plastic bowl, combine sliced limes, any reserved juice, and water; cover and set aside overnight.
- Pour lime mixture into large boiler the next day, bring to a boil, lower heat, and cover for 30-45 minutes or until rind is soft. It's critical to gently cook the fruit at this point.
- Remove lime mixture from heat; measure mixture into the big basin with a measuring jug; return lime mixture to the large boiler. Allow 1 cup of sugar for every 1 cup of lime mixture.
- Place sugar in a large baking dish and bake for 10 minutes, stirring occasionally. (Heated sugar dissolves more quickly in a jam, resulting in a clearer jam.) Bring lime mixture to a boil, then immediately add sugar. It is recommended to add the sugar while the mixture is away from the heat source.
- Stir constantly until the sugar is entirely dissolved; do not allow the marmalade to boil again till this is accomplished.

- Bring the marmalade to a quick boil, uncovered. Before testing the marmalade, place a saucer in the freezer for 10 minutes. Remove from heat after 12 minutes of rapid boiling; allow bubbles to reduce; put a tablespoon of marmalade onto a cold saucer; transfer to the freezer for a few minutes to cool. If the marmalade is not jelled enough, return to the heat for another 3 minutes and test again. Within 20 minutes, the marmalade should be jelled; set aside for 5 minutes to enable the fruit to settle. Pour into sterilized jars that are hot. You should store it in a cool and dark area.

## **23. Old-Fashioned Raspberry Jam**

**Prep Time:** 21mins | **Serve:** 3 | **Calories:** 123kcal

### **Ingredients**

- (1 liter) granulated sugar
- 4 cups raspberries

### **Instructions**

- Warm the sugar in an ovenproof shallow pan for 15 minutes at 250°F (120°C).
- In a big stainless steel or enamel saucepan, place the berries. Bring to a full boil at high heat, crushing the berries as they heat with a potato masher. It should be boiled vigorously for 1 minute. You also need to stir constantly during the process.
- Return to a boil, constantly stirring, until the mixture forms a gel, around 5 minutes.
- Pour into sterilized jars and proceed with the Shorter Time Processing Procedure.

## **24. Over-the-Top Cherry Jam**

**Prep Time:** 40mins | **Serve:** 12 | **Calories:** 89kcal

## **Ingredients**

- A half tsp. butter
- 1 package (1-3/4 ounces) powdered fruit pectin
- Two and a half pounds of fresh tart cherries
- Four and three-fourth cups of sugar

## **Instructions**

- Cover & process cherries in batches in a food processor until finely chopped. In a Dutch oven, combine the pectin and butter. Over high heat, bring to a full rolling boil, stirring frequently. Return to a full rolling boil after adding the sugar. It should be boiled for 1 minute. You need to stir during the boiling period.
- Remove from heat and skim off any excess foam. Fill 6 hot sterilized half-pint jars with hot mixture, leaving 1/4-inch headspace. You have to remove air bubbles and, if necessary, correct headspace by adding a heated mixture. Clean the rims. Screw on bands till fingertip tight with center lids on jars.
- Place the jars in a canner filled with simmering water, making sure they are completely covered. Bring to a boil and then simmer for 5 minutes. Remove and chill the jars.

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## **25. Canning Peaches Safely at Home**

**Prep Time:** 10mins | **Serve:** 2 | **Calories:** 123kcal

### **Ingredients**

- 17-18 pounds of peaches
- Ten and a half cups of water
- boiling water for peeling peaches
- One and one-fourth cups of sugar

### **Instructions**

- Bring a pot of water to a boil, then add the peaches and cook for 30-90 seconds. Cool in ice water after removing with a slotted spoon. With your hands, peel the peaches; the skins should easily peel away. If they don't, the boiling process will be repeated.
- Remove the pits from the peaches and cut them in half. It's up to you whether you want them canned whole or cut.
- In a stockpot, bring ten and a half cups water and one and a quarter cups sugar to a boil. To dissolve the sugar, stir properly. Cook for 1-2 minutes after adding the peaches.
- Ladle quart canning jars with hot peaches. This recipe should make enough to fill a 7-quart canner.
- Leave 1/2-inch room between the peaches and the syrup in the jars. Remove any remaining air bubbles and cover with two-part canning lids.
- For below 1000 feet in elevation, process in a water bath canner for 20 minutes for pints and 25 minutes for quarts. If you want to pressure can use a weighted gauge

pressure canner and process for 10 minutes at 5 pounds' pressure.

## 26. Pickled Mushrooms

**Prep Time:** 60mins | **Serve:** 20 | **Calories:** 23kcal

### Ingredients

- One and three-fourth cups of [water](#)
- Two and a half cups [white vinegar](#)
- 3lbs [mushrooms](#)
- One-third cup of chopped [onion](#)
- 5 [garlic cloves](#)
- Two and a half tsp. s [whole black peppercorns](#)
- 3 tablespoons Morton canning & [pickling salt](#)

### Instructions

- Mushroom stem tips should be trimmed. Under cool running water, wash the mushrooms. Drain.
- Combine vinegar, water, and salt in a big pot. Then you have to heat, constantly stirring to dissolve the salt. Also, insert mushrooms. Bring to a boil, then reduce to low heat and cook for 10 to 12 minutes, or until the mushrooms are soft. Fill half-pint jars with mushrooms. Then 1 tablespoon onion, 1/2 tsp. Peppercorns and 1 garlic clove should be added to each jar. Pour heated brine into jars, leaving 1/2-inch headspace. Using a non-metal spatula, remove any air bubbles. Clean the jar rims and tighten the lids. In a boiling water bath, you need to process for 20 minutes.

## 27. Blackberry Jam Recipe without Pectin

**Prep time: 40mins | Serve: 14 | Calories: 55**

## **Ingredients**

- 1 to 2 tbsps. lemon juice
- One to two cups of sugar
- 5 cups blackberries

## **Instructions**

- In a saucepan, combine the blackberries, sugar, and lemon juice. To allow for foaming, make sure there are several inches of headspace.
- Reduce the heat to low and continue to cook the jam till it reaches the gel stage, occasionally stirring to keep the bubbles at bay. This should take twenty to thirty minutes to make a low sugar jam in this batch. (Increasing the sugar will make the jam to gel faster and yield more jam)
- On a plate in the freezer, check for the gel stage.
- Fill prepared canning jars with jam, allowing 1/4-inch headspace. Refrigerate after processing for 10 minutes in a water bath canner.

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## 28. Homemade Dill Pickle Relish

**Prep Time:** 55mins | **Serve:** 12 | **Calories:** 6kcal

### Ingredients

- Two and a half lbs. cucumbers
- 1 tablespoon [yellow mustard seeds](#)
- 2 tsp. s [celery seeds](#)
- A half tsp. turmeric
- One-fourth cup kosher or pickling salt
- 3 cups white vinegar
- A half cup of sugar
- 2 tsp. s [dill seeds](#)
- 1 large yellow onion, finely diced
- 1 small red bell pepper, finely diced
- 1 small green bell pepper, finely diced
- 3 cloves garlic, finely minced
- 2 bay leaves

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## Instructions

- In a large mixing bowl, combine the diced cucumbers, onion, bell pepper, as well as garlic. Pour water over the mixture till it is completely covered. Allow it to sit for a minimum of 6 hours or overnight.
- In a colander, drain the cucumber mixture, rinse completely with water, & drain again.
- Bring the sugar, vinegar, & spices to a boil in a large stock pot. Reduce the heat to medium-low and continue to cook for another 5 minutes. Return to a boil with the drained cucumber mixture. Reduce the heat to medium-low as well as cook for 10 minutes, uncovered. Remove and discard the bay leaves.
- Fill hot sterile jars with the relish, leaving 1/4-inch headspace. Clean the rims of the jars and apply the lids tightly.
- In a hot water bath, process the jars for 10 minutes.
- Jars should be kept in a cold, dark area for a year. The relish will stay in the fridge for at least a month if the seal is broken. It can yield 4 pints
- After the flavors have melded and the vinegar has softened a bit, it's best served at least a week later.

## **29. Strawberry Jam**

**Prep time: 40mins | Serve: 5 | Calories: 85**

### **Ingredients**

- Four cups of white sugar
- One-fourth cup of lemon juice
- 2 pounds of fresh strawberries

### **Instructions**

- Crush strawberries in batches in a large mixing bowl till you have 4 cups of mashed berries. Combine the strawberries, sugar, as well as lemon juice in a heavy-bottomed saucepan. Stir constantly over low heat till the sugar is completely dissolved. Bring the mixture to a full rolling boil by increasing the heat to high. Cook, often stirring, till the mixture reaches 220°F (105 degrees C).
- Fill hot sterile jars with the mixture, giving 1/4 to 1/2-inch headspace, and seal. In a water bath, you have to process it. If you're planning to eat the jam right away, skip processing and just refrigerate it.

## **30. Canned Pickled Beets Recipe**

**Prep Time: 65mins | Serve: 4 | Calories: 80kcal**

### **Ingredients**

- Four to five pounds' small beets
- 3 cups white vinegar
- Two tbsps. mixed pickling spices
- 1 cup water
- 2 tsp. s pickling salt

- One and a half cups white sugar

## **Instructions**

- Wash the beets and cut off most of the tops, leaving around 1/2 inches of beet top. Cook the beets in a large pot of boiling water until just tender. Remove the pan from the heat.
- In a large bowl of icy water, submerge the beets.
- Remove the skin after entirely cutting off the tops and roots. Beets should be peeled and sliced into desired sizes.
- In a nonreactive pot, mix the vinegar, sugar, water, salt, and pickling spice and bring to a boil; turn the heat down and simmer for 10 minutes.
- Return the pickling liquid to a boil with the beets. Take away the spice bag. Fill hot sterilized pint jars with beets and pickling liquid, allowing 1/2-inch headspace.
- Using a non-metal utensil, remove any air bubbles. If necessary, add more pickling liquid to maintain the required headspace.
- If the jar rims are not fully cleaned with a clean wet cloth, the jars will not seal properly.
- In a hot water bath, process the jars for 35 minutes.

## 31. How to Can Apple Slices

**Prep Time:** 30mins | **Serve:** 5 | **Calories:** 104kcal

### Ingredients

- Apples in increments of 5 cups
- Three fourth cup sugar for every 5 cups of apples

### Instructions

- Apples should be washed, peeled, cored, and sliced.
- In a 5-gallon food-grade bucket, layer the sliced apples. Fill the bucket with around 5 cups of apples and 3/4 cup of sugar.
- Continue layering until you're out of apples or your bucket is full.
- To assist press out the juices, cover the apples with a plate and also weigh them.
- Allow for 12-24 hours of sitting time after covering the bucket with a lid.
- Fill the quarts with hot, clean, sterilized apple slices.
- Fill a stockpot with the juices and bring to a boil.
- Pour the hot juice over the apples, allowing 1/2 inch of headspace but completely covering them.
- To remove air bubbles, run a canning knife down the sides of the jar, wipe the rim with a wet rag, and cover with a warm ring and lid.
- In a water bath canner, process the quarts for 20 minutes.

## 32. Jellied Cranberry Sauce

**Prep Time:** 45mins | **Serve:** 16 | **Calories:** 193kcal

### Ingredients

- 4 bags of fresh cranberries, 12 ounces each
- The juice of one orange plus enough water to equal 2 cups
- The zest of 1 orange
- 4 cups sugar

### Instructions

- In a large stockpot over high heat, mix the sugar, orange juice, zest, and water. Bring the water to a boil. Return to a boil with the cranberries. Reduce the heat to low and let the cranberries pop open for 10 minutes.
- Then it should be poured into a fine-mesh sieve over a heat-proof bowl till all that's left is a paste of cranberry twigs and seeds with orange zest. Fill sterile canning jars with the mixture, leaving 1/4-inch headspace. Wipe the rims clean, put new lids on the jars, and tighten the rings with your fingertip.
- Put the jars filled with hot cranberry sauce in a canner, as well, and cover with hot water to keep them fresh. In a pint, pint, and a half, or quart jar, bring to a boil as well as the process for 15 minutes. Remove the cover from the canner, turn off the heat, and leave the jars in the water for 5 minutes before moving them to a wire rack or towel to cool completely overnight. Wipe off the jars, label them, and store them for up to a year in a cool, dark place.

### **33. Apple & Cucumber Jelly Jam**

**Prep time: 45mins | Serve: 8 | Calories: 63**

#### **Ingredients**

- Fifteen hundred Mixed Apple and Cucumber.
- One and a half Sachets Pectin from Tate & Lyle
- 2 Knobs Butter
- One thousand and five hundred grams of Sugar

#### **Instructions**

- In a big pot with a thick bottom, combine the apple and cucumber. This is a substantial amount for a home preserve session; thus, a nice preserve-making pot is suggested.
- Turn on the heat and carefully break down the fruit and vegetables, just enough to soften them. If necessary, add a tablespoon of water at a time. Then allow it to bubble off before adding the sugar.
- Bring the sugar & pectin, as well as the butter, to a gentle boil. This is when you can take your hand mixer to smooth up the mixture. If you do this, be very careful because you're dealing with boiling sugar, and it's easy to spray yourself. You have to be very careful and cautious during the process because a reckless attitude can result in harm.
- Allow the jam to boil rapidly until it reaches the setting point, which is when a drop of jam on a cooled plate wrinkles slightly.
- Simply pour the mixture into sterilized jars and enjoy it anytime you like.

### **34. Mixed Vegetable Pickles**

**Prep Time:** 45 mins | **Serve:** 4 | **Calories:** 54kcal

## **Ingredients**

- One heads Cauliflower
- cups Hot Water
- One cup of Pickling Salt
- One-fourth tsp. Black Peppercorns
- One to two cloves Garlic cloves
- Two pounds' broccoli
- One package of Celery Ribs
- One to two pounds of Baby carrots
- One to two Onions
- Eight cups Vinegar
- One-fourth tsp. Mustard Seeds
- One tsp. Dill Seed

## **Instructions**

- Wash all the vegetables. Cauliflower and broccoli should be cut into bite-sized florets, while celery should be cut into 1-1.5" long pieces. In a big mixing bowl or pot, combine all vegetables, striving to properly distribute each variety.
- Fill your large pot with water and bring to a boil over medium or high heat while you make your brine.
- Mix vinegar, water, and salt in a separate pot. Bring to a boil, constantly stirring to ensure that the salt is completely dissolved. Measure the "per jar" contents into your sterilized jars as the brine boils up. Arrange the prepared vegetables in the jars, packing them as firmly as

possible - seriously, stuff as many pieces as you can into each jar.

- When the brine has reached a boil, pour it into the prepared jars using a canning funnel, allowing about a half-inch headspace. Wipe the top edges of the jars clean with a wet towel, and then cover each with a fresh, sterilized lid and a clean lid ring. Place your pickle jars carefully into the hot water pot and process for fifteen minutes. Remove them with care and set them aside to cool overnight.
- Check the next morning to ensure that all of the jars have a good seal. It did not seal if it "pops." Any jars that did not seal properly should be stored in the refrigerator and utilized within a few weeks.
- Allow the flavors to permeate the pickles by leaving them alone for at least a few days. Chill well before eating and store in a cool, dark place for up to a year.

## **35. Sweet Corn Relish for Canning**

**Prep Time:** 75mins | **Serve:** 16 | **Calories:** 28kcal

### **Ingredients**

- 4 Ears Fresh Corn Husks removed
- 1 tablespoon Celery Seed
- 2 tsp. Dry Mustard
- 2 Jalapenos Chopped
- One and a half cups of Granulated Sugar
- One-fourth cup Salt
- 2 tsp. Turmeric
- 4 Large Green Bell Peppers Chopped

- 2 Large Onions Chopped
- Two to three Large Tomatoes Chopped
- Four Celery Ribs Chopped
- 5 cups Vinegar

## **Instructions**

- Remove the kernels from the cobs with a sharp knife and set them in a big pot. Peppers, onions, tomatoes, celery, and jalapenos should all be added.
- Combine sugar, salt, turmeric, celery seed, as well as dry mustard in a medium mixing bowl. Before adding the vinegar, pour the ingredients into the pot and stir well.
- Bring to a boil and then reduce to low heat and simmer for 40 minutes.
- Pour into sterilized, hot canning jars. Apply sterilized lids and rims and cook for 15 minutes in a hot water bath. Allow chilling completely overnight.
- Check all lids for a proper seal: when the jars cooled, they should really have sucked down into a vacuum seal. The properly sealed jars could be stored for later use; keep those that did not seal in the refrigerator for use in the coming weeks.

## 36. Blackcurrant jam

**Prep Time:** 60mins | **Serve:** 3 | **Calories:** 33kcal

### Ingredients

- Six hundred grams of blackcurrants were stripped off the stalks
- Four hundred grams of white caster sugar or granulated sugar
- juice of  $\frac{1}{2}$  a lemon

### Instructions

- Put a saucer in the freezer if you don't have a cooking thermometer. Clean the jars you'll be using. Pour roughly 100ml of water into a heavy-based saucepan with the blackcurrants. Bring to a boil and then reduce to low heat for 5 minutes, just until the fruit has broken down into a chunky pulp. Allow cooling slightly.
- You have two choices now. Squash the fruit through a sieve into a dish for a smooth jelly-style jam. Leave the pulp alone if you like your jam chunky as well as seeded. Weigh the fruit pulp, whether strained or unstrained and add four hundred grams of sugar to every five hundred grams of pulp, then return to the saucepan.
- Pour in the lemon juice, then heat gently, constantly stirring, until the sugar is dissolved. Increase the heat to high and cook for about 10 minutes, or until cooking, the thermometer reads 105 degrees Celsius. If you don't have a thermometer, spoon a little jam onto a cool saucer to check the setting point. After a few minutes, carefully slide the finger through the jam to see whether it wrinkles; if it does, it's ready. If not, return to a boil for 2 minutes before testing again.

- Remove the pan from the heat and use a slotted spoon to remove any froth. Allow 10-15 minutes for cooling. Pour into sterilized jars after gently stirring to distribute the fruit. It can be stored in a cold, dry place for up to 6 months.

## **37. Special Mango Jam**

**Prep Time:** 40mins | **Serve:** 6 | **Calories:** 75kcal

### **Ingredients**

- Four cups chopped mango
- Three cups sugar
- One and a half cups lemon or lime juice

### **Instructions**

- Mangoes should be peeled, seeded, and diced into 1/2 inch cubes.
- Combine the chopped mangoes, sugar, and citrus juice in a heavy-bottomed saucepan. To avoid overflowing when the mango jam is cooking, make sure they only come up 1/3 of the way up the saucepan at this time.
- Over medium-high heat, bring the ingredients to a boil, stirring continuously to avoid burning or overflowing.
- Cook for 20 minutes, just until the jam begins to gel. Use an instant-read thermometer to check for gelling on a plate that has been chilled in the freezer.
- Fill prepared canning jars with the jam, allowing 1/4-inch headspace. Now is the time that you need to process for 10 minutes in a water bath canner or store in the refrigerator for immediate use. In the pantry, the canned jam should last a year, and the refrigerator jam should last for two to three weeks.

## 38. Hot Pepper Jelly

**Prep Time:** 145mins | **Serve:** 8 | **Calories:** 89kcal

### Ingredients

- Two and a half cups finely chopped red bell peppers
- 1 cup apple cider vinegar
- 1 package powdered pectin
- 1 ¼ cup finely chopped green bell peppers
- One-fourth cup of finely chopped jalapeno peppers
- 5 cups white sugar

### Instructions

- Follow the manufacturer's instructions for sterilizing 6 (8-ounce) canning jars and lids. In a hot water canner, heat the water.
- In a large saucepan over high heat, combine red bell peppers, green bell peppers, as well as jalapeno peppers. Mix in the fruit pectin and vinegar. Bring the mixture to a high rolling boil, stirring frequently. Stir in the sugar quickly. Return the pot to a full rolling boil and cook for 1 minute, stirring frequently. Remove from the heat and skim any excess froth.
- Fill sterilized jars with jelly, filling to within 1/4 inch of the tops. Cover with flat lids and tighten the bands.
- Place the jars in the rack and carefully lower them into the canner. The water should completely cover the jars and be hot but not boiling. The water should be brought to a boil and processed for five minutes.

## 39. Special Plum Jam

**Prep Time:** 145mins | **Serve:** 7 | **Calories:** 54kcal

## **Ingredients**

- 4 pounds' plums, washed, cut in half, and pits removed
- Four cups of granulated sugar
- Two tbsps. lemon juice

## **Instructions**

- Wash the plums, cut them in half, and discard the pits before putting them in a big pot.
- If you're not adding pectin and letting the jam simmer for a long time, there's no need to chop them as they'll break down on their own, and you can always mash or puree a portion of the jam afterward if you don't want as many chunks.
- Heat the saucepan with the sugar as well as lemon juice over medium heat at first to avoid burning the plums or sugar. Increase the heat once the plum juices start to run.
- Cover and cook the plum till an instant-read thermometer registers 220 degrees F. This is necessary for the jam to set and not get too runny. Skimming off the froth isn't necessary because it will disintegrate on its own near the finish.
- If preferred, mash/blend a portion of the jam with a potato masher or a hand-held immersion blender until the appropriate chunkiness is achieved.
- Ladle the hot jam into sterilized jars and wipe the rims with a wet towel to ensure there is no jam on the rims. Fill each jar to within a quarter inch of the top. Place the lids on the jars as well as screw on the sterilized rings after washing them in soapy water. Boil for 10 minutes in a water bath canner.

- Remove the jars with care and leave them to sit for twenty-four hours prior to removing the rings (if desired) and putting them in a cool place. They can be stored for up to a year. Once opened, store in the refrigerator for up to a month.

## **40. Chow Chow Relish**

**Prep Time:** 160mins | **Serve:** 10 | **Calories:** 140kcal

### **Ingredients**

- Eight cups of chopped Cabbage
- One tsp. Ginger
- One tsp. Ground Cinnamon
- One tsp. Ground Cloves
- One tsp. Crushed Pepper Flakes
- Two small Cayenne Peppers, chopped
- ¼ cup Salt
- Three cups of Granulated Sugar
- Four tsps. Celery Seed
- Two tsps. Dry Mustard
- Two tsps. Mustard Seed
- Two tsp. Turmeric
- Six cups of Green Tomatoes
- Four cups Onions
- Two cups of Sweet Green Peppers
- One cup of Sweet Red Peppers
- Five cups of White Vinegar

## **Instructions**

- All vegetables should be chopped and diced.
- Then they should be placed in a non-reactive container
- They should be sprinkled with salt and mixed really well.
- They should be allowed to stand for four to six hours, or overnight if possible.
- They should be drained well.
- Then they should be rinsed again and drained well.
- Now mix Sugar, Spices as well as Vinegar in a large saucepot.
- The mixture should be simmered for 10 minutes.
- Now vegetables should be added and simmered for 10 minutes.
- Then it should be brought to a boil and cooked till veggies are tender.
- Now hot should be packed into hot jars, leaving 1/4inch headspace.
- Then air bubbles should be removed.
- Next, jar rims should be wiped.
- Then two-piece caps should be adjusted.
- It should be processed for ten minutes in a boiling water canner.

## **41. Easy Pickled Radishes**

**Prep time: 20mins | Serve: 12 | Calories: 467**

### **Ingredients**

- 1 bunch radishes about a 1/2 pound,

- 1 tsp. mustard seeds
- A half tsp. ground black pepper
- 1 bay leaf
- A half cup of white or apple cider vinegar with 5% acidity
- A half cup of sugar
- 1/4 cup water
- 1 tsp. salt
- A half tsp. dried crushed red pepper optional

### **Instructions**

- Radishes should be placed in a hot, sterilized 1-pint jar. In an enameled saucepan, bring the vinegar, sugar, water, salt, spices, and bay leaf to a boil.
- Over the radishes, ladle hot pickling liquid. Wipe the rim of the jar. On the jar, place the lid. Adjust the band to fingertip-tight. Allow cooling completely on a wire rack (about sixty minutes). Chill for 6 hours before serving. Refrigerate for up to four months for later use.

## Conclusion

Potentially hazardous food microbes can be eliminated when food is correctly collected, prepared, and then put in jars that are "heat-processed" (heated to the appropriate temperature and maintained for a period of time indicated in scientifically documented heat penetration experiments). Heat processing also renders inactive naturally occurring enzymes responsible for food degradation. In addition to using two-piece metal closures and home canning jars, heat processing also produces an airtight seal that shields food from recontamination while it is being stored. This is how it occurs: As a result of the expansion of gases and food during heating, the pressure within the jar increases. As food and air (gases) from the headspace escape from under the lid, the pressure is released or lessened. Throughout the processing time, gases are released, and pressure is constantly built up. A vacuum is created inside a sealed, cooled jar by the venting of gases. After a product has undergone heat processing and cooled to room temperature, there is a difference in pressure between the exterior and interior of the jar. The lid is forced downward by the increased outside pressure, and the softened sealing material inside the lid conforms to the jar's rim to establish a hermetic seal. This seal stops additional microbes from getting inside and contaminating the food while it's being stored.

This is how foods have been home canned for ages. The book consists of amazing recipes and techniques for food canning and preservation that will surely prove quite beneficial to the reader.