



# Canning & Preserving

Everything You Need to Know to Can Jams, Vegetables, Sauces in a Jar and More



Simply Recipes

Brandon Roark

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Vegetables, Sauces in a Jar and More

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ISBN: 9798632860338

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# Introduction

Don't let a single piece of recipe go to waste when you can easily can or preserve it with our guide to canning recipes. It's economical and allows home cooks to experiment with foods that might not be in the supermarket and know exactly where their ingredients come from. If you've never tried canning at home, this book will teach you a step-by-step instructions as well as tips on headspace, time, and temperature requirements to ensure food safety. This book will walk you through step-by-step how to preserve some of the most commonly used Jams, Jellies & Marmalades, Fruits & Vegetables, Pickles & Relishes, Sauces, Salsas & Chutneys, Soups & Stews and Fermentation. This book also explain tips and helpful information.

# **Canning Jams, Jellies, Marmalades**

# Peach Jelly



\*8 servings

## INGREDIENTS

**For the peach juice:**

6 cups peeled pitted, and finely chopped peaches (about 6 pounds)

1 1/2 cups water

**For the peach jelly:**

3 1/2 cups peach juice

1/4 cup lemon juice

7 1/2 cups sugar

6 ounces liquid pectin

**DIRECTIONS****For the peach juice:**

1. Combine peaches and water in a large (about 8-quart) stainless-steel saucepot. Bring to a boil. Reduce to medium-low heat and simmer for about five minutes. Remove from heat and skim off any foam with a stainless-steel spoon. Cover and allow to stand for about 20 minutes.
2. Strain the juice through a fine mesh sieve over a large bowl. Discard any pulp. Line the sieve with two layers of cheesecloth and strain the juice two times. Refrigerate if not using immediately.

**For the jelly:**

1. Measure peach juice. You may add up to 1/2 cup of water to the peach juice to make it equal exactly the 3 1/2 cups needed.
2. Combine peaches, pectin and lemon juice in a large saucepot. Bring to a boil, stirring gently. Add sugar, stirring until



dissolved. Return to a rolling boil. Boil hard for 1 minutes, stirring constantly. Remove from heat. Skim foam if necessary with a stainless-steel spoon.

3. Ladle hot preserves into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process 10 minutes in a boiling-water canner.

# Apricot Jam



\*50 servings

## **INGREDIENTS**

8 cups fresh apricots - peeled, pitted, and crushed

1/4 cup lemon juice

6 cups white sugar

5 (1 pint) canning jars with lids and rings

## **DIRECTIONS**

1. Mix apricots and lemon juice in a large pot; add sugar. Slowly bring to a boil, stirring until sugar dissolves. Cook and stir until apricot mixture thickens, about 25 minutes. Remove from heat and skim foam if necessary.

2. Meanwhile, prepare jars, lids, and rings by cleaning and sterilizing in dishwasher or boiling water bath. Leave lids in simmering water until ready to seal jars.
3. Ladle hot jam into hot sterilized jars, leaving about 1/4 inch of space on top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings.
4. Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil, then carefully lower the jars into the pot using a holder. Leave a 2-inch space between the jars. Pour in more boiling water if necessary until the water level is at least 1 inch above the tops of the jars. Bring the water to a full boil, cover the pot, and process for 15 minutes.
5. Remove the jars from the stockpot and place onto a cloth-covered or wood surface, several inches apart, until cool. Once cool, press the top of each lid with a finger, ensuring that the seal is tight (lid does not move up or down at all). Store in a cool, dark area.

# Cherry jam



\*250ml jam jar

## **INGREDIENTS**

Cherry jam

400g of cherries

200g of jam sugar

1 tbsp of lemon juice, (fresh)

## **DIRECTIONS**

1. Begin by putting a plate in the freezer. This will help you test when the jam is ready later on
2. Halve the cherries, remove the stones and place in a heavy-based pan with the sugar and lemon juice

3. Cook down over a low heat, stirring regularly until the cherries have released enough liquid to prevent the sugar from caramelising. Simmer for 20–25 minutes
4. To test if the jam is the correct consistency, remove the plate from the freezer and spoon a little jam onto the plate. Place in the fridge to set for a couple of minutes. If the jam forms a skin and sets then it is ready to jar. If not, return to the heat and continue cooking, repeating the test every 5 minutes

# Grape Jam



\*4-5 half pint jars

## INGREDIENTS

3 pounds flavorful grapes concord

1 cup Water

1 1/4 cup granulated sugar

3 tablespoons low sugar pectin

1/2 cup lime or lemon juice

## DIRECTIONS

1. Prepare boiling water canner and sterilize 5 half-pint jars by boiling them for ten minutes. Wash lids and rings and bring to a simmer in a separate, small saucepan of water. Turn off heat and allow jars, lids and rings to sit in hot water until you need them.

2. Wash and stem grapes, removing any split or compromised ones. Don't worry if small stems remain on the fruit, since they will be strained out along with the seeds. In a nonreactive, heavy-bottomed saucepan bring grapes and water to a boil and then reduce to a simmer.
3. Simmer grapes, periodically stirring and crushing, until they've begun to lose their shape and you can see seeds floating in the mix, about ten minutes. Remove from heat and cool slightly.
4. Set a food mill (with the smallest sieve in place) over a large, heatproof bowl or pitcher, and pour grapes and cooking liquid through. Mill until all that remains are the seeds, skins, and stems. You will have about 4 cups (32 ounces) of grape pulp.
5. In the same, nonreactive saucepan, stir grape pulp together with sugar, pectin, and citrus juice and bring to a boil over high heat. Cook until the mixture registers 220°F on a candy or instant read thermometer.
6. Turn off heat and skim any foam with a spoon. Ladle jam into prepared jars, leaving a quarter inch of head space. Wipe the rims of the jar lids with a clean kitchen or paper towel and seal.
7. Place the sealed jars back into the canning kettle. When all jars are added, make sure that the water level clears the jar lids by at least one inch. Add more water if necessary, and, over high heat, bring the water back up to a boil. Once the water boils, set a timer for ten minutes.
8. After ten minutes, turn off heat, and allow jars to sit in water for five additional minutes. Then, using a jar lifter, remove the jars to a cooling rack.

9. Once jars have reached room temperature, remove rings and test that all lids have sealed properly. If any have not sealed, store them in the refrigerator. Label and store sealed jars in a cool place out of direct sunlight.



# Orange Marmalade



\*1 Jar (96 Servings)

## INGREDIENTS

5 pounds ripe oranges

4 cups water

6 cups sugar

3 pint jars with sealable lids

## DIRECTIONS

1. Wash and dry the oranges. Use a sharp vegetable peeler or paring knife, remove the brightly colored zest—and only the brightly colored zest—from the oranges. Be sure to leave behind any and all of the white pith directly underneath, it is very bitter.

2. Chop the resulting zest: bigger pieces for chunkier marmalade, ribbon-like strips for a more spreadable result. Set zest aside.
3. Cut the ends off the zested oranges and then, working with one orange at a time, cut off the thick white pith from around each orange. Working over a bowl to catch the juices, hold a fully peeled orange and use a sharp knife to cut out each section from the membrane holding the sections together. See how to section oranges for pictures if you've never done this before. Discard the ends and white pith.
4. Squeeze any juice out of the membrane once you've cut out all the fruit. Set the membrane aside, along with any seeds—the pectin in these will help "set" the marmalade later.
5. Combine the zest, fruit, juice, 4 cups of water, and sugar in a large heavy pot and bring to a boil.
6. Meanwhile, lay a double layer of cheesecloth in a medium bowl and put membranes and seeds in the bowl. Lift up the corners and tie the cheesecloth into a bag to hold the membranes and seeds. Add this "pectin bag" to the pot.
7. While the mixture comes to a boil, put a canning kettle full of water on to boil if you're planning to can the marmalade. When canning kettle water reaches a simmer, use it to simmer the jars and lids for 5 minutes to sterilize them. Turn it up to a boil and follow the sterilization process.
8. Put a few small plates in the freezer to chill them.
9. Meanwhile, bring marmalade to 220 F and hold it there for 5 minutes. Be patient, this can take quite a while.
10. Put a dollop of the mixture on a chilled plate, swirl the plate to spread the mixture a bit, and drag a spoon through the

mixture. If your marmalade is set, your spoon will leave a trail, and you'll still be able to see the plate where you dragged the spoon.

11. Remove pectin bag, squeezing any marmalade in it out and back into the pot before discarding the bag. Take marmalade off the heat and let sit 5 minutes. Set up clean jars next to the pot.
12. Stir marmalade to distribute the zest evenly in the mixture. Use a ladle to transfer the marmalade into the jars while they are still hot, leaving 1/2 inch of headspace at the top of each jar. Put lids on the jars.

## **TIPS**

- Refrigerate after opening.
- If the jars are not processed, refrigerate this marmalade and use it within 2 weeks.

# **Canning**

## **Fruits & Vegetables**

# Green Beans - Pressure canning



\*1 quart

## INGREDIENTS

2 lb green beans per quart

Water

Salt, optional

Ball® Glass preserving jars with lids and bands

\*You must process at least 2 quart jars or 4 pint jars in the pressure canner at one time to ensure safe processing.

## **DIRECTIONS**

1. Prepare pressure canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. Wash and rinse beans thoroughly. Remove string, trim ends and break or cut freshly gathered beans into 2-inch pieces. Place prepared beans in a large saucepan and cover with boiling water. Boil for 5 minutes.
3. Pack hot beans into hot jars leaving 1 inch headspace. Add 1 tsp salt to each quart jar, 1/2 tsp to each pint jar, if desired.
4. Ladle boiling water over beans leaving 1 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
5. Process filled jars in a pressure canner at 10 pounds pressure 20 minutes for pints and 25 minutes for quarts, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

**TIP:** The processing time given applies only to young, tender pods. Beans that have almost reached the “shell-out” stage require a longer processing time. Increase processing time 15 minutes for pints and 20 minutes for quarts.

# Strawberry lemonade



\*7 (16 oz) pints

## INGREDIENTS

6 cups hulled strawberries

4 cups freshly squeezed lemon juice

6 cups granulated sugar

7 Ball® (16 oz) pint jars

## **DIRECTIONS**

1. Prepare boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. Puree strawberries in a blender or food processor fitted with a metal blade, working in batches, until smooth. Transfer to a large stainless steel saucepan as completed.
3. Add lemon juice and sugar to strawberry puree, stirring to combine. Heat to 190° F over medium-high heat, stirring occasionally. Do not boil. Remove from heat and skim off foam.
4. Ladle hot concentrate into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
5. Process jars in a boiling water canner for 15 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

**TIP:** To reconstitute, mix one part concentrate with three parts water, tonic water or ginger ale. Adjust concentrate to suit your taste.



# Corn Relish



\* 3-4 pints

## **INGREDIENTS**

1 large cucumbers, peeled, seeded, roughly chopped

2 cups of chopped onions

1 red bell peppers, seeded and chopped

4 cups corn kernels (cut from 4-6 ears, depending on how big the ears are)

2 plum or Roma tomatoes, diced the size of a corn kernel

1 red or green serano chile peppers, seeded and minced

1 1/4 cups sugar

2 tablespoons Kosher salt

1/2 teaspoon black pepper

1 1/2 cups apple cider vinegar (5% acidity)

1/2 teaspoon turmeric

2 teaspoons mustard seeds

1/2 teaspoon ground cumin

## **DIRECTIONS**

1. Pulse cucumbers, onions, bell peppers: Working in batches if necessary, pulse the cucumbers, onions, and bell peppers in a food processor just 3 or 4 pulses, so they are still distinguishable from each other, not puréed.
2. Combine with remaining ingredients, simmer 25 minutes: Place mixture in a medium-sized (4 to 6-quart), thick-bottomed pot. Add the corn, tomatoes, serano chiles, sugar, salt, pepper, vinegar, turmeric, mustard seed, and ground cumin. Bring to a boil. Reduce heat to a simmer. Cover and cook for 25 minutes.

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

**TIP:** If you would like to store your pickles outside of the refrigerator, sterilize canning jars before canning, and process the relish-filled jars in a hot water bath for 15 minutes after canning. Review more detailed canning instructions in our recipe for bread and butter pickles.

# Tomato Juice



\*about 1 quart

## **INGREDIENTS**

3 pounds very ripe garden tomatoes, cored, roughly chopped

1 1/4 cups chopped celery with leaves

1/3 cup chopped onion

2 Tbsp sugar (to taste)

1 teaspoon salt

Pinch black pepper

## **DIRECTIONS**

1. A couple shakes of Tabasco sauce, about 6-8 drops (to taste)
2. Put all ingredients into a large non-reactive pot (use stainless steel, not aluminum). Bring to a simmer and cook, uncovered, until mixture is completely soupy, about 25 minutes.
3. Force mixture through a sieve, chinoise, or food mill. Cool completely.
4. Store covered and chilled. Will last for about 1 week in the refrigerator.

# Honey-Spiced Peaches



\* 4 pints

## INGREDIENTS

4 to 5 lbs. peaches, peeled and sliced

2 cups water

1 cup honey

1/2 cup sugar

1 1/2 Tbsp

## DIRECTIONS

1. Divide peaches between 4 sterilized pint size canning jars; pack the slices into the jars, leaving 1/2-inch headspace at the

top of the jar.

2. Bring water, honey and sugar to a boil in a small saucepan, stirring to dissolve sugar.
3. Whisk in Georgia Peach Spice and simmer mixture for about 2 min. Pour hot spiced syrup into prepared jars, making sure peaches are covered and leaving 1/2-inch headspace at the top of each jar.
4. Seal jars with a 2-piece canning lid. Process jars in a boiling water bath for 25 min. (Tip: Jars should be covered by 1 to 2 inches of water.)
5. Let jars cool completely and make sure lids have sealed. (Tip: The lids shouldn't bounce back when pressed on.)
6. Refrigerate any jars that didn't seal; store sealed jars at room temperature and enjoy within 1 year. Use within a few weeks of opening and store in the refrigerator.

**TIP:** Serve over grilled chicken or pork. Toss into green salad or chicken salad. Serve over pound cake with fresh whipped cream. Use as an ice cream topping or stir into yogurt.

# **Canning Pickles & Relishes**



# Dilly Beans



\* 1 quart-sized jar or 2 pint-sized jars

## INGREDIENTS

1 pound green, yellow, or purple string beans

2 cloves garlic

1/2 teaspoon red pepper flakes

1/2 teaspoon yellow mustard seeds

2 fresh dill sprigs

1 cup distilled white vinegar

1 cup water

1 tablespoon kosher salt or 2 teaspoons pickling salt

## DIRECTIONS

1. Prepare the jars: Wash the jars, lids, and rings in warm, soapy water and rinse well. Set aside to dry or dry completely by hand.
2. Prepare the beans: Rinse the beans under cool running water and drain well. Trim the stem ends from the beans and halve them if using 2 pint-sized jars. Leave them whole if using a quart jar.
3. Add the spices to the jars: Place the garlic, red pepper flakes, and mustard seeds in the jar(s).
4. Pack the green beans into the jars: Place the jar on its side. Place the sprigs of dill down first, then stack the beans in the jar, orienting them so that they will stand up straight when the jar stands upright. Pack the jar as tightly as possible. A full pound will fit in one quart jar, or you can divide the beans into 2 pint jars.
5. Make the pickling brine: Combine the vinegar, water, and salt in a small saucepan over high heat and bring to a boil. Pour the brine over the green beans, filling each jar to within 1/2 inch of the top. You might not use all the brine.
6. Remove the air bubbles: Gently tap the jars against the counter a few times to remove all the air bubbles. Top off with more pickling brine if needed. Place the lids over the jars and screw on the rings until tight.
7. Cool and refrigerate: Let the jars cool to room temperature. Store the pickles in the refrigerator. The pickles will improve with flavor as they age — try to wait at least 48 hours before cracking them open.

**TIP:** Storage: These pickles are not canned and can be stored in the refrigerator for up to 2 months. If you process and can the jars, they can be stored at room temperature unopened.

# Bread and Butter Pickles



\* about 5 pint jars

## INGREDIENTS

2 1/2 lbs pickling cucumbers (fresh from the market)

1 pound white or yellow onions, thinly sliced

1/4 cup pickling salt (can use Kosher salt as a substitute, regular table salt has additives in it that will turn the pickles dark and muddy the color of the pickle juice)

1 1/4 cup white distilled vinegar (5% acidity)

1 cup apple cider vinegar (5% acidity)

2 1/4 cups sugar

1 Tbsp mustard seeds

1 teaspoon crushed red pepper flakes

3/4 teaspoon celery seeds

1 inch cinnamon stick

6 allspice berries plus a pinch of ground allspice

6 whole cloves plus a pinch of ground cloves

1/2 teaspoon turmeric

5 pint-sized canning jars, clean, unused lids, metal screw bands for the lids (see Canning jars and lids)

1 16-qt canning pot with rack

Jar lifters or tongs

## **DIRECTIONS**

1. Prep the cucumbers: Carefully rinse the cucumbers, scrubbing away any dirt that may have stuck to the ribs. Slice off 1/8-inch from the ends and discard. Slice the cucumbers in 1/4-inch thick slices, place in a large bowl.

2. Toss sliced cucumbers and onions with salt, cover with ice, and chill 4 hours. Then rinse and drain: Add the sliced onions and pickling salt. Stir in so that the salt is well distributed among the cucumber slices. Cover with a clean tea towel (thin towel, not terry cloth). Cover with a couple of inches of ice. Put in the refrigerator and let chill for 4 hours. Discard ice. Rinse the cucumber and onion slices thoroughly, drain. Rinse and drain again.
3. Sterilize the jars: If you are planning to store your pickles outside of the refrigerator for any length of time, you will need to sterilize your jars before canning, and heat the filled jars in a hot water bath after canning.
4. If you are planning to eat the pickles right away and store them the whole time in the refrigerator, you can skip the water bath step. It's still a good idea to sterilize the jars first, you can do that by running them through the dishwasher, or placing them in a 200°F oven for 10 minutes.
5. To sterilize the jars for canning, place empty jars on a metal rack in a large, 16-qt canning pot. (Jars must rest on a rack in the pot, not on the bottom of the pot). Fill with warm water and bring to a boil. Reduce heat to warm to keep the jars hot and ready for canning.
6. Remove with tongs or jar lifters one by one as you can the cucumbers.
7. Sterilize the lids by bringing a pot of water to a boil and pouring water over a bowl containing the lids.
8. Boil vinegar, sugar, pickling spices: In a 4 qt or 6 qt pot, place the vinegar, sugar, and all of the spices. Bring to a boil. Once

the sugar has dissolved, add the sliced cucumbers and onions. Bring to a boil again. As soon as the sugar vinegar solution begins boiling again, use a slotted spoon to start packing the hot jars with the cucumbers.

9. Pack jars with cucumbers and onions, pour pickling syrup over them: First pack a jar to an inch from the rim with the vegetables. Then pour hot vinegar sugar syrup over the vegetables to a half inch from the rim.
10. Wipe the rim clean with a paper towel. Place a sterilized lid on the jar. Secure with a metal screw band.
11. Process in hot water bath: If you are planning to store pickles outside of refrigerator, process the filled jars in a hot water bath for at least 15 minutes. Return filled jars to the same canning pot with its already hot water. Water level needs to be at least one inch above the top of the cans.
12. Bring to a boil and let boil hard for 15 minutes, or 20 minutes for altitudes of 1001 to 6,000 feet. Over 6,000 feet, boil for 25 minutes. Remove jars from pot.
13. Let cool down to room temperature. Jars should make a popping sound as their lids seal. If a lid doesn't properly seal, do not store the jar outside of the refrigerator.

# **Pickled Peppers**





## **INGREDIENTS**

1 pound chili peppers, quartered

1 pound sliced carrots

1 clove garlic, chopped

1/8 cup salt

1/8 cup pepper

1/8 cup white pepper (optional)

2 cups white vinegar

Dash of your favorite hot sauce

## **DIRECTIONS**

1. Bring the white vinegar to a boil in a small pot.
2. Add the sliced carrots, boil 10 minutes.
3. Add remaining ingredients. Simmer 10 minutes.
4. Remove from heat. Pour Contents into a jar (or several jars), screw on jar lid, and let cool.
5. Refrigerate.

# Dill Pickles



\*1 quart

## INGREDIENTS

1 1/2 cups distilled white vinegar

1/4 cup sugar

4 teaspoons kosher salt

1 teaspoon mustard seeds

1 teaspoon coriander seeds

3/4 teaspoon dill seeds

2 cups hot water

2 pounds kirby cucumbers, sliced 1/4 inch thick

3/4 cup coarsely chopped dill

3 garlic cloves, coarsely chopped

## **DIRECTIONS**

1. In a large, heatproof measuring cup, combine the vinegar, sugar, salt, mustard seeds, coriander seeds and dill seeds with the hot water and stir until the sugar and salt are dissolved. Let the brine cool.
2. In a large bowl, toss the cucumbers with the dill and garlic. Pour the brine over the cucumbers and turn to coat. Place a small plate over the cucumbers to keep them submerged, then cover the bowl with plastic wrap. Refrigerate the pickles overnight, stirring once or twice. Serve cold.

# Sweet Pickled Daikon Radish



\*1 quart

## INGREDIENTS

1 cup rice vinegar

1 cup water

1 cup sugar

1/4 teaspoon turmeric

1 pound daikon radish

1/4 cup kosher salt

## **DIRECTIONS**

1. In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar. Remove from heat and allow it to cool.
2. Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.) Place in a colander with salt and mix well. Place the colander over a bowl and let drain for 1 hour. Rinse the salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar. Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.

# Pickled Asparagus



\*1 quart jar

## INGREDIENTS

1 clove of garlic

1/2 teaspoon organic red pepper flakes

1/4 teaspoon sea salt

1 teaspoon organic dill

1 teaspoon organic dried oregano

1 teaspoon organic mustard seeds

1/2 teaspoon organic black peppercorns

10-20 spears of fresh & local asparagus, depending on spear size

## **DIRECTIONS**

1. Wash and sterilize your mason jars. Line up on the counter like little ducks in a row.
2. Into each jar, put the garlic, red pepper flakes, sea salt, dill seeds, dried oregano, mustard seeds, and black peppercorns.
3. Wash the asparagus and cut the bottom of the stem off so that the asparagus fits into the quart jar. Gently stuff each quart jar with as many asparagus spears as it will hold.
4. You should now have quart jars shoved full of spices and asparagus spears.
5. Heat up a vinegar brine to near boiling - 50% filtered water to 50% white vinegar. The amounts you'll need will vary depending on how many quart jars you're processing.
6. Once the vinegar brine is heated up, gently pour it into each asparagus filled quart jar, leaving 1/4" head space at the top. Secure a sterilized lid and band onto each quart jar.
7. Process the asparagus for 15 minutes in a boiling water bath canner. Gently remove and set on the counter to seal.



# Canning Sauces

# Basic Tomato Sauce



\*2 1/2 cups of sauce

## INGREDIENTS

2 tablespoons extra virgin olive oil

1/2 medium onion, finely chopped

1 small carrot or 1/2 large carrot, finely chopped

1 small stalk of celery, including the green tops, finely chopped

2 tablespoons chopped fresh parsley

1 clove garlic, minced

1/2 teaspoon dried basil or 2 Tbsp chopped fresh basil

1 28 oz. can whole tomatoes, including the juice, or 1 3/4 pound of fresh tomatoes, peeled, seeded, and chopped

1 teaspoon tomato paste

Salt and freshly ground black pepper to taste

## **DIRECTIONS**

1. Gently cook the onion, carrot, celery, and parsley: Heat olive oil in a large wide skillet on medium heat. Add the chopped onion, carrot, celery and parsley. Stir to coat.
2. Reduce the heat to low, cover the skillet and cook for 15 to 20 minutes, stirring occasionally until the vegetables are softened and cooked through.
3. Add garlic: Remove cover and add the minced garlic. Increase the heat to medium high. Cook for garlic for 30 seconds.
4. Add tomatoes, tomato paste, basil, salt, pepper, then simmer: Add the tomatoes, including the juice and shredding them with your fingers if you are using canned whole tomatoes. Add the tomato paste and the basil. Season with salt and pepper to taste.
5. Bring to a low simmer, reduce the heat to low and cook, uncovered until thickened, about 15 minutes.

# BBQ Sauce



\*about 2 cups)

## INGREDIENTS

2 cups ketchup

1/2 cup apple cider vinegar

1/4 cup packed brown sugar

2 tablespoons honey

1 tablespoon Worcestershire sauce or coconut aminos

1 tablespoon lemon juice

1 teaspoon Stone House Seasoning

1/4 teaspoon hot sauce

## **DIRECTIONS**

1. Whisk together all ingredients in a medium saucepan situated over medium heat. Allow to come to a bubble and then reduce the heat to low. Allow to simmer until thickened, about 10 minutes.
2. Serve immediately or allow to cool slightly and store in an airtight container in the refrigerator for up to a week.

# Enchilada Sauce



\*2 cups

**INGREDIENTS**

3 tablespoons olive oil

3 tablespoons flour (whole wheat flour, all-purpose flour and gluten-free flour blends all work!)

1 tablespoon ground chili powder (scale back if you're sensitive to spice or using particularly spicy chili powder)

1 teaspoon ground cumin

½ teaspoon garlic powder

¼ teaspoon dried oregano

¼ teaspoon salt, to taste

Pinch of cinnamon (optional but recommended)

2 tablespoons tomato paste

2 cups vegetable broth

1 teaspoon apple cider vinegar or distilled white vinegar

## **DIRECTIONS**

1. Freshly ground black pepper, to taste
2. This sauce comes together quickly once you get started, so measure the dry ingredients (the flour, chili powder, cumin, garlic powder, oregano, salt and optional cinnamon) into a small bowl and place it near the stove. Place the tomato paste and broth near the stove as well.
3. In a medium-sized pot over medium heat, warm the oil until it's it's hot enough that a light sprinkle of the flour/spice mixture sizzles on contact. This might take a couple of minutes, so be patient and don't step away from the stove!

4. Once it's ready, pour in the flour and spice mixture. While whisking constantly, cook until fragrant and slightly deepened in color, about 1 minute. Whisk the tomato paste into the mixture, then slowly pour in the broth while whisking constantly to remove any lumps.
5. Raise heat to medium-high and bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer. Cook, whisking often, for about 5 to 7 minutes, until the sauce has thickened a bit and a spoon encounters some resistance as you stir it. (The sauce will thicken some more as it cools.)
6. Remove from heat, then whisk in the vinegar and season to taste with a generous amount of freshly ground black pepper. Add more salt, if necessary (I usually add another pinch or two). Go forth and make enchiladas!



# **Canning Salsas & Chutneys**

# Zesty Salsa



\*6 pints

## **INGREDIENTS**

10 cups roughly chopped tomatoes

5 cups chopped and seeded bell peppers

5 cups chopped onions

2 1/2 cups hot peppers, chopped, seeded

1 1/4 cups cider vinegar

3 garlic cloves, minced

2 tablespoons cilantro, minced

3 teaspoons salt

1 (6 ounce) can tomato paste

## **DIRECTIONS**

1. Combine all ingredients except tomato paste in large sauce pot.
2. Simmer until desired thickness.
3. Stir in tomato paste.
4. Ladle hot salsa into hot jars leaving 1/4 inch head-space.
5. Process 15 minutes in a hot water bath.
6. Note: use more hot peppers for a very hot salsa or less for mild.
7. It depends on how hot your peppers are and how hot you like your salsa.
8. I never get close to 2 1/2 cups for our mild salsa.

# Tomatillo Salsa



\* 2 1/2 cups

## INGREDIENTS

1 ½ pounds tomatillos (about 12 medium), husked and rinsed

1 to 2 medium jalapeños, stemmed (omit for mild salsa, use 1 jalapeño for medium salsa and 2 jalapeños for hot salsa, note that spiciness will depend on heat of actual peppers used)

½ cup chopped white onion (about ½ medium onion)

¼ cup packed fresh cilantro leaves (more if you love cilantro)

2 tablespoons to ¼ cup lime juice (1 to 2 medium limes, juiced), to taste

½ to 1 teaspoon salt, to taste

Optional variation: 1 to 2 diced avocados, for creamy avocado salsa verde

## **DIRECTIONS**

1. Preheat the broiler with a rack about 4 inches below the heat source. Place the tomatillos and jalapeño(s) on a rimmed baking sheet and broil until they're blackened in spots, about 5 minutes.
2. Remove the baking sheet from the oven, carefully flip over the tomatillos and pepper(s) with tongs and broil for 4 to 6 more minutes, until the tomatillos are splotchy-black and blistered.
3. Meanwhile, in a food processor or blender, combine the chopped onion, cilantro, 2 tablespoons lime juice and ½ teaspoon salt. Once the tomatillos are out of the oven, carefully transfer the hot tomatillos, pepper(s) and all of their juices into the food processor or blender.
4. Pulse until the mixture is mostly smooth and no big chunks of tomatillo remain, scraping down the sides as necessary. Season to taste with additional lime juice and salt, if desired.
5. The salsa will be thinner at first, but will thicken up after a few hours in the refrigerator, due to the naturally occurring pectin in the tomatillos. If you'd like to make creamy avocado salsa verde, let the salsa cool down before blending in 1 to 2 diced avocados (the more avocado, the creamier it gets).

# Corn & Cherry Tomato Salsa



\*6 pints

## INGREDIENTS

5 pounds cherry tomatoes, roughly chopped

2 cups corn kernels (about 2 large ears fresh, but frozen thawed is fine)

1 cup red onion, finely chopped

2 teaspoons salt

½ cup fresh lime juice (about 3 large or 4 medium limes)

2 jalapeño peppers, seeded and minced

1 teaspoon chipotle chili powder, optional

½ cup chopped fresh cilantro

## **DIRECTIONS**

1. Prepare the boiling water canner. Heat the jars in simmering water until they're ready for use. Do not boil. Wash the lids in warm soapy water and set them aside with the bands.
2. Bring all the ingredients to a boil in a large stainless-steel or enameled saucepan. Reduce the heat and simmer for 5 to 10 minutes, stirring occasionally.
3. Ladle the hot salsa into a hot jar, leaving ½-inch of headspace. Remove the air bubbles. Wipe the jar rim clean. Center the lid on the jar. Apply the band and adjust to fingertip-tight. Place the jar in the boiling water canner. Repeat until all the jars are filled.
4. Process the jars for 15 minutes, adjusting for altitude. Turn off the heat; remove the lid, and let the jars stand for 5 minutes. Remove the jars and let them cool.