



WATER BATH CANNING AND PRESERVING COOKBOOK FOR BEGINNERS

DOROTHY J. MORGAN

LEARN HOW TO WATER BATH CAN
AND PRESERVE YOUR FOOD AT HOME



WITH OVER
1200 DAYS
WORTH OF DELICIOUS RECIPES
THAT WILL LAST OVER A YEAR

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Dorothy J. Morgan

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Introduction

Water bath canning is a simple and secure method to start food preservation. This book will cover various topics, including water bath canning of fruits, vegetables, jams, and jellies. In addition to saving money, there are several benefits to preserving your own food.

Since you can use goods that wouldn't be ripe or mature at particular year periods, you can extend the growing season.

To make your cuisine taste exactly how you want it to, you can modify the recipes.

After developing glass jars with ground glass joints, cooks hermetically sealed food in sterile jars to preserve it.

A technique for processing involves filling jars with raw fruits or vegetables that have already been blanched or boiled and then submerging them for a set amount of time, such as 15 minutes, in boiling water.

It is important to note that only foods with a high acid content can be preserved by water bath canning. This includes most canned fruits, including jams, jellies, canned fruits in syrup, and many pickles. However, always be sure to use a safe and tested recipe from a reputable source, such as the National Center for Home Food Preservation. Non-acidic vegetables, meat, poultry, fish, and broths (even vegetable broths) should be processed in a pressure canner, not in a boiling water bath.

This method of food preservation includes pouring boiling water over the top of the food in a jar. After the designated amount of time, the pots are taken from the boiling water and let cool. The lid of the jar covers the food inside.

High-acidity foods are processed using this technique to stop hazardous bacteria from developing.

One benefit is that it can keep foods with a high acid content, like tomatoes, peppers, and berries, from turning fast if they are exposed to light or air for an extended period of time. The products' lengthy shelf lives can be achieved by reducing oxygen. A final storage temperature of 140°F (60°C) is also possible with water bath canning, guaranteeing that all microorganisms are destroyed. After cooling, the jars are sealed and stored while still in their current state. For foods to be canned in a water bath, the pH level needs to be 4 or lower. The use of vinegar, wine, or other acidic additives usually keeps food from losing its acidity. Typically, vegetables for water bath canning are prepped by briefly blanching them in boiling water. Then, the veggies are taken out of the boiling water and put into jars that have already been sterilized with hot vinegar or boiling water.

Water bath canning must be done correctly. Otherwise, you risk wasting a lot of time preparing jars that manage to seal properly, but worse, you could risk botulism.

Don't freak out! Fortunately, it is very easy to learn how to eat safely and successfully and avoid these common canning mistakes.

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What Is Water Bath Canning

Water bath canning is a method of preserving watertight, airtight, and heat-resistant food. Food that has been processed by this method will have a shelf life of up to one year when stored in a cool, dark place.

To preserve by water bath canning, the food must be packed tightly in jars or cans without leaving too much headspace and heated to 240 degrees Fahrenheit before being submerged in water at 180 degrees Fahrenheit for a long enough time that all bacteria are killed.

There are advantages and disadvantages to preserving food by water bath canning. Advantages include: No expense is needed for special equipment except for the jars, lids, and rings. Storage is safe and easy, and jars are readily available. Many foods (for example, sweet corn) spoil quickly if not canned, but canning prevents this. Disadvantages include: long processing time, difficulty in getting a consistently high temperature, water bath canners are bulky and require standing or sitting close to them, and the jars may break if not handled carefully.

Safety concerns include: jars may not seal properly or unevenly, which could allow bacteria to enter and cause food poisoning.

The temperature required for the best flavor should be attained gradually. It is impossible to attain the desired temperature in a short time by having a large quantity of jar in too small of an amount of water at first. The ideal temperature for the best flavor is between 200 and 250°F.

The time required to reach the desired temperature should be based on the time it takes for water to boil since boiling occurs at 212 degrees Fahrenheit. For example, if you wanted the water to reach a temperature of 212 degrees Fahrenheit 1 minute after it had been brought to that temperature, you would need 2 gallons of water which took 1 minute to

boil. Since jars are manufactured with tight seals, air pressure is not required for sealing.

Essentially, the seal is formed between the metal rings and the metal lid by forming a vacuum in the jar. If a jar is tilted to one side, water pressure on either side will push down on the jar to seal it.

The types of jars needed for water bath canning are: flat jars used for liquids or pints, cylinders with straight walls, or jars with crocks for foods such as fruits, pickles, jams, and jellies. A wide variety of different jar shapes are available depending on what you want to store.

There is a rack that keeps the jars of food above the water in the canner. The racks hold the jars at a certain distance from the bottom of the canner to allow for hot and cold air circulation around the jars. This allows hot air on all sides while they cook and cold air in one direction throughout processing time.

Tubing is used when it is desired to use a large amount of water. In this case, the water is pumped into a large or deep container, and it can be circulated around the jars.

The jars are washed and sanitized (sterilized) according to the manufacturer's instructions and placed on a rack in a boiling water canner. The water is heated to (usually) about 180-200°F for at least 1 hour. Some recipes use higher temperatures and more time, such as 240°F for 15 minutes. It is also possible to sterilize jars in an oven by placing them on racks (without oil or lids). Sterilize jars by placing them in the oven at 250°F for 30 minutes. Ideally, do not put jars directly on oven racks because this may cause them to break. Another method is to wash and sterilize the jars using a dishwasher or steamer.

Wash the food and prepare it for canning. Cleanliness is important when water bath canning because anything that is dirty may introduce harmful bacteria into the jar that could spoil the food or make someone sick if they

eat it. Wash all fruits and vegetables with clean water, scrubbing as necessary with a sponge or soft brush to remove any dirt or debris. Place them in a colander, rinse them, and air dry. This will help keep bacteria from growing on the food and keep waste out of the water bath canner.

Although this is not necessary for all methods, it is a good idea to boil or steam foods before canning to kill bacteria and ensure they are completely clean. Also, boil or steam enough water to boil when the jars are added. This makes sure that there are no harmful bacteria in the water when it is incorporated into the jars. Please do not add the food to the jars until after you remove them from the heat source.

Cut the food up and pack it tightly into jars or cans without leaving a lot of headspaces (the area between the top of the food and the lid). Food expands as it cooks, so pack it tight enough that there is no space left. It is also important to pack foods so they are not too crowded in the jar or can. This is because there must be enough room between pieces of food that they are exposed to air while they cook. If too much food is in one jar, this may cause uneven cooking because one piece may cook quicker than others. Food should fit tightly without being crushed.

Foods must be completely covered by liquid before canning. This is because air is a good place for bacteria to grow. When food is covered with water or food-grade syrup, there is no oxygen, so the bacteria cannot grow. Another benefit of adding liquid to the jar is that it increases the temperature of the food because it provides more surface area. Air can easily transfer heat, while liquids transfer heat more slowly. They also don't conduct cold as readily as air does (this means it stays hotter longer).

On the other hand, there are two steps to home canning. The first is processing the food, and the second is sealing the jars. The processing step allows the food to be heated to a certain temperature for a specified period of time. In most cases, these temperatures range from 175–185°F (80–85°C), but temperatures can be lower or higher depending on your recipes.

If a jar is held at temperatures below 100°F (38°C), it will not vacuum seal properly and will not stay sealed. If a jar is held at temperatures above 205°F (96°C), it will not vacuum seal properly and will not stay sealed.

The second step is to seal the food. During this process, the jars are cooked for a short period, usually about 10–15 minutes, during which additional heat is applied to them. The jars then have their lids sealed on top of them with an airtight metal ring or lid that locks the lids in place before the metal rings are trimmed off and discarded (preferred). These steps allow for a complete seal, protecting your food from contaminants and ensuring that the food will be safely stored until you use it.

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Benefits of Home Canning

Canning is an excellent way to preserve food for later use. It's economical, gives you complete control over the food and its recipe, and prevents waste. Home canning will add years to the life of your product while minimizing spoilage and making better use of your space.

Home canner's not only save money on their grocery bill but also offer a sense of pride in what they are doing by taking control over what goes into their home. This helps reduce the amount of food waste going into landfills. The second reason you should consider buying a canner is that it will help save money on your energy bill. It uses less energy than other food preservation methods, and it keeps your home free from waste. You will also find yourself saving money in the long run because you won't have to purchase extra foods like vegetables and fruit every year, which could add up over time.

A canner preserves food by simply applying heat to one surface and then preventing that surface temperature from decreasing below a certain point or rate of change. This process is known as "pasteurization." This makes home canning an efficient way to store food for later consumption. A home canner can pasteurize food at lower temperatures than the heat used when processing commercially canned food. This means less energy is used to complete the process and preserves other nutrients in your food. A home canner uses around $\frac{1}{3}$ of the energy required by commercial processors.

Home canned goods are a great way to enjoy the taste of fresh produce all year long. The nutrient levels remain high, whereas commercially canned foods have these nutrients removed during processing to prolong shelf life—at times, over 15% of vitamins are lost during this process. Buying fresh

produce whole, then preserving it with a home canner gives you complete control over its preparation and nutritional value.

Another benefit of canning your own food is that you know where it came from and how it was processed. A home canner keeps the integrity of the food intact.

Home canning allows any family to preserve small amounts of food and preserve their favorite recipes for the coming year at a fraction of what it would cost to buy whole foods. Your home will be filled with the smell and taste of delicious, homemade foods that you don't have to worry about losing or being unhealthy.

Another way to put this is that the process of home canning kills any bacteria, yeast, or mold spores and, in general, does not allow them to multiply. The jars are sealed airtight. This prevents contamination from gaining access to the food. The only potential risk comes from mishandling: opening and closing your pantry too many times before you use the preserves, leaving opened jars of preserves out exposed to air or light, and drinking spoiled foods are all risks of contamination—the same as with all unprocessed foods that you would buy at a supermarket and bring into your home.

Canning and Preserving Safety Tips

There are a few safety tips that you should follow when you start canning and preserving foods from home. Canning is a great way to store and preserve foods, but it can be risky if not done correctly. If you follow the next tips, you will be able to can food safely.

Choose the Right Canner

The first step to safe home canning is choosing the right canner. First, know when to use a pressure or water bath canner. Low-acid foods need to be canned using a pressure canner. High-acid foods work well in a simple water bath canner but can also be processed in a pressure canner. There are several types of canners out there; some are just for cooking food, not preserving food, and processing jars. Make sure your pressure canner is the right size. If your canner is too small, the jars may be undercooked. Always opt for a larger canner as the pressure on the bigger pots tends to be more accurate, and you will be able to take advantage of the larger size and can more food at once! Before you begin canning, check that your pressure canner is in good condition. A rubber gasket should be flexible and soft if your canner has a rubber gasket. If the rubber is dry or cracked, it should be replaced before you start canning. Be sure your canner is clean and the small vents in the lid are free of debris. Adjust your canner for high-altitude processing if needed. Once you are sure your canner is ready to go and meets all these guidelines, it is time to start canning!

Opt for a Screw Top Lid System

There are many kinds of canning jars you can choose from. However, the only type of jar approved by the USDA is a mason jar with a screw-top lid. These are designated “preserving jars” and are considered the safest and

most effective option for home preserving uses. Some jars are not thought to be safe for home preservation despite being marketed as canning jars. Bail Jars, for example, have a two-part wire clasp lid with a rubber ring in between the lid and jar. While these were popular in the past, thought that the thick rubber and tightly closed lid did not provide a sufficient seal, leading to a higher potential for botulism. Lightening Jars should not be used for canning, as they are simply glass jars with glass lids and no rubber. That will not create a good seal! Reusing jars from store-bought products is another poor idea. Most store-bought products do not have the two-part band and lid system, which is best for home canning. In addition, the rubber seal on a store-bought product is likely not reusable once you open the original jar. You can reuse store-bought jars at home for storage but not for canning and preserving.

Check Your Jars, Lids, and Bands

As you wash your jars with soapy water, check for any imperfections. Even new jars may have a small chip or crack and need to be discarded. You can reuse jars repeatedly as long as they are in good condition. The metal jar rings are also reusable; however, you should only reuse them if they are rust-free and undented. If your bands show signs of wear, consider investing in some new ones. Jar lids need to be new as the sealing compound on the lid can disintegrate over time. The lids are even more likely to disintegrate when you store your jars in damp places (like in a basement or canning cellar). Always use new lids to ensure that your canning is successful.

Check for Recent Canning Updates

Canning equipment has changed over the years, becoming higher tech and, therefore, more efficient at processing foods. In addition to the equipment becoming more advance, there have also been many scientific

improvements, making canning safer when the proper steps are taken. For example, many people used to sterilize their jars before pressure canning. While this is still okay to do, it is unnecessary, as science has shown that any bacteria in the jars will die when heated to such a high temperature in a pressure canner. Sterilization is an extra step that you do not need! Make sure that your food preservation information is all up to date and uses current canning guidelines. Avoid outdated cookbooks and reassess “trusted family methods” to ensure they fit into the most recent criteria for safe canning. When in doubt, check with the US Department of Agriculture’s Complete Guide to Home Canning, which contains the most recent, up-to-date canning tips.

Pick the Best Ingredients

When choosing a food to can, always get the best food possible. You want to use high-quality, perfectly ripe produce for canning. You will never end up with a jar of food better than the product itself, so picking good ingredients is important to the taste of your final product. In addition, produce that is past its prime can affect the ability to can make it. If strawberries are overripe, your jam may come out too runny. If your tomatoes are past their prime, they may not have a high enough pH level to be processed in a water bath. Pick your ingredients well, and you will make successfully preserved foods.

Clean Everything

While you may know that your jars and lids need to be washed and sanitized, do not forget about the rest of your tools. Cleaning out your canner before using it is essential, even if you put it away clean. Make sure to wipe your countertop well, ensuring no crumbs or residue. Wash your produce with clean, cold water, and do not forget to wash your hands!

Follow Your Recipe

Use recipes from trusted sources and follow them to the letter. Changing the amount of one or two ingredients may alter the balance of acidity and could result in unsafe canning (especially when using a water bath canner). Use the ingredients as directed and make very few changes—none if possible. Adhere to the processing times specified by your recipe. Sometimes the times may seem a little long, but the long processing time is what makes these products safe to store on the shelf. The processing time is the correct amount of time needed to destroy spoilage organisms, mold spores, yeast, and pathogens in the jar.

Cool the Jars

Be sure that you give your jars 12 hours to cool before testing the seal. If you test the seal too early, it may break, as the jar is still warm, making the rubber pliable. Be sure to cool the jars away from a window or fan, as even a slight breeze may cause the hot jars to crack. Once cool, remove the metal band, clean it and save it for your next canning project.

Don't Risk It

If you suspect the food you have canned is bad, do not try to eat it; just toss it! Each time you open a jar of canned food, inspect it and check for the following:

- Is the lid bulging, swollen or leaking at all?
- Is the jar cracked or damaged?
- Does the jar foam when opened?
- Is the food inside discolored or moldy?
- Does the food smell bad?

If you notice any of these warning signs in a food that you have canned, throw it away. Do not taste it to check if it is good. After seeing one of the above signs, it is not worth risking your health to try the food. Luckily, it is easy to spot a jar of food that has gone bad. Home-canned food can spoil for many reasons. A dent in the lid, a small crack in the jar, an improper seal, or insufficient processing time are all common errors that may cause canned foods to go bad. Follow the exact canning directions, and you will never get a bad food jar!

About Botulism

With the renewed interest in preservation comes a surge of popularity in seasonal and local consumption. Environmentally-conscious individuals and those who enjoy seasonal food are now looking to canning and other preservation techniques to keep their seasonal goodies fresh at a low cost. However, food quality across the globe is not uniform. Home-canned foods need to be prepared and bottled properly, or they can lead to various health complications.

One of the most common issues associated with improper canning is botulism. It is an illness, sometimes even fatal, when you eat improperly prepared canned or bottled food. This disease is caused by a toxin, a bacteria called *Clostridium botulinum*, or *C. botulinum* for short.

This bacteria thrives in a moist and oxygen-free environment, which is exactly the conditions you might create if you did not preserve your food properly. In such a condition, not to mention the readily available energy source from the food itself, the bacteria can multiply rapidly and produce the toxin.

Funny enough, the bacteria itself is very common in nature. You can find it in soil and dust in the form of spores. You might be wondering why everyone isn't everyone sick from inhaling dust or getting a bit of dirt in their mouth. This is because they are exposed to oxygen, so they cannot grow.

Symptoms of botulism appear within 12 to 36 hours after consuming the contaminated food. These symptoms include:

- Fatigue
- Vomiting
- Nausea
- Dizziness
- Double vision
- Dryness in nose and throat
- Headache

More serious symptoms include:

- Paralysis
- Respiratory failure
- Death

These symptoms will last anywhere between two hours to two weeks, though there have been cases where they lasted much longer. Pregnant women, children under the age of 5, adults over the age of 60, and people with weakened immune systems are especially vulnerable to botulism.

Even worse, botulism does not change the food's color, odor, or even taste of the food. You cannot just eyeball it and tell whether it is safe to eat. When in doubt, just chuck it out. If you think you have food poisoning or

botulism, seek out a healthcare professional or contact the local public health unit as soon as possible. Better be safe than sorry!

Before You Start Canning

In this context, there are two types of food: high and low acid. Each type of food requires a different preparation method to prevent any harmful bacteria growth. Before you even take out the jar, you need to determine the acid level of the food.

High-acid foods are those with a pH level of less than 4.6, and you will need a boiling water canner for the job. Here, the natural acid level in the food will kill off any botulism bacteria from making your jar its home, and the heating will also kill most molds, yeasts, and other bacteria that might be present.

On the other end of the spectrum, you have low-acid food that has a pH level of over 4.6, and you will need a pressure cooker. Tomatoes straddle the line between the two food groups, so you should use something acidic like lemon juice or vinegar to make them safe to can up.

What if you want to preserve food that is a mixture of high- and low-acid foods? For example, you want to keep your spaghetti sauce with meat, tomatoes, and veggies. Then you should follow the same procedure as preserving low-acid food. As always, when in doubt, look up the specific food you want to preserve.

Tools for Water Bath Canning

As with any trip, embarking on the journey of home canning requires some specific gear. You won't need a new sleeping bag or a tent, but just like those tools, the canning equipment you purchase will be used over and over—for years, if not decades. So, although a little up-front investment is required, it will provide returns for years. In truth, you probably already have almost everything you need for the right home and can purchase the remainder for under \$100.

a. Water Bath Canner

Water bath canners are large pots wide enough to hold multiple jars at a time and are tall enough to cover the jars with 2 inches of water. They are inexpensive; usually, you can find a basic setup, which includes a rack for the jars to sit on, for about \$50. Larger 21-quart canners hold 7-quart jars or 9-pint jars. This is the right size for you if you make large batches of pickles or canned tomatoes. Smaller 12-quart canners hold 4-quart jars or 7-pint jars, which is the perfect size for processing small-batch jams or sauces. Be aware that some water bath canners are not appropriate for certain types of stoves—for instance, induction or glass-top stoves. Check your range owner's manual before choosing a specific canner.

Any large stockpot can be used for canning, but it might be difficult to find a suitable size, as most are tall and narrow or short and wide, neither of which will do the trick.

b. Canning Rack

You need a rack to keep the jars off the bottom of the pot. Most canners come with an aluminum rack. These work great but will rust over time. If you plan to do a lot of water bath canning, splurge on a stainless-steel rack.

You must purchase a separate canning rack if you use a stockpot as a water bath canner. Canning racks of all sizes can be found online, usually for less than \$25.

c. Large Pot

Because most foods need to be cooked before canning, you need a large pot. A 5-quart pot is large enough to prepare small batches of jams, pickles, sauces, etc. However, I recommend investing in an 8-quart or larger pot or Dutch oven. The larger pot reduces the chances of jam or pickles boiling over—and of you getting hit with hot, splattering jam. Plus, a larger pot ensures that all the ingredients are heated, thus helping make your home-canned product safe. Avoid aluminum or cast iron; choose enamel, ceramic, or stainless steel. Aluminum and cast iron react with acid ingredients, giving your products an unwelcome metallic taste.

d. Canning Jars

It is imperative to have approved canning jars with two-piece lids. Although Mom may have used empty mayonnaise or pickle jars, please refrain from following this tradition. These days, jars used in commercial canning are designed for single use only and not the home canning process. The glass is neither as heavy nor sturdy as approved canning jars. It's not worth the risk of shattered jars and injuries from glass shards.

e. Lids and Rings

New boxes of approved canning jars come with two-piece metal lids, including a sealable lid and the ring that keeps it in place on the jar. You can also purchase additional rings and lids separately. Most sealable lids are designed for one use only, so do not try to reuse them. Rings can be used repeatedly, but because they are metal, they may become rusted or bent, which must be discarded. Reusable plastic lids are fairly new to the market; they require a slightly different sealing technique, so follow the individual brand directions.

f. Towels

I recommend placing tea towels or terrycloth dish towels on the counter to cushion the jars when setting them down. Towels help keep jars from slipping while they are being filled and insulate hot jars after processing. Dipped in water or white vinegar, a clean towel should be used to wipe down jar lips after filling but before adding the two-piece lids. Vinegar is especially helpful when you are canning items that may be greasy; otherwise, a towel moistened with water works fine.

g. Jar Lifter

A jar lifter grabs the hot jars and helps you lift them from the water bath canner. It is a handy implement and the most effective way to remove hot jars without burning your fingers.

h. Food Scale

Some people consider a food scale a necessity. However, most recipes include ingredient amounts in cups or by the number of items and weight. A food scale might come in handy when you aren't quite sure how large to chop the fruit or whether you have enough product to make the recipe. Check ingredient weights with a food scale in these situations.

i. Funnel

A wide-mouth jar funnel is my favorite canning implement. While you can fill jars without a funnel, using one makes the job easier and less messy. Look for a specially designed funnel to fit both regular and wide-mouth canning jars.

j. Bubble Remover

This implement is designed to remove bubbles from filled jars and is most often used when canning fruits or pickles. Any long, nonmetallic device, like a chopstick, can be used instead, but the bubble remover is thin and thus easier to use and more effective.

k. Magnetic Lid Grabber

Although it is no longer necessary to sterilize jar lids before use, the lids do need to be clean, so many of us still preheat them in simmering water. This tool lets you grab the lid and lift it out of the water, saving you from scalded fingers. You can use tongs to pick up the lids, but this tool works like magic.

l. Headspace Measuring Tool

Every canning recipe requires a specific bit of headspace, an empty area between the top of the container and the lid. This angled tool measures just how much headspace you have, so you can adjust the product amount if

necessary. The screw rings on the jars usually do this as well, with the bottom ring indicating ½-inch headspace and the top ring indicating ¼-inch headspace. Or you can always use a ruler.

m. Digital Thermometer

If you make lots of jam and fruit preserves, a candy or deep-fry thermometer helps ensure you have reached the gelling point. The gelling point is 8 degrees above the boiling point. Other ways to check for jam gelling, like the plate method or the spoon method, are less precise but can be used in a pinch. A thermometer assures that your jams are perfectly set, neither too syrupy nor too thick.

n. Camp Stove

A camp stove falls into the must-have category if you have an older glass-top stove that isn't safe for canning. But even if that isn't a concern, a camp stove can make canning on a hot summer day a much more enjoyable experience. Using a camp stove moves the processing heat out of your kitchen and gives you an excuse to enjoy the day outdoors.

o. Cheesecloth or Jelly Bag

Using fine-weave cheesecloth or a jelly bag is the easiest way to strain fruit for jelly. Cheesecloth also comes in handy when using whole spices in pickling or when infusing syrups and vinegars.

Water Bath Canning Step-by-Step

Let's get started!

Before we begin, we need to ensure that our jars are intact and have no imperfections. Let's procure new lids because it is not possible to use already processed lids.

This is among the most common mistakes people make, especially in the beginning. The adhesive ring on the underside of the lid wears off with reuse; this compromises the success of the canning process.

Some types of jars and lids need to be sterilized before use; usually, manufacturers specify the procedure in the instructions. For others, however, simply wash jars and lids with hot soapy water just before filling, rinse and dry thoroughly. Alternatively, run a cycle in the dishwasher. Lids cannot be washed in the dishwasher.

The jars must be warm before filling them with hot ingredients and placing them in a hot pot. We place the jars in the bottom of a large, tall pot (not the canner). A grid should be placed under the jars to keep them elevated from the bottom of the pan. This causes steam to pass around the jars and prevents them from bumping into each other, preventing them from cracking.

We cover the jars entirely with water and boil the water for at least 10 minutes. There should be at least 1" of water over the top of the jars.

Separately, heat the canning pot to a water bath. Fill with water, turn on the heat and bring the temperature to 180°F.

In case we use previously unheated jars, we raise the temperature to 140°F.

Now we are ready to fill the jars with our prepared recipe. Let's remove the jars and dry them.

While they are still warm, we fill the jars with the prepared recipe using a ladle or wide-mouthed funnel. Leave enough headspace. In the recipe, you will find specified how much space to leave between the top of the food and the edge of the jars, usually, it is between ¼" and 1".

Another common mistake is to overfill the jars. If you fill the jars too high, the canning lids will fail to seal.

Gently rotate a spatula or plastic canning wand inside the jar so that any trapped air bubbles escape.

Before placing the lids, clean any traces of food from the edges with a clean, damp cloth; this allows a better fit between the lid and the jar, ensuring a better seal.

We place the cap on each jar and apply the clamp and screw until the finger is tight. They should be tightly screwed onto the jars but not too tight so that air cannot escape during the canning process.

If you have a rack with handles, load the jars into the rack and lower it into the water bath. Otherwise, taking care to keep the jars vertical (so that food does not come in contact with the edge of the jars), carefully lower the filled jars into the boiling water with tongs. The water should rise at least one inch above the lids. If necessary, add more hot water until the level is sufficient.

The jars should not touch each other; be careful to leave at least ½-inch space between the jars.

Raise the heat and bring the water to a full boil. If the water boils too vigorously, reduce the heat to a gentler but still full boil.

At this point, we put the lid on the pot, and from here, the processing time begins. Every recipe is different, but usually, full jars will boil for about 10 minutes.

Remember that water does not boil at the same temperature at high altitudes compared to sea level. If you live more than 1,000 feet above sea level, you will need to adjust the storage time or pressure (for canning under pressure) You will find the table of altitudes attached.

When finished, turn off the heat and remove the canning lid to allow steam to escape. Allow the jars to rest in the canner for 5-10 minutes.

Remove the jars using the jar lifter or tongs and, being careful not to tilt them, as this could cause interference with the lid seal, transfer them to a rack or towel without touching them. Be careful of thermal shocks that could cause breakage.

Let them cool undisturbed for 12–14 hours. You will hear a clanking sound as the lids flex and seal. This is normal.

Check that the canning process is successful. If sealed properly by pressing down, the lid will be stiff and will not move.

Otherwise, if the lid lifts up, it means it has not been sealed. It is possible to repeat the canning process if no more than 24 hours have passed. Alternatively, put the jar in the refrigerator and consume it quickly, within 2 weeks.

The jars can be reused; clean them very carefully so as to remove sugars or other residues. Store them in a cool, dark place for up to a year.

When opening jars: If anything looks or smells strange or the lid is broken, don't eat it!

Pickles



1. Pickled Figs

Preparation Time: 3 days and 20 minutes

Cooking Time: 10 minutes

Processing Time: 15 minutes

Servings: 4 pints

Ingredients:

- ½ cup baking soda
- 6 cups sugar
- 8 cups boiling water
- 3 tbsp cloves
- 12 cups firm figs, halved
- 1 cup each of cold water and cider vinegar
- 2–3 cinnamon sticks

Directions:

1. Wash and dry the figs.

Day 1:

2. Toss figs with baking soda. Add hot water on top, and let it rest for 5 minutes. Drain and wash figs.
3. In a pot, add sugar, water, and vinegar. Boil on medium flame.
4. Add spices to an empty teabag. After the sugar has dissolved, add figs and spices.

5. Boil for 10 minutes; keep stirring. Turn the heat off and keep it in the fridge overnight.

Day 2:

6. Boil figs again for 10 minutes in the same liquids. Turn the heat off.

Day 3:

7. Boil figs again for 10 minutes in the same liquids. Add to sterilized hot jars, leaving a ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top, and screw the bands (do not screw too tightly).
8. Boil for 15 minutes.
9. Cool and store jars.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 43 kcal; Protein: 3 g; Carbs: 0 g.

2. Pickled Beets with Honey

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 30 minutes

Servings: 4 pints

Ingredients:

- 1 ½ cup each of water and apple cider vinegar
- 1 cinnamon stick
- 6 cloves
- 10 small beets
- ¼ cup honey

Directions:

1. Trim and wash beets. Boil them until tender, drain and wash with cold water.
2. Peel skin off.
3. In a pot, add the rest of the ingredients to a pan and let it come to a boil. Boil until sugar dissolves
4. Add beets and boil for 1 minute more.
5. In sterilized hot jars, add the mixture, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top, and screw the bands (do not screw too tightly).
6. Boil for ½ hour. Cool and store.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 68 kcal; Protein: 1 g; Carbs: 15 g

3. Golden Crunchy Pickled Onions



Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 10 minutes

Servings: 12 pints

Ingredients:

- 72 each cloves and black peppercorns
- 2 cups water
- 6 tsp turmeric
- 12 tsp mustard seed
- 6 tsp celery seed
- 8 cups cider vinegar
- 4 cups sugar
- ½ tsp ground cinnamon
- 6 lb mild onions
- 2 tsp salt

Directions:

1. In each sterilized hot jar, add ½tsp of celery seeds, 6 of each peppercorn and cloves, and mustard seeds (1 tsp).
2. Cut onions into ¼-inch rings, and divide them into rings. Add to hot jars.

3. Add the rest of the ingredients to a pan and let it come to a boil; simmer for 2 minutes.
4. Pour hot brine into jars, and leave a ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top, and screw the bands (do not screw too tightly).
5. Boil for 10 minutes. Take jars out. Store in a cool, dark place.

TIP: It is best to cool for 12–24 hours, and the lid should not pop down or up.

Nutrition: Calories: 123 kcal; Protein: 2 g; Carbs: 2 g

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4. Pickled Green Strawberries

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 0 minutes

Servings: 4 pints

Ingredients:

- 3 cups cider vinegar
- 1 ½ cups granulated white sugar
- ¼ cup kosher salt
- 1 cup water
- 5 lb green strawberries, cut in ½

Directions:

1. In a pot, add water, sugar, and cider. Let it come to a boil until the sugar dissolves.
2. In 6 bags, add strawberries with brine (4 oz).
3. Get as much air out as possible from the bag, or do a vacuum seal.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 102 kcal; Protein: 1 g; Carbs: 3.2 g

5. Pickled Curry Cauliflower

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 10 minutes

Servings: 6 pints

Ingredients:

For brine:

- 1 ½ tbsp canning salt
- 4 cups vinegar
- 3 cups water

For jars:

- 3 tsp of each curry powder, cumin seed, and turmeric
- 6 Serrano peppers
- 10 cups cauliflower florets

Directions:

1. Add all brine ingredients to a pan and boil until sugar is dissolved.
2. In sterilized hot jars, add cauliflower and the rest of the ingredients equally.
3. Add brine on top, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 12 minutes in a water bath.
5. Take jars out
6. Store in a cool, dark place.

TIP: It is best to cool for 12–24 hours, and the lid should not pop down or up.

Nutrition: Calories: 34 kcal; Protein: 2 g; Carbs: 5.3 g

6. Spicy Green Tomato Chutney

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 3-pint jars

Ingredients:

- 2 ½ cups spiced cider vinegar
- 3 cups shallots, finely chopped
- 2 quarters of small green tomatoes, peeled and thinly sliced
- 1 tsp celery salt
- 4 cups finely chopped apples
- 2 sweet red or green peppers
- dry, hot chilies (4–6 depending on heat strength)
- 2 ¼ cups brown sugar
- 2 cups ripe tomatoes, peeled and chopped
- Salt to taste
- 1 tsp allspice
- 1 tsp whole cloves
- 1 tsp black peppercorns
- ½ tsp nutmeg

Directions:

1. Combine 2–½ cups of apple cider vinegar, 1 stick of cinnamon, 1 tsp of allspice, whole cloves, black peppercorns, and ½ tsp of ground nutmeg in a medium-ability boiling pot.
2. Set fire on and nearly get it to boil.
3. Detach from heat immediately and allow to cool down to room temperature.
4. Strain before applying to the chutney.
5. Black tomatoes to be peeled:

6. Place bowl, pot, or kettle in heat-proof.
7. Pour over boiling water to cover, letting them rest for 3 minutes.
8. Pierce peels with a sharp knife's tip and pulls off the skin.
9. Slice very thinly on those tomatoes.
10. Pour a strainer on a bathtub the slices of green tomatoes with salt on a sink plate.
11. Let them drain for 2 hours.

In the meantime:

12. Skin chops apples sweet, core, and finely to make 4 cups.
13. A place to be ready for use in acidulated water.
14. Clean shallots, then finely chop them to make 3 cups.
15. Prepare sweet peppers by washing, seeding, halving, and de rib.
16. Place under broiler or over open flames until skin is charred and fleece away. Remove peppers; slice them thinly.
17. Place chilies in a bag with cheesecloth.
18. Rinse green tomatoes at the end of 2 hours.
19. In a large bowl, combine green tomato slices, strained spiced vinegar, shallots, apples, the hot chili bag, brown sugar, and celery salt.
20. Set to a boil, and cook for 15 minutes or until most of the liquid has evaporated.
21. Remove broiled, ripe tomatoes and sweet peppers.
22. Simmer for about an hour until dark.
23. Remove the bag of chili.
24. Pour into shot glasses, clean rims, and screw lids and rings together.

25. Boiling water bath process: pints and quarts 10 minutes in both.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 236 kcal; Fat: 0 g; Carbs: 22 g; Protein: 0.6 g

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7. Pickled Plums



Preparation Time: 35 minutes

Cooking Time: 10 minutes

Processing Time: 30 minutes

Servings: 5 pints

Ingredients:

- 2 red onions
- 2 cups each of water and red wine vinegar
- 4 cloves
- 2 ½ cups sugar
- 3 ½ lb red plums
- ½ tsp salt
- 2-star anise
- 2 (3 inches) cinnamon sticks
- 8 allspice

Directions:

1. Trim and halve plums and onion. Cut onions into ½inch slices.
2. In sterilized hot jars, add onion and plums.

3. Add the rest of the ingredients to a pan and let it come to a boil until the sugar dissolves.
4. Pour hot brine into hot jars, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Boil jars for 5 minutes.
6. Take jars out and cool them for 12–24 hours, and the lid should not pop down or up.

TIP: Store in a cool, dark place

Nutrition: Calories: 239 kcal; Protein: 1 g; Carbs: 59 g

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8. Russian Pickled Tomatoes

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Processing Time: 0 minutes

Servings: 3-L jars

Ingredients:

- Dried dill, to taste
- 10 peppercorns
- 1 bay leaf
- Enough tomatoes for 3 l jar
- Cilantro, to taste
- 10 garlic cloves
- 2 cloves

Brine:

- 6 tsp salt
- $\frac{3}{4}$ cup white vinegar
- 6 cups water
- 3 tsp sugar

Directions:

1. Add all ingredients in a 3 L jar, sterilized hot, with tomatoes on top.
2. Add brine's ingredients to a pot, boil, and pour on tomatoes.
3. Leave $\frac{1}{2}$ -inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 15 minutes.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 81 kcal; Protein: 2 g; Carbs: 9.1 g

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9. Spicy Lemon Pickled Beans

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Processing Time: 10 minutes

Servings: 3–4 pints

Ingredients:

- Lemon rind strips, as needed
- 2 ½ cups apple cider vinegar
- 2 lb fresh green beans, trimmed
- 1 ½ cup water
- 1 tbsp each sugar, salt, and pickling spice

Directions:

1. In a pan, add salt, water, and sugar. Let it boil.
2. Add beans and boil for 60 seconds. Take beans out.
3. Add equal pickling spice, beans, and lemon rind in each hot sterilized jar.
4. Add hot brine on top, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Boil for 10 minutes in a water bath canner.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 17 kcal; Protein: 1.9 g; Carbs: 105 g

10. Pickled Asparagus & Fiddleheads



Preparation Time: 15 minutes

Cooking Time: 10 minutes

Processing Time: 20 minutes

Servings: 4 pints

Ingredients:

- 4 lb asparagus
- 1 lb fiddleheads, cleaned
- 1 medium onion, sliced thin
- 8 cups white wine vinegar
- 5 tbsp sugar
- 3 tsp pickling salt
- 3 cups water
- 1 tbsp each of mustard seeds and coriander seeds, black peppercorns, dried chilies, and whole allspice

Directions:

1. In 4 sterilized hot jars, add onions, asparagus, and fiddleheads equally.
2. Add the rest of the ingredients to a pan and let it come to a boil on low flame for 10 minutes.
3. Add mixture, leaving ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top, and screw the bands (do not screw too tightly).
4. Process for 20 minutes in a water bath.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 55 kcal; Protein: 1 g; Carbs: 3 g

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11. Pickled Garlic Scapes

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 15 minutes

Servings: 4 pints

Ingredients:

- ¼ cup canning salt
- 2 lb garlic scapes, trimmed
- 4 heads dill
- 2 ½ cups each of water and vinegar
- 1 tsp cayenne pepper

Directions:

1. Add water, vinegar, and salt to a pot. Let it boil.
2. In sterilized hot jars, add scapes lengthwise with the rest of the ingredients equally.
3. Add hot brine on top, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 15 minutes.
5. Take jars out and cool
6. Store in a cool, dark place

TIP: Cool for 12–24 hours for best results, and the lid should not pop down or up.

Nutrition: Calories: 62 kcal; Protein: 2.0 g; Carbs: 3.3 g

12. Turmeric & Mustard Seed Cucumber Pickles

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 0 minutes

Servings: 4 pints

Ingredients:

- 1 cup each of white vinegar, water, and apple cider vinegar
- 1 tbsp sugar
- 35 oz Lebanese cucumbers, sliced into coins
- 1 onion, sliced thin
- ½ tsp turmeric
- 1 tsp mustard seeds
- 1 tbsp salt
- 1 tsp mixed peppercorns

Directions:

1. Toss cucumbers with salt and let them rest for 1–2 hours. Drain, but do not wash.
2. Toss cucumbers with mustard seeds and onion.
3. In a pan, add turmeric, vinegar, water, and sugar. Let it come to a boil, turn the heat low and simmer for 5–8 minutes.
4. Add cucumber mixture to sterilized hot jars, add brine on top, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Let them cool.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 61 kcal; Protein: 1 g; Carbs: 1 g

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13. Cayenne-Spiced Dilly Beans

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Processing Time: 10 minutes

Servings: 2–3 pints

Ingredients:

- 2 ½ cups each of water and vinegar
- 4 heads dill flower
- ¼ tsp yellow mustard seed
- 4 garlic cloves
- 2 lb green beans
- ⅛ tsp red pepper flakes
- ¼ cup salt
- 12 black peppercorns

Directions:

1. In sterilized hot jars, add beans.
2. Add water, sugar, and vinegar to a pot and boil.
3. Add the rest of the ingredients equally to jars. Add vinegar mixture, and leave a ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 10 minutes in a water bath.

TIP: For the best result, let it rest for a week before serving.

Nutrition: Calories: 81 kcal; Protein: 3.2 g; Carbs: 1 g

14. Spicy Onion & Zucchini Pickles

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Processing Time: 20 minutes

Servings: 6 pints

Ingredients:

- $\frac{1}{3}$ cup canning salt
- 1 tsp each black peppercorn, turmeric and celery seed
- 2 cups cane sugar
- 2 quarts of crushed ice
- 4 lb sliced zucchini
- 2 tbsp yellow mustard seed
- 3 cups apple cider vinegar
- 1 cup sliced onions
- $\frac{1}{2}$ tsp red pepper flakes

Directions:

1. Toss onion and zucchini with salt, and add crushed ice on top.
2. Let it rest for 2 hours. Drain well.
3. Add the rest of the ingredients to a pan, and boil for a few minutes.
4. Add onion and zucchini. Let it come to a boil, turn the heat low and simmer for 10 minutes.
5. In sterilized hot jars, add the mixture, and leave $\frac{1}{2}$ -inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
6. Process for 10 minutes.
7. Take jars out and cool them for 12–24 hours; the lid should not pop down or up.

TIP: Store in a cool, dark place.

Nutrition: Calories: 101 kcal; Protein: 0 g Carbs: 9 g

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15. Texas Peach Pickles

Preparation Time: 1 day and 20 minutes

Cooking Time: 10 minutes

Processing Time: 20 minutes

Servings: 6–7 pint

Ingredients:

- 1 small piece of ginger, peeled
- 4 cups white vinegar
- 5 cups organic cane sugar
- Lemon juice for drizzling
- 8–10 lb Texas peeled peaches, halved

Syrup:

- 5 cloves
- 5 allspice
- 4–5 cinnamon sticks

For each jar:

- 1 cinnamon sticks
- 1 tbsp each of allspice and cloves

Directions:

1. Add spices, sugar, and vinegar in a pot, and boil until the sugar dissolves.
2. Add peaches and simmer for 3–5 minutes. Turn the heat off and let them rest overnight, covered.
3. Add mixture to each sterilized hot jar, and leave a ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 20 minutes.
5. Cool and store.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 217 kcal; Protein: 3 g; Carbs: 3.2 g

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16. Spiralized Zucchini Pickles

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Processing Time: 30 minutes

Servings: 4 pints

Ingredients:

- 2 tbsp kosher salt
- 3 cups apple cider vinegar
- 1 tsp turmeric
- ½tsp red pepper flakes
- 3 lb zucchini, spiralized
- 2 cups sugar
- 1 cup water
- ½ tsp pickle crisp
- 1 tbsp yellow mustard seeds

Directions:

1. In a bowl, toss salt with zucchini. Keep in the fridge for 3 hours.
2. Take zucchini out on paper towels and pat dry.
3. In each sterilized hot jar, add pickle crisp and zucchini.
4. In a pan, add the rest of the ingredients, and let it come to a boil. Pour in jars, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process for ½ hour. Take jars out and cool them for 12–24 hours; the lid should not pop down or up.

TIP: Store in a cool, dark place.

Nutrition: Calories: 518 kcal; Protein: 5 g; Carbs: 115 g

17. Sweet & Sour Lemon Pickle

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 10 minutes

Servings: 1 pint

Ingredients:

- 6 limes juice
- 1 peeled small piece of ginger, sliced thin
- 3.4 oz white wine vinegar
- 7.03 oz sugar
- 1 tsp red chili powder
- 2 large Meyer lemons
- 3 tsp sea salt

Directions:

1. Wash lemons, and slice every lemon into 6 pieces.
2. Add vinegar, juice, and sugar in a pan, and boil until the sugar dissolves.
3. Mix ginger, chili powder, and salt.
4. In each hot jar, add lemons and add the salty mixture.
5. Pour brine on top, and leave a ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).

TIP: Store as it is in a cool, dark place.

Nutrition: Calories: 987 kcal; Protein: 6 g; Carbs: 265 g

18. Pickled Dill Carrots

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 10 minutes

Servings: 5 pints

Ingredients:

- 5 tsp dill seeds
- ¼ cup pickling salt
- 2 ½ cups vinegar
- 5 garlic cloves
- 4 lb carrots, cut to a jar size
- 6 cups water

Directions:

1. In sterilized hot jars, add carrots, garlic, and dill seeds equally.
2. Add the rest of the ingredients to a pan and let it come to a boil.
3. Pour over carrots and leave a ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
4. Process for 10 minutes.

TIP: Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 68 kcal; Protein: 1 g; Carbs: 3 g

19. Pickled Green Tomatoes

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Processing Time: 10 minutes

Servings: 6 pints

Ingredients:

- 3 ½ cups each of water and vinegar
- 12 tsp dill seeds
- ¼ cup canning salt
- 5 lb green tomatoes
- 6 garlic cloves

Directions:

1. Cut tomatoes into the desired shape to fit into jars.
2. In a pot, add salt, water, and vinegar. Let it come to a boil.
3. In each sterilized hot jar, add dill seeds, tomatoes, and garlic cloves equally.
4. Add brine on top, and leave ½-inch space from above. Remove any air bubbles. Wipe the jar's rim, place the lid on top and screw the bands (do not screw too tightly).
5. Process according to altitude.

TIP: Wait 4–5 weeks before serving.

Nutrition: Calories: 44 kcal; Protein: 0.9 g; Carbs: 1 g

Vegetables and Tomatoes Recipes



20. Blueberry Vinegar

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 2 quarts

Ingredients:

- 3 cups fresh blueberries
- 3 cups rice vinegar
- 2 cinnamon sticks
- 4 whole allspice berries
- 2 tbsp honey

Directions:

1. In a stainless-steel or enamel saucepan, combine 1 ½ cups of blueberries with rice vinegar, cinnamon sticks, and allspice berries. Bring to a boil; reduce heat.
2. Simmer uncovered for 3 minutes. Stir in honey, then remove from heat. Pour the mixture through a fine-mesh strainer, then drain it into a bowl. Discard blueberries.
3. Divide the remaining 1 ½ cups of blueberries evenly between 2 jars. Put 1 cinnamon stick and 2 whole allspice berries in each jar.

4. Ladle half of the vinegar into each jar. Remove air bubbles. Wipe rims. Cap and seal in a hot-water bath for 10 minutes. Let sit in a cool place for 2–3 weeks before opening.
5. Strain through a colander lined with cheesecloth twice and discard berries and spices before using.

Nutrition: Calories: 35; Carbs: 8 g; Fat: 0 g; Protein: 0 g

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21. Canned Mangos

Preparation Time: 15 minutes

Cooking Time: 0 minutes

Servings: 4 pints

Ingredients:

- 6 cups ripe mangos
- ½ tbsp powdered cloves
- ½ tbsp freshly grated allspice
- ½ tbsp ginger
- 1 ½ cups white wine or champagne vinegar
- 1 ½ cups water
- 6 cups Hawaiian sugar
- 4 peppercorns (optional)

Directions:

1. Peel, pit, and slice the mangos. Combine all the ingredients except the peppercorns in a pot. Bring to a boil; reduce heat.
2. Simmer for about 10 minutes or until the mangos look semitransparent. Put one peppercorn into each jar, add mangos with hot syrup, leaving ½" headspace, and seal.
3. Process in a boiling-water bath for 20 minutes. Check lids when cooled.

Nutrition: Calories: 85; Carbs: 20 g; Fat: 0 g; Protein: 0 g

22. Canned Mushrooms

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 12 half pints

Ingredients:

- 7 lb Tiny mushrooms, mixed, stems cut
- ½ cup lemon juice, bottled
- 2 quarts water
- 1 ½ cup olive oil
- 1 tbsp dried oregano
- 1 tbsp canning salt
- 12 garlic cloves, peeled
- 2 ½ cups white vinegar
- 1 tbsp dried basil
- ½ cup onion, chopped fine
- 4 oz pimientos, drained, chopped
- 25 peppercorns

Directions:

1. Sterilize the jars and distribute the garlic cloves and peppercorns in each. Combine the lemon juice and water in a pot and bring to a boil.
2. Add in the mushrooms and leave to boil for 5 minutes. Drain and pack into the sterilized jars. Add the vinegar, oil, basil, salt, oregano, onions, and pimientos to the pot and boil again.
3. Pour the liquid into the sterilized jars, leaving half-inch of the headspace. Get rid of any air bubbles and clean the rims.
4. Cover the jars with the lid and apply the bands, ensuring it is tightened. Submerge the jars within a prepared boiling water canner

and leave them to process for 20 minutes.

5. Remove, allow to cool, and then label the jars.

Nutrition: Calories: 150; Fat: 15.3 g; Carbs: 3.3 g; Protein: 0.5 g

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23. Canned Banana Peppers

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 4-quart jar

Ingredients:

- 48 banana peppers, seeded and chopped
- 1-quart white vinegar
- ¼ cup canning salt
- 3 quarts water

Directions:

1. Sterilize the jars. Pack the peppers in the jars. Combine the salt, water, and vinegar in a saucepan and boil.
2. Pour the hot liquid into your sterilized jars, leaving half-inch of the headspace. Get rid of any air bubbles and clean the rims.
3. Cover the jars with the lid and apply the bands, ensuring it is tightened. Submerge the jars within a prepared boiling water canner and leave to process for 5 minutes.
4. Remove, allow to cool, and then label the jars.

Nutrition: Calories: 84; Fat: 0.6 g; Carbs: 18.4 g; Protein: 2.4 g

24. Canned String Beans

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 3 pints

Ingredients:

- 1 ½ lb String beans, trimmed
- ½ cup vodka
- ½ tsp dill seeds
- 1 tsp celery seeds
- ½ cup water
- 2 tsp salts
- ½ cup sugar
- ½ cup apple cider vinegar
- 2 jalapenos, quartered lengthwise
- 6 garlic cloves
- 1 tbsp lemon zest, chopped into strips
- 1 tsp peppercorns
- ½ sweet onion, sliced
- 1 tbsp fresh horseradish, grated

Directions:

1. Sterilize the jars. Cook the string beans and onions in a pot of boiling water with 1 teaspoon salt for 3-4 minutes. Rinse and drain.
2. Combine the salt, celery seeds, dill seeds, apple cider vinegar, vodka, water, and sugar in a saucepan and bring to a boil, stirring until the sugar dissolves.
3. Divide the rest of the ingredients into the jars, pack the onions and string beans, and then pour the hot mix into the sterilized jars, leaving half-inch of headspace.

4. Get rid of any air bubbles and clean the rims. Cover the jars with the lid and apply the bands, ensuring it is tightened.
5. Submerge the jars within a prepared boiling water canner and leave to process for 5 minutes. Remove, allow to cool, and then label the jars.

Nutrition: Calories: 64.7; Fat: 0.1 g; Carbs: 11.2 g; Protein: 1.1 g

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25. Canned Pumpkin

Preparation Time: 15 minutes

Cooking Time: 60 minutes

Servings: 1 half-pint jar

Ingredients:

- 256 oz pumpkin, skin, seeds, and gut discarded, chopped into cubes
- 1 tbsp canning salt

Directions:

1. Sterilize the jars. Boil the pumpkin cubes for 2 minutes. Pack the pumpkin into the pint jars. Pour the hot juice that is released into the sterilized jars, leaving half-inch of the headspace.
2. Get rid of any air bubbles and clean the rims. Cover the jars with the lid and apply the bands, ensuring it is tightened.
3. Submerge the jars within a prepared boiling water canner and leave them to process for 55 minutes. Remove, allow to cool, and then label the jars.

Nutrition: Calories: 39; Fat: 0.3 g; Carbs: 9.2 g; Protein: 1.3 g

26. Curried Tomato Preserves

Preparation Time: 15 minutes

Cooking Time: 0 minutes

Servings: 6 half pints

Ingredients:

- 2 ½ cups sugar
- ½ cup onion, diced
- ⅓ cup lemon juice bottled
- 6 lb tomatoes, cored and chopped
- 2 tbsp curry powder
- 2 tsp salt
- ¼ tsp ground red pepper

Directions:

1. In a 6-liter stainless steel Dutch oven, mix the sugar, diced onions, lemon juice, and tomatoes. Let it boil on medium flame and uncovered it in the oven for about 40 minutes with frequent stirring.
2. Now, add curry powder, salt, and ground red pepper. Cook the mixture with frequent stirring for about 20 minutes or more until it becomes thick.
3. Transfer the hot tomato preserve into a hot jar with a spoon—Leave ¼ inch space on the top. Remove air bubbles. Clean the rim of the glass jar.
4. Place the lid and apply a band around it. Adjust to ensure that the lid is tight. Place the jar in the water bath canner that has boiling water. Leave the water bath canner for about 10 minutes.
5. Turn off the canner, and remove the lid. Keep the jars in the canner for 5 minutes more. Remove the jars, then allow them to cool.

Nutrition: Calories: 50; Carbs: 13 g; Fat: 0 g; Protein: 0 g

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27. Fresh-Tasting Ketchup

Preparation Time: 15 minutes

Cooking Time: 1 hour & 40 minutes

Servings: 3 ½ cups

Ingredients:

- 4 cups chopped seeded peeled tomatoes
- 1 medium green pepper, chopped
- 1 (6 oz) can tomato paste
- 1 medium onion, chopped
- 1 cup sugar
- 1 tbsp salt
- ¼ cup white vinegar

Directions:

1. In a saucepan, combine the first six ingredients and bring them to a boil. Reduce heat and simmer, uncovered, until slightly thickened, about 90 minutes.
2. Stir in vinegar and heat through. Let boil for 5-7 minutes. Cool to room temperature.

Nutrition: Calories: 40; Carbs: 10 g; Fat: 0 g; Protein: 0

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28. Berry Bliss

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4 pints

Ingredients:

- 4 cups Monin sugar syrup
- 8 cups mixed fresh berries

Directions:

1. Wash berries in cold water; remove any bruised spots. Heat sugar syrup to boiling; fill each jar with $\frac{1}{2}$ cup of liquid. Add berries, leaving $\frac{1}{2}$ " headspace and making sure berries are covered in liquid.
2. Remove any air bubbles. Put on lids; process for 15 minutes in a hot-water bath.

Nutrition: Calories: 61; Carbs: 10 g; Fat: 0 g; Protein: 1 g

29. Green Tomato Salsa

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 8 pints

Ingredients:

- 7 lb green tomatoes
- 3 large green peppers, seedless
- 2 large sweet red peppers, seedless
- 4 large onions
- 2 large red onions
- 2 tbsp celery seed
- 4 tsp mustard seed
- 4 tsp canning salt
- 5 cups cider vinegar
- 4 cups sugar

Directions:

1. In a food processor, process tomatoes, peppers, and onions until finely chopped. Add salt and mix. Divide the mixture between 2 strainers and place each over a bowl. Let stand for 3 hours.
2. Discard liquid from bowls. Place vegetables in a stockpot and stir in sugar, vinegar, celery, and mustard seed. Bring to a boil. Simmer for 30-35 minutes or until thickened and uncovered.
3. Scoop the hot mixture into hot sterilized pint jars, leaving a ¼-inch space on the top. Remove air bubbles and adjust the headspace by adding a hot mixture if necessary. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.
4. Put the jars into a canner with simmering water, ensuring they are completely covered with water. Let boil for 15-17 minutes. Remove

jars and cool.

Nutrition: Calories: 37; Carbs: 9 g; Fat: 0 g; Protein: 0 g

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30. Kiwi-Pineapple Preserve

Preparation Time: 15 minutes

Cooking Time: 28 minutes

Servings: 15-20 quarts

Ingredients:

- 60 ripe kiwis
- 4 8 oz cans pineapple chunks
- 1 8 oz can crush pineapple
- 10 cups granulated sugar
- 4 tbsp coarse-ground black pepper
- 1 cup lemon or lime juice
- 1 cup clear jel

Directions:

1. Cut kiwis in half and scoop out the pulp with a teaspoon. Put in a large stockpot. Drain pineapple chunks. Reserve juice. Add to stockpot. Add sugar, pepper, and lemon or lime juice. Stir well.
2. Cover and bring to a boil on high heat. Reduce heat and simmer for about 30–45 minutes until kiwi and pineapple are tender but not mushy.
3. Mix ClearJel with 1 cup of reserved pineapple juice. Add to the stockpot and stir well. Simmer another 8 minutes or until mixture thickens.
4. To can, ladle into sterilized jars, leaving ½" headspace. Wipe rims. Cap and seal. Process in a boiling-water bath for 20 minutes.

Nutrition: Calories: 271; Carbs: 67 g; Fat: 0 g; Protein: 1 g

31. Lemon Zesty Pears

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 3 quarts

Ingredients:

- 8 lb pears
- ¼ tsp fresh fruit
- 2 cups sugar
- ⅛ tsp grated lemon zest for every 3 pounds pears
- 4 cups water

Directions:

1. Wash pears and drain. Peel, core, and halve or quarter. Treat with fresh fruit mixed in water to prevent darkening.
2. To make syrup, in a large stockpot, combine sugar, lemon zest, and water; stir well. Heat until boiling; reduce heat to medium. Cook pears until they are tender, 5–6 minutes. Ladle hot pears into sterilized jars, leaving ½" headspace.
3. Ladle hot syrup over pears, leaving ½" headspace. Wipe rims, cap, and seal. Process in a water-bath canner for 20 minutes for pints or 25 minutes for quarts.

Nutrition: Calories: 120; Carbs: 16 g; Fat: 4 g; Protein: 0 g

32. Tomato Soup

Preparation Time: 15 minutes

Cooking Time: 1 hour & 25 minutes

Servings: 5 quarts

Ingredients:

- 12 lb tomatoes, quartered cut
- 1 tbsp sugar
- 2 tbsp pickling spices
- 2 tbsp salt
- 1 tsp peppercorns
- 4 onions, medium-sized, chopped
- 2 carrots, sliced

Directions:

1. Take a 6l pot, and add tomatoes, sugar, onions, and carrots. Tie pickling spices, salt, and peppercorns in a cheesecloth bag. Place it in the pot.
2. Bring the mixture to a boil on a medium-high flame. Reduce the flame and let it simmer for 45 minutes or more until it becomes thick. Remove the spice bag. Strain the soup and boil it again.
3. Transfer the hot soup into a hot jar with a ladle. Leave $\frac{1}{2}$ inch space on the top. Remove air bubbles. Clean the rim of the glass jar.
4. Place the lid and apply a band around it. Adjust to ensure that the lid is tight. Place the jar in the water bath canner that has boiling water. Leave the water bath canner for about 40 minutes.
5. Turn off the canner, and remove the lid. Keep the jars in the canner for 5 minutes more. Remove the jars and allow them to cool.

Nutrition: Calories: 90; Carbs: 20 g; Fat: 0 g; Protein: 2 g

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33. Mexican Tomato Sauce

Preparation Time: 15 minutes

Cooking Time: 1 hour & 25 minutes

Servings: 4 pints

Ingredients:

- 2 cups (2 large) white onion, chopped
- 1 cup (250 ml) chicken stock
- $\frac{1}{3}$ cup (75 ml) lemon juice
- 2 tsp Salt
- 4 $\frac{1}{3}$ lb Plum tomatoes, coarsely chopped
- 6 garlic cloves, chopped
- $\frac{1}{4}$ cup cilantro, fresh and chopped

Directions:

1. In a 6-liter stainless steel Dutch oven, mix white onion, chicken stock, lemon juice, salt, plum tomatoes, and garlic cloves.
2. Cover it and let it simmer for about 45 minutes or more on medium-low flame with frequent stirring. Remove from flame and allow it to cool.
3. Take a blender and process all the tomato mixture into a smooth paste. Strain the tomato paste using a fine wire mesh strainer in a large bowl.
4. Press the tomato mixture, remove any tomato peel or seeds from the paste, and discard them.
5. Pour the strained tomato paste into a large skillet. Allow it to boil, reduce the flame, and let it simmer until the tomato puree starts to thicken. Add cilantro and stir it well.
6. Transfer the hot sauce into a hot jar with a ladle. Leave $\frac{1}{2}$ inch space on the top. Remove air bubbles. Clean the rim of the glass

- jar.
7. Place the lid and apply a band around it. Adjust to ensure that the lid is tight. Place the jar in the water bath canner that has boiling water.
 8. Leave the water bath canner for about 40 minutes. Turn off the canner, and remove the lid. Keep the jars in the canner for 5 minutes more.
 9. Remove the jars and allow them to cool.

Nutrition: Calories: 71; Carbs: 14 g; Fat: 1 g; Protein: 1 g

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34. Persimmon Butter

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 5-6 pints

Ingredients:

- 8 cups persimmon purée
- 1 cup orange juice
- 1 ½ cups honey
- Grated zest of 1 orange

Directions:

1. Combine all the ingredients in a large stockpot; cook over medium-high heat until about 10–15 minutes thick.
2. Ladle into sterilized jars, leaving ¼" headspace. Wipe rims, cap, and seal—a process in a water-bath canner for 10 minutes.

Nutrition: Calories: 14; Carbs: 4 g; Fat: 0 g; Protein: 0 g

35. Tomato Salsa

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 7 pints

Ingredients:

- 2 cups tomato sauce
- 2 cups tomato paste
- 1 cup chopped green pepper
- 2 cups chopped onions
- 3-5 chopped jalapeno peppers, seeded
- 6 garlic cloves, minced
- ½ cup chopped fresh cilantro
- 2 tbsp canning salt
- 2 tsp ground cumin
- 2 tsp pepper
- ⅔ cup white vinegar
- ⅓ cup sugar
- 5 lb Chopped peeled tomatoes, drained

Directions:

1. In a stockpot, combine all ingredients. Bring to a boil. Reduce heat and let simmer within 20 minutes, uncovered until vegetables are tender.
2. Scoop hot mixture into hot sterilized 1-pint jars, leaving ½ inch headspace. Remove air bubbles and adjust the headspace by adding the hot mixture if necessary. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.
3. Place jars into a canner with boiling water, ensuring they are completely covered with water. Let boil for 15 minutes. Remove

jars and cool.

Nutrition: Calories: 24; Carbs: 5 g; Fat: 0 g; Protein: 1 g

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36. Hot Green Beans

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4 pints jar

Ingredients:

- 2 lb green beans, tails and tops discarded
- 2 ½ cups water
- 2 hot chili peppers, halved
- ¼ cup canning salt
- 2 ½ cups cider vinegar
- 4 fresh dill heads
- 4 garlic cloves

Directions:

1. Sterilize the jars and divide the garlic cloves, dill, and hot peppers among each. Combine the salt, vinegar, and water in a pot and boil. Pack the beans in the jars.
2. Pour the hot liquid into your sterilized jars, leaving a quarter-inch of headspace. Get rid of any air bubbles and clean the rims.
3. Cover the jars with the lid and apply the bands, ensuring it is tightened. Submerge the jars within a prepared boiling water canner and leave to process for 10 minutes.
4. Remove, allow to cool, and then label the jars.

Nutrition: Calories: 14.4; Fat: 0 g; Carbs: 2.6 g; Protein: 0.6 g

37. Tomato Herb Jam

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4 half pints

Ingredients:

- 6 lb plum tomatoes, cored and chopped
- 1 tsp salt
- ½ tsp black pepper, freshly grounded
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 ½ cups sugar
- 125 ml balsamic vinegar
- 60 ml Pinot Grigio
- 2 tsp Herbes de Provence

Directions:

1. In a 6-liter stainless steel Dutch oven, mix cored and chopped plum tomatoes, salt, freshly ground black pepper, chopped garlic cloves, and bay leaves.
2. Let it cook on medium-high flame and uncovered in the Dutch oven for about an hour or more with frequent stirring.
3. Now, add sugar and stir to dissolve it. Add balsamic vinegar, Pinot Grigio, and herbs de Provence.
4. Allow it to boil on a medium flame for about 45 minutes with continuous stirring until it becomes thick. Remove bay leaves and discard.
5. Transfer the hot jam into a hot jar with a ladle. Leave ¼ inch space on the top. Remove air bubbles. Clean the rim of the glass jar.

6. Place the lid and apply a band around it. Adjust to ensure that the lid is tight. Place the jar in the water bath canner that has boiling water. Leave the water bath canner for about 10 minutes.
7. Turn off the canner, and remove the lid. Keep the jars in the canner for 5 minutes more. Remove the jars, then allow them to cool.

Nutrition: Calories: 20; Carbs: 4 g; Fat: 0 g; Protein: 0 g

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38. Pineapple Salsa

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4 pints

Ingredients:

- 420 oz cans crushed pineapple with juice
- 1 ¼ cups yellow onion, chopped
- 4 jalapeño peppers, seeded and finely chopped
- 128 oz can dice tomatoes with juice
- ¾ cup cilantro, loosely packed and finely chopped
- Juice and grated zest of 2 limes
- ½ cup white vinegar
- 4 tbsp white balsamic vinegar
- 3 tbsp honey
- 3 cloves garlic, finely minced
- 1 ½ tsp ground cumin
- ½ tsp cayenne pepper
- 1 tsp ground coriander
- ½ tsp coarse-ground black pepper

Directions:

1. Combine all ingredients in a large stockpot. Boil, reduce heat to medium-low, and let simmer for 5 minutes. Stir constantly to avoid sticking.
2. Ladle into sterilized jars, leaving ¼" headspace. Wipe rims. Cap and seal. Process in a water-bath canner for 15 minutes.

Nutrition: Calories: 10; Carbs: 2 g; Fat: 0 g; Protein: 0 g

39. Tomato Paste

Preparation Time: 15 minutes

Cooking Time: 0 minutes

Servings: 16 half pints

Ingredients:

- 16 lb plum/paste tomatoes, cubed
- 3 cups sweet pepper, chopped
- 2 bay leaves
- 2 tbsp salt
- 3 garlic cloves
- 6 tbsp lemon juice, bottled

Directions:

1. In a 6-l pot, mix all ingredients and cook on a medium flame for an hour with continuous stirring.
2. Remove bay leaves. Strain the mixture using a sieve. Return the mixture to your pot and cook for 3 hours over a medium-low flame with frequent stirring.
3. Transfer the hot jam into a hot jar with a ladle. Leave $\frac{1}{2}$ inch space on the top. Remove air bubbles. Clean the rim of the glass jar.
4. Place the lid and apply a band around it. Adjust to ensure that the lid is tight. Place the jar in the water bath canner that has boiling water.
5. Leave the water bath canner for about 30 minutes. Turn off the canner, and remove the lid. Keep the jars in the canner for 5 minutes more. Remove the jars, then allow them to cool.

Nutrition: Calories: 30; Carbs: 6 g; Fat: 0 g; Protein: 1 g

40. Peach Chili Tomato Sauce

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 5 pints

Ingredients:

- 5 lb tomatoes
- 1½ lb peaches, chopped
- 3 large sweet onions, chopped
- 3 medium pears, peeled and chopped
- 2 medium green peppers, chopped
- 2 jalapeno peppers, seeded, cut into matchsticks
- 2 celery ribs, chopped
- 1 tsp mixed pickling spices
- 3 cups sugar
- 3 tsp salt
- 2 cups white vinegar

Directions:

1. In a Dutch oven, bring 2 quarts of water to a boil. Place 1-2 tomatoes in boiling water for 30-60. Remove and plunge into ice water. Peel and finely chop tomatoes.
2. Tie pickling spices in a cheesecloth bag. Place all ingredients in the pot; bring to a boil.
3. Reduce heat and simmer, uncovered, for 2–2½ hours until thickened, stirring occasionally. Discard the spice bag.
4. Carefully scoop the hot mixture into hot sterilized 1-pint jars, leaving ½-inch headspace. Remove air bubbles and if necessary, adjust headspace by adding a hot mixture.

5. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.
6. Place jars into a canner with boiling water, ensuring that they are completely covered with water. Let boil for 20 minutes. Remove jars and cool.

Nutrition: Calories: 40; Carbs: 10 g; Protein: 0 g; Fat: 0 g

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41. Piquant Chunky Salsa

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 8 pints

Ingredients:

- 6 lb tomatoes
- 3 large green peppers, chopped
- 1 large sweet red pepper, chopped
- 4 jalapeno peppers, seeded, chopped
- 2 serrano peppers, seeded, chopped
- 3 large onions, chopped
- 3 garlic cloves, minced
- ½ cup minced fresh cilantro
- 4 tsp ground cumin
- 2 tsp dried oregano
- 1 can (12 oz) tomato paste
- 1 tsp hot pepper sauce
- 2 cups white vinegar
- ½ cup sugar
- ½ cup bottled lemon juice
- 1 tbsp salt

Directions:

1. In a Dutch oven, bring 2 quarts of water to a boil. Place 1-2 tomatoes in boiling water for 30-60 seconds. Remove each tomato and plunge it into ice water. Peel and finely chop tomatoes; place in a stockpot.
2. Add remaining ingredients and water to cover. Bring to a boil. Reduce heat and simmer for about 30 minutes, uncovered, until slightly thickened.

3. Scoop hot mixture into hot sterilized 1-pint jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace by adding the hot mixture if necessary. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.
4. Place jars into a canner with boiling water, ensuring that they are completely covered with water. Let boil for 15 minutes. Remove jars and cool.

Nutrition: Calories: 25; Carbs: 6 g; Fat: 0 g; Protein: 1 g

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42. Peach Salsa

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: 11 cups

Ingredients:

- 4 lb tomatoes, chopped
- 4 jalapeno peppers, seeded, finely chopped
- 1 medium onion, chopped
- ¼ cup minced fresh cilantro
- ½ to ⅔ cup packed brown sugar
- 4 garlic cloves, minced
- 1 tsp salt
- 4 cups chopped peeled fresh peaches, divided
- 1 (6 oz) can tomato paste

Directions:

1. In a 5-quart slow cooker, mix the first seven ingredients and 2 cups of peaches. Cover and cook on low for 3–4 hours or until onion is tender.
2. Stir the remaining peaches and tomato paste into a slow cooker. Let cool, cover and transfer to covered containers.

Nutrition: Calories: 28; Carbs: 7 g; Fat: 0 g; Protein: 1 g

43. Pungent Tomato Pear Chutney

Preparation Time: 15 minutes

Cooking Time: 1 hour & 10 minutes

Servings: 5 half pints

Ingredients:

- 2 lb pears, peeled, chopped
- 2 lb tomatoes, peeled, seeded, chopped
- 1 cup finely chopped seeded jalapeno peppers
- 2 cups chopped onions
- 4 tsp minced fresh ginger root
- 1-2 tsp crushed red pepper flakes
- 1 tsp ground mustard
- 1 cup cider vinegar
- 1 cup brown sugar

Directions:

1. In a dutch oven, combine all ingredients. Bring to a boil. Reduce heat and simmer for 45-60 minutes, uncovered, until thickened, stirring occasionally.
2. Carefully scoop the hot mixture into hot sterilized half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace by adding a hot mixture if necessary.
3. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.
4. Place jars into a canner with boiling water, ensuring that they are completely covered with water. Let boil for 10 minutes. Remove jars and cool.

Nutrition: Calories: 88; Carbs: 22 g; Fat: 0 g; Protein: 1 g

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44. Raspberry Salsa

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 7 half pints

Ingredients:

- 6 cups fresh raspberries
- 1 ¼ cups red onion, chopped
- 4 jalapeño peppers, seeded and finely chopped
- 1 large sweet red pepper, seeded & chopped
- ½ cup cilantro, loosely packed and finely chopped
- Juice and grated zest of 2 limes
- ½ cup white vinegar
- 4 tbsp balsamic vinegar
- 3 tbsp honey
- 3 cloves garlic, finely minced
- 1 ½ tsp ground cumin
- ½ tsp cayenne pepper
- 1 tsp ground coriander
- ½ tsp black pepper

Directions:

1. Put half the raspberries in a large stockpot and mash lightly. Add the remaining raspberries and the remaining ingredients. Boil, constantly stirring to prevent scorching. Boil gently for 5 minutes.
2. Ladle into sterilized jars, leaving ¼" headspace. Wipe rims. Cap and seal. Process in a water-bath canner for 15 minutes.

Nutrition: Calories: 25; Carbs: 6 g; Fat: 0 g; Protein: 0 g

45. Mild Jalapeno Tomato Salsa

Preparation Time: 15 minutes

Cooking Time: 1 hour & 40 minutes

Servings: 10 pints

Ingredients:

- 10 ½ lb tomatoes, peeled, quartered
- 3 large onions, chopped
- 4 medium green peppers, chopped
- 1 medium sweet red pepper, chopped
- 1 celery rib, chopped
- 4 jalapeno peppers, seeded, chopped
- 24 oz tomato paste
- ¼ tsp hot pepper sauce
- 1¾ cups white vinegar
- ½ cup sugar
- 15 garlic cloves, minced
- ¼ cup canning salt

Directions:

1. In a large stockpot, cook tomatoes over medium heat for 20 minutes, uncovered. Drain, reserving 2 cups liquid. Return tomatoes to the pot.
2. Add the remaining ingredients and the reserved tomato liquid. Bring to a boil. Reduce heat and let simmer for 1 hour, frequently stirring, uncovered.
3. Scoop the hot mixture into sterilized 1-pint jars, leaving ¼-inch space on the top. Remove air bubbles and adjust the headspace by adding a hot mixture if necessary.

4. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight. Place jars into a canner, ensuring that they are completely covered with water. Let boil for 20 minutes. Remove jars and cool.

Nutrition: Calories: 14; Carbs: 3 g; Fat: 0 g; Protein: 0 g

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46. Tomato Juice

Preparation Time: 15 minutes

Cooking Time: 55 minutes

Servings: 4 quarts

Ingredients:

- 14 lb tomatoes, cored and quartered
- 1 large red beet, peeled and diced into cubes
- 1 tbsp salt
- ½ cup / 120ml lemon juice, bottled

Directions:

1. Take a 6-quarts or 6-l stainless steel stockpot or Dutch oven. Add tomatoes cored and diced into small pieces and allow them to boil. Stir occasionally.
2. Reduce the flame and let it simmer uncovered for about 15 minutes or more until it becomes soft.
3. Take a food mill, press the tomato mixture in different batches, and transfer it into a large bowl. Discard tomato skin and seeds.
4. Transfer the tomato puree to the Dutch oven again and bring it to a boil at a medium flame with frequent stirring until the temperature reaches 88C°. Remove from the flame. Add lemon juice and stir well.
5. Transfer the hot tomato juice into a hot jar with a ladle. Leave a 1-inch space on the top. Remove air bubbles. Clean the rim of the glass jar.
6. Place the lid and apply a band around it. Adjust to ensure that the lid is tight. Place the jar in the boiling water bath canner. Leave the water bath canner for about 40 minutes.

7. Turn off the canner, and remove the lid. Keep the jars in the canner for 5 minutes more. Remove the jars, then allow them to cool.

Nutrition: Calories: 50; Carbs: 10 g; Fat: 0 g; Protein: 2 g

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47. Oven-Roasted Marinara

Preparation Time: 15 minutes

Cooking Time: 1 hour & 45 minutes

Servings: 8 pints

Ingredients:

- 20 lb Plum tomatoes
- 1 ½ cup/2 medium onions, chopped
- 1 vegetable cooking spray
- 250ml dry wine (red or white)
- 1 tbsp salt
- 1 tbsp dried oregano
- 2 tsp black pepper
- 6 garlic cloves, chopped
- 2 bay leaves
- 125ml lemon juice, bottled

Directions:

1. Preheat the oven to 190°C. While the oven preheats, dice the tomatoes into equally small pieces. Take a baking sheet and arrange all the sliced tomatoes in a single layer.
2. Bake the tomato slices in different batches at 190°C for about 45 minutes or until the tomatoes become soft and brown in color. Allow them to cool.
3. Repeat the same process for onions but coat the baking sheet with cooking spray. Bake the onions in a preheated oven at 190°C for about 20 minutes until they turn brown.
4. Take a food mill, press the tomato mixture in different batches and transfer it into a large bowl. Discard tomato skin and seeds.
5. Transfer the caramelized onion and tomato puree to the stainless-steel stockpot. Add wine, salt, dried oregano, black pepper, garlic cloves, and bay leaves. Allow it to boil at a high flame.
6. Reduce the flame and let the mixture simmer for about 15–20 minutes or more. Keep it uncovered. Remove bay leaves and discard. Now, add lemon juice and stir well.

7. Transfer the hot tomato juice into a hot jar with a ladle. Leave a 1-inch space on the top. Remove air bubbles. Clean the rim of the glass jar.
8. Place the lid and apply a band around it. Adjust to ensure that the lid is tight. Place the jar in the water bath canner that has boiling water. Leave the water bath canner for about 40 minutes.
9. Turn off the canner, and remove the lid. Keep the jars in the canner for 5 minutes more. Remove the jars, then allow them to cool.

Nutrition: Calories: 450; Carbs: 44 g; Fat: 12 g; Protein: 0 g

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48. Tomato Spaghetti Sauce

Preparation Time: 15 minutes

Cooking Time: 5 hours & 40 minutes

Servings: 9 quarts

Ingredients:

- 25 lb tomatoes
- 4 large green peppers, seeded
- 4 large onions, cut into wedges
- 2 (24 oz) cans tomato paste
- 8 garlic cloves, minced
- 4 tsp dried oregano
- 2 tsp dried parsley flakes
- 2 tsp dried basil
- 2 tsp crushed red pepper flakes
- 2 tsp Worcestershire sauce
- ¼ cup canola oil
- ⅔ cup sugar
- ¼ cup salt
- 1 cup + 2 tbsp bottled lemon juice
- 2 bay leaves

Directions:

1. In a dutch oven, bring 2 quarts of water to a boil. Place 1-2 tomatoes in boiling water for 30-60 seconds. Remove each tomato and plunge it into ice water. Peel and quarter tomatoes, then place in a stockpot.
2. Pulse onions and green peppers in batches in a food processor until finely chopped, then transfer to a stockpot. Stir in the next 11 ingredients. Add water to cover; bring to a boil.

3. Reduce heat and let simmer within 4-5 hours, occasionally stirring, uncovered. Discard bay leaves. Add 2 tbsp lemon juice to each of 9 hot sterilized 1-quart jars.
4. Scoop hot mixture into jars, leaving ½-inch headspace. Remove air bubbles and adjust the headspace by adding a hot mixture if necessary. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.
5. Place jars into a canner with boiling water, ensuring that they are completely covered with water. Let boil for 40 minutes. Remove jars and cool.

Nutrition: Calories: 118; Carbs: 17 g; Fat: 5 g; Protein: 3 g

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49. Wine-Poached Figs

Preparation Time: 15 minutes

Cooking Time: 50 minutes

Servings: 6 cups

Ingredients:

- 1 (750 ml) bottle pinot (noir or burgundy)
- 1 cup dark honey
- ½ cup red wine vinegar or fig vinegar
- 2 cinnamon sticks
- 2 ¼-inch slices gingerroots
- 1 tbsp whole cloves
- 2 ½ lb fresh ripe figs, quartered

Directions:

1. Bring the wine, honey, vinegar, cinnamon sticks, ginger, and cloves to a simmer in a nonreactive saucepan.
2. Simmer until the mixture is reduced to a light syrup, approximately 30–40 minutes. Remove from heat; strain. Return reduction to saucepan; add figs and salt.
3. Cook over low heat until figs are just tender, approximately 5–10 minutes. Remove from heat; cool before transferring to safe containers. Make sure the figs have enough sauce to cover them.

Nutrition: Calories: 72; Carbs: 13 g; Fat: 0 g; Protein: 0 g

Jam and Jellies



50. Pear & Pineapple Jam

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 6-pint jars

Ingredients:

- 2 lb pears, peeled, pitted, and chopped
- 1-pound pineapple, peeled, cored, and chopped
- 1 tbsp lemon juice
- 1 cup sugar
- Zest from 1 lemon

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Set all ingredients in a saucepan and bring to a boil over medium flame.

3. Set the heat to medium-low and allow to simmer for 15 minutes while stirring constantly.
4. Turn off the heat and allow cooling slightly.
5. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
6. Bring in a water bath canner and process for 10 minutes.
7. Consume within a year.

Nutrition: Calories: 174; Protein: 1.1 g; Carbs: 44.8 g; Fat: 0.4; Sugar: 37.9 g

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51. Guava Jam

Preparation Time: 15 minutes

Cooking Time: 1 hour 25 minutes

Servings: 8-pint jars

Ingredients:

- 6 ripe guavas (overripe preferred)
- 3 cups water
- Juice from 3 limes, freshly squeezed
- 1 cup sugar
- 2 tbsp pectin

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Chop the guavas and place them in a saucepan. Spill in water and bring to a boil for 60 minutes,
3. Turn off the heat and strain the juice. Discard the solids.
4. On a clean pot, place the juice and stir in the lime juice and sugar. Set on the heat and bring to a boil over medium flame. Reduce the heat to simmer for another 10 minutes. Add in the pectin and stir for 2 more minutes.
5. Turn off the heat and allow cooling slightly.
6. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
7. Bring in a water bath canner and process for 10 minutes.
8. Consume within a year.

Nutrition: Calories: 68; Protein: 0.1 g; Carbs: 14 g; Fat: 0.1 g; Sugar: 10 g

52. Maple Blackberry Jam

Preparation Time: 15 minutes

Cooking Time: 60 minutes

Servings: 6 half-pint jars

Ingredients:

- 6 canning bottles
- 6 cups blackberries, crushed
- 1 ½ cups pure maple syrup
- Zest and juice from one lemon

Directions: 1

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Set all ingredients in a saucepan and bring to a simmer. Cook for 50 minutes while constantly stirring over medium-low heat or until the mixture thickens.
3. Dip an old spoon into the jam and tip gently. The jam is ready if it runs off in a sheet and if the liquid does not drip.
4. Set off the heat and allow the mixture to cool slightly before transferring it into the sterilized bottles.
5. Remove the air bubbles in the mixture. Close the lid and place it in the water bath canner.
6. Process for 10 minutes.
7. Store in a cool dark place and consume within a year.

Nutrition: Calories: 379; Protein: 2.9 g; Carbs: 96 g; Fat: 0.4 g; Sugar: 84.2 g

53. Pineapple Jam

Preparation Time: 15 minutes

Cooking Time: 1 hour 10 minutes

Servings: 4-pint jars

Ingredients:

- 2 canning bottles
- 1 cup sugar
- 2 fresh lemons, juiced
- 1 medium-sized pineapple, peeled and chopped

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Add all ingredients to a medium-sized pot and bring to a boil. Reduce the heat and simmer for an hour until the liquid has evaporated and the mixture thickens.
3. Set off the heat and allow it to cool slightly before transferring it into the bottles.
4. Remove the air bubbles and close the lid.
5. Set in a water bath canner and process for 10 minutes.
6. Consume within a year.

Nutrition: Calories: 216; Protein: 1.3 g; Carbs: 56.3 g; Fat: 0.3 g; Sugar: 47.3 g

54. Cherry Jam

Preparation Time: 15 minutes

Cooking Time: 60 minutes

Servings: 4-pint jars

Ingredients:

- 4 canning bottles
- 2 lb cherries, stems removed and pitted
- 2 ½ cups sugar
- Juice from 1 lemon, freshly squeezed
- 2 drops of almond extract

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a saucepan and cook for 40 minutes or until the mixture thickens. Continue swirling to prevent the bottom from burning.
3. Turn off the heat and remove from the pot to cool slightly.
4. Transfer to the bottles. Remove the air bubbles and close the lid.
5. Set in a water bath canner and process for 10 minutes.
6. Consume within a year.

Nutrition: Calories: 331; Protein: 1.9 g; Carbs: 83.6 g; Fat: 0.6 g; Sugar: 78.7 g

55. Raspberry Jam

Preparation Time: 15 minutes

Cooking Time: 27 minutes

Servings: 6 half-pint jars

Ingredients:

- 4 canning bottles with lid
- 4 cups crushed ripe raspberries
- 1 tbsp fresh lemon juice
- 6 ½ cups sugar
- ½ tsp unsalted butter
- 3 oz pectin

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Macerate the raspberries and run through a colander to remove the seeds.
3. Place the strained raspberries in a pot and stir in the lemon juice, sugar, and butter.
4. Set the heat to medium and bring to a rolling boil for 10 minutes. Reduce the heat to simmer for 5 minutes before adding the pectin. Allow to simmer for another 2 minutes.
5. Turn off the heat to cool.
6. Transfer the jam to sterilized bottles and remove the air bubbles.
7. Close the lid.
8. Bring in a water bath canner and process for 10 minutes.
9. Consume within a year.

Nutrition: Calories: 581; Protein: 1.4 g; Carbs: 148 g; Fat: 0.4 g; Sugar: 5.9 g

56. Plum Butter

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 12 half-pint jars

Ingredients:

- 6 canning bottles
- 6 tsp Italian plums, halved and pits removed
- 4 cups sugar
- 1 ½ tsp ground cinnamon
- ½ tsp ground cloves

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place the plums, sugar, cinnamon, and cloves in a saucepan.
3. Set on the heat and bring to a rolling boil for 10 minutes. Reduce the heat to low and continue stirring until the mixture becomes thick.
4. Turn off the heat to cool.
5. Transfer the jam to sterilized bottles and remove the air bubbles. Close the lid.
6. Set in a water bath canner and process for 10 minutes.
7. Consume within a year.

Nutrition: Calories: 332; Protein: 3.8 g; Carbs: 86.2 g; Fat: 0.2 g; Sugar: 83.2 g

57. Apple Pie Jam

Preparation Time: 15 minutes

Cooking Time: 27 minutes

Servings: 8 half-pint jars

Ingredients:

- 6 canning bottles
- 4 cups diced apples
- 2 tbsp lemon juice, freshly squeezed
- 1 ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- 4 cups granulated sugar
- 1 cup packed brown sugar
- ½ tsp unsalted butter
- 1 box pectin

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place the apples, lemon juice, cinnamon, ginger, nutmeg, sugar, and butter in a saucepan.
3. Turn on the heat and allow to simmer for 15 minutes. Stir in the pectin and simmer for 2 minutes. Keep swirling to prevent the mixture from burning.
4. Turn off the heat to cool.
5. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
6. Set in a water bath canner and process for 10 minutes.
7. Consume within a year.

Nutrition: Calories: 275; Protein: 0.2 g; Carbs: 70.6 g; Fat: 0.3 g; Sugar: 66.9 g

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58. Star Fruit Jam

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 3-pint jars

Ingredients:

- 2 canning bottles
- 1 ¼ lb carambolas or star fruit, edges trimmed and chopped
- 1 cup water
- 2 cups white sugar
- Juice from 1 lemon, freshly squeezed

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a saucepan. Set on the heat and bring the mixture to a simmer. Stir for 20 minutes or until the mixture is thick and the liquid has reduced.
3. Set off the heat and allow the mixture to cool down.
4. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
5. Bring in a water bath canner and process for 10 minutes.
6. Consume within a year.

Nutrition: Calories: 241; Protein: 1.5 g; Carbs: 60.3 g; Fat: 0.5 g; Sugar: 54.6 g

59. Nectarine Brown Sugar Jam

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 8 half-pint jars

Ingredients:

- 6 to 8 canning bottles
- 4 lb nectarines, peeled, seeded and chopped
- 1 ½ cup brown sugar, lightly packed
- 4 tbsp lemon juice
- ½ tsp cinnamon
- ¼ tsp ground ginger

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a big saucepan and bring to a rolling boil for 5 minutes. Set the heat to low and parboil for another 10 minutes. Keep stirring until the mixture thickens.
3. Set off the heat and allow it to cool slightly.
4. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
5. Bring in a water bath canner and process for 10 minutes.
6. Consume within a year.

Nutrition: Calories: 259; Protein: 2.5 g; Carbs: 65.2 g; Fat: 0.8 g; Sugar: 58.1 g

60. Strawberry Jam

Preparation Time: 15 minutes

Cooking Time: 1 hour and 20 minutes

Servings: 4 half-pint jars

Ingredients:

- 2 pints jar
- 2 lb ripe strawberries, hulled and cleaned
- 2 ½ cups sugar
- 1 tbsp freshly squeezed orange juice

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Chop the strawberries and place all ingredients in a large pan. Let it sit for an hour until the sugar dissolves and the mixture becomes watery.
3. Heat over the stove using a medium flame and bring to a boil. Make sure to stir constantly and mash with the ladle to macerate. Cook for 10 minutes, then allow to cool.
4. Place the strawberry jam in sterilized bottles.
5. Set in a water bath canner and process for 10 minutes.
6. Consumer within a year.

Nutrition: Calories: 318; Protein: 1.6 g; Carbs: 80.2 g; Fat: 0.7 g; Sugar: 73 g

61. Peach Spice Jam

Preparation Time: 5 minutes

Cooking Time: 15-25 minutes

Servings: 2-pint jars

Ingredients:

- 8-9 large peaches, pitted
- 3 cups sugar
- Juice and rind of ½ lemon
- ¼ tsp allspice (optional)
- ¼ tsp cloves (optional)

Directions:

1. Detach pits and imperfect parts from peaches.
2. In a large kettle, parboil peaches with just enough water to keep them from burning. When peaches are softened, put them through a food mill.
3. To a deep saucepan or cooking pot, attach the peaches and enough water to submerge. Boil until softened. Drain water.
4. Transfer to a blender or food processor. Blend well to make a puree.
5. To the pot or pan, add the puree and other ingredients.
6. Boil the mixture till the thermometer reads 220F; cook over medium-low heat until firm and thick. Swirl continually to prevent scorching.
7. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep a headspace of ¼ inch from the jar top.
8. Set a nonmetallic spatula to detach tiny air bubbles and swirl the mixture gently.

9. Wipe the sealing edges. Secure the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
10. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
11. Store in your refrigerator for later use.

Nutrition: Calories: 435; Protein: 5.1 g; Carbs: 11.4 g; Fat: 1.4 g; Sugar: 86.3 g

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62. Rhubarb Orange Jam

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Servings: 3-4 pint jars

Ingredients:

- 2 cups white sugar
- 2 tsp grated orange zest
- 2 ½ lb rhubarb, chopped
- ½ cup water
- ⅓ cup orange juice

Directions:

1. Mix the rhubarb, sugar, orange zest, orange juice, and water in a deep saucepan or cooking pot.
2. Boil the mixture till the thermometer reads 220°F; cook for about 45 minutes over medium-low heat until firm and thick. Stir continually to prevent scorching.
3. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep a headspace of ¼ inch from the jar top.
4. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
5. Wipe the sealing edges, lose the jars with the lids, and adjust the bands/rings to seal and prevent any leakage.
6. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
7. Store in your refrigerator for later use.

Nutrition: Calories: 322; Protein: 15 g; Carbs: 23 g; Fat: 2.1 g; Sugar: 22 g

63. Blackberry Jam

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 10-pint jars

Ingredients:

- 5 cups blackberries
- 2 cups sugar
- 2 tbsp lemon juice

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a saucepan. Set to a boil while constantly stirring for 10 minutes. Reduce the heat to simmer until the sauce thickens.
3. Set off the heat and allow it to cool slightly.
4. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
5. Set in a water bath canner and process for 10 minutes.
6. Consume within a year.

Nutrition: Calories: 196; Protein: 1.7 g; Carbs: 49.7 g; Fat: 0.2 g; Sugar: 44.9 g

64. Honeyberry Jam

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 6 half-pint jars

Ingredients:

- 2 cups honeyberry fruit
- 2 cups sugar

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a saucepan. Macerate the berries using a potato masher or a spoon.
3. Turn on the heat to medium-high and bring to a boil while stirring constantly. Reduce the medium-low heat and allow to simmer for another 15 minutes or until the mixture thickens.
4. Set off the heat and allow the mixture to cool slightly.
5. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
6. Bring in a water bath canner and process for 10 minutes.
7. Consume within a year.

Nutrition: Calories: 190; Protein: 0.3 g; Carbs: 48.9 g; Fat: 0.01 g; Sugar: 47.4 g

65. Blueberry Vanilla Jam

Preparation Time: 15 minutes

Cooking Time: 22 minutes

Servings: 22 half-pint jars

Ingredients:

- 6 large canning bottles
- 1 ¼ pounds blueberries, rinsed and stems removed
- ¾ cup granulated sugar
- 2 tbsp lemon juice
- ½ vanilla bean pod, seeds scraped
- 1 tsp pectin

Directions:

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients except for the pectin in a pot and mash until the blueberries are macerated.
3. Set on the heat and bring to a boil for 10 minutes while stirring constantly. Remove the vanilla bean pod and stir in the pectin. Continue stirring for another 2 minutes until the mixture becomes thick.
4. Ladle into the sterilized jars and leave ¼ inch of headspace. Remove the air bubbles and screw the lid on.
5. Place in a water bath canner and follow the general instructions for water bath canning.
6. Process for 10 minutes.
7. Consume within a year and keep refrigerated once the bottles are opened.

Nutrition: Calories: 38; Protein: 0.19 g; Carbs: 9.2 g; Fat: 0.2 g; Sugar: 8.7 g

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66. Mandarin Orange Jam

Preparation Time: 15 minutes

Cooking Time: 22 minutes

Servings: 5-pint jars

Ingredients:

- 5 bottling jars with lid
- 2 lb mandarin oranges, peeled and seeded (about 10 to 12 oranges)
- Juice from 1 lemon, freshly squeezed
- 1 cup sugar

Directions:

1. Sterilize the bottles in a water bath canner.
2. Chop the mandarin oranges roughly. Place the ingredients except for the pectin in a pot and heat over medium flame. Stir constantly for 10 minutes to avoid burning at the bottom.
3. Stir in pectin and stir for another 2 minutes.
4. Set off the heat and allow it to cool.
5. Transfer the orange jam into the sterilized bottles and ensure there is $\frac{1}{4}$ headspace left. Remove the air bubbles. Close the lid.
6. Place the bottles in the water bath canner. Process for 10 minutes.
7. Consume within a year.

Nutrition: Calories: 169; Protein: 1.3 g; Carbs: 41.6 g; Fat: 0.2 g; Sugar: 35 g

67. Fig Jam

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 3 half-pint jars

Ingredients:

- 1-pint jar
- 1 lb black figs
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup water
- Juice from $\frac{1}{2}$ small lemon, freshly squeezed
- 1 tsp pure vanilla extract

Directions:

1. Sterilize the bottle in a water bath canner. Allow the bottles to cool.
2. Place the figs in a blender and puree until smooth. Place the pureed figs in a pot and add the rest of the ingredients.
3. Bring to a boil over a medium flame while stirring constantly. Cook for 10 minutes and remove from the heat.
4. Allow cooling before transferring into the sterilized bottle.
5. Follow the general instructions for water bath canning and can for 15 minutes.
6. Consume within a year.

Nutrition: Calories: 357; Protein: 3.8 g; Carbs: 92 g; Fat: 1.1 g; Sugar: 72.8 g

68. Jalapeño Pepper Jelly

Preparation Time: 90 minutes

Cooking Time: 20 minutes

Servings: 5 half-pint jars

Ingredients:

- 1 cup, chopped green bell pepper
- 1/3 cup chopped jalapeño pepper
- 4 cups sugar
- 1 cup cider vinegar
- 1 packet pectin, about 6 ounces

Directions:

1. Merge all the ingredients in a large saucepot, and let it boil for about 5 minutes.
2. Next, let it cool to room temperature for about one hour, then put them into jars.
3. Set the jars in a water bath for 5 minutes, then let them sit at room temperature for about twelve to 24 hours before storing.

Nutrition: Calories: 651; Fat: 26 g; Carbs: 93 g; Protein: 17 g; Sodium: 112 mg

Marmalades



69. Lemon Honey Marmalade

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 12-pint jars

Ingredients:

- 8 cups lemons, chopped
- 6 oz. liquid pectin
- 1 ½ cups water

- 4 cups sugar
- 2 cups honey

Directions:

1. Add lemons, sugar, water, and honey to a saucepan and boil over medium heat.
2. Reduce heat and simmer for 30 minutes.
3. Add pectin and boil for 5 minutes. Stir constantly.
4. Remove pan from heat. Ladle the marmalade into the jars. Leave ½-inch headspace. Remove air bubbles.
5. Secure the jars with lids and process them in a boiling water bath for 10 minutes.
6. Remove jars from the water bath and let them cool completely.
7. Check the seals of jars. Label and store.

Nutrition: Calories: 468; Fat: 0.4 g; Carbs: 127.5 g; Sugar: 116.6 g; Protein: 1.7 g; Cholesterol: 0 mg

70. Zucchini Marmalade

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 12-pint jars

Ingredients:

- 4 cups shredded zucchini
- 5 cups sugar
- 1 orange, peeled, cut, and seeded

Directions:

1. Add orange and orange zest to a food processor and process until crushed.
2. Add the zucchini, sugar, and orange to a saucepan and bring to a boil over medium heat for 10-15 minutes or until thickened.
3. Remove the saucepan from the heat and allow it to cool completely.
4. Pour the jam into a clean jar. Secure the jar with a lid and store it in the fridge.

Nutrition: Calories: 326; Fat: 0.1 g; Carbs: 86.4 g; Sugar: 85.4 g; Protein: 0.6 g; Cholesterol: 0 mg

71. Carrot Marmalade

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 48-pint jars

Ingredients:

- 2 cups grated carrots
- 2 ½ cups sugar
- 2 cups water
- 1 orange
- 1 lemon

Directions:

1. Shred orange and lemon in a large saucepan.
2. Add the remaining ingredients into the saucepan and bring to a boil over medium heat.
3. Set heat to low and parboil for 30 minutes or until thickened.
4. Once the marmalade is thickened then, remove the pan from heat.
5. Ladle the marmalade into the clean and hot jars. Leave ½-inch headspace. Remove air bubbles.
6. Secure jars with lids and process in a boiling water bath for 5 minutes.
7. Remove jars from the water bath and let them cool completely.
8. Check the seals of jars. Label and store.

Nutrition: Calories: 43; Fat: 0 g; Carbs: 11.3 g; Sugar: 11 g; Protein: 0.1 g; Cholesterol: 0 mg

72. Strawberry Marmalade

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 12 pint jars

Ingredients:

- 4 cups strawberries, crushed
- 6 cups sugar
- 6 tbsp pectin
- 1 lemon

Directions:

1. Cut lemon peel and reserved lemon juice and pulp. Add lemon peel to a small pot with water and boil for 5 minutes. Drain lemon peels.
2. Add strawberries, sugar, pectin, lemon peel, lemon juice, and lemon pulp into the large stockpot. Stir well and bring to a boil. Stir until sugar is dissolved.
3. Set heat to high and boil for 1 minute. Stir constantly.
4. Remove pot from heat.
5. Ladle the marmalade into the clean and hot jars. Leave ½-inch headspace. Remove air bubbles.
6. Secure the jars with lids and process them in a boiling water bath for 10 minutes.
7. Remove jars from the water bath and let them cool completely.
8. Check the seals of jars. Label and store.

Nutrition: Calories: 396; Fat: 0.1 g; Carbs: 104 g; Sugar: 102 g; Protein: 0.3 g; Cholesterol: 0 mg

73. Onion Marmalade

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 4 pint jars

Ingredients:

- 2 large onions, sliced
- 1 tbsp red wine vinegar
- $\frac{1}{3}$ cup red wine
- 1 tsp sugar
- $\frac{1}{4}$ cup olive oil
- Pinch of salt

Directions:

1. Warm the oil in a small saucepan over medium heat.
2. Add onion and cook for 10–15 minutes or until onion is softened.
3. Add sugar and cook for 5 minutes. Attach wine and cook until wine is reduced.
4. Remove pan from heat. Add vinegar and salt and mix well.
5. Pour marmalade in a clean jar. Secure the jar with the lid and store it in the fridge.

Nutrition: Calories: 159; Fat: 12.7 g; Carbs: 8.6 g; Sugar: 4.4 g; Protein: 0.8 g; Cholesterol: 0 mg

74. Tomato Lemon Marmalade

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 9 Half-Pints

Ingredients:

- 4 cups (4 apples) chopped peeled tart apples
- 5 medium ripe tomatoes
- 6 cups sugar
- 2 medium lemons, seeded and finely chopped
- 8 whole cloves
- 2 ¼ tsp ground ginger

Directions:

1. Prepare the tomatoes by peeling them, slicing them into quarters, and then chopping them.
2. Set chopped tomatoes in a colander to drain before placing them in a Dutch oven.
3. Add the lemons and apples to the Dutch oven, and cook for 15 minutes on moderate heat, stirring often. Stir in ginger and sugar.
4. Place cloves in a cheesecloth bag and tie them; add to the mixture.
5. Bring the mixture to a complete rolling boil, stirring often, and cook until the sugar has melted. Simmer on low for 40 minutes, stirring frequently.
6. Discard the spice bag and ladle the hot marmalade into nine sterilized hot half-pint jars with a ¼ inch of headspace.
7. Remove the air bubbles with a plastic knife, adjust the headspace, and wipe the rims.
8. Place the jars into the canner with simmering water, just enough to cover it; bring to a full boil, and process it for 10 minutes.

9. Detach the jars and place them on a padded work surface. Let it cool.

Nutrition: Calories: 142; Protein: 0 g Fiber: 1 g; Fat: 0 g; Carbs: 36 g

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75. Strawberry & Blackberry Marmalade

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 4 pint jars

Ingredients:

- 1 lemon
- 1 $\frac{3}{4}$ cups fresh strawberries, hulled and crushed
- 1 cup fresh blackberries, crushed
- 1 $\frac{1}{2}$ tsp freshly squeezed lemon juice
- 3 tbsp powdered pectin
- 3 $\frac{1}{2}$ cups sugar

Directions:

1. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
2. Wash the lemon well with warm, soapy water. Cut half of the rind from the lemon with a sharp knife, removing as much of the pith (white inner membrane) as possible. Slice the rind into thin strips and cut the strips into $\frac{1}{4}$ -inch-long pieces.
3. In a small saucepot set over high heat, combine the lemon rind with enough water to cover. Bring to a boil. Strain and reserve the rind.
4. In a medium saucepot set over high heat, combine the strawberries, blackberries, lemon rind, and lemon juice. Slowly stir in the pectin. Set the mixture to a full, rolling boil.
5. Add the sugar. Return the mixture to a full, rolling boiling over high heat. When the jam cannot be stirred down, set a timer for 1 minute and stir constantly. Turn off the heat.
6. With the heat off, stir the marmalade for 1 minute more to ensure even distribution of the rind before filling the jars. Skim off any foam.

7. Ladle the marmalade into the prepared jars, leaving $\frac{1}{4}$ inch of headspace. Use a nonmetallic utensil to remove any air bubbles. Clean the rims clean and seal them with the lids and rings.
8. Bring the jars to a hot water bath for 10 minutes. Set off the heat and let the jars rest in the water bath for 10 minutes.
9. Carefully detach the jars from the hot water canner. Set aside for 12 hours.
10. Check the lids for proper seals. Detach the rings, wipe the jars, name and date them, and transfer them to a cupboard or pantry. Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 49; Fat: 0.2 g; Carbs: 8.7 g; Protein: 3.6 g; Sugars: 4.9 g

76. Grapefruit Marmalade with Vanilla

Preparation Time: 25 minutes

Cooking Time: 60 minutes

Servings: 4-pint jars

Ingredients:

- 3 grapefruits
- 3 cups sugar
- 1 whole vanilla bean

Directions:

1. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
2. Wash the grapefruits well with warm, soapy water. With a sharp knife, remove the grapefruit rind. Stack into piles and slice into strips. Mince the strips.
3. Mix the minced rind with enough water to cover in a small saucepan over medium heat. Bring to a simmer. Cook for 20 minutes or until tender.
4. While the rind cooks, remove any remaining pith from the grapefruit with your hands or a knife. Working on a bowl to catch the juice, slice along the membranes, removing each grapefruit segment individually. Attach the segments to the bowl with the juice. When finished, squeeze the remaining membranes over the bowl to collect any additional juice. Discard the membranes and seeds.
5. Strain the rind, reserving 2 cups of the cooking liquid.
6. In a medium saucepot set over medium-high heat, combine the reserved cooking liquid, sugar, rind, and grapefruit segments in their juices. Bring to a full, rolling boil. Cook for 35 to 45 minutes until it reaches 220°F (104°C), measured with a candy thermometer.

7. Add the vanilla bean seeds. Turn off the heat. Use the plate test to determine if the marmalade sets. If not, return the pot to the burner and cook in 5-minute increments until it sets to your liking.
8. With the heat off, stir the marmalade for 1 minute to evenly distribute the rind. Skim off any foam.
9. Ladle the marmalade into the prepared jars, leaving $\frac{1}{4}$ inch of headspace. Use a nonmetallic utensil to remove any air bubbles. Wipe the rims clean and seal them using the lids and rings.
10. Set the jars in a hot water bath for 10 minutes. Set off the heat and bring the jars to rest in the water bath for 10 minutes.
11. Carefully detach the jars from the hot water canner. Set aside to cool for 12 hours.
12. Check the lids for proper seals. Detach the rings, clean the jars, label and date them, and transfer them to a cupboard or pantry.

13. Use within 3 weeks.

Nutrition: Calories: 149; Fat: 0.4 g; Carbs: 37.7 g Protein: 1.3 g

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77. Blueberry Orange Marmalade

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 3-pint jars

Ingredients:

- ½ cup water
- ⅛ tsp baking soda
- 1 small orange, peeled and chopped
- 1 small lemon, peeled and chopped
- 2 cups blueberries, crushed
- 2 ½ cups sugar
- ½ (6 oz) package liquid fruit pectin

Directions:

1. In a saucepan or cooking pot, merge the water and baking soda.
2. Boil the mixture; cook for about 10 minutes over low heat. Stir continually to prevent scorching.
3. Add the sugar, berries, lemon, and orange.
4. Boil the mixture; cook for about 5 minutes over medium-low heat. Stir continually to prevent scorching.
5. Mix in the pectin and simmer for about 1 minute over medium-low heat until firm and thick. Stir continually to prevent scorching.
6. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep a headspace of ¼ inch from the jar top.
7. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
8. Clean the sealing edges with a damp cloth. Secure the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
9. Set the jars in a hot water bath for 10 minutes.

10. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.

11. Store in your refrigerator and use within 10 days.

Nutrition: Calories: 393; Fat: 0.1 g; Carbs: 104.1 g; Sugar: 99.8 g; Protein: 0.4 g; Cholesterol: 0 mg

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78. Orange Marmalade

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 2-pint jars

Ingredients:

- ½ cup water
- 4 medium navel oranges, peeled and cut into small pieces
- 2 cups sugar

Directions:

1. Add the orange pieces to a blender or food processor. Blend well.
2. In a deep saucepan, combine the orange mixture, water, and sugar.
3. Set the mixture till the thermometer reads 220°F; cook for about 12–15 minutes over medium heat until firm and thick. Stir continually to prevent scorching.
4. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep a headspace of ¼ inch from the jar top.
5. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
6. Clean the sealing edges with a damp cloth. Secure the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
7. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
8. Store in your refrigerator and use within 10 days.

Nutrition: Carbs: 1 g; Fat: 0 g; Protein: 1 g; Sodium: 727 mg; Calories: 4 g

79. Super Tangy Marmalade

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 3-pint jars

Ingredients:

- 3 ½ cups white granulated sugar
- 1 cup limes, unpeeled and thinly sliced
- 1 cup lemons, unpeeled and thinly sliced
- 3 cups water

Directions:

1. Mix the citrus slices and water in a deep saucepan or cooking pot.
2. Boil the mixture; simmer for a few minutes over low heat.
3. Mix in the sugar.
4. Boil the mixture and cook for about 25–30 minutes over medium heat until firm and thick. Swirl continually to prevent scorching.
5. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep a headspace of ¼ inch from the jar top.
6. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
7. Clean the sealing edges with a damp cloth. Secure the jars with the lids and adjust the bands/rings to seal and prevent any leakage.
8. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
9. Store in your refrigerator and use within 10 days.

Nutrition: Calories: 37; Protein: 1.9 g; Carbs: 7.4 g; Fat: 0.8 g; Sugar: 1.3 g

80. Mixed Citrus Marmalade

Preparation Time: 15 minutes

Cooking Time: 20 minutes plus overnight chilling

Servings: 10 half-pints

Ingredients:

- 1 lb oranges, thinly sliced and seeds detached
- 1 lb grapefruit, thinly sliced and seeds detached
- 1 lb lemons, thinly sliced and seeds detached
- 8 cups sugar
- 2 ¼ water

Directions:

1. Combine in a large mixing bowl the oranges, grapefruit, lemons, and 2 ¼ of water; cover and chill overnight.
2. Place the fruit mixture in a Dutch oven; bring to a complete rolling boil. Remove cover; simmer on low heat for about 10 to 15 minutes until tender.
3. Add the sugar, stir and boil. Cook for 40 to 55 minutes, often stirring until thickened.
4. Detach from the burner and skim off the foam.
5. Slowly ladle the hot marmalade into sterilized half-pint jars with a ¼ inch of headspace.
6. Remove the air bubbles using a plastic spoon.
7. Clean the rims, adjust the lids, and process for 5 minutes in a canner filled with boiling water. Remove from heat, and let it cool.

Nutrition: Calories: 82; Protein: 0 g Fiber: 0 g; Fat: 0 g; Carbs: 82 g

81. Cherry Marmalade

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 4 pints

Ingredients:

- 4 tbsp lime
- 4 cup cherries
- $\frac{2}{3}$ cup peeled and chopped orange
- 3 $\frac{1}{2}$ cup sugar

Directions:

1. Take a large pan and mix cherries, oranges, and juice in it. Make them boil at medium heat. Low the flame and add cove with gentle boiling with frequent stirring for 20 minutes. Keep boiling with slow stirring.
2. Now boil hard with frequent stirring as the mixture gets gel-like, for about 30 minutes. Remove the flame.
3. Pour the hot marmalade into sterilized jars. Remove the air bubble by adding more marmalade. Seal them with lids.

Nutrition: Calories: 56; Fat: 0 g; Carbs: 13 g Protein: 1 g

82. Pear Marmalade

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 12-pint jars

Ingredients:

- 4 medium-ripe pears, peeled and quartered
- 5 ½ cups sugar
- 1.75 oz pectin
- 1 tbsp orange zest, grated
- 2 tbsp lemon juice
- ½ cup orange juice
- 8 oz crushed pineapple

Directions:

1. Add pears into the food processor and process until pureed.
2. Add pear puree, pectin, orange zest, lemon juice, orange juice, and pineapple into the saucepan and bring to a boil over high heat. Stir constantly.
3. Add sugar and stir well and boil for 1 minute. Stir constantly.
4. Remove the pot from heat and let it cool completely.
5. Pour marmalade in a clean jar. Secure the jar with the lid and store it in the refrigerator.

Nutrition: Calories: 393; Fat: 0.1 g; Carbs: 104.1 g; Sugar: 99.8 g; Protein: 0.4 g; Cholesterol: 0 mg

83. Rhubarb Marmalade

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 16-pint jars

Ingredients:

- 6 cups fresh rhubarb, chopped
- 2 medium oranges
- 6 cups sugar

Directions:

1. Grind oranges into the food processor with a peel.
2. Add rhubarb, sugar, and grind oranges into the large saucepan and bring to a boil. Reduce heat and simmer for 1 hour.
3. Remove pan from heat. Ladle the marmalade into the jars. Leave $\frac{1}{4}$ -inch headspace.
4. Secure the jars with lids and process them in a boiling water bath for 10 minutes.
5. Remove jars from the water bath and let them cool completely.
6. Check the seals of jars. Label and store.

Nutrition: Calories: 302; Fat: 0.1 g; Carbs: 79.8 g; Sugar: 77.7 g; Protein: 0.6 g; Cholesterol: 0 mg

84. Ginger Orange Marmalade

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 3 pint jars

Ingredients:

- 6-7 bitter oranges
- 2 cups water
- 1 medium lemon
- 3 cups granulated sugar
- 1 ½ tbsp ginger, peeled and finely grated

Directions:

1. Remove the skin from the oranges and lemon and cut it into small strips.
2. Cut the oranges and lemon into halves. Juice them, remove the seeds, and set aside the juice but do not discard the pulp.
3. Mix the water, pulp, juice, and peels in a deep saucepan or cooking pot.
4. Boil the mixture and simmer for 45–50 minutes until the strips are softened.
5. Mix in the sugar and ginger.
6. Boil the mixture and cook over medium heat until firm and thick. Swirl continually to prevent scorching.
7. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep a headspace of ¼ inch from the jar top.
8. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
9. Clean the sealing edges with a damp cloth. Secure the jars with the lids and adjust the bands/rings to seal and prevent any leakage.

10. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.

11. Store in your refrigerator.

Nutrition: Calories: 314; Protein: 0.9 g; Carbs: 81.1 g; Fat: 0.2 g; Sugar: 77.6 g

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85. Three-Fruit Marmalade

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 8 half-pints

Ingredients:

- 2 cups chopped peeled fresh peaches
- 5 cups sugar
- 1 medium orange
- 1 package (1 $\frac{3}{4}$ oz) powdered fruit pectin
- 2 cups chopped peeled fresh pears

Directions:

1. Grate the orange peel. Peel and section the orange fruit. Put the orange sections and peel them in a Dutch oven.
2. Stir in pears and peaches and add the pectin; bring it to a full boil on high heat.
3. Stir often and add the sugar. Return to a complete rolling boil, boil again, and stir for one minute.
4. Remove from the burner, skimming off the foam.
5. Ladle the hot marmalade into eight sterilized half-pint jars with $\frac{1}{4}$ inch of headspace.
6. With a plastic spoon, remove the air bubbles, adjusting headspace by pouring the hot mixture if desired.
7. Wipe the rims with cloth, center the lids on the jars, and screw on the band up to the fingertip tight.
8. Place the jars in the canner with enough simmering water to cover the entire jars.
9. Bring water to a full rolling boil and process for 10 minutes. Detach the jars from the canner, and let them cool.

Nutrition: Calories: 88; Protein: 0 g Fiber: 0 g; Fat: 0 g; Carbs: 23 g

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86. Orange Pineapple Marmalade

Preparation Time: 35 minutes

Cooking Time: 1 Hour 20 minutes

Servings: 4 pint jars

Ingredients:

- 2 cans (8 ounces each) drained crushed pineapple
- 2 medium oranges
- 2 tbsp lemon juice
- 4 cups sugar

Directions:

1. Wash four one-cup plastic containers and lids, and sterilize them with boiling water. Dry and set aside.
2. Scrape the orange peel, and set aside. Peel off the orange, discard the white membrane, section the flesh, and remove the seeds.
3. Combine in a food processor the orange sections and zest. Cover and pulse until the orange turns into small bits.
4. Place lemon juice, the orange mixture, sugar, and pineapple in a ½ quart microwave-safe bowl with a wide bottom.
5. Microwave the mixture without a cover on high for 2 to 2 ½ minutes.
6. Stir and heat until bubbly. Stir again and microwave for another 1 ½ to 2 minutes until the middle part is bubbly. Stir and heat for 2 more minutes; stir often and let cool for 10 minutes.
7. Ladle the hot marmalade into plastic containers, leaving a ½ inch allowance from the tops.
8. Wipe off the edges with paper towels. Let it cool for 1 hour. Cover the plastic containers and let them stand for four hours at room temperature.

9. Keep refrigerated or keep frozen for up to one year.
10. Thaw for an hour or so in the refrigerator before you serve the marmalade.

Nutrition: Calories: 104; Protein: 0 g Fiber: 0 g; Fat: 1 g; Carbs: 27 g

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Salsa and Sauces



87. Tomato Ketchup with Vinegar

Preparation Time: 25 minutes

Cooking Time: 45 minutes

Servings: 2-pint jars

Ingredients:

- 7 lb (3.2 kg) Roma or other paste tomatoes
- 1 large onion, chopped
- 1 cup apple cider vinegar
- ½ cup firmly packed brown sugar
- 2 tsp kosher salt
- ¼ tsp cayenne pepper
- 1 tsp mustard seed
- 1 tsp whole cloves
- 1 tsp whole allspice berries
- 1 cinnamon stick, broken

Directions:

1. In a large pot, merge the tomatoes and onion. Bring the mixture to a boil. Reduce the heat to low. Parboil for 30 minutes or until very soft.
2. Using a food mill, pass the mixture through to purée. Discard the seeds and skins. Rinse the pot, place it on the stove, and return the purée to it.
3. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
4. Add the cider vinegar, brown sugar, kosher salt, and cayenne pepper to the purée.
5. Combine the mustard seed, cloves, allspice, and cinnamon in a cheesecloth square. Tie securely with kitchen twine into a sachet. Add to the pot. Simmer over low heat for about 1 hour, 30 minutes, or until reduced by half. Remove and discard the sachet.
6. Ladle the hot ketchup into the prepared jars, leaving ½ inch of headspace. Clean the rims clean and seal them with the lids and rings.
7. Set the jars in a hot water bath for 10 minutes. Se off the heat and let the jars rest in the water bath for 10 minutes.
8. Carefully detach the jars from the hot water canner. Set aside to cool for 12 hours.
9. Check the lids for proper seals. Detach the rings, wipe the jars, label and date them, and set them in a cupboard or pantry.
10. Use within 4 weeks.

Nutrition: Calories: 37; Protein: 1.9 g; Carbs: 7.4 g; Fat: 0.8 g; Sugar: 1.3 g

88. Lime Blueberry Ketchup

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 3 pint jars

Ingredients:

- 2 cups fresh or frozen blueberries
- $\frac{1}{3}$ cup apple cider vinegar
- 2 tbsp balsamic vinegar
- Juice of 1 lime
- $\frac{3}{4}$ cup firmly packed brown sugar
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground cloves
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp cayenne pepper

Directions:

1. Prepare a hot water bath. Set the jars in it to keep warm. Wash the lids and rings and set them aside.
2. Mix the blueberries, cider vinegar, balsamic vinegar, and lime juice in a medium saucepan. Bring to a boil. Reduce the heat to medium. Simmer for 5 minutes. Set the blueberry mixture through a sieve into a clean saucepan, pressing with a rubber spatula or wooden spoon to extract as much pulp as possible. Discard the seeds.
3. Add the brown sugar, cinnamon, cloves, ginger, salt, and cayenne pepper to the blueberry mixture. Set to a full rolling boil over high heat, stirring to dissolve the sugar. Reduce the heat to medium. Parboil for about 10 minutes more or until thickened.

4. Ladle the hot blueberry ketchup into the prepared jars, leaving $\frac{1}{4}$ inch of headspace. Use a nonmetallic utensil to free any air bubbles. Clean the rims clean and seal them with the lids and rings.
5. Set the jars in a hot water bath for 15 minutes. Set off the heat and let the jars rest in the water bath for 10 minutes.
6. Carefully detach the jars from the hot water canner. Set aside to cool.
7. Detach the rings, wipe the jars, label and date them, and transfer them to a cupboard or pantry.
8. Refrigerate and use within 3 weeks. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 22; Total Fat: 0.2 g; Carbs: 3 g; Protein: 2.8 g Sugars: 1 g; Fiber: 1 g

89. Mango Pineapple Salsa

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 2 mangoes, peeled and chopped
- 2 jalapenos, chopped
- 1 sweet pepper, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp ginger, grated
- ¼ cup vinegar
- ¼ cup lime juice
- ⅓ cup sugar
- 3 cups pineapple, chopped
- 1 ½ lb tomatoes, cored and chopped
- ½ tsp salt

Directions:

1. Add all ingredients into the large pot and bring to a boil.
2. Reduce heat and simmer for 10 minutes. Stir frequently.
3. Remove pot from heat. Ladle salsa into the clean jars. Leave ½-inch headspace.
4. Seal jar with lids. Process in a water bath canner for 20 minutes.
5. Remove jars from the water bath and let them cool completely.
6. Check the seals of jars. Label and store.

Nutrition: Calories: 280; Fat: 1 g; Carbs: 70 g; Cholesterol: 0 mg; Sugar 60 g; Protein: 4 g

90. Peach Tomato Salsa

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 16

Ingredients:

- 2 peaches, peeled & chopped
- $\frac{1}{8}$ tsp pepper
- 2 tsp brown sugar
- $\frac{1}{2}$ tsp lime juice
- 2 tsp vinegar
- 4 oz. green chilies, chopped
- 1 garlic clove, minced
- $\frac{1}{2}$ tbsp dried cilantro
- $\frac{1}{4}$ onion, chopped
- 1 tomato, chopped
- $\frac{1}{4}$ tsp salt

Directions:

1. Add all ingredients into the large mixing bowl and mix well.
2. Ladle salsa in a clean jar. Seal the jar with a lid and store it in the refrigerator.

Nutrition: Calories: 34; Fat: 0.5 g; Carbs: 7.5 g; Cholesterol: 0 mg; Sugar: 5.2 g; Protein: 1 g

91. Peppers & Tomato Salsa

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 48

Ingredients:

- 10 cups tomatoes; peeled, cored, and chopped
- 5 cups onions, chopped
- 5 cups green bell peppers, seeded and chopped
- 2½ cups jalapeño peppers, seeded and chopped
- 3 garlic cloves, chopped finely
- 2 tbsp fresh cilantro, chopped finely
- 1¼ cups cider vinegar
- 1 tbsp salt

Directions:

1. In a nonreactive saucepan, add all ingredients over medium-high heat and cook until boiling, stirring continuously.
2. Now set the heat to low and cook for about 10 minutes, stirring frequently.
3. In 6 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.

8. Remove the jars from the water canner and place them onto a wooden surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Nutrition: Calories: 19; Total Fat: 0.2 g; Saturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 241 mg; Total Carbs: 3.9 g; Fiber: 1 g; Sugar: 2.3 g; Protein: 0.7 g

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92. Pear Caramel Sauce

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 32

Ingredients:

- 2 lb ripe pears, cored and cut into pieces
- 2 tsp vanilla bean paste
- 1 tsp sea salt
- 1¾ cups water, divided
- 3 cups granulated sugar

Directions:

1. Add chopped pears, vanilla bean paste, salt, and ¼ cup of water in a blender, and pulse until smooth.
2. Transfer the pear puree into a bowl and set aside.
3. In a heavy-bottomed saucepan, add sugar and remaining water over medium-high heat and simmer for about 15–20 minutes, swirling the pan often.
4. Remove the saucepan of sugar syrup from the heat and stir in the pear puree.
5. Return the saucepan over medium-low heat and cook for about 5–10 minutes or until the temperature of caramel sauce reaches between 215°F–225°F, stirring continuously.
6. In 4 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.

9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from the water canner and place them onto a wooden surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be stored in the refrigerator for up to 1 year.

Nutrition: Calories: 87; Total Fat: 0 g; Saturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 58 mg; Total Carbs: 23.1 g; Fiber: 0.9 g; Sugar: 21.5 g; Protein: 0.1 g

93. Tangy Cranberry Sauce

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 6 pint jars

Ingredients:

- 4 (12 oz / 340 g) bags fresh cranberries (8 cups)
- 2 cups sugar
- 2 cups water
- 2 cups bottled orange juice
- 2 large oranges, peeled, pith removed, seeded, and chopped
- ½ tsp ground allspice (optional)
- ½ tsp ground cloves (optional)

Directions:

1. In a smaller pot, attach lids and rings, 1 tbsp distilled white vinegar, and water to cover. Boil for 5 minutes, then detach from the heat.
2. In a large pot, combine the cranberries, sugar, water, orange juice, oranges, allspice, and cloves. Set to a boil over medium-high heat, stirring often. Set the heat to low and simmer for 15 minutes. Stir often, muddling the orange pieces with your spoon. Remove from heat.
3. Set the hot jars on a cutting board. Using a funnel, ladle the hot sauce into the jars, leaving a ½-inch headspace. Detach any air bubbles and add additional sauce if necessary to maintain the ½-inch headspace.
4. Clean the jar with a warm washcloth dipped in distilled white vinegar. Set a lid and ring on each jar and hand-tighten it.
5. Bring the jars in the water bather, ensuring each jar is covered by at least 1 inch of water. Attach 2 tablespoons of distilled white

vinegar to the water and turn the heat to high. Set the canner to a boil and process both quarts and pints for 15 minutes. When processed, wait 5 minutes before removing the jars from the canner.

Nutrition: Calories: 25; Fat: 0 g; Carbs: 6 g; Protein: 0 g

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94. Enchilada Sauce

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 3 pint jars

Ingredients:

- 12 cups halved cored peeled tomatoes (about 24 medium or 8 lb)
- ½ cup Water
- 2 tbsp hot Spices
- 2 tsp Bottled lemon juice
- Salt (optional)
- 6 tsp chili powder
- 2 tsp ground cumin
- 2 tsp oregano
- 2 tsp garlic powder
- 2 tsp ground coriander
- 1 ½ tsp seasoning salt

Directions:

1. Set tomatoes in boiling water for 5 minutes before putting them into hot jars containing salt, spice blend, and lemon juice.
2. Now pour the cooking liquid over it before sealing the jar.
3. Place jars in hot water for 40 minutes.
4. Tightly seal the jars.

Nutrition: Calories: 79; Fat: 0 g; Carbs: 21 g; Protein: 0 g

95. Honey Mustard

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 4-pint jars

Ingredients:

- $\frac{3}{4}$ cup mustard powder
- $\frac{1}{3}$ cup honey
- 1 cup cider vinegar
- 3 whole eggs, slightly beaten

Directions:

1. Combine everything in boiling hot water over medium heat before cooking on low heat for 10 minutes.
2. Pour into sterilized jars and put the jars in boiling water for 10 minutes.
3. Store contents in tightly sealed jars.

Nutrition: Calories: 49; Fat: 0.2 g; Carbs: 8.7 g; Protein: 3.6 g; Sugars: 4.9 g

96. Green Salsa

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 3-pint jars

Ingredients:

- 2 lb (about 8 cups) tomatillos
- 2 cups chopped onions
- 1-4 hot pepper, seeded and chopped
- 1 cup fresh cilantro, minced
- 4 -8 garlic cloves
- ½ cup lemon juice
- ½ cup lime juice

Directions:

1. Set all the ingredients in a large pot along with some oil and bring everything to a boil before cooking on low heat for 20 minutes.
2. You can add cumin, oregano, water, oil, lemon thyme, salt, pepper, tarragon, cognac, sugar, tart apples, vinegar, and sweet red peppers to the boiling mixture according to your choice.
3. Pour the mixture into the jars before putting them in hot boiling water for 20 minutes.

Nutrition: Calories: 37; Protein: 1.9 g; Carbs: 7.4 g; Fat: 0.8 g; Sugar: 1.3 g

97. Spicy Chunky Salsa

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 3 pint jars

Ingredients:

- 6 lb tomatoes
- 3 large green peppers, chopped
- 3 large onions, chopped
- 2 cups of white vinegar
- 1 large sweet red pepper, chopped
- 1 can (12 ounces) tomato paste
- 4 jalapeno peppers, seeded and chopped
- 2 Serrano peppers, seeded and chopped
- ½ cup sugar
- ½ cup minced fresh cilantro
- ½ cup bottled lemon juice
- 3 garlic cloves, minced
- 4 tsp ground cumin
- 1 tbsp salt
- 2 tsp dried oregano
- 1 tsp hot pepper sauce

Directions:

1. Bring the water to a boil for 2 quarters in a casserole. Dutch oven. Place tomatoes, a couple at a time, in boiling water with a slotted spoon for 30-60 seconds.
2. Remove every tomato and place it in cold water right away. Drain the water and pat it dry. To make 9 cups of tomatoes, peel and coarsely chop them and set them in a stockpot. Mix the remaining ingredients in a mixing dish.

3. Bring to a boil with enough water to cover. Low heat reduction and cooling for 30 minutes, uncovered or until slightly thickened. Fill heated 1-pint jars halfway with the mixture, allowing a 12-inch headspace. Remove air bubbles and, if necessary, correct the headspace by adding a heated mixture.
4. Clean the rims. Screw on bands until fingertip tight; center lids on jars. Set the jars in a canner filled with simmering water, making sure they are completely covered. Take a boil, and then lower it to a simmer for 15 minutes. Remove and chill the jars. Remove them.

Nutrition: Calories: 719; Protein: 1.2 g; Carbs: 104.5 g; Fat: 0.5 g; Sugar: 97.6 g

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Chutneys and Relishes



98. Cucumber & Bell Pepper Relish

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4 half-pint jars

Ingredients:

- 3 cups diced pickling cucumbers
- $\frac{3}{4}$ cup finely sliced red bell pepper
- $\frac{3}{4}$ cup finely chopped green bell pepper
- 1 celery stalk, finely chopped
- 1 jalapeño pepper, finely chopped
- 3 tbsp pickling salt
- 1 $\frac{1}{2}$ cups white vinegar
- $\frac{1}{3}$ cup sugar
- 1 tbsp chopped garlic
- $\frac{3}{4}$ tsp dried thyme

Directions:

1. Mix the cucumbers, red bell pepper, green bell pepper, celery, jalapeño, and pickling salt in a large bowl. Cover with a clean kitchen towel. Let's stand in the room. Drain in a colander and rinse thoroughly.
2. Set a hot water bath. Bring the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.

3. Mix white vinegar and sugar in a saucepot set over medium-high heat. Bring to a boil, swirling until the sugar dissolves.
4. Add the drained vegetables, garlic, and thyme. Return the mixture to a boil.
5. Ladle the relish into the prepared jars, leaving ½ inch of headspace.

6. Set the jars in a hot water bath for 10 minutes. Set off the heat and set the jars to rest in the water bath.
7. Carefully detach the jars from the hot water canner. Set aside for 12 hours.
8. Check the lids for proper seals. Remove the rings, clean the jars, label and date them, and transfer them to a cupboard or pantry.
9. Refrigerate any jars that don't seal properly, and use them within 2 months. Properly secure jars will last in the cupboard for 12 months.

Nutrition: Calories: 43; Fat: 0 g; Carbs: 11.3 g; Sugar 11 g; Protein: 0.1 g; Cholesterol: 0 mg

99. Zucchini Relish with Bell Pepper

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4 half-pint jars

Ingredients:

- 4 cups finely diced zucchini
- 2 cups finely chopped red and/or green bell peppers
- 1 cup finely chopped onion
- 2 tbsp pickling salt
- 2 cups white vinegar
- 1 cup sugar
- 2 tbsp prepared horseradish
- 1 tsp mustard seed

Directions:

Day 1:

1. Mix the zucchini, bell peppers, onion, and pickling salt in a large bowl.
2. Cover with a clean kitchen towel. Let stand in the room for 12 hours or overnight.

Day 2:

3. Drain the vegetables in a colander and rinse thoroughly. With clean hands, press out any excess water.
4. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
5. In a medium saucepot set over medium-high heat, combine the white vinegar, sugar, horseradish, and mustard seed. Bring to a boil, swirling until the sugar dissolves.

6. Add the drained vegetables. Return the mixture to a boil. Reduce the heat to low; simmer for 10 minutes.
7. Ladle the relish into the prepared jars, leaving $\frac{1}{4}$ inch of headspace. Use a nonmetallic utensil to free any air bubbles. Clean the rims clean and seal them with the lids and rings.
8. Set the jars in a hot water bath for 10 minutes. Set off the heat and let the jars rest in the water bath.
9. Carefully detach the jars from the hot water canner. Set to cool for 12 hours.
10. Check the lids for proper seals. Remove the rings, wipe the jars, name and date them, and bring them to a cupboard or pantry.
11. Refrigerate any jars that don't secure properly, and use them within 2 months. Properly secure the jars will last in the cupboard for 12 months.

Nutrition: Calories: 36.4 Total Fat: 0.13 g; Carbs: 8.36 g; Protein: 1.17 g
Sugars: 1 g

100. Onion Relish with Pimiento

Preparation Time: 15 minutes

Cooking Time: 14 minutes

Servings: 8 half pint jars

Ingredients:

- 5 lb (2.3 kg) sweet onions (such as Vidalia or Walla Walla)
- ¼ cup salt
- 1 pint apple cider vinegar
- 1 tsp ground turmeric
- 4 oz (113 g) chopped pimiento
- 1 cup granulated sugar
- 1 tsp pickling spices

Directions:

1. Chop the onions very fine, either by hand or in a food processor.
2. Place the onions into a large glass bowl or shallow casserole dish, sprinkle the salt over the onions and allow to rest in the refrigerator for 1 hour.
3. Fill the canner with enough water to cover the jars. Boil the water, reduce the heat to low, place the jars in the water, and simmer until ready to use.
4. Drain the liquid from the onions. Combine the onions in a large pot with vinegar, turmeric, pimiento, and sugar. Tie the pickling spices into a small square of cheesecloth and add to the pot.
5. Set the onion mixture to a boil, and allow them to cook until the onions are transparent.
6. Pack the onions with the cooking liquid into the canning jars, leaving ½ inch of headspace.

7. Remove air bubbles, wipe the rims, center the lids, screw on the bands and adjust until they are fingertip-tight.
8. Set the jars in the canner and bring them to a boil. Be sure there is at least 1 inch of water covering the jars.
9. Process for 10 minutes, adjusting for altitude. Detach the jars from the canner and cool.

Nutrition: Calories: 25; Fat: 0 g; Carbs: 6 g; Protein: 0 g

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101. Spicy Tomato Relish

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 3 pint jars

Ingredients:

- 6 tomatoes
- 10 g Indian chili powder plus 1 tbsp
- 1 tbsp sugar
- 1 tbsp salt
- 4 tbsp sesame seed oil

Directions:

1. Dice the tomatoes and put them in a Dutch oven.
2. Add all other ingredients and cook over medium heat for 30 minutes or until the mixture thickens.
3. The oil should be separated from the mixture on the side. Scoop the oil with a spoon and put it in the sterilized pint jar.
4. Process the jars in hot water for 10 minutes, then cool them completely.
5. Store in a cool, dry place.

Nutrition: Calories: 40; Total Fat: 3.5 g; Carbs: 2 g; Protein: 0 g; Sugars: 2 g; Fiber: 0.5 g; Sodium: 150 mg; Potassium: 100 mg

102. Jalapeno Pineapple Relish

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 8-pint jars

Ingredients:

- 8 cups pineapple, diced
- 4 jalapeno peppers, seeded and diced
- 1 cup vinegar
- 1 onion, diced
- 1 ½ tsp ground coriander
- ½ cup sugar
- ½ cup water
- Salt

Directions:

1. Add jalapeno, pineapple, and onion into the food processor and process 2–3 times to finely chop.
2. Add the pineapple mixture to the large pot.
3. Add remaining ingredients and stir well and cook over medium heat. Bring to a boil.
4. Reduce heat, and simmer for 25 minutes.
5. Ladle relish into the jars. Leave ½-inch headspace.
6. Seal jar with lids. Set in a water bath canner for 15 minutes.
7. Remove jars from the water bath and let them cool completely.
8. Check the seals of jars. Label and store.

Nutrition: Calories: 144; Fat: 0.4 g; Carbs: 35 g; Sugar: 30 g; Protein: 1 g; Cholesterol: 0 mg

103. Tomatillo Relish with Pepper

Preparation Time: 14 minutes

Cooking Time: 25 minutes

Servings: 6-pint jars

Ingredients:

- 12 cups chopped tomatillos
- 3 cups finely chopped jicama
- 3 cups onion, chopped
- 6 cups plum-type tomatoes, chopped
- 1 ½ cups green bell pepper, chopped
- 1 ½ cups red bell pepper, chopped
- 1 ½ cups yellow bell pepper, chopped
- 1 cup canning salt
- 2 ¼ water
- 6 tbsp whole mixed pickling spice
- 1 tbsp crushed red pepper flakes (optional)
- 6 cups sugar
- 6 ½ cups cider vinegar (5%)

Directions:

1. Detach husks from tomatillos and wash well.
2. Skin jicama and onion. Clean all vegetables well before trimming and chopping. Set chopped tomatillos, jicama, onion, tomatoes, and all bell peppers in a 4-quart saucepot.
3. Set canning salt in water. Spill over prepared vegetables.
4. Warm to boiling; parboil for 5 minutes. Drain thoroughly for about 15 to 20 minutes.
5. Set pickling spice and optional red pepper flakes on a clean, double-layer, 6-inch-square piece of 100% cotton cheesecloth.

6. Set corners together and tie them with a clean string. (Or use a purchased muslin spice bag.)
7. Mix sugar, vinegar, and spices in a saucepan; boil.
8. Attached drained vegetables. Return to boil; set heat and simmer, uncovered, for 30 minutes. Remove the spice bag.
9. Set hot relish mixture into hot pint jars, giving ½-inch headspace.
10. Detach air bubbles and adjust headspace if needed.
11. Clean the rims of jars with a dampened, clean paper towel.
Adjust lids and process.

Nutrition: Calories: 88; Protein: 0 g Fiber: 0 g; Fat: 0 g; Carbs: 23 g

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104. Chile Relish with Onion

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 6-pint jars

Ingredients:

- 20 red chilies, stemmed, halved, seeded, and coarsely chopped
- 10 green chilies, stemmed, halved, seeded, and coarsely chopped
- 1 tbsp canning salt
- 2 lb (907 g) onions, peeled and chopped
- 1 ½ cups apple cider vinegar
- 1 ½ cups sugar

Directions:

1. Set a hot water bath. Bring the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
2. In a food processor, process the chilies into a coarse paste. Transfer to a bowl. Add the canning salt and enough boiling water to cover. Let stand for 10 minutes. Drain.
3. Mix the ground chiles and onions in a preserving pot or saucepot set over medium-high heat. Add the vinegar and sugar. Bring to a boil. Boil for 20 minutes.
4. Ladle the relish into the prepared jars, leaving ½ inch of headspace.
5. Set the jars in a hot water bath for 15 minutes. Set off the heat and let the jars rest in the water bath for 10 minutes.
6. Carefully detach the jars from the hot water canner. Set aside to cool for 12 hours.
7. Check the lids for proper seals. Detach the rings, wipe the jars, label and date them, and transfer them to a cupboard or pantry; use

within 1 month.

Nutrition: Calories: 4; Fat: 0 g; Protein: 1 g; Carbs: 1 g; Sodium: 727 mg

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105. Spicy Corn Relish

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 4 pint jars

Ingredients:

- Fresh corn on the cob (about 18)
- Red bell peppers, sliced
- 1 ½ cups diced green peppers
- Jalapeno, ½ cup chopped finely (optional)
- 2-3 cloves crushed garlic
- 2 tbsp sea salt
- 4 tsp mustard powder, dried
- ⅔ cups brown sugar
- 4 cups cider vinegar
- 1 cup of water

Directions:

1. To prepare the jars, sterilize a minimum of 10-pint jars (or as many as you can). Shuck the corn and remove the silks from the kernels.
2. This is best to perform against a cutting board, carefully, with a sharp knife. Transfer the kernels into a large cooking pot, preferably stainless steel. Add all the other ingredients into the pot and stir well, then bring the contents to a boil.
3. Continue to mix on occasion until the mixture reaches the boiling point, then reduce to medium-low and simmer for about 18-20 minutes.
4. Set the sterilized jars near the stove and gently scoop the corn relish while it's hot with a ladle or large spoon into each jar. Allow for ½ inch at the top of each jar and remove any air bubbles inside.
5. Adjust the level of the relish in each jar and ensure that there is no excess liquid on the rim or edges of the jars. Clean this area

thoroughly with a paper towel lightly dampened with vinegar. Affix the lids and close them tightly.

6. Place them in the water bath canner and cover them completely with at least 1 inch of water over the jars. Bring the canner to a boil, cover it, and then process for 15-16 minutes.
7. Remove from the heat, remove the lid to the canner, and allow the jars of relish to settle for about 5–7 minutes before transferring them onto a clean cloth or wire rack.
8. All the jars are to cool this way, at room temperature, for up to 24 hours. After they have cooled, remove the rings from the lids and wipe the jars well. Place them in a cellar or pantry (away from natural light) for up to one year.

Nutrition: Calories: 255; Fat: 0.3 g; Carbs: 65 g; Sugar: 55 g; Protein: 1.7 g; Cholesterol: 0 mg

106. Cucumber Relish

Preparation Time: 60 minutes

Cooking Time: 60 minutes

Servings: 4-pint jars

Ingredients:

- 8 cups chopped cucumbers— blossom ends and stem removed
- 1 cup onions, chopped
- 2 cups sweet red peppers, chopped
- 2 cups sweet green peppers, chopped
- 1 tbsp turmeric
- ½ cup pickling salt
- 8 cups cold water
- 2 cups brown sugar, to taste
- 4 cups white vinegar

Spice bag:

- 1 tbsp mustard seed
- 2 med. sticks cinnamon
- 2 tsp whole cloves
- 2 tsp whole allspice

Directions:

1. Rinse and drain vegetables. Remove stems, seeds and ribs from peppers. Chop and measure all vegetables; sprinkle with turmeric.
2. Dissolve salt in water. Pour over vegetables. Let it stand for 3 hours. Drain. Cover vegetables with more cold water. Let stand 1 hour. Drain well. Add spice bag and sugar to vinegar. Heat to boiling. Simmer for about 10 minutes.
3. Remove the spice bag. Pour syrup on top of the vegetables. Let stand overnight. Heat until hot throughout. If too dry, add a bit

more vinegar.

4. Allow boiling, stirring to distribute heat. Package the hot relish into sterilized, hot jars, allowing $\frac{1}{4}$ inch of headspace. Wipe the jar's rim; set a warm lid in place and tighten. Place in a bath canner with boiling water and process for 10 minutes.

Nutrition: Calories: 318; Fat: 1 g; Carbs: 1 g; Protein: 0 g

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107. Cranberry Relish

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 2 pint jars

Ingredients:

- 2 cups fresh cranberries, chopped
- 6 Medjool dates, pitted and chopped
- ½ shallot, finely diced
- 1 orange, seeded and chopped
- 4 sage leaves, finely chopped
- 2 tbsp brown sugar
- 1 cup red wine vinegar
- ¼ cup sugar
- 1 tablespoon salt

Directions:

1. Add the cranberries, dates, shallots, sage leaves, and orange to a medium bowl and toss well to combine, then set aside. Merge the vinegar, sugar, and salt in a small saucepan over medium to high heat and bring to a boil. Set the heat to simmer for 10 minutes, then remove from heat. Scoop the cranberry relish $\frac{3}{4}$ way into the storage cans and top with the vinegar mixture, leaving $\frac{1}{4}$ inch head space.
2. Tightly seal the cans, place them in a 15-minute water bath, and let them cool in a dry place.

Nutrition: Calories: 81; Total; Fat: 0.1 g; Carbs: 21.6 g Sugars: 17 g; Protein: 0.6 g

108. Rhubarb Chutney

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 6 pint jars

Ingredients:

- 8 cups sliced rhubarb
- 6 cups sliced onion
- 2 cups raisins
- 7 cups light brown sugar
- 4 cups apple cider vinegar
- 2 tbsp salt
- 2 tsp cinnamon
- 2 tsp ginger
- 1 tsp ground cloves
- 1/8 tsp cayenne pepper

Directions:

1. Mix all the components in a large pot.
2. Boil, then simmer gently until the liquid is slightly thickened.
3. Pour into sterile jars and wipe the rims.
4. Tighten the lids and process in a hot water bath for 10 minutes.

Nutrition: Calories: 58; Fat: 1 g; Carbs: 12 g; Protein: 0 g

109. Mango Chutney

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4 pint jars

Ingredients:

- 6 cups sliced green mangos
- ½ lb fresh ginger
- 3 ½ cups currants
- 8 cups sugar
- 2 cups vinegar
- 3 cups ground cayenne pepper
- 1 cup salt

Directions:

1. Peel the ginger and halve it.
2. Slice one half of the ginger into thin slices; chop the other half of the ginger roughly.
3. Grind the sliced ginger with half of the currants using a blender until well combined. Place all in a saucepan except the mangoes.
4. Cook over medium heat for 15 minutes.
5. Meanwhile, to set 6 cups, cut, halve, pit, and slice the green mangos.
6. After 15 minutes of cooking, attach the mangos and parboil for another 30 minutes until the mangos are tender.
7. Pour into shot glasses, clean the rims, and screw the lids and rings together.
8. Use the boiling water bath process: pints and quarts for 10 minutes in both.

Nutrition: Calories: 37; Fat: 0 g; Carbs: 12 g; Protein: 0 g

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110. Rhubarb Cherry Chutney

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 6 pint jars

Ingredients:

- 2 lb chopped fresh rhubarb
- 2 cups chopped cherries
- 1 chopped apple
- 1 chopped red onion
- 1 chopped celery rib
- 3 minced garlic cloves
- 1 tbsp chopped crystallized ginger
- 2 cups brown sugar
- 1 cup red wine vinegar
- $\frac{3}{4}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp ground coriander
- $\frac{1}{4}$ tsp ground cloves

Directions:

1. In a 6-quart stockpot, combine all ingredients and allow to boil.
2. Simmer for 30 minutes while uncovered.
3. Transfer to covered containers. If freezing, use freezer-safe containers and fill to within $\frac{1}{2}$ -inch of the tops.
4. Freeze for up to 12 months or refrigerate for up to 3 weeks. Before serving, thaw the frozen salsa in the refrigerator.

Nutrition: Calories: 102; Carbs: 27 g; Fat: 0 g; Protein: 0 g

111. Garlicky Lime Chutney

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 3-pint jars

Ingredients:

- 12 limes, scrubbed and cut into ½-inch dice
- 12 garlic cloves, thinly sliced lengthwise
- 1 (4-inch) piece fresh ginger, peeled and thinly sliced
- 8 green chili peppers (jalapeños or Serrano's), stemmed, seeded, and thinly sliced
- 1 tbsp chili powder
- 1 cup distilled white vinegar
- ¾ cup sugar

Directions:

1. Prepare a hot water bath. Bring the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
2. In a medium saucepan, combine the limes, garlic, ginger, chiles, and chili powder, stir well, and bring to a simmer.
3. Add the vinegar and sugar, return to a simmer, and cook, occasionally stirring, until the limes are tender and the mixture is thick to the mound when dropped from a spoon, about 70 minutes. Remove from the heat.
4. Ladle the chutney into the prepared jars, leaving ¼ inch of headspace. Use a nonmetallic utensil to free any air bubbles. Clean the rims and seal with the lids and rings.
5. Set the jars in a hot water bath for 20 minutes. Set off the heat and let the jars rest in the water bath.

6. Carefully detach the jars from the hot water canner. Set aside to cool for 12 hours.
7. Check the lids for proper seals. Remove the rings, wipe the jars, label and date them, and transfer them to a cupboard or pantry.
8. For the best flavor, allow the chutney to rest for 3 days before serving. Set in the refrigerator any jars that don't seal properly, and use them within 6 weeks. Properly secure jars will last in the cupboard for 12 months. Once opened, refrigerate and consume within 6 weeks.

Nutrition: Calories: 58; Fat: 1 g; Carbs: 12 g; Protein: 0 g

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112. Cilantro Chutney

Preparation Time: 45 minutes

Cooking Time: 10 minutes

Servings: 5-pint jars

Ingredients:

- ½ cup yogurt (this can be omitted or replaced with a vegan-based version of yogurt)
- 3 tbsp lemon juice
- 1 bunch cilantro with stems removed (small branches can be left intact)
- Mint leaves, about 1 cup packed
- 2 tsp ginger, sliced
- ½ tsp sea salt
- 1 garlic clove
- 1 medium-sized jalapeno, sliced finely
- ½ tsp sugar

Directions:

1. Merge all the ingredients above in a blender with one tablespoon of water.
2. Taste and add more spice as needed, then pour it into a sterilized jar and store it in the refrigerator. You can add coconut or soy-based yogurt if you want to substitute the yogurt for a non-dairy alternative. Tofu is another option to consider.
3. If you wish to preserve it for a longer time frame, omit the yogurt entirely and store the chutney in a jar for up to one month in your refrigerator.

Nutrition: Calories: 88; Carbs: 22 g; Fat: 0 g; Protein: 1 g

113. Indian Apple Chutney

Preparation Time: 14 minutes

Cooking Time: 20 minutes

Servings: 6 pint jars

Ingredients:

- 2 lb apples (medium in size)
- 1 cup onions (finely diced)
- 2 tsp allspice
- 2 tbsp ginger, ground or fresh
- 7 cups or 2 lb raisins
- 1 cup red bell pepper, chopped finely
- 3 tbsp mustard seeds
- 2 tsp curry powder
- 2 tsp pickling salt
- 1 clove of garlic, crushed
- 2 hot peppers, seeds removed and diced finely
- 4 cups of malt vinegar
- Brown sugar, about 4 cups (or less, if you prefer less sugar)

Directions:

1. Prepare, wash, and scrub the apples, peel, core, and slice. Place the apples in a large cooking pot and cover them with water. Wash and slice the onions, removing all the skin, and add to the cooking pot.
2. Repeat the same process with the peppers and add them to the pot with the onions and apples. Pour the remaining ingredients into the cooking pot, including the malt vinegar, and bring the contents to a boil. Once this point is reached, cook for about 2 minutes, then reduce to a simmer and stir often.

3. Continue this process until the apples are tender, which can take up to one hour. Place the mixture into sterilized jars and adjust to allow for one inch of space at the top. Clean down the jars' rims before scooping the chutney's contents into the jars. Place the lids on tightly and process in a water bath canner for 10-11 minutes. Allow the jars to cool on a wire rack or cloth overnight, then store them in a pantry or fruit cellar for up to one month.

Nutrition: Calories: 47; Fat: 0 g; Carbs: 11.1 g; Protein: 0 g

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114. Plum Tomato Chutney

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4-pint jars

Ingredients:

- 4 tomatoes, chopped
- 6 plums, seeded and chopped
- 2 green chilies, chopped
- 4 tbsp fresh ginger, grated
- 1 tsp lemon zest
- Juice of 1 lemon
- 2 bay leaves
- Pinch of salt
- ½ cup plus 2 tbsp brown sugar
- 2 tsp vinegar
- Pinch black pepper
- 4 tsp vegetable oil

Directions:

1. Heat the oil in a deep saucepan. Add the bay leaves, ginger, and green chilies, and stir. Add the tomatoes and plums. Add the salt, zest, lemon juice, and vinegar. Stir in the sugar and pepper, cover, and cook for 3 minutes.
2. Spoon the chutney into sterilized jars, leaving a ½ inch of headspace. Wipe the edge of the jar rim clean and add the lid. Process these in a boiling water bath for 10 minutes.

Nutrition: Calories: 70; Fat: 0 g; Carbs: 31 g; Protein: 1 g

115. Curried Apple Chutney

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 10-pint jars

Ingredients:

- 2 quarts apples, peeled, cored, and chopped
- 2 pounds raisins
- 4 cups brown sugar
- 1 cup onion, chopped
- 1 cup sweet pepper, chopped
- 3 tbsp mustard seed
- 2 tbsp ground ginger
- 2 tsp allspice
- 2 tsp curry powder
- 2 tsp salt
- 2 hot red peppers, chopped
- 1 clove garlic, minced
- 4 cups vinegar

Directions:

1. In a large saucepan, mix all of the ingredients. Set to a boil and simmer for 1 hour.
2. Spoon the chutney into sterilized jars, leaving a ½ inch of headspace. Wipe the jar's edge rim clean and add the lid. Set jars in a water bath for 10 minutes.

Nutrition: Calories: 23; Fat: 0 g; Carbs: 11 g; Protein: 0 g

Conclusion

Nowadays, home canning is the main method utilized to preserve food's flavor and nutritional content. Because no chemicals are used, it is a very safe method of food preservation. Only the acid and other preservatives are contained in the jars if you wish. Since the jars are completely boiled, which eliminates any potentially hazardous germs and microorganisms that cause rotting or decay, this approach effectively preserves food from bacteria. Food that is placed into a sealed jar is cooked using the processes using steam under pressure.

I am grateful that you are learning about water bath canning from this book. When preserving food, always follow the right methods and safety precautions. Don't skip any steps in this process; ensure your equipment is appropriate. You'll be guaranteed to enjoy food that has been properly preserved for months to come as long as you attentively and safely follow the directions.

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Chile Relish with Onion	172
Cilantro Chutney	184
Cranberry Relish	178
Cucumber & Bell Pepper Relish	162
Cucumber Relish	176
Curried Apple Chutney	188
Curried Tomato Preserves	64
Enchilada Sauce	157
Fig Jam	118
Fresh-Tasting Ketchup	66
Garlicky Lime Chutney	182
Ginger Orange Marmalade	140
Golden Crunchy Pickled Onions	34
Grapefruit Marmalade with Vanilla	130

Green Salsa	159
Green Tomato Salsa	68
Guava Jam	101
Honey Mustard	158
Honeyberry Jam	115
Hot Green Beans	78
Indian Apple Chutney	185
Jalapeño Pepper Jelly	119
Jalapeno Pineapple Relish	169
Kiwi-Pineapple Preserve	70
Lemon Honey Marmalade	120
Lemon Zesty Pears	71
Lime Blueberry Ketchup	147
Mandarin Orange Jam	117
Mango Chutney	180
Mango Pineapple Salsa	149
Maple Blackberry Jam	102
Mexican Tomato Sauce	74
Mild Jalapeno Tomato Salsa	90
Mixed Citrus Marmalade	136
Nectarine Brown Sugar Jam	109
Onion Marmalade	125
Onion Relish with Pimiento	166
Orange Marmalade	134
Orange Pineapple Marmalade	143
Oven-Roasted Marinara	94
Peach Chili Tomato Sauce	83
Peach Salsa	87
Peach Spice Jam	111
Peach Tomato Salsa	150
Pear & Pineapple Jam	99
Pear Caramel Sauce	153
Pear Marmalade	138
Peppers & Tomato Salsa	151

Persimmon Butter	76
Pickled Asparagus & Fiddleheads	44
Pickled Beets with Honey	33
Pickled Curry Cauliflower	37
Pickled Dill Carrots	53
Pickled Figs	31
Pickled Garlic Scapes	46
Pickled Green Strawberries	36
Pickled Green Tomatoes	54
Pickled Plums	40
Pineapple Jam	103
Pineapple Salsa	81
Piquant Chunky Salsa	85
Plum Butter	106
Plum Tomato Chutney	187
Pungent Tomato Pear Chutney	88
Raspberry Jam	105
Raspberry Salsa	89
Rhubarb Cherry Chutney	181
Rhubarb Chutney	179
Rhubarb Marmalade	139
Rhubarb Orange Jam	113
Russian Pickled Tomatoes	42
Spicy Chunky Salsa	160
Spicy Corn Relish	174
Spicy Green Tomato Chutney	38
Spicy Lemon Pickled Beans	43
Spicy Onion & Zucchini Pickles	49
Spicy Tomato Relish	168
Spiralized Zucchini Pickles	51
Star Fruit Jam	108
Strawberry & Blackberry Marmalade	128

Strawberry Jam	110
Strawberry Marmalade	124
Super Tangy Marmalade	135
Sweet & Sour Lemon Pickle	52
Tangy Cranberry Sauce	155
Texas Peach Pickles	50
Three-Fruit Marmalade	142
Tomatillo Relish with Pepper	170
Tomato Herb Jam	79
Tomato Juice	92
Tomato Ketchup with Vinegar	145
Tomato Lemon Marmalade	126
Tomato Paste	82
Tomato Salsa	77
Tomato Soup	72
Tomato Spaghetti Sauce	96
Turmeric & Mustard Seed	
Cucumber Pickles	47
Wine-Poached Figs	98
Zucchini Marmalade	122
Zucchini Relish with Bell Pepper	164

Measurement Conversion Chart

VOLUME EQUIVALENTS (Dry)	
US STANDARD	METRIC (APPROXIMATE)
$\frac{1}{8}$ teaspoon	0,5 ml
$\frac{1}{4}$ teaspoon	1 ml
$\frac{1}{2}$ teaspoon	2 ml
$\frac{3}{4}$ teaspoon	4 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
$\frac{1}{4}$ cup	59 ml
$\frac{1}{3}$ cup	79 ml
$\frac{1}{2}$ cup	118 ml
$\frac{2}{3}$ cup	156 ml
$\frac{3}{4}$ cup	177 ml
1 cup	240 ml
2 cups or 1 pint	473 ml
3 cups	700 ml
4 cups or 1 quart	947 ml

VOLUME EQUIVALENTS (Liquid)		
US STANDARD	US STANDARD (OUNCES)	METRIC (APPROXIMATE)
2 tablespoons	1 fl. Oz.	30 ml
$\frac{1}{4}$ cup	2 fl. Oz.	60 ml
$\frac{1}{2}$ cup	4 fl. Oz.	120 ml
1 cup	8 fl. Oz.	240 ml
1 $\frac{1}{2}$ cups	12 fl. Oz.	355 ml
2 cups or 1 pint	16 fl. Oz.	473 ml
4 cups or 1 quart	32 fl. Oz.	947 ml
1 gallon	128 fl. Oz.	3,8 l

TEMPERATURE	
FAHRENHEIT	CELSIUS
5°	-15°
10°	-12°
25°	-4°
50°	10°
100°	37°
150°	65°
200°	93°
250°	121°
300°	150°
325°	160°
350°	180°
375°	190°
400°	200°
425°	220°
450°	230°
500°	260°

WEIGHT	
IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 gr
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g
1 1/2 lb	680 g
2,2 lb	1 kg

LENGTH		
INCHES	DECIMAL	MM
1/16	0,06	1,59
1/8	0,13	3,18
3/16	0,19	4,76
1/4	0,25	6,35
5/16	0,31	7,94
3/8	0.38	9.53

7/16	0,44	11,11
1/2	0,50	12,70
9/16	0,56	14,29
5/8	0,63	15,88
11/16	0,69	17,46
3/4	0,75	19,05
13/16	0,81	20,64
7/8	0,88	22,23
15/16	0,94	23,81
1	1,00	25,40

Altitudes of Cities in the United States and Canada

UNITED STATES			
STATE	CITY	FEET	METERS
Arizona	Mesa	1,243	379
	Phoenix	1,150	351
	Scottsdale	1,257	383
	Tucson	2,389	728
California	Fontana	1,237	377
	Moreno Valley	1,631	497
Georgia	Atlanta	1,026	313
Iowa	Sioux City	1,201	366
	Wichita	1,299	396
Kansas	Billings	3,123	952
Montana	Missoula	3,209	978
	Lincoln	1,176	358
Nebraska	Omaha	1,090	332
	Henderson	1,867	569
	Las Vegas	2,001	610
Nevada	Reno	4,505	1,373
	Albuquerque	5,312	1,619
New Mexico	Santa Fe	7,260	2,213
	Asheville	2,134	650
North Dakota	Bismarck	1,686	514
Ohio	Akron	1,004	306
Oklahoma	Oklahoma City	1,201	366
Pennsylvania	Pittsburgh	1,370	418
Texas	Amarillo	3,605	1,099
	El Paso	3,740	1,140
Utah	Provo	4,551	1,387
	Salt Lake City	4,226	1,288
Washington	Spokane	1,843	562
Wyoming	Casper	5,150	1,570

CANADA			
STATE	CITY	FEET	METERS
Alberta	Calgary	3,6	1,1
	Edmonton	2,201	671
Ontario	Hamilton	1,063	324
Manitoba	Brandon	1,343	409
Saskatchewan	Regina	1,893	577
	Saskatoon	1,58	482

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PRESSURE CANNING ADJUSTMENTS		
ALTITUDE IN FEET	DIAL-GAUGE CANNER (PSI)	WEIGHTED - GAUGE CANNER (PSI)
0-1,000	11	10
1,001-2,000	11	15
2,001-4,000	12	15
4,001-6,000	13	15
6,001-8,000	14	15
8,001-10,001	15	15

WATER BATH CANNING ADJUSTMENTS	
ALTITUDE IN FEET	INCREASE PROCESSING TIME
0-1,000	No adjustment needed
1,001-3,000	5 minutes
3,001-6,000	10 minutes
6,001-8,000	15 minutes
8,001-10,000	20 minutes