

Water Bath

CANNING *and* PRESERVING

Cookbook for Beginners

*A Complete Guide About Food Preserving with Delicious Recipes
for Pickles, Fruits, Vegetables, Meats, and Much More*

**200+
RECIPES**

**Natalie
Williams**

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And Much More***

By
Natalie Williams

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MEASUREMENT CONVERSIONS

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.	475 mL
4 cups or 1 quart	32 fl. oz.	1 L
1 gallon	128 fl. oz.	4 L

Volume Equivalent (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	235 mL
2 cups or 1 pint	475 mL
3 cups	700 mL
4 cups or 1 quart	1 L
$\frac{1}{2}$ gallon	2 L
1 gallon	4 L

Oven Temperatures

FAHRENHEIT (F)	CELSIUS (C) (APPROXIMATE)
250°F	120°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

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Introduction

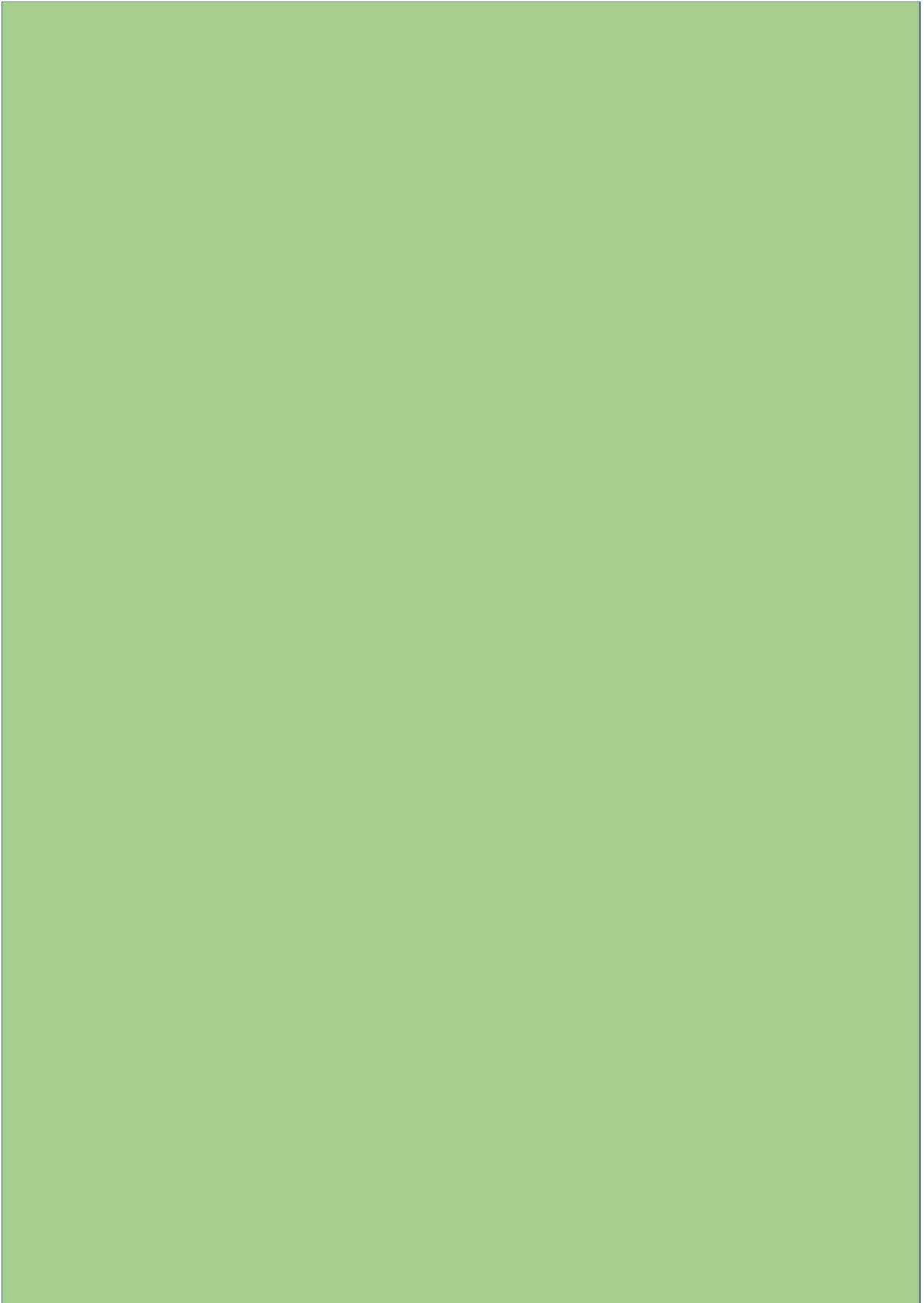


Have you ever wanted to can food at home? Do you want to stop buying expensive market-bought canned food products? Then it's time to do the canning yourself by preserving all your favourite meals, meat, soup, fruit and vegetables for a long period of time without the fear of spoilage. In order to do so you need to know food preservation, the canning process, and the different types of canning techniques. This guide will help you learn information about canning process and the canning techniques in order to do it like a pro. Here you will find several recipes that will give you tips about canning different ingredients.

People have been preserving food since ancient times, but it all started in France in the 19th century. During the Napoleonic Wars Napoleon Bonaparte was looking for a way to make food available to the troops. So, he asked the entire population to invent a convenient and cheaper way to preserve food in exchange for a reward. So, in 1809 Nicolas Appert, who is a brewer and a French confectioner, discovered that food cooked in jars will not spoil. He invented a way to seal food in a jar or in a bottle by heating it and maintaining the temperature for a while and then keeping the jar tightly sealed until

use. Only if the seal is broken the food rots. In the United States, canning techniques arrived in 1820 when Robert Ayars founded the first factory in New York. William Underwood and Samuel C. Prescott wrote the scientific rules of canning indicating specific temperatures, times and heating requirements for sterilising canned foods. Today, pressure canning technology is further developed and there are more and more techniques to preserve food and avoid wasting it.

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Canning and its benefits

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Knowing how to preserve and can fruit and vegetables economically in this day and age is very essential. In early times, the canning techniques were used to preserve food for a long time. It has always been a relevant part of human culinary culture in order to save food and do not waste it.

Contrary to popular belief, canning is a very simple, low-priced and efficient method. You can use it in order to preserve food without the addition of any chemical preservatives or additives. It is used to store vegetables, fruits and cooked sauces. In this way you can eliminate the danger of spoilage by preserving food in jars at high temperature for a long period of time. It is a totally safe process do to the fact that the jars are boiled in a water or pressure bath in order to kill microorganism and inactive enzymes that may rot food. When the food is strongly acidic, microorganisms can be destroyed at a normal boiling temperature. However, when the food is not very acidic, you need to boil the jar at extremely high temperatures in order to destroy all the microorganism inside. Another factor that you need to consider is the temperature because some food may attract Clostridium Botulinum, which is a spore-forming bacteria that fosters mould growth and can introduce harmful bacteria into the human body. This information might scare you, but this book is going to teach you how to avoid this situation and never hurt yourself. Furthermore,

during canning process, the pH and temperature of the food are optimized to prevent spoilage and that's the reason why food remains preserved for a long time. In addition the jars are hermetically sealed and then sterilised by the heat because of the fact that the heating process pushes air from the jar and creates a vacuum seal.

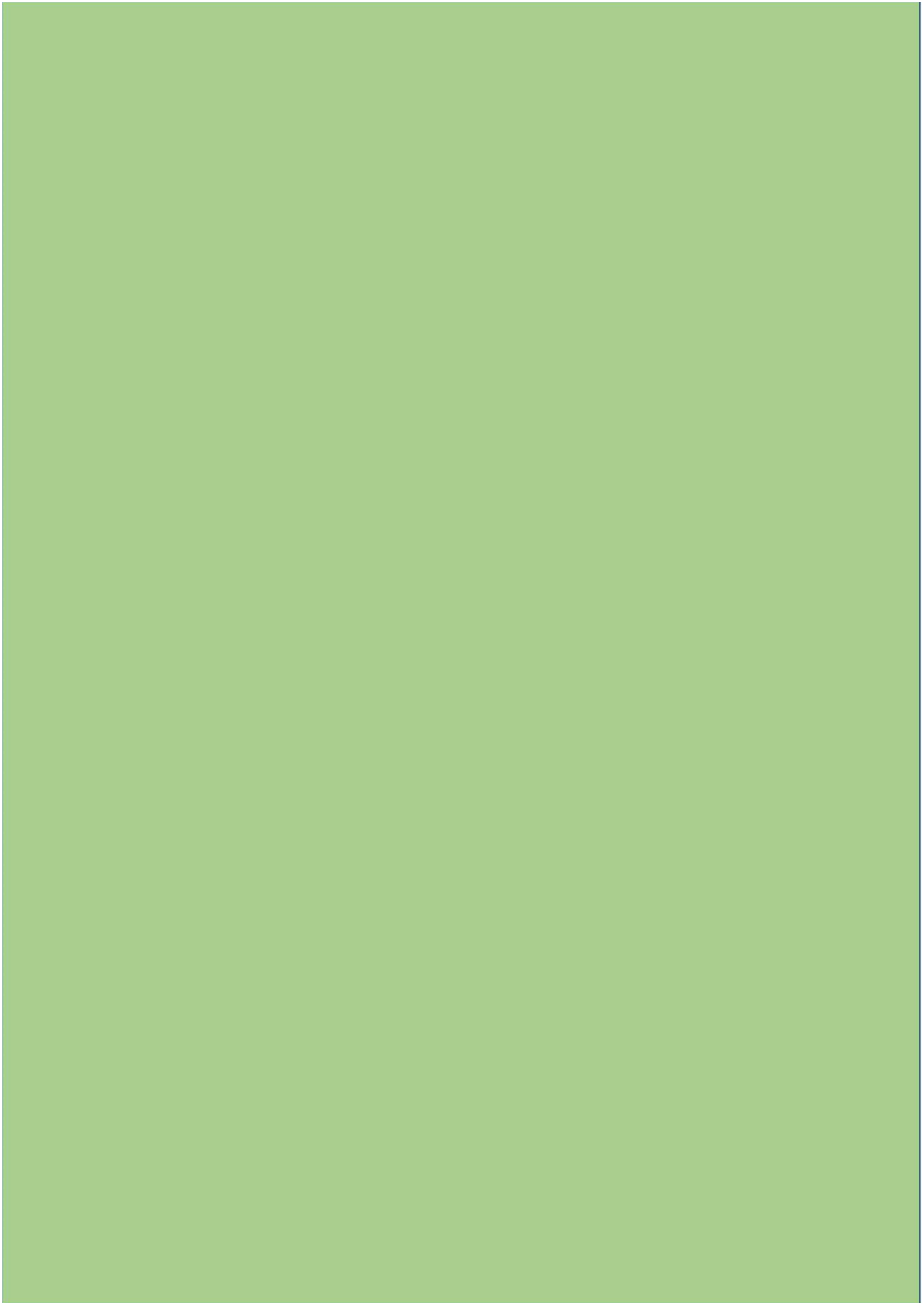
Some scientists have shown that canned foods do not actually lack the nutritional value of fresh foods and are sometimes even much healthier options. Canning is a technique which is used worldwide due to the fact that it increases the shelf-life of the food. It is a very simple technique because you just need basic gear and you do not have to add any additive or extra ingredients to you jars. The required equipment can also be used as many times as you wish to can as much food as you like. It is a budget-friendly technique because it can decrease you addiction to tinned or processed products bought at the market and this is a relief for your wallet.

Canning allows us to eat fruit and vegetable out of season that you cannot enjoy during the year unless have not preserved them. If you buy seasonal food and you can it before it rots, you can store it at home and eat it whenever you want. Canning is an ecological method due to the fact that, unlike factories, no additives or any other artificial preservatives are added to preserve food. When food is canned in factories it leaves a large amount of carbon and sometimes it is wasted. Whereas when you can at home you can use the gears again and again without releasing waste

products. Sometimes you do not have time for shopping and in this case, canning can help you. This technique is extremely helpful for those who live in war-torn areas or areas where food supply is precarious.

Home-made canned food is twice as cheaper than market-bought canned products. Moreover, market-bought canned products' taste is not as high as the food that you can at home. So, homemade canned food maintains not also the quality of the ingredients, but also preserve the flavour. Market-packed products contain artificial flavours and additives, so they are not as healthier as home canned products. When you can at home, you buy the products by yourself and you can understand if they are of good quality, fresh and organic.

Home canning can make you proud and accomplished because you have made something with your own hands. It is a traditional technique and you can take pride in gifting those personally because a gift made gift one's hand is always appreciated. It is also a social and a creative activity where you can involve your children and make them learn how important it is not to waste food. Another important thing to consider is that it gives you the opportunity to make food supply taking into account your family preferences and your dietary needs. Therefore, if you want to stock the shelves of your house larder with home-canned preserves, jam, jellies, pickles and salsas, canning is the right choice for you.



What you need to know before canning

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Before starting canning there are several basic rules that you need to know in order to avoid difficulties that you may experience.

Avoid using fruit that is overripe and decayed. It is better to use underripe fruit rather than too ripped. When fruit is unripe it has more acid, so it requires less cooking to guarantee sterilization and, in this way, the original shape, colour and flavour is preserved. Preserve fruit and vegetables after picking while they are still fresh. Make sure you can them as soon as possible: canning within a couple of hours is better than canning within twenty-four.

Whichever method of canning you use, it is important to sterilize jars and cups. To do so put them in a pot cover with boiling water, and keep hot until ready for use. This process is significant not only to make them sterile, but it also prevents breakage.

When you use the boiling method, when filling the jars put them on a clean plate in order to catch the liquid that overflows, put a new rubber in place. Make sure that it does not set on the edge against the neck of the jar. Then fill the jar to drive out all the air, put back into the kettle the liquid and the fruit that overflows. When the jar is filled, cover it without waiting to fill another one. If the jar stands open the bacteria are liable to fall upon and this can cause fermentation and food and vegetables will be no longer preserved well. Before the jar is sealed never wipe the overflowing juice off the rubber: bacteria may fall upon the

fruit from the cloth. After filling jars, while they are cooling, they should be out of a draft due to the fact that jars may break when they come in contact with cold air. After several days, examine the jars carefully in order to be sure that its content is well preserved. If not, open the jars and repeat the process and correct your error. Some prefer to turn the jars upside down overnight before storing them away. Don't use tin cans for your canning and preserving because it cannot be used more than once. Glass jars are the best choice due to the fact that they are economical, they are hygienic and they will last many years.

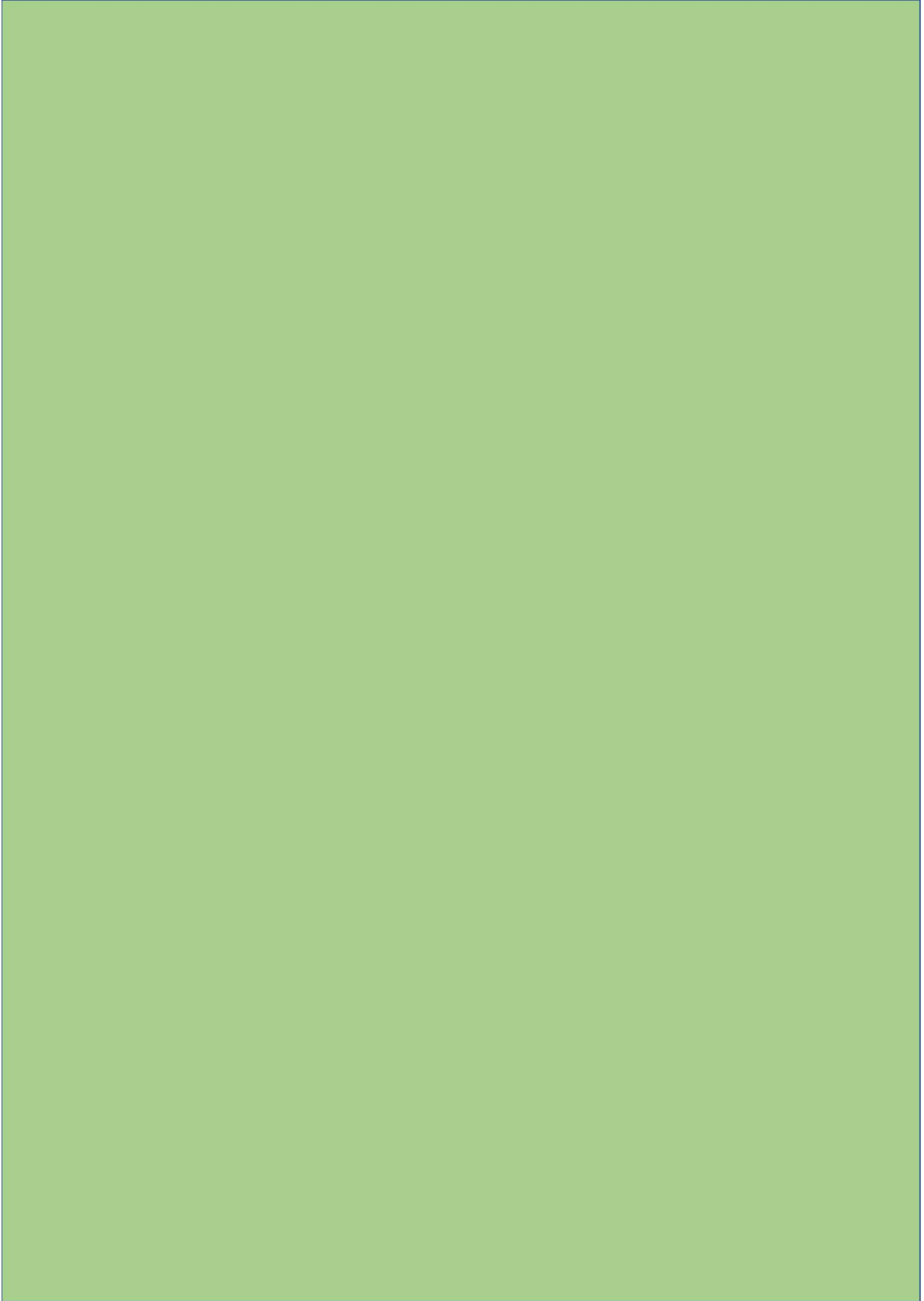
When you want to open your jars, you can simply put hot water on the top of it and the cap will be easily unscrewed. If the rubber can be grabbed between the fingers, pull it and allow the air enter the jar so the it can be unscrewed. If these two methods do not work, you can also run a knife between the rubber and the glass and hold it until the ait enters the jar. Make sure you do not run the knife between the can and the rubber otherwise the cup will be dented and you will not be able to reuse it.

Another important thing to consider is that small fruits, like cherries and berries, could rise to the top of the jar while the liquid could be at the bottom. However, it does not mean that there is something wrong, this happens because the fruit is lighter than the liquid.

What guarantees a successful canning is the jar, the caps and the rubber, so sterilize them thoroughly. You have to sterilize them well, otherwise the products will rot. Bacteria

flourish in warm and damp places and light fades fruit, so store jars in a dark, cool and dry place. Follow all these tips carefully and you canning will be a complete success.

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Water bath canning

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Canning can be done not also with cooked foods, but also with the uncooked one and you can choose which canning style is better for you. Water bath canning is a method through which food is simply added to sterilized canning jars, sealed and then placed in hot water. Jars must be boiled for 10 to 15 minutes in order to stop the bacterial activity. Even though, the preparation time may vary depending on the type of food, the size of the jar and the packaging. Water temperature needs to be kept up to 212 °F [100 °C]. This method is used in particular for foods with a high acid content. Boiling water removes the oxygen in the jar and thus causes a fixed seal to form between the rim and the lid. It is only through the high temperature of boiling water that all types of bacterial cells and microbes decompose.

When you start water bath canning, you have to place your food in a jar and clean thoroughly the rims. When the jar is clean on the outside, close it with the lid and boil it. Before boiling, make sure that your jars, lids and bands are not compromised, chipped or scratched in any way because they can break during the boiling process. They should be washed with soap and warm water before using them. They do not have to be over-sterilised; the important thing is that they are well cleaned. While you are preparing food, put them in a pot with hot water in order to avoid the jars from breaking when you fill them with what you have prepared. Fill them with a funnel or spoon to prevent the food from spilling out, but do not forget to leave at least ½ an inch of

space at the top of the jar. Press on the food in order to remove any air bubbles. Clean the jar of any excess and seal it with the lid and the band. Wait for the water to boil and put them inside the boiling water. The boiling time depends on the recipe. Once the boiling time is up, remove the jars from the water and leave them cool down for at least 12 hours.

Be careful not to burn yourself!

How much water should be put into the canner?

Water canner and recipes will tell you how much water you need to use. However, the water should be one to two inches above the glass jars of any size. Make sure that the canner is at least half filled before starting. The amount of water depends on the size of the jar, but never fill it above the level of the canning jars. Be sure that the lid of the canning jars is always above the water level. During the canning process you can add more water if needed and be sure that the water maintains a constant boil.

Water temperature

Preheat the water inside the canner to the temperature required by the recipe. If it is not specified, use 140 degrees for raw packaged food and 180 degrees for hot packs. While waiting for the water to boil prepare the food, clean the

utensils and fill the jars. Put one jar at a time into the canner by using tongs or a jar lifter to avoid burning yourself. Then cover the canner with the proper lid.

What to do when the boiling time is over

When the boiling time is over, turn off the heat and take off the lid. Make the jars cool down for five minutes before removing them from the water. After five minutes, remove the jars by using tongs or a jar lifter to avoid burning yourself. Make the jars cool on a towel for 12 to 24 hours. Never let the jars touch each other during the cooling process.

Canner

The canner is the main tool you will need for water bath canning. It is a metal container that must be at least 2 inches deep because the jars have to be uniformly covered. The perfect canner should have the lid with extreme tight-fitting and a rack. When you buy a canner, you have to make sure that its diameter is not 4 inches wider than the cooker. Check carefully its diameter because the canner size can compromise the process. Can must have a flat butter if you have an electric cooker. The rack helps jars not to touch the bottom of the canner when they are boiling. If you have a pressure canner, you must use a lid but you do not have

to seal it. You must open the petcock (the safety valve) during the boiling process in order to allow steam to be released.

Jars, lids and seals

When you buy canning jars you must keep in mind that:

- You must use glass jars because they are the most appropriate for this type of method. People believe that the best ones are the mason-type jar. Never use mayonnaise jars because they are not appropriate.
- Make sure that your jars are not damaged or chipped because they may break during the boiling process. Even if they are damaged, but they have not broken during the boiling process, sealing will be inappropriate and the food inside the jars will rot.
- You can reuse the jars only if they are undamaged. Never forget to sterilize them again.
- Today there are jars of different sizes on the market, so choose the one that you like the most.

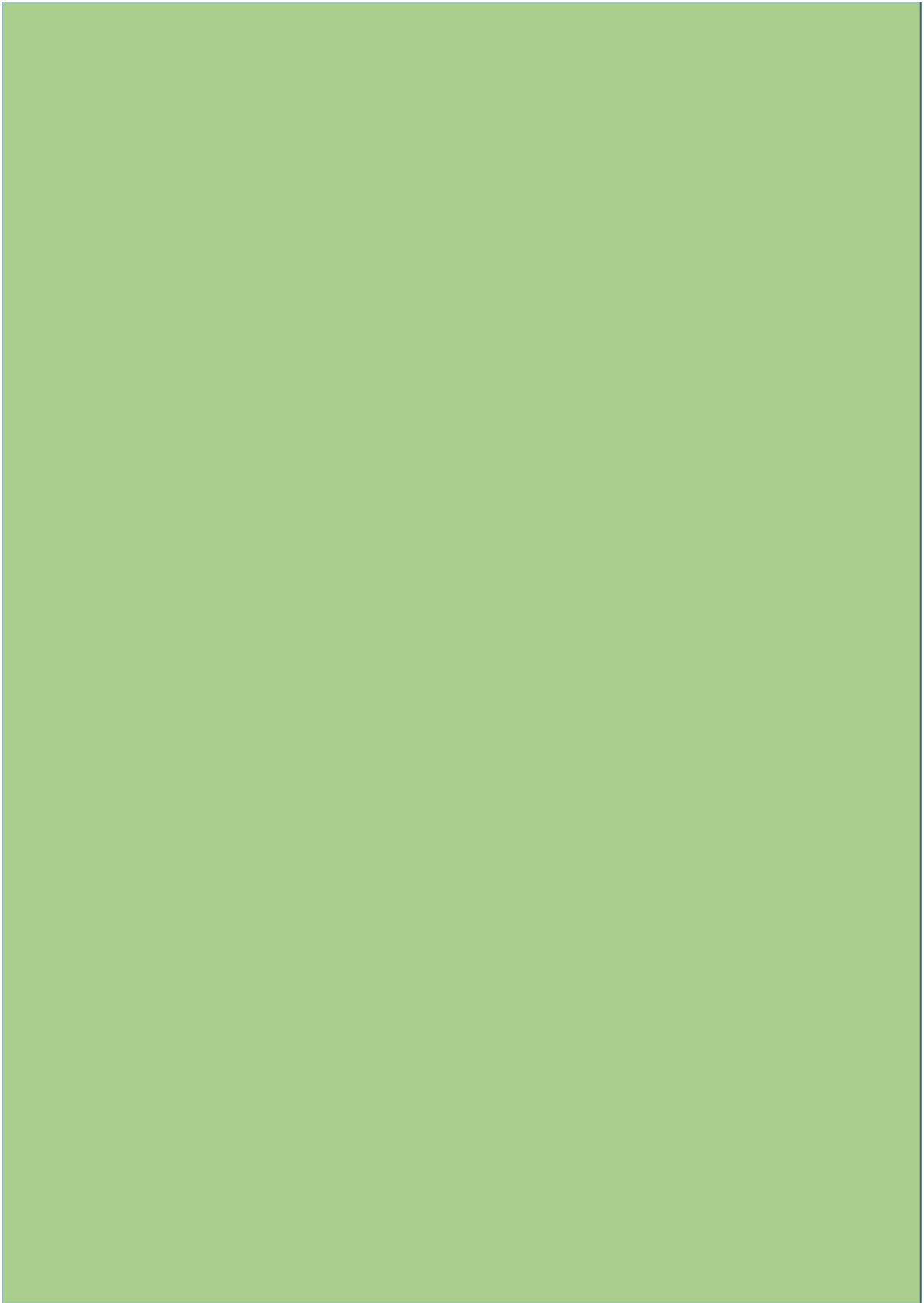
Every jar has a lid which is composed by a flat dish that allows you to seal the jar. It also has metal screw which is used as a metal lid for the jar. You must change the lids after every procedure, in particular if they are flawed or dented. Even if, experts believe that lids can be replaced after five years of use. Read carefully the instructions provided by the jar manufactures in order to obtain an efficient canning.

Something that you may need

During your canning process you may need some additional equipment, such as:

- Chopping board
- Knives
- Spoons and a funnel that will help you pour the mixture into the jar
- Clean towels
- Jar lifter that will help you grip the jars
- Timer that will help you check the cooking time of your food and the boiling time of the jars
- Led wand which is used to put the hot lids into the jars
- Bubble freer which is a plastic spatula used to push out bubbles from the jars

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Safety

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Food preservation safety is very important because if you are not careful, you can get easily hurt during the process, especially when you use a water bath canner. Only by using the right equipment for preserving and canning food will help you to do it right and stay safe. You must use a jar lifer in order to prevent you from burning and scalding yourself. Try to keep a safe distance between you and anything hot. Make sure you have towels to absorb spills because you have to keep them when jars are hot. Check the state of the equipment and be sure you can use it. Never use spoiled food because you might feel sick. You do not have to use overripe food because it affects your food quality and turn it into a mush. Never add butter or fat to what you are canning or preserving because it will not store properly and it will spoil before you use it. When you can at home always follow a recipe and never add spices unless it is required because too many spices can make canned and preserved items unsafe to eat. Your food will not spoil and you will do something safe to eat later only if you follow our tips.

You will avoid most foodborne illnesses if you:

- Wash your hands before starting cooking and clean thoroughly all the tools that you will use;
- Never soak products and use sieves or colanders for small foodstuffs;
- Never use detergents or soap to clean products. Rub their surface with you clean hands by rinsing them

under running water because in this way you will loosen bacteria, dirt and grime.

Canning can kill microbes or prevent them from reproducing to toxic levels. You can only kill microbes by heating jars at a temperature above 160 °F [78 °C]. You must avoid fruit with bites from birds or other animals, split skins evidence of insect attacks or bruised fruit.

Sterilization

Never skip sterilization, it is essential. If you do not carry out this step carefully, you risk contaminating all your jars and putting your health in danger. You have to protect yourself by sterilizing all your jars properly. People think that sterilization is necessary only when you live in a high-altitude area, but it is wrong! No matter where you live, you have to sterilise them because every product that requires less than 15 minutes of preparation must be placed in sterilized jars. Each recipe will indicate the processing time required, so read them carefully.

How can you sterilize your jars?

- Place your empty jars in the canning rack that you can find inside the stockpot or the water bath canner. Make sure that the jars are placed on the right side;
- Water should not boil, but it should be hot.
- Wait for the water to boil and as soon as it starts to boil wait about 10 - 15 minutes;
- Remove carefully the jars from the water using tongs or the jar lifter. Once removed, drain them. Never forget

that the jars are really hot, so do not burn yourself by managing them without oven gloves. Do not forget to replace the water in the canner with cold water;

You do not need to sterilize the lids and the seals, but you can clean them with detergent and hot water. Once washed, rinse them thoroughly because there should not be detergent residue. Detergent can compromise the taste of the food and this is the reason why washing jars is not effective as sterilising them with boiling water. If you decide to reuse the jars, you will have to sterilize them again. Never reuse the seals and the lids, you have to throw them away and use others.

Necessary equipment

Never use rusty utensils as rust can contaminate your food and it could be harmful to your health. Before starting canning your equipment must be sterilized by boiling them for about 5 to 10 minutes. If they ca not be boiled you can wash them with water and detergent, but make sure you rinse them thoroughly.

Food

Water bath canning is only used for high acid foods like fruits (cherries, cranberries, raspberries, etc.), jams, fruit juices, citrus fruits, pickled vegetables, jellies, tomatoes with no additional acid, olives, salsas, etc. Thanks to their high acidic levels, preservation process is easier. Fruits and

vegetables must be of good quality and without any evidence of insect attacks. Before cooking them, make sure you wash them carefully.

The right canner

Today there are different time of canner but some of them are used for cooking food and not for processing jars and preserve food. You must choose the right canner because there are pressure canners and bath canners and you have to know when to use them. Pressure canners are used for preserving and canning food, so the canner has to be the right size. Jars may be overcooked, so be sure not to use too small canners. Buy a larger canner because in this way you can easily check the pressure and you can store more foods at once. Before starting canning, make sure that your canner is in good condition. For example, if its rubber is cracked or dry, you have to replace it. Make sure that the small vents in the lid are not obstructed. You can start canning only when you have thoroughly checked your canner.

Control your bands, jars and lids

When you wash your jars check them carefully because they may have crack or small chip that can compromise the process. You can use jars over and over again provided they are in good condition. Look for any imperfection and throw them away if they are unusable.

Metal jar rings are reusable only when they are not rusty and undented. If they have signs of wear, throw them away and buy new ones.

New lids are the key to successful canning. Sealing compound on the lid can detach over time, so you must change jar lids. Lids can disintegrate when you store jars in damp places.

Choice of products

Always get the best food possible because they will make your preparations truly delicious. Try to opt for ripe and high-quality products because over-ripe products make canning difficult. For example, if strawberries are over-ripe, jam could be too liquid. If tomatoes are over-ripe, they may not can because they have a high pH level. Pick the best ingredients to make the best canning.

Wash and sanitize everything

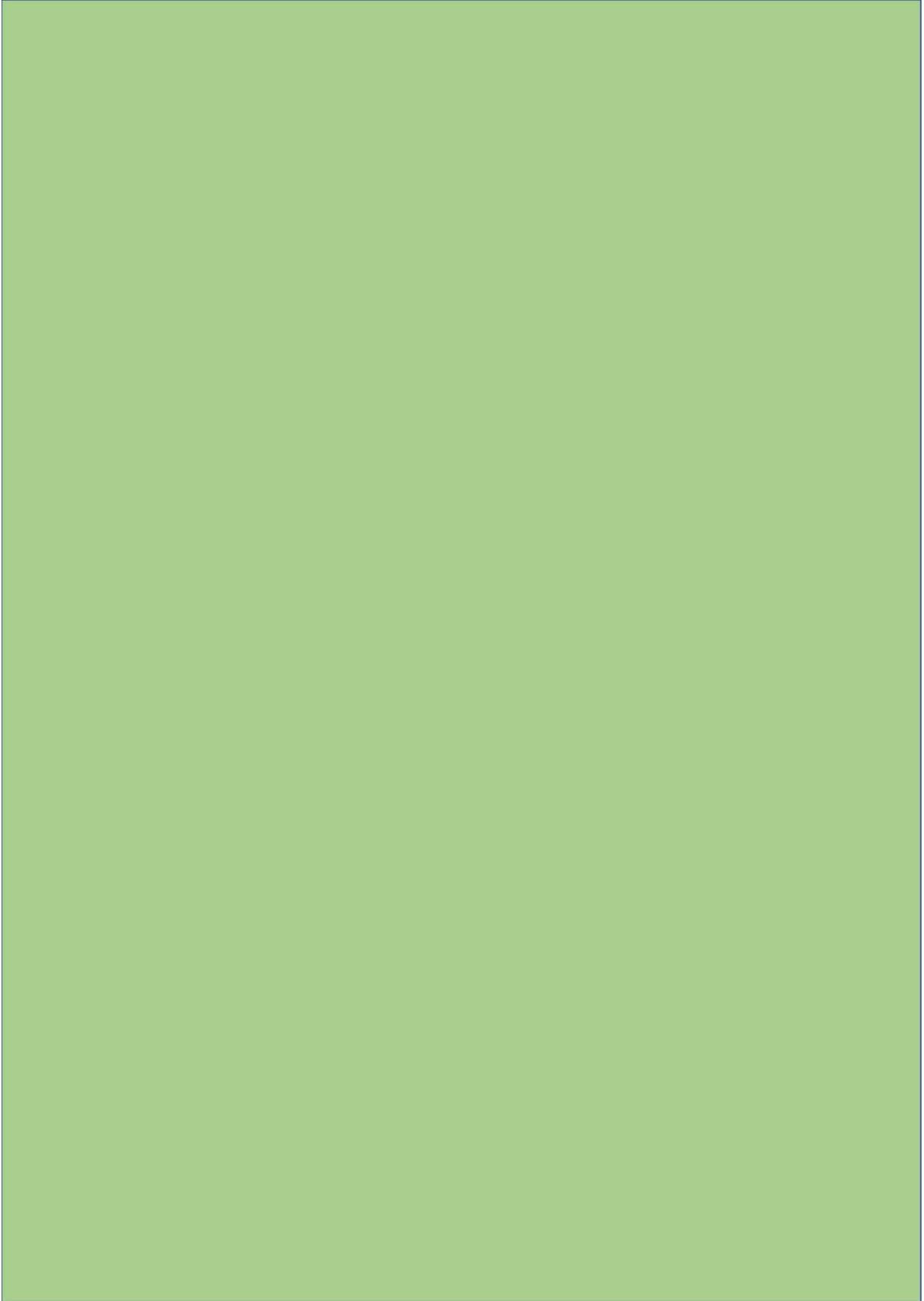
We already said that jars and lids cleaning is essential, but never to clean your tools. Clean your canner before using it even though you put it away clean. Before starting to cut fruit and vegetables, make sure that your countertop is cleaned, there must be no stains, residues or crumbs. Never forget to wash your hands because clean will not allow bacteria to go to your food and your jars.

Do's and Don'ts

Canning is simple, but you have to follow carefully our instructions because it can result in disastrous consequences.

- Never eat food if you suspect that have gone bad, just throw it away. Home-canned food can rot for several reasons for example a crack in a jar, insufficient cooking time and a dent in the lid. If you ever notice any of these sings, never taste it.
- Never put fat or butter into you home canned products because they slow heat transfer during the boiling process and it will decrease food's life.
- Never add more spices than required by the recipe because it could be unsafe.
- Read carefully all the recipes because you have to know what to do and be organised.
- Never use overripe food for canning.

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Water bath canning recipes

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Jams



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1) ***Ginger and Pear Jam***

Cooking time: 10 - 15 minutes **Preparation time:** 30 - 35 minutes
Servings: 7 half pints

Ingredients:

- 4 cups sugar
- 2 tbsp lemon juice
- 2 ½ lb. pears
- 1 package pectin
- 1 ½ tsp grated lemon juice
- 1 tsp vanilla extract
- 1 tsp ginger root

Directions:

1. Peel and chop pears;
2. Mince ginger;
3. Put pears, ginger, lemon juice, lemon zest and pectin in a pot. Make them boil and stir them constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
4. Add sugar and vanilla, make them boil for 1 minute;
5. Remove the pot from heat. Remove the foam;
6. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
7. Let the jam cool for at least 24 hours;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly.

Tips:

You must use pectin in order to obtain a good jam because pears are low-pectin fruit. Apples are high in pectin. So, if you do not want to add pectin, you can use finely minced cooking apples.

2) *Ginger Jam*

Cooking time: 35 - 40 minutes **Preparation time:** 15 - 20 minutes

Servings: 20

Ingredients:

- 2 cups water
- ½ pouch liquid pectin
- 1 ¾ cups ginger
- 2 ½ cups sugar

Directions:

1. Peel the ginger and cut it into a half. Cut into cubes half ginger, then mince the other half;
2. Put water and ginger into a pot placed over medium heat and make it boil;
3. When it starts boiling, lower the heat and cook the ginger for 1 ¼ hours. Add more water if needed;
4. Remove the pot from the heat and drain the ginger, but do not throw away ginger water;
5. Put ginger and water ginger into a bowl and refrigerate it for the whole night;
6. Put sugar and ginger into a pot placed over medium-high heat and make it boils for 1 minute. Never stop

- stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
7. Add pectin and stir;
 8. Lower the heat and cook the mixture for 6 minutes. Remove the foam;
 9. Fill the sterilized jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
 10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

3) *Caramelised Onion Jam*

Cooking time: 2 hours **Preparation time:** 15-20 minutes

Servings: 4-pint jars

Ingredients:

- 2 cups of sugar
- 2 lb. onions
- 1 cup water
- 3 tbsp salt
- 3 cups white vinegar

Directions:

1. Peel onions (never touch your eyes during the process to avoid itching your eyes);
2. Put the sugar, water and vinegar in a pot placed over low heat;
3. Wait for the sugar to melt;
4. Once the sugar has melted, add the onions to the pot;

5. Make them boil for 1 hour and wait until the onions are translucent;
6. Make them cool;
7. Once cooled, press your finger on each lid to make sure the jars are closed properly and refrigerate them.

Tips: Add black pepper or rosemary if you like them. You can eat them on homemade potato brad or in your burger.

4) *Kiwi Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 5

Ingredients:

- 25 kiwis
- 4 apples
- 4 $\frac{1}{4}$ cup white sugar
- $\frac{1}{4}$ cup lemon juice
- $\frac{3}{4}$ cup pineapple juice

Directions:

1. Peel kiwis and apples;
2. Put kiwis, apples, lemon juice and pineapple juice in a pot placed over medium heat. Bring it to a boil;
3. When it starts boiling add sugar and never stop stirring until it dissolves;
4. Reduce the heat to low, but never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot. Simmer for about 30 minutes;

5. Pour the mixture into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
7. Once cooled, press your finger on each lid to make sure the jars are closed properly and store them into the fridge.

5) *Pineapple Jam*

Cooking time: 30 - 35 minutes **Preparation time:** 15 - 20 minutes **Servings:** 7 half pints

Ingredients:

- 1 $\frac{1}{4}$ lb. pineapple
- $\frac{1}{4}$ cup water
- 1 package strawberry gelatine
- 5 cups sugar
- 1 tbs vanilla extract

Directions:

1. Peel and cut the pineapple;
2. Put in a pot pineapple, water, sugar and vanilla. Make it boil;
3. Stir constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
4. Add gelatine and never stop stirring until it dissolves;

5. Remove the pot from heat and remove the foam using a spoon;
6. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly.

6) *Papaya Jam*

Cooking time: 5 - 10 minutes **Preparation time:** 5 and a half hours **Servings:** 64

Ingredients:

- 2 $\frac{1}{4}$ lb. papaya
- 2 tsp vanilla extract
- 1 $\frac{1}{3}$ lb. white sugar
- Juice of $\frac{1}{2}$ orange
- 1 tsp salt
- 1 $\frac{1}{3}$ pectin, dry

Directions:

1. Clean rip and mash the papaya;
2. Put the papaya, the orange juice and the pectin in a pot placed over medium heat and mix them;

3. When it begins to boil add sugar, salt and vanilla extract and stir constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
4. Make it boil for about 2 hours before removing it from heat;
5. Make it cool completely;
6. Put the mixture into the canning jar and boil them;
7. After boiling them, let them cool;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly and store them in the fridge.

7) Carrot and Orange Jam

Cooking time: 25 - 30 minutes **Preparation time:** 15 - 20 minutes **Servings:** 24

Ingredients:

- ¼ tsp ground cinnamon
- 2 medium oranges
- 1 cup carrots
- 1/8 tsp baking soda
- ¼ tsp unsalted butter
- 2 tbsp lemon juice
- 1 ½ cups sugar
- ¼ cup golden raisins
- 1 ¼ cups water
- 1 ½ tsp calcium water
- 2 ¼ tsp pectin

Directions:

1. Peel the carrots and shred them finely;

2. Put pectin and sugar in a bowl and stir them. Then, set them aside;
3. Peel the oranges and cut them into quarters. Remove the white form them. Do not throw away orange rind, but cut it into small pieces;
4. Put orange rind, water and baking soda in a pot placed over high heat. Make it boil;
5. Lower the heat and cook the mixture for 14 minutes;
6. Put oranges in a food processor and blend them;
7. Add the blended oranges and carrots to the orange rind mixture, make it simmer for 10 minutes;
8. Remove the pot from the heat and then add lemon juice, cinnamon, orange mixture, butter, calcium water and raisins. Make the mixture boil;
9. Add pectin mixture and make it boil. Stir constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
10. Pour the mixture into the jars, but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
11. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
12. Once cooled, press your finger on each lid to make sure the jars are closed properly and store them into the fridge.

8) Pear and Pineapple Jam

Cooking time: 5 - 10 minutes **Preparation time:** 45 - 50 minutes **Servings:** 8

Ingredients:

- 1-1/2 cups peeled, shredded carrots
- 20 oz crushed pineapple, undrained
- 6-1/2 cups sugar
- 1 tsp. ground cinnamon
- 1 package powdered fruit pectin
- 3 tbsps. lemon juice
- 1-1/2 cups ripe, peeled, chopped pears
- 1/4 tsp. ground cloves
- 1/4 tsp. ground nutmeg

Directions:

1. Put pineapples, carrots, pears, lemon juice, cloves, cinnamon and nutmeg into a pot placed over medium heat and make the mixture boil;
2. Reduce the heat and make the mixture simmer for 20 minutes until pears are tender;
3. Add pectin and make the mixture boil, but never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
4. Add sugar and make the mixture boil for 1 minute;
5. Remove the pot from heat and the foam using a spoon;
6. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;

7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly.

9) *Apricot Jam*

Cooking time: 10 - 15 minutes **Preparation time:** 30 - 35 minutes **Servings:** 20

Ingredients:

- 3 ½ lb. apricots
- 1 package fruit pectin
- ¼ lemon juice
- ½ tsp unsalted butter
- 6 cups sugar

Directions:

1. Cut apricots;
2. Put apricots and lemon juice in a pot;
3. Combine only ¼ cup sugar and pectin in a bowl. Put them into the pot placed over medium-high heat. Add butter and stir constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
4. Add the remaining sugar into apricot mixture and make it boil for 2-3 minutes and never stop stirring;
5. Remove the pot from heat;
6. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air

bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;

7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly.

Tips: If you like you can add a cup of amaretto after removing the pot from the heat. It will make it tastier.

10) *Cherry Jam*

Cooking time: 30 - 35 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4 pints

Ingredients:

- 4 cups cherries
- 2/3 cup orange
- 4 tbsp lime
- 3 ½ cups sugar

Directions:

1. Peel and chop oranges;
2. Put the orange, the cherries, the lime and sugar into a pot placed over medium heat. Make it boil and never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
3. When it starts boiling, lower the heat and make it simmer for 20 minutes. Do not forget to stir;

4. After 20 minutes, increase the heat and stir it until the mixture is gelatinous;
5. Remove the pot from the heat.
6. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
7. Once cooled, press your finger on each lid to make sure the jars are closed properly.

11) Fig Jam

Cooking time: 5 - 10 minutes **Preparation time:** 80 - 90 minutes **Servings:** 4

Ingredients:

- 2 cups almonds
- $\frac{1}{4}$ cup lemon juice
- 2 lb. figs
- 1 $\frac{1}{2}$ cups sugar

Directions:

1. Peel figs;
2. Put figs in a pot placed over medium-high heat;
3. Put lemon juice and sugar into the pot. Make it boil for 60-75 minutes and stir constantly until it thickens. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
4. Remove the pot from heat and let the mixture cool for few minutes.

5. Add almonds and stir the mixture;
 6. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
 7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
 8. Once cooled, press your finger on each lid to make sure the jars are closed properly.
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12) *Lime Jam*

Cooking time: 1 hour **Preparation time:** 15 – 20 minutes

Servings: 32

Ingredients:

- 1 $\frac{3}{4}$ lb. sugar
- 1 $\frac{1}{8}$ lb. limes
- 3 $\frac{1}{2}$ cups water

Directions:

1. Slice the limes and remove seeds;
2. Retain their juice;
3. Put lime juice, lime slices and water into a bowl. Put it in the refrigerator for the whole night;
4. Put lime mixture in a pot placed over medium-high heat and make it boil;
5. When it starts boiling, lower the heat and cook the mixture for 45 minutes;
6. Increase the heat and add sugar to the mixture. Cook it for 4-5 minutes until sugar dissolves. Never stop stirring

during cooking in order to prevent the mixture from sticking to the bottom of the pot;

7. Boil it for 10 minutes;
8. Remove the pot from the heat and make the mixture cool;
9. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
11. Once cooled, press your finger on each lid to make sure the jars are closed properly.

13) Clementine Jam

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 40

Ingredients:

- 8 clementines
- 3 $\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ lemon
- 2 cups water

Directions:

1. Squeeze the lemon and remove seeds;
2. Add squeezed lemon, clementine and water in a pot placed over medium-high heat. Make it simmer for 2 - 3

hours;

3. Remove the pot from the heat and make the mixture cool for the whole night;
4. Drain the mixture and reserve all peels. Slice the clementine peel;
5. Add lemon juice and sugar into a pot placed over medium-high heat and cook it for 3 minutes. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
6. Add the peel slices into the pot and cook the mixture for 10 minutes. Never forget to stir;
7. Remove the pot from the heat and remove the foam at the top;
8. Make it cool for 15 minutes;
9. Pour the mixture into the jars but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
11. Once cooled, press your finger on each lid to make sure the jars are closed properly.

14) *Tangerine Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- ¼ lb. tangerines
- ¼ tsp. vanilla extract
- ¼ cup vanilla bean
- 1 ½ lb. kumquats
- 2 ¾ cup sugar

Directions:

1. Slice the fruit;
2. Use a peeler in order to remove the zest from the tangerines. Do not throw away the zest;
3. Divide the tangerines into two and put all the segments into a bowl;
4. Put the pulp of tangerines into another bowl;
5. Put the zest of tangerine, the slices of kumquat and its juice, sugar, water and the pulp of tangerines into a pot placed over medium-low heat. Make it boil;
6. When it starts boiling reduce the heat and cook the mixture for 15 minutes;
7. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
9. Once cooled, press your finger on each lid to make sure the jars are closed properly.

15) *Raspberry and Peach Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 35 - 40 minutes **Servings:** 5 half pints

Ingredients:

- 1 ½ lb. raspberries
- 3 lb. peaches
- 3 tsp lemon juice
- 5 cups sugar

Directions:

1. Peel and chop peaches;
2. Crush raspberries;
3. Put all the ingredients into a pot placed over medium-low heat;
4. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot. You can stop stirring only when the sugar has dissolved;
5. Make it boil for 15 minutes without stopping stirring;
6. Remove the pot from heat and remove the foam;
7. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
8. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
9. Once cooled, press your finger on each lid to make sure the jars are closed properly.

16) Peach Jam

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 7 cups Sugar
- 60ml Bourbon
- 6 tbsp Ball Classic Pectin
- 60ml Lemon Juice (Bottled)
- 4 lb. Peaches (Fresh/Frozen sliced peaches and peeled)
- 2 tbsp Crystallized ginger (Finely chopped)

Directions:

1. Cut peaches into a half and crush them with a potato masher;
2. Put peaches, bourbon, lemon juice, pectin ginger into a pot placed over high heat. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot.
3. Add sugar and never stop stirring until it dissolves;
4. Make the mixture boil for 1 minute;
5. Remove the pot from the heat and remove the foam using a spoon;
6. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;

8. Once cooled, press your finger on each lid to make sure the jars are closed properly.

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17) *Zucchini Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 1 cup lemon juice
- 2 lb. zucchini
- 5 cups sugar
- 1 package fruit pectin
- 2 tbsp. chopped ginger
- 1 tsp. grated lemon peel
- 13 oz. pineapple

Directions:

1. Crush and drain pineapple
2. Wash and grate zucchini
3. Put lemon juice, lemon peel, zucchini and pineapple into a pot placed over medium-low heat. Make it boil then lower the heat and make it simmer until zucchini are tender;
4. Add pectin and stir the mixture. Then add ginger and sugar. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot. Make it boil for one minute;
5. Remove the pot from heat and remove the foam. Stir the mixture for 5 minutes;
6. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;

7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly.

18) Strawberry Jam

Cooking time: 5 - 10 minutes **Preparation time:** 45 - 50 minutes **Servings:** 6

Ingredients:

- 8 cups granulated sugar
- 4 ½ lb. strawberries
- 1 tbsp butter
- 7 tbsp powdered pectin
- 2 tsp lemon zest
- ½ cup lemon juice

Directions:

1. Mash strawberries;
2. Put strawberries, lemon juice, lemon zest and butter into a pot placed over medium-low heat;
3. Add the pectin and never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
4. Add sugar stirring constantly until it dissolves;
5. Remove the pot from heat;
6. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air

bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;

7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 36 hours;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly.

19) *Lemon and Strawberry Jam*

Cooking time: 20 - 25 minutes **Preparation time:** 20 - 25 minutes **Servings:** 4

Ingredients:

- 1 tbsp. lime
- 4 cups strawberries
- 6 cups sugar
- 6 tbsp. classic pectin
- ¼ cup lemons

Directions:

1. Peel and slice the lemons. Do not throw away lemon peels;
2. Crush the strawberries;
3. Put lemon peels and water into a pot placed over medium-high heat. Make it boil for 5 minutes until the peels are tender then drain the liquid;
4. Mix together strawberries, lemon peel and lime. Add pectin and heat the mixture at high flame. Stir the mixture;

5. Add the sugar and stir the mixture until it dissolves. Make it boil for 2 minutes, but never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
6. Remove the pot from heat;
7. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 36 hours;
9. Once cooled, press your finger on each lid to make sure the jars are closed properly.

20) *Orange Jam*

Cooking time: 30 - 35 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 13 oz. pectin
- 1 cup water
- 5 cups sugar
- 2 large lemons
- $\frac{1}{2}$ tsp. butter
- 4 medium oranges
- $\frac{1}{8}$ tsp. baking soda

Directions:

1. Peel oranges and lemons, then slice them.
2. Add orange and lemon slices, water and baking soda into a pot placed over medium-high heat. Make it boil for 20 minutes;
3. Remove the fruit pulp and chop it. Do not throw away the juice;
4. Add the fruit and juice into the pot and make it simmer for 10 minutes;
5. Add sugar and butter. Increase the heat and stir constantly;
6. Add pectin after squeezing the mixture from the pouch;
7. Make the mixture boil for 2 minutes, but never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot. You can stop stirring only when the sugar has dissolved;
8. Remove the pot from heat and remove the foam;
9. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
11. Once cooled, press your finger on each lid to make sure the jars are closed properly.

21) *Ginger Jam*

Cooking time: 30 - 35 minutes **Preparation time:** 15 - 20 minutes **Servings:** 40

Ingredients:

- 4 cups water
- 5 cups white sugar
- 3½ cups fresh ginger, peeled
- 1 (3-ounce) pouch liquid pectin

Directions:

1. Cut half ginger into cubes and then grind the other part;
2. Put ½ ginger and water into a bowl. Set it aside for 4 hours;
3. Put ginger, sugar and water into a pot placed over medium heat. Make it boil;
4. Reduce the heat and cook the mixture for 1 ¼ hours;
5. Remove the pot from the heat and drain the mixture;
6. Add sugar and ginger mixture into a pot placed over medium heat. Make it boil for 1 minute and never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
7. Add pectin and stir the mixture. Lower the heat and cook for 7 minutes;
8. Remove the pot from heat and remove the foam using a spoon;
9. Pour the hot mixture into the jars but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with

- water. After boiling, remove them and let them cool;
11. Once cooled, press your finger on each lid to make sure the jars are closed properly.

22) Grapefruit Jam

Cooking time: 25 - 30 minutes **Preparation time:** 20 - 25 minutes **Servings:** 20

Ingredients:

- 3 cups white sugar
- 1 apple
- 4 red grapefruits

Directions:

1. Peel the apple and cut it into small cubes;
2. Remove the zest from two grapefruits into ribbons;
3. Remove the remaining white parts from the grapefruits. Cut grapefruits into wheels and remove seeds;
4. Put peel strips, sugar, apple and grapefruit wheels into a pot placed over medium-high heat. Make it boil and stir constantly;
5. Smash the mixture using a potato masher;
6. Lower the heat and cook the mixture for 15 minutes. Stir the mixture and remove the foam;
7. Remove the pot from heat and remove the foam;
8. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;

9. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
10. Once cooled, press your finger on each lid to make sure the jars are closed properly.

23) *Blueberry and Cinnamon Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 35 - 40 minutes **Servings:** 11 half pints

Ingredients:

- 5 tbsp lemon juice
- 5 ½ lb. blueberries
- 4 tsp cinnamon
- 8 cups sugar
- 5 oz liquid fruit pectin

Directions:

1. Put blueberries in a kitchen robot and wait until they are well blended;
2. Put blueberries, sugar, lemon juice and cinnamon into the pot over high heat. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
3. Add pectin and make it boil for 1 minute. Never stop stirring;
4. Remove the pot from heat and remove the foam;
5. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air

bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;

6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
7. Once cooled, press your finger on each lid to make sure the jars are closed properly.

24) *Cucumber Vanilla Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 10 - 15 minutes **Servings:** 8

Ingredients:

- Seeds scraped from one vanilla bean
- 2-1/2 cups cucumber juice, strained
- 1 cup vinegar
- 7 cups sugar
- 2 pouches pectin

Directions:

1. Put cucumber, sugar, vinegar and vanilla into a pot place over medium heat. Make the mixture boil for 2 minutes. Never forget to stir;
2. Remove the pot from the heat and add pectin;
3. Place the pot over medium heat and make it boil for 2 minutes;
4. Remove the pot from the heat and remove the foam using a spoon;
5. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air

bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;

6. Put the jars into the canner and make them boil for 5 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
7. Once cooled, press your finger on each lid to make sure the jars are closed properly.

25) *Lemon and orange Jam*

Cooking time: 45 - 50 minutes **Preparation time:** 20 - 25 minutes **Servings:** 4

Ingredients:

- 6 cup sugar
- 2 pink grapefruit
- 4 cup poached zest liquid
- 3 large lemons
- 4 medium navel oranges

Directions:

1. Remove the zest from the fruit using a peeler;
2. Put the zest and 6 cups of water water into a pot placed over medium heat. Make it boil and then reduce the heat. Make it simmer for 30 minutes;
3. Remove the white part from the fruit;
4. Drain the zest, but do not throw away the liquid;
5. Put zest, sugar, cheesecloth roll and 4 cups of liquid from the zest. Make it boil until it reaches 220 degrees;
6. Stir the mixture and then reduce the heat;

7. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
9. Once cooled, press your finger on each lid to make sure the jars are closed properly.

26) *Lemon and Melon Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- $\frac{1}{4}$ cup kosher salt
- $\frac{3}{4}$ cup lemon juice
- 1 tbsp pink peppercorns, crushed
- 14 cups melon
- 4 cups sugar

Directions:

1. Put melon and salt into a bowl, cover them and set it aside for 2 hours;
2. Drain it, rinse with cold water and then drain again;
3. Put sugar, melon and lemon juice into a pot placed over medium heat. Make the mixture boil, then reduce the heat and make it simmer for 20 minutes;
4. When the melon is soft, squash melon and cook it for 1 hour;

5. Remove the pot from the heat and remove the foam using a spoon;
6. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
7. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
8. Once cooled, press your finger on each lid to make sure the jars are closed properly. Store them into the refrigerator.

27) *Apple Jam*

Cooking time: 5 - 10 minutes **Preparation time:** 50 - 60 minutes **Servings:** 6

Ingredients:

- 4 ½ lb. apples
- 1 tsp cinnamon
- 1 cup water
- 1 package powdered fruit pectin
- 3 cups brown sugar
- 1 tsp butter
- 4 cups sugar

Directions:

1. Peel and dice apples;
2. Put apples, water, cinnamon and butter into the pot over low heat. Never stop stirring until apples are tender;
3. Add the pectin to the mixture and bring it to a boil;
4. Add sugar and let it boil for 1 minute. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot. You can stop stirring only when the sugar has dissolved;
5. Pour the hot mixture into the jars but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;

7. Once cooled, press your finger on each lid to make sure the jars are closed properly.

28) Kumquat Jam

Cooking time: 10 - 15 minutes **Preparation time:** 15 - 20 minutes **Servings:** 54

Ingredients:

- 1 cup water
- 1 $\frac{3}{4}$ oz. powdered fruit pectin
- 1 $\frac{1}{2}$ lb. kumquats
- 6 $\frac{1}{2}$ cups sugar

Directions:

1. Halve kumquats and seed them;
2. Chop kumquats using a food processor;
3. Add water, chopped kumquats and pectin into a pot placed over medium-high heat. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
4. Add sugar and make the mixture boil for 1 minute;
5. Remove the pot from heat and remove the foam;
6. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;

8. Once cooled, press your finger on each lid to make sure the jars are closed properly. Store them in larder for up to 1 year.

29) *Lemon Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 4 cups sugar
- 10 large lemons
- 4 cups water

Directions:

1. Peel the lemons and slice them;
2. Cut the lemon strips;
3. Remove any white parts from lemons using a knife;
4. Add water, lemon slice and lemon strips into a saucepan, cover it and refrigerate for 4 hours;
5. Add the lemon mixture into a pot placed over medium-high heat and make it boil. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
6. Lower the heat and cook the mixture for 1 hour;
7. Increase the heat to medium and then add sugar;
8. Cook the mixture for 5 minutes until sugar dissolves. Never stop stirring;
9. Lower the heat and cook the mixture for 50-60 minutes. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;

10. Remove the pot from heat and remove the foam;
11. Pour the hot mixture into the jars but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
12. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
13. Once cooled, press your finger on each lid to make sure the jars are closed properly.

30) Grapefruit-lemon Jam

Cooking time: 60 - 65 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 2 medium lemons
- 5 cups sugar
- 3 grapefruits
- 4 cups water
- 1 tsp. chopped ginger

Directions:

1. Slice grapefruits and lemons;
2. Put grapefruit slices, lemon slices and water into a pot placed over medium-high heat. Make the mixture boil for 30 minutes until fruit is tender;

3. Reduce the heat and then add sugar and ginger. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot. Cook the mixture until it reaches 220 F;
4. Remove the pot from heat and remove the foam;
5. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
7. Once cooled, press your finger on each lid to make sure the jars are closed properly. Store them in a dark place.

31) *Grapefruit and Orange Jam*

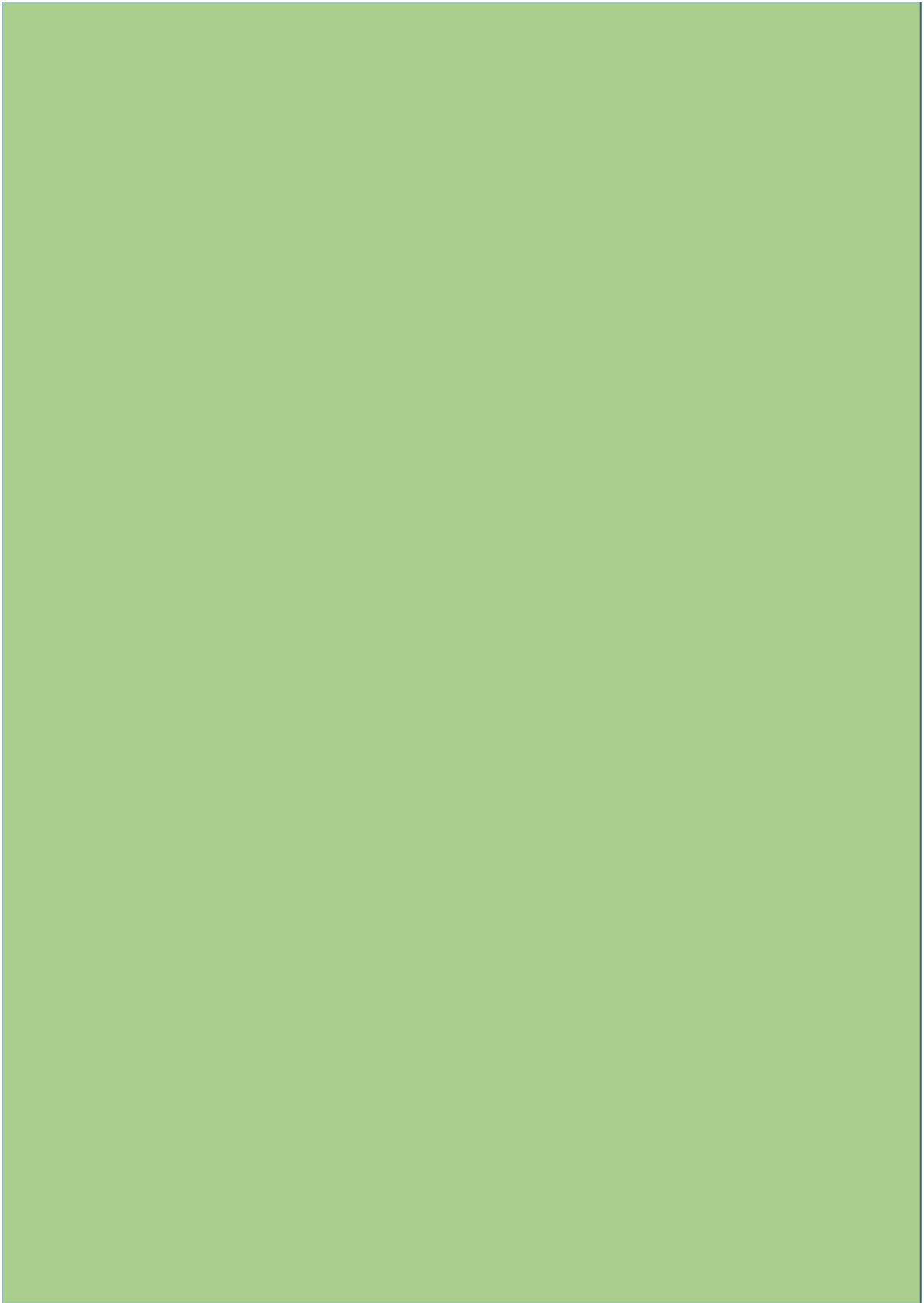
Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 56

Ingredients:

- 1 cup orange juice
- 4 oranges
- 3 tbsp. low-sugar pectin
- 1 grapefruit
- 1 $\frac{1}{4}$ cups white sugar
- $\frac{3}{4}$ cup honey
- 1 cup water

Directions:

1. Peel the oranges and seed them. Remove any white part from them using a knife;
2. Peel the grapefruit and seed them. Remove any white part from them using a knife;
3. Chop grapefruit and oranges using a food processor;
4. Add chopped grapefruit and orange, orange juice, water, pectin and $\frac{1}{4}$ sugar into a pot placed over medium-high heat. Cook the mixture until it starts boiling. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
5. Lower the heat and cook the mixture for 8 minutes. Stir the mixture continuously;
6. Add the remaining sugar and honey. Stir the mixture continuously and make it boil 1 minute;
7. Remove the pot from heat and remove the foam;
8. Pour the hot mixture into the jars but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids. Wipe the rims with a kitchen towel;
9. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
10. Once cooled, press your finger on each lid to make sure the jars are closed properly. Store them in larder for up to 1 year.



Pickles

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32) Pickled Jalapeños

Cooking time: 20 - 25 minutes **Preparation time:** 10 - 15 minutes **Servings:** 30

Ingredients:

- 1 $\frac{3}{4}$ cups water
- 2 lb. jalapeños
- 5 cups white vinegar
- 2 garlic cloves

Directions:

1. Seed and slice jalapeños. Crush garlic;
2. Put vinegar, water and garlic in a pot placed over low heat and wait until it boils. Make it simmer for 5 minutes;
3. Remove the garlic. Fill the sterilized jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars in a boiling water canner and leave them inside for 10 minutes. Remove them and let them cool.

33) Garlic Pickles

Cooking time: 15 - 20 minutes **Preparation time:** 5 - 10 minutes **Servings:** 8

Ingredients:

- $\frac{3}{4}$ cup white wine
- 2 cups white vinegar

- 10 garlic cloves
- 2 tsp salt
- 2 tsp sugar
- 1 tbsp lemon juice
- 2 tsp chilli powder

Directions:

1. Peel each garlic clove;
2. Put salt, vinegar, wine, chilli powder, sugar and lemon juice in a pot placed over low heat and wait until it boils;
3. Make it boil for a minute then turn off the flame and put the garlic inside the pot;
4. Fill the sterilized jars with the mixture but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

Tips: If you like add 1 tbsp of dried oregano, it will make it tastier.

34) *Italian Pickled Eggplants*

Cooking time: 20 - 25 minutes **Preparation time:** 5 - 10 minutes **Servings:** 20

Ingredients:

- 1 ½ tbsp minced garlic
- 1 ¾ lb. eggplant
- 2 cups white wine
- 2 chilli pepper
- 2 tbsp salt
- ¼ cup basil

Directions:

1. Peel and cube the eggplants. Finely chop the chilli pepper;
2. Put vinegar and ¼ of the eggplants in a pot placed over medium-high heat. Make it boil for 3 minutes;
3. Put the eggplants into a bowl by using a spoon strainer. Repeat the same process for the rest of the eggplants;
4. Stir eggplants with basil, garlic, chopped chilli pepper and salt;
5. Fill the sterilized jars with the mixture but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

35) *Pickles Zucchini with Mint*

Cooking time: 15 - 20 minutes **Preparation time:** 5 - 10 minutes **Servings:** 40

Ingredients:

- 1 onion
- 4 ½ lbs zucchini
- 2 tbsp minted mint
- ½ cup canning salt
- 3 ¾ cups white vinegar
- 1 ½ tsp mustard seeds
- 2 ½ sugar

Directions:

1. Slice thinly zucchini and onions;
2. Put zucchini, onions and salt in a bowl, cover them with water and set them aside for two hours;
3. After two hours, drain and rinse them;
4. Put mint, white vinegar, sugar and mustard seeds into a pot placed over medium-high heat and make it boil until the sugar dissolves;
5. Reduce flame for 5 minutes, add onion and zucchini but never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot. Make it boil again;
6. Reduce the flame for 5 minutes and stir;
7. Fill the sterilized jars with the mixture but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

36) Carrot Pickles

Cooking time: 20 - 25 minutes **Preparation time:** 15 - 20 minutes **Servings:** 18

Ingredients:

- 1 ¼ cup water
- 5 ¾ cups white distilled vinegar
- 9 carrots
- 2 ½ tsp canning salt
- 2 ½ cup sugar
- 4 tbsp pickling spices

Directions:

1. Peel and slice carrots lengthwise;
2. Add water, salt, sugar and vinegar into a pot placed over medium heat and make it boil for 3 minutes;
3. Add carrots and stir. Cook them until boiling;
4. Reduce the flame and cook for 10 minutes and simmer;
5. Put the pickling spices and the carrots into the sterilized jars;
6. Fill the jars with the vinegar mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with

water. After boiling, remove them and let them cool. Store them into the refrigerator for up to 1 month.

37) Peaches Pickles

Cooking time: 30 - 35 minutes **Preparation time:** 5 - 10 minutes **Servings:** 8

Ingredients:

- 6 cups sugar
- 2 tsp whole cloves
- 1 ¼ cups white vinegar
- 6 lb. peaches
- 1 tsp juniper berries
- 2 tsp ground cinnamon

Directions:

1. Peel, pit and cut the peaches into halves;
2. Put the vinegar and the sugar in a pot placed over medium heat. Make it boil until sugar dissolves;
3. Put the clove and juniper berries into a spice ball. Add the peaches, the cinnamon and the spice ball into the pot;
4. Make the mixture simmer for 12 minutes. Stir continuously in order to make the peaches cook on all sides;
5. Remove the pot from heat and cover it. Set it aside in a cool area for 3 hours, but do not forget to stir the mixture sometimes;
6. After 3 hours put the pot over medium heat and make the mixture boil for 2 minutes;

7. Turn off the heat and remove the spice ball from the pot;
8. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
9. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in a dry space.

38) *Vegetables Pickles*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 3 cups onions
- $\frac{1}{2}$ cauliflower
- $\frac{1}{4}$ cup dry mustard
- 1 cucumber
- 3 $\frac{1}{2}$ cups apple cider vinegar
- 1 green bell peppers
- $\frac{1}{3}$ cup flour
- 3 $\frac{1}{2}$ cups water
- 1 tsp turmeric
- 10 green tomatoes
- $\frac{1}{2}$ cup salt
- $\frac{1}{2}$ cup flour

Directions:

1. Cut all the vegetables
2. Put all the vegetable in a pot and cover them with a quarter of water. Set it aside for the whole night;
3. Drain the vegetables, put them into the pot and cover them with boiling water. Set them aside for 10 minutes, then drain them;
4. Add into a pot the spices, sugar, vinegar, 1 ½ water and flour. Cook the mixture until it become thick;
5. Mix the mixture with the vegetables;
6. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

39) *Pickled Bread and Butter*

Cooking time: 20 - 25 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 5 cups sugar
- ¾ cup salt
- 2 tbsp mustard seeds
- 10 lb. cucumber
- 1 tsp celery seed
- 6 onions

- 12 cups water
- 5 cups cider vinegar
- 1 tsp turmeric

Directions:

1. Slice the cucumbers;
2. Put the ice, the cucumbers, the salt and the onions in a bowl;
3. Cover the bowl and set the bowl aside for 3 hours. Then, rinse and drain the mixture;
4. Put the mustard seed, vinegar, sugar, turmeric and celery seed into a pot placed over medium heat. Add the cucumbers and all the cups of water. Make the mixture boil;
5. When it starts boiling, remove the pot from heat;
6. Fill the jars with the vinegar mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, Put all the jars into a baking tray for 15 minutes into the oven at 225 °F. Before storing the jars, let them cool.

40) *Onion and Cucumber Pickles*

Cooking time: 5 hours **Preparation time:** 15 - 20 minutes **Servings:** 16

Ingredients:

- 6 lb. onions
- 9 cups sugar
- 1 tbsp celery seeds
- 12 lb. cucumbers
- 8 cups vinegar
- 2 tbsp ground turmeric
- 1 cup salt
- 4 tbsp mustard seeds

Directions:

1. Peel the onions and cut them. Cut the cucumbers;
2. Put the onions, salt and the cucumbers into a bowl and cover them with ice. Put the bowl into the refrigerator for 5 hours and add ice if it is necessary;
3. After 5 hours drain them;
4. Put all the other ingredients into a pot placed over medium heat and make it boil for 10 minutes;
5. After 10 minutes add the onions and the cucumbers. Make them boil for 4 minutes;
6. Fill the jars with the vinegar mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Set the jars aside for 45 weeks without opening them.

41) *Pickled Peanuts*

Cooking time: 10 - 15 minutes **Preparation time:** 5 - 10 minutes **Servings:** 8

Ingredients:

- 2 tsp vanilla
- 1 cup salted peanuts
- 4 cups sugar
- 6 tbsp butter
- 2 tsp baking soda
- $\frac{3}{4}$ cup plain water
- 2 cups light corn syrup

Directions:

1. Put the corn syrup, water and the sugar into a pot placed over medium heat. Stir the mixture until sugar dissolves;
2. When the mixture reaches 285 °F, add the butter and peanuts. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot.
3. When the mixture reaches 295 °F, remove the pot from the heat;
4. Add the baking soda and vanilla. Stir the mixture until you see foam;
5. Put the mixture into a buttered pan and set it aside for 10 minutes;
6. When it is cool, invert the pan and get the brittle out of the pan. Then, cut it into pieces.

42) *Pickled Onions*

Cooking time: 10 - 15 minutes **Preparation time:** 15 - 20 minutes **Servings:** 40

Ingredients:

- 10 tsp mustard seeds
- 4 ½ lb. onions
- 60 black peppercorns
- 3 cups sugar
- 1 ½ tsp salt
- ¼ tsp grounded cinnamon
- 1 ½ cups water
- 4 tsp turmeric powder
- 5 tsp celery seeds
- 7 cups cider vinegar

Directions:

1. Peel onions and slice them into rings;
2. Put in every sterilized jar mustard seed, peppercorns and celery seeds;
3. Put cinnamon, vinegar, turmeric, water, sugar and salt into a pot placed over medium-high heat. Make it boil for 2 minutes and never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
4. Put the onions into the jars and cover them with the hot liquid, but never forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with

water. After boiling, remove them and let them cool.

43) *Pickled Mushrooms*

Cooking time: 15 - 20 minutes **Preparation time:** 5 - 10 minutes
Servings: 50

Ingredients:

- 3 ½ lb. small mushrooms
- ¼ tsp pepper
- ¾ cups canola oil
- 1 ½ white vinegar
- 2 garlic cloves
- 1 onion
- 1 ½ tbsp canning salt
- ¼ cup sugar
- ¼ tsp dried parsley

Directions:

- Peel onions and slice them into rings. Mince garlic;
- Put all the ingredients into a pot placed over low heat. Make it boil for 10 minutes;
- Fill the sterilized jars with the mixture but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
- Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with

water. After boiling, remove them and let them cool.

44) *Beets Pickles*

Cooking time: 2 hours **Preparation time:** 15 - 20
minutes **Servings:** 10

Ingredients:

- 1 cups vinegar
- 12 beets
- 2 tbsp salt
- 4 cups sugar
- $\frac{3}{4}$ cup cloves
- 1 cup cloves

Directions:

1. Put the beets into a pot placed over medium heat. Cover the beets with water and cook them for 30 minutes;
2. Add cloves, sugar, vinegar and water and make it boil for 10 minutes;
3. Fill the sterilized jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

45) *Spicy Pickled Beets*

Cooking time: 60 - 65 minutes **Preparation time:** 5 - 10 minutes **Servings:** 8

Ingredients:

- 4 pints beets
- 1 tsp cinnamon
- $\frac{3}{4}$ tsp salt
- 4 cups cider vinegar
- $\frac{3}{4}$ piece mace
- 1 tsp allspice
- 2 cups sugar
- 1 tsp cloves
- 3 tsp celery seed

Directions:

1. Fill the jars with the vinegar mixture and set them aside for 2 weeks;
2. Cook the beets in a pot placed over medium heat. Cook them until they are tender. Drain and peel them;
3. Heat the vinegar with 1 cup of the beet liquid, then add the beets. Cook them over low heat for 15 minutes;
4. Fill the jars with the beets but be sure that they are entirely covered by vinegar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with

water. After boiling, remove them and let them cool.

46) Brussels Sprouts Pickles

Cooking time: 10 - 15 minutes **Preparation time:** 5 - 10 minutes **Servings:** 5

Ingredients:

- 7 garlic cloves
- 3 ¼ lbs. brussels sprouts
- 1 ½ tabs celery seeds
- 1 sweet red pepper
- 2 ¾ white vinegar
- 1 onion
- ¾ cup sugar
- 1 ½ tbsp whole peppercorns
- 2 ¾ cups water
- 1 ½ tbsp canning salt

Directions:

1. Halve the brussels sprouts and garlic cloves;
2. Peel the onion and finely chop it;
3. Chop finely sweet red pepper;
4. Add water into a pot placed over medium heat and make it boil;
5. Add brussels sprouts into the pot and make them boil for 4 minutes or until they are tender-crisp;
6. Remove all the brussels sprouts with a skimmer and put them into ice water. Then drain and dry them. Put them into the sterilized jars;
7. Put pepper and garlic into the jars;

8. Put all remaining ingredients into a pot placed over medium heat and make it boil;
9. Fill the jars with the hot mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

47) Pickles Salt

Cooking time: 2 hours **Preparation time:** 15 - 20 minutes **Servings:** 6

Ingredients:

- 2 cups vinegar
- 1-gallon plain water
- $\frac{3}{4}$ cup sugar
- 1 cup salt
- 5 cucumbers
- 2 tsp minced hot pepper
- 2 tsp minced garlic

Directions:

1. Put sugar and salt into a pot with water. Stir the mixture until salt and sugar dissolve. Put the pot over medium heat and then add vinegar;
2. Let the mixture cool;

3. Fill the jars with the cucumbers minced garlic and minced hot peppers. Cover them with the vinegar mixture. Fill the jars with the hot mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Set the jars aside and after 6 days they will be done.

48) *Pickled Dill*

Cooking time: 15 - 20 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 12 hot chili peppers
- 4 cups vinegar
- 5 cups water
- 6 tsp mixed pickling spice
- 12 garlic cloves
- 18 heads fresh dill and leaves
- $\frac{1}{2}$ cup salt
- 6 lb. cucumbers

Directions:

1. Slice the cucumbers;
2. Put vinegar and water into a pot placed over medium heat and make it boil;
3. When it starts boiling, lower the heat and make the mixture simmer;

4. Fill every jar with 1 tbsp salt, 3 drill heads and leaves, 2 hot peppers, 2 garlic cloves and 1 tsp of pickling spice;
5. Then put the cucumbers into the jars but wedge them in order to prevent them floating to the top;
6. Fill the jars with the hot vinegar liquid but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

49) *Peppers Pickles*

Cooking time: 10 - 15 minutes **Preparation time:** 5 - 10 minutes **Servings:** 4

Ingredients:

- onion
- Olive oil
- 4 cups vinegar
- Peppers
- 2 tbsp sugar
- Dried oregano
- Bay leaves
- Medium carrots
- 2 cups water

Directions:

1. Peel the onion and dice it;
2. Peel the carrots and dice them;
3. Put sugar, water and vinegar into a pot placed over medium heat and make it boil;
4. When it starts boiling, lower the heat and make it simmer;
5. Cook the onions and the carrots into a pan with olive oil. Cook the until they are tender;
6. Fill the jars with the mixture and add ½ tsp of oregano and peppers;
7. Do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

50) *Pickled Watermelon*

Cooking time: 21 hours and 30 minutes **Preparation**

time: 20 - 25 minutes **Servings:** 5

Ingredients:

- 14 cups diced watermelon;
- 1-gallon cold water
- 3/4 cup canning salt
- 1 cup white vinegar
- ¾ tsp whole cloves

- 2 sticks of cinnamon
- 10 maraschino cherries
- 1 cup sugar
- 1-gallon cold water

Directions:

1. Put salt and water into a large container and wait until salt dissolves. Add watermelon and cover the container with some plastic wrap. Set it aside for 12 hours;
2. After 12 hours, rinse and drain it;
3. Put the gallon of water and watermelon into a pot placed over medium-high heat. Make it boil and when it starts boiling reduce the heat to low. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot. Stir for about 45 minutes;
4. Reduce the heat to low. Add cinnamon and cloves and stir about 5 to 10 minutes;
5. Remove the pot from heat and make it cool;
6. Fill the sterilized jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool;
8. Store the jars in the fridge.

51) *Pickled Beans*

Cooking time: 2 hours **Preparation time:** 15 minutes

Servings: 6

Ingredients:

- 38 crushed peppercorns
- 7 garlic cloves
- 13 springs fresh basil
- 3 ½ cups water
- 3 ¼ lb. beans
- 3 ¾ cups white vinegar
- 2 ½ tbsp salt

Directions:

1. Wash beans and trim them to 4 inches;
2. Put peppercorns and garlic into the sterilized jars;
3. Put beans and basil into the jars;
4. Put vinegar, water and salt into a pot placed over medium heat. Make it boil;
5. Fill the jars with the hot mixture but do not forget to leave ½ inch space at the top of the jar;
6. Put the jars into the canner and make them boil for 5 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool

52) *Pickled Green Beans*

Cooking time: 2 hours **Preparation time:** 15 - 20

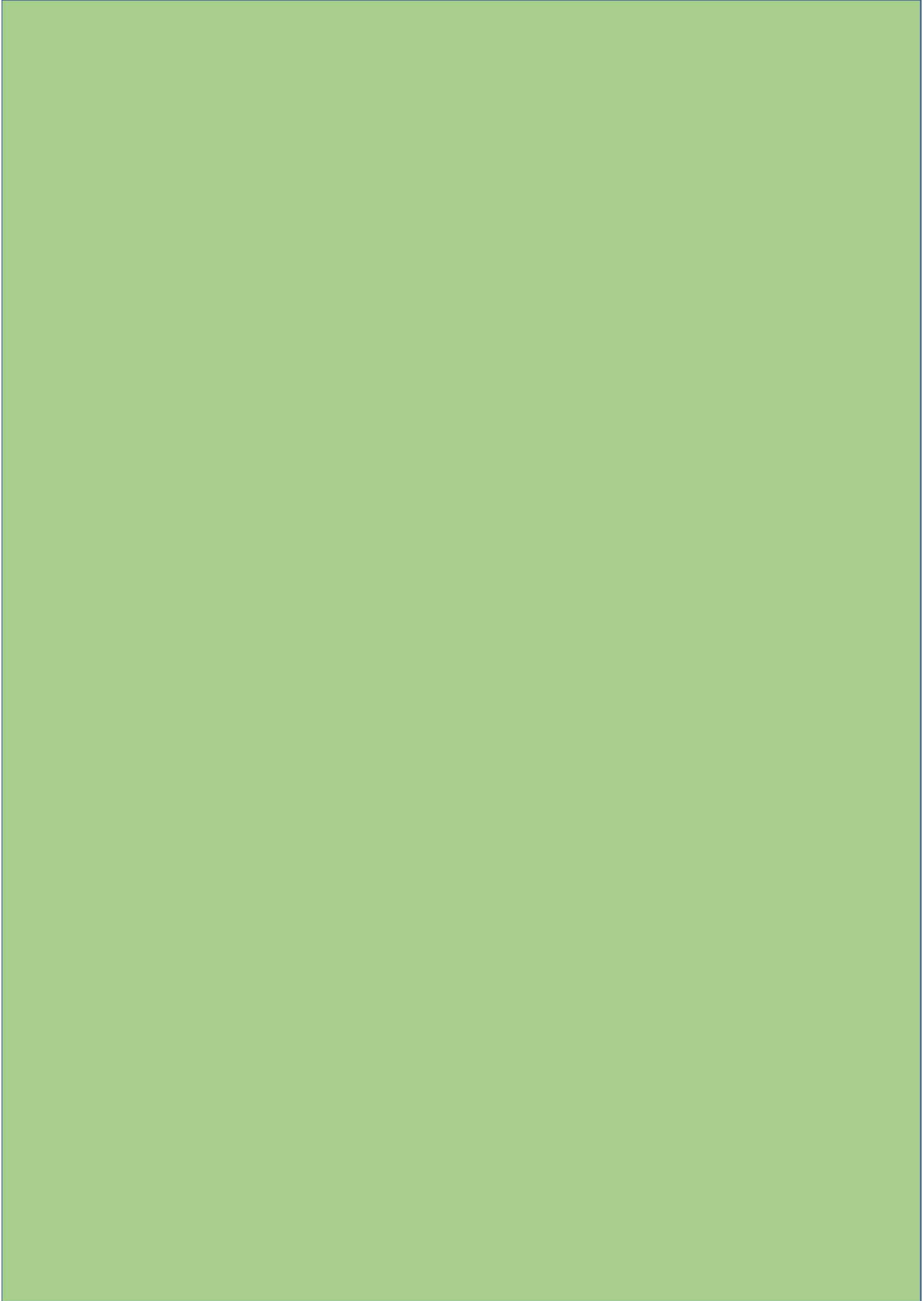
minutes **Servings:** 5

Ingredients:

- 12 basil sprigs
- 3 ½ cups water
- 6 garlic cloves
- 3 lb. green beans
- 3 ½ cups white wine vinegar
- 2 tbsp salt
- 36 whole peppercorns

Directions:

1. Peel the garlic cloves and slice them thinly;
2. Wash and trim the beans to 4 inches;
3. Put peppercorns, garlic, basil and the beans into the jars;
4. Put water, salt and vinegar into a pot placed over medium heat. Make them boil. Fill the jars with the hot mixture, but never forget to leave ½ inch space at the top of the jar;
5. Put the jars into the canner and make them boil for 5 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.



Jelly

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53) Strawberry Jelly

Cooking time: 20 - 25 minutes **Preparation time:** 10 - 15 minutes **Servings:** 9

Ingredients:

- ¾ bottle liquid protein
- 2 ¼ lb. strawberries
- 4 cups sugar
- 3 cups water

Directions:

1. Crush strawberries;
2. Put strawberries, water and sugar in a pot placed over medium heat. Make it boil and never stop stirring until sugar dissolves;
3. Remove the pot from the heat and add pectin. Stir constantly the mixture in order to prevent it from sticking to the bottom of the pot. Make it boil for at least 30 seconds;
4. Fill the sterilized jars with the hot jelly, but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 5 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing.

54) *Habañero Jelly*

Cooking time: 15 - 20 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 3 cups vinegar
- ¾ lb. peppers
- 3 tbs pectin
- 10 cups white sugar

Directions:

1. Put peppers, vinegar and sugar in a pot placed over medium heat. Make it boil for 19 minutes, but never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
2. Put the hot jelly into the sterilized jars, but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
3. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing.

55) *Apple Jelly*

Cooking time: 15 - 20 minutes **Preparation time:** 10 - 15 minutes **Servings:** 4

Ingredients:

- 3 ³/₄ lb. apples
- 6 cups of sugar
- 2 tsp cinnamon
- 5 oz. liquid pectin
- 4 cups water

Directions:

1. Peel and dice apples;
2. Put apples, cinnamon, water and sugar in a pot placed over medium heat. Make it boil and never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
3. Remove the pot from the heat, add pectin and make it boil for 3 minutes;
4. Put the hot jelly into the sterilized jars, but do not forget to leave ¹/₂ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing.

56) *Mint Jelly*

Cooking time: 20 - 25 minutes **Preparation time:** 10 - 15 minutes **Servings:** 4

Ingredients:

- 7 cups sugar
- 4 cups fresh mint
- 6 oz. liquid pectin
- 4 cups water
- 6 tbsp lemon juice

Directions:

- Finely chop mint;
- Put mint and water in a pot placed over medium heat. Make it boil;
- Remove from the heat. Strain it and throw out the mint;
- Put the liquid into the pot, add sugar and lemon juice. Make it boil for 1 minute;
- Add pectin and make it boil for 1 minute;
- Remove from heat and put the hot jelly into the sterilized jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
- Put the jars into the canner and make them boil for 5 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

57) *Cucumber Jelly*

Cooking time: 10 - 15 minutes **Preparation time:** 15 - 20 minutes **Servings:** 8

Ingredients:

- 1 cup vinegar
- 2 pouches pectin
- 1 ½ cups cucumber juice
- Seeds scraped from one vanilla bean
- 7 cups sugar

Directions:

1. Put cucumber juice, vinegar, sugar and vanilla into a pot placed over medium-high heat. Make it boil for 2 minutes and stir occasionally;
2. Add pectin and make the mixture boil for 2 minutes. Never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
3. Remove the pot from the heat and remove the foam;
4. Put the hot jelly into the sterilized jars, but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

58) *Pineapple Jelly*

Cooking time: 25 - 30 minutes **Preparation time:** 15 - 20 minutes **Servings:** 5

Ingredients:

- 1 cup coconut cream
- 1 ¼ cup coconut
- 2 pineapples
- 6 oz. pectin
- 6 cup sugar
- ¾ tsp butter

Directions:

1. Peel and dice pineapples;
2. Crush the pineapple and put it in a pot placed over medium heat;
3. Add pectin, coconut cream, butter and sugar. Make it boil;
4. Put the hot jelly into the sterilized jars, but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 5 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

Tips: Never use coconut milk, it is not appropriate for the recipe.

Cooking time: 30 - 35 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 12 garlic cloves
- $\frac{3}{4}$ cup jalapeños
- 2 $\frac{3}{4}$ cups white vinegar
- 4 tsp pectin
- 6 cups sugar
- 2 $\frac{1}{2}$ cups peppers

Directions:

1. Put garlic, vinegar and peppers in a pot placed over medium heat. Make it boil and stir it constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
2. Add sugar and never stop stirring until it dissolves;
3. Put the hot jelly into the sterilized jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

60) *Grape Jelly*

Cooking time: 5 - 10 minutes **Preparation time:** 30 - 35 minutes **Servings:** 4

Ingredients:

- 3 lb. sugar
- 3 kilos grapes
- ½ bottle of fruit pectin
- ½ cup water

Directions:

1. Crush grapes;
2. Put crashed grapes, ½ cup water into a pot placed over medium-high heat. Make the mixture boil for 10 minutes. Put the mixture into the jelly cloth and squeeze the juice;
3. Put the juice and sugar into a pot placed over high heat. Make the mixture boil and never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
4. Make it boil for 1 minute;
5. Remove the pot from heat and filter the mixture and put it into a glass;
6. Put the hot jelly into the sterilized jars, but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

61) *Mint and Lime Jelly*

Cooking time: 40 - 45 minutes **Preparation time:** 15 - 20 minutes **Servings:** 6

Ingredients:

- 3 tbsp fresh mint
- 12 limes
- 3 cup water
- 5 cup sugar
- $\frac{3}{4}$ gelatine powder

Directions:

1. Grate the peel of the limes and set it aside;
2. Then cut them and squeeze the juice out of them;
3. Put lime zest, water, lime juice and sugar in a pot placed over medium heat. Make it boil and stir it constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
4. Add pectin and mint. Make it boil for about 3 minutes;
5. Put the hot jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

Cooking time: 20 - 25 minutes **Preparation time:** 10 - 15 minutes **Servings:** 4

Ingredients:

- 7 cups sugar
- 4 cups fresh basil
- 6 oz. liquid pectin
- 4 cups water
- 6 tbsp lemon juice

Directions:

1. Finely chop mint;
2. Put basil and water in a pot placed over medium heat. Make it boil;
3. Remove from the heat. Strain it and throw out the mint;
4. Put the liquid into the pot, add sugar and lemon juice. Make it boil for 1 minute;
5. Add pectin and make it boil for 1 minute;
6. Remove from heat and put the hot jelly into the sterilized jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 5 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

63) *Cherries and Strawberries*
Jelly

Cooking time: 1 hour **Preparation time:** 15 - 20 minutes

Servings: 6

Ingredients:

- 6 cups cherry
- 6 cups strawberries
- 1 gelatine powder
- 6 cups sugar
- 2 cup water

Directions:

1. Crush strawberries and then crush cherries and put them in a pot without stems;
2. Put strawberries, cherries and water in a pot placed over medium heat. Make it boil and stir it constantly during cooking to prevent the mixture from sticking to the bottom of the pot;
3. Stim the mixture for 10 minutes;
4. Strain it and throw out the pits and the pulp peels;
5. Add pectin and bring it to boil;
6. Add sugar and bring it to boil. Never stop stimming until it dissolves;
7. Remove the pot from the heat and make it cool;
8. Put the jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
9. Put the jars into the water for 10 minutes and let them cool. Never store them when they are still hot.

64) Berries Jelly

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 4 lbs. sugar
- Lbs. berries

Directions:

1. Blanch berries and put grind them into a meat grinder with puree and sugar;
2. Make the mixture sit for 34 hours into jars and in a cool place;

Tip : If you use a spoon or wooden pestle to mash berries instead of grinding them, the jelly will be much better.

65) Rosemary Jelly

Cooking time: 10 - 15 minutes **Preparation time:** 15 - 20 minutes **Servings:** 6

Ingredients:

- 4 tablespoons classic pectin
- 2 ½ cups apple juice
- 1 rosemary sprig
- 3 ½ cups sugar
- ¾ cup white balsamic vinegar

Directions:

1. Put the apple juice, pectin, rosemary and white balsamic vinegar into a pot placed over high heat. Make the mixture boil and never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
2. Add sugar to the mixture and make it boil for 1 minute;
3. Remove the pot from heat;
4. Put the jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the water for 10 minutes and let them cool. Never store them when they are still hot.

66) Candy Apple Jelly

Cooking time: 5 - 10 minutes **Preparation time:** 10 - 15 minutes **Servings:** 6

Ingredients:

- $\frac{1}{2}$ cup Red Hots candy
- 1 $\frac{1}{2}$ cups sugar
- 1 package powdered fruit pectin
- 4 cups apple juice

Directions:

1. Put apple juice, pectin and candies into a pot placed over medium-high heat. Make the mixture boil and

- never stop stirring during cooking in order to prevent the mixture from sticking to the bottom of the pot;
2. Add sugar and make the mixture boil for 1 minute;
 3. Remove the pot from heat and remove the foam;
 4. Put the jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
 5. Put the jars into the water for 5 minutes and let them cool. Never store them when they are still hot.

67) *Blueberry and Lime Jelly*

Cooking time: 40 - 45 minutes **Preparation time:** 15 - 20 minutes **Servings:** 6

Ingredients:

- 4 cups blueberries
- 12 limes
- 3 cup water
- 5 cup sugar
- $\frac{3}{4}$ gelatine powder

Directions:

5. Grate the peel of the limes and set it aside;
6. Then cut them and squeeze the juice out of them;
7. Put lime zest, water, lime juice, blueberries and sugar in a pot placed over medium heat. Make it boil and stir it

constantly during cooking to prevent the mixture from sticking to the bottom of the pot;

8. Add pectin and make it boil for about 3 minutes;
9. Put the hot jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

68) *Tangerine and Lemon Jelly*

Cooking time: 5 - 10 minutes **Preparation time:** 30 - 35 minutes **Servings:** 4

Ingredients:

- 1 cup chopped lemon pulp
- 1 cup water
- 6 cups chopped tangerine pulp
- 1 $\frac{3}{4}$ oz. dry pectin
- 8 tablespoons orange zest
- 5 cups white sugar

Directions:

1. Put tangerine pulp, orange zest, water and lemon pulp into a pot placed over medium heat. Make it boil and then reduce the heat;

2. Make it simmer for 10 minutes and stir the mixture occasionally;
3. Use a moistened jelly band and strain the mixture. Put the juice in 4 cups;
4. Put the juice and the pectin in a pot and stir it. Make it boil;
5. Add sugar to the mixture and stir until sugar dissolves;
6. Make the mixture boil, then remove the pot from the heat and remove the foam using a spoon;
7. Put the jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the water for 10 minutes and let them cool. Never store them when they are still hot.

69) Crabapple Jelly

Cooking time: 15 - 20 minutes **Preparation time:** 5 - 10 minutes **Servings:** 31

Ingredients:

- 3 cups white sugar
- Water, as needed
- 8 cups crabapples
- 1, 3-inch cinnamon stick

Directions:

1. Cut crabapples into quarters and remove blossoms and stems from them;
2. Put crabapples and some water to cover them into a pot. Place the pot over medium heat and make the mixture boil for 15 minutes or until crabapples are tender;
3. Strain the mixture and squeeze them in order to obtain juice;
4. Put the juice into a pot placed over low heat and make the mixture cook for 10 minutes. Remove the foam using a spoon;
5. Add sugar to the mixture and never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
6. Make the mixture boil for 20 minutes. Remove the pot from the heat and remove the foam using a spoon;
7. Put the jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the water for 10 minutes and let them cool. Never store them when they are still hot.

70) *Cherry Jelly*

Cooking time: 1 hour **Preparation time:** 15 - 20 minutes

Servings: 4

Ingredients:

- 4 ½ cups sugar
- 1 cup water
- 3 ½ cups cherry juice
- 1 package pectin

Directions:

1. Remove the stems from cherries and then crush them into a pot;
2. Place the pot over high heat, add water and make the mixture boil;
3. Then make it simmer for 10 minutes;
4. Strain the mixture and throw away pits and pulp peels;
5. Add pectin to the mixture and never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
6. Make the mixture boil and then add sugar. Stir continuously;
7. Remove the pot from heat;
8. Put the jelly into the jars, but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
9. Put the jars into the water for 10 minutes and let them cool. Never store them when they are still hot.

Cooking time: 15 - 20 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 3 tbsp lemon juice
- 4 cups water
- 18 pears
- 4 tbsp low sugar pectin

Directions:

1. Chop pears but do not remove the skin;
2. Put water and pears into a pot placed over medium heat. Make them boil for 10 minutes. Stir them occasionally;
3. Put pears in a strainer lined with various layers. Let them drain overnight, but do not squeeze them in order to make them drip faster;
4. Put lemon juice and pear juice in a pot placed over low heat. Add pectin and stir until it dissolves;
5. Then make it boil for 1 minute over high heat, but never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
6. Put the hot jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

72) *Apple and Mint Jelly*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- A bunch of mint
- 2 lbs. sugar
- 1 quart apple juice

Directions:

1. Use sour apples in order to make 1 quart of apple juice. Wash sour apples and dry them. put them into a pot and cover them with water;
2. Place the pot over medium heat and make the mixture boil until apple are soft;
3. Strain the mixture, but do not mash the apples;
4. Put the apple juice and mint into a pot placed over medium heat;
5. Make the mixture boil for 20 minutes;
6. Remove mint from the mixture and then add sugar. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
7. Remove the pot from heat;
8. Put the hot jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands.

Wipe the rims with a kitchen towel and make sure they are closed properly;

9. Let the jars cool and then store them.

73) *Zucchini and Pineapple Jam*

Cooking time: 20 - 25 minutes **Preparation time:** 15 - 20 minutes **Servings:** 7

Ingredients:

- 1 tsp. rum extract
- 1 (8oz) can crushed pineapple
- 2 (3 oz.) packages pineapple gelatine
- 6 cups peeled, shredded zucchini, undrained
- 6 cups sugar 1/4 cup lime juice

Directions:

1. Put sugar, lime juice, pineapple, zucchini and sugar into a pot placed over medium heat. Make it boil for 10 minutes, never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
2. Remove the pot from heat and add rum and gelatine. Stir the mixture until it dissolves;
3. Remove the foam;
4. Put the hot jelly into the jars, but do not forget to leave 1/4 inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;

5. Let the jars cool and then store them.

74) Cinnamon Apple Jelly

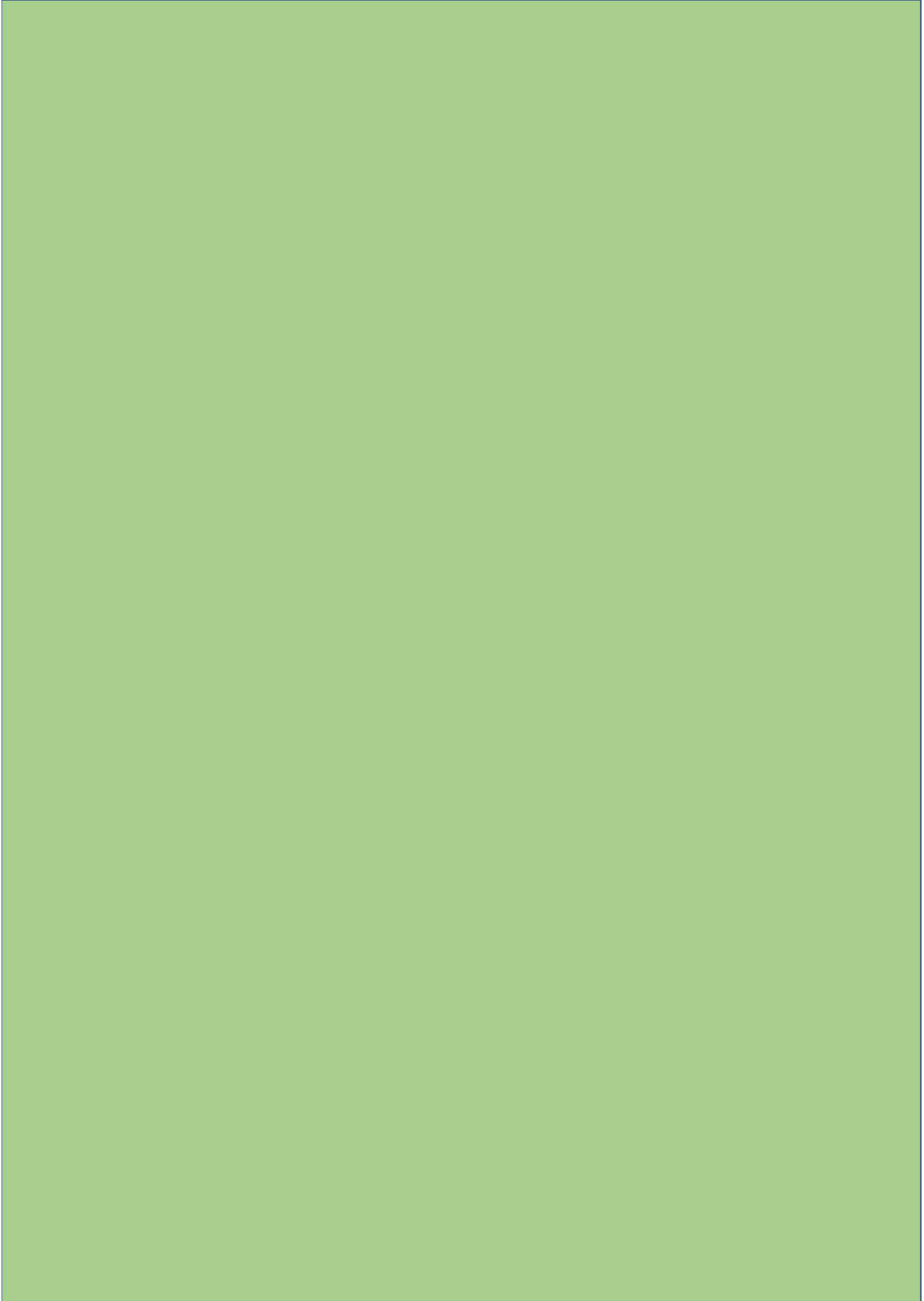
Cooking time: 10 - 15 minutes **Preparation time:** 30 - 35 minutes **Servings:** 7

Ingredients:

- 1/2 cup water
- 6 cups fresh, peeled, diced apples
- 1/2 tsp butter
- 1 package powdered fruit pectin
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 2 cups brown sugar
- 3 cups sugar

Directions:

1. Put water, nutmeg, apples, cinnamon and butter into a pot placed over low heat. Cook the mixture until the apple are tender;
2. Add pectin and make the mixture boil;
3. Remove the pot from heat and remove the foam;
4. Put the jelly into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles and close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the water for 5 minutes and let them cool. Never store them when they are still hot.



Sauces and Salsas

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75) *Tomato Marinara Sauce*

Cooking time: 5 hours and a half **Preparation time:** 15 - 20 minutes **Servings:** 40

Ingredients:

- 4 basil leaves
- 24 lb. plum variety tomatoes
- ½ cup extra virgin olive oil
- 2 tbsp salt
- 1 ¼ lb. yellow onions
- 2 ½ tbsp dried oregano
- 8 garlic cloves
- 1 tsp ground black pepper

Directions:

1. Cut in halves tomatoes, chop finely onions and mince garlic cloves;
2. Put tomatoes, basil leaves, salt, pepper and oregano into a pot placed over medium heat. Put some water, stir and bring it to boil;
3. When it starts boiling reduce the heat and make it simmer for 20 minutes. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot. Taste the mixture and check if salt needs to be added;
4. Put olive oil in a large skillet placed over medium-high heat. When oil is hot, add garlic and onions. Cook them for 10 minutes until they are golden brown and soft to the touch;

5. Add them into the tomatoes mixture and cook them over low heat until sauce has a thick consistency. You should cook them for about 2 hours;
6. Remove the pot from heat and let the mixture cool;
7. Put the mixture into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them into the fridge.

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76) *Pizza Sauce*

Cooking time: 80 - 90 minutes **Preparation time:** 15 - 20 minutes **Servings:** 6

Ingredients:

- 3 yellow onions
- 3 tbsp parsley
- 35 ripe and red tomatoes
- 2 tsp ground black pepper
- 5 tbsp olive oil
- 6 garlic cloves
- 2 tbsp dry basil
- 3 tsp salt
- 2 tbsp dry oregano
- 2 tbsp white sugar

Directions:

1. Peel the tomatoes, the garlic cloves and the onions. Chop finely onions and garlic cloves;
2. Blanch the tomatoes in boiling water so they will be easier to peel. Then blend them in food processor;
3. Put garlic and onions into a pot with olive oil. Cook them for 35 minutes until they are tender;
4. Put blended tomatoes into the pot placed over medium-high heat and make it boil;
5. When it starts boiling, reduce the heat to low and make it simmer for 50 minutes until the sauce thickens;
6. Put the mixture into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Close the jars with

- the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 25 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool

77) Peach and Red Bell Pepper Sauce

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 32

Ingredients:

- 1 ½ teaspoon cayenne pepper
- 1 ¼ cups onion, chopped finely
- 6 cups peaches, peeled, pitted and chopped
- 4 jalapeños peppers, seeded and chopped
- 7 oz. red belle pepper, seeded and chopped
- ½ cup white vinegar
- 1 garlic clove, minced
- 2 tbsp. fresh lime juice
- ½ cup fresh cilantro, chopped finely
- 2 tbsp honey

Directions:

1. Put vinegar and peaches into a pot and mix well;
2. Add the other ingredients into the pot and mix;

3. Place the pot over medium-high heat and make the mixture boil;
4. Cook the mixture for 5 - 10 minutes, but never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
5. Remove the pot from the heat and make the mixture cool;
6. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them into the fridge.

78) Plum Sauce

Cooking time: 4 hours and 40 minutes **Preparation time:**
5 - 10 minutes **Servings:** 20

Ingredients:

- 2 jalapeños peppers

- 8 quarts plums
- 2 onions
- 3 tbsp South-west chipotle seasoning
- 6 garlic cloves
- 10 cups sugar
- 2 tbsp roasted garlic seasoning
- 1 cup apple vinegar
- 10 tsp salt

Directions:

1. Cut the plums and remove the pit from them. Press the garlic cloves, peel the onions and dice them finely. Dice jalapeños pepper;
2. Put the plums into a strainer inside a bowl, squeeze them to get the juice out;
3. Put the plum juice, garlic and the garlic cloves into a pot placed over medium heat and make it boil. When it starts boiling, reduce the heat to low. Make it simmer until the onions become translucent;
4. Add all the others ingredients and stir until sugar and salt dissolve. Make the mixture boil over medium heat. When it starts boiling reduce the heat to low. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot. Cook the mixture until it becomes thick;
5. Remove the pot from the heat and make the mixture cool;
6. Put the mixture into the jars, but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Close the jars with

- the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them into the fridge.

79) *Apple and Pepper Sauce*

Cooking time: 20 - 25 minutes **Preparation time:** 15 - 20 minutes **Servings:** 40

Ingredients:

- 1/3 cup jalapeños peppers, chopped
- 4 cups tomatillo, husk removed and chopped roughly
- 1 tsp. salt
- 1/2 cup apple cider vinegar
- 1/2 cup sweet pepper, seeded and chopped
- 1/4 cup sugar
- 2 cups apples, cored and chopped finely

Directions:

1. Put all the ingredients into a pot placed over medium-high heat. Make the mixture boil, but never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot. Cook the mixture until it becomes thick;
2. Remove the pot from the heat and make the mixture cool for 15 minutes;

3. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them into the fridge.

80) *Beans and Green Pepper Salsa*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 56

Ingredients:

- 1/3 cup vinegar
- 1 cup jalapeños pepper, chopped
- 2 cups frozen corn
- 15 oz. black beans, rinsed and drained
- 1 tsp. ground cumin
- 8 cups tomatoes, peeled, chopped and drained
- 1/8 cup canning salt
- 12 oz. can tomato paste
- 6 garlic cloves
- 15 oz. can tomato sauce
- 1 ½ sweet green peppers, seeded and chopped
- 1 cup cubanelle pepper, chopped

- 2 ½ cups chopped onions

Directions:

1. Put all the ingredients into a pot placed over medium-high heat. Make the mixture boil, but never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot. Cook the mixture until it becomes thick;
2. Remove the pot from the heat and make the mixture cool for 10 minutes;
3. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them into the fridge.

81) *Chipotle Peppers Sauce*

Cooking time: 50 - 60 minutes **Preparation time:** 15 - 20 minutes **Servings:** 48

Ingredients:

- ½ tsp pickling salt
- ½ cup honey
- 1 tbsp. olive oil
- 1 ¾ oz. canned chipotle peppers in
- 2 garlic cloves, minced

- ¼ cup onion, chopped finely
- 1 cup apple cider
- 1/2 cup brown sugar
- 2 cups tomato sauce
- 1 tsp dry mustard
- 12 oz. cans tomato paste

Directions:

1. Put the olive oil into a pot placed over medium heat. Add garlic and onion and saute for 2 - 3 minutes;
2. Put all the ingredients into the pot, make the mixture boil;
3. Reduce the heat and cook the mixture for 15 minutes. Stir the mixture occasionally;
4. Remove the pot from the heat and blend the mixture with an immersion blender;
5. Place the pot over low heat and cook the mixture for 25 minutes;
6. Remove the pot from the heat and make the mixture cool;
7. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them into the fridge.

82) *Mango and Bell Peppers Salsa*

Cooking time: 10 - 15 minutes **Preparation time:** 20 minutes **Servings:** 6

Ingredients:

- 2 cups diced bell peppers
- $\frac{3}{4}$ cup yellow onion
- 9 cups diced mango
- 3 tsp chopped garlic
- 3 tsp chopped ginger
- 1 $\frac{1}{2}$ cup white sugar
- 2 cup cider vinegar

Directions:

1. Peel the mangoes and dice them;
2. Peel the onions and chop them finely. Dice the bell peppers;
3. Add all the ingredients into a pot placed over medium heat and make it boil. Stir the mixture in order to dissolve salt and sugar;
4. When it starts boiling, make the mixture simmer for 7 minutes;
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

83) *BBQ Sauce*

Cooking time: 50 - 55 minutes **Preparation time:** 15 - 20 minutes. **Servings:** 48

Ingredients:

- 1 cup apple cider vinegar
- 2 cups tomato sauce
- 1 tablespoon olive oil
- 1 ³/₄ ounces canned chipotle peppers in adobo sauce
- ¹/₄ cup onion, chopped finely
- ¹/₂ cup brown sugar
- 2 garlic cloves, minced
- 1 teaspoon dry mustard
- 1¹/₂ (12-ounce) cans tomato paste
- ¹/₂ teaspoons pickling salt
- ¹/₂ cup honey
- ¹/₂ teaspoon ground black pepper

Directions:

1. Put olive oil into a pot placed over medium heat. When it hot, add onion and garlic and make them sauté for 3 minutes. Stir occasionally;
2. Add all the other ingredients and make the mixture boil. Stir occasionally;
3. Reduce the heat and cook the mixture for 20 minutes;

4. Remove the pot from the heat and blend the mixture using an immersion blender;
5. Put the pot over low heat and cook the mixture for 25 minutes. Do not forget to stir sometimes;
6. Remove the pot from the heat and make the mixture cool;
7. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

84) *Cherry Sauce*

Cooking time: 1 hour **Preparation time:** 15 - 20 minutes

Servings: 40

Ingredients:

- 2 tsp. Worcestershire sauce
- 1 cup onion, chopped
- ¾ cup honey
- Pounds fresh sweet cherries, pitted
- 2 tsp. red chili powder
- 3 tsp. salt
- 2 tsp. natural liquid smoke
- 1 cup apple cider vinegar
- 3 garlic cloves

Directions:

1. Put all the ingredients into a pot placed over medium-high heat. Cook the mixture and never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot.
2. Lower the heat and cook, covered, the mixture for 15 minutes;
3. Cook the mixture for 25 minutes uncovered;
4. Remove the pot from the heat and blend the mixture with an immersion blender;
5. Place the pot over low heat and cook the mixture for 10 minutes;
6. Remove the pot from the heat and make the mixture cool;
7. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

85) *Pepper Sauce*

Cooking time: 10 - 15 minutes **Preparation time:** 30 - 35 minutes **Servings:** 6

Ingredients:

- 1 tbsp. grated fresh ginger root

- 2-1/2 cup granulated sugar
- 1-1/2 cup rinsed sultana raisins
- 2 tsps. salt
- 1/4 cup chopped garlic
- White vinegar, 5 % acidity
- 4 cups fresh hot red peppers, seeded and chopped

Directions:

1. Put vinegar and sugar into a pot placed over medium-high heat. Make it boil and never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
2. Add red pepper, gingerroot, salt, garlic and sultanas. Make it boil for 5 minutes;
3. Remove the pot form heat;
4. Fill the jars with the mixture and remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into a pressure canner at 11 pounds. Heat them for 10 minutes;
6. Make the jars cool in the canner for 5 minutes. Then take them out and make them cool

86) *Black Beans Sauce*

Cooking time: 65 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 1 cup tomato paste
- ½ cup vinegar
- 1 ½ cup tomatoes sauce
- 1 ½ tsp salt
- 4 tbsp olive oil
- 1 ¼ fermented black beans
- 2 cups green peppers
- 2 cups onions
- 2 garlic cloves
- ½ cup water

Directions:

1. Put the fermented black beans into a bowl. After one hour, drain and rinse them. Crash them using a fork;
2. Peel the onions and mince them. Dice the green peppers and mince the garlic cloves;
3. Put olive oil in a large skillet placed over medium-high heat. When oil is hot, add garlic and onions. Cook them for 10 minutes until they are golden brown and soft to the touch;
4. Put all the ingredients into the into a pot placed over medium heat and make it boil. Stir the mixture in order to dissolve salt;
5. Make it simmer for 15 minutes and stir it sometimes;
6. Put the mixture into the jars, but do not forget to leave ¼ inch space at the top of the jar. Close the jars with

- the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
- Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 12 hours at room temperature. Then, store them into the fridge.

87) Pear Sauce

Cooking time: 30 minutes **Preparation time:** 15 - 20 minutes **Servings:** 32

Ingredients:

- 3 cups granulated sugar
- 1 tsp salt
- 2 pounds ripe pears, cored and cut into pieces
- 1 $\frac{3}{4}$ cups water
- 2 tsp. vanilla bean paste

Directions:

1. Put $\frac{1}{4}$ cup of water, pears, salt and vanilla bean paste into a blender;
2. Put the puree into a bowl and set it aside;
3. Put the remaining water and sugar into a pot placed over medium-high heat. Make it simmer for 15 minutes;
4. Remove the pot from the heat and stir the puree;

5. Put the pot over medium-low heat and cook the mixture for 10 minutes;
6. Remove the pot from the heat and make the mixture cool;
7. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

88) *Vegetable Soup*

Cooking time: 55 - 60 minutes **Preparation time:** 30 - 35 minutes **Servings:** 7

Ingredients:

- 1 cup sliced onions
- 2 cups corn kernels, uncooked
- 3 cups peeled and cubed potatoes)
- 3 cups ¾ inch chopped carrots
- 1 cup 1-inch chopped celery
- Pepper
- 3 cups of water
- Salt
- 4 cups sliced, peeled, cored tomatoes
- 2 cups green lima bean

Directions:

1. Put all the vegetable and water into a pot placed over medium heat and make it boil. Lower the heat and cook the mixture for 5 minutes;
2. Put the mixture into the jars, but do not forget to leave one-inch;
3. Use a spoon in order to remove bubbles;
4. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into a pressure canner at 11 pounds. Heat the jars for 55 minutes, then remove the lid and let them cool in the canner;
6. After 10 minutes, take out the jars and let them cool.

89) *Lemon and Blueberries Sauce*

Cooking time: 10 - 15 minutes **Preparation time:** 10 - 15 minutes **Servings:** 32

Ingredients:

- 3 cups sugar
- 3 oz. liquid fruit pectin
- 1 tbsp fresh lemon juice
- 4 cups fresh blueberries
- 2 tsp fresh lemon zest

Directions:

1. Crush the blueberries using a potato masher. Put the blueberries into pot placed over medium heat;

2. Add lemon juice, sugar and lemon zest into the pot. Stir the mixture;
3. Turn the heat to high and make the mixture boil. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
4. Add pectin to the mixture and make it boil for 1 minute. Stir continuously;
5. Remove the pot from heat and remove the foam using a spoon;
6. Put the mixture into the jars, but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

90) *Corn Salsa*

Cooking time: 10 - 15 minutes **Preparation time:** 20 - 25 minutes **Servings:** 6

Ingredients:

- 5 pounds cherry tomatoes, roughly chopped
- 1 cup red onion, finely chopped
- ½ cup chopped fresh cilantro
- 2 teaspoons salt

- ½ cup fresh lime juice (about 3 large or 4 medium limes)
- 2 jalapeño peppers, seeded and minced
- 2 cups corn kernels (about 2 large ears fresh, but frozen-thawed is fine)
- 1 teaspoon chipotle chili powder, optional

Directions:

1. Put all the ingredients into a pot placed over medium heat. Make it boil then reduce the heat and make it simmer for 10 minutes;
2. Put the mixture into the jars, but do not forget to leave ¼ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
3. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 24 hours at room temperature.

91) *Tomatoes and chilies Salsa*

Cooking time: 10 - 15 minutes **Preparation time:** 20 - 25 minutes **Servings:** 3

Ingredients:

- ½ cup of jalapeno peppers (seeded and chopped)
- ½ cup of jalapeno peppers (seeded and chopped)

- ½ cup of jalapeno peppers (seeded and chopped)
- 4 cups of slicing tomatoes (peeled, cored and chopped)
- 1 tablespoon of oregano
- 1 ½ teaspoon of table salt
- 2 cups of green chilies (seeded and chopped)
- 1 teaspoon of ground cumin
- 1 tablespoon of cilantro
- 2 cups of distilled white vinegar
- ¾ cup of onions (chopped)

Directions:

1. Put all the ingredients into a pot placed over medium heat. Make it boil and never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
2. Lower the heat and make the mixture simmer for 20 minutes. Never stop stirring;
3. Put the mixture into the jars, but do not forget to leave ¼ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 25 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 24 hours at room temperature. Then, store them into the fridge.

92) Tomato and Green Bell Peppers Salsa

Cooking time: 60 - 70 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 6 green bell peppers
- 8 lb. green tomatoes
- 4 jalapeños
- 10 yellow onions
- 1 ½ tbsp salt
- 2 tbsp pepper
- 1 ½ tbsp dried oregano
- 10 garlic cloves

Directions:

1. Peel the onions and the garlic cloves. Chop them finely and dice jalapeños pepper;
2. Put the ingredients in a pot placed over medium-low heat. Make it boil for about 40 minutes;
3. Put the mixture into the jars, but do not forget to leave ¼ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 24 hours at room temperature. Then, store them into the fridge.

93) *Corn and Beans Salsa*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 2½ cups sweet onions, chopped
- 1 cubanelle pepper, chopped
- 1 cup jalapeno pepper, chopped
- 2 cups frozen corn
- 1 (15-ounce) can tomato sauce
- 1½ cups sweet green peppers, seeded and chopped
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup vinegar
- 1 teaspoon ground cumin
- 8 cups tomatoes; peeled, chopped, and drained
- 6 garlic cloves, minced
- 1/8 cup canning salt
- 1 (12-ounce) can tomato paste
- 1 teaspoon ground black pepper

Directions:

1. Put all the ingredients into a pot placed over medium heat. Make the mixture boil and never stop stirring;
2. Reduce the heat and cook the mixture for 10 minutes;
3. Put the mixture into the jars, but do not forget to leave ¼ inch space at the top of the jar. Close the jars with

- the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 24 hours at room temperature. Then, store them into the fridge.

94) *Hot peppers Salsa*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 2 tablespoons cilantro, minced
- 2 1/2 cups hot peppers, chopped, seeded
- 10 cups roughly chopped tomatoes
- 1 1/4 cups cider vinegar
- 1 (6 ounces) can tomato paste
- 5 cups chopped and seeded bell peppers
- 5 cups chopped onions
- 3 teaspoons salt
- 3 garlic cloves, minced

Directions:

1. Put all the ingredients except from tomato paste into a pot placed over medium heat. Make the mixture boil;
2. Reduce the heat and make the mixture simmer until;
3. Remove the pot from the heat;

4. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 12 hours at room temperature.

95) Pineapple Sauce

Cooking time: 2 hours **Preparation time:** 15 - 20 minutes **Servings:** 7

Ingredients:

- 1 pineapple
- 2 cups mangoes
- 1 cup red sweet pepper
- 2 garlic cloves
- $\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup jalapeños
- $\frac{1}{2}$ tsp salt
- 1 cup onions
- 4 cups tomatoes

Directions:

1. Peel the onions and chop them finely. Mince the garlic cloves;
2. Peel the mangoes and the pineapple. Dice the peppers;

1. Put all the ingredient into a pot placed over medium-low heat. Make it simmer for 5 minutes. Stir the mixture in order to dissolve salt and sugar.
3. Remove the pot from the heat;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool for 12 hours at room temperature.

96) *Corned Beef Soup*

Cooking time: 80 - 85 minutes **Preparation time:** 60- 65 minutes **Servings:** 8

Ingredients:

- 1/3 tsp. ground allspice
- 1-1/2 can tomato sauce or juice
- 1-1/2 cup sliced carrot
- 1/2 tsp. black pepper
- 5 cups beef stock 2 cups potatoes cut into 1/2-inch dices
- 1/2 lb. corned beef, diced into 1/2 cubes, trim fat
- 1 small head cabbage, sliced
- 1-1/2 cup chopped celery

- 1 tsp. canning salt
- 1 large onion, sliced
- 2 cups water

Directions:

1. Put equal quantities of cabbage, carrots, celery, corned beef, onions and potatoes into each jar to around $\frac{3}{4}$ full;
2. Put pepper, water, salt, tomato sauce or juice, allspice and beet stock into a pot placed over medium heat. Make the mixture boil;
3. Put the mixture into each jar and leave 1-inch of space. Remove air bubbles using a spoon. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into a pressure canner at 11 pound and heat them for 75 minutes. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place

97) Tomatoes Salsa

Cooking time: 10 - 15 minutes **Preparation time:** 20 - 25 minutes **Servings:** 6

Ingredients:

- 1 1/4 cups cider vinegar
- 3 garlic cloves, minced
- 10 cups roughly chopped tomatoes
- 2 tablespoons cilantro, minced

- 1 (6 ounces) can tomato paste
- 5 cups chopped and seeded bell peppers
- 2 1/2 cups hot peppers, chopped, seeded
- 5 cups chopped onions
- 3 teaspoons salt

Directions:

1. Put all the ingredients into a pot placed over medium heat, make it boil;
2. Reduce the heat and cook the mixture for 10 minutes. Never stop stirring;
3. Fill the jars with the mixture but do not forget to leave 1/4 inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

98) *Green Salsa*

Cooking time: 10 - 15 minutes **Preparation time:** 20 - 25 minutes **Servings:** 6

Ingredients:

- 12 medium green tomatoes, cored, peeled and diced
- 6 to 8 jalapenos, seeded and minced
- 3 glass pint jars with lids and bands
- 1/2 cup of fresh lime juice

- ½ cup of fresh chopped cilantro
- 1 teaspoon of minced garlic
- Salt and pepper to taste
- 2 large red onions, diced
- 1 teaspoon dried oregano
- 1 ½ teaspoons ground cumin

Directions:

1. Put all the ingredients into a pot placed over medium-heat and make them boil. Never stop stirring;
2. Reduce the heat and cook the mixture for 10 minutes. Never stop stirring;
3. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

99) *Spaghetti Sauce*

Cooking time: 20 - 25 minutes **Preparation time:** 60 - 65 minutes **Servings:** 4

Ingredients:

- 16 oz. tomato sauce
- 4 tsp. pepper
- 2 lbs. ground beef
- 4 tsps. salt

- 8 cups water
- 4 cups chopped onion
- 4 tsps. dried parsley
- 24 oz. tomato paste
- 4 tsps. dried basil
- 4 tbsps. brown sugar
- 2 bay leaves

Directions:

1. Put beef and onions into a pot placed over medium-high heat. Make it boil until pink disappears;
2. Reduce the heat and then add all the others ingredients. Never stop stirring;
3. Make the mixture boil for 45 minutes;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove the bubbles using a spoon. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the pressure canner and pressure them at 11 pounds pressure for 5 minutes;
6. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

100) Jalapeños green salsa

Cooking time: 10 - 15 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 1 $\frac{3}{4}$ lb. Jalapeños
- 3 garlic cloves
- 3 $\frac{1}{4}$ lb. green tomatoes
- 1 lb. red onions
- 1 cup sugar
- 2 tsp salt

Directions:

2. Peel the onions and the garlic cloves. Mince them;
3. Dice jalapeños pepper and green tomatoes;
4. Put all the ingredients into a pot placed over medium-low heat. Make it simmer for 5 minutes. Stir the mixture in order to dissolve salt and sugar.
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Close the jars with the lids and apply the bands. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

101) Jalapeños and Tomatillo Salsa

Cooking time: 10 - 15 minutes **Preparation time:** 20 - 25 minutes **Servings:** 2 $\frac{1}{2}$

Ingredients:

- 2 medium jalapeños, stemmed
- $\frac{1}{2}$ cup chopped white onion

- 1 ½ pounds tomatillos, husked and rinsed
- ¼ cup packed fresh cilantro leaves
- 1 teaspoon salt, to taste
- 2 tablespoons cup lime juice, to taste

Directions:

1. Put jalapeños and tomatillos on a baking tray and bake them for 5 minutes;
2. After 5 minutes, flip over jalapeños and tomatillos and bake them for 5 more minutes;
3. Blend onions, lime juice, cilantro and ½ tsp salt using a food processor;
4. Blend jalapeños and tomatillos after removing them from the oven. Blend the mixture until it is smooth;
5. Store the mixture into the refrigerator for a few hours.

102) Dark chocolate sauce

Cooking time: 20 - 25 minutes **Preparation time:** 10 - 15 minutes **Servings:** 24

Ingredients:

- 1 cup cocoa powder
- ½ tbsp vanilla extract
- 1 ½ cup sugar
- 1 tbsp light corn syrup
- ¼ tbsp salt
- 1 cup water

Directions:

1. Add water and sugar into a pot placed over medium-low heat. Make it boil;
2. Add cocoa powder to the mixture, salt, corn syrup and vanilla extract. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;
3. Cook the mixture for 15 minutes;
4. Remove the pot from the heat;
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 1 month.

103) Tomato and Pepper Salsa

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 24

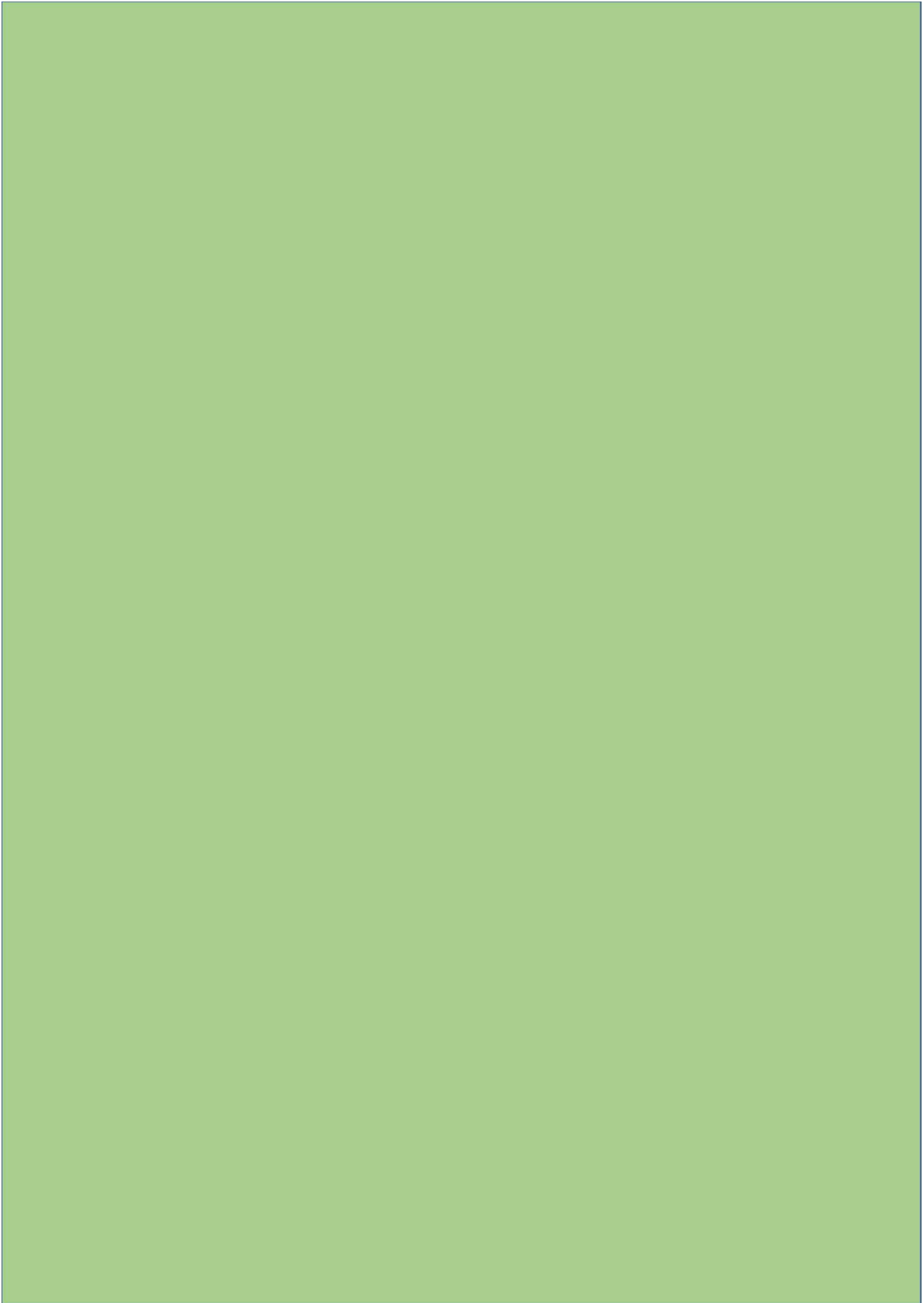
Ingredients:

- 1 $\frac{1}{4}$ cup jalapeño peppers
- 3 cups onions
- 1 tbsp dried oregano
- 1 tbsp salt
- $\frac{3}{4}$ cup cider vinegar

- 5 cups tomatoes
- 2 garlic cloves
- 3 cups green bell peppers

Directions:

1. Peel tomatoes and onions and chop them finely. Chop jalapeños and bell peppers;
2. Put all the ingredients into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot;
3. Low the heat and make cook it for 15 minutes but never forgot to stir;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 1 month.



Fruit butters

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104) Pumpkin and Apple Butter

Cooking time: 30 - 35 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- $\frac{3}{4}$ cup brown sugar
- 1 $\frac{1}{4}$ ground ginger
- 2 lb. pumpkin puree
- 1 $\frac{1}{4}$ cup apple juice
- $\frac{3}{4}$ granulated sugar
- 2 $\frac{1}{4}$ tsp lemon juice
- 2 $\frac{1}{4}$ tsp ground cinnamon

Directions:

1. Put all the ingredients into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot;
2. Cook it for 25 minutes until the mixture becomes thick;
3. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Make the jars cool and then refrigerate them.

105) Pepper Mustard Butter

Cooking time: 1 hour **Preparation time:** 15 - 20 minutes

Servings: 4

Ingredients:

- 1 yellow bell pepper
- 1-quart yellow mustard
- 17 large hot peppers
- 1 quart cider vinegar
- 1 onion
- 4 cup sugar
- ½ tsp salt
- ¾ cup water
- ¾ cup flour

Directions:

1. Chop the yellow bell pepper into small pieces. Slice the hot peppers and the onion;
2. Mince the bel pepper, the onion and hot peppers using the food processor;
3. Put all the ingredients into a pot placed over medium-high heat;
4. When it starts boiling, reduce the heat to low and make it simmer for 20 minutes. Never forget to stir it in order to prevent the mixture from sticking to the bottom of the pot;
5. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them.

106) Acorn Butter

Cooking time: 3 hours **Preparation time:** 5 - 10 minutes

Servings: 16

Ingredients:

- 1 tsp ground cinnamon
- $\frac{3}{4}$ cups brown sugar
- 6 acorn squash
- 1 tsp ground cloves
- $\frac{1}{4}$ lb. apple juice
- 2 tsp ground ginger
- 2 tsp ground nutmeg

Directions:

1. Seed and cut into halves the acorns;
2. Preheat the oven to 400 °F.
3. Fill 3 oven pans with 1 inch of water and put the acorn into them. Place the oven pans into the oven and bake them for 1 hour until are tender. Then set them aside and make them cool;
4. Extract the pulp from the acorns and blend it using a blender until it is smooth. Add all the spices and blend them;

5. Put the mixture into a pot placed over medium heat. Add apple juice and the sugar. Cook the mixture for 45 minutes until it is thick;
6. Remove the pot from the heat and make the mixture cool;
7. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them in the fridge.

107) Pear Butter

Cooking time: 30 - 35 minutes **Preparation time:** 15 - 20 minutes **Servings:** 10

Ingredients:

- 2 tsp orange zest;
- 8 lb. pears
- 2 cups orange juice
- $\frac{3}{4}$ tsp ground nutmeg
- 4 cups sugar

Directions:

1. Core and cut into quarters the pears;
2. Put the pears into a pot placed over medium heat. Add water until pears are covered and cook them for 30

- minutes until they are tender;
3. Sieve the pears and preserve the pulp;
 4. Put the pulp and the sugar into a pot placed over medium heat and stir the mixture until sugar dissolves;
 5. Add all the ingredients into the pot and cook for 1 hour the mixture until it is thick;
 6. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
 7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them in the fridge.

108) *Banana Coconut Butter*

Cooking time: 2 hours **Preparation time:** 5 - 10 minutes

Servings: 6

Ingredients:

- 1 $\frac{1}{2}$ cup sugar
- 6 bananas
- 1 $\frac{1}{2}$ water
- $\frac{1}{2}$ cup desiccated coconut
- 6 tsp lemon juice

Directions:

1. Slice the bananas;
2. Put all the ingredients into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot;
3. Cook it for 2 hours until the mixture becomes thick;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 7 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 1 month.

109) *Banana Jam*

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 30

Ingredients:

- 1 cup lemon juice
- 8 cups ripe bananas
- $\frac{3}{4}$ tsp nutmeg
- 4 tbsp brown sugar

Directions:

1. Blend all the ingredients using a blender. The mixture has to be smooth;

2. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
3. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them in the fridge.

110) Chia Seed Jam

Cooking time: 35 - 40 minutes **Preparation time:** 15 - 20 minutes **Servings:** 30

Ingredients:

- 1 cup cold water
- $\frac{3}{4}$ cup honey
- $\frac{1}{2}$ cup chia seeds
- 1 cup frozen blackberries
- 4 cups frozen raspberries
- 1 cup frozen blueberries
- 4 frozen strawberries

Directions:

1. Put the chia seeds in the water for 5 minutes until they have a Kelly consistency;
2. Add honey, blackberries, strawberries and blueberries into a pot placed over medium-high heat. Make it boil for 15 minutes until the berries are tender.

3. Put the berry mixture into a blender and blend them until they are thick;
4. Combine the berry mixture and chia seed mixture into a pot. Make it boil for 2 minutes;
5. Remove the pot from the heat;
6. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 1 month.

111) Berry Jam

Cooking time: 25 - 30 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- 8 cups sugar
- $\frac{1}{4}$ lb. jelly package
- 8 cups green tomato pulp

Directions:

1. Put the sugar and the tomato pulp into a pot placed over medium-high heat and make it boil;
2. When it starts boiling, lower the heat and cook it for 25 minutes. Never stop stirring during cooking to prevent the mixture from sticking to the bottom of the pot;

3. After 25 minutes, add the jelly and remove the pot from the heat. Stir the mixture in order to make the jelly dissolve. Make the mixture cool;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Then, store them in the fridge.

112) Cranberry Butter

Cooking time: 20 - 25 minutes **Preparation time:** 5 - 10 minutes **Servings:** 4

Ingredients:

- $\frac{1}{4}$ cup boiling water
- 1 $\frac{1}{2}$ tbs sugar
- 1 tbsp dried cranberries
- $\frac{1}{4}$ cup butter

Directions:

1. Put the cranberries into the boiling water and steep them for 5 minutes;
2. Drain the cranberries and chop them;
3. Beat the butter into a mixer until it is fluffy and light;

4. Then add cranberries and sugar and beat them;
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

113) Cinnamon Ginger Apple Butter

Cooking time: 15 - 20 minutes **Preparation time:** 10 - 15 minutes **Servings:** 12

Ingredients:

- $\frac{1}{2}$ tsp ground cinnamon
- 1 $\frac{1}{2}$ lb. apples
- $\frac{1}{2}$ tsp ground ginger
- 1 oz. water

Directions:

1. Peel and dice apples;
2. Put all the ingredients into a pot placed over low heat. Make it boil and stir it sometimes. Cover it and cook the mixture for 6 hours;
3. Blend the mixture using an immersion blender. Blend it until it become thick;

4. Cover the pot lightly with the lid and cook the mixture for 7 – 8 hours;
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 2 or 3 weeks.

114) *Healthy Apple Banana Butter*

Cooking time: 2 hours **Preparation time:** 5 – 10 minutes

Servings: 8

Ingredients:

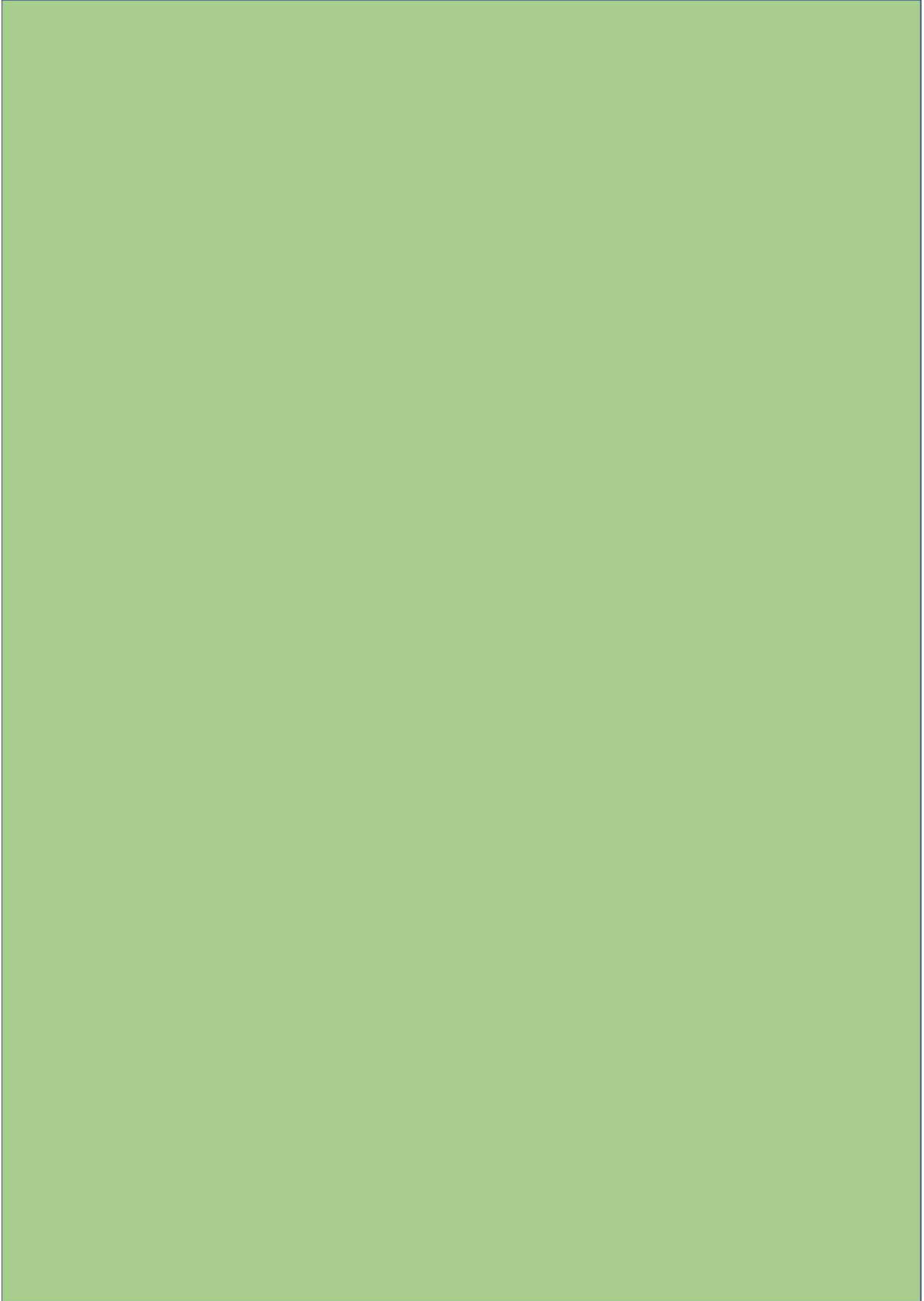
- 6 bananas
- 2 cups water
- 4 lb. apples
- 1 $\frac{1}{4}$ cup sugar

Directions:

1. Peel the apples and dice them. Slice the bananas;
2. Put all the ingredients into a placed over low heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot;
3. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by

- sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 7 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

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Relishes and Chutneys

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115) *Ginger Mango Chutney*

Cooking time: 1 hour **Preparation time:** 15 - 20 minutes

Servings: 8

Ingredients:

- 7 cups currants
- 12 cups mangos
- 4 cups vinegar
- 2 cups salt
- 6 cups ground cayenne pepper
- 16 cups sugar
- 1 lb. fresh ginger

Directions:

1. Peel the ginger and divide it into two pieces. Slice one half ginger, while chop the other one;
2. Blend the chopped ginger with half of the currants;
3. Put all the ingredients (except the mangoes) into a pot a placed over low heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot. Cook it for 20 minutes;
4. Slice the mangoes and after 15 minutes add them into the mixture. Make it simmer for 35 minutes. Mangoes have to become tender and the mixture has to become thick;
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and

- close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

116) Nana Relish

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 2 cups cider vinegar
- 24 ripe medium tomatoes
- 8 peaches
- 3 onions
- 2 tbsps. mixed pickling spices
- 8 pears
- 8 apples
- 4 cups sugar
- 2 tbsps. salt

Directions:

1. Peel, seed, core and chop pears, apples, peaches, tomatoes and onions;
2. Put vinegar, sugar and salt into a pot and stir it;
3. Put all the ingredients into a spice bag and make it boil;
4. Make it simmer until the relish thickens;
5. Never forget to stir;

6. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

117) Pineapple Chutney

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 1 cup water
- 1 $\frac{1}{2}$ cups sugar
- 1 $\frac{1}{4}$ cups red onion, chopped finely
- 1 teaspoon ground cinnamon
- 2 tablespoons fresh ginger root, chopped
- $\frac{3}{4}$ teaspoon ground cloves
- 3 garlic cloves, chopped finely
- 1 teaspoon orange zest, grated
- $\frac{1}{4}$ cup fresh orange juice
- 1 cup golden raisins
- 1 $\frac{1}{4}$ cups dried pineapple, chopped
- 1 teaspoon dry mustard

- 1 cup apple cider vinegar
- ½ teaspoon cayenne pepper

Directions:

1. Put pineapple, garlic, vinegar, cranberries, orange zest, onions and orange juice into a pot placed over medium heat. Make the mixture boil. Stir the mixture;
2. Reduce the heat and cook it for 15 minutes. Stir the mixture sometimes;
3. Add all the other ingredients and cook the mixture for 15 minutes;
4. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

118) Apple Ginger Chutney

Cooking time: 1 ½ hours **Preparation time:** 15 - 20 minutes **Servings:** 56

Ingredients:

- 1 onion, chopped finely
- 2 tablespoons olive oil

- ½ teaspoon ground cardamom
- 1 teaspoon coarse salt
- ¼ teaspoon cayenne pepper
- 2 teaspoon mustard seed, roughly ground
- 2 tablespoons crystallized ginger
- 12 whole cloves
- 1 cup apple cider vinegar
- ½ cup brown sugar
- 2 pounds cider apples, cored and cut into pieces
- ½ cup raisins
- 1 teaspoon ground cinnamon
- ½ teaspoon curry powder
- ½ teaspoon red chili flakes
- ¼ teaspoon ground allspice

Directions:

1. Put olive oil into a pot placed over medium heat. When it is hot, add garlic and onions and sauté them for 10 minutes;
2. Add apples and cook them for 10 minutes, do not forget to stir the mixture;
3. Add ginger, raisins and all the other species. Cook the mixture for 2 minutes and never forget to stir;
4. Add sugar and vinegar. Make the mixture boil;
5. Lower the heat and cook the mixture for 45 - 60 minutes. Do not forget to stir;
6. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and

close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

119) Plum and Lemon Chutney

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 1 teaspoon lemon zest
- 4 tomatoes, chopped 6 plums, seeded and chopped
- 2 tablespoons brown sugar
- 2 green chilies, chopped
- 1/2 cup plus
- 2 teaspoons vinegar
- 4 tablespoons fresh ginger, grated
- Pinch black pepper
- Juice of 1 lemon
- 2 bay leaves
- Pinch of salt
- 4 tsps. vegetable oil

Directions:

1. Put the olive oil into a pot placed over medium heat. When the oil is hot, add ginger, bay leaves and green

- chilies. Stir the mixture;
2. Add vinegar, zest, salt, tomatoes and lemon juice. Stir the mixture;
 3. Add pepper and sugar. Cook the mixture for 3 minutes;
 4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
 5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

120) Tomatoes Chutney

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

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

- 1/2 cup plus 2 tbsp. brown sugar
- 2 tsp. vinegar
- Pinch black pepper
- 4 tsps. vegetable oil

Directions:

1. Put oil into a pot placed over medium heat. When it is hot, add ginger, bay leaves, green chiles, tomatoes, vinegar, zest, lemon juice and salt. make it boil;
2. Add pepper and sugar and stir. Cook it for 3 minutes;
3. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

121) Cucumbers and Sweet Pepper

Cooking time: 15 - 20 minutes **Preparation time:** 25 - 30 minutes **Servings:** 4

Ingredients:

- 3 tsps. dry dill seed
- 8 cups cucumbers, chopped
- 5 cups white vinegar

- 1-1/2 cups onion
- 1 yellow or orange sweet pepper
- 1 red sweet pepper
- 1/2 cup salt
- 2 green sweet peppers
- 1 tsp. ground mustard

Directions:

1. Remove seeds from peppers. Remove blossom and stems from cukes. Put all the ingredients into a food processor and blend them a little bit;
2. Put all the vegetables into a bowl. Cover them with water and salt. Put it aside for 3 hours;
3. Put mustard, vinegar and dill into a pot placed over medium heat. Make it simmer for 10 minutes;
4. Drain the vegetables and add them into the pot;
5. Fill the jars with the mixture but do not forget to leave 1/2 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

122) Plum and Ginger Chutney

Cooking time: 50 - 60 minutes **Preparation time:** 15 - 20 minutes **Servings:** 24

Ingredients:

- 2 teaspoons sea salt
- 4 cups plums, chopped
- 2 teaspoons fresh ginger, grated
- ½ teaspoon mustard seeds
- 2 cups brown sugar
- ¼ teaspoon red chili flakes
- 1 ½ cups apple cider vinegar
- 2 teaspoons lemon zest, grated
- 1 teaspoon ground cinnamon
- 1 cup onion, minced
- ¾ cup raisins
- ½ teaspoon ground cloves

Directions:

1. Put all the ingredients into a pot placed over high heat. Make it boil;
2. Reduce the heat and cook the mixture for 45 minutes. Never forget to stir;
3. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

123) *Pepper and Onion Relish*

Cooking time: 5 hours **Preparation time:** 15 - 20 minutes **Servings:** 14

Ingredients:

- 4 cups sugar
- 6 onions
- 2 tsp salt
- 6 jalapeño peppers
- 4 cups apple cider
- 16 green bell peppers
- 6 tbsp pickled variety spices

Directions:

1. Peel the onions and slice them thinly. Slice the green bell peppers and mince the jalapeño peppers;
2. Put all the ingredients into a pot placed over high heat. Make it boil and when it starts boiling reduce the heat to low. Make it simmer for 5 minutes and stir it occasionally in order to prevent the mixture from sticking to the bottom of the pot;
3. Remove the pot from heat and make it cool;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

124) Dried Fruit Chutney

Cooking time: 1 hour **Preparation time:** 15 - 20 minutes

Servings: 8

Ingredients:

- 2 cups granulated sugar
- 16 cups fresh fruits
- 3 garlic cloves
- 2 tsp salt
- 2 cups mixed dried fruit
- 2 cups water
- 8 cups onions
- 1 tsp ground pepper
- 2 tbsp canola oil
- 2 cups white vinegar

Directions:

1. Peel the fresh fruit (you can use peaches, apples, tomatoes and pears). Mince the garlic cloves and chop the dried fruits. Peel the onions and slice them thinly;
2. Put the onions and the oil into a pot placed over low heat. Cook them for 7 minutes or until they are translucent. After 7 minutes add the garlic and stir;

3. Put sugar, fresh fruit, vinegar, water, dried fruits, salt and pepper into the pot. Increase the heat to medium and make the mixture boil;
4. When it starts boiling, reduce the heat and make it simmer for 30 minutes;
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

125) Apple and Cinnamon Relish

Cooking time: 20 - 25 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 2 tsp. whole cloves
- 4 lbs. apples
- 1/2 cup light corn syrup
- 3 quarts water
- 2/3 cup water
- 1-1/2 sticks cinnamon
- 1-1/4 cups white vinegar, divided

- 1 cup sugar

Directions:

1. Wash, peel and cut apples into eighths. Put them into a bowl with $\frac{3}{4}$ cup water and 4 tbsp vinegar;
2. Put all the ingredients into a pot placed over medium heat. Make it boil;
3. Add apples into the pot. Make the mixture boil for 3 minutes;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

126) Cauliflower Relish

Cooking time: 20 - 25 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 3 sweet red peppers, chopped
- 1-1/2 quarts finely chopped ripe tomatoes
- 2 tbsps. mustard seed
- 1-1/2 quarts shredded cabbage

- 1 tsp. ground cinnamon
- 2 quarts vinegar (white or cider)
- 1/2 cup salt
- 2 large stalks celery, chopped
- 1-1/2 quarts finely chopped green tomatoes
- 1 head cauliflower
- 3 cups sugar
- 1 tsp. ground cloves
- 1-1/2 quarts chopped onions

Directions:

1. Remove leaves from cauliflower and celery. Remove seeds from peppers. Cut stem and blossom from tomatoes. Put all of them into a food processor and blend them;
2. Put all the vegetables into a bowl with salt. Set it aside overnight;
3. The next day, mix all the ingredients and drain them;
4. Put sugar, vinegar and mustard seed in a spice bag. Make it boil and then add all the vegetables;
5. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

127) Beet and Peppers Relish

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 1 cup chopped sweet red pepper
- 1 quart chopped, cooked beets
- 1 tbsp. prepared horseradish
- quart chopped cabbage
- 1 cup chopped onion
- 1-1/2 cup sugar

Directions:

1. Put all the ingredients into a pot placed over medium heat. Make the mixture boil;
2. Reduce the heat to low and make it simmer for 10 minutes;
3. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

128) Cucumbers and Sweet Peppers Relish

Cooking time: 25 - 30 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 1 yellow or orange sweet pepper
- 8 cups cucumbers, chopped
- 3 large heads fresh dill
- 1-1/2 cups onion
- 5 cups white vinegar
- 2 green sweet peppers
- 1 red sweet pepper
- 1/2 cup salt
- 1 tsp. ground mustard

Directions:

1. Cut peppers and remove blossom and stems. Remove seeds and rids;
2. Cut all the vegetables;
3. Put all the vegetables into a pot and sprinkle salt over them;
4. Add water into the pot. Put it aside for 3 hours;
5. Add mustard, drill and vinegar into another pot placed over medium heat. Make it simmer for 10 minutes. Then remove drills;
6. Add ground vegetables and make the mixture boil for some minutes;

7. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

129) Peach Ginger Chutney

Cooking time: 50 - 60 minutes **Preparation time:** 20 - 25 minutes **Servings:** 64

Ingredients:

- 1 tablespoon fresh ginger, grated
- 4 pounds yellow peaches, pitted and quartered
- 2 tablespoons fresh lemon juice
- $1\frac{1}{2}$ teaspoons sea salt
- 1 medium yellow onion, minced
- 1 tablespoon mustard seeds
- 2 cups golden raisins
- $\frac{1}{2}$ teaspoon red chili flakes
- $1\frac{3}{4}$ cups red wine vinegar
- $1\frac{1}{2}$ cups honey
- 1-2 teaspoons lemon zest, grated

Directions:

1. Put the peaches into a bowl and cover them with boiling water;
2. Set the bowl aside for 3 minutes;
3. Drain the peaches;
4. Add all the other ingredients and the peaches into a pot placed over high heat. Make the mixture boil;
5. Reduce the heat to medium-low and make it simmer for 45 minutes. Stir the mixture sometimes;
6. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

130) Corn and Bell Peppers Relish

Cooking time: 50 - 60 minutes **Preparation time:** 20 - 25 minutes **Servings:** 4

Ingredients:

- 2 plum or Roma tomatoes, diced the size of a corn kernel
- 1 red bell peppers, seeded and chopped
- 1 large cucumber, peeled, seeded, roughly chopped

- 4 cups corn kernels (cut from 4-6 ears, depending on how big the ears are)
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground cumin
- 2 cups of chopped onions
- 1 red or green serano chile peppers, seeded and minced
- 1 1/4 cups sugar
- 2 teaspoons mustard seeds
- 2 tablespoons kosher salt
- 1 1/2 cups apple cider vinegar (5% acidity)

Directions:

1. Blend bell peppers, onions and cucumbers using a food processor just with 3 or 4 pulse. You do not have to do a puree; they must be distinguishable from each other;
2. Put all the ingredients into a pot placed over medium heat. Make it boil;
3. Make it simmer for 35 minutes;
4. Fill the jars with the mixture but do not forget to leave 1/2 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

131) Zucchini and onion Relish

Cooking time: 35 - 40 minutes **Preparation time:** 15 - 20 minutes **Servings:** 56

Ingredients:

- ½ tablespoon corn-starch
- 6 cups zucchini, shredded
- 1¼ cups white vinegar
- 2 cups onion, chopped
- 2½ tablespoons canning salt
- ¾ teaspoons celery seed
- 1/3 teaspoon ground turmeric
- 1 bell pepper (green and red), seeded and chopped
- 1/3 teaspoon ground nutmeg
- ¼ teaspoon ground black pepper
- 3 cups white sugar

Directions:

1. Put salt, zucchini and onion into a bowl. Put in the refrigerator overnight;
2. Drain the zucchini and rinse them. Drain them using your hands;
3. Put sugar, bell peppers, vinegar, spices and corn-starch into a pot placed over medium heat;
4. Add zucchini and stir the mixture;
5. Make the mixture boil. When it starts boiling, reduce the heat and make it simmer for 30 minutes;
6. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by

sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

132) *Pepper and Cucumber Relish*

Cooking time: 4 and a half hours **Preparation time:** 15 - 20 minutes **Servings:** 10

Ingredients:

- 6 cups celery
- 2 red peppers
- 6 cups onions
- 2 tbsp mustard seed
- 8 cucumbers
- 4 green peppers
- 6 cups sugar
- ½ cup salt
- 2 tbsp celery seed
- 4 cups white vinegar

Directions:

1. Dice the cucumbers, but do not peel them. Peel the onions and slice them thinly. Dice celery, red peppers and green peppers;

2. Blend all the ingredients using a food processor. Then place the mixture in a bowl with cold water. Set it aside for 4 hours;
3. Drain the mixture and put it into a pot placed over low heat. Add sugar and never stop stirring in order to prevent the mixture from sticking to the bottom of the pot. Make it boil for some minutes;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

133) Elderberry and cinnamon relish

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

Ingredients:

- 1 tbsp. cloves
- 1-1/2 cups sugar
- 3 pints ripe elderberries
- 1-1/2 pints white vinegar

- 1 tbsp. cinnamon
- 1/4 tsp. cayenne pepper
- 1 tbsp. allspice

Directions:

1. Rinse elderberries;
2. Add elderberries and vinegar into a pot placed over medium heat. Make it simmer;
3. Add spices and sugar and make the mixture simmer. Never stop stirring;
4. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool before storing them in the fridge.

134) Cucumbers and Bell Peppers Relish

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 2 teaspoons celery seeds
- 2 teaspoons dill seeds

- 2 small bell peppers (green and red), seeded and chopped finely
- 1 tablespoon yellow mustard seeds
- 1 large yellow onion, chopped finely
- 3 garlic cloves, minced
- 2 bay leaves
- 2 ½ pounds cucumbers; peeled, seeded, and chopped finely
- ¼ cup salt
- 3 cups white vinegar
- ½ teaspoon ground turmeric

Directions:

1. Put bell pepper, garlic, cucumbers, onion and salt into a bowl. Cover with water and set the bowl aside for 6 hours;
2. Drain the mixture and squeeze them using your hands;
3. Put spices and vinegar into pot placed over medium-high heat. Make it boil;
4. Reduce the heat to medium and make it simmer for 5 minutes;
5. Add the drained cucumbers into the pot. Make it boil;
6. Reduce the heat to medium-low and make it simmer for 10 minutes;
7. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

135) Cucumbers and Yellow Peppers Relish

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 64

Ingredients:

- 2 cups onion, chopped finely
- 4 cups cucumbers, chopped finely
- 1 tablespoon celery seed
- 2 cups sweet yellow peppers, seeded and chopped finely
- 3 ½ cups sugar
- ¼ cup kosher salt
- 2 cups cider vinegar
- 1 tablespoon mustard seed

Directions:

1. Add sweet pepper, cucumbers, salt and onions into a bowl;
2. Cover them with ice water. Set the bowl aside for 2 hours;
3. Drain the mixture and squeeze it using your hands;
4. Put vinegar, sugar, celery seed and mustard seed into a pot placed over medium heat. Make it boil;

5. Add cucumbers mixture and make it simmer for 10 minutes;
6. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

136) Pepper and Jalapeños Relish

Cooking time: 25 - 30 minutes **Preparation time:** 15 - 20 minutes **Servings:** 48

Ingredients:

- 1 teaspoon cumin seeds
- 1½ pounds jalapeno peppers, seeded and chopped finely
- ½ cup apple cider vinegar
- 1 tablespoon salt
- ½ pound sweet peppers, seeded and chopped finely
- 3 garlic cloves, minced
- 1/3-pound onion, chopped
- ½ teaspoon yellow mustard seeds
- 1 cup white vinegar

- ½ cup water
- ¼ teaspoon celery seeds

Directions:

1. Put all the ingredients into a pot placed over medium heat. Make the mixture boil;
2. Reduce the heat to medium-low. Make the mixture simmer for 20 minutes;
3. Fill the jars with the mixture but do not forget to leave ¼ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

137) Cucumber and Red peppers Relish

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- 2 cup sweet red peppers, chopped
- 2 tsps. whole cloves
- 8 cups chopped cucumbers—stem and blossom ends removed
- 1 cup onions, chopped

- 2 tsps. whole allspice
- 2 cup sweet green peppers, chopped
- 4 cups white vinegar
- 1 tbsp. turmeric
- 8 cups cold water
- 1/2 cup pickling salt
- 2 cups brown sugar, to taste
- 1 tbsp. mustard seed
- 2 med. sticks cinnamon

Directions:

1. Rinse and drain all the vegetables. Remove seeds and ribs from peppers;
2. Chop all the vegetables;
3. Put all the vegetables with turmeric and salt into the water. Set them aside for 3 hours;
4. After 3 hours, cover all the vegetables with more cold water;
5. Drain the vegetables. Add spide bag and sugar to vinegar. Make it boil;
6. Make it simmer for 10 minutes;
7. Put the syrup over vegetables and make them aside for 1 night;
8. Put the vegetable unto a pot paced over medium heat and make it boil for some minutes;
9. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and

close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

10. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

138) Apple Chutney

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 10

Ingredients:

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

Directions:

1. Put all the ingredients into a pot placed over medium heat. Make the mixture simmer for 1 hour;

2. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
3. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

139) Cranberry and Onions Chutney

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 48

Ingredients:

- $\frac{1}{4}$ cup fresh orange juice
- 3 cups fresh cranberries
- $1\frac{1}{4}$ cups red onion, chopped finely
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ teaspoon cayenne pepper
- $1\frac{1}{4}$ cups dried pineapple, chopped
- 2 tablespoons fresh ginger root, chopped
- 1 cup water
- 3 garlic cloves, chopped finely
- 1 teaspoon orange zest, grated
- 1 cup apple cider vinegar
- 1 teaspoon ground cinnamon
- 1 cup golden raisins

- 1 teaspoon dry mustard
- $\frac{3}{4}$ teaspoon ground cloves

Directions:

1. Put pineapple, ginger root, vinegar, orange juice and orange zest, garlic, cranberries and onions into a pot placed over medium heat. Make it boil;
2. Reduce the heat and cook the mixture for 15 minutes. Stir the mixture;
3. Add all the other ingredients and cook the mixture for 15 minutes. Never forget to stir;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

140) Green Pepper and Red Peppers Relish

Cooking time: 40 - 50 minutes **Preparation time:** 15 - 20 minutes **Servings:** 4

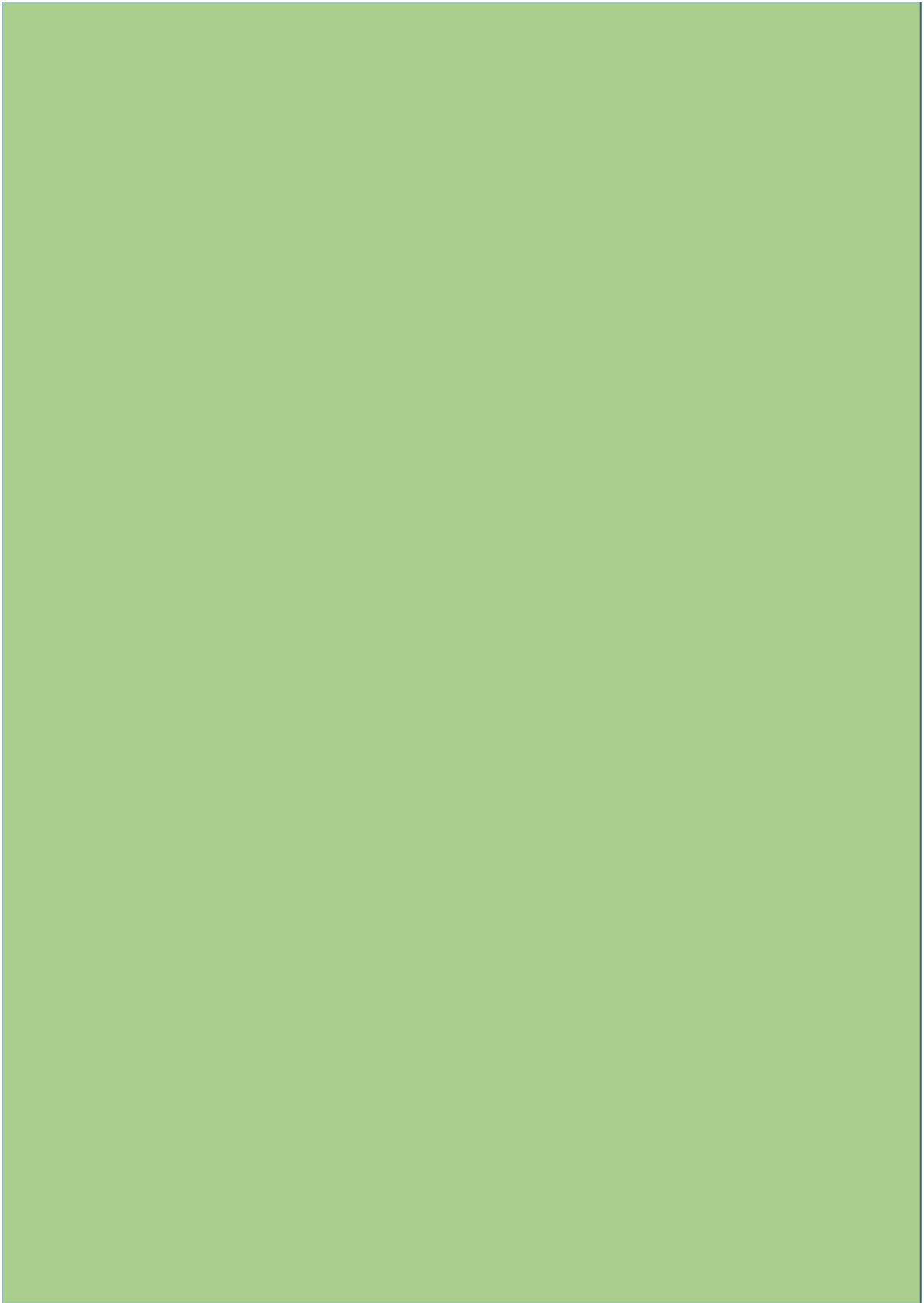
Ingredients:

- 2-1/2 cups sugar
- 1 medium head cabbage, chopped

- 6 sweet green peppers
- 2 tbsps. mustard seed
- 6 sweet red peppers quart hard green tomatoes
- 1 tbsp. celery seed
- 1-1/2 quarts white vinegar
- 6 medium onions
- 1-1/2 tsp. ground ginger
- 1/4 cup pickling salt 2 tbsps. prepared mustard
- 1 tbsp. mixed whole pickling spice

Directions:

1. Rinse vegetable and remove seeds. Chop them and put the into a bowl. Cover them with salt and set it aside for 1 night;
2. Put vinegar, mustard, spices and sugar into a pot placed over medium heat. Make it simmer for 30 minutes;
3. Add all the vegetables and make it simmer for 10 minutes;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.



Low-Sodium and Low-Sugar Recipes

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141) Strawberry concentrate

Cooking time: 5 - 10 minutes **Preparation time:** 15 - 20 minutes **Servings:** 25

Ingredients:

- 1 cup fresh lemon juice
- 1 ½ cup strawberries
- 1 cup erythritol

Directions:

1. Blend the strawberries using a food processor;
6. Add all the ingredient into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot;
7. Lower the heat and make cook it for 5 minutes but never forgot to stir;
2. Remove the pan from the heat;
3. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 3 weeks.

142) Apple Cinnamon Butter

Cooking time: 25 - 30 minutes **Preparation time:** 15 - 20 minutes **Servings:** 6

Ingredients:

- 2 tbsp ground cinnamon
- 4 lb. apples
- 1/4 tsp ground cloves
- 1 cup sugar

Directions:

1. Peel and cut apples;
2. Put sugar, apples and spices into a pot placed over low heat. Cook the mixture for 4 - 6 hours;
3. Blend the mixture using an immersion blender;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{4}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in a cool and dark place.

143) Spicy Sauce

Cooking time: 45 - 50 minutes **Preparation time:** 15 - 20 minutes **Servings:** 30

Ingredients:

- 1 cup hot peppers
- 2 cups white vinegar
- 1 tbsp pickling spices
- ½ tsp salt
- 24 oz. no-sugar-added tomatoes

Directions:

1. Chop hot peppers and tomatoes;
2. Put all the ingredients into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot;
3. Lower the heat and put the mixture into a strainer inside a bowl, squeeze it to get the liquid out;
4. Put the liquid into the pot and make it boil again;
5. Make it simmer for 20 minutes;
6. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 3 weeks.

144) *Raspberry and Blueberry Jelly*

Cooking time : 6 - 10 minutes **Preparation time** : 10 - 150 minutes **Servings** : 48

Ingredients :

- 2 cups fresh blueberries, crushed
- 2 cups fresh raspberries, crushed
- 4 ½ tbsp no-sugar-added-pectin
- 1 cup water

Directions :

1. Put all the ingredients into a pot placed over medium heat. Make the mixture boil for 1 minute. Do not forget to stir it continuously;
2. Remove the pot from the heat and remove the foam;
3. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the larger for 1 year.

145) Pear and Cinnamon Sauce

Cooking time: 30 - 40 minutes **Preparation time:** 10 - 15 minutes **Servings:** 40

Ingredients:

- 1 teaspoon ground cinnamon
- 12 ripe pears, cored and quartered
- 6 cups water

Directions:

1. Add water, pears and cinnamon into a pot placed over medium heat. Cook the mixture for 30 minutes. Do not forget to stir it;
2. Blend the mixture using an immersion blender;
3. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the fridge for 3 weeks.

146) Apple and Cinnamon Sauce

Cooking time : 20 - 25 minutes **Preparation time** : 10 - 15 minutes **Servings** : 32

Ingredients :

- 1 cup water
- 2 tbsp. grounded cinnamon
- 7 $\frac{1}{2}$ pounds apples, cored and chopped

Directions :

1. Put apples, cinnamon and water into a pot placed over medium heat. Cook the mixture for 15 - 20 minutes. Never forget to stir the mixture;
2. Blend the mixture using a blender until it become puree;
3. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by

- sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.
 5. Store the jars into the refrigerator for 2 - 3 weeks.

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147) Couscous

Cooking time : 20 - 25 minutes **Preparation time** : 15 - 20 minutes **Servings** : 1

Ingredients :

- 3 tablespoons lemon juice
- 2 garlic cloves, chopped
- 1 cup couscous, cooked
- 1 cucumber, chopped
- 3 oranges, segmented
- 1 lb. chickpeas
- 3 tablespoons yogurt
- 1/3 cup olive oil
- ½ lbs. beetroot, grated

Directions :

1. Mix together garlic, lemon juice, yogurt and olive oil;
2. Put the mixture and the bottom of the jars;
3. Fill the jars with the remaining ingredients.

148) Canned Apple Slices with Cinnamon

Cooking time : 10 - 15 minutes **Preparation time** : 15 - 20 minutes **Servings** : 32

Ingredients :

- 1 tsp. ground cinnamon
- 5 lb. apples, peeled, cored and cut into slices
- 1 tsp. citric acid
- 2 cups water

Directions :

1. Put apple slices, water and citric acid into a pot placed over medium-heat. Make the mixture boil for 5 minutes;
2. Put the apples slices into the bottom of the jars;
3. Add the cooking liquid into each jar, but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 20 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the larger for 1 month.

149) Blueberry and apple jam

Cooking time: 10 - 15 minutes **Preparation time:** 10 - 15 minutes **Servings:** 20

Ingredients:

- ½ cup unsweetened apple juice
- 3 cups fresh blue berries
- ¾ tsp liquid stevia
- ¼ lb. no-sugar-added pectin

Directions:

1. Put all the ingredients into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot;
2. Make it boil for 3 minutes;

3. Remove the pot from heat and remove the foam using a spoon;
 4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
 5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the larger for 1 year.
-

150) Yogurt parfait

Cooking time: 15 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 2

Ingredients:

- $\frac{1}{4}$ cup almonds
- 7 tbsp milk
- 1 $\frac{1}{2}$ Greek yogurt
- 2 tbsp chia seeds
- $\frac{3}{4}$ cup oats
- 2 cup berries
- 2 tbsp sunflower seeds
- $\frac{1}{4}$ cup dark chocolate

Directions:

1. Mince the almonds;
2. Put the almonds, the yogurt, chia seeds, oats and milk in a bowl. Stir them;

3. Put half of the mixture into the jars, then cover it with some berries;
4. Melt chocolate
5. Cover the berries with a layer of the melted chocolate and the yogurt mixture;
6. Close the jars with the lids and store them in the fridge for 2 days.

151) *Onion and Garlic Sauce*

Cooking time : 1 hour and 5 minutes **Preparation time** : 10 - 15 minutes **Servings** : 24

Ingredients :

- ½ tsp. garlic powder
- ¼ tsp. ground cinnamon
- ½ tsp. onion powder
- 6 oz. sugar-free, low-sodium tomato paste
- 1/3 cup apple cider vinegar
- ½ tsp ground black pepper
- ¾ cup water
- 7 tbsp. Worcestershire sauce
- 1/8 tsp. salt
- 2 tsp. red chili powder
- 3 tbsp. white wine vinegar

Directions :

1. Put all the ingredient into a pot place over medium-heat. Make it boil;
2. When it starts boiling, cook the mixture for 1 hour and never forget to stir;

3. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the larger for 1 month.

152) Strawberry and Apple Jam

Cooking time : 8 - 10 minutes **Preparation time** : 10 - 15 minutes **Servings** : 40

Ingredients :

- 1 $\frac{1}{2}$ tsp. liquid stevia
- 1 cup unsweetened apple juice
- 7 cups fresh strawberry
- 1 $\frac{3}{4}$ oz. package no-sugar-added pectin

Directions :

1. Put all the ingredients into a pot placed over medium heat. Make the mixture boil and never stop stirring;
2. Make the mixture boil for 3 minutes;
3. Remove the pot from the heat and remove the foam;
4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.
6. Store the jars in the pantry for 1 year.

153) Meat and Vegetables

Cooking time: 90 - 95 minutes **Preparation time:** 45 - 50 minutes **Servings:** 6

Ingredients:

- 1 large red onion, cubed
- 3 pounds hamburger
- 6 tbsps. steak seasoning Pepper and Salt to taste
- 6 cups frozen peas
- 6 tbsps. minced garlic
- 5 pounds red skin potatoes, diced large
- 6 cups beef stock
- 6 cups water

Directions:

1. Put season with pepper, burger and salt into a pot placed over medium heat. Drain fat, but do throw it away;
2. Put meat into each jar. Add 1 tbsp of minced garlic and 1 cup of frozen peas into the jars. Add potatoes in each jar leaving $\frac{1}{4}$ inch space;
3. Add 1 tbsp of steak and $\frac{1}{4}$ of onions in each jar;
4. Add water until it levels with potatoes;
5. Remove air bobbles using a spoon;

6. Close jars with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into a pressure canner at 11 pounds. Heat them for 5 minutes;
8. Make the jars cool in the canner for 5 minutes. Then take them out and make them cool.

154) Popcorn with Nuts

Cooking time : 90 - 100 minutes **Preparation time** : 5 - 10 minutes **Servings** : 4

Ingredients :

- ¼ cup corn syrup
- 1 cup brown sugar
- ½ cup butter
- ¼ teaspoon salt
- 1 cup mixed nuts
- ¼ teaspoon baking soda
- 10 cups popped popcorn

Directions :

1. Put the popcorn on a baking tray;
2. Put butter, sugar, salt and corn syrup into a pot placed over low heat. Stir the mixture and cook it for 15 - 20 minutes until a small amount of mixture forms a ball when you drop it in cold water;
3. Add soda to the mixture;
4. Put the mixture over popcorn and sprinkle nuts;
5. Bake popcorn at 220 °F for 40 - 50 minutes;
6. Remove popcorn from the oven and make it cool;

7. Break into pieces and store them into the jars.

155) Beet and Cinnamon pickle

Cooking time: 45- 50 minutes **Preparation time:** 15 - 20 minutes **Servings:** 12

Ingredients:

- 2 tsp cinnamon
- 1 ½ lb. beets
- ¼ tsp stevia extract
- ½ tsp allspice berries
- 1 cup apple vinegar

Directions:

1. Trim the beets
2. Put the beets into a pot with boiling water. Place the pot over medium-high heat and cook the beets for 25 minutes.
3. Drain them and put the liquid into a cup. Do not throw it away, set it aside;
4. Make the beets cool for some minutes. Then remove the skin and cut them;
5. Put stevia, vinegar, the reserved cooking liquid, the spice and the vinegar into a pot placed over medium-high heat. When it starts boiling, lower the heat and cook for 15 minutes;
6. Fill the jars with the beets and add the pickling liquid, but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe

the rims with a kitchen towel and make sure they are closed properly;

7. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them in the refrigerator for 1 month.

156) Cream Cheese Cupcakes

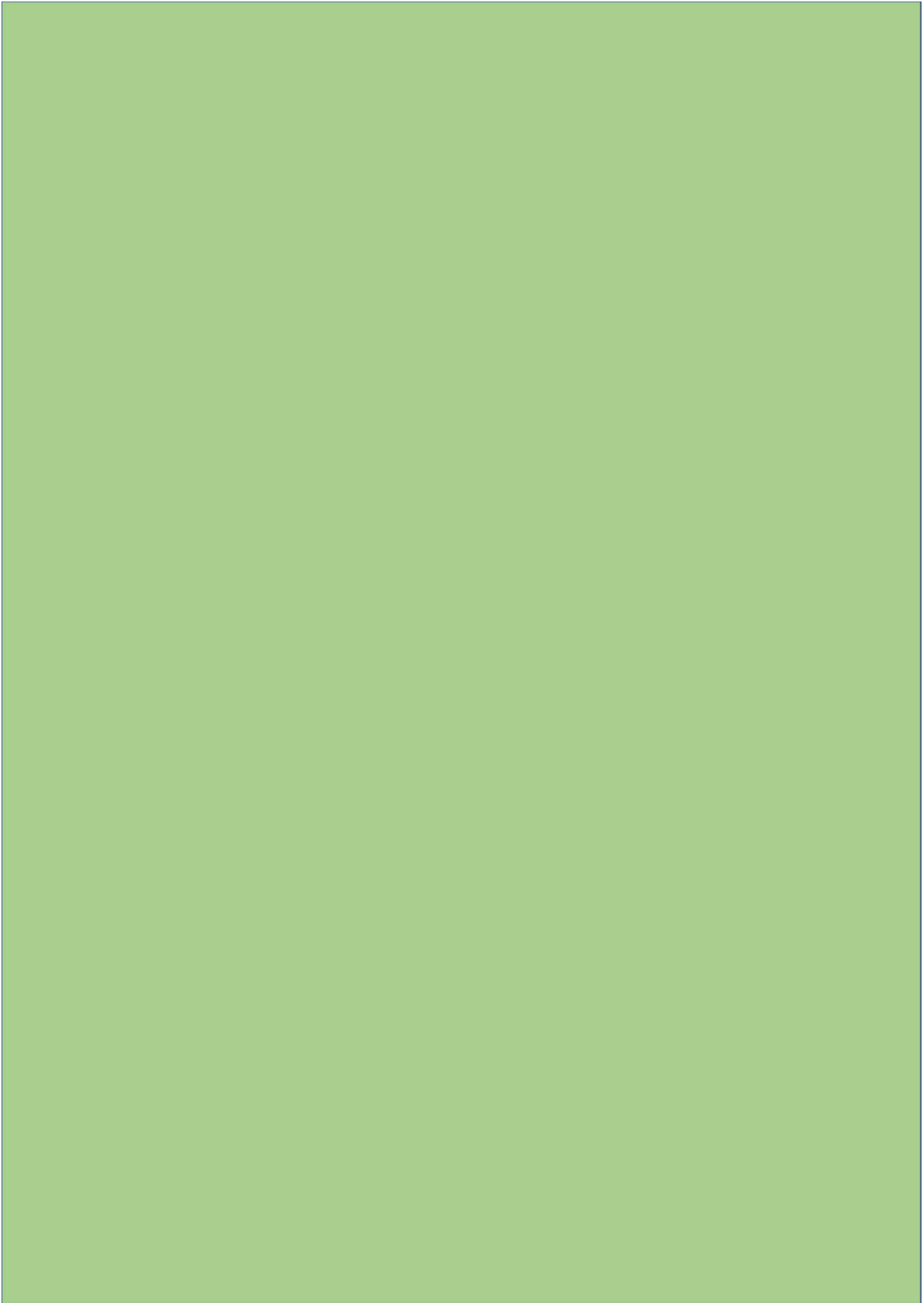
Cooking time: 10 - 15 minutes **Preparation time:** 5 - 10 minutes **Servings:** 6

Ingredients:

- ¾ cup dark chocolate
- 1/3 lb. cream cheese frosting
- 12 readymade cupcakes

Directions:

1. Chop the chocolate finely and dice the cupcakes;
2. Put half of the cupcakes into the jars;
3. Cover them with cream cheese and chopped chocolate;
4. Put another layer of the resting cupcakes and cover them again with chopped chocolate and cream cheese;
5. Close the jars with the lids and store them in the fridge for 2 days.



Tomatoes

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157) Bell Peppers and Tomatoes Relish

Cooking time : 10 - 15 minutes **Preparation time** : 20 - 25 minutes **Servings** : 48

Ingredients :

- ¾ tbsp. celery seed
- 6 large green tomatoes, quartered
- ½ cup cider vinegar
- ¼ tbsp salt
- ¾ tbsp mustard seed
- 3 large onions
- 2 small bell peppers (red and green), halved and seeded
- 1 ¼ cups white sugar

Directions :

1. Blend onions, tomatoes and bell peppers with a food processor. Make sure they are finely chopped;
2. Put the mixture into a colander and make it drain for 1 hour;
3. Put the tomato mixture and all the other ingredients into a pot placed over medium-high heat. Make the mixture boil for 5 minutes. Do not forget to stir;
4. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 1 month.

158) Tomato Jam

Cooking time : 45 - 50 minutes **Preparation time** : 15 - 20 minutes **Servings** : 72

Ingredients :

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

Directions :

1. Put the tomatoes into a colander in order to make them drain;
2. Put lemons, tomatoes and apples into a pot placed over medium heat. Cook the mixture for 15 minutes and do not forget to stir;
3. Put the cloves into a cheesecloth and add it into the mixture;
4. Add ginger and sugar into the mixture and make it boil. Do not forget to stir;
5. Reduce the heat to low and cook the mixture for 40 minutes. Do not forget to stir;

6. Remove the pot from the heat and remove the clove bag;
 7. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
 8. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 1 year.
-

159) Whole Roma Tomatoes

Cooking time : 5 minutes **Preparation time** : 15 - 20 minutes **Servings** : 48

Ingredients :

- $\frac{3}{4}$ cup bottled lemon juice
- 15 pounds ripe whole Roma tomatoes

Directions :

1. Cut a X n the bottom of the tomatoes and put them into a pot with water. Cook them for 2 minutes;
2. Put the tomatoes into a bowl with ice water;
3. Remove the skin from them;
4. Put the lemon juice into the jars;
5. Fill each jar with tomatoes;
6. Fill every jar with boiling water, but do not forget to leave $\frac{1}{2}$ inch of space;

7. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the canner and make them boil for 45 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 18 months.

160) Tomato and Onion Soup

Cooking time : 40 - 50 minutes **Preparation time** : 15 - 20 minutes **Servings** : 8

Ingredients :

- 1 ½ tsp. salt
- 3 tbsp. brown sugar
- 7 pounds tomatoes, quartered
- 1 tbsp. dried oregano
- 1 tsp. celery seed
- 4 tbsp. fresh lemon juice
- ½ cup water
- 1 cup yellow onion, chopped
- ½ tsp. ground black pepper
- 2 tsp. granulated garlic
- 2 bay leaved
- 2 tsp, dried basil
- 3 tbsp tomato paste

Directions :

1. Put onions, tomatoes and water into a pot placed over medium-high heat. Cook the mixture for 30 - 35 minutes. Do not forget to stir;
2. Remove the pot from the heat and let the mixture cool;
3. Blend the tomatoes using a food processor;
4. Strain the tomatoes using a colander and remove seed and skins;
5. Put the tomatoes with all the ingredients (except from lemon juice) into a pot placed over medium heat. Make the mixture boil;
6. Reduce the heat and cook the mixture for 1 hour. Do not forget to stir;
7. Put the lemon juice into the jars;
8. Fill the jars with the tomatoes but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
9. Put the jars into the canner and make them boil for 40 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 18 months.

161) Chopped Tomatoes

Cooking time : 10 - 15 minutes **Preparation time** : 15 - 20 minutes **Servings** : 36

Ingredients :

- 9 tbsp. bottles lemon juice

- 15 pounds tomatoes

Directions :

1. Cut a X at the bottom of tomatoes;
2. Put the tomatoes with water into a pot placed over medium heat. Cook them for 2 minutes;
3. Put the tomatoes into a bowl with ice water;
4. Remove the skin from them;
5. Chop the tomatoes;
6. Add the tomatoes into a pot placed over medium-high heat and make it boil. Cook the mixture for 5 minutes;
7. Put the lemon juice into the jars;
8. Fill the jars with the tomatoes but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
9. Put the jars into the canner and make them boil for 35 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 18 months.

162) Tomato Salsa

Cooking time : 50 - 60 minutes **Preparation time** : 15 - 20 minutes **Servings** : 32

Ingredients :

- ¼ cup bottles lemon juice, divided
- 8 pounds ripe red tomatoes
- 1 tsp. sea salt

Directions :

1. Cut a X at the bottom of each tomato;
2. Put the tomatoes with water into a pot placed over medium heat. Cook them for 2 minutes;
3. Put the tomatoes into a bowl with ice water;
4. Remove the skin from them;
5. Chop the tomatoes;
6. Add the tomatoes and salt into a pot placed over medium-high heat and make it boil. Cook the mixture for 45 minutes;
7. Put the lemon juice into the jars;
8. Fill the jars with the tomatoes but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
9. Put the jars into the canner and make them boil for 40 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 18 months.

163) Tomatoes Ketchup with Red Peppers

Cooking time : 1 hour and 5 minutes **Preparation time** : 15 - 20 minutes **Servings** : 32

Ingredients :

- 1 cup brown sugar

- 1 sweet red pepper, seeded and quartered
- 2 tsp. dry mustard
- 1 cinnamon stick, broken
- ½ small onion, cut into chunks
- 1 ½ cups cider vinegar
- 2 tsp. salt
- Pinch of red pepper flakes
- 4 pounds tomatoes, seeded and quartered
- ½ tsp whole all spice berries
- ½ tsp whole cloves

Directions :

1. Blend tomatoes, onions and bell peppers into a food processor;
2. Put cloves, cinnamon stick, red pepper flakes and berries into a cheesecloth;
3. Put spice bag, mustard, sugar, salt, vinegar and tomato mixture into a pot placed over medium-high heat. Make the mixture boil;
4. Reduce the heat and cook the mixture for 1 hour. Do not forget to stir;
5. Remove the mixture from heat and remove the spice bag;
6. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

7. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 1 year.

164) Paprika tomato Chutney

Cooking time : 2 hours and 10 minutes **Preparation time**
: 15 - 20 minutes **Servings** : 64

Ingredients :

- 5 bel peppers, seeded and chopped
- 3 $\frac{3}{4}$ cups apple cider vinegar
- 5 tsp. salt
- 2 tbsp red pepper flakes
- 2 $\frac{1}{2}$ cups red wine vinegar
- $\frac{1}{2}$ tsp. paprika
- 3 $\frac{3}{4}$ cups granulated cane sugar
- 3 $\frac{3}{4}$ cups scallions, chopped
- 5 pounds tomatoes, chopped
- 2 $\frac{1}{2}$ tsp, ground black pepper
- 3 tbsp. mustard seeds

Directions :

1. Add paprika, ground black pepper, cane sugar, both kinds of vinegar, mustard seeds, black pepper and red pepper flakes into a pot placed over medium-high heat, Make the mixture boil;
2. Add the other ingredients and make the mixture boil;
3. Reduce the heat and cook the mixture for 2 hours;

4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 1 month.

165) Spice Blended Tomatoes

Cooking time : 20 - 25 minutes **Preparation time** : 30 - 35 minutes **Servings** : 4

Ingredients :

- Water
- Spice Blended
- 8 lbs. tomatoes, peeled

Directions :

1. Put tomatoes and water into a pot placed over medium heat. Make the tomatoes boil;
2. Add spices to the mixture;
3. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;

4. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 1 month.

166) Green Tomato and Bell Peppers Salsa

Cooking time : 45 - 50 minutes **Preparation time** : 15 - 20 minutes **Servings** : 64

Ingredients :

- 1 tbs dried oregano leaves
- ½ cup white vinegar
- 4 large bell peppers, chopped
- 5 pounds green tomatoes, chopped
- ¼ tsp. ground black pepper;
- 1 cup fresh cilantro, chopped
- 2 tsp. ground black pepper
- 6 garlic cloves, minced
- 6 yellow onions, chopped
- 1-2 tsp. sugar
- 3 jalapenos peppers, chopped
- ½ tbsp. cumin
- 1 cup fresh lime juice
- 1 tbsp. salt

Directions :

1. Put all the ingredients into a pot placed over high heat. Make the mixture boil, do not forget to stir;

2. Reduce the heat to low and make the mixture simmer for 30 - 40 minutes. Do not forget to stir the mixture;
3. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the canner and make them boil for 15 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 1 month.

167) Tomato and Onions Juice

Cooking time : 15 - 20 minutes **Preparation time** : 15 - 20 minutes **Servings** : 20

Ingredients :

- 1 large onion, chopped finely
- 15 pounds tomatoes, chopped finely
- 4 tbsp. brown sugar
- 1 tsp, paprika
- 1 bell pepper, seeded and chopped finely
- 1 tbsp celery salt
- 1 tbsp pickling salt

Directions :

1. Put onions, tomatoes and bell peppers into a pot placed over medium heat. Make the mixture boil;

2. Press the mixture using a food mill. Do not throw away the liquid;
 3. Put the liquid into a pot and add all the other ingredients. Cook the mixture for 5 minutes;
 4. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
 5. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator for 4 - 6 months.
-

168) Dried Tomatoes

Cooking time : 8 - 12 hours **Preparation time** : 5 - 10 minutes **Servings** : 4

Ingredients :

- 4 tablespoons brown sugar
- 1 tablespoon dried rosemary, or 2 fresh spring cut into 1-inch pieces
- 4 pounds fresh plum tomatoes (Italian Roma tomatoes), cut in two lengthwise
- 4 tablespoons olive oil
- 4 tablespoons dried basil
- Olive oil to cover each jar
- 4 garlic cloves, minced
- 4 tablespoons Kosher salt
- 2 garlic cloves, minced

Directions :

1. Heat the oven to 170 °F;
2. Put garlic, sugar, salt, basil and olive oil into a bowl;
3. Put the tomatoes on a grill. The cut side should be upward;
4. Put the spice mixture over the tomatoes;
5. Bake the tomatoes for 8 - 12 hours;
6. Remove from the oven and let the tomatoes cool;
7. Put the tomatoes into each jar;
8. Put minced rosemary and garlic into each jar. Cover the tomatoes with olive oil;
9. Put the jars into the canner and make them boil for 10 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool.

169) Hot Tomato Sauce

Cooking time : 15 - 20 minutes **Preparation time** : 15 - 20 minutes **Servings** : 4

Ingredients :

- ¼ cup Cilantro, chopped
- 2 cups, White onion, chopped
- 1 cup, Chicken stock
- 6 Garlic cloves, chopped
- ⅓ cup, Lemon Juice
- 2 tsp. Salt
- 4 ⅓ lb. Plum tomatoes, coarsely chopped

Directions :

1. Put salt, lemon juice, chicken stock, garlic cloves, onion and plum tomatoes into a pot placed over medium heat. Make the mixture simmer for 45 minutes;
2. Remove the pot from the heat and blend the mixture;
3. Strain the tomato paste and remove seeds and peel;
4. Put the tomato paste into a skillet, make it boil. Reduce the flame and make it simmer for some minutes;
5. Add cilantro into the mixture;
6. Fill the jars with the mixture but do not forget to leave $\frac{1}{2}$ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the canner and make them boil for 40 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator.

170) Beet and Tomatoes Jam

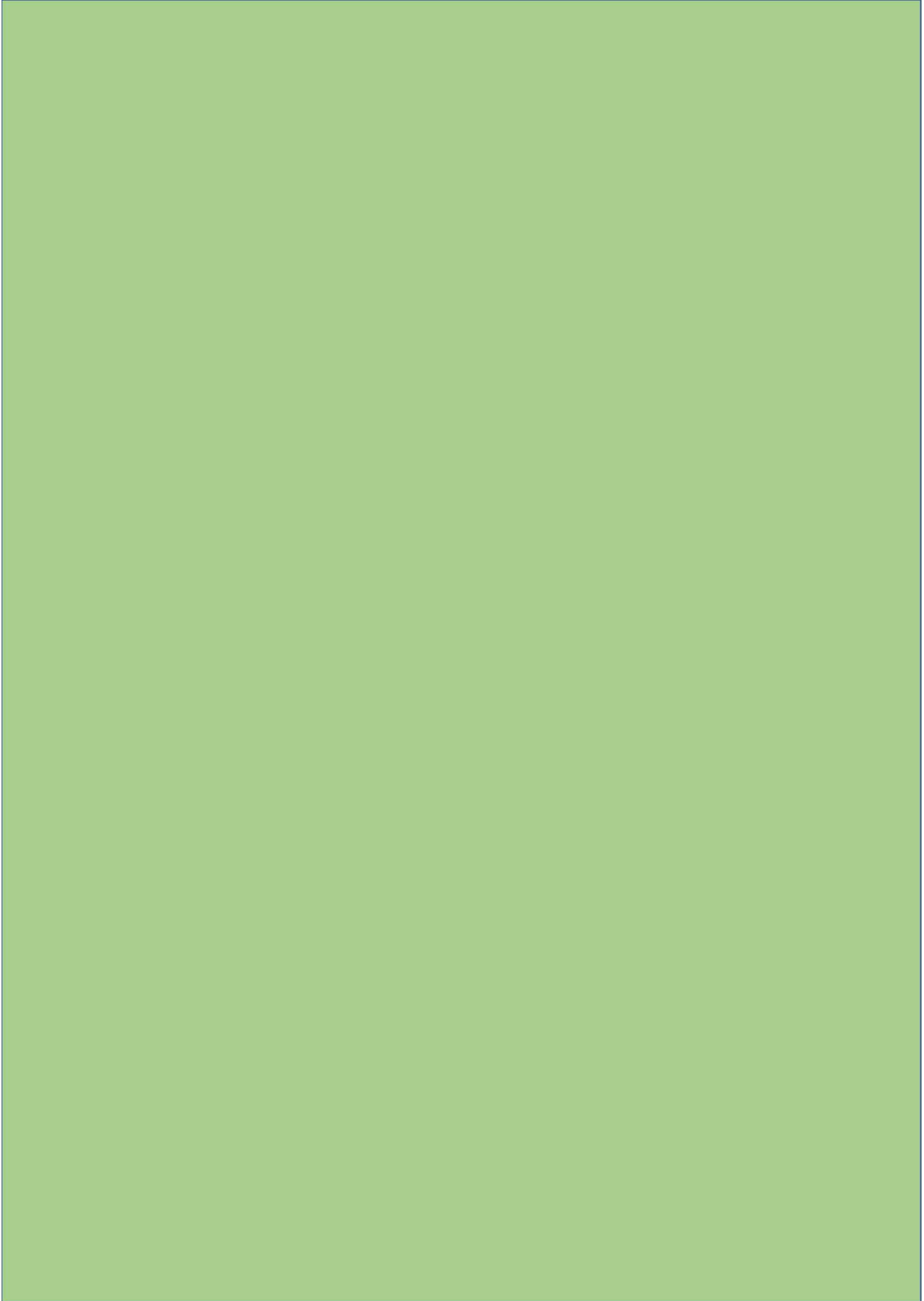
Cooking time : 15 - 20 minutes **Preparation time** : 15 - 20 minutes **Servings** : 4

Ingredients :

- 1 tbsp Salt
- 14 lb. Tomatoes (cored and quartered)
- $\frac{1}{2}$ cup Lemon Juice (Bottled)
- 1 Large red beet (peeled and diced into cubes)

Directions :

1. Put tomatoes core and diced into a pot with water.
Placed the pot over medium heat. Make the mixture boil for 15 minutes. Do not forget to stir it;
2. Press the tomatoes and remove skin and seeds;
3. Put the tomato puree into a pot placed over medium heat. Cook the mixture until it reaches 88 °C;
4. Remove the pot from the heat and add lemon juice. Do not forget to stir;
5. Fill the jars with the mixture but do not forget to leave ½ inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the canner and make them boil for 40 minutes. Make sure they are entirely covered with water. After boiling, remove them and let them cool. Store them into the refrigerator.



Pressure canning

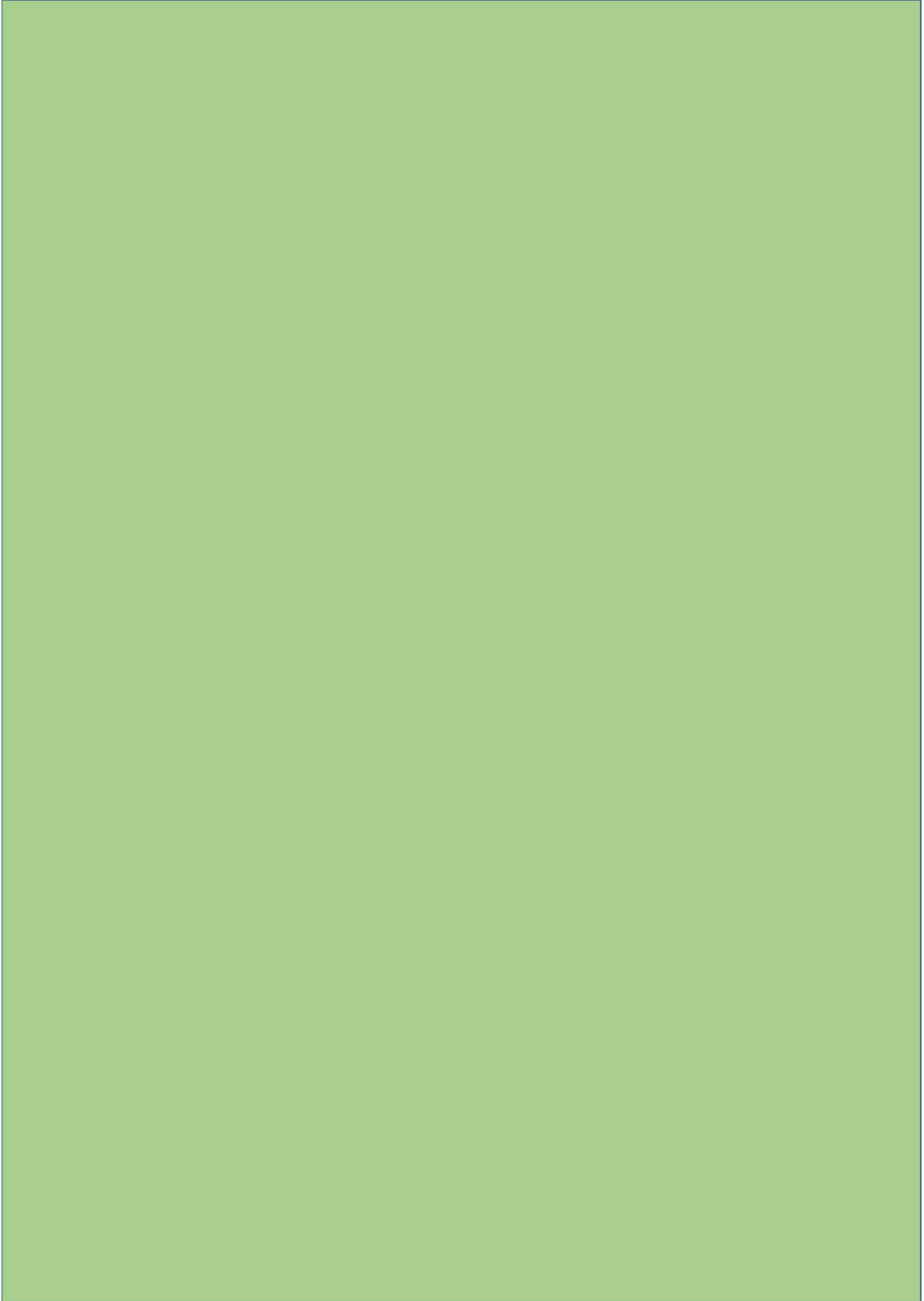
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As we said before water bath canning makes things boil at low boiling temperature. On the other hand, pressure canning uses higher temperature and it is useful in order to preserve low acid food such as meat, vegetables, soups and beans. When you boil jars in a water bath canner, you can destroy microorganisms at 4.6 PH, but some foods have lower PH. So, they can still have bacteria inside and it is very harmful to your health. When you want to preserve that kind of food you can use pressure canning in order to destroy all the microorganisms and bacteria at higher temperatures. There are two different types of pressure canners:

- The **Dial Gauge Pressure Canner** which regulates the pressure inside the canner by its dial. Even so, this type of canner requires your constant supervision because you have to be sure that it maintains the temperature inside;
- The **Weight Gauge Pressure Canner** which is very easy to use because when it achieves the high temperature, the weight starts to shake and the jars in the canner start to cook. In this way all the bacteria are destroyed and you do not have to worry about your health. When you use this kind of pressure canner, the pressure is released only when you remove the weight and steam can blow off. Before removing the jars from the pressure canner make them cool. This is an easy canner because it is suitable for home canning due to the fact that they do not require constant supervision.

- When you use them, you have to set the pressure limit and then the pressure canner will heat the jars according to the pressure.

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Pressure Canning Recipes

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171) Pressure Canned Pineapples

Cooking time: 15 minutes **Preparation time:** 15 - 20 minutes **Servings:** 24

Ingredients:

- 6 lb. pineapples
- ½ cup sugar
- 2 ½ cup water

Directions:

1. Peel the pineapples and dice them;
2. Put water and sugar into a steel pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot. Cook it until sugar dissolves;
3. Add the pineapple into the pot and stir the mixture;
4. Reduce the heat to medium-low and cook the mixture for 6 minutes;
5. Put the mixture at the bottom of sterilized jars and fill every jar with sugar syrup. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the pressure canner and pressure them at 6 pounds pressure for 20 minutes;
7. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

172) Pressure Canned Peaches

Cooking time: 8 minutes **Preparation time:** 15 - 20 minutes **Servings:** 40

Ingredients:

- 1 ½ cup sugar
- 20 peaches
- 4 cups water

Directions:

1. Make an X on the bottom of each peach using a knife;
2. Put the peaches into a pot with boiling water. Cook them for 2 minutes;
3. Remove the pot from the heat and place the peaches into an ice bath;
4. Slice each peach and discard the pit;
5. Put sugar and water into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot. Cook it until sugar dissolves;
6. Put the peaches into the bottom of sterilized jars and fill them with the sugar syrup. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the pressure canner and pressure them at 6 pounds pressure for 20 minutes;
8. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are

cool, store them in a dark place.

173) Pressure Canned Blueberries

Cooking time: 5 - 10 minutes **Preparation time:** 10 - 20 minutes **Servings:** 12

Ingredients:

- 1 ½ lb. blueberries
- 1 cup honey
- 2 cups water

Directions:

1. Put sugar and water into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot. Cook it until sugar dissolves;
2. Put the blueberries into the bottom of sterilized jars and fill them with the sugar syrup. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
3. Put the jars into the pressure canner and pressure them at 6 pounds pressure for 20 minutes;
4. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

174) Pressure Canned Pears

Cooking time: 10 - 20 minutes **Preparation time:** 15 - 20 minutes **Servings:** 36

Ingredients:

- ½ cup sugar
- ¼ cup lemon juice
- 3 cups water
- 9 lb. pears

Directions:

1. Peel pears and cut them;
2. Put sugar and water into a pot placed over medium-high heat. Make it boil and stir it continuously in order to prevent the mixture from sticking to the bottom of the pot. Cook it until sugar dissolves;
3. Put the pears into the pot and make them cook for 5 minutes;
4. Put the pears into the bottom of sterilized jars and fill them with the sugar syrup. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the pressure canner and pressure them at 6 pounds pressure for 20 minutes;
6. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

175) *Pressure Canned Cherries*

Cooking time : 5 - 10 minutes **Preparation time** : 10 - 15 minutes **Servings** : 16

Ingredients :

- ¾ cup white sugar
- 2 pounds fresh cherries, stems removed
- 4 cups water

Directions :

1. Put sugar and water into a pot placed over medium heat. Cook it for 4 - 5 minutes, but do not forget to stir continuously;
2. Put the cherries in the jars;
3. Fill the jars with the sugar syrup, but do not forget to leave 1-inch space from the top;
4. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the pressure canner and pressure them at 6 pounds pressure for 25 minutes;
6. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

176) Pressure Canned Red Grapes

Cooking time : 15 - 20 minutes **Preparation time** : 20 - 25 minutes **Servings** : 1-quart pint

Ingredients :

- 1 lb. red grapes, washed and without stems
- 1/4 cup water
- 1 cup sugar
- 1/4 tsp. black peppercorns
- 1/4 tsp. cloves
- 1/2 vanilla bean
- 1/8 tsp. yellow mustard seed
- 1 cinnamon stick
- 1 cup apple cider vinegar

Directions :

1. Put vinegar, sugar and water into a pot placed over high heat. Make the mixture boil, but do not forget to stir;
2. Put all the spices into the jar;
3. Put the grapes into the jar;
4. Fill the jars with the mixture, but do not forget to leave 1-inch space from the top;
5. Close the jars and put them in the fridge for 24 hours.

177) Pressure Canned Strawberries

Cooking time : 20 – 25 minutes **Preparation time** : 30 – 35 minutes **Servings** : 7

Ingredients :

- ½ cup of strawberries juice
- 1 cup sugar
- 2 pounds of strawberries, washed

Directions :

1. Crush strawberries and heat them;

2. Drain them using a sieve;
3. Put the strawberries juice into the pot placed over medium-low heat. Add sugar and milk and cook the mixture for 3 minutes;
4. Fill the jars with the mixture, but do not forget to leave 1-inch space from the top;
5. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the pressure canner and pressure them at 6 pounds pressure for 20 minutes;
7. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

178) Pressure Canned Cranberries

Cooking time : 20 - 25 minutes **Preparation time** : 20 - 25 minutes **Servings** : 4

Ingredients :

- 24-ounces cranberries, washed
- 1/4 tsp. juniper berries
- 3 cups apple cider vinegar
- 1 tsp. allspice
- 1/2 tsp. black peppercorns
- 3 cups sugar
- 1/2 tsp. cloves
- 2 cinnamon sticks

Directions :

1. Put sugar and vinegar into a pot placed over medium heat. Make it boil;
2. Add cinnamon stick and stir the mixture;
3. Put peppercorns, juniper berries, allspice and clove into a spice bag. Put the bag into the mixture;
4. When it starts boiling, add cranberries and stir the mixture;
5. Cook the mixture for 7 minutes;
6. Remove the pot from heat and remove the cinnamon stick and the spice bag;
7. Remove the cranberries from the pot using a spoon;
8. Put the cranberries into the jars;
8. Fill the jars with the brine, but do not forget to leave $\frac{1}{2}$ inch space from the top;
9. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
10. Put the jars into the pressure canner and pressure them at 6 pounds pressure for 10 minutes;
11. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

***179) Pressure Canned Peach
Cobbler***

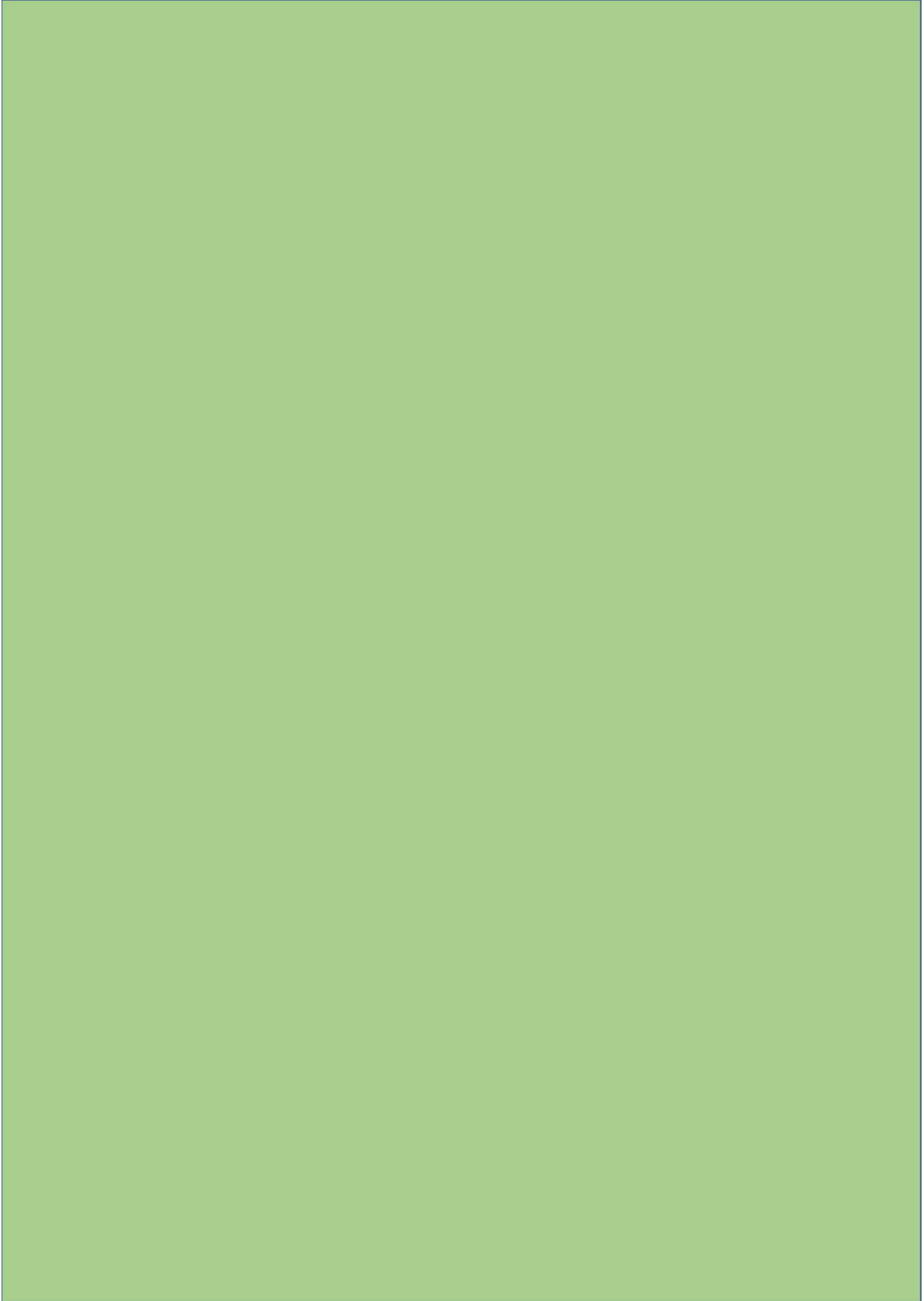
Cooking time : 60 – 65 minutes **Preparation time** : 20 – 25 minutes **Servings** : 8

Ingredients :

- 3/4 cup all-purpose flour
- 8 tbsps. Butter
- 2 tbsps. vegetable shortening, cubed
- 1/2 tbsp. baking powder
- 1 cup sugar 1 cup milk Canned peaches in syrup (about 1 cup)
- 1/2 tsp. salt

Directions :

1. Preheat the oven to 350 °;
2. Put salt, flour and baking powder into a food processor. Add the shortening, milk and sugar. It should become a smooth butter;
3. Put 1 tbsp of butter in each jar;
4. Put the jars into the oven for 1 minute;
5. Remove the jars and put an equal amount of butter in each jar;
6. Fill the jars with the peach slices;
7. Bake the jars for 40 minutes;
8. Remove the jars from the oven and make them cool for 20 minutes.



Vegetables

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180) Pressure Canned Mushrooms

Cooking time: 10 - 15 minutes **Preparation time:** 15 - 20 minutes **Servings:** 18

Ingredients:

- 3 ½ tsp. salt
- 7 lb. mushrooms

Directions:

1. Put the mushrooms and the water into a pot placed over medium-high heat. Make it boil and cook it for 5 minutes;
2. Drain the mixture but do not throw away the hot liquid, set it aside;
3. Put the mushrooms into the bottom of sterilized jars and fill them with the reserved cooking liquid. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 45 minutes;
5. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

181) Pressure Canned Asparagus

Cooking time: 5 minutes **Preparation time:** 10 - 15 minutes **Servings:** 24

Ingredients:

6 lb. asparagus

Directions:

1. Trim and cut the asparagus into 1-inch pieces;
2. Put them into a pot with boiling water. Place the pot over medium-high heat and cook them for 3 minutes;
3. Drain the asparagus but do not throw away the hot liquid, set it aside;
4. Put the asparagus into the bottom of sterilized jars and fill them with the reserved cooking liquid. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 30 minutes;
6. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

182) Salt Water Onions

Cooking time : 15 - 20 minutes **Preparation time** : 15 - 20 minutes **Servings** : 8

Ingredients :

- 1 quart Water

- 6-8 Onions (medium, peeled, and thinly sliced)
- 3 tbs p Canning salt

Directions :

1. Put water and salt into a bowl and mix;
2. Put onions into the jars;
3. Fill the jars with the brine and press the onions down;
4. Close the jars and cover them a clean muslin cloth and place them in a cool place for 3 or 4 weeks;
5. Check the jars every day and make sure that the water covers onions;
6. After 3 or 4 weeks, placed the jars into the refrigerator.

183) Vegetables and Beef

Cooking time: 90 - 100 minutes **Preparation time:** 45 - 50 minutes **Servings:** 12

Ingredients:

- 12 cups frozen peas
- 12 cups water
- 2 onions
- 6 lb. hamburgers
- 11 garlic cloves
- 3 tsp minced pepper
- 10 cups beef stock
- 10 lb potatoes
- 4 tsp salt

Directions:

1. Peel the onions and dice them;

2. Peel the garlic cloves and mince them;
3. Peel the potatoes and slice them;
4. Put the pepper, the salt and the burger into a pot place over placed over medium-high heat. Cook until it turns brown. Then drain fat and set it aside;
5. Put the meat at the bottom the jars. Then, add 1 tsp of minced garlic, the potatoes, the onions and frozen peas for each jar. Push the potatoes down using your finger to ensure that the jar can contain more. Do not forget to leave $\frac{1}{4}$ inch space at the top of the jar;
6. Add water and beef stock up to the potato level. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 90 minutes;
7. After pressuring the jars, remove them from the canner and make them cool on a wood surface for 5 minutes. When they are cool, store them in a dark place.

184) Vegetables and Beef

Cooking time : 90 - 100 minutes **Preparation time** : 45 - 50 minutes **Servings** : 12

Ingredients :

- 12 cups frozen peas
- 12 cups water
- 2 onions

- 6 lb. hamburgers
- 11 garlic cloves
- 3 tsp minced pepper
- 10 cups beef stock
- 10 lb potatoes
- 4 tsp salt

Directions :

8. Peel the onions and dice them;
9. Peel the garlic cloves and mince them;
10. Peel the potatoes and slice them;
11. Put the pepper, the salt and the burger into a pot place over placed over medium-high heat. Cook until it turns brown. Then drain fat and set it aside;
12. Put the meat at the bottom the jars. Then, add 1 tsp of minced garlic, the potatoes, the onions and frozen peas for each jar. Push the potatoes down using your finger to ensure that the jar can contain more. Do not forget to leave $\frac{1}{4}$ inch space at the top of the jar;
7. Add water and beef stock up to the potato level. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
13. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 90 minutes;
14. After pressuring the jars, remove them from the canner and make them cool on a wood surface for 5

minutes. When they are cool, store them in a dark place.

185) *Saltwater cucumbers*

Cooking time : 15 - 20 minutes **Preparation time** : 15 - 20 minutes **Servings** : 10

Ingredients :

- ¼ cup Dill 20 Garlic cloves (peeled)
- 2 quarts Water
- 4 pounds Pickling cucumbers
- ½ cup Canning salt

Directions :

1. Wash and cut cucumbers' flowers;
2. Put water and salt into a pot placed over medium heat. Make water boil;
3. Put garlic and cucumbers at the bottom of a jar;
4. Fill the jars with saltwater;
5. Close the jars and cover them a clean muslin cloth and place them in a cool place for 3 or 4 weeks;
6. Check the jars every day and make sure that the water covers cucumbers;
7. After 3 or 4 weeks, placed the jars into the refrigerator.

186) *Pressure Canned Beets*

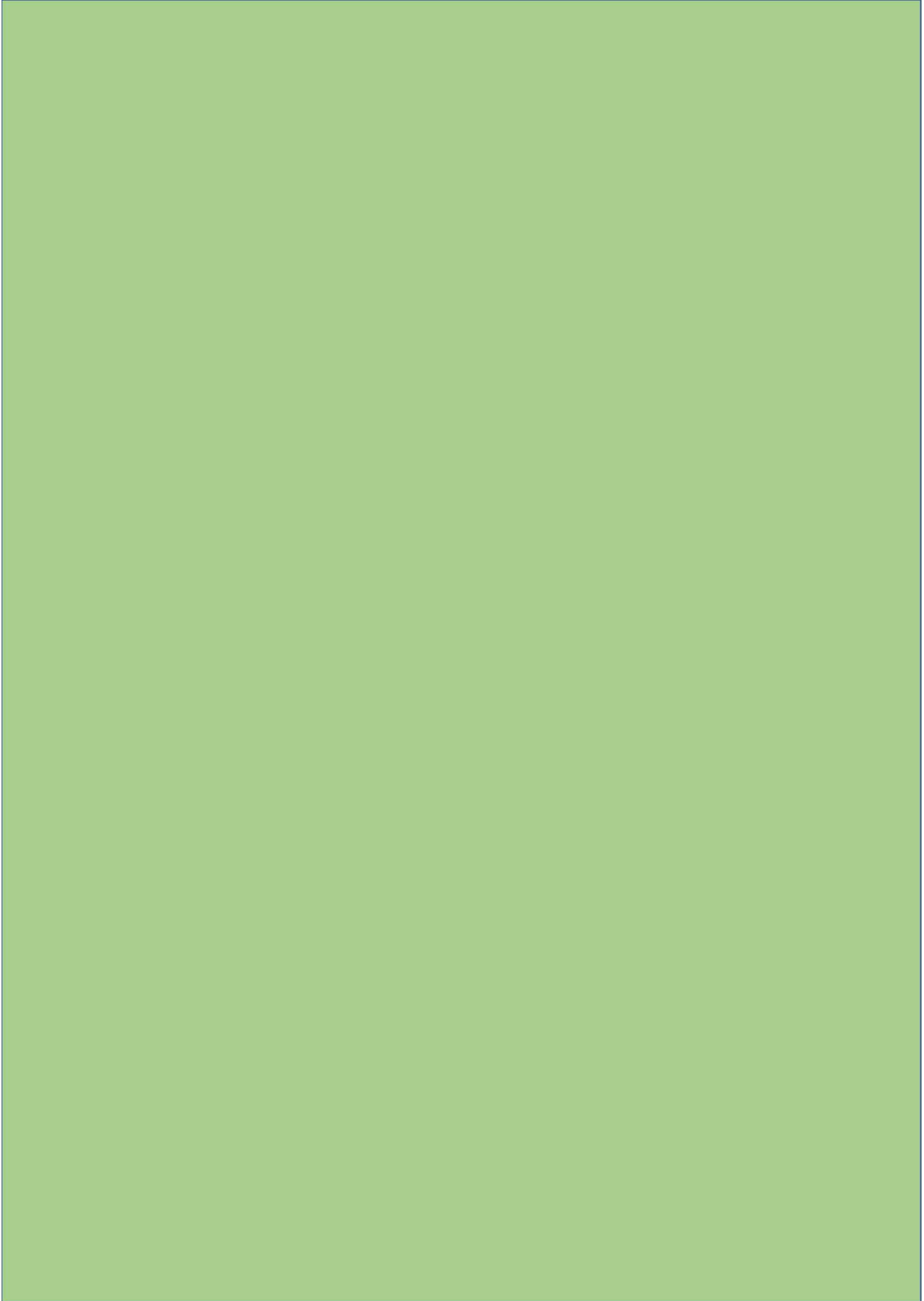
Cooking time: 25 - 30 minutes **Preparation time**: 10 - 15 minutes **Servings**: 12

Ingredients:

- 6 lb. beets

Directions:

1. Trim the beets;
2. Put the beets into a pot with boiling water. Place the pot over medium-high heat and cook them for 25 minutes;
3. Drain the beets but do not throw away the hot liquid, set it aside;
4. Remove the skin from the beets and slice them;
5. Put the beets into the bottom of sterilized jars and fill them with the reserved cooking liquid. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 30 minutes;
7. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.



Meat and Poultry

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187) Pressure Canned Turkey

Cooking time: 10 - 15 minutes **Preparation time:** 10 - 15 minutes **Servings:** 8

Ingredients:

- 2 tsp salt
- 2 lb. ground turkey

Directions:

1. Put the turkey into a pot with water. Place the pot over medium-high heat and cook them for 5 minutes;
2. Drain the turkey;
3. Put the salt and the turkey into the bottom of sterilized jars and fill them with the hot water. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 75 minutes;
5. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

188) Pressure Canned Meatballs

Cooking time: 15 - 20 minutes **Preparation time:** 20 - 25 minutes **Servings:** 8

Ingredients:

- ½ cup onions
- 3 cups breadcrumbs
- 4 cups hot chicken broth
- ½ tbsp salt
- ¾ cup water
- 3 lb. ground beef
- 3 eggs
- ¼ tsp ground black pepper

Directions:

1. Peel and chop finely the onions;
2. Put the onions, the breadcrumbs, the ground beef, salt, water, eggs and black pepper into a bowl and mix them. Then, set it aside;
3. Prepare the balls using the mixture;
4. Grease two dishes and preheat the oven to 425 °F;
5. Put the meatball on to the dishes and bake them for 15 – 20 minutes;
6. Put the meatballs into the bottom of sterilized jars and fill them with the hot broth. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 75 minutes;
8. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

189) Spicy Pork with Paprika

Cooking time : 15 - 20 minutes **Preparation time** : 15 - 20 minutes **Servings** : 4

Ingredients :

- 1 minced canned chipotle chile
- 2 pounds canned pork
- 2 tsps. fresh oregano
- 2 cups canned chopped tomatoes in juice
- 1 tbsp. minced garlic
- 1 tbsp. red wine vinegar
- 1 tbsp. smoked paprika
- 1 sliced onion

Directions :

1. Put olive oil, onion and garlic into a pot placed over medium heat. Cook it for 5 minutes;
2. Add oregano, paprika and pepper into the pot. Cook the mixture for 3 minutes. Never forget to stir the mixture;
3. Reduce the heat to low;
4. Add vinegar and tomatoes;
5. Increase the heat to high and add pork into the pot;
6. Cook the mixture for 4 hours.

190) Beef with wine

Cooking time : 1 hour and 10 minutes **Preparation time** : 15 - 20 minutes **Servings** : 6

Ingredients :

- 1 large apple; peeled, cored, and shredded

- 1 tablespoon vegetable oil
- 2 bay leaves
- 2 pounds beef stew meat, cut into 1-inch cubes
- 1 cup carrot, peeled and shredded
- 2 garlic cloves, minced
- $\frac{3}{4}$ cup water
- 2 beef bouillon cubes
- $\frac{1}{2}$ cup red wine
- 1 teaspoon salt
- $\frac{3}{4}$ cup onion, sliced

Directions :

1. Put vegetable oil into a cast-iron wok placed over medium-high heat. Add beef cubes and cook them for 4-5 minutes;
2. Add the other ingredients and stir the mixture. Increase the heat and make the mixture boil;
3. Reduce the heat to low and cook the mixture for 1 hour. Do not forget to stir the mixture;
4. Remove the wok from heat;
5. Put the beef mixture into the jars leaving 1-inch space from the top;
6. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
7. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 75 minutes;

8. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.
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191) Pressure Canned Chicken Cacciatore

Cooking time: 35 - 40 minutes **Preparation time:** 15 - 20 minutes **Servings:** 20

Ingredients:

- 6 garlic cloves
- 1 cup hot chicken broth
- $\frac{3}{4}$ lb. chicken thighs
- 3 tbsp dried oregano
- 1 $\frac{1}{2}$ lb. mushrooms
- 5 tbsp olive oil
- 14 cups tomato sauce
- 2 onions
- 3 tbsp dried basil

Directions:

1. Peel the onions and chop them. Remove the skin and the bones from the chicken thighs and cut them half lengthwise. Slice the mushrooms. Peel the garlic cloves and mince them;
2. Put the olive oil into a pot placed over medium-hot heat. Put the chicken inside and cook it for 5 minutes;
3. Drain chicken to excess the grease;
4. Add mushrooms, garlic, onions, tomato sauce, basil and oregano into the pot placed over medium heat. Cook the for 15 minutes and stir it occasionally in order to

prevent the mixture from sticking to the bottom of the pot.

5. Put the chicken pieces and tomato sauce mixture into the sterilized jars. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the pressure canner and pressure them at 11 pounds pressure for 75 minutes;
7. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

192) Braised Lamb with Red Bell Pepper

Cooking time : 1 hour and 40 minutes **Preparation time** : 15 - 20 minutes **Servings** : 4

Ingredients :

- 1-1/2 cups water
- 1 diced red bell pepper
- 1 sliced onion 1 tbsp. olive oil
- 1 crushed and peeled clove of garlic
- 1-3/4 cups tomato sauce
- 1-pound canned lamb
- 1 tsp. tomato puree
- 2 shredded sprigs of basil

Directions :

1. Put olive oil and onion into a pot placed over medium heat. Cook them for 10 minutes;
2. Add tomato puree, red pepper, lamb and garlic into the pot;
3. Add basil, tomato sauce and water into the pot;
4. Cover the pot and reduce the heat to low;
5. Cook the mixture for 90 minutes.

193) Pressure Canned Ham

Cooking time: 40 - 45 minutes **Preparation time:** 15 - 20 minutes **Servings:** 20

Ingredients:

- 9 lb. ham

Directions:

1. Cut the ham into ½ inch chunks;
2. Put the ham into a pot placed over medium-high heat. Cook the ham in 8 batches for 5 minutes;
3. Put the ham into the bottom of sterilized jars and fill them with the hot water. Do not forget to leave 1 inch space at the top of the jar. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the pressure canner and pressure them at 11 pounds pressure for 75 minutes;

5. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

194) *Chicken with Marsala wine*

Cooking time : 30 - 35 minutes **Preparation time** : 15 - 20 minutes **Servings** : 20

Ingredients :

- 5 cups mushrooms, sliced
- 6 pounds boneless, skinless chicken, cut into bite-sized pieces
- 8 cups chicken broth
- 2-3 tablespoons olive oil
- 1 teaspoon dried oregano
- 2 cups dry Marsala wine
- Salt and ground black pepper, as needed
- 1 teaspoon garlic, chopped
- 1 medium onion chopped

Directions :

1. Rub the chicken with black pepper and salt;
2. Put vegetable oil into a cast-iron wok placed over medium-high heat. Add chicken pieces and cook them for 4-5 minutes;
3. Put each chicken batch into a colander in order to drain them;
4. Add oregano, garlic and onion into the wok and cook them for 4-5 minutes;

5. Add wine and make the mixture boil for 1 minute;
6. Add broth and cook the mixture until it starts boiling;
7. Reduce the heat and cook the mixture for 5 minutes;
8. Put chicken pieces and mushrooms into the jars;
9. Fill the jars with the cooking mixture and leave 1-inch space from the top;
10. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
11. Put the jars into the pressure canner and pressure them at 11 pounds pressure for 75 minutes;
12. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

195) Salmon

Cooking time : 25 - 30 minutes **Preparation time** : 15 - 20 minutes **Servings** : 8

Ingredients :

- 32 oz. canned salmon
- 3/4 cup chopped onion
- 3 tbsps. butter
- 1/2 cup chopped celery
- 1/2-pound shredded cheddar cheese
- 12 oz. canned evaporated milk
- 2 cups diced potatoes
- 1 tsp. garlic powder

- 15 oz. canned creamed corn
- 2 cups chicken broth
- 2 diced carrots
- 1 tsp. black pepper
- 1 tsp. salt
- 1 tsp. dried dill weed

Directions :

1. Put butter into a pot placed over medium heat and melt it;
2. Add onion, celery and garlic into the pot and cook them;
3. Add potatoes, broth, carrots, pepper, salt and drill into the pot;
4. Make the mixture boil and reduce the heat to low;
5. Cover the pot and cook the mixture for 20 minutes;
6. Add corn, cheese, milk and salmon and cook them until cheese melts.

196) Pressure Canned Tuna

Cooking time : 1 hour and 40 minutes **Preparation time** : 10 - 15 minutes **Servings** : 10

Ingredients :

- 3 teaspoons kosher salt
- 2½ pounds boneless skinless tuna, cut into 4-inch chunks

Directions :

1. Put tuna and salt into the jars;

2. Fill each jar with water and leave 1-inch space from the top;
3. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
4. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 100 minutes;
5. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

197) *Fish and Jalapeños Pepper*

Cooking time : 1 hour and 30 minutes **Preparation time** : 20 – 25 minutes **Servings** : 5

Ingredients :

- 5-pint sized mason jars with lids and rings
- 5 pounds tuna or salmon
- 1 jalapeño pepper
- Canning salt
- Lemon juice

Directions :

1. Put each slice of jalapeño pepper into the jars;
2. Fil the jars with meat but do not forget to leave ½ inch from the top;
3. Add 1 tsp, lemon juice and ¼ tsp. canning salt in each jar;

4. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
5. Put the jars into the pressure canner and make them boil over high heat;
6. Reduce the heat to medium after 20 minutes and cook the jars for 75 minutes;
7. Reduce the heat and wait until the canner cools;
8. Remove the jars from the canner and make them cool. Store them for 2 years.

198) Shrimp with vinegar

Cooking time : 5 - 10 minutes **Preparation time** : 15 - 20 minutes **Servings** : 16

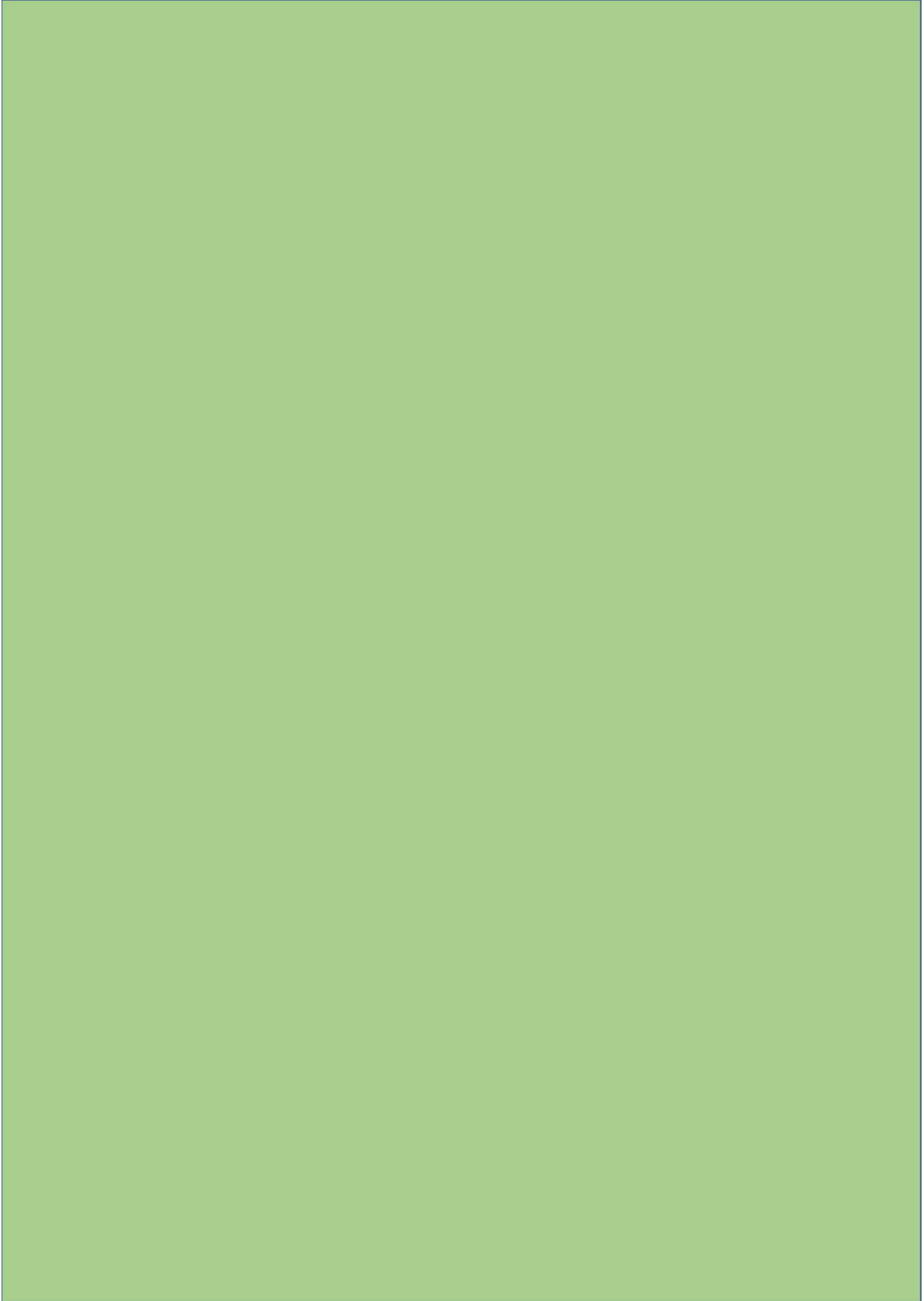
Ingredients :

- 4 pounds shrimp
- 1 cup vinegar
- 8 cups water
- 1 cup salt
- 3 tablespoons salt

Directions :

1. Put vinegar, water and salt into a pot placed over medium heat. Make the mixture boil;
2. Remove the pot from the heat and add shrimp to the mixture;
3. Set the pot aside for 10 minutes;

4. Transfer the shrimp into cold water then drain them and peel them;
5. Put the shrimps into the jars;
6. Fill the jars with the cooking liquid and leave 1-inch space;
7. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
8. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 45 minutes;
9. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.



Beans and Legumes

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199) Green Bean

Cooking time : 30 – 35 minutes **Preparation time** : 15 – 20 minutes **Servings** : 6

Ingredients :

- 1-1/3 cup French fried onions
- 1 can condensed cream of mushroom soup
- 1/4 tsp. black pepper
- 3/4 cup milk
- 1 pint canned green beans

Directions :

1. Heat the oven to 350 degrees Fahrenheit;
2. Put pepper, milk and soup into a bowl and stir them together;
3. Add onions and beans to the mixture;
4. Bake it for 30 minutes.

200) Sweet Beans

Cooking time : 30 – 35 minutes **Preparation time** : 15 – 20 minutes **Servings** : 8

Ingredients :

- 1/2 cup leeks, chopped
- Salt and ground black pepper, as needed
- 2 cups water
- 2 cups ketchup
- 1½ teaspoons mustard powder
- 1 cup maple syrup
- 1/2 cup molasses
- 1 pound navy beans

- 2 tablespoons brown sugar
- ½ cup white vinegar

Directions :

1. Put beans into a Dutch oven;
2. Add enough water to cover them;
3. Cook the beans until boils;
4. Remove the pan from the heat, cover it and set it aside for 30-45 minutes;
5. Drain the beans and put them into a pot with fresh water;
6. Add the leeks and cook the mixture for 20 minutes;
7. Remove the pot from the heat and drain the beans;
8. Add water and the other ingredients (except for vinegar) into a a pot. Make the mixture boil;
9. Remove the pot from the heat and add vinegar;
10. Put the beans into the jars;
11. Fill the jars with the vinegar mixture and leave 1-inch space;
12. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
13. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 75 minutes;
14. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

201) Green Beans with Garlic

Cooking time : 15 - 20 minutes **Preparation time** : 20 - 25 minutes **Servings** : 5

Ingredients :

- 1/4 cup grated Parmesan
- 3 tbsps. olive oil
- 1 sliced head of peeled garlic
- 30 oz. canned green beans, drained
- 1 tbsp. butter

Directions :

1. Put butter into a pot placed over medium heat and melt it;
2. Add garlic and cook for 1 minute;
3. Add the beans and cook for 10 minutes.

202) Pea Soup

Cooking time : 90 - 100 minutes **Preparation time** : 15 - 20 minutes **Servings** : 2

Ingredients :

- 1 cup peeled and chopped onions
- 1 lb. yellow, dry split peas
- 4 tsps. lime juice
- 3/4 cups peeled and sliced carrots
- 2 cloves garlic peeled, minced
- 1 tsp. cumin seed and coriander
- 1 tsp. salt

- 2 qts. Water
- 1/2 tsp. cayenne pepper

Directions :

1. Put water and beans into a pot placed over medium heat. Make it boil;
2. Reduce the heat and make the mixture simmer for 1 hour;
3. Add all the ingredients and make it simmer for 30 minutes;
4. Fill the jars with the mixture and do not forget to leave 1-inch;
5. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 90 minutes;
7. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

203) Beans with Bacon

Cooking time : 20 - 25 minutes **Preparation time** : 15 - 20 minutes **Servings** : 4

Ingredients :

- 2 pints canned green beans
- 3 slices thick cut bacon

Directions :

1. Boil the beans for 10 minutes;
2. Fry bacon in a pan until it becomes crispy;
3. Chop the bacon and return to pan;
4. Drain the beans, add them to the pan and cook them for 5 minutes.

204) *Beans with vinegar*

Cooking time : 25 - 30 minutes **Preparation time** : 15 - 20 minutes **Servings** : 2

Ingredients :

- 2 sprigs fresh rosemary
- 1/4 tsp. black pepper, ground
- 1-1/2 pounds fava beans
- 2 tbsps. red wine vinegar
- 1 tsp. fresh and minced garlic
- 2 tbsps. olive oil
- 1/2 tsp. kosher salt

Directions :

1. Remove the beans from the pods;
2. Add water into a pot placed over high heat and make it boil;
3. When it starts boiling add beans and cook them for 3 minutes;
4. Drain them and put them into a bowl with cold water. Set the bowl aside;

5. Add vinegar, olive oil, pepper, garlic, salt and rosemary into the jars. Close them and shake them;
6. Add beans into each jar;
7. Put the jars into the fridge and let the beans to marinate. Mix them before serving.

205) Lentils with chicken broth

Cooking time : 10 - 15 minutes **Preparation time** : 10 - 15 minutes **Servings** : 8

Ingredients :

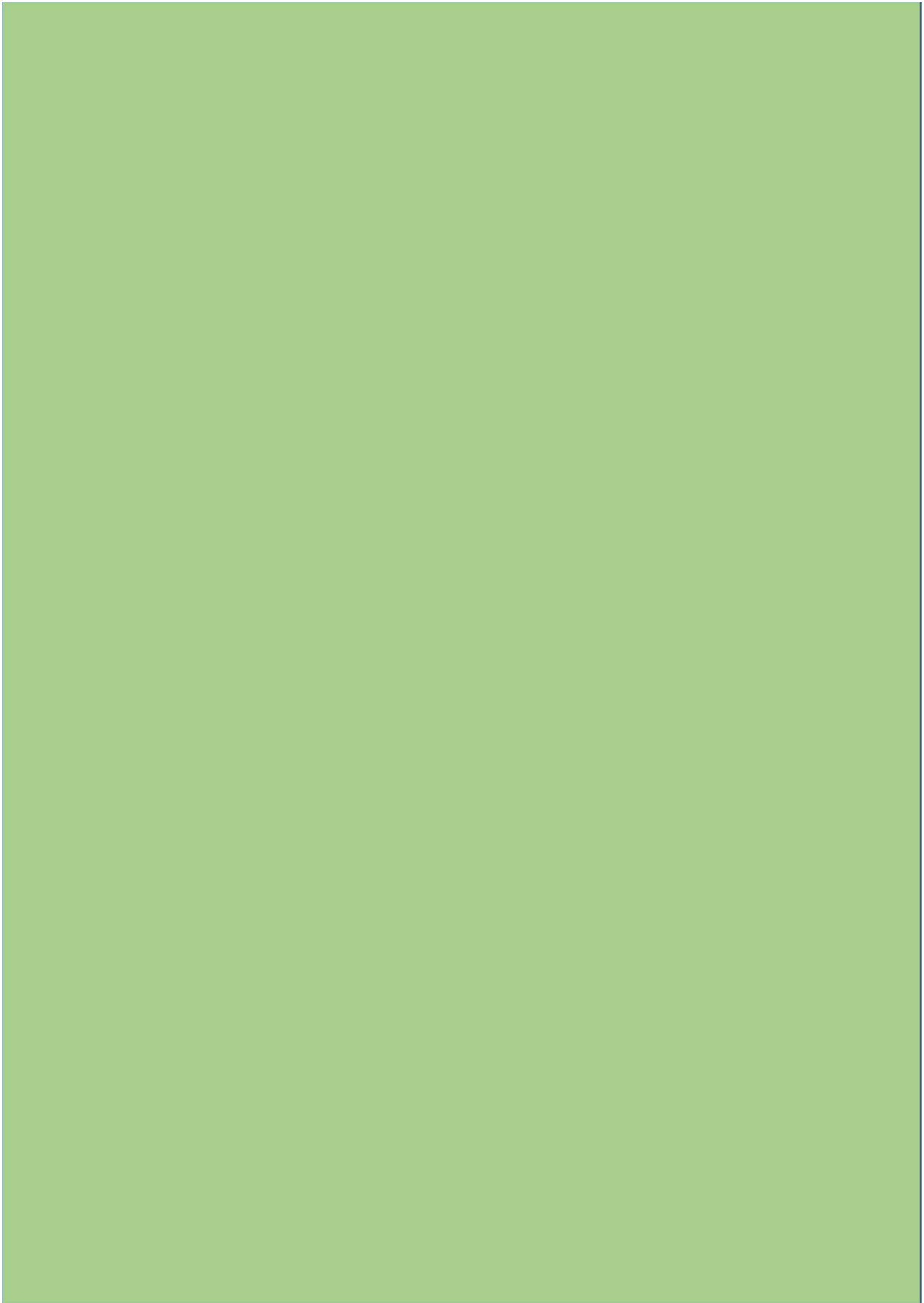
- 2 small brown onions, chopped finely
- 2 cups red lentils, rinsed
- 4 cups chicken broth

Directions :

1. Add onions and lentils into a Dutch oven placed over high heat. Cook the mixture until it boils;
2. Reduce the heat and cook the mixture for 5 minutes;
3. Put the lentils into the jars;
4. Fill the jars with the cooking liquid, but do not forget to leave 1-inch space;
5. Remove air bubbles by sliding a small knife around the insides of the jars and close them with the lids. Wipe the rims with a kitchen towel and make sure they are closed properly;
6. Put the jars into the pressure canner and pressure them at 10 pounds pressure for 75 minutes;

7. After pressuring the jars, remove them from the canner and make them cool on a wood surface. When they are cool, store them in a dark place.

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Conclusion

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We hope this book has given you an idea about the amazing canning world. Do not be disheartened by all this information, we do not want to scare you. It is essential that you follow all our rules and you will be amazed by the results that you will get. Nowadays knowing the basis of canning and preserving is very important. They can be a process that can benefit not only your nutrition, but also your food and money. We do not want to lie to you, it is not a simple process, but as a beginner you need to know that it will take a lot of effort, money and time. You will make a lot of mistakes but they will help you to learn how to do it in a proper way. This book is written to help you to become a real pro in canning and preserving. As the time goes by you will not need this book anymore because your mistake will decrease. Do not be impatient, you will have to start in small steps and you will gradually succeed in preserving your products. Indeed, you will be able to create your own recipes without the assistance of our book.

Canning is a skill that you need know in order to prepare healthy food for your family and your friends. It helps you to decrease you addiction to tinned or processed products bought at the market which are laden with sugar and salt. Someone thinks that canning is just for emergencies, but in reality, it is a process that helps you to keep your food fresh for a long period of time. It is a gratifying hobby because when you realize that you have preserve large amount of

food that could have rotted in the larder, you will feel satisfied.

We hope that this book has clearly explained all the concepts and rules of canning and preserving food. Now you just have to put into practice what you have learned from this book. If you do not try and fail, you will never learn. Thank you and be careful!

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