



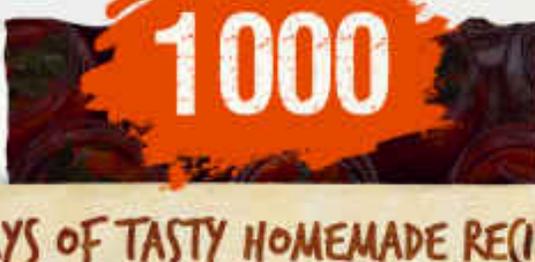
# WATER BATH CANNING & PRESERVING COOKBOOK

## FOR PREPPERS

TYLER GORDON

1000

DAYS OF TASTY HOMEMADE RECIPES  
TO STORE NUTRIENT DENSE FOOD  
AND BE PREPARED FOR THE NEXT 3 YEARS





# WATER BATH CANNING & PRESERVING COOKBOOK

## FOR PREPPERS

TYLER GORDON

1000

DAYS OF TASTY HOMEMADE RECIPES  
TO STORE NUTRIENT DENSE FOOD  
AND BE PREPARED FOR THE NEXT 3 YEARS



# Water Bath Canning & Preserving Cookbook for Preppers

---

*1000 Days of Tasty Homemade Recipes to Store  
Nutrient Dense Food and Be Prepared for the Next 3  
Years*

Tyler Gordon

[OceanofPDF.com](http://OceanofPDF.com)

**© Copyright 2022 - All rights reserved.**

The content contained within this book may not be reproduced, duplicated, or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book, either directly or indirectly.

**Legal Notice:**

This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote, or paraphrase any part, or the content within this book, without the consent of the author or publisher.

**Disclaimer Notice:**

By reading this document, the reader agrees that under no circumstances is the author responsible for any direct or indirect losses incurred as a result of the use of the information contained within this document, including, but not limited to, — errors, omissions, or inaccuracies.

## Table of Contents

### **Introduction**

### **Chapter 1. Jam and Jellies**

**1. Pear and Pineapple Jam**

**2. Guava Jam**

**3. Maple Blackberry Jam**

**4. Pineapple Jam**

**5. Cherry Jam**

**6. Raspberry Jam**

**7. Plum Butter**

**8. Apple Pie Jam**

**9. Star Fruit Jam**

**10. Nectarine Brown Sugar Jam**

**11. Strawberry Jam**

**12. Peach Spice Jam**

**13. Rhubarb Orange Jam**

**14. Blackberry Jam**

**15. Honeyberry Jam**

**16. Blueberry Vanilla Jam**

**17. Mandarin Orange Jam**

**18. Fig Jam**

**19. Jalapeño Pepper Jelly**

## **Chapter 2. Marmalades**

**20. Lemon Honey Marmalade**

**21. Zucchini Marmalade**

**22. Carrot Marmalade**

**23. Strawberry Marmalade**

**24. Onion Marmalade**

**25. Tomato Lemon Marmalade**

**26. Strawberry and Blackberry Marmalade**

**27. Grapefruit Marmalade with Vanilla**

**28. Blueberry Orange Marmalade**

**29. Orange Marmalade**

**30. Super Tangy Marmalade**

**31. Mixed Citrus Marmalade**

**32. Cherry Marmalade**

**33. Pear Marmalade**

**34. Rhubarb Marmalade**

**35. Ginger Orange Marmalade**

**36. Three-Fruit Marmalade**

**37. Orange Pineapple Marmalade**

## **Chapter 3. Salsa and Sauces**

**38. Tomato Ketchup with Vinegar**

**39. Lime Blueberry Ketchup**

**40. Peach Tomato Salsa**

[41. Mango Pineapple Salsa](#)

[42. Peppers & Tomato Salsa](#)

[43. Pear Caramel Sauce](#)

[44. Tangy Cranberry Sauce](#)

[45. Enchilada Sauce](#)

[46. Honey Mustard](#)

[47. Green Salsa](#)

[48. Spicy Chunky Salsa](#)

[49. Green Tomato Salsa](#)

#### ***Chapter 4. Chutneys and Relishes***

[50. Cucumber and Bell Pepper Relish](#)

[51. Zucchini Relish with Bell Pepper](#)

[52. Onion Relish with Pimiento](#)

[53. Spicy Tomato Relish](#)

[54. Jalapeno Pineapple Relish](#)

[55. Tomatillo Relish with Pepper](#)

[56. Chile Relish with Onion](#)

[57. Spicy Corn Relish](#)

[58. Cucumber Relish](#)

[59. Cranberry Relish](#)

[60. Rhubarb Chutney](#)

[61. Mango Chutney](#)

[62. Rhubarb Cherry Chutney](#)

[63. Garlicky Lime Chutney](#)

[64. Cilantro Chutney](#)

[65. Indian Apple Chutney](#)

[66. Plum Tomato Chutney](#)

[67. Curried Apple Chutney](#)

***Conclusion***

# Introduction

Since the invention of glass jars with ground glass joints, cooks have preserved food by hermetically sealing it in sterilized jars. Water bath canning was invented independently in other countries around the same time, such as France and Australia. This process has become known as canning. Water bath canning is a method of processing canned foods in which jars are filled with raw fruits or vegetables precooked by blanching or boiling and then immersed in boiling water to cover for some time, such as 15 minutes.

Water bath canning is a technique that is used to preserve high acidic foods. This preservation method involves boiling water pouring over the food's top in a jar. Then, the pots are submerged in boiling water for an allotted time before they are removed and allowed to cool down. The food in the jar is sealed with a lid. The food is heated through the boiling water and cooled through the cold water. This method processes foods with high acidity to prevent harmful bacteria from growing.

Water bath canning has a dual purpose in the canning process. For one, it can preserve high acid foods such as tomatoes, peppers, and berries which would otherwise turn quickly if exposed to light or air for too long. The products can attain a long shelf life by reducing oxygen. Furthermore, water bath canning allows the food to reach a final storage

temperature of 140 degrees Fahrenheit (60 degrees Celsius) to ensure that all microbes are killed. The jars are then cooled in their current state before being sealed and stored.

Foods should have a pH of 4 or lower to be preserved through water bath canning. Food acidity is generally maintained by adding vinegar, wine, or other acidic ingredients. Vegetables in water bath canning are typically prepared by blanching them in boiling water for a brief period. The vegetables are then removed from the boiling water and placed into jars previously sterilized with boiling water or hot vinegar.

Water bath canning is an ideal method of preserving for many reasons. Still, the most important is that it allows for the integrity of your food to be maintained and your food to retain its natural taste. Water bath canning destroys your food's natural flavors and nutrients by reducing a simple sugar or acid such as vinegar.

Water bath canning is a safe and easy way to begin preserving your food simply and effectively. This book will focus on water bath canning fruits, vegetables, jam and jellies, and much more. When you begin preserving your foods and saving money, you will have various advantages. You will be able to prolong the growing season since you can use products that would not be ripe or mature at certain times of the year. You will also be able to customize the recipes to make your food taste exactly how you want it.

# Chapter 1. Jam and Jellies



## 1. Pear and Pineapple Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 6-pint jars

**Ingredients:**

- 2 lbs. pears, peeled, pitted, and chopped
- 1 lb. pineapple, peeled, cored, and chopped
- 1 tbsp. lemon juice
- 1 c. sugar
- Zest from 1 lemon

**Directions:**

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Set all ingredients in a saucepan and bring to a boil over medium flame.
3. Set the heat to medium-low and allow simmering for fifteen minutes while stirring constantly.
4. Turn off the heat and allow cooling slightly.
5. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
6. Bring in a water bath canner and process for ten minutes.
7. Consume within a year.

**Nutrition:**

Calories: 174

Protein: 1.1 g

Carbohydrates: 44.8 g

Fat: 0.4

Sugar: 37.9 g

## 2. Guava Jam



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour 25 minutes

**Servings:** 8-pint jars

**Ingredients:**

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

**Directions:**

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

**Nutrition:**

Calories: 68

Protein: 0.1g

Carbohydrates: 14g

Fat: 0.1g

Sugar: 10g

## 3. Maple Blackberry Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 60 minutes

**Servings:** 6-half pint jars

**Ingredients:**

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

**Directions:**

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Set all ingredients in a saucepan and bring to a simmer. Cook for fifty minutes while constantly stirring over medium-high heat or until the mixture thickens.
3. Dip an old spoon into the jam and tip gently. The jam is ready if it runs off in a sheet and if the liquid does not drip.

4. Set off the heat and allow the mixture to cool slightly before transferring it into the sterilized bottles.
5. Remove the air bubbles in the mixture. Close the lid and place it in the water bath canner.
6. Process for ten minutes.
7. Store in a cool dark place and consume within a year.

**Nutrition:**

Calories: 379

Protein: 2.9g

Carbohydrates: 96g

Fat: 0.4g

Sugar: 84.2g

## 4. Pineapple Jam



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour 10 minutes

**Servings:** 4-pint jars

**Ingredients:**

- 2 canning bottles

- 1 c. sugar
- 2 fresh lemons, juiced
- 1 medium-sized pineapple, peeled and chopped

**Directions:**

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

**Nutrition:**

Calories: 216

Protein: 1.3g

Carbohydrates: 56.3g

Fat: 0.3g

Sugar: 47.3g

## **5. Cherry Jam**



**Preparation Time:** 15 minutes

**Cooking Time:** 60 minutes

**Servings:** 4-pint jars

**Ingredients:**

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

**Directions:**

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a saucepan and cook until the mixture thickens. Continue swirling to prevent the bottom from burning.
3. Turn off the heat and remove it from the pot to cool slightly.
4. Transfer to the bottles. Remove the air bubbles and close the lid.

5. Set in a water bath canner and process for ten minutes.
6. Consume within a year.

**Nutrition:**

Calories: 331

Protein: 1.9g

Carbohydrates: 83.6g

Fat: 0.6g

Sugar: 78.7 g

## 6. Raspberry Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 27 minutes

**Servings:** 6-half pint jars

**Ingredients:**

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

**Directions:**

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Macerate the raspberries and run them through a colander to remove the seeds.

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

**Nutrition:**

Calories: 581

Protein: 1.4g

Carbohydrates: 148g

Fat: 0.4g

Sugar: 5.9g

## 7. Plum Butter



**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 12-half pint jars

**Ingredients:**

- 6 canning bottles
- 6 lbs. Italian plums halved, and pits removed
- 4 c. sugar
- 1 ½ tsp. Ground cinnamon
- ½ tsp. ground cloves

**Directions:**

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

**Nutrition:**

Calories: 332

Protein: 3.8 g

Carbohydrates: 86.2g

Fat: 0.2g

Sugar: 83.2g

## 8. Apple Pie Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 27 minutes

**Servings:** 8 half pint jars

### **Ingredients:**

- 6 canning bottles
- 4 c. diced apples
- 2 tbsp. lemon juice, freshly squeezed
- 1  $\frac{1}{4}$  tsp. Ground cinnamon
- $\frac{1}{4}$  tsp. Ground ginger
- $\frac{1}{4}$  tsp. ground nutmeg
- 4 c. granulated sugar
- 1 c. packed brown sugar
- $\frac{1}{2}$  tsp. unsalted butter
- 1 box pectin

### **Directions:**

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place the apples, lemon juice, cinnamon, ginger, nutmeg, sugar, and butter in a saucepan.
3. Turn on the heat and allow simmering for fifteen minutes. Stir in the pectin and simmer for two minutes. Keep swirling to avoid the mixture from burning.

4. Turn off the heat to cool.
5. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
6. Set in a water bath canner and process for ten minutes.
7. Consume within a year.

**Nutrition:**

Calories: 275

Protein: 0.2g

Carbohydrates: 70.6g

Fat: 0.3g

Sugar: 66.9g

## 9. Star Fruit Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 3-pint jars

**Ingredients:**

- 2 canning bottles
- 1 ¼ lbs. carambolas or star fruit, edges trimmed and chopped
- 1 c. water
- 2 c. white sugar
- Juice from 1 lemon, freshly squeezed

**Directions:**

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

**Nutrition:**

Calories: 241

Protein: 1.5g

Carbohydrates: 60.3g

Fat: 0.5g

Sugar: 54.6g

## 10. Nectarine Brown Sugar Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 8-half pint jars

**Ingredients:**

- 6 to 8 canning bottles

- 4 lbs. nectarines, peeled, seeded, and chopped
- 1 ½ c. brown sugar, lightly packed
- 4 tbsp. Lemon juice
- ½ tsp. Cinnamon
- ¼ tsp. ground ginger

**Directions:**

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

**Nutrition:**

Calories: 259

Protein: 2.5g

Carbohydrates: 65.2g

Fat: 0.8g

Sugar: 58.1g

## **11. Strawberry Jam**



**Preparation Time:** 15 minutes

**Cooking Time:** 1 hour and 20 minutes

**Servings:** 4-half pint jars

**Ingredients:**

- 2 lbs. ripe strawberries, hulled and cleaned
- 2 ½ c. sugar
- 1 tbsp. Freshly squeezed orange juice

**Directions:**

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

**Nutrition:**

Calories: 318

Protein: 1.6g

Carbohydrates: 80.2g

Fat: 0.7g

Sugar: 73g

## 12. Peach Spice Jam

**Preparation Time:** 5 minutes

**Cooking Time:** 15-25 minutes

**Servings:** 2-pint jars

**Ingredients:**

- 8 to 9 large peaches pitted
- 3 c. sugar
- Juice and rind of half a lemon
- $\frac{1}{4}$  tsp. allspice (optional)
- $\frac{1}{4}$  tsp. cloves (optional)

**Directions :**

1. Detach pits and imperfect parts from peaches.
2. In a large kettle, parboil peaches with just enough water to keep them from burning. When peaches are softened, put them through a food mill.
3. To a deep saucepan or cooking pot, attach the peaches and enough water to submerge. Boil until softened. Drain water.

4. Transfer to a blender or food processor. Blend well to make a puree.
5. To the pot or pan, add the puree and other ingredients.
6. Boil the mixture till the thermometer reads 220F; cook over medium-low heat until firm and thick. Swirl continually to prevent scorching.
7. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of  $\frac{1}{4}$  inch from the jar top.
8. Set a nonmetallic spatula to detach tiny air bubbles and swirl the mixture gently.
9. Wipe the sealing edges. Secure the jars with the lids and adjust the bands/rings to seal and prevent leakage.
10.                   Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
11.                   Store in your refrigerator for later use.

**Nutrition:**

Calories: 435

Protein: 5.1g

Carbohydrates: 11.4g

Fat: 1.4g

Sugar: 86.3g

## **13.                   Rhubarb Orange Jam**

**Preparation Time:** 5 minutes

**Cooking Time:** 45 minutes

**Servings:** 3-4 pint jars

**Ingredients:**

- 2 c. white sugar
- 2 tsp. grated orange zest
- 2 ½ lbs. rhubarb, chopped
- ½ c. water
- ⅓ c. orange juice

**Directions:**

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

**Nutrition:**

Calories: 322

Protein: 15g

Carbohydrates: 23g

Fat: 2.1g

Sugar: 22g

## 14. Blackberry Jam



**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 10-pint jars

### **Ingredients:**

- 5 c. blackberries
- 2 c. sugar
- 2 tbsp. lemon juice

### **Directions:**

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a saucepan. Set to a boil while constantly stirring for ten minutes. Reduce the heat to simmer until the sauce thickens.

3. Set off the heat and allow it to cool slightly.
4. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
5. Set in a water bath canner and process for ten minutes.
6. Consume within a year.

**Nutrition:**

Calories: 196

Protein: 1.7g

Carbohydrates: 49.7g

Fat: 0.2g

Sugar: 44.9g

## 15. Honeyberry Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 6-half pint jars

**Ingredients:**

- 2 c. honeyberry fruit
- 2 c. sugar

**Directions:**

1. Sterilize the bottles in a water bath canner. Allow the bottles to cool.
2. Place all ingredients in a saucepan. Macerate the berries using a potato masher or a ladle.

3. Turn on the heat to medium-high and bring to a boil while stirring constantly. Reduce the medium-low heat and allow to simmer for another fifteen minutes or until the mixture thickens.
4. Set off the heat and allow the mixture to cool slightly.
5. Transfer the mixture to sterilized bottles and remove the air bubbles. Close the lid.
6. Bring in a water bath canner and process for ten minutes.
7. Consume within a year.

**Nutrition:**

Calories: 190

Protein: 0.3g

Carbohydrates: 48.9g

Fat: 0.01g

Sugar: 47.4g

## 16. **Blueberry Vanilla Jam**

**Preparation Time:** 15 minutes

**Cooking Time:** 22 minutes

**Servings:** 22 half pint jars

**Ingredients:**

- 6 large canning bottles
- 1 ¼ lbs. blueberries, rinsed and stems removed

- $\frac{3}{4}$  c. granulated sugar
- 2 tbsp. lemon juice
- $\frac{1}{2}$  vanilla bean pod, seeds scraped
- 1 tsp. pectin

**Directions:**

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

**Nutrition:**

Calories: 38

Protein: 0.19g

Carbohydrates: 9.2g

Fat: 0.2g

Sugar: 8.7g

# 17. Mandarin Orange Jam



**Preparation Time:** 15 minutes

**Cooking Time:** 22 minutes

**Servings:** 5-pint jars

**Ingredients:**

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

**Directions:**

1. Sterilize the bottles in a water bath canner.
2. Chop the mandarin oranges roughly. Place the ingredients except for pectin in a pot and heat over medium flame. Stir constantly for ten minutes to avoid burning at the bottom.

3. Stir in pectin and stir for another two minutes.
4. Set off the heat and allow it to cool.
5. Transfer the orange jam into the sterilized bottles and ensure  $\frac{1}{4}$  headspace left. Remove the air bubbles. Close the lid.
6. Place the bottles in the water bath canner. Process for ten minutes.
7. Consume within a year.

**Nutrition:**

Calories: 169

Protein: 1.3g

Carbohydrates: 41.6g

Fat: 0.2g

Sugar: 35g

## 18. Fig Jam

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 3 half pint jars

**Ingredients:**

- 1 pt. jar
- 1 lb. black figs
- $\frac{3}{4}$  c. granulated sugar
- $\frac{1}{4}$  c. water
- Juice from  $\frac{1}{2}$  small lemon, freshly squeezed
- 1 tsp. Pure vanilla extract

**Directions:**

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

**Nutrition:**

Calories: 357

Protein: 3.8 g

Carbohydrates: 92g

Fat: 1.1g

Sugar: 72.8g

## **19. Jalapeño Pepper Jelly**



**Preparation Time:** 90 minutes

**Cooking Time:** 20 minutes

**Servings:** 5 half pint jars

**Ingredients:**

- 1 c. chopped green bell pepper
- $\frac{1}{3}$  c. chopped jalapeño pepper
- 4 c. of sugar
- 1 c. of cider vinegar
- 1 packet of pectin, about 6 oz.

**Directions:**

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

**Nutrition:**

Calories: 651

Fat: 26 g

Carbohydrates: 93 g

Protein: 17 g

Sodium: 112 mg

# Chapter 2. Marmalades



## 20. Lemon Honey Marmalade

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 12-pint jars

**Ingredients:**

- 8 c. lemons, chopped
- 6 oz. liquid pectin
- 1 ½ c. water
- 4 c. sugar

- 2 c. honey

**Directions:**

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

**Nutrition:**

Calories: 468

Fat: 0.4 g

Carbohydrates: 127.5 g

Sugar: 116.6 g

Protein: 1.7 g

Cholesterol: 0 mg

## 21. Zucchini Marmalade



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 12-pint jars

**Ingredients:**

- 4 c. shredded zucchini
- 5 c. sugar
- 1 orange, peel, cut into segments and remove seeds

**Directions:**

1. Add orange segments and peel to the food processor and process until chopped.
2. Add zucchini, sugar, and orange to a saucepan and bring to boil over medium heat for ten to fifteen minutes or until thickened.
3. Detach the pan from heat and let it cool completely.
4. Pour marmalade in a clean jar. Secure jar with lid and store in the refrigerator.

**Nutrition:**

Calories: 326

Fat: 0.1 g

Carbohydrates: 86.4 g

Sugar: 85.4 g

Protein: 0.6 g

Cholesterol: 0 mg

## 22. Carrot Marmalade

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 48-pint jars

### **Ingredients:**

- 2 c. grated carrots
- 2 ½ c. sugar
- 2 c. water
- 1 orange
- 1 lemon

### **Directions:**

1. Shred orange and lemon in a large saucepan.
2. Add remaining ingredients into the saucepan and bring to boil over medium heat.
3. Set heat to low and parboil for thirty minutes or until thickened.
4. Once the marmalade is thickened, then remove the pan from heat.
5. Ladle the marmalade into the clean and hot jars. Leave ½ inch headspace. Remove air bubbles.

6. Secure jars with lids and process in a boiling water bath for five minutes.
7. Remove jars from the water bath and let them cool completely.
8. Check seals of jars. Label and store.

**Nutrition:**

Calories: 43

Fat: 0 g

Carbohydrates: 11.3 g

Sugar: 11 g

Protein: 0.1 g

Cholesterol: 0 mg

## 23. Marmalade

## Strawberry



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 12-pint jars

**Ingredients:**

- 4 c. strawberries, crushed
- 6 c. sugar
- 6 tbsp. pectin
- 1 lemon

**Directions:**

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

**Nutrition:**

Calories: 396

Fat: 0.1 g

Carbohydrates: 104 g

Sugar: 102 g

Protein: 0.3 g

Cholesterol: 0 mg

## 24. Onion Marmalade



**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4-pint jars

### **Ingredients:**

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

### **Directions:**

1. Warm oil in a small saucepan over medium heat.
2. Add onion and cook for 10-15 minutes or until the onion is softened.

3. Add sugar and cook for five minutes. Attach wine and cook until wine is reduced.
4. Remove pan from heat. Add vinegar and salt and mix well.
5. Pour marmalade in a clean jar. Secure jar with lid and store in the refrigerator.

**Nutrition:**

Calories: 159

Fat: 12.7 g

Carbohydrates: 8.6 g

Sugar: 4.4 g

Protein: 0.8 g

Cholesterol: 0 mg

## 25. Tomato Lemon Marmalade

**Preparation Time:** 10 Minutes

**Cooking Time:** 20 Minutes

**Servings:** 9 Half-Pints

**Ingredients:**

- 4 c. (4 apples) chopped peeled tart apples
- 5 medium ripe tomatoes
- 6 c. sugar
- 2 medium seeded and finely chopped lemons

- 8 whole cloves
- 2 ¼ tsp. ground ginger

**Directions:**

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

**Nutrition:**

Calories: 142

Protein: 0 g

Fiber: 1 g

Fat: 0 g

Carbohydrates: 36 g

## 26. Strawberry and Blackberry Marmalade

**Preparation Time:** 15 minutes

**Cooking Time:** 5 minutes

**Servings:** 4-pint jars

### **Ingredients:**

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

### **Directions:**

1. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
2. Wash the lemon well with warm, soapy water. Cut half of the rind from the lemon with a sharp knife, removing as much of the pith (white inner membrane) as

possible. Slice the rind into thin strips and cut the strips into ¼-inch-long pieces.

3. In a small saucepot set over high heat, combine the lemon rind with enough water to cover. Bring to a boil. Strain and reserve the rind.
4. In a medium saucepot set over high heat, combine the strawberries, blackberries, lemon rind, and lemon juice. Slowly stir in the pectin. Set the mixture to a full, rolling boil.
5. Add the sugar. Return the mixture to a full, rolling boiling over high heat. When the jam cannot be stirred, set a timer for one minute and stir constantly. Turn off the heat.
6. With the heat off, stir the marmalade for one minute more to ensure even distribution of the rind before filling the jars. Skim off any foam.
7. Ladle the marmalade into the prepared jars, leaving ¼ inch of headspace. Use a nonmetallic utensil to remove any air bubbles. Clean the rims clean and seal with the lids and rings.
8. Bring the jars into a hot water bath for ten minutes. Set off the heat and let the jars rest in the water bath for ten minutes.
9. Carefully detach the jars from the hot water canner. Set aside for twelve hours.
10. Check the lids for proper seals. Detach the rings, wipe the jars, name and date them, and transfer them to a cupboard or pantry. Refrigerate and use

within three weeks. Properly secure jars will last in the cupboard for twelve months.

**Nutrition:**

Calories: 49

Fat: 0.2g

Carbohydrates: 8.7g

Protein: 3.6g

Sugars: 4.9g

## 27. Grapefruit Marmalade with Vanilla



**Preparation Time:** 25 minutes

**Cooking Time:** 60 minutes

**Servings:** 4-pint jars

**Ingredients:**

- 3 grapefruits
- 3 c. sugar

- 1 whole vanilla bean

**Directions:**

1. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
2. Wash the grapefruits well with warm, soapy water. With a sharp knife, remove the grapefruit rind. Stack into piles and slice into strips. Mince the strips.
3. Mix the minced rind with enough water to cover in a small saucepan over medium heat. Bring to a simmer. Cook for twenty minutes or until tender.
4. While the rind cooks, remove any remaining pith from the grapefruit with your hands or a knife. Working on a bowl to catch the juice, slice along the membranes, removing each grapefruit segment individually. Attach the segments to the bowl with the juice. When finished, squeeze the remaining membranes over the bowl to collect any additional juice. Discard the membranes and seeds.
5. Strain the rind, reserving two cups of the cooking liquid.
6. In a medium saucepot set over medium-high heat, combine the reserved cooking liquid, sugar, rind, and grapefruit segments in their juices. Bring to a full, rolling boil. Cook for 35 to 45 minutes until it reaches 220°F (104°C), measured with a candy thermometer.
7. Add the vanilla bean seeds. Turn off the heat. Use the plate test to determine if the marmalade sets. If not,

return the pot to the burner and cook in five-minute increments until it sets to your liking.

8. With the heat off, stir the marmalade for 1 minute to evenly distribute the rind. Skim off any foam.
9. Ladle the marmalade into the prepared jars, leaving  $\frac{1}{4}$  inch of headspace. Use a nonmetallic utensil to remove any air bubbles. Wipe the rims clean and seal using the lids and rings.
10. Set the jars in a hot water bath for ten minutes. Set off the heat and bring the jars to rest in the water bath for ten minutes.
11. Carefully detach the jars from the hot water canner. Set aside to cool for twelve hours.
12. Check the lids for proper seals. Detach the rings, clean the jars, label and date them, and transfer them to a cupboard or pantry.
13. Use within three weeks.

**Nutrition:**

Calories: 149

Fat: 0.4 g

Carbohydrates: 37.7 g

Protein: 1.3 g

## **28. Blueberry Orange Marmalade**

**Preparation Time:** 15 minutes

**Cooking Time:** 25 minutes

**Servings:** 3-pint jars

**Ingredients:**

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

**Directions:**

1. In a saucepan or cooking pot, merge the water and baking soda.
2. Boil the mixture; cook for about ten minutes over low heat. Stir continually to prevent scorching.
3. Add the sugar, berries, lemon, and orange.
4. Boil the mixture; cook for about five minutes over medium-low heat. Stir continually to prevent scorching.
5. Mix in the pectin and simmer for about one minute over medium-low heat until firm and thick. Stir continually to prevent scorching.
6. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of ¼ inch from the jar top.
7. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.

8. Clean the sealing edges with a damp cloth. Secure the jars with the lids and adjust the bands/rings to seal and prevent leakage.
9. Set the jars in a hot water bath for ten minutes.
10. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
11. Store in your refrigerator and use within ten days.

**Nutrition:**

Calories: 393

Fat: 0.1 g

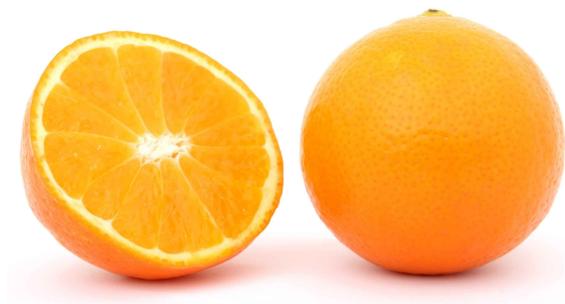
Carbohydrates: 104.1 g

Sugar: 99.8 g

Protein: 0.4 g

Cholesterol: 0 mg

## 29. Orange Marmalade



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 2-pint jars

**Ingredients:**

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

**Directions:**

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

**Nutrition:**

Carbohydrates: 1 g

Fat: 0 g

Protein: 1 g

Sodium: 727 mg

Calories: 4g

## 30. Marmalade

## Super Tangy

**Preparation Time:** 5 minutes

**Cooking Time:** 30 minutes

**Servings:** 3-pint jars

### **Ingredients:**

- 3 ½ c. white granulated sugar
- 1 c. limes, unpeeled and thinly sliced
- 1 c. lemons, unpeeled and thinly sliced
- 3 c. water

### **Directions:**

1. Mix the citrus slices and water in a deep saucepan or cooking pot.
2. Boil the mixture, and simmer for a few minutes over low heat.
3. Mix in the sugar.
4. Boil the mixture and cook for about 25-30 minutes over medium heat until firm and thick. Swirl continually to prevent scorching.

5. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of  $\frac{1}{4}$  inch from the jar top.
6. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
7. Clean the sealing edges with a damp cloth. Secure the jars with the lids and adjust the bands/rings to seal and prevent leakage.
8. Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
9. Store in your refrigerator and use within ten days.

**Nutrition:**

Calories: 37

Protein: 1.9g

Carbohydrates: 7.4g

Fat: 0.8g

Sugar: 1.3g

## **31. Marmalade**

## **Mixed Citrus**



**Preparation Time:** 15 Minutes

**Cooking Time:** 20 Minutes plus Overnight Chilling

**Servings:** 10 Half-Pints

**Ingredients:**

- 1 lb. Oranges, thinly sliced and seeds detached
- 1 lb. Grapefruit, thinly sliced and seeds detached
- 1 lb. Lemons, thinly sliced and seeds detached
- 8 c. sugar
- 2 qt. water

**Directions:**

1. Combine the oranges, grapefruit, lemons, and two quarts of water; cover and chill overnight.
2. Place the fruit mixture in a Dutch oven; bring to a complete rolling boil. Remove cover; simmer on low heat for about ten to fifteen minutes until tender.
3. Add the sugar, stir and boil. Cook for forty to fifty-five minutes, often stirring until thickened.
4. Detach from the burner and skim off the foam.
5. Slowly ladle the hot marmalade into sterilized half-pint jars with a  $\frac{1}{4}$ -inch headspace.

6. Remove the air bubbles using a plastic spoon.
7. Clean the rims, adjust the lids, and process for five minutes in a canner filled with boiling water. Remove from heat and let it cool.

**Nutrition:**

Calories: 82

Protein: 0 g

Fiber: 0 g

Fat: 0 g

Carbohydrates: 82 g

## 32. Cherry Marmalade

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Servings:** 4 pints

**Ingredients:**

- 4 tbsps. lime
- 4 c. cherries
- $\frac{2}{3}$  c. peeled and chopped orange
- 3  $\frac{1}{2}$  c. sugar

**Directions:**

1. Take a large pan and mix cherries, oranges, and juice. Make them boil at medium heat. Low the flame and add cove with gentle boiling with frequent stirring for twenty minutes. Keep boiling with slow stirring.

2. Now boil hard with frequent stirring as the mixture gets gel-like, for about thirty minutes. Remove the flame.
3. Pour the hot marmalade into sterilized jars. Remove the air bubble by adding more marmalade. Seal them with lids.

**Nutrition:**

Calories: 56

Fat: 0 g

Carbohydrates: 13 g

Protein: 1 g

## 33. Pear Marmalade



**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 12-pint jars

**Ingredients:**

- 4 medium ripe pears, peeled and quartered
- 5 ½ c. sugar
- 1.75 oz. pectin

- 1 tbsp. orange zest, grated
- 2 tbsp. lemon juice
- ½ c. orange juice
- 8oz. crushed pineapple

**Directions:**

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

**Nutrition:**

Calories: 393

Fat: 0.1 g

Carbohydrates: 104.1 g

Sugar: 99.8 g

Protein: 0.4 g

Cholesterol: 0 mg

## **34. Rhubarb Marmalade**

**Preparation Time:** 10 minutes

**Cooking Time:** 35 minutes

**Servings:** 16-pint jars

**Ingredients:**

- 6 c. fresh rhubarb, chopped
- 2 medium oranges
- 6 c. sugar

**Directions:**

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

**Nutrition:**

Calories: 302

Fat: 0.1 g

Carbohydrates: 79.8 g

Sugar: 77.7 g

Protein: 0.6 g

Cholesterol: 0 mg

# 35. **Ginger Orange Marmalade**

**Preparation Time:** 15 minutes

**Cooking Time:** 40 minutes

**Servings:** 3-pint jars

## **Ingredients:**

- 6 to 7 bitter oranges
- 2 c. water
- 1 medium lemon
- 3 c. granulated sugar
- 1 ½ tbsp. Ginger, peeled and finely grated

## **Directions:**

1. Remove the skin from the oranges and lemon and cut it into small strips.
2. Cut the oranges and lemon into halves. Juice them, remove the seeds, and set aside the juice but do not discard the pulp.
3. Mix the water, pulp, juice, and peels in a deep saucepan or cooking pot.
4. Boil the mixture and simmer for 45-50 minutes until the strips are softened.
5. Mix in the sugar and ginger.

6. Boil the mixture and cook over medium heat until firm and thick. Swirl continually to prevent scorching.
7. Spill the hot mixture into pre-sterilized jars directly or with a jar funnel. Keep headspace of  $\frac{1}{4}$  inch from the jar top.
8. To detach tiny air bubbles, insert a nonmetallic spatula and stir the mixture gently.
9. Clean the sealing edges with a damp cloth. Secure the jars with the lids and adjust the bands/rings to seal and prevent leakage.
10.                   Set the jars in a cool, dry, and dark place. Allow them to cool down completely.
11.                   Store in your refrigerator.

**Nutrition:**

Calories: 314

Protein: 0.9 g

Carbohydrates: 81.1 g

Fat: 0.2 g

Sugar: 77.6g

## 36.

## Three-Fruit

## Marmalade

**Preparation Time:** 15 Minutes

**Cooking Time:** 15 Minutes

**Servings:** 8 Half-Pints

**Ingredients:**

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

**Directions:**

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

**Nutrition:**

Calories: 88

Protein: 0 g

Fiber: 0 g

Fat: 0 g

Carbohydrates: 23 g

## 37. Orange Pineapple Marmalade



**Preparation Time:** 35 Minutes

**Cooking Time:** 1 Hour 20 Minutes

**Servings:** 4-pint jars

**Ingredients:**

- 2 cans (8 oz. each) of drained crushed pineapple
- 2 medium oranges
- 2 tbsp. lemon juice
- 4 c. sugar

**Directions:**

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

**Nutrition:**

Calories: 104

Protein: 0 g

Fiber: 0 g

Fat: 1 g

Carbohydrates: 27 g

# Chapter 3. Salsa and Sauces



## 38. Tomato Ketchup with Vinegar

**Preparation Time:** 25 minutes

**Cooking Time:** 45 minutes

**Servings:** 2-pint jars

**Ingredients:**

- 7 lbs. (3.2 kg) Roma or other paste tomatoes
- 1 large onion, chopped

- 1 c. apple cider vinegar
- ½ c. firmly packed brown sugar
- 2 tsp. Kosher salt
- ¼ tsp. cayenne pepper
- 1 tsp. mustard seed
- 1 tsp. whole cloves
- 1 tsp. whole allspice berries
- 1 cinnamon stick, broken

### **Directions:**

1. In a large pot, merge the tomatoes and onion. Bring the mixture to a boil. Reduce the heat to low. Parboil for thirty minutes, or until incredibly soft.
2. Using a food mill, pass the mixture through to purée. Discard the seeds and skins. Rinse the pot, place it on the stove, and return the purée to it.
3. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
4. Add the cider vinegar, brown sugar, kosher salt, and cayenne pepper to the purée.
5. Combine the mustard seed, cloves, allspice, and cinnamon in a cheesecloth square. Tie securely with kitchen twine into a sachet. Add to the pot. Simmer over low heat for about an hour and thirty minutes, or until reduced by half. Remove and discard the sachet.
6. Ladle the hot ketchup into the prepared jars, leaving ½ inch of headspace. Clean the rims clean and seal with the lids and rings.

7. Set the jars in a hot water bath for ten minutes. Se off the heat and let the jars rest in the water bath for ten minutes.
8. Carefully detach the jars from the hot water canner. Set aside to cool for twelve hours.
9. Check the lids for proper seals. Detach the rings, wipe the jars, label and date them, and set them in a cupboard or pantry.
10. Use within four weeks.

**Nutrition:**

Calories: 37

Protein: 1.9g

Carbohydrates: 7.4g

Fat: 0.8g

Sugar: 1.3g

## 39. Lime Blueberry Ketchup

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Servings:** 3-pint jars

**Ingredients:**

- 2 c. fresh or frozen blueberries
- $\frac{1}{3}$  c. apple cider vinegar
- 2 tbsp. balsamic vinegar

- Juice of 1 lime
- $\frac{3}{4}$  c. firmly packed brown sugar
- 1 tsp. Ground cinnamon
- $\frac{1}{2}$  tsp. Ground cloves
- $\frac{1}{2}$  tsp. Ground ginger
- $\frac{1}{2}$  tsp. Salt
- $\frac{1}{4}$  tsp. cayenne pepper

### **Directions:**

1. Prepare a hot water bath. Set the jars in it to keep warm. Wash the lids and rings and set them aside.
2. Mix the blueberries, cider vinegar, balsamic vinegar, and lime juice in a medium saucepan. Bring to a boil. Reduce the heat to medium. Simmer for five minutes. Set the blueberry mixture through a sieve into a clean saucepan, pressing with a rubber spatula or wooden spoon to extract as much pulp as possible. Discard the seeds.
3. Add the brown sugar, cinnamon, cloves, ginger, salt, and cayenne pepper to the blueberry mixture. Set to a full rolling boil over high heat, stirring to dissolve the sugar. Reduce the heat to medium. Parboil for about ten minutes more or until thickened.
4. Ladle the hot blueberry ketchup into the prepared jars, leaving  $\frac{1}{4}$  inch of headspace. Use a nonmetallic utensil to free any air bubbles. Clean the rims clean and seal with the lids and rings.
5. Set the jars in a hot water bath for fifteen minutes. Set off the heat and let the jars rest in the water bath for

ten minutes.

6. Carefully detach the jars from the hot water canner. Set aside to cool.
7. Detach the rings, wipe the jars, label and date them, and transfer them to a cupboard or pantry.
8. Refrigerate and use within three weeks. Properly secure jars will last in the cupboard for twelve months.

**Nutrition:**

Calories: 22

Total Fat: 0.2g

Carbohydrates: 3g

Protein: 2.8g

Sugars: 1g

Fiber: 1g

## 40. Peach Tomato Salsa



**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 16

**Ingredients:**

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

**Directions:**

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

**Nutrition:**

Cholesterol: 0mg

Calories: 34

Fat: 0.5 g

Carbohydrates: 7.5 g

Sugar: 5.2 g

Protein: 1 g

# 41. Mango Pineapple Salsa

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

## **Ingredients:**

- 2 mangoes, peeled and chopped
- 2 jalapenos, chopped
- 1 sweet pepper, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp ginger, grated
- $\frac{1}{4}$  c. vinegar
- $\frac{1}{4}$  c. lime juice
- $\frac{1}{3}$  c. sugar
- 3 c. pineapple, chopped
- 1  $\frac{1}{2}$  lbs. tomatoes, cored and chopped
- $\frac{1}{2}$  tsp. salt

## **Directions:**

1. Add all ingredients into the large pot and bring to boil.
2. Reduce heat and simmer for ten minutes. Stir frequently.
3. Remove pot from heat. Ladle salsa into the clean jars. Leave  $\frac{1}{2}$  inch headspace.

4. Seal jar with lids. Process in a water bath canner for twenty minutes.
5. Remove jars from the water bath and let them cool completely.
6. Check seals of jars. Label and store.

**Nutrition:**

Cholesterol: 0mg

Calories: 280

Fat: 1 g

Carbohydrates: 70 g

Sugar: 60 g

Protein: 4 g

## 42. Peppers & Tomato Salsa



**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 48

## **Ingredients :**

- 10 c. tomatoes; peeled, cored, and chopped
- 5 c. onions, chopped
- 5 c. green bell peppers, seeded and chopped
- 2 ½ c. jalapeño peppers, seeded and chopped
- 3 garlic cloves, chopped finely
- 2 tbsp. fresh cilantro, chopped finely
- 1¼ c. cider vinegar
- 1 tbsp. salt

## **Directions:**

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

9. After cooling with your finger, press the top of each jar's lid to ensure the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to one month.

**Nutrition:**

Cholesterol: 0mg

Calories: 19

Total Fat: 0.2 g

Saturated Fat: 0 g

Sodium: 241 mg

Total Carbohydrates: 3.9 g

Fiber :1 g

Sugar: 2.3 g

Protein: 0.7 g

## 43. Pear Caramel Sauce

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

**Servings:** 32

**Ingredients:**

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

## **Directions:**

1. Add chopped pears, vanilla bean paste, salt, and  $\frac{1}{4}$  cup of water to a blender, and pulse until smooth.
2. Transfer the pear puree into a bowl and set it aside.
3. In a heavy-bottomed saucepan, add sugar and water over medium-high heat and simmer for about 15–20 minutes, swirling the pan often.
4. Remove the saucepan of sugar syrup from heat and stir in the pear puree.
5. Return the saucepan over medium-low heat and cook for about 5–10 minutes or until the temperature of caramel sauce reaches between 215°F–225°F, stirring continuously.
6. In four ( $\frac{1}{2}$ -pint) hot sterilized jars, divide the sauce, leaving about  $\frac{1}{2}$  inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10.           Arrange the jars in a boiling water canner and process for about ten minutes.
11.           Remove the jars from the water canner and place them onto a wood surface several inches apart to cool completely.
12.           After cooling with your finger, press the top of each jar's lid to ensure the seal is tight.

13. The canned sauce can be stored in the refrigerator for up to one year.

**Nutrition:**

Cholesterol: 0mg

Calories: 87

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 58 mg

Total Carbohydrates: 23.1 g

Fiber: 0.9 g

Sugar: 21.5 g

Protein: 0.1 g

## 44. Tangy Cranberry Sauce



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 6-pint jars

## **Ingredients:**

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

## **Directions:**

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

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

**Nutrition:**

Calories: 25

Fat: 0 g

Carbohydrates: 6 g

Protein: 0 g

## 45. Enchilada Sauce

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Servings:** 3-pint jars

**Ingredients:**

- 12 c. halved cored peeled tomatoes (about 24 medium or 8 lb.)
- Water
- Spices,
- Bottled lemon juice
- Salt (optional)
- 6 tsp. chili powder
- 2 tsp. ground cumin
- 2 tsp. oregano
- 2 tsp. garlic powder

- 2 tsp. ground coriander
- 1 ½ tsp. seasoning salt

**Directions:**

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

**Nutrition:**

Calories: 79

Fat: 0 g

Carbohydrates: 21 g

Protein: 0 g

## 46. Honey Mustard



**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Servings:** 4-pint jars

**Ingredients:**

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

**Directions:**

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

**Nutrition:**

Calories: 49

Fat: 0.2g

Carbohydrates: 8.7g

Protein: 3.6g

Sugars: 4.9g

## **47. Green Salsa**

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Servings:** 3-pint jars

**Ingredients:**

- 2 lbs. about 8 c. tomatillos
- 2 c. chopped onions
- 1 to 4 hot peppers, seeded and chopped
- 1 c. fresh cilantro, minced
- 4 to 8 garlic cloves
- ½ c. lemon juice
- ½ c. lime juice

**Directions:**

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

**Nutrition:**

Calories: 37

Protein: 1.9g

Carbohydrates: 7.4g

Fat: 0.8g

Sugar: 1.3g

## **48. Spicy Chunky Salsa**

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Servings:** 3-pint jars

**Ingredients:**

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

**Directions:**

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

in a stockpot. Mix the remaining ingredients in a mixing dish.

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

**Nutrition:**

Calories: 719

Protein: 1.2 g

Carbohydrates: 104.5 g

Fat: 0.5g

Sugar: 97.6g

## **49. Green Tomato Salsa**

**Preparation Time:** 60 minutes (+standing)

**Cooking Time:** 15 minutes

**Servings:** 8-pint jars

**Ingredients:**

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

**Directions:**

1. In a food processor, process tomatoes, peppers, and onions until finely chopped.
2. Add salt and mix.
3. Divide the mixture between two strainers and place each over a bowl. Let stand for three hours.
4. Discard liquid from bowls. Place vegetables in a stockpot and stir in sugar, vinegar, celery, and mustard seed. Bring to a boil. Simmer for 30-35 minutes or until thickened and uncovered.
5. Scoop the hot mixture into hot sterilized pint jars, leaving a ¼-inch space on the top. Remove air bubbles and, if necessary, adjust headspace by adding a hot

mixture. Wipe the rims carefully. Place tops on jars and screw on bands until fingertip tight.

6. Set jars into a canner with simmering water, ensuring they are entirely covered with water. Let boil for 15-17 minutes. Remove jars and cool.

**Nutrition:**

Carbohydrates: 9 g

Fat: 0 g

Protein: 0 g

Sodium: 78 mg

Calories: 37

# Chapter 4. Chutneys and Relishes



## 50. Cucumber and Bell Pepper Relish

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

**Servings:** 4 half pint jars

**Ingredients:**

- 3 c. diced pickling cucumbers
- $\frac{3}{4}$  c. finely sliced red bell pepper

- $\frac{3}{4}$  c. finely chopped green bell pepper
- 1 celery stalk, finely chopped
- 1 jalapeño pepper, finely chopped
- 3 tbsp. pickling salt
- 1  $\frac{1}{2}$  c. white vinegar
- $\frac{1}{3}$  c. sugar
- 1 tbsp. chopped garlic
- $\frac{3}{4}$  tsp. dried thyme

### **Directions:**

1. Mix the cucumbers, red bell pepper, green bell pepper, celery, jalapeño, and pickling salt in a large bowl. Cover with a clean kitchen towel. Let stand in the room. Drain in a colander and rinse thoroughly.
2. Set a hot water bath. Bring the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
3. Mix white vinegar and sugar in a saucepot set over medium-high heat. Bring to a boil, swirling until the sugar dissolves.
4. Add the drained vegetables, garlic, and thyme. Return the mixture to a boil.
5. Ladle the relish into the prepared jars, leaving  $\frac{1}{2}$  inch of headspace.
6. Set the jars in a hot water bath for ten minutes. Set off the heat and set the jars to rest in the water bath.
7. Carefully detach the jars from the hot water canner. Set aside for twelve hours.

8. Check the lids for proper seals. Remove the rings, clean the jars, label and date them, and transfer them to a cupboard or pantry.
9. Refrigerate any jars that don't seal properly and use within two months. Properly secure jars will last in the cupboard for twelve months.

**Nutrition:**

Calories: 43

Fat: 0 g

Carbohydrates: 11.3 g

Sugar: 11 g

Protein: 0.1 g

Cholesterol: 0 mg

## **51. Zucchini Relish with Bell Pepper**

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 4-half pint jars

**Ingredients:**

- 4 c. finely diced zucchini
- 2 c. finely chopped red and/or green bell peppers
- 1 c. finely chopped onion
- 2 tbsp. pickling salt

- 2 c. white vinegar
- 1 c. sugar
- 2 tbsp. prepared horseradish
- 1 tsp. mustard seed

**Directions:**

Day 1:

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

Day 2:

1. Drain the vegetables in a colander and rinse thoroughly. With clean hands, press out any excess water.
2. Prepare a hot water bath. Set the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
3. In a medium saucepot set over medium-high heat, combine the white vinegar, sugar, horseradish, and mustard seed. Bring to a boil, swirling until the sugar dissolves.
4. Add the drained vegetables. Return the mixture to a boil. Reduce the heat to low. Simmer for ten minutes.
5. Ladle the relish into the prepared jars, leaving  $\frac{1}{4}$  inch of headspace. Use a nonmetallic utensil to free any air bubbles. Clean the rims clean and seal with the lids and rings.

6. Set the jars in a hot water bath for ten minutes. Set off the heat and let the jars rest in the water bath.
7. Carefully detach the jars from the hot water canner. Set to cool for twelve hours.
8. Check the lids for proper seals. Remove the rings, wipe the jars, name and date them, and bring them to a cupboard or pantry.
9. Refrigerate any jars that don't secure properly and use within two months. Properly secure, the jars will last in the cupboard for twelve months.

**Nutrition:**

Calories: 36.4

Total Fat: 0.13g

Carbohydrates: 8.36g

Protein: 1.17g

Sugars: 1g

## 52. Onion Relish with Pimiento

**Preparation Time:** 15 minutes

**Cooking Time:** 14 minutes

**Servings:** 8-half pint jars

**Ingredients:**

- 5 lbs. (2.3 kg) sweet onions (such as Vidalia or Walla Walla)

- ¼ c. salt
- 1 pt. apple cider vinegar
- 1 tsp. ground turmeric
- 4 oz. (113 g) chopped pimiento
- 1 c. granulated sugar
- 1 tsp. pickling spices

**Directions:**

1. Chop the onions finely, either by hand or in a food processor.
2. Place the onions into a large glass bowl or shallow casserole dish, sprinkle the salt over the onions, and allow to rest in the refrigerator for one hour.
3. Fill the canner with enough water to cover the jars. Boil the water, reduce the heat to low, place the jars in the water, and simmer until ready to use.
4. Drain the liquid from the onions. Combine the onions in a large pot with vinegar, turmeric, pimiento, and sugar. Tie the pickling spices into a small square of cheesecloth and add to the pot.
5. Set the onion mixture to a boil and allow them to cook until the onions are transparent.
6. Pack the onions with the cooking liquid into the canning jars, leaving ½ inch of headspace.
7. Remove air bubbles, wipe the rims, center the lids, screw on the bands, and adjust until they are fingertip tight.
8. Set the jars in the canner and bring them to a boil. Be sure there is at least 1 inch of water covering the jars.

9. Process for ten minutes, adjusting for altitude. Detach the jars from the canner and cool.

**Nutrition:**

Calories: 25

Fat: 0 g

Carbohydrates: 6 g

Protein: 0 g

## 53. Spicy Tomato Relish



**Preparation Time:** 5 minutes

**Cooking Time:** 20 minutes

**Servings:** 3-pint jars

**Ingredients:**

- 6 tomatoes
- 10g Indian chili powder plus 1 tbsp.
- 1 tbsp. sugar
- 1 tbsp. salt

- 4 tbsp. Sesame seed oil

**Directions:**

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

**Nutrition:**

Calories: 40

Total Fat: 3.5g

Carbohydrates: 2g

Protein: 0g

Sugars: 2g

Fiber: 0.5g

Sodium: 150mg

Potassium: 100mg

## **54. Jalapeno Pineapple Relish**

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 8-pint jars

**Ingredients:**

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

**Directions:**

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

**Nutrition:**

Calories: 144

Fat: 0.4 g

Carbohydrates: 35 g

Sugar: 30 g

Protein: 1 g

Cholesterol: 0 mg

## 55. Tomatillo Relish with Pepper

**Preparation Time:** 14 minutes

**Cooking Time:** 25 minutes

**Servings:** 6-pint jars

**Ingredients:**

- 12 c. chopped tomatillos
- 3 c. finely chopped jicama
- 3 c. chopped onion
- 6 c. chopped plum-type tomatoes
- 1 ½ c. chopped green bell pepper
- 1 ½ c. chopped red bell pepper
- 1 ½ c. chopped yellow bell pepper
- 1 c. canning salt
- 2 qt. water
- 6 tbsp. whole mixed pickling spice
- 1 tbsp. crushed red pepper flakes (optional)

- 6 c. sugar
- 6 ½ c. cider vinegar (5%)

**Directions:**

1. Detach husks from tomatillos and wash well.
2. Skin jicama and onion. Clean all vegetables well before trimming and chopping. Set chopped tomatillos, jicama, onion, tomatoes, and all bell peppers in a 4-quart saucepot.
3. Set canning salt in water. Spill over prepared vegetables.
4. Warmth to boiling; parboil for five minutes. Drain thoroughly for about 15 to 20 minutes.
5. Set pickling spice and optional red pepper flakes on a clean, double-layer, 6-inch-square piece of 100% cotton cheesecloth.
6. Set corners together and tie with a clean string. (Or use a purchased muslin spice bag.)
7. Merge sugar, vinegar, and spices in a saucepan; set to a boil.
8. Attached drained vegetables. Return to boil; set heat and simmer, uncovered, for 30 minutes. Remove spice bag.
9. Set hot relish mixture into hot pint jars, giving ½ inch headspace.
10. Detach air bubbles and adjust headspace if needed.
11. Clean rims of jars with a dampened clean paper towel. Adjust lids and process.

**Nutrition:**

Calories: 88

Protein: 0 g

Fiber: 0 g

Fat: 0 g

Carbohydrates: 23 g

## 56. Chile Relish with Onion

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Servings:** 6-pint jars

**Ingredients:**

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

**Directions:**

1. Set a hot water bath. Bring the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set

them aside.

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

**Nutrition:**

Carbohydrates: 1 g

Fat: 0 g

Protein: 1 g

Sodium: 727 mg

Calories: 4

## **57. Spicy Corn Relish**

**Preparation Time:** 15 minutes

**Cooking Time:** 35 minutes

**Servings:** 4-pint jars

**Ingredients:**

- Fresh corn on the cob (about 18)
- 2 c. red bell peppers, sliced
- 1 ½ c. of diced green peppers
- ½ c. Jalapeno, chopped finely (optional)
- 2-3 cloves of crushed garlic
- 2 tbsp. Sea salt
- 4 tsp. Dried mustard powder
- ⅔ c. Brown sugar
- 4 c. Cider vinegar
- 1 c. water

**Directions:**

1. To prepare the jars, sterilize a minimum of 10-pint jars (or as many as you can). Shuck the corn and remove the silks from the kernels. This is best to perform against a cutting board carefully with a sharp knife.
2. Transfer the kernels into a large cooking pot, preferably stainless steel. Add all the other ingredients into the pot and stir well, then bring the contents to a boil.
3. Continue to mix on occasion until the mixture reaches the boiling point, then reduce to medium-low and simmer for about 18-20 minutes.
4. Set the sterilized jars near the stove and gently scoop the corn relish while it's hot with a ladle or large spoon

into each jar. Allow for ½ inch at the top of each jar and remove any air bubbles inside.

5. Adjust the level of the relish in each jar and ensure that there is no excess liquid on the rim or edges of the jars. Clean this area thoroughly with a paper towel lightly dampened with vinegar. Affix the lids and close them tightly.
6. Place them in the water bath canner and cover them with at least one inch of water over the jars. Bring the canner to a boil, cover, and then process for 15-16 minutes.
7. Remove from the heat, remove the lid to the canner, and allow the jars of relish to settle for about 5-7 minutes before transferring them onto a clean cloth or wire rack.
8. Allow the jars to cool this way, at room temperature, for up to twenty-four hours. After they have cooled, remove the rings from the lids and wipe the jars well. Place them in a cellar or pantry (away from natural light) for up to one year.

**Nutrition:**

Calories: 255

Fat: 0.3 g

Carbohydrates: 65 g

Sugar: 55 g

Protein: 1.7 g

Cholesterol: 0 mg

# 58. Cucumber Relish

**Preparation Time:** 60 minutes

**Cooking Time:** 60 minutes

**Servings:** 4-pint jars

## **Ingredients:**

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

For the Spice Bag:

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

## **Directions:**

1. Rinse and drain vegetables. Remove stem, seeds, and ribs from peppers. Chop and measure all vegetables. Sprinkle with turmeric.

2. Dissolve salt in water. Pour over vegetables. Let stand for three hours. Drain.
3. Cover vegetables with more cold water. Let stand for one hour. Drain well. Add spice bag and sugar to vinegar. Heat to boiling. Simmer for about ten minutes.
4. Remove spice bag. Pour syrup on top of the vegetables. Let stand overnight. Heat until hot throughout. If too dry, add a bit more vinegar.
5. Allow boiling and stirring to distribute heat. Package the hot relish into sterilized hot jars, allowing  $\frac{1}{4}$  inch of headspace.
6. Wipe the jar's rim, set a warm lid, and tighten. Place in a bath canner with boiling water and process for ten minutes.

**Nutrition:**

Calories: 318

Fat: 1 g

Carbohydrates: 1 g

Protein: 0 g

## **59. Cranberry Relish**

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 2-pint jars

**Ingredients:**

- 2 c. fresh cranberries, chopped

- 6 Medjool dates, pitted and chopped
- ½ shallot, finely diced
- 1 orange, seeded and chopped
- 4 sage leaves, finely chopped
- 2 tbsp. brown sugar
- 1 c. red wine vinegar
- ¼ c. sugar
- 1 tbsp. salt

**Directions:**

1. Add the cranberries, dates, shallots, sage leaves, and orange to a medium bowl and toss well to combine, then set aside. Merge the vinegar, sugar, and salt in a small sauce pan over medium to high heat and bring to a boil.
2. Set the heat to simmer for ten minutes, then remove from heat. Scoop the cranberry relish three quarters into the storage cans and top with the vinegar mixture, leaving ¼ inch head space.
3. Tightly seal the cans and place them in a fifteen-minute water bath the let cool in a dry place.

**Nutrition:**

Calories: 81

Total Fat: 0.1 g

Carbohydrates: 21.6 g

Sugars: 17 g

Protein: 0.6 g

# 60. Rhubarb Chutney

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 6-pint jars

## **Ingredients:**

- 8 c. sliced rhubarb
- 6 c. sliced onion
- 2 c. raisins
- 7 c. light brown sugar
- 4 c. apple cider vinegar
- 2 tbsp. salt
- 2 tsp. cinnamon
- 2 tsp. ginger
- 1 tsp. ground cloves
- $\frac{1}{8}$  tsp. cayenne pepper

## **Directions:**

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

## **Nutrition:**

Calories: 58

Fat: 1g

Carbohydrates: 12g

Protein: 0g

## 61. Mango Chutney



**Preparation Time:** 15 minutes

**Cooking Time:** 45 minutes

**Servings:** 4-pint jars

### **Ingredients:**

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

### **Directions:**

1. Peel the ginger and halve it.

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

**Nutrition:**

Calories: 37

Fat: 0g

Carbohydrates: 12g

Protein: 0g

## **62. Rhubarb Cherry Chutney**

**Preparation Time:** 15 minutes

**Cooking Time:** 35 minutes

**Servings:** 6-pint jars

**Ingredients:**

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

**Directions:**

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

**Nutrition:**

Calories: 102

Carbohydrates: 27g

Fat: 0g

Protein: 0g

# 63. **Garlicky Lime Chutney**

**Preparation Time:** 10 minutes

**Cooking Time:** 60 minutes

**Servings:** 3-pint jars

## **Ingredients:**

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

## **Directions:**

1. Prepare a hot water bath. Bring the jars in it to keep warm. Clean the lids and rings in hot, soapy water, and set them aside.
2. In a medium saucepan, combine the limes, garlic, ginger, chiles, and chili powder, stir well, and bring to a simmer.

3. Add the vinegar and sugar, return to a simmer, and cook, occasionally stirring, until the limes are tender, and the mixture is thick to the mound when dropped from a spoon, about 70 minutes. Remove from the heat.
4. Ladle the chutney into the prepared jars, leaving  $\frac{1}{4}$  inch of headspace. Use a nonmetallic utensil to free any air bubbles. Clean the rims and seal with the lids and rings.
5. Set the jars in a hot water bath for twenty minutes. Set off the heat and let the jars rest in the water bath.
6. Carefully detach the jars from the hot water canner. Set aside to cool for twelve hours.
7. Check the lids for proper seals. Remove the rings, wipe the jars, label and date them, and transfer them to a cupboard or pantry.
8. For the best flavor, allow the chutney to rest for three days before serving. Set in the refrigerator any jars that don't seal properly and use them within six weeks. Properly secure jars will last in the cupboard for twelve months. Once opened, refrigerate and consume within six weeks.

**Nutrition:**

Calories: 58

Fat: 1g

Carbohydrates: 12g

Protein: 0g

# 64. Cilantro Chutney

**Preparation Time:** 45 minutes

**Cooking Time:** 10 minutes

**Servings:** 5-pint jars

## **Ingredients:**

- ½ c. of yogurt (this can be omitted or replaced with a vegan-based version of yogurt)
- 3 tbsp. Lemon juice
- 1 bunch of cilantro with stems removed (small branches can be left intact)
- 1 c. packed Mint leaves
- 2 tsp. Ginger, sliced
- ½ tsp. Sea salt
- 1 garlic clove
- 1 medium-sized jalapeno, sliced finely
- ½ tsp. Sugar

## **Directions:**

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

one month in your refrigerator.

**Nutrition:**

Calories: 88

Carbohydrates: 22g

Fat: 0g

Protein: 1g

## 65. Indian Apple Chutney

**Preparation Time:** 14 minutes

**Cooking Time:** 20 minutes

**Servings:** 6-pint jars

**Ingredients:**

- 2 lbs. of apples (medium in size)
- 1 c. diced onions (finely diced)
- 2 tsp. Allspice
- 2 tbsp. Ginger, ground or fresh
- 7 c. or 2 lbs. Raisins
- 1 c. Red bell pepper, chopped finely
- 3 tbsp. Mustard seeds
- 2 tsp. Curry powder
- 2 tsp. Pickling salt
- 1 clove of garlic, crushed
- 2 hot peppers, seeds removed and diced finely
- 4 c. malt vinegar

- 4 c. Brown sugar (or less, if you prefer less sugar)

### **Directions:**

1. Prepare, wash, and scrub the apples. Then peel, core, and slice. Place the apples in a large cooking pot and cover them with water. Wash and slice the onions, remove all the skin, and add to the cooking pot.
2. Repeat the same process with the peppers and add them into the pot with the onions and apples.
3. Pour the remaining ingredients into the cooking pot, including the malt vinegar, and bring the contents to a boil. Once this point is reached, cook for about two minutes, then reduce to a simmer and stir often.
4. Continue this process until the apples are tender, which can take up to one hour. Place the mixture into sterilized jars and adjust for one inch of space at the top.
5. Clean down the jars' rims before scooping the chutney's contents into the jars. Place the lids on tightly and process in a water bath canner for 10-11 minutes.
6. Allow the jars to cool on a wire rack or cloth overnight, then store in a pantry or fruit cellar for up to one month.

### **Nutrition:**

Calories: 47

Fat: 0g

Carbohydrates: 11.1g

Protein: 0g

# 66. Chutney

## Plum Tomato

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 4-pint jars

### **Ingredients:**

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

### **Directions:**

1. Heat the oil in a deep saucepan.
2. Add the bay leaves, ginger, and green chilies, and stir. Add the tomatoes and plums.
3. Add the salt, zest, lemon juice, and vinegar. Stir in the sugar and pepper, cover, and cook for three minutes.

4. Spoon the chutney into sterilized jars, leaving a ½-inch headspace.
5. Wipe the edge of the jar rim clean and add the lid. Process these in a boiling water bath for ten minutes.

**Nutrition:**

Calories: 70

Fat: 0 g

Carbohydrates: 31 g

Protein: 1 g

## 67. Curried Apple Chutney

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**Servings:** 10-pint jars

**Ingredients:**

- 2 qt. apples, peeled, cored, and chopped
- 2 lbs. raisins
- 4 c. brown sugar
- 1 c. onion, chopped
- 1 c. sweet pepper, chopped
- 3 tbsp. mustard seed
- 2 tbsp. ground ginger
- 2 tsp. allspice
- 2 tsp. curry powder

- 2 tsp. salt
- 2 hot red peppers, chopped
- 1 clove of garlic, minced
- 4 c. vinegar

**Directions:**

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

**Nutrition:**

Calories: 23

Fat: 0 g

Carbohydrates: 11 g

Protein: 0 g

# Conclusion

Water bath canning is used primarily for home canning to preserve food's flavor and nutritional value. It is a safe way to preserve food because it does not use chemicals. This method produces good results in preserving food from bacteria because the jars are boiled whole, killing all harmful germs and microorganisms that cause spoiling or decay. The steps use steam under pressure to cook food in sealed jars, which are then placed into boiling water for a specified time to sterilize and seal the jars.

As previously mentioned, water bath canning is one of the safest ways of preserving food. It is a technique that requires you to use water to sterilize jars and cover them during the sealing process. This method of properly preserving foods uses high heat and pressure as two-part barriers for keeping bacteria out of food, typically done in a boiling water bath canner. Food preserved using this technique retains its natural color, flavor, nutritional value, texture, and other properties.

Canning is a method of food preservation that uses heat to destroy microorganisms that cause food spoilage and the growth of harmful bacteria. While this is done through heat, it does not cook or pasteurize the food. Instead, it creates an acidic environment that inhibits the growth of food-spoiling microorganisms. The jars must be boiled and then sterilized in a water bath. Before canning, you should ensure

that your jars are clean, free from rust or other debris, and screw on tight. Store them upside down so the mouth is at the bottom of the jar. Place lids on the jars in a boiling water canner for about 30 minutes.

Thank you for using this book to learn about water bath canning. Make sure always to follow proper steps and safety procedures while canning food. Make sure you have the apt equipment and do not ignore any steps in this process. As long as you carefully and safely follow the instructions, you'll be sure to enjoy food that has been adequately preserved for months to come.

[OceanofPDF.com](http://OceanofPDF.com)