

# Canning Class by Linda Thomas

## Helpful hint's and tips:

1. Foods that can be canned in Boiling-water Method:
  - Fruit, Tomatoes, Pickles
  - Must use **bottle lemon juice**, citric acid or white or apple cider vinegar (depends on what you are canning) labeled with 5% acidity.
  - Follow the directions and measure all ingredients as per the recipe.
  - Always process in boiling water bath for the specific time that is recommended on the recipe.
2. Foods that must be canned in pressure cooker:
  - Vegetables, meats, all low-acid food.
3. Always use bottle lemon or lime juice when canning. Fresh lemons or limes don't have the acidity you need for your jams and jellies to set properly.
4. Always process jams and jellies in hot water bath, for proper sealing and to prevent mold from growing.
5. Hard water: Sometimes when processing jars in hot water canners and pressure canners in hard water, your jars will have a white film form on them. To prevent the hard water film, add 2-3 tablespoons of white vinegar to water.
6. Always use Ball, Mason or Kerr jars for canning, other jars i.e. glass mayonnaise jars cannot handle the high temperatures and will break.
7. Do not can anything with starch i.e. flour, cornstarch, rice, and pasta. They can expand and cause your jars to blow up in your canner. If making pie filling use Clear Jel. Clear Jel can be purchased online at <http://www.kitchenkrafts.com>.
8. You can find canning jars at Wal-Mart, Smiths and Smart & Final.
9. Always boil jars and keep them hot before filling with "hot packed" food i.e. jams, jellies, tomatoes, pickles and other products. Boiling sterilizes the jars and prevents breakages.
10. Always follow the recipe exactly do not improvise. Never double jam or jelly recipes they will not set-up. (I've learned this from experience).
11. When a recipe calls for vinegar generally white vinegar is the best to use. Apple cider vinegar has a stronger vinegar flavor and can cause vegetables turn dark.

## Helpful website for canning:

National Center for Home Food Preservation

Website: [http://www.uga.edu/nchfp/publications/publications\\_usda.html](http://www.uga.edu/nchfp/publications/publications_usda.html)

**UNCE Orchard**-University of Nevada Cooperative Extension

Orchard Direct Line: 702-257-5532

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## Selecting, Preparing and Canning Meat Strips, Cubes or Chunks of Meat

### Beef, Lamb, Pork, Sausage, Veal, Venison

Please read Using Pressure Canners before beginning. If this is your first time canning, it is recommended that you read Principles of Home Canning. Go to the following website: <http://nchfp.uga.edu/>

**Procedure:** Choose quality-chilled meat. Remove excess fat. Soak strong-flavored wild meats for 1 hour in brine water containing 1 tablespoon of salt per quart. Rinse. Remove large bones.

**Hot pack** – Precook meat until rare by roasting, stewing, or browning in a small amount of fat. Add 1 teaspoons of salt per quart to the jar, if desired. Fill jars with pieces and add boiling broth, meat drippings, water, or tomato juice, especially with wild game), leaving 1-inch headspace.

**Raw pack** – Add 2 teaspoons of salt per quart to the jar, if desired. Fill jars with raw meat pieces, leaving 1-inch headspace. Do not add liquid.

Adjust lids and process following the recommendations in Table 1 or Table 2 according to the canning method used.

**Table 1.** Recommended process time for **Strips, Cubes, or Chunks of Meat** in a dial-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of			
			0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot and Raw	Pints	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90	11	12	13	14

**Table 2.** Recommended process time for **Strips, Cubes, or Chunks of Meat** in a weighted-gauge pressure canner.

Style of Pack	Jar Size	Process Time	Canner Pressure (PSI) at Altitudes of	
			0 - 1,000 ft	Above 1,000 ft
Hot and Raw	Pints	75 min	10 lb	15 lb
	Quarts	90	10	15

# Making Jams and Jellies

## Concord Grape Jelly

### Ingredients

5 cups prepared juice (buy about 3-1/2 lb. fully ripe Concord or other loose-skinned grapes)

1-1/2 cups water

1 box SURE-JELL Fruit Pectin

½ tsp. Butter or margarine

7 cups sugar, measured into separate bowl

### Make It

**BRING** boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water.

Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain well before filling.

**STEM** and crush grapes thoroughly, 1 layer at a time. Place in large saucepan; add water. Bring to boil. Reduce heat to low; cover and simmer 10 min., stirring occasionally. Place 3 layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Tie cheesecloth closed; hang and let drip into bowl until dripping stops. Press gently. Measure exactly 1-1/4 qt. (5 cups) prepared juice into 6- or 8-qt. saucepot.

**STIR** pectin into juice in saucepot. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.

**LADLE** immediately into prepared jars, filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with 2-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 5 min. Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

### Kraft Kitchens Tips

How to Measure Precisely

To get exact level cup measure of sugar, spoon sugar into dry metal or plastic measuring cup, then level by scraping excess sugar from top of cup with a straight-edged knife.

Altitude Chart

At altitudes above 1,000 feet, increase processing time as indicated: 1,001 to 3,000 feet-increase processing time by 5 min.; 3,001 to 6,000 feet-increase processing time by 10 min.; 6,001 to 8,000 feet-increase processing time by 15 min.; 8,001 to 10,000 feet-increase processing time by 20 min.

## Canned Spaghetti Sauce

**Procedure:** Wash 30 lbs of tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Drain in colander to remove excess water.

Sterilized jars: Place jars upside down in metal cake pan with 1-2 inches of water. Heat until jars are hot and steamy... Also pour boiling water over lids and rings in pan to sterilize.

In large kettle or pot sauté the below ingredients until soft.

2 Tablespoons olive oil  
1 cup chopped fresh onions  
3 clove of garlic  
1 teaspoons garlic powder  
1 cup chopped celery

Add:

30 pounds of blanched, peeled, and seeded tomatoes (it may sound like a lot of tomatoes but after you blanch and peel and seed your tomatoes there isn't a lot left)

If your tomatoes are watery, boil them down before you add the spices, to avoid them from becoming too strong. It takes approximately 10 to 20 minutes.

Add:

3 Tablespoons of oregano  
3 bay leaves  
2 Tablespoons dried basil or 1 cup fresh-diced basil chopped  
2-teaspoon black pepper  
2-teaspoon salt  
2-small cans of tomato paste.

1/4-cup lemon juice (if processing in water bath canner use bottled 100% lemon juice. Fresh lemons don't have enough acidity, the juice helps to acidify the tomatoes which is necessary when processing in water bath canner). Not necessary if you are using a pressure canner.

NOTE: if you want to freeze the sauce instead, just fill your freezer containers (I like Ziploc freezer bags in the quart size), fill them completely, eliminate air pockets, seal them and pop them in the freezer. You're done!

Fill hot sterilized jars with sauce and put the lid and rings on, fill them to within 1/4-inch of the top. Wipe top of jar to be sure the contact surfaces (top of the jar and underside of the ring) are clean to get a good seal. Place the lid and hand-tighten the ring around them.

Put them in the water canner with boiling water and keep jars covered with at least 1 inch of water over the top of the bottles. When water comes back to full boil. Process the jars in a boiling-water bath for 35 minutes for pints and 40 minutes for quarts.

If you have a pressure canner, process the sauce for the time in the tables below, as appropriate for your altitude, jar size and type of canner.

**Table 1.** Recommended process time for **Spaghetti Sauce Without Meat** in a dial-gauge pressure canner.

			<b>Canner Gauge Pressure (PSI) at Altitudes of</b>			
<b>Style of Pack</b>	<b>Jar Size</b>	<b>Process Time</b>	<b>0 - 2,000 ft</b>	<b>2,001 - 4,000 ft</b>	<b>4,001 - 6,000 ft</b>	<b>6,001 - 8,000 ft</b>
Hot	Pints	20 min	<b>11 lb</b>	12 lb	13 lb	14 lb
	Quarts	25	<b>11</b>	12	13	14

### **Dill Pickles, by Bobbie Ellsworth**

1. Wash 6-8 pounds of cucumbers and cut a thin slice from each end of cucumbers.
2. Bring to boil: 3 cups white vinegar, 12 cups water
3. Place cucumbers in boiling vinegar/water mixture and bring back to a boil. Remove from heat.
4. Sterilize the jars and seals in boiling water.
5. In hot quart jars, place 1 head fresh dill or 1 tsp dill seeds, 1 Tbsp salt, and 1-2 cloves garlic into each jar; pack in cucumbers. Pour boiling vinegar mixture over cucumbers to within 1/2 inch of rim (head space). Process 15 minutes in hot water canner. Using a jar lifter remove from canner, place on towel and let sit for 24 hours to cool and seal.

Pickles will be ready to eat in 3 to 4 weeks