

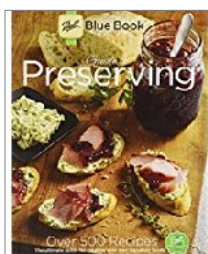
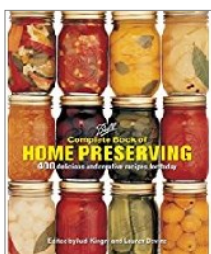
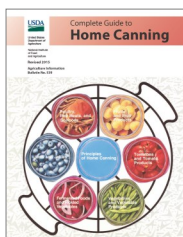
UC Master Food Preserver Internal Recipe Sources

We use research based recipes in our public classes and outreach events from a limited source list. The general rule of thumb is if the process has any risk involved (canning, fermentation, etc.), we are limited to USDA, University and some Ball recipes. We have the greatest flexibility with freezing and dehydrating because when properly done the temperature and moisture content is insufficient for micro organisms to grow.

Note: the public is not limited to using these resources.

Canning recipes sources:

- [National Center for Home Food Preservation](#)
- [USDA Complete Guide to Home Canning 2015 edition](#)
- [So Easy to Preserve, 6th edition, 2014](#) (University of Georgia)
- Ball Complete Book of Home Preserving 2012, & 2020 editions (*not 2016; multiple recipes conflict with tested results. Until USDA or University researchers validate the safety and change their recommendations, we don't teach from this book. Use your MFP training to choose safe recipes for personal use.*)



- Ball Blue Book, 2014
- ballmasonjars.com —(Ball's website, but don't use boiling water canning recipes with fresh lemon juice for salsa or broth, and no vegetable fermentation recipes other than cucumbers and cabbage.)
- [USDA & University Extension Programs](#)
 - * [University of Alaska](#)
 - * [University of California](#)
 - * [Clemson University](#)
 - * [Colorado State University](#)
 - * [Cornell University](#)
 - * [University of Georgia](#)
 - * [University of Idaho](#)
 - * [Michigan State University](#)
 - * [University of Minnesota](#)
 - * [North Carolina State University](#)
 - * [Oregon State University](#)
 - * [Washington State University](#)
 - * Visit [MFP publication library](#) for more resources

Note: we don't teach canning tomatoes in oil.

Fermentation Recipe Sources

- Pickles: see canning sites
- Sauerkraut (*without additions of other vegetables*)
- [Collard Kraut and Sauerkraut](#): Clemson recipes
- [Kimchee](#) & [Kombucha](#): Colorado State recipes
- [Sourdough Starter](#): Colorado State University
- [Sourdough](#): University of Alaska, FNH-00061

Dairy Recipe Sources

- [Yogurt Made Simple](#): Washington State University
- [Making Yogurt at Home](#): University of Alaska
- [Fresh Mozzarella](#): University of Alaska
- [Fresh Cheese](#): New Mexico University
- [Queso Fresco](#): Oregon State University
- [Understanding and Making Kefir](#) (milk-based), Colorado State University Extension

Meat & Fish Recipe Sources

Must include a cooking step plus cold storage or pressure canning; no fermenting or curing

- [Making Sausage at Home](#), University of Alaska Fairbanks, FNH-00263
- [Summer Sausage & Deli Style Meats](#), Oregon State University, SP 50-735
- *Most of* [Basics of Sausage Making: Formulation, Processing & Safety](#), UGA Bulletin #1437
Excluded: dry or fermented sausages, pepperoni and dry beef salami; mold-ripened sausages
- [Preparing Safe Jerky](#), University of Georgia, FDNS-E-43-11
- [Smoking Fish at Home – Safely](#), University of Alaska Fairbanks, FNH-00325
- [Other extension publications](#)

Dehydrating & Freezing Recipe Sources

- *Use any reputable recipe that follows the food safety and preservation processes recommended by our canning sources*
- [Excalibur Dehydrator](#)
- [Freeze Drying](#), Harvest Right