



Boiling Water or Steam Canning 1 • 2 • 3 • 4

1. PICK

- a tested recipe
- high-quality foods which are at the proper maturity and free of disease & bruises

2. GATHER (canning equipment)

- canning pot
- canning tools
- regular or wide-mouth Mason-type threaded home canning jars with 2-piece lid and ring
Check jars; don't use if you find damage, including cracks, nicks and uneven rim surface.
Use brand new lids with fresh sealing compound.

3. PREPARE your kitchen, equipment, ingredients and yourself

- Clean surfaces and utensils in your kitchen.
- Wash jars and lids in hot soapy water and rinse well; set aside rings.
For lids, follow manufacturer instructions on box: simmer if required, or set aside.
If processing times less than 10 minutes, sterilize jars before filling with food.
- Thoroughly rinse fruits and vegetables with cold running water.
- Wash your hands the right way - for 20 seconds with soap and running water.

4. PRESERVE using either a Boiling Water Canner or a Steam Canner

- Do not substitute the type of pectin, type of sugar or change the measurements of fruit, vegetables, sugar, acid or pectin in the recipe
- **Adjust processing time based on altitude.**
- Note: When using a steam canner, use only recipes that require a total processing time (this includes modifications for altitude) of 45 minutes or less.
- Follow step by step directions listed in the table on the next page.
- Label and store properly sealed jars in a cool dark place, preferably 50°F to 70°F.
Jars found unseal within 24 hours of removal from canner may be refrigerated & used immediately or they can be reprocessed (reprocessing may degrade the quality);
jars found unsealed after 24 hours should be discarded.

For more complete information on canning, see USDA Guide to Canning



http://nchfp.uga.edu/publications/publications_usda.html

For more information on the safe use of a Steam Canner, see UCANR Publication 8573

<https://anrcatalog.ucanr.edu/pdf/8573.pdf>

If you have any food safety questions, please submit a query to our helpline

http://ucanr.edu/sites/MFPOC/Got_A_Question/

Boiling Water Canner	Steam Canner
	
<p>Place rack in canner & fill with enough water to submerge jars with 1 to 2 inches of water; 2” needed for 30 minutes of processing time.</p>	<p>Add water to canner, per manufacturer; usually about 2 to 3 quarts - so jars sit on rack at or above water level.</p>
<p>Place clean, empty jars in canner. Preheat water in canner to a simmer (180°F) and keep jars hot until needed.</p>	<p>Place clean, empty jars in canner. Preheat water in canner and heat jars; keep jars hot in canner until needed.</p>
<p>Prepare your recipe.</p>	<p>Prepare your recipe.</p>
<p>Fill jars to correct headspace; remove air bubbles; if needed, add to correct headspace.</p>	<p>Fill jars to correct headspace; remove air bubbles; if needed, add to correct headspace.</p>
<p>Wipe jar rims clean with damp cloth for good seal; center lid; secure ring to fingertip tight.</p>	<p>Wipe jar rims clean with damp cloth for good seal; center lid; secure ring to fingertip tight.</p>
<p>Keeping jars upright, place in canner; leave ¼ inch between jars for water circulation; ensure water covers jars by 1 to 2 inches.</p>	<p>Place jars on steamer rack; place lid on canner so steam vent hole faces the back or side.</p>
<p>Cover canner & bring water to vigorous boil, then begin adjusted processing time. Keep canner covered and maintain a boil throughout processing or you must restart the process. Heat may be lowered a little, as long as a complete boil is maintained for the entire process time.</p>	<p>When a full column (6”-8”) of steam exits the vent hole, begin processing time. Lower heat to maintain even steam venting. Steam must flow freely from canner vent during the entire process or food is considered under processed/unsafe.</p>
<p>When processing is complete, turn off heat, remove lid and let rest 5 minutes (to allow canner contents to settle). Remove jars without tipping; place on towel or rack with at least 1-inch between jars. Do not blot water on lid or retighten rings. Let sit undisturbed to cool at room temperature 12 to 24 hours. After cooled, check for proper seal - lid should not flex when pressed.</p>	<p>When processing is complete, turn off heat and wait 2-3 minutes. Cautiously open the lid away from you. Remove jars without tipping; place on towel or rack with at least 1-inch between jars. Do not blot water on lid or retighten rings. Let sit undisturbed to cool at room temperature 12 to 24 hours. After cooled, check for proper seal - lid should not flex when pressed.</p>