



Master Food Preservers San Joaquin, Stanislaus and Merced County



Contact
the Master

Food Preservers

What county are you in?

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[Visit our web-site](#)

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Did You Know?

Our newsletter has hyperlinks to other useful websites. Click on the underlined words to open a page. It's as easy as that!

Summertime is Here!

This is one of the best times of the year for preservers, first timers and experienced. Summer in the central valley gives us a plethora of fruit and vegetables with which to work preservation magic. The produce available for jams, jellies, conserves, marmalades, soft spreads and fruit syrups will be at its peak.

Vegetables reach their peak and are calling to be made into soups, preserved by pressure canning, ready for the cold winter days.

And don't forget the barbeques. Who doesn't cook outdoors at least once during the summer months. We have a great recipe for a "Zesty Peach Barbeque Sauce". This month we also have a great article on safe grilling techniques.

Not to be forgotten - TOMATOES! Whether you make your own marinara or sauces, or can tomatoes to be added to soups in the Fall, or have you tried your hand at making your own ketchup. Spice it up the way you and your family like, AND eliminate that high fructose corn syrup.

Lastly, we are everywhere! There is no excuse to miss out on information about preserving techniques. This Summer we are at In Season Store & Café, Farmers Markets in Tracy and Stockton, workshops at the Cabral Ag Center and demonstrations at the Tracy and Lodi Libraries. See our Events Schedule and share with your family and friends.

Have a great Summer preserving! See you on the web and Facebook!

From the Field...

June and July are busy months for everyone. The Master Food Preservers are part of that busy. By the end of July we will have completed our 2017 Master Food Preserver Volunteer training. This seven week course included lectures, labs and make it at home assignments. Congratulations to our 2017 class: Carol Franzia, Debbie Bettencourt, Liz Tan, Steve Ikeda and Marcy Sousa!

We also want to welcome three new members who have transferred to our group from other parts of the State. Welcome Sue and Jim Farr and Nancee Siebert.

Bill Loyko

Volunteer Program Coordinator

Zesty Peach Barbeque Sauce

Makes about eight 8 oz. jars

- 6 Cups finely chopped, pitted, peeled peaches (about 3 pounds or 9 medium)
- 1 Cup finely chopped seeded red bell pepper
- 3 Tbsp. finely chopped garlic
- 1 1/4 Cups Honey
- 3/4 Cup Cider Vinegar
- 1 Tbsp. Worcestershire Sauce
- 2 tsp Hot pepper flakes
- 2 tsp Dry mustard
- 2 tsp salt

1. Prepare canner, jars and lids. Heat jars in simmering water until ready to use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. Combine all ingredients in a large saucepan. Bring to a boil, reduce heat and simmer, stirring frequently until mixture thickens to the consistency of thin commercial BBQ sauce, about 25 minutes. If desired, puree in batches in food processor to help breakdown the peaches.
3. Ladle hot sauce into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band and adjust to fingertip tight.
4. Place jars in canner, ensuring they are completely covered with 1-2 inches of water. Bring to a boil and process for 15 minutes. Start time when water boils. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

Recipe from the Ball www.freshpreserving.com



FAQ—Open Kettle Canning

Why is open kettle canning not recommended?

In open kettle canning, food is cooked in an ordinary kettle, then packed into hot jars and sealed without processing. The temperatures obtained in open kettle canning are not high enough to destroy all spoilage and food poisoning organisms that may be in the food. Also, microorganisms can enter the food when it is transferred from the kettle to jar and cause spoilage.

From National Center for Home Food Preservation website; www.nchfp.uga.edu



What does it mean... Bring to a boil?

We use many terms to indicate how hot and active we want water or other liquids to be during cooking. Here are some of the most common terms and what they mean.

A bare simmer is characterized by a couple of small bubbles breaking through the surface every 2 to 3 seconds in different spots. It's often used for slow-cooked clear stocks, which would become cloudy with too much agitation.

A simmer (top left) is identified by pockets of fine but constant bubbling that give off occasional wisps of steam. It's ideal for mingling flavors while proteins like meat or beans gently cook until tender.

A vigorous simmer/gentle boil is indicated by more constant small bubbles breaking the surface of the liquid, with frequent wisps of steam, and by larger bubbles beginning to rise. It's perfect for thickening a liquid into a sauce without the splattering that boiling might create.

A boil occurs when large bubbles come from the bottom of the pot and quickly rise to the surface, producing constant steam. At sea level, the boiling point is 212°F; at high altitudes, liquids boil at lower temperatures due to a change in atmospheric pressure. Vegetables, particularly root vegetables, are often boiled until tender.

A rolling boil is a vigorous state of maintained boiling in which large bubbles erupt continuously on the surface of the liquid and cannot be disrupted by stirring or adding ingredients. Clouds of steam roll off the surface of the water, and the boil is audible. A rolling boil is used for cooking pasta and blanching green vegetables to help them maintain their color.

From *Fine Cooking* #118, p. 88, Juli Roberts and Shelley Wiseman



Summer Food Safety Tips

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria.

Cold perishable food should be kept in the cooler at 40 °F or below until serving time. Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F. If it does — discard it. Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Hot food should be kept hot, at or above 140 °F. Wrap it well and place it in an insulated container until serving. These foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90 °F. If food is left out longer, throw it away to be safe. For more summer food safety tips, [click here](#).



Grilling Essentials: Food Thermometers

You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a food thermometer. Before using any food thermometer, read the manufacturer's instructions.

Tips for using a Food Thermometer

- These thermometers are not designed to remain in food while it is cooking.
- To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time, before the food is expected to finish cooking.
- The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check temperatures in several places to make sure food is evenly heated.
- Clean your food thermometer with hot water and soap before and after each use.



The best types of food thermometers for grilling:

- Digital Instant Read (Thermometer)
- Reads in 10 seconds
- Place at least ½" deep
- Can measure in thick and thin foods

Thermometer-Fork Combination

- Reads in 2-10 seconds
- Place at least ¼" deep in thickest part of food
- Sensor in tine of fork must be fully inserted
- Can be used for most foods, convenient for grilling

Be sure to include safe food handling in your cook-out plans!

CLEAN – Wash hands and surfaces often.

SEPARATE – Don't cross contaminate!

COOK – Cook to proper temperature.

CHILL – Refrigerate promptly!

Safe minimum Internal Temperatures:

- ⇒ 160°F Ground beef
- ⇒ 165°F Poultry, including ground poultry
- ⇒ 145°F Beef, veal, lamb, steaks & roasts

For more information and tips related to eating food outdoors, [click here](#).

SAFE COOKING TEMPERATURES	
as measured with a food thermometer	
GROUND MEAT & MEAT MIXTURES	Internal temperature
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F
FRESH BEEF, PORK, VEAL & LAMB	145 °F
	with a 3 minute rest time
POULTRY	
Chicken & Turkey, Whole	165 °F
Poultry Parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F
HAM	
Fresh (raw)	160 °F
Pre-cooked (to reheat)	140 °F
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160 °F
SEAFOOD	
Fin Fish	145 °F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
LEFTOVERS & CASSEROLES	165 °F

Mixed Berry Jam

Makes about six 8 oz. jars.

- 4 cups crushed berries - choose your favorites
- 3 cups sugar
- 4 1/2 Tbsp. powdered pectin

1. Prepare canner, jars and lids. Heat jars in simmering water until ready to use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. Combine berries in a 8-qt saucepan. Gradually stir in Pectin. Over high heat, stirring constantly, bring mixture to a full rolling boil that cannot be stirred down.
3. Add entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Stirring constantly, boil hard for 1 minute. Skim foam, if necessary.
4. Ladle hot jam into hot jars, leaving 1/4 inch headspace. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
5. Place jars in canner, ensuring they are completely covered with 1-2 inches of water. Bring to a boil and process for 10 minutes. Start time when water boils. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.



Coming Events

Classes at Cabral Ag Center:

- Aug 19:** Terrific Tomatoes \$20
- Sept 16:** Perfect Pie Filling \$20
- Oct 21:** Oliveoberfest \$10

Time: 10:00 am—2:00 pm

Location: Cabral Ag Center
2101 E. Earhart, Stockton,

209-953-6100

For more info, [visit our website.](#)

Demonstration

- July 8:** Tomato Preservation
- Aug 12:** Basics of Pickling
- Sept 9:** Basics of Dehydrating
- Oct 14:** Basics of Pressure Canning

Location: “In Season Market & Nursery” 215 E Alpine Ave,
Stockton, 95204

Demonstration start at 11 a.m.

Cost: Free

Farmers’ Markets

Tracy: First Saturday of the month:

July 8, August 5 and Sept 2

Stockton: First Sunday and Thursday of the month:

July 9 & 13

August 6 & 10

September 3 & 7

For more info, [visit our website.](#)

Library Demonstration

Tracy Library: Basics of Boiling Water Bath Canning - Aug 26 Time TBA

Lodi Library: Basics of Water Bath Canning - TBA (look for an email with more details)

Cost: Free