

## How to Sterilize Canning Jars

### Part 2 of 2

#### THE STEP-BY-STEP PROCESS FOR STERILIZING JARS

When processing times are less than 10 minutes, canning jars must be sterilized. Here's how to do so (for details on the when and the why, see our companion bulletin, *Sterilizing Canning Jars*).

#### TO STERILIZE IN A BOILING WATER CANNER:

- fill canner with clean water to cover jars by at least 1"
- place washed jars in an *upright position* on the rack in the canner
- cover the canner, turn heat to high and bring the water to a full rolling boil
- boil jars for 10 minutes at 0-1000 feet above sea level, plus altitude adjustment if applicable (1 minute for each additional 1000 feet of altitude)
- reduce heat to keep jars warm until ready to fill
- remove jars one at a time, carefully pouring the hot water in the jars back into the boiling water canner

#### TO STERILIZE IN AN ATMOSPHERIC STEAM CANNER:

- place washed jars in an on the rack in the canner
- place cover on canner with vent hole(s) facing away from you
- turn heat to high and bring canner to the temperature of pure steam (212°F at sea level, as verified by a calibrated thermometer), just as you would when processing filled jars
- heat jars for 10 minutes at 0-1000 feet above sea level, plus altitude adjustment if applicable (1 minute for each additional 1000 feet of altitude)
- reduce heat to keep jars warm until ready to fill
- take off cover directing steam away from you (hot steam is hot!); carefully remove jars one at a time

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