



Sacramento County Master Food Preservers
Monthly Wednesday Night
Demonstration

February 15, 2023
Cocktails, Mocktails &
Beverages



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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FRUIT SHRUB

Source: <https://www.freshpreserving.com/fruit-shrub---ball-recipes-br3531.html>

Yield: about 1 pint

A shrub is a fruit syrup mixed with vinegar. Historically, shrubs were made as a way to preserve fruit to drink, mixed with soda or water. Today, with the addition of different vinegars, sugars, spices, and herbs, shrubs have become a way to preserve and enhance fruit's flavor. Use the shrub traditionally with soda water over ice or mix creatively into cocktails. Each sip will be reminiscent of an era when ingenuity surpassed the simple desire to preserve a summer's bounty.

- 1 cup crushed fruit (such as strawberries, peaches, apricots, Concord grapes, plums, berries, or cherries)
- 1 cup sugar
- 1 canning jar
- 1 cup vinegar (such as unfiltered apple cider, balsamic, sherry, or red wine vinegar)

1. Combine crushed fruit and sugar in a 1-quart. canning jar. Cover and shake to combine. Chill 1 to 3 days or until sugar dissolves and fruit releases its juice.
2. After 1 to 3 days, pour fruit mixture through a wire-mesh strainer into a 2-cup glass measuring cup, pressing with the back of a spoon to release as much juice as possible (about 3/4 cup); discard solids. Stir in vinegar. Transfer mixture to a 1-pint. jar. Cover with lid and chill 2 weeks before serving.

STRAWBERRY VINAIGRETTE DRESSING

Source: Adapted from freshpreserving.com, 2018

Yield: about 6 half pints

Note: Although this recipe states it is a vinaigrette dressing, it is also very good when used similar to a Fruit Shrub, added to sparkling water.

Whole strawberries, washed and stemmed
White distilled vinegar
Sugar

1. Prepare canner, jars, and lids.
2. Place strawberries in a large stainless steel sauce-pot or plastic container. Pour enough vinegar over strawberries to cover them. Cover container tightly with plastic wrap and let stand overnight in a dark, cool place (70°F to 75°F).
3. Strain liquid from strawberries, collecting in a large liquid measurer. Liquid should be red and clear (no pulp). Measure liquid.
4. Place strawberry vinegar in a clean, large stainless steel saucepan. Add an equal amount of sugar, stirring to combine.
5. Bring mixture just to a boil. Remove from heat and skim foam if needed.
6. Ladle hot vinaigrette into hot jars leaving 1/4 inch headspace. Wipe rim and apply two-piece metal canning lids.
7. Process half pint jars in a boiling water or atmospheric steam canner for **10 minutes**. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.)

KOMBUCHA

Source: Colorado State University Extension, Farm to Table

Symbiotic Fermentation: Kombucha is a fermented, slightly sweetened and slightly tangy tea that has been around for centuries. It is thought to have a variety of health benefits and contains high levels of antioxidants, b-vitamins, and probiotics. SCOBY (Symbiotic Colony of Bacteria and Yeast) is a mix of cultures of bacteria and yeast present when making kombucha,

Makes about 1 gallon

- 1/4 cup green and/or black tea (in mesh bag), or 4-8 tea bags
- 1 gallon of filtered water
- 1 cup cane sugar
- 1-2 cups Kombucha Starter Liquid (from a previous batch)
- 1 SCOBY

1. Heat water. In brewing vessel, make tea. Steep tea for 10 minutes.
2. Remove tea leaves or bags. While water is still hot, stir in sugar and completely dissolve.
3. Allow sweetened tea to completely cool to room temperature.
Note: Alternative method to cool faster: heat only half the water in step #1, to make a strong sweet tea, then add the remaining water as cold water.
4. Once cooled to room temperature, with washed hands, add SCOBY and Kombucha Starter Liquid to sweetened tea.
5. Cover with clean cloth or coffee filter. Secure with a rubber band or bungee cord to keep insects and contaminants out but allow air flow. Record start date.
6. Allow kombucha to ferment at room temperature (ideally 64-79°F/18-26°C) for 7-14 days. A new SCOBY will develop on the surface of the liquid, starting as a light haze that gradually turns whitish, then opaque and thicker as time progresses. Check the kombucha flavor after a week. Stop fermenting when you like the flavor.
7. To “stop” fermenting: pour kombucha into clean jars or bottles sanitized by rinsing with boiling water or vinegar, retaining SCOBY and at least 1-2 cups for your next batch. Save more, at least 20%, if following continuous brew technique (see below).
8. Flavor finished kombucha as desired with 10-20% juice or clean fruit, and experiment with clean herbs and spices based on preference. Cap tightly. Leave at room temperature 1-3 days for potential carbonation or refrigerate immediately.
9. **CAUTION:** Longer time capped at room temperature could result in carbon dioxide accumulation and even explosion of the contents.
10. **Note:** An alternative to adding juice or fruit after the first ferment (see step 8, above) is to use a flavored tea, such as Chai Black tea, in step 1, above. Include below is a recipe for Chai Spice Blend.

Repeat batches using continuous brew technique:

To minimize handling the SCOBY and reduce introduction of contaminants, it is better to leave the SCOBY and starter liquid in the vessel and not wash the vessel between uses, but only if it becomes built up with yeast. Gently pour in new sweetened, cooled tea along the inside of the jar to limit disturbing the SCOBY. SCOBY growth can be peeled and shared with others or stored for several weeks in a similar cloth covered vessel, covered by kombucha.

DRIED CITRUS SLICES

Source: The Dehydrator Bible, 2009

SLICES

- Preparation: cut fruit crosswise into slices about 1/4 inch thick.
- Drying: place on mesh drying trays. Dry at 130°F.
- Time: limes and oranges: 16 to 18 hours; lemons: 18 to 20 hours; grapefruit: 22 to 24 hours.
- Special instructions: if possible, flip the slices several times so they dry evenly. Doneness test: slices should be firm, brittle and no longer pliable.
- Tip: The flesh may pull away from the center of the slices as they dry. Even though the fruit slices may feel dry, moisture from within the juice sacs can diffuse outwards upon cooling and make previously firm slices feel pliable. You may have to put slices back in the dryer after they have been stored overnight to finish the drying process

STRAWBERRY LEMONADE RECIPE

<https://www.freshpreserving.com/strawberry-lemonade-recipe-%7C-strawberry-lemonade-concentrate---ball-br1245.html>

Yield: about 7 pints

The sweetness of fresh, ripe strawberries adds the perfect balance to tart lemons in this recipe. Preserving the freshness allows you to serve this summertime favorite at any special occasion throughout the year.

6 cups hulled strawberries
4 cups freshly squeezed lemon juice
6 cups granulated sugar

1. Prepare canner, jars, and lids.
2. Puree strawberries in a blender or food processor fitted with a metal blade, working in batches, until smooth. Transfer to a large stainless steel saucepan as completed.
3. Add lemon juice and sugar to strawberry puree, stirring to combine. Heat to 190° F over medium-high heat, stirring occasionally. Do not boil. Remove from heat and skim off foam.
4. Ladle hot concentrate into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
5. Process pint jars in a boiling water or atmospheric steam canner for **15 minutes**. (To adjust for altitude: at 1,001 to 3,000 feet process 20 minutes; at 3,001 to 6,000 feet process 25 minutes; at 6,001 to 8,000 feet process 30 minutes; 8,001 to 10,000 feet process 35 minutes.)
6. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed

Quick Tip: To reconstitute, mix one part concentrate with three or four parts water, tonic water, or ginger ale. Adjust concentrate to suit your taste.

MARGARITA MIX

Yield: about 9-10 cups

6 cups fresh squeezed and strained lime juice
6 cups sugar OR 3 cups honey

1. Prepare canner, jars, and lids.
2. Measure lime juice into sauce pan.
3. Measure sugar or room temperature honey and add to lime juice.
4. Bring juice mixture to a full boil.
5. Fill hot jars leaving 1/4 inch headspace. Wipe rims clean. Screw on 2-piece lids.
6. Process in a boiling water or atmospheric steam canner for **10 minutes**. (To adjust for altitude, add 1 minute or processing time for every 1,000 feet above sea level.)
7. Remove jars and cool 12 – 24 hours. Check to make sure lids are sealed. Use within 1 year. Lasts 3 weeks once opened.

Note: Make with fresh squeezed lemon juice instead for lemon flavored beverages.

Ideas for using Lemon or Lime Syrup

- Add to sparkling water to make a lemonade or limeade beverage
- Use the syrup warm on pancakes or waffles
- Drizzle syrup over pound cake
- Let drops of the syrup fall onto fruit salad (a little goes a long way!)
- It's great in other beverages
- It's also lovely for cocktails such as a Lemon Drop or to sweeten margaritas
- Use in place of honey in marinades and dressings to add a punch of citrus flavor

BLOODY MARY MIX

Source: *freshpreserving.com* (Ball)

Yield: about 5 pints

- 2 quarts tomato Juice
- 1/2 cup finely minced celery hearts (light leafy green centers)
- 6 Tbsp. Worcestershire Sauce
- 6 Tbsp. dill pickle juice
- 1/2 cup prepared horseradish
- 2 Tbsp. hot sauce
- 2 tsp. salt
- 2 tsp. garlic powder
- 1 tsp. black pepper
- 1 tsp. celery seed
- 1 tsp. smoked paprika
- 1 cup bottled lemon juice

1. Prepare canner, jars, and lids.
2. Combine all ingredients, except lemon juice, in a non-reactive pot (such as stainless steel or enamel). Bring to a boil; reduce heat, and simmer for 5 minutes. Remove from heat and stir in lemon juice
3. Ladle hot juice into hot jars, leaving 1/2 inch headspace. Remove air bubbles; adjust headspace if necessary. Wipe rims; place lids and rings on jars. Tighten rings only “fingertip-tight”.
4. Process in a boiling water canner: **pints for 35 minutes, quarts for 40 minutes.** (To adjust for altitude: at 1,001 to 3,000 feet process pints 40 minutes, quarts 45 minutes; at 3,001 to 6,000 feet process pints 45 minutes, quarts 50 minutes; at 6,001 to 8,000 feet process pints 50 minutes, quarts 55 minutes; 8,001 to 10,000 feet process pints 55 minutes, quarts 60 minutes.)
5. Remove jars and cool 12 – 24 hours. Check to make sure lids are sealed.

PRESERVED LEMONS

Source: Ball Complete Book of Home Preserving, Pg.295

Yield: 1 quart jar

- 10 lemons, divided
- 1/2 cup pickling or canning salt, divided
- 4 bay leaves
- 4 cinnamon sticks (each about 4 inches/10 cm)
- 1 tsp whole black peppercorns (optional)

1. Prepare jar and lid. For this recipe, the jar needs to be sterilized prior to packing. Boil jar in water for 10 minutes and keep hot until ready to use.
2. Wash 5 of the lemons in warm water, scrubbing well to remove any dirt and wax, and dry well, using paper towels. Cut a thin (1/8 inch) slice off the stem end. From stem end, cut each lemon into quarters, without cutting through the bottom end and leaving it intact. Juice the remaining 5 lemons to measure 1-1/2 cups juice.
3. Sprinkle 1 Tbsp pickling salt over the bottom of sterilized jar. Working over a bowl, pack 1 heaping Tbsp salt into each lemon before placing in the jar, stem end up. When 3 lemons have been salted and packed, slip bay leaves and cinnamon sticks against sides of the jar and add peppercorns, if using. Repeat with remaining lemons and salt. Cover with the remaining salt.
4. Fill jar with lemon juice leaving 1/2 inch headspace. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jar in a dark, cool cupboard for 2 weeks, shaking every day to distribute the salt. After 2 weeks, the lemons are ready to use. Remove pulp and membrane, using only the peel. Rinse under water to remove excess salt and dry with a paper towel. Store preserved lemons in the refrigerator.

Variation

If you prefer, you can cut the lemons into quarters. In a large bowl, combine lemon quarters with salt and toss to mix. Fill the jar halfway, add the bay leaves, cinnamon sticks and peppercorns, if using, then continue until the jar is filled, pushing the lemons well down to squeeze in as many as possible.

PICKLED ASPARAGUS

Source: https://nchfp.uga.edu/how/can_06/pickled_asparagus.html

For six wide-mouth pint jars

10 pounds asparagus
6 large garlic cloves
4-1/2 cups water
4-1/2 cups white distilled vinegar (5%)
6 small hot peppers (optional)
1/2 cup canning salt
3 teaspoons dill seed

For seven 12-ounce jars

7 pounds asparagus
7 large garlic cloves
3 cups water
3 cups white distilled vinegar (5%)
7 small hot peppers (optional)
1/3 cup canning salt
2 teaspoons dill seed

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Wash asparagus well, but gently, under running water. Cut stems from the bottom to leave spears with tips that fit into the canning jar with a little less than 1/2-inch headspace. Peel and wash garlic cloves. Place a garlic clove at the bottom of each jar, and tightly pack asparagus into jars with the blunt ends down.
3. In an 8-quart Dutch oven or saucepot, combine water, vinegar, hot peppers (optional), salt and dill seed. Bring to a boil. Place one hot pepper (if used) in each jar over asparagus spears. Pour boiling hot pickling brine over spears, leaving 1/2-inch headspace.
4. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
5. Process in a boiling water or atmospheric steam canner for **10 minutes**. See chart below to adjust for altitude. Let cool, undisturbed, for 12 to 24 hours and check for seals.

Allow pickled asparagus to sit in processed jars for 3 to 5 days before consumption for best flavor development.

Recommended process time for Pickled Asparagus				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Raw	12-ounce or Pints	10 min	15	20

PICKLED OKRA

Source: *Ball Blue Book, 2014*

Yield: about 4 pints

3-1/2 pounds small okra pods
1/3 cup canning salt
2 teaspoons dill seed
3 cups water
3 cups vinegar
4 cloves garlic
2 small hot red peppers, cut in half
Pickle Crisp (optional)

1. Prepare canner, jars, and lids.
2. Wash okra pods and hot red peppers under cold running water; drain. Trim stem ends off okra pods, being careful not to cut pods open. Cut hot red peppers in half. Peel garlic. *(Note: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.)*
3. Combine salt, dill seed, water, and vinegar in a large saucepot. Bring to a boil. Reduce heat to a simmer; simmer 5 minutes.
4. Pack okra pods into hot jars, leaving 1/2 inch headspace. Put 1 clove garlic and one piece of pepper in each jar. Add 1/8 teaspoon Pickle Crisp, if desired.
5. Ladle hot pickling liquid over okra, leaving 1/2 inch headspace. Remove air bubbles. Clean jar rims, center lids on jars, adjust band to fingertip-tight.
6. Process pint jars in a boiling water or atmospheric steam canner for **15 minutes**. (To adjust for altitude: at 1,001 to 3,000 feet process 20 minutes; at 3,001 to 6,000 feet process 25 minutes; at 6,001 to 8,000 feet process 30 minutes; 8,001 to 10,000 feet process 35 minutes.)
7. Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.