

Preserve It! Ya-Hoo! Barbeque Season!
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Depending on your personal tolerance for summer temperatures, it may now be too warm for standing at the stove, heating up the house. That can only mean it's time to get the barbeque cookouts going.

People who live in hotter tropical climates use more spices and chiles in their dishes, which create not only spicy-hot but rich, complex flavors as well. It is thought that consuming spicy foods helps cool a person off by jump-starting our body's natural coolant – sweat. Let's try combatting heat with heat.

A popular chili here in California is the piquant jalapeño, where they are eaten raw as well as roasted. How about combining that jalapeño heat with some vinegar and sugar? Now add these “candied peppers” to a hamburger or hotdog. Perfection! This condiment is beloved by many. Few can resist the combination of heat and sweet with the tang of vinegar. This recipe hails from the Ball website: ballmasonjars.com.

Candied Jalapeños

Makes about 4 pint jars

3 cups apple cider or white vinegar, 5% acidity
2 teaspoons salt
4 cups sugar
6 cloves garlic, sliced
2 teaspoons turmeric
½ teaspoon cayenne powder
2 teaspoons mustard seeds
4 pounds fresh jalapeños, sliced into ¼ inch rings

1. Prepare boiling-water or steam canner. Heat jars in simmering water in the boiling-water canner or on the steam canner rack until ready to use, do not boil. Wash lids in warm soapy water and set aside with bands.
2. Combine all ingredients except jalapeños in a large saucepan and bring to a boil over high heat, stirring to dissolve sugar.
3. Add jalapeño slices, lower heat to medium and simmer for 15 minutes, until jalapeños are dark green and have begun to absorb some of the brine.

4. Ladle hot jalapeños into a hot jar leaving a half-inch headspace. Remove air bubbles and adjust headspace, if necessary. Wipe jar rim. Center lid on jar and apply band until resistance is met. Then increase to fingertip tight. Place jar in canner. Repeat until all jars are filled.
5. Water must cover jars by one inch in a boiling water canner or come to the base of the rack in a steam canner. Adjust heat to medium-high, cover canner, and bring water to a rolling boil in a boiling-water canner or until there's a steady stream of steam coming from the steam canner. Start timing and process pint jars 15 minutes at 0 – 1,000 feet elevation, 20 minutes at 1001 – 3,000 feet, 25 minutes at 3,001 – 6,000 feet, and 30 minutes at 6,001 – 8,000 feet.
6. Turn off heat, remove lid from boiling water canner, let jars stand five minutes. For atmospheric steam canner turn off heat and let stand for three to five minutes then remove lid. Remove jars and cool 12-24 hours. Check lids for seal, they should not flex when center is pressed. Label, date, and store in a cool dark place.

The UC Master Food Preservers of El Dorado County are a great resource for answers to your food safety and preserving questions. Leave a message at (530) 621-5506 or email us at edmf@ucanr.edu. For more information about our program, events, and recipes, visit our website at https://ucanr.edu/sites/mfp_of_cs/. Find us on Facebook, too (UCCE Master Food Preservers of El Dorado County)!