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Monthly Wednesday Night Demonstration

March 21, 2018

Around the World in 120 Minutes: Tropical & Ethnic Foods



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>)

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Boiling Water Canning Process

1. Before you start preparing your food, fill the canner halfway with clean water. This is approximately the level needed for a canner load of pint jars. For other sizes and numbers of jars, adjust the amount of water in the canner so it will be 1 to 2 inches over the top of the filled jars.
2. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
3. Fill, fit with lids, load onto the canner rack and use the handles to lower the rack into the water; or fill the canner with the rack in the bottom, one jar at a time, using a jar lifter. When using a jar lifter, make sure it is securely positioned below the neck of the jar (below the screw band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.
4. Add boiling water, if needed, so the water level is at least 1 inch above jar tops. Pour the water around the jars, not on them. For process times over 30 minutes, the water level should be at least 2 inches above the tops of the jars.
5. Turn heat to its highest position, cover the canner with its lid, and heat until the water in the canner boils vigorously.
6. Set the timer for the total minutes required for processing the food, adjusting for altitude.
7. Keep the canner covered and maintain a boil throughout the process schedule. The heat setting may be lowered a little as long as a complete boil is maintained for the entire process time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil and begin the timing of the process over, from the beginning.
8. Add more boiling water, if needed, to keep the water level above the jars.
9. When the jars have boiled for the recommended time, turn off the heat and remove the canner lid. Wait no more than 5 minutes before removing jars.
10. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1 inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.



Atmospheric Steam Canning Process

1. Use a research tested recipe and processing time developed for a **boiling water** canner when using an atmospheric steam canner. An atmospheric steam canner may be used with recipes approved for half-pint, pint, or quart jars.
2. Add enough water to the base of the canner to cover the rack. (Follow manufacturer recommendations.)
3. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
4. Heat jars prior to filling with hot liquid (raw or hot pack). Do not allow the jars to cool before filling.
5. Load filled jars, fitted with lids, onto the canner rack and place the lid on the canner base.
6. Turn heat to its highest position to boil the water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. Jars must be processed in pure steam environment.
7. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).
8. Set the timer for the total minutes required for processing the food, adjusting for altitude. Processing time must be limited to **45 minutes or less, including any modification for elevation**. The processing time is limited by the amount of water in the canner base. When processing food, **do not** open the canner to add water.
9. Monitor the temperature sensor and/or steady stream of steam throughout the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
10. At the end of the processing time, turn off the heat and wait 2 to 3 minutes. Carefully remove the lid, lifting the lid away from you.
11. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1 inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.



Octoberfest Beer Mustard, Germany

Source: Ball Complete Book of Home Preserving, 2012

Yield: about five 4-ounce jars

Ingredients:

1-1/2 cups beer (any type of beer works)
 1 cup brown mustard seeds
 1 cup water
 1/2 cup malt vinegar
 1/2 cup lightly packed brown sugar
 1/4 cup dry mustard
 1 tablespoon onion powder

Procedure:

1. In a medium stainless steel saucepan, combine beer and brown mustard seeds. Bring to a boil over medium-high heat. Remove from heat, cover and let stand at room temperature until seeds have absorbed most of the moisture, about 2 hours.
2. Prepare canner, jars and lids.
3. In a blender or a food processor fitted with a metal blade, puree marinated seeds and any remaining liquid until blended and most seeds are well chopped. (*You want to retain a slightly grainy texture.*)
4. Transfer mixture to a stainless steel saucepan and whisk in water, vinegar, brown sugar, dry mustard and onion powder. Bring to a boil over high heat, stirring constantly. Reduce heat to medium and boil gently, stirring frequently, until volume is reduced by a third, about 15 minutes.
5. Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mustard. Wipe rim. Apply lids and rings.
6. Process jars in boiling water or atmospheric steam canner for 10 minutes

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

Altitude in feet	1,000 – 3,000	3,001 – 6,000	6,001 – 8,000	8,001 – 10,000
Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Thai Basil Pesto, Italy

A unique spin on pesto using Thai basil and peanuts. Thai basil is more peppery and has a subtle anise flavor. Don't be afraid of the fish sauce in the recipe, the amount is very slight but I promise it adds to the flavor.

Source: freshpreserving.com, 2018

Ingredients:

2 cups Thai basil, loosely packed
3 cups cilantro, loosely packed
3 tablespoons chopped ginger
1/4 cup fish sauce
2 tablespoons Sriracha sauce
3 cloves garlic
1/2 cup coconut milk
1/3 cup lime juice
1/2 cup peanut butter

Procedure:

1. Puree all ingredients in a food processor or blender until smooth.
2. Equally divide pesto between the cubes in an ice cube tray; cover and freeze until ready to use.
3. To thaw, remove cubes from tray and defrost in refrigerator or at room temperature. To quickly thaw, place in a microwave-safe measuring cup and microwave on HIGH 15-20 seconds until softened.

Alternate storage container: freeze in clean, clear plastic egg cartons to save your ice cube trays from the oil.

Danish Cherry Sauce, Denmark

Source: Ball Complete Book of Home Preserving, 2012

Yield: Makes about three pints

Ingredients:

1-1/2 cups granulated sugar
 3 cinnamon sticks (each about 4 inches)
 1-1/2 teaspoons almond extract
 1 cup water
 3/4 cup corn syrup
 7-1/2 cups pitted sweet or sour cherries

Procedure:

1. Prepare canner, jars and lids.
2. In a large stainless steel saucepan, combine sugar, cinnamon sticks, almond extract, water and corn syrup. Bring to a boil over medium-high heat, stirring constantly. Reduce heat to a gentle boil. Add cherries and boil gently, stirring, until heated through. Discard cinnamon sticks.
3. Ladle hot cherries and syrup into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Apply lids and rings.
4. Process jars in boiling water or atmospheric steam canner for 10 minutes

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

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Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

5. To thicken this sauce before serving, combine 1 tablespoon cornstarch and 2 tablespoons water in a saucepan. Add 1 pint Danish Cherry Sauce. Bring to a boil over medium-high heat and cook, stirring, until sauce thickens, about 2 minutes. **Do not add cornstarch before canning.**

Dijon Mustard, France

Source: freshpreserving.com, 2018

Yield: about 6 four-ounce jars

Ingredients:

2 cups chopped onion
 2 cups Pinot Grigio or other dry white wine
 1 cup white wine vinegar (5% acidity)
 1 teaspoon salt
 6 garlic cloves, coarsely chopped
 4 black peppercorns
 1 rosemary sprig
 1 cup yellow mustard seeds
 1/3 cup dry mustard
 2-2/3 cups water

Procedure:

1. Combine first 7 ingredients in a large stainless steel or enameled saucepan. Bring to a boil over high heat; reduce heat, and simmer, uncovered, 15 to 20 minutes or until onion is very soft, stirring occasionally. Remove pan from heat; pour onion mixture through a wire-mesh strainer into a glass or stainless steel bowl. Discard solids.
2. Stir mustard seeds and dry mustard into wine mixture. Cover and let stand at room temperature at least 24 hours, but no longer than 48 hours.
3. Process mustard mixture in a blender or food processor, adding water until consistency of cooked oatmeal.
4. Transfer mustard to a small saucepan. Bring to a boil, stirring often; reduce heat, and simmer, uncovered 5 minutes.
5. Ladle hot mustard into hot jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe jar rims. Apply lids and rings.
6. Process jars 10 minutes in a boiling water or atmospheric steam canner.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

Altitude in feet	1,000 – 3,000	3,001 – 6,000	6,001 – 8,000	8,001 – 10,000
Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Tamarind Chutney, Africa

This sweet-and-sour, richly seasoned “runny” chutney pairs beautifully with any rice or curry meal. It also enlivens roast pork tenderloin or roast chicken. To add a layer of richness and cut the sweetness, swirl in a dollop of yogurt before serving. Tamarind is from a brown curved bean pod found on tamarind trees. The pods contain seeds and edible pulp with a sweet-and-sour flavor. Tamarind is available as a pressed fibrous slab, bottled concentrate or dried pods. This recipe uses the pressed slab tamarind.

Source: Ball Complete Book of Home Preserving, 2012

Yield: about five 8-ounce jars

Ingredients:

1-1/4 pounds dried tamarind, broken into chunks
 4 cups warm water
 2 tablespoons cumin seeds
 3 cups granulated sugar
 1 cup sultana raisins, rinsed
 4 teaspoons finely chopped gingerroot
 2-1/2 teaspoons salt
 1/4 teaspoon freshly ground black pepper
 1 teaspoon cayenne pepper

Procedure:

1. In a medium bowl, combine tamarind and warm water. Let stand for at least 20 minutes, until tamarind is softened and easy to break. Using your fingers, squeeze tamarind under the water to break it up. Drain tamarind and discard soaking liquid. Transfer tamarind to a sieve placed over a non-metallic bowl. Press with the back of a spoon to extract all the liquid and pulp. Scrape the bottom of the sieve and remove any pulp clinging to it. Measure 3 cups of tamarind pulp and liquid and set aside.
2. In a large dry skillet, over medium heat, toast cumin seeds, stirring, until fragrant and just beginning to brown, about 3 minutes. Let cool slightly, then transfer to a mortar or a spice grinder and grind.
3. In a large stainless steel saucepan, combine reserved tamarind pulp and liquid, ground cumin seeds, sugar, raisins, gingerroot, salt, black pepper and cayenne. Bring to a boil over high heat, stirring frequently. Remove from heat.
4. Ladle hot chutney into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot chutney. Wipe rim. Apply lids and rings.
5. Process in a boiling water or steam canner for 15 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

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Bruschetta In A Jar, Italy

Source: Ball Complete Book of Home Preserving, 2012

Yield: about seven 8-ounce jars

Ingredients:

5 cloves garlic, finely chopped
 1 cup dry white wine
 1 cup white wine vinegar
 1/2 cup water
 2 tablespoons granulated sugar
 2 tablespoons dried basil
 2 tablespoons dried oregano
 2 tablespoons balsamic vinegar
 9 cups chopped cored plum tomatoes (1 inch pieces)

Procedure:

1. Prepare canner, jars and lids.
2. In a large, deep stainless steel saucepan, combine garlic, wine, wine vinegar, water, sugar, basil, oregano and balsamic vinegar. Bring to a full rolling boil over high heat, stirring occasionally. Reduce heat, cover and boil gently, for 5 minutes, until garlic is heated through. Remove from heat.
3. Pack tomatoes into hot jars to within a little more than 1/2 inch to the top of the jar. Ladle hot vinegar mixture into jar to cover tomatoes, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim. Apply lids and rings.
4. Process in a boiling water or steam canner for 20 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

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Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Tomatillo Salsa, Mexico

Source: Ball Complete Book of Home Preserving, 2012

Yield: about four half-pints

Ingredients:

5-1/2 cups chopped cored husked tomatillos
 1 cup chopped onion
 1 cup chopped seeded green chili peppers
 1/2 cup white vinegar
 4 tablespoons lime juice
 4 cloves garlic, finely chopped
 2 tablespoons finely chopped cilantro
 2 teaspoons ground cumin
 1/2 teaspoon salt
 1/2 teaspoon hot pepper flakes

Procedure:

1. Prepare canner, jars and lids.
2. In a large stainless steel saucepan, combine tomatillos, onion, chile peppers, vinegar, lime juice, garlic, cilantro, cumin, salt and hot pepper flakes. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, for 10 minutes.
3. Ladle hot salsa into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Apply lids and rings.
4. Process in a boiling water or steam canner for 15 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

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Thai Hot and Sweet Dipping Sauce, Thailand

Source: Ball Complete Book of Home Preserving, 2012

Yield: about 9 half pints

Ingredients:

1/2 cup finely chopped garlic (about 36 cloves)
 1 tablespoon salt
 6 cups cider vinegar
 6 cups sugar
 1/2 cup hot pepper flakes

Procedure:

1. Combine garlic and salt in a small mixing bowl. Set aside.
2. Heat vinegar to a boil in a large saucepan. Add sugar, stirring to fully dissolve.
3. Reduce heat and simmer 5 minutes. Remove from heat.
4. Add garlic mixture and hot pepper flakes, stirring well.
5. Ladle hot sauce into hot jars, leaving 1/2 inch headspace. Remove air bubbles.
6. Wipe rims. Apply lids and rings.
7. Process in a boiling water or atmospheric steam canner for 15 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

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Dried Candied Kumquat Flowers, Vietnam

I won't lie, this preparation of these kumquats can be somewhat painstaking, especially if you make a big batch to share with family and friends. (The recipe below is for a fairly manageable one pint of kumquats; you could halve, double, or triple it as you wish.) But I find it's totally worth the effort to make something so lovely and delectable, whether you're celebrating the New Year or simply the existence of these bright and happy fruits. Don't toss any leftover syrup! It can be used to flavor sparkling water and cocktails, drizzled on cake, and mixed into dressings and marinades.

Source: Emily Han, 2013

Yield: about 30 candies or 1 pint in syrup

Ingredients:

1 pound kumquats
Water
2 cups sugar

Optional spices:
1 (1-inch) coin ginger
1 cinnamon stick
1 star anise pod
2 cloves

Procedure:

- Using a sharp paring knife, cut 6 to 8 lengthwise slits in each kumquat. Leave the top and bottom ends of each kumquat intact and be careful not to cut all the way through the fruit.
- Lightly pinch the top and bottom of each kumquat to form a lantern shape and use a toothpick, skewer, or sharp chopstick to gently remove the seeds. Don't worry if you can't fish out every seed; the seeds will loosen during cooking, and it's important to be gentle with the kumquats so they don't split apart.
- Fill a saucepan with water and bring to a boil. Add the kumquats and blanch for 1 minute. Remove the kumquats and drain. Repeat this process two more times (three times total), using fresh water each time.
- Refill the pot with 2 cups of water, sugar, and spices (if using). Bring to a boil, stirring to dissolve the sugar. Add the kumquats and reduce heat to low. Keep the kumquats evenly covered in syrup by periodically spooning syrup over them or gently submerging them with a wooden spoon. Simmer until the peel is translucent, about 45 minutes.
- Remove from heat, cover the saucepan with a cloth, and let the kumquats steep for 8 hours or overnight.
- Using a slotted spoon, remove each kumquat from the syrup and gently press down on the top and bottom to flatten it into a flower shape. This is also a good opportunity to press out any remaining seeds.
- Dry the kumquats on a baking rack, on a parchment-lined baking sheet in an oven at 200°F or below, or in a dehydrator at 135°F. Drying time depends on the method, conditions, and fruit size; in a dehydrator it takes about 8-12 hours.
- The candies are ready when they are pliable and no longer very sticky to the touch.
- Store in an airtight container in the refrigerator. Kumquats are best consumed within a week.



Traditional Preserved Lemons, Morocco

Source: Ball Complete Book of Home Preserving, 2012

Yield: one quart jar

Ingredients:

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

Procedure:

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 tablespoon pickling salt over the bottom of sterilized jar. Working over a bowl, pack 1 heaping tablespoon 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 to within 1/2 inch of top of jar. 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 an airtight container in the refrigerator for up to 6 months.

Watermelon Rind Chips, Armenia

Source: Rhonda De La Cruz, UCCE Master Food Preserver of Sacramento County

Ingredients:

Peeled watermelon rind (no green), cut into large chunks (3x3, 3x4)
1 cup sugar
2 cups water
3-4 cloves

Procedure:

1. Bring water, sugar and cloves to a boil. Add rinds, cook on each side for about 7 minutes. Rinds should be translucent when done.
2. Either air dry or use a dehydrator at 135°F, turning over halfway. It can take up to 6 hours because they're so thick.

Strawberry Vinaigrette Dressing / Shrub Syrup, USA

Source: freshpreserving.com, 2018

Yield: about 6 half pints

Ingredients:

5 quarts (25 cups) whole strawberries, washed and stemmed
1 quart (4 cups) white distilled vinegar
Sugar

Procedure:

1. Place strawberries in a large stainless steel sauce-pot or plastic container. Pour vinegar over strawberries. Cover container tightly with plastic wrap and let stand overnight in a dark, cool place (70°F to 75°F).
2. Strain liquid from strawberries, collecting in a large liquid measurer. Liquid should be red and clear (no pulp). Measure liquid. Place strawberry vinegar in a clean, large stainless steel saucepan. Add an equal amount of sugar, stirring to combine.
3. Bring mixture just to a boil. Remove from heat and skim foam if necessary.
4. Ladle hot vinaigrette into hot jars leaving 1/4 inch headspace. Wipe rim and apply two-piece metal canning lids.
5. Process in a boiling water or atmospheric steam canner for 10 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

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Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Strawberry Flavored Shrub

Ingredients:

Strawberry vinaigrette
Sparkling water

Procedure:

1. Mix 8 ounces of shrub syrup with 24 ounces of sparkling water. Taste and add more syrup, if desired.
2. Shrub syrups may also be used as cocktail mixers, in salad dressings, and more.

Margarita Marmalade, Mexico

Source: Preserving with Pomona's Pectin, 2013

Yield: 6 to 7 half-pint jars)

Ingredients:

12 medium-size limes, divided
 4 medium-size oranges
 1-1/2 cups water
 3 teaspoons calcium water
 1/2 cup tequila
 1/2 cup orange liqueur
 2-1/2 cups sugar
 4-1/2 teaspoons Pomona's pectin powder

Procedure:

1. Slice 2 of the limes in half and squeeze out their juice, discarding the seeds and peels. Divide the juice, reserving 1/4 cup of the lime juice for later use. Then, set aside extra lime juice (if there is any) in a different container.
2. Wash the oranges. Peel oranges, discarding all remaining peels. Remove and discard seeds, excess white pith, or fibrous parts of the membrane from the flesh of the fruit. Chop the flesh of the fruit.
3. Using a paring knife, scrape off and discard the inner white part of the reserved orange peels. Slice the peels into thin strips, about 1-inch long.
4. In a large saucepan, combine chopped fruit, sliced peels, 1-1/2 cups of water, and the extra lime juice, if there is any (not including the 1/4 cup reserved juice). Bring mixture to a boil over high heat. Reduce heat and simmer, covered, for 20 minutes, stirring occasionally. Remove from heat.
5. Measure 5 cups of the cooked fruit (saving any extra for another use), and return the measured quantity to the saucepan. Add calcium water, the 1/4 cup reserved lime juice, tequila, orange liqueur; mix well.
6. In a separate bowl, combine sugar and pectin powder. Mix thoroughly and set aside.
7. Bring fruit mixture back to a full boil over high heat. Slowly add pectin-sugar mixture, stirring constantly. Continue to stir vigorously for 1 to 2 minutes to dissolve pectin while the marmalade returns to a boil. Once it returns to a full boil, remove it from the heat.
8. Ladle marmalade into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot marmalade. Wipe rim. Apply lids and rings.
9. Process in a boiling water or atmospheric steam canner for 10 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

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Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Herbed Seasoned Tomatoes

Source: Ball Complete Book of Home Preserving, 2012

Yield: about six pint jars

Ingredients:

12 cups halved cored peeled tomatoes
 Spice Blends, see recipes below
 Bottled lemon juice or citric acid
 Salt (optional)

Procedure:

1. Choose desired spice blend(s). Prepare the quantity that suits your needs and set aside.
2. Place tomatoes in a large stainless steel saucepan. Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes.
3. Before packing each jar of tomatoes add 1 tablespoon lemon juice or 1/4 teaspoon citric acid, and 1/4 teaspoon salt to each hot jar. Add the specified quantity of your chosen spice blend. Pack hot tomatoes into prepared jars to within a generous 1/2 inch of top of jar. Ladle hot liquid into jar to cover tomatoes, leaving 1/2 inch headspace. Remove air bubbles; adjust headspace, if necessary, by adding hot liquid. Wipe rim. Apply lids and rings.
4. Process in a boiling water or atmospheric steam canner for 40 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below. If your total processing time is more than 45 minutes you must use a boiling water canner.

Altitude in feet	1,000 – 3,000	3,001 – 6,000	6,001 – 8,000	8,001 – 10,000
Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Spice Blends for Seasoning Tomato Sauce

Each mix makes enough to season 6 pint jars – 2-1/4 teaspoons per jar

Italian Spice Blend

4 teaspoons dried basil
 2 teaspoons dried thyme
 2-1/2 teaspoons dried oregano
 1-1/2 teaspoons dried rosemary
 1-1/2 teaspoons dried sage
 1 teaspoon garlic powder
 1 teaspoon hot pepper flakes

Mexican Spice Blend

6 teaspoons chili powder
 2 teaspoons ground cumin
 2 teaspoons dried oregano
 2 teaspoons garlic powder
 2 teaspoons ground coriander
 1-1/2 teaspoons seasoned salt

Cajun Spice Blend

3 teaspoons chili powder
 2 teaspoons paprika
 1-1/2 teaspoons onion flakes
 1-1/2 teaspoons garlic powder
 1-1/2 teaspoons ground allspice
 1-1/2 teaspoons dried thyme
 1 teaspoon cayenne pepper

Procedure:

Combine herbs and spices in a small bowl; set aside. Add 2 1/2 teaspoons to each jar when instructed.

British Bread and Butter Pickles, England

Source: Ball Blue Book Guide to Preserving, 2012

Yield: Makes about five pint jars)

Ingredients:

10 cups sliced trimmed pickling cucumbers
 4 medium onions, thinly sliced
 1/2 cup pickling or canning salt
 3 cups cider vinegar
 2 cups brown sugar
 2 tablespoons mustard seeds
 1 teaspoon celery seeds
 1 teaspoon ground turmeric
 1 teaspoon ground ginger

Procedure:

1. In a glass or stainless steel bowl, combine cucumbers, onions and salt. Mix well, cover with cold water and let stand at room temperature for 2 hours. Transfer to a colander placed over a sink, rinse with cool running water and drain thoroughly.
2. Meanwhile, prepare canner, jars and lids.
3. In a large stainless steel saucepan, combine vinegar, brown sugar, mustard seeds, celery seeds, turmeric, and ground ginger. Bring to a boil over medium-high heat, stirring to dissolve sugar. Stir in vegetables and return to a boil.
4. Pack vegetables into hot jars to within a generous 1/2 inch of top of jar. Ladle hot pickling liquid into jar to cover vegetables, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rim. Apply lids and rings.
5. Process in a boiling water or atmospheric steam canner for 10 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

Altitude in feet	1,000 – 3,000	3,001 – 6,000	6,001 – 8,000	8,001 – 10,000
Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Pizza Sauce, Italy

Source: Ball Complete Book of Home Preserving, 2012

Yield: about four pints

Ingredients:

You'll need about 9 pounds of plum tomatoes to make the tomato puree for this recipe. To make fresh tomato puree, pass quartered tomatoes through a food mill. If you don't have a food mill, blanch, peel, core, seed and chop tomatoes. Place in a colander and let stand for 15 minutes. Discard liquid and puree tomatoes in a food process fitted with a metal blade.

13 cups fresh plum tomato puree
 1/2 cup bottled lemon juice
 2 teaspoons dried oregano
 1 teaspoon freshly ground black pepper
 1 teaspoon salt
 1 teaspoon garlic powder

Procedure:

1. Prepare canner, jars and lids.
2. Place half of the tomato puree in a large stainless steel saucepan. Bring to a boil over high heat, stirring occasionally. Maintaining a constant boil, add remaining tomato puree, 1 cup at a time. Stir in lemon juice, oregano, pepper, salt and garlic powder. Boil hard, stirring frequently, until mixture is the consistence of a thin commercial sauce, about 15 minutes. Remove from heat.
3. Ladle hot sauce into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding not sauce. Wipe rim. Apply lids and rings.
4. Process in a boiling water or atmospheric steam canner for 35 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

Altitude in feet	1,000 – 3,000	3,001 – 6,000	6,001 – 8,000	8,001 – 10,000
Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Herbes de Provence Wine Jelly, France

Herbes de Provence is a blend of dried herbs used most commonly in southern France but is now widely available in North America. The herbs include basil, marjoram, summer savory, thyme, lavender, rosemary, sage and oregano. If you can't find a blend, you can make your own, which allows you to adjust individual herbs to suit your taste.

Source: Ball Complete Book of Home Preserving, 2012

Yield: about four 4-ounce jars or two half-pint jars

Ingredients:

2 cups dry white wine
2 tablespoons herbes de Provence
2 cups sugar
1 pouch (3 oz) liquid pectin

Procedure:

1. In a large stainless steel saucepan, combine wine and herbs. Bring to a boil over high heat. Remove from heat, cover and let steep for 20 minutes.
2. Transfer to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for 20 minutes. Measure 1 3/4 cups infused wine. If you do not have the required amount, squeeze the bag.
3. Prepare canner, jars and lids.
4. Transfer the infused wine to a clean large, deep, stainless steel saucepan. Stir in sugar. Over high heat, stirring constantly, bring mixture to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 2 minutes. Remove from heat and quickly skim off foam.
5. Quickly pour jelly into hot jars, leaving 1/4 inch headspace. Wipe the rims. Apply lids and rings.
6. Process in a boiling water or atmospheric steam canner for 10 minutes.

Note: If you are at an altitude higher than 1,000 feet, adjust the processing time for the boiling water or steam canner according to the chart below.

Altitude in feet	1,000 – 3,000	3,001 – 6,000	6,001 – 8,000	8,001 – 10,000
Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Beef Burgundy, France

Source: freshpreserving.com, 2018

Yield: about 4 quart or 8 pint jars

The beauty of this classic stew recipe is that it braises right in the jar. The pressure canning process melds the flavors together to create a perfect "meal in a jar" to enjoy later on in the year.

Ingredients:

1/4 pound thick-cut bacon, cut into 1-inch pieces	2 large onions, chopped
4 pounds beef chuck, cut into 2-inch chunks	2 large carrots, cut into 3/4-inch slices
1/4 cup butter	2 cloves garlic, finely chopped
6 cups thinly sliced mushrooms	2 teaspoons dried thyme
2 teaspoons salt, divided	1 bottle of red wine
2 teaspoons pepper, divided	2 cups beef stock
	4 small bay leaves

Procedure:

1. Cook bacon in large Dutch oven over medium heat until crispy. While bacon is cooking, melt butter in a large skillet and cook mushrooms and 1 teaspoon each of the salt and pepper over medium-high heat, stirring frequently, about 10 minutes, until mushrooms are well browned and most of the moisture has cooked off; remove from heat and set aside. When bacon has finished cooking, remove from pan with a slotted spoon and set aside. Leave bacon fat in pan.
2. Season beef with remaining salt and pepper and brown in Dutch oven in batches, over medium high heat, turning until all sides are browned. Remove beef to a large mixing bowl and set aside.
3. Combine onions, carrots, garlic and thyme in the same Dutch oven and cook over medium-high heat, stirring frequently until golden brown. Stir in reserved bacon and mushrooms. Return beef to pot and stir in wine, scraping brown bits off bottom of the pan. Stir in beef stock and bring to a simmer. Reduce heat to low and simmer for about 5 minutes or until alcohol has evaporated and cooked off.
4. Filling one jar at a time, pack ingredients tightly into hot jar, leaving 1-inch headspace. Place a bay leaf in each jar and ladle hot wine and broth mixture over ingredients, leaving 1-inch headspace (you may have room for only a few tablespoons of broth mixture). Remove air bubbles and apply band to finger-tip tight. Place jar in pressure canner containing 2 inches of simmering water; repeat until all jars are filled.
5. Process in a **pressure canner**, pints for 75 minutes, quarts for 90 minutes:
 - Using a **dial-gauge** pressure canner: 11 psi at 0 - 2,000 ft, 12 psi at 2,001 - 4,000 ft, 13 psi at 4,001 - 6,000 ft, 14 psi 6,001 - 8,000 ft
 - Using a **weighted-gauge** pressure canner: 10 psi at 0-1,000 ft, 15 psi above 1,000 ft
6. To serve out of the pantry, Empty contents of jar in saucepan and simmer over medium heat for 10 minutes. Thicken as desired with flour or cornstarch and serve over buttered egg noodles with a dollop of sour cream and chopped fresh parsley.

Island Jerk Rub, Jamaica

Habanero peppers add a fruity kick to this flavorful rub that will enhance the taste of your favorite grilled meat.

Source: freshpreserving.com, 2018

Ingredients:

6 dried habanero peppers	1-1/2 teaspoons ground cinnamon
6 dried scallions	1 teaspoon ground coriander
2 tablespoons whole allspice	1 teaspoon ground nutmeg
1 tablespoon coarse salt	1 teaspoon coarse ground black pepper
2 teaspoons cayenne pepper	

Procedure:

1. Crush or grind habanero peppers, scallions and whole allspice to a coarse powder. Add remaining ingredients and grind to a uniform coarse powder.
2. Store in glass preserving or plastic jars, plastic food storage bags or vacuum package. Label.

Asian Sizzle Herb Combination, Asia

Add frozen to stir-fries and curries, or thaw and rub over pork or chicken before cooking.

Source: freshpreserving.com, 2018

Ingredients:

1/4 cup chopped fresh cilantro
 3 tablespoons chopped fresh basil (Thai basil, if available)
 1 tablespoon chopped fresh mint
 2 teaspoons minced fresh ginger
 Chopped hot chilies to taste; if desired

Procedure:

Combine ingredients. Divide between herb cubes. Add enough water to cover. Freeze.

Cheryl's Cajun Spice Mix, Southern USA

Source: Cheryl Knapp, UCCE Master Food Preserver of El Dorado County

Ingredients:

5 bay leaves	1/3 cup Hungarian paprika
1/2 teaspoon dried oregano	1 tablespoon plus 1 teaspoon garlic powder
1 tablespoon plus 1 teaspoon onion powder	1 teaspoon white pepper
1 teaspoon black pepper	1/2 teaspoon (optional) cayenne pepper
1 teaspoon dried thyme	1-1/2 teaspoons celery seed
1 teaspoon cumin seed	

Procedure:

Pulse bay leaves in coffee/spice grinder until pulverized. Add dried oregano, dried thyme, celery seed and cumin seed. Pulse together until pulverized. Mix all ingredients well in small bowl and store in an airtight container for 1 month.