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UCCE Master Food Preservers of Sacramento County

Monthly Wednesday Night Demonstration

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Sharing the Bounty: Edible Presents



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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APPLESAUCE CAKE MIX IN A QUART JAR

Source: Gifts from the Kitchen, Sacramento MFP Recipes, October 2014

Jar Ingredients:

1 cup finely chopped walnuts	¼ tsp. allspice
½ tsp. cloves	¼ tsp. salt
1 cup raisins	1 ½ cups flour
¼ tsp. nutmeg	1 tsp. cinnamon
¼ tsp. baking soda	¼ cup brown sugar*

*Brown sugar should be the last ingredient layered in Quart jar.

PREPARING APPLESAUCE CAKE

INGREDIENTS

1 jar applesauce cake mix 1 egg
 ½ cup butter or margarine, softened 1 cup unsweetened applesauce

PROCESS

1. Preheat oven to 350°F.
2. Beat butter on high speed until creamy. Scoop ½ of the brown sugar from the jar and add to butter. Beat on high speed for 3 to 5 minutes; then beat in egg.
3. Add half of the remaining Applesauce Cake Mix and half of the applesauce and beat on low speed until incorporated.
4. Add the remaining mix and applesauce and continue beating on low speed until completely incorporated.
5. Scrape batter into a greased 9-inch round pan or greased Bundt pan.
6. Bake for 25 to 30 minutes in round pan, or 50 to 55 minutes in Bundt pan.

APPLESAUCE

Source: USDA Complete Guide to Home Canning and Preserving, 2010, Page 2-7

Quantity: An average of 21 pounds is needed per canner load of 7 quarts; an average of 13 ½ pounds is needed per canner load of 9 pints. A bushel weighs 48 pounds and yields 14 to 19 quarts of sauce — an average of 3 pounds per quart.

Quality: Select apples that are sweet, juicy, and crisp. For a tart flavor, add 1 to 2 pounds of tart apples to each 3 pounds of sweeter fruit.

Process: Wash, peel, and core apples. If desired, slice apples into water containing ascorbic acid to prevent browning. Place drained slices in an 8 to 10-quart pot. Add ½ cup water. Stirring occasionally to prevent burning, heat quickly until tender (5 to 20 minutes, depending on maturity and variety). Press through a sieve or food mill, or skip the pressing step if you prefer chunk-style sauce. Sauce may be packed without sugar. If desired, add 1/8 cup sugar per quart of sauce. Taste and add more, if preferred. Reheat sauce to a rolling boil. Fill hot jars with hot sauce, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 to 1,000 ft	1,001 to 3,000 ft	3,001 to 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20 min	20 min	25 min
	Quarts	20 min	25 min	30 min	35 min

APPLE JAM

Source: Fresh Preserving, <http://www.freshpreserving.com/recipes/apple-jam>

Yield: Makes about 6 (8 oz.) pints

If you're a fan of apple pie - and who isn't? - you'll love this luscious apple jam. Serve it on bread or use it more creatively in mini-tarts or as a dessert topping. You're certain to receive rave reviews for its good taste.

Ingredients:

6 cups peeled, chopped Granny Smith apples or other tart apples (about 6 medium)

1 tsp. ground cinnamon

3 Tbsp Ball® Real Fruit™ Low or No Sugar Needed Pectin

Juice and grated zest of 1 med. lemon

1 ½ cups sugar or SPLENDA© No Calories Sweetener Granules

2 cups unsweetened apple juice

¾ cup raisins

Apple Jam (Continued)

Process

1. Prepare canner, jars, lids and rings.
2. Combine apples, lemon peel and juice in a large saucepan. Bring to a boil. Reduce heat and simmer until apples begin to soften. Remove from heat and whisk in pectin. Add raisins and cinnamon. Return mixture to a boil. Boil 5 minutes. Remove from heat and stir in sugar. Skim off foam, if necessary.
3. Ladle hot jam into hot jars leaving ¼ inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.
4. Process in a boiling water or atmospheric steam canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lids should not flex up and down when center is pressed. Store in a cool, dry dark place.

TIP For best results, measure the sugar into a bowl so it can be added to the boiling jam all at once.

Fruit	Purchase Unit	Weight	Preparation	Prepared yield
Apples	1 Medium	1 lb	Peeled & sliced	3 cups
Apples	1 Medium	1 lb	Diced	1 cup

ZUCCHINI IN PINEAPPLE JUICE

Source: Ball Blue Book, 2014

Yield: about 8 half-pint jars 4 quarts

Ingredients

1/2 inch cubed or shredded zucchini (about 32)
 3 cups sugar
 46 ounces bottled unsweetened pineapple juice
 1 1/2 cups bottled lemon juice

Process

Wash zucchini under cold running water; drain. Remove stem and blossom ends. Peel zucchini and cut in half lengthwise. Remove seeds. Cut zucchini into 1/2 inch cubes or shred using a food grater.

Cook

Combine zucchini, sugar, pineapple juice, and lemon juice in a large saucepan. Bring mixture to a boil, stirring until sugar dissolves. Reduce heat to a simmer (180°F). Simmer 20 minutes, stirring to prevent sticking.

Fill

Pack hot zucchini and juice into a hot jar, leaving 1/2 inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack elevated over simmering water (180° F) in boiling-water canner. Repeat until jars are filled.

Zucchini in Pineapple Juice (Continued)

Process

Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner and bring to a rolling boil. Process half-pint jars 15 minutes.* 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.

Note: Use only commercial bottled pineapple juice and bottled lemon juice in this recipe to achieve the correct pH level (acidity) for safe processing in a boiling-water canner.

*Altitude Adjustments

Feet	Increase in Processing Time
1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

ZUCCHINI-PINEAPPLE DOUGHNUTS

Source: Ball Blue Book, 2014

Yield: about 9 doughnuts

DOUGHNUTS

1 1/4 cups shredded Zucchini in Pineapple Juice	1/4 teaspoon baking soda
1 egg	3/4 cup sour cream
1 1/2 cups all-purpose flour	1/4 teaspoon salt
4 Tablespoons unsalted butter, melted	2 teaspoons clear vanilla
1 1/2 teaspoons baking powder	1/2 teaspoon cinnamon
3/4 cup sugar	

GLAZE

4 ounces cream cheese	1/2 cup Confectioner's sugar
1/4 cup milk or reserved zucchini-pineapple juice	1/2 cup lightly toasted coconut, optional
	1 teaspoon clear vanilla

To Make Doughnuts – Drain zucchini-pineapple using a sieve or colander placed over a large bowl. Press gently on zucchini to extract juice; reserve juice. Lightly coat the wells in the doughnut pans with nonstick cooking spray. Stir together flour, baking powder, baking soda, and cinnamon in a large bowl; set aside. In a medium bowl, whisk together egg, melted butter, and sugar until thick and creamy. Stir in sour cream and vanilla. Combine flour mixture and egg mixture, stirring to slightly moisten ingredients; some dry ingredients will remain. Fold in drained, shredded zucchini-pineapple until all ingredients are evenly incorporated.

Zucchini-Pineapple Doughnuts (Continued)

Bake – Ladle doughnut batter into wells of doughnut pans to 3/4 full. Bake doughnuts at 350° F for 18 to 20 minutes. Place pans on a wire cooling rack to cool. Allow doughnuts to cool completely before removing from pans.

To Make Glaze – Warm cream cheese in a warm oven or microwave just until it begins to melt. Stir in Confectioner's sugar and vanilla. Stir in milk or reserved juice, gradually adding 1 Tablespoon at a time, stirring to the desired consistency.

Serve – Dip doughnuts into glaze to coat the top. Sprinkle with toasted coconut, if desired.

ALMOND CRAISIN BARK

Ingredients:

24 oz. white almond bark or 2 packages of white chocolate chips

2 ½ cups dried cranberries or Craisins

2 ½ cups cashews

Chop almond bark into small uniform pieces. Melt in microwave for 1 minute, stir, then heat in 20 second intervals and stir until melted or on the stovetop, in a double boiler, stirring occasionally until all is melted.

Mix the craisins and nuts together in a bowl. Pour melted chocolate into the bowl of craisins and nuts and mix it all up.

Pour into a parchment paper lined 8x8 or 9x9 baking dish and smooth it out to be level. Let it cool, pull parchment paper and chocolate out of the pan and remove the parchment paper from the chocolate before cutting it into squares on a cutting board. You can also pour it onto a parchment paper lined cookie sheet and let it cool and then break apart into pieces.

Put into cello bags, tie with a pretty ribbon and label.

Another idea is to take chocolate bark, melt it and put small pieces of crushed candy cane into it. Pour into a lined parchment paper baking dish. Let it cool and slice it into squares.

CARIBOU CRUNCH

Ingredients

- 2 boxes Fiddle Faddle or Crunch N' Munch
- 1 cup chocolate chips or one box of each
- 1 Tbsp. wax 6 oz candy coated or toffee coated peanuts

Process

1. Melt chocolate chips with wax in a double boiler.
2. Open both packages of the caramel corn and lay out on a cooled waxed covered baking sheet and sprinkle nuts on top.
3. Drizzle melted chocolate on corn and nuts, let cool.
4. Break apart, and put into cellophane bags and tie with a pretty bow.

BLACK FOREST PRESERVES

Source: Ball Complete Book of Home Preserving, 2012, Yield: About seven 8-ounce jars

6 1/2 cups granulated sugar	1/2 cup lemon juice
1/3 cups sifted unsweetened cocoa powder	2 pouches (each 3 ounces) liquid pectin
3 cups firmly packed coarsely chopped pitted sweet black cherries	4 Tablespoons amaretto liqueur (or 1/2 teaspoon almond extract)

1. Prepare canner, jars, and lids.
2. In a small bowl, combine sugar and cocoa powder. Stir well and set aside.
3. In a large deep stainless-steel saucepan, combine cherries and lemon juice. Stir in reserved cocoa mixture. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Stir in amaretto liqueur. Remove from heat and skim off foam.
4. Ladle hot preserves into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes.* Remove canner lid. Wait 5 minutes, then remove jars, cool, and store. TIP: Check your package of pectin for the expiration date and use only fresh pectin. Products that have expired may not set properly.

*Altitude Adjustments

Feet	Increase in Processing Time
1,001 – 3,000	5 minutes
3,001 – 6,000	10 minutes
6,001 – 8,000	15 minutes
8,001 – 10,000	20 minutes

BLACK FOREST MACAROON CONSERVE

Source: Ball Complete Book of Home Preserving, 2012, page 89

Yield: About seven 8-ounce jars

4 cups granulated sugar	2 Tablespoons lemon juice
1/3 cup sifted cocoa powder	2 pouches (each 3 ounces) liquid pectin
3 1/2 cups firmly packed coarsely chopped pitted sweet cherries	1/3 cup unsweetened flaked coconut 4 Tablespoons Kirsch or cherry brandy (or 1 teaspoon brandy extract)

1. Prepare canner, jars, and lids.
2. In a medium bowl, combine sugar and cocoa powder.
3. In a large deep stainless-steel saucepan, combine cherries, lemon juice, and cocoa mixture. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat. Add coconut and Kirsch; mix well. Skim off foam.
4. Ladle hot conserve into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

TIP: Some brands of liquid pectin direct you to stir in the pectin after boiling the fruit-sugar mixture for 1 minute. It is advisable to follow the directions given by the brand you are using when preparing these recipes.

OREO COOKIE BALLS Yield: 48 servings

Source: www.kraftrecipes.com/recipes/oreo-cookie-balls-126799.aspx

Ingredients

- 1 Pkg. Philadelphia Cream Cheese
- 4 pkgs. (4 oz. each) Bakers softened chocolate, broken into pieces, melted
- 40 Oreo Cookies, finely crushed (about 3 cups), divided

Process

1. Mix cream cheese and cookie crumbs until blended.
2. Shape into 48 (1-inch) balls. Freeze 10 minutes.
3. Dip balls in melted chocolate; place in single layer in shallow waxed paper-lined pan.
4. Refrigerate 1 hour or until firm.

KRAFT KITCHEN TIPS: • Sprinkle cookie balls with additional cookie crumbs. • Store in tightly covered packages in refrigerator. • For Easier Dipping: Use a toothpick to dip the cookie ball into melted chocolate, shake off excess chocolate then place on waxed paper.

CANDIED CITRUS PEEL

Source: Put 'Em Up!

Yield: about 2 pints

Ingredients

Peels, including pith, from 6 oranges or other thick-skinned citrus fruit 1 cup water, plus more for boiling peels	5 cups sugar 1 vanilla bean
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Procedure:

1. Cut the peels into 1/4-inch strips. Cover the peels with cold water in a large nonreactive saucepan and bring to a boil, stirring to ensure that all of the peels are heated through. Strain and repeat two more times to remove the bitter flavor from the pith and to soften the peels. After the third round, set aside the peels to drain while you make the syrup.
2. Bring 1 cup water to a boil and gradually add 4 cups of the sugar, stirring to dissolve. Add the peels and the vanilla bean. Return to a boil, and then reduce to a simmer, cooking gently until the peels are translucent and tender, about 1 hour.
3. Using tongs, remove the peels to a drying rack placed over a baking sheet and separate them so they don't touch. Let drain, and then dry for 4 to 5 hours.
4. When quite dry but still tacky, roll the peels in the remaining 1 cup sugar to coat.

Peels keep, stored in an airtight container, for up to 1 month.

CHAI TEA LATTE MIX

Source: Holiday Gifts from a Jar; Vol 1, Number 28, December 21, 2010

1 cup powdered nondairy creamer, divided	1/2 teaspoon ground cinnamon
2 Tablespoons packed brown sugar	1/2 teaspoon ground cloves
1/2 teaspoon ground allspice	3 Tablespoons nonfat dry milk
1/2 teaspoon ground cardamom	1/2 teaspoon ground ginger
3/4 cup instant unsweetened tea, divided	1/4 cup granulated sugar

1. Combine 1/3 cup creamer, brown sugar, allspice, and cardamom; stir well. Pour into decorative jar with tight-fitting lid; pack down well.
2. Add 1/4 cup tea; pack down well.
3. Combine 1/3 cup creamer, cinnamon, and cloves; stir well. Add to jar; pack down well.
4. Add 1/4 cup tea; pack down well.
5. Combine remaining 1/3 cup creamer, dry milk, and ginger; stir well. Add to jar; pack down well.
6. Add remaining 1/4 cup tea and granulated sugar; pack down well.
7. Seal Jar.

CHAI TEA LATTE

Pour entire contents of jar into large bowl. Stir until well blended. Pour mixture back into jar. For a single serving: Spoon 2 Tablespoons Chai Tea Latte Mix into cup or mug. Add 1 cup hot milk, stir to dissolve. Sweeten with honey to taste. Serve hot.

HOT COCOA MIX

Source: The Sacramento Bee, December 2010

Yield: Makes 4 cups Mix

INGREDIENTS TO PLACE IN JAR

2 cups Nonfat dry milk
1 cup Sugar
½ cup each: Cocoa and Nondairy creamer
1 dash salt

INSTRUCTIONS: Mix ingredients well and place in quart jar. Seal. (If adding marshmallows, use a little less creamer).

JAR INSTRUCTIONS: Add 4 to 5 tablespoons of mix to a mug, fill with hot water or milk. Stir and serve.

SWISS MOCHA LIGHT (Mix)

MIX Source: Anna Davis, Sacramento County Master Food Preserver, 2010

Yield: ½ cup dry mix or 8 servings

INGREDIENTS

2 Tbsp. unsweetened cocoa powder
2 Tbsp. decaffeinated instant coffee
5 Tbsp. instant nonfat dry milk powder
2 Tbsp. sugar, or to taste
1/4 tsp. vanilla extract

PROCESS Place all ingredients in a food process and process until well blended. Store in an air-tight container.

SWISS MOCHA LIGHT (Instructions)

Yield: 1 cup

INGREDIENTS

1 Tbsp. Swiss Mocha Light Mix
¾ cup (6 ounces) boiling water

PROCESS

Place Swiss Mocha Light Mix into a mug/cup. Add boiling water and mix well. Enjoy!

HERB/SPICE BLENDS FOR COOKING

NO SODIUM HERB BLEND (American Heart Association Herb Blend)

1 Tablespoon garlic powder (note: do not use garlic salt)
1 teaspoon each: basil, thyme, parsley, savory (or tarragon), mace, onion powder, black pepper, sage
1/2 teaspoon cayenne

Herb/Spice Blends for Cooking (continued)

ZAATAR HERB BLEND

2 Tablespoons ground sumac seed	2 Tablespoons sesame seeds
2 Tablespoons dried thyme	1 Tablespoon (or less) kosher salt

Dry Rub Recipe Secret - <https://www.the-greatest-barbecue-recipes.com/dry-rub-recipes.html>

ISLAND JERK RUB

Source: Ball Blue Book (2013 edition)

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	

Crush or grind habanero peppers, scallions, and whole allspice to a coarse powder. Add remaining ingredients and grind to a uniformly coarse powder. Store in home canning jar or plastic storage container. Label and date. Recommended use: Shrimp, chicken, pork chops, ribs, and beef or lamb kabobs. Drench meat in a sauce prepared with 1/3 cup red wine vinegar, 2 Tablespoons canola oil, and 1 Tablespoon soy sauce. Apply rub. Let shrimp stand 2 to 4 hours; chicken, and beef or lamb cubes 4 to 6 hours; pork 3 to 4 hours; and ribs overnight in a cool place. Grill.

TIPS: Preparing dry rubs takes not more than a few minutes. Ingredients can be crushed with a mortar and pestle, ground in a hand-held grinder, or pulsed in a food processor. Be careful when using a food processor that the mixture does not break down too far, causing natural oils to release. If this happens the rub will need to be used quickly because the oils will turn rancid. Dry rubs store on the shelf for 1 to 3 months, depending on the blend of ingredients. Not all ingredients will age at the same rate, so the flavor of the rub may change the longer it is stored. This is one reason why it is best to prepare small amounts and use them quickly. Rubs are sensitive to light and heat. Place dry rubs in a cabinet to protect them from light and heat.

CITRUS SALT

Yield: about 1-1/4 cups

Ingredients: 1 cup flake salt or coarse salt and 3 tablespoons citrus zest (any kind)

Procedure

1. Mix salt and zest in a bowl; work zest into salt with your fingers to release oils and flavor.
2. Spread on a baking tray.
3. Air-dry until dried completely, 8 hours to overnight.
4. Keep airtight at room temperature for up to 2 months.

Note: Zest's color will fade over time, but this won't affect taste. Another drying option is to heat the oven to 200°F, insert the baking tray and turn off the oven. Let the tray sit in the oven overnight.

FRAGRANT HERB SALT

Yield: 3/4 cup

4 to 5 garlic cloves, peeled 1/2 cup kosher salt	About 2 cups loosely-packed, pungent fresh herbs such as: Sage, rosemary, thyme, savory, basil, oregano ...
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1. Cut garlic cloves lengthwise through the center, remove the sprout in the center and discard.
2. Mound the salt and garlic on a cutting board. Use a chef's knife to mince the garlic, blending it with the salt as you work.
3. Place herbs in a mound and coarsely chop them. Add the herbs to the garlic salt and chop them together to the texture of coarse sand.

Spread the salt on a baking sheet or in wide flat bowls and leave near an open window for a couple days to dry. Store in clean, dry jars.

MIXED DRIED HERB VINEGAR

Source: Ball Complete Book of Home Preserving, 2006

Yield: Makes about eight 4-ounce or four 8-ounce jars or two, pint jars

When fresh herbs are not available, dried herbs and spices make wonderful flavored vinegars. Fresh, top-quality dried herbs and spices are essential to deliver a clear, sparkling flavor.

INGREDIENTS

2 teaspoons dried basil	2 teaspoons dried oregano
1 teaspoon hot pepper flakes	4 cups white wine vinegar

PROCESS

1. Place basil, oregano and hot pepper flakes in a clean quart mason jar and set in a bowl of hot (not boiling) water to warm the glass.
2. In a medium stainless-steel saucepan, bring vinegar to a boil over high heat. Slowly pour hot vinegar over dried herbs. Apply lid tightly and let stand in a dark, cool place (70 to 75° F) for 1 to 2 weeks, shaking jar every 3 days. Taste weekly until desired strength is achieved.
3. Prepare canner, jars and lids.
4. Line a strainer with several layers of cheesecloth and place over a large stainless steel saucepan. Strain vinegar without squeezing cheesecloth. Discard cheesecloth and herbs. Place saucepan over medium heat and heat vinegar to 180° F.
5. Ladle hot vinegar into hot jars, leaving ¼-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Place jars in canner. ensuring they are covered completely with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes. then remove jars, cool and store in a dry, dark, cool place.

TIPS: Cheesecloth can be found at many retailers, such as grocery stores and other stores that carry kitchen supplies. Look in the area where kitchen utensils are located.

FRUIT VINEGARS

*Source: Michigan State University Extension, 2013
msue.anr.msu.edu/news/herb_or_fruit_vinegars_are_easy_to_make_and_fun_to_give*

To make fruit-flavored vinegars, it is best to use frozen fruit such as raspberries, blueberries or cranberries. The frozen fruit works better than fresh fruit because the cells of frozen fruit have begun to break down, releasing more juice.

Steps to making fruit-flavored vinegars:

- Put frozen fruit in a non-metal bowl and pour vinegar over the fruit.
- Cover and let it set a couple of weeks to blend.
- Filter with a cheesecloth or paper coffee filter.
- Put into smaller containers for gifts.

It takes at least 10 days for most flavors to develop and about three to four weeks for the greatest flavor to be extracted. Desired flavors are most often a personal matter of taste. Crushing, “bruising” or chopping fruits, herbs and vegetables before adding to jars will shorten the process by about one week.

The National Center for Home Food Preservation recommends that to test for flavor development, place a few drops of vinegar on plain white bread and taste. If the flavors are developed to where you would like them to be, strain the vinegar and bottle. If the flavors seem too strong, dilute the flavored vinegar with more of the original vinegar you used in preparing the recipe.

Make sure you label what you put in your vinegars. Also include a note to use the vinegar up within three to four months for best quality, including a date on the bottle. Refrigeration is best for maintaining freshness and flavors.

For more information on making fruit and other vinegars, National Center for Home Food Preservation has a free publication “Preserving Food: Flavored Vinegars”.

nchfp.uga.edu/publications/uga/uga_flavored_vinegars.pdf

MULLING SPICES

Ingredients

3 whole Cinnamon_sticks	1 Tbsp whole Cloves
1 Nutmeg nut	1 Tbsp whole Allspice
	1 Tbsp Cardamom seeds

Crush Cinnamon sticks into about 1/2 inch pieces. Pop open Nutmeg nut, but still leave chunks. (A hammer works well for this process). Add the remaining spices and mix in bowl. For hot apple cider or cranberry juice, use 1 – 2 Tbsp per half gallon. (Here’s where I add a floating wedged orange.) Place the spices in a cheesecloth if desired. For flavored coffee, put 1 tsp in the drip basket or simmer 2 Tbsp in a small pot of water to scent the home. For 750 ml bottle (red) wine, use 1 Tbsp spices plus 1 Tbsp brown sugar over low heat for 20 minutes to round out the flavor nicely.

CRANBERRY-ORANGE VINEGAR

Source: Ball Complete Book of Home Preserving, 2006

Yield: Makes about ten 4-ounce jars or five 8-ounce jars

The warm and colorful flavors of cranberry and orange shine through in this tasty vinegar Use it to make a delicious marinade for chicken or turkey. (See tip below)

INGREDIENTS

4 cups fresh cranberries, divided	4 whole cloves
1 cup granulated sugar	2 orange slices (see box below)
½ cup water	2 cinnamon sticks (ea. 4 inches) broken into pieces
3 cups white wine vinegar	

PROCESS

1. Prepare canner, jars and lids.
2. Measure ½ cup cranberries and set aside. In a large stainless steel saucepan, combine remaining cranberries and water. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring frequently, until cranberries burst. Remove from heat, and using a potato masher, gently crush cranberries.
3. Meanwhile, tie cloves and cinnamon sticks in a square of cheesecloth, creating a spice bag. Set aside.
4. Line a strainer with several layers of cheesecloth and place over a glass measure cup. Strain juice without squeezing cheesecloth, and measure 1 cup. Discard cheesecloth and residue. Transfer cranberry juice to a large stainless steel saucepan and add sugar and reserved spice bag. Cook over medium-high heat, stirring until sugar dissolves. Add reserved cranberries and vinegar. Bring to a boil over medium-high heat. Reduce heat, cover and heat gently until cranberries are heated through but haven't burst, about 10 minutes. Discard spice bag.
5. Place 1 orange slice into each hot jar. Ladle hot vinegar into hot jars, leaving ¼-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight. 6. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

TIPS: If using smaller jars, cut orange slices into halves or quarters, as required.

CRANBERRY MARINADE

In a bowl, combine ¾ cup Cranberry-Orange Vinegar, ½ cup olive oil, 3 tbsp. liquid honey and salt and cracked black pepper to taste. Use as a marinade for poultry. Marinate bone-in chicken or turkey in the refrigerator for 4 to 6 hours before grilling.

DRYING BERRIES

Blackberries (all varieties) and raspberries are not recommended for drying because of their high seed content and slow drying time. They do make excellent fruit leathers.

Blueberries: Select large, firm, fully-ripe berries that have a deep, blue color. Wash berries and remove the stems. Blueberries may be dried without any pretreatment, but will dry faster if they are dipped in boiling water to crack the skins before drying. When blueberries are dried with no pretreatment, they will be puffy in appearance and texture. Those dipped in boiling water will be raisin-like in quality. Blueberries are dry when they are leathery and pliable with no pockets of moisture. They are excellent eaten as a snack or added to cereal, baked products and pancakes.

Strawberries: The sweeter varieties are best for drying. Select firm, ripe, red berries with a solid color. They should be picked when fully-ripe for best flavor. Wash berries, remove caps and cut into 1/2 inch slices or cut smaller berries in half. Dry skin-side down. No pretreatment is necessary. Strawberries are dry when they are pliable and leathery with no pockets of moisture. Dried strawberries can be eaten as a snack, added to cooked/dry cereals, combined with granola, added to milk shakes or yogurt. They are better eaten dry as they lose their firm texture when rehydrated.

DRYING APPLES AND PEARS

Source: Ball Blue Book, So Easy to Preserve, Dehydrator Bible

Apples: Choose tart, firm-textured apples that have a good flavor once heated (such as Granny Smith, McIntosh, Crispin). Apples that are more suited to fresh eating, such as Royal Gala, don't have much flavor once dried. Apple skin does toughen slightly when dried. If you're planning to rehydrate and cook the apples, you may wish to peel them before drying. If you're eating them as snacks, leave the skin on for extra fiber. Peel apples, if desired, and core. Cut into 1/8 to 1/4 inch rings or slices. Pretreat with Fruit-Fresh by dipping, if desired. Place on mesh drying trays. Dry at 130° to 135°F. • Ball Blue Book: Until pliable • So Easy to Preserve: 6 – 12 hours • Dehydrator Bible: Rings 5 – 6 hours, Slices 4 – 6 hours; dry and leathery, and spongy and still flexible

Pears: Choose any summer or winter variety. Allow pears to ripen at home before drying. Peel pears if desired (pear skin is generally fairly tender but does toughen slightly when dried). Cut in half lengthwise, scoop out core, and remove strings. Cut into 1/4 slices. Pretreat with Fruit-Fresh by dipping, if desired. Place on mesh drying trays. Dry at 130° to 135°F. • Ball Blue Book: Until leathery with no moisture pockets • So Easy to Preserve: 24 to 36 hours for halves • Dehydrator Bible: 12 to 14 hours, dry and leathery and still flexible

After drying, cool fruit 30 to 60 minutes before packaging. Avoid packaging warm food that could lead to sweating and moisture buildup. However, excessive delays in packaging could allow moisture to re-enter food. **CONDITIONING FRUITS:** When the fruit is taken from the dehydrator, the remaining moisture may not be distributed equally among the pieces. Conditioning is the process to equalize the moisture and reduce the risk of mold growth. Pack cooled dried fruit loosely into plastic or glass jars. Seal and let stand for 7 to 10 days. The excess moisture in some pieces will be absorbed by the drier pieces. Shake the jar daily to separate the pieces and check for moisture condensation. If condensation develops in the jar, return the fruit to the dehydrator for more drying.

ROCKY ROAD BROWNIES (Mix)

Source: <http://www.freshpreserving.com/recipe.aspx?r=27>

Yield: Makes about 1 (32 oz) quart to yield about 16 brownies

INGREDIENTS

- 1 cup sugar
- ½ cup chopped walnuts
- 1 cup flour
- 1½ cups miniature marshmallows, divided
- 1 Tbsp instant coffee granules
- 1 4-oz bag semi-sweet chocolate pieces
- 1 Tbsp baking powder
- 1 (32 oz) quart glass preserving jar with lid
- ½ tsp salt and band

PROCESS

1. Combine sugar, flour, instant coffee granules, baking powder and salt in a large mixing bowl, stirring to blend evenly.
2. Place mixture into a jar. Pack firmly using a tamper. Layer walnuts, miniature marshmallows and semi-sweet chocolate pieces into the jar in the order given. Center lid on jar. Apply band.
3. Include the following recipe with your jar of brownie mix.

ROCKY ROAD BROWNIES (Instructions)

Ingredients

Jar of brownie mix, ½ cup unsalted butter, divided	3 large eggs 1 Tbsp vanilla
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Process

1. Preheat oven to 350°F. Remove mix from jar, keeping layers separate.
2. Melt semi-sweet chocolate pieces, 1 cup miniature marshmallows and ¼ cup unsalted butter in a saucepan over low heat.
3. Beat ¼ cup butter, eggs and vanilla for 5 minutes, using the highest speed of an electric mixer. Add melted chocolate mixture to butter mixture and blend on low speed. Stir in sugar mixture, walnuts and remaining miniature marshmallows just until ingredients are moistened.
4. Pour batter into a foil lined 9– x 9-inch baking pan. Bake at 350°F for 35 to 40 minutes, or until edges start to pull away from the pan. Cool. Lift foil and brownies from the pan. Discard foil. Cut brownies into 2-inch squares.

ORANGE-RAISIN GINGER COOKIE MIX IN A JAR

Source: <https://www.freshpreserving.com/orange-raisin-ginger-cookie-mix-in-a-jar---ball-recipes-br1191.html>

Yield: Makes about 1 (32 oz) quart

INGREDIENTS

2½ cups flour	1½ tsp cinnamon	¼ tsp cloves
½ cup granulated sugar	½ cup minced candied orange peel	½ cup light brown sugar
1½ tsp baking soda	½ tsp allspice	1 (32 oz) quart glass preserving jar with lid and band
2 tsp ginger	½ cup raisins	
½ tsp salt		

PROCESS

1. Combine flour, baking soda and salt. Place mixture into a quart jar, firmly packing.
2. Combine candied orange peel and raisins. Layer over flour mixture, gently pressing to make an even layer. Place light brown sugar in jar, packing firmly.
3. Stir together granulated sugar, ginger, cinnamon, allspice and cloves until evenly blended. Layer into jar, firmly packing. Adjust cap.
4. Create recipe card for preparing Orange-Raisin Ginger Cookies (see recipe below). Tie recipe card around the neck of the jar with ribbon or raffia. Makes base for one recipe of Orange-Raisin Ginger cookies.

ORANGE-RAISIN GINGER COOKIES

Yield: Makes about 2½ dozen cookies

Ingredients

1 cup unsalted butter, softened	½ cup mild flavored molasses
1 large egg	1 cup granulated sugar

PROCESS

1. Preheat oven to 350°F. Remove mix from jar, keeping layers separate. Beat butter, granulated sugar mixture and light brown sugar until light and fluffy, using an electric mixer. Beat in egg and molasses.
2. Add remaining dry ingredients, mixing just until evenly combined. Form dough into a ball and cover with plastic wrap. Refrigerate dough until firm, about 2 hours.
3. Remove dough from refrigerator. Shape dough into 1½ inch balls. Roll each cookie ball in granulated sugar to dust, optional. Place cookie dough on parchment lined baking sheet 2-inches apart.
4. Bake at 350°F for 10 to 12 minutes.

CALICO BEAN SOUP (Mix)

Source: Sacramento Master Food Preservers, October 2008

Yield: Makes six 1½ cup servings

INGREDIENTS

2 cups mixed dried beans (½ cup each: lima, pinto, kidney and great Northern beans, yellow & green split peas)	1 bay leaf
1 Tbsp. chicken bouillon granules	1/4 tsp. ground cumin
	1/4 cup instant minced onions
	1/4 tsp. ground garlic

PROCESS

1. Beans may be layered in a pint jar and closed with lid, or can be mixed and placed in a pint-sized Ziploc bag.
2. In a small Ziploc bag or bag made of plastic wrap, combine remaining ingredients. Place inside Ziploc bag or tie onto jar.
3. Attach the following recipe to the soup mix.

CALICO BEAN SOUP (Instructions)

INGREDIENTS

8 cups water	1 pkg. Calico Bean Soup Mix
2 medium stalks celery, chopped	1 ham bone or 2 pieces ham hocks
2 medium carrots, chopped	

PROCESS

1. Heat water and calico bean soup mix to boiling in a 4-quart Dutch oven. Boil 2 minutes.
2. Remove from heat. Cover and let stand 1 hour.
3. Stir carrots, celery and seasoning packet into bean mixture; add ham bone or hocks.
4. Heat to boiling. Reduce heat and simmer about 1 hour or until beans are tender.
5. Skim fat, if necessary.
6. Remove ham from bone and trim excess fat. Cut ham into ½ inch pieces and stir into

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