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UCCE Master Food Preservers of Sacramento County



University of California
Agriculture and Natural Resources

*Sacramento County Master Food Preservers
Monthly Wednesday Night
Demonstration
April 21, 2021
Cheese Board Recipes*



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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OLIVES	See separate document, labeled Olives

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CHEESE BOARD

Cheese boards don't have to be complicated, expensive or, more importantly, only for company. Put together a cheese board with things that you almost always have in your refrigerator or items you may have in your pantry (or preserve pantry).

What's On the Tray

Cheese – smoked gouda, brie, cheddar, parmesan and a Garlic Blue cheese spread

Meat – salami, deli ham, summer sausage and/or Spanish chorizo

Bread – water crackers, baguette rounds, toasted

Pantry Items – Olives (<https://anrcatalog.ucanr.edu/pdf/8267.pdf>)

 Cranberry Mustard (Ball Complete Book of Home Preserving)

 Jardiniere (Ball Complete Book of Home Preserving)

 Cranberry Orange Chutney (So Easy To Preserve)

 Pickled Figs (So Easy To Preserve)

 Roasted Almonds

 Pistachios

 Dried Apricots

Produce Grapes

Suggested Cheese

 Something soft (Brie, Camembert, Goat)

 Something firm (Manchego, Parmesan, Edam)

 Something aged (Cheddar, Gruyere, Gouda)

 Something tangy (Roquefort, Stilton, Gorgonzola)

But mostly choose things you like or your guests enjoy.

How to Arrange – use your creativity – start with the small bowls (if you don't have small bowls use ½ cup canning jars), add the cheese (big blocks or wedges first), add meat and bread and fill in the rest. The cheese can be whole but it makes the tray more interesting to have a variety of shapes. The meat can also be in different arrangements (rolled, fanned, stacked, whatever strikes you) then fill in the spaces with dried fruit, fresh fruit, nuts or cubed cheese.

This tray is accompanied by a Bloody Mary made with pantry Bloody Mary Mix (*freshpreserving.com (Ball)*) and Pickled Asparagus (Ball Complete Book of Home Preserving).

CRANBERRY MUSTARD RECIPE

Source: Freshpreserving.com

Preserving Method: Water-Bath-Canning

Makes about 7 (4 oz) jars

This fruity mustard is particularly delicious with ham and turkey, start your next sandwich off with a vibrant spicy kick.

You will need

- 1 cup red wine vinegar
- 2/3 cup yellow mustard seeds
- 1 cup water
- 1 Tbsp Worcestershire sauce
- 2-3/4 cups fresh or frozen cranberries (about 1 12-oz bag)
- 3/4 cup sugar
- 1/4 cup dry mustard
- 2-1/2 tsp ground allspice
- 7 (4 oz) glass preserving jars with lids and bands

Directions

1. BRING vinegar to a boil in a medium saucepan. Remove from heat and add mustard seeds. Cover and let stand at room temperature until seeds have absorbed most of the moisture, about 1-1/2 hours.
2. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
3. COMBINE mustard seeds and liquid, water and Worcestershire sauce in a food processor or blender. Process until slightly grainy. Add cranberries and blend until chopped.
4. BRING cranberry mixture to a boil in a medium saucepan, stirring constantly. Reduce heat and simmer for 5 minutes, stirring frequently. Whisk in sugar, dry mustard and allspice. Continue to simmer, stirring frequently, until volume is reduced by a third, about 15 minutes.
5. LADLE hot cranberry mustard into hot jars leaving 1/4-inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
6. PROCESS in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

JARDINIERE

Source: Ball, The Complete Book of Home Preserving, page 322

Makes about five-pint jars

This tasty pickle combines a colorful array of vegetables and makes a satisfying snack or addition to any meal. The word “jardiniere” comes from the French jardin, meaning “garden,” so this recipe could be described as “pickles from the garden.”

3 bay leaves
6 whole black peppercorns
3 cloves garlic, thinly sliced
4 cups white vinegar
2 cups water
2 cups granulated sugar
1 tbsp pickling or canning salts
2 cups small cauliflower florets
1-1/2 cups peeled pickling or pearl onions
3 stalks celery, cut into 1/4-inch slices
2 carrots, peeled and cut into sticks (1-1/2 inches long and 1/2 inch wide)
1 small zucchini, cut into 1/4-inch slices
2 large red bell peppers, seeded and cut into 1/4-inch strips
1 large yellow bell pepper, seeded and cut into 1/4-inch strips
1 large green bell pepper, seeded and cut into 1/4-inch strips

1. Prepare canner jars and lids.
2. Tie bay leaves peppercorns and garlic in a square of cheesecloth creating a spice bag.
3. In a large stainless-steel saucepan combine vinegar, water, sugar, salt and spice bag. Bring to boil over medium-high heat, stirring to dissolve sugar. Reduce heat, cover and boil gently for 5 minutes, until spices have infused the liquid. Add cauliflower, onion, celery, carrots and zucchini and return to a boil. Remove from heat and stir in red, yellow and green pepper. Discard spice bag.
4. Pack vegetables into hot jars to within a generous 1/2-inch of the 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. 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 for 5 minutes, then remove jars, cool and store.

CRANBERRY ORANGE CHUTNEY

Source: So Easy to Preserve, page 164

Makes about 8 half-pint jars

24 ounces fresh whole cranberries
2 cups chopped white onion
2 cups golden raisins
1-1/2 cups white sugar
1-1/2 cups packed brown sugar
2 cups white distilled vinegar (5%)
1 cup orange juice
4 teaspoons peeled, grated fresh ginger
3 sticks cinnamon

Rinse cranberries well. Combine all ingredients in a large Dutch oven. Bring to a boil over high heat; reduce heat and simmer gently for 15 minutes or until cranberries are tender. Stir often to prevent scorching. Remove cinnamon sticks and discard.

Fill the hot chutney into half-pint jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids. Process 10 minutes in a boiling water bath.

Variation – Other dried spices can be added or adjusted to taste (for example, cloves, dry mustard, or cayenne pepper) during the simmering period.

FIGS PICKLES

Source: So Easy to Preserve, page 148

Makes about 8 pint jars

4 quarts firm-rip figs
3 cups sugar
2 quarts water
2 cups sugar
2 sticks cinnamon
1 tablespoon whole allspice
1 tablespoon whole cloves
3 cups vinegar (5%)

Peel figs. (If unpeeled are preferred, pour boiling water over figs and let stand until cool; drain.) Add 3 cups of sugar to water and cook until sugar dissolves. Add figs and cook slowly 30 minutes. Add 2 cups of sugar and vinegar. Tie spices in a cheesecloth bag; add to figs.

Cook gently until figs are clear. Cover and let stand 12 to 24 hours in refrigerator. Remove spice bag.

Heat to simmering; pack, hot, into hot jars, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids. Process 15 minutes in a boiling water bath.

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.

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
- 4½ cups water
- 4½ cups white distilled vinegar (5%)
- 6 small hot peppers (optional)
- ½ 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

Procedure:

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 ½-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 ½-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 canner according to the recommendations in **Table 1**. 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.

Table 1. Recommended process time for **Pickled Asparagus** in a boiling-water canner.

		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

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.

