Sacramento County Master Food Preservers  
Monthly Wednesday Night Demonstration  
March 16, 2022  
Soups and Roots

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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CARROT CAKE JAM
Source: https://www.freshpreservinguk.co.uk/recipes/carrot-cake-jam

Makes about 6 (8 oz) half pints

Sweetened with crushed pineapple and spices, this sunny fall jam tastes just like carrot cake. It makes a perfect gift for any occasion.

LEVEL OF EASE: MEDIUM
PRESERVING METHOD: Waterbath Preserving

YOU WILL NEED:
1-1/2 cups finely grated peeled carrots
1-1/2 cups chopped cored peeled pears
1-3/4 cups chopped pineapple, including juice
3 Tbsp lemon juice
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground cloves
6 Tbsp Ball® RealFruit™ Classic Pectin
6-1/2 cups sugar
6 (8 oz) half pint glass preserving jars with lids and bands

DIRECTIONS:
2. COMBINE carrots, pears, pineapple with juice, lemon juice, cinnamon, nutmeg, and cloves in a 6- or 8-quart saucepan. Bring mixture to a boil over high heat, stirring frequently. Reduce heat, cover and boil gently for 20 minutes, stirring occasionally. Remove from heat and whisk in pectin until dissolved. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring frequently.
3. ADD sugar all at once and return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.
4. LADLE hot carrot cake jam into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight.
5. 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.
QUICK PICKLED RED ONIONS
Source: https://madison.ces.ncsu.edu/2020/08/quick-pickled-red-onions/

Quick Pickled Red Onions are so quick and easy to make and so tasty. If you have an extra 5 – minutes, you can have your red onions pickling in the fridge in no time! Pickled Red Onions add a delicious tang and punch to dishes such as tacos, pork carnitas, quinoa bowls, and even breakfast foods such as omelets, fried eggs, and bagels with cream cheese. Pickled Red Onions stay crisp and delish for 2 weeks in the fridge. When the pickled red onions have been gobbled up, save the *magical pickling liquid* and use wherever you would use a splash of vinegar or citrus...meat marinades, salad dressings, and even cocktails.

Ingredients
1 red onion ~ halved and thinly sliced
1/2 cup apple cider vinegar
1/4 cup fresh or bottled lime juice
1/8-1/4 cup sugar
1/2 Tablespoon sea salt
Pinch of Red Pepper Flakes

Directions
1. Wash your hands
2. Add sliced onions to a medium boil. Pour boiling water over onions to completely cover and count to 10...this process softens the onions, helping them to absorb the pickling liquid.
3. Drain onions and place in a pint-size jar.
4. Heat vinegar, lime juice, sugar, chili flakes, and salt in a small saucepan over medium saucepan until salt and sugar are dissolved, about 3 minutes.
5. Taste for sweetness; add more sugar if desired.
6. Pour vinegar mixture over onions.
7. Allow to stand at room temperature until cooled. Cover with a lid and refrigerate up to 2 weeks.
SWEET PICKLED RADISH
Source: https://www.freshpreserving.com/blog?cid=sweet-pickled-radish

Preserving Method: Non-Preserving
Makes about 1 pint jar

Fresh ruby red radishes, with their certain crunch and sharp flavor, make for delicious and easy refrigerator quick pickles. Recipe excerpted from The All New Ball Book of Canning and Preserving, published by Oxmoor House (2016).

You will need
- 1 bunch radishes (about a 1/2 pound), stem and root ends removed and cut into 1/8 inch slices
- 1/2 cup white or apple cider vinegar (5% acidity)
- 1/2 cup sugar
- 1/4 cup water
- 1 tsp. Ball® Salt for Pickling and Preserving
- 1 tsp. mustard seeds
- 1/2 tsp. ground black pepper
- 1 bay leaf
- 1/2 tsp. dried crushed red pepper (optional)
- Ball® glass preserving jars with lids and bands

Directions
1. Place radishes in a hot 1-pint jar. Bring vinegar, next 6 ingredients, and, if desired, crushed red pepper to a boil in a small stainless steel or enameled saucepan.
2. Ladle hot pickling liquid over radishes. Wipe jar rim. Center lid on jar. Apply band, and adjust to fingertip-tight. Let cool on a wire rack (about 1 hour). Chill 6 hours before serving. Store in refrigerator up to 4 months.
PICKLED BABY CARROTS
Source: https://nchfp.uga.edu/how/can_06/pickled_baby_carrots.html

- 8½ cups peeled baby carrots
- 5½ cups white distilled vinegar (5%)
- 1 cup water
- 2 cups sugar
- 2 teaspoons canning salt
- 8 teaspoons mustard seed
- 4 teaspoons celery seed

Yield: About 4 pint jars

Procedure:

1. Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer’s directions.
2. Wash carrots well and peel, if necessary. Wash again after peeling.
3. Combine vinegar, water, sugar and canning salt in an 8-quart Dutch oven or stockpot. Bring to a boil and boil gently 3 minutes. Add carrots and bring back to a boil. Then reduce heat to a simmer and heat until the carrots are half-cooked (about 10 minutes).
4. Meanwhile, place 2 teaspoons mustard seed and 1 teaspoon celery seed in the bottom of each clean, hot pint jar.
5. Fill hot jars with the hot carrots, leaving 1-inch headspace. Cover with hot pickling liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; adjust two-piece metal canning lids.
6. Process in a boiling water canner, as recommended in Table 1. Let cool, undisturbed, 12 to 24 hours and check for seals.

Allow carrots to sit in processed jars for 3 to 5 days before consuming for best flavor development.

<table>
<thead>
<tr>
<th>Table 1. Recommended process time for Pickled Baby Carrots in a boiling-water canner.</th>
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<td><strong>Process Time at Altitudes of</strong></td>
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<td><strong>Style of Pack</strong></td>
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<td>Hot</td>
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Developed at The University of Georgia, Athens, for the National Center for Home Food Preservation. Released by Elizabeth L. Andress, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. October 2005.
SOUPS – PRESSURE CANNING
Source: https://nchfp.uga.edu/how/can_04/soups.html

Vegetable, dried bean or pea, meat, poultry, or seafood soups can be canned. These directions are intended for use with ingredients that already have separate canning recommendations for those foods.

Caution: Do not add noodles or other pasta, rice, flour, cream, milk or other thickening agents to home canned soups. If dried beans or peas are used, they must be fully rehydrated first. Please read Using Pressure Canners before beginning. If this is your first time canning, it is recommended that you read Principles of Home Canning.

Procedure: Select, wash, and prepare vegetables, meat and seafoods as described for the specific foods in their own canning instructions. Cover meat with water and cook until tender. Cool meat and remove bones. Cook vegetables as described for a hot pack. For each cup of dried beans or peas, add 3 cups of water, boil 2 minutes, remove from heat, soak 1 hour, and heat to boil; drain. Combine solid ingredients with meat broth, tomatoes, or water to cover. Boil 5 minutes.

Caution: Do not thicken. Salt to taste, if desired. Fill jars halfway with solid mixture. Add remaining liquid, leaving 1-inch headspace.

Adjust lids and process following the recommendations in Table 1 or Table 2 according to the method of canning used.

| Table 1. Recommended process time for Soups in a dial-gauge pressure canner. |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| **Canner Pressure (PSI) at Altitudes** | **0 - 2,000 ft** | **2,001 - 4,000 ft** | **4,001 - 6,000 ft** | **6,001 - 8,000 ft** |
| **Style of Pack** | **Jar Size** | **Process Time** | **11 lb** | **12 lb** | **13 lb** | **14 lb** |
| Hot | Pints | 60* min | 11 lb | 12 lb | 13 lb | 14 lb |
| Quarts | 75* | 11 | 12 | 13 | 14 |

* Caution: Process 100 minutes if soup contains seafoods.
Table 2. Recommended process time for **Soups** in a weighted-gauge pressure canner

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>Process Time</th>
<th>0 - 1,000 ft</th>
<th>Above 1,000 ft</th>
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<tr>
<td>Hot</td>
<td>Pints</td>
<td>60* min</td>
<td><strong>10 lb</strong></td>
<td>15 lb</td>
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<tr>
<td></td>
<td>Quarts</td>
<td>75*</td>
<td><strong>10</strong></td>
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* Caution: Process 100 minutes if soup contains seafoods.

This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009.

Reviewed February 19, 2015.
HOMEMADE CHICKEN SOUP – PRESSURE CANNING
Source: https://www.freshpreserving.com/blog?cid=homemade-chicken-soup-pressure-canning

Preserving Method: Pressure Canning
Makes about 2-4 (32 oz) Quart jars or 4-8 (16oz) Pint jars

A hot, steaming bowl of chicken soup is sure to cure the winter blahs. Customize your homemade chicken soup with egg noodles, broken bits of vermicelli or rice while heating, just before serving.

You will need:

Full recipe
- 16 cups chicken stock
- 3 cups diced cooked chicken (about 1 3-lb chicken)
- 1-1/2 cups diced celery (about 2 stalks)
- 1-1/2 cups sliced carrots (about 3 medium)
- 1 cup diced onion (about 1 medium)
- Salt, optional
- Pepper, optional
- 3 chicken bouillon cubes, optional
- 4 Ball® (32 oz) quart or 8 (16 oz) pint glass preserving jars with lids and bands

Half recipe
- 8 cups chicken stock
- 1-1/2 cups diced cooked chicken (about 1/2 3-lb chicken)
- 3/4 cup diced celery (about 1 stalk)
- 3/4 cup sliced carrots (about 2 medium)
- 1/2 cup diced onion (about 1/2 medium)
- Salt, optional
- Pepper, optional
- 1 to 2 chicken bouillon cubes, optional
- 2 Ball® (32 oz) quart or 4 (16 oz) pint glass preserving jars with lids and bands

*You must process at least 2 quart jars or 4 pint jars in the pressure canner at one time to ensure safe processing.

Directions
2. Combine chicken stock, chicken, celery, carrots and onion in a large saucepot. Bring mixture to a boil. Reduce heat and simmer 30 minutes. Season to taste with salt and pepper, if desired. Add bouillon cubes, if desired. Cook until bouillon cubes are dissolved.
3. Ladle hot chicken soup into hot jars leaving 1 inch headspace. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.
4. Process filled jars in a pressure canner at 10 pounds pressure 1 hour and 15 minutes for pints and 1 hour and 30 minutes for quarts, adjusting for altitude, according to your pressure canners directions. Turn off heat: cool canner to zero pressure. Let stand 5 more minutes before removing the lid. Cool jars in canner 10 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.
DEHYDRATED WHITE (OR BROWN) RICE
Source: Dehydrator Bible

**Preparation:**
Cook long-grain white (or brown) rice according to package directions until tender. Rinse under cold running water to cool and rinse off any excess starch. Drain well.

**Drying:**
Spread out as evenly as possible on fine-mesh drying trays. Dry at 130°F (55°C).

**Time:**
5 to 6 hours.

**Special instructions:**
Stir occasionally to break up clumps and ensure even drying.

**Doneness Test:**
Rice should be translucent, very firm and dry throughout.

**TIP:** Use fine-mesh tray liners (e.g. Clean-A-Screen) if necessary to prevent rice from falling through trays.
MINESTRONE - DEHYDRATED
Source: High Trail Cookery, Linda Frederick Yaffe (1997)

Makes 4 servings
Small amounts of many different vegetables give this soup its characteristic flavor.

Cook:
• 1/2 cup dried kidney beans or use 1 1/3 cups canned kidney beans, drain beans
reserving liquid, set aside

Heat a large saucepan or Dutch oven over high heat:
• Add 2 Tablespoons olive oil, when the oil is hot, add:

  • 1 onion, minced, sauté onion until soft then add:
  • 1 carrot, minced
  • 6 green beans, finely chopped
  • 1 small zucchini, finely chopped
  • 3 small new potatoes, scrubbed but not peeled, minced

Sauté the vegetables, stirring occasionally, until thoroughly browned. Then add:
• 1 1/3 cups cooked beans
• 3 cups reserved bean liquid
• 4 whole tomatoes, chopped
• 2 teaspoons fresh thyme, minced, or 1 teaspoon dried
• 2 teaspoons fresh oregano, minced, or 1 teaspoon dried
• 1 teaspoon fresh sage, minced, or 1/2 teaspoon dried
• 1 teaspoon sea salt
• Pinch of cayenne pepper

Simmer the soup for 30 minutes, then add:
• 1/2 cup tiny soup noodles

Simmer for 10 minutes more.
Spread on plastic-covered trays and dehydrate for 5 1/2 hours at 145°.

To rehydrate, cover with water, boil, stir, and serve.
PUMPKIN-SWEET POTATO SOUP - DEHYDRATED
Source: High Trail Cookery, Linda Frederick Yaffe (1997)

Makes 4 servings

Heat a large saucepan or Dutch oven over high heat:
  • Add 3 Tablespoons olive oil

When the oil is hot, add:
  • 1 large onion, minced
  • 2 medium sweet potatoes, scrubbed but not peeled, finely chopped
  • 1/2 teaspoon cayenne pepper
  • 1/2 teaspoon dried mustard powder
  • 1/2 teaspoon ground ginger
  • 1/2 teaspoon ground nutmeg
  • 3/4 teaspoon sea salt

Sauté the vegetables, stirring occasionally, for 20 minutes.

Add and simmer, covered, for 20 minutes:
  • 2 cups cooked and pureed pumpkin (or use canned pumpkin)
  • 3 cups any variety stock
  • 4 cloves garlic, minced
  • 1 Tablespoon honey

Remove from heat.

Puree in a blender or food processor.

Spread on plastic-covered trays and dehydrate for 5 hours at 145°.

To rehydrate, cover with water, boil, stir, and serve
CORN-POTATO CHOWDER - DEHYDRATED
Source: High Trail Cookery, Linda Frederick Yaffe (1997)

Makes 4 servings

Heat a large cast-iron Dutch oven over high heat, then add:
   2 tablespoons olive oil

Add and saute, stirring constantly, until transparent:
   1 onion, finely chopped

Add and saute until lightly browned:
   5 medium-sized new potatoes, scrubbed but not peeled, finely chopped

Reduce heat to medium, add and saute for 3 minutes:
   5 whole fresh mushrooms, finely chopped

Add:
   2 tablespoons soy or whole wheat flour
   1 stalk celery, finely chopped
   2 cups any variety stock or water
   2 cups whole corn kernels, fresh or canned, drained
   1 teaspoon fresh thyme, minced or 1/2 teaspoon dried
   2 cloves garlic, finely minced
   1/2 teaspoon sea salt
   1/2 teaspoon freshly ground black pepper
Bring to a boil, then reduce heat to low, cover, and simmer for 30 minutes.

Add and heat:
   1 tablespoon butter or margarine
   1 cup milk

Spread on plastic-covered trays and dehydrate for 6 hours at 145°F.

To rehydrate, cover with water, boil, stir, and serve.
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 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.
PRESSURE CANNING PROCESS – QUICK STEPS

1. Use reputable, research-based recipe.
2. Prep work area, food and jars.
3. Heat 2-3” canner water (not boiling).
   Hot Pack: 180°F, Raw Pack: 140°F
4. Jars in canner; lid on; weight off; high heat.
5. Vent 10 minutes.
6. Weight on.
7. Pressurize; lower heat to maintain pressure.
8. Start time; process, adjust heat as needed.
9. Ding! Timer off; heat off.
10. Wait until pressure drops to 0.
11. Weight off.
12. Cool 10 minutes more.
13. Lid off; jars out.
   Check seals; remove rings, clean jars.
15. Label and store sealed jars.
   Cool, dry, dark location.
   Use within 1 year for best quality.