



*Sacramento County Master Food Preservers  
Monthly Wednesday Night Demonstration*

*August 17, 2022  
Tomato Mania!*



**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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# MARINATED PEPPERS (Bell, Hungarian, Banana, or Jalapeno)

[https://nchfp.uga.edu/how/can\\_06/marinated\\_peppers.html](https://nchfp.uga.edu/how/can_06/marinated_peppers.html)

Yield: about 9 half-pint jars

- 4 lbs firm peppers\*
- 1 cup bottled lemon juice
- 2 cups white vinegar (5 percent)
- 1 Tablespoon oregano leaves
- 1 cup olive or salad oil
- 1/2 cup chopped onions
- 2 cloves garlic, quartered (optional)
- 2 Tablespoons prepared horseradish (optional)

\* **Note:** It is possible to adjust the intensity of pickled jalapeno peppers by using all hot jalapeno peppers or blending with sweet and mild peppers.

For hot style: Use 4 lbs jalapeno peppers.

For medium style: Use 2 lbs jalapeno peppers and 2 lbs sweet and mild peppers.

For mild style: Use 1 lb jalapeno peppers and 3 lbs sweet and mild peppers.

**Caution: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.**

Select your favorite pepper. Peppers may be left whole. Large peppers may be quartered. Wash, slash two to four slits in each pepper, and blanch in boiling water or blister in order to peel tough-skinned hot peppers.

Peppers may be blistered using one of the following methods: Oven or broiler method: Place peppers in a hot oven (400°F) or broiler for 6-8 minutes or until skins blister. Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

Allow peppers to cool. Place in pan and cover with a damp cloth. This will make peeling the peppers easier. After several minutes of cooling, peel each pepper.

Flatten whole peppers. Mix all remaining ingredients in a saucepan and heat to boiling. Place 1/4 garlic clove (optional) and 1/4 teaspoon salt in each half pint or 1/2 teaspoon per pint. Fill jars with peppers; add hot, well-mixed oil/pickling solution over peppers, leaving 1/2-inch headspace. Adjust lids and process as below:

Pack	Jar Size	Process Time at Altitudes of			
		0 - 1,000 ft	1,001-3,000 ft	3,001-6,000 ft	Above 6,000 ft
Raw	Half-pints and pints	15 min	20	20	25

## CORN AND CHERRY TOMATO SALSA

<https://www.ballmasonjars.com/blog?cid=corn-and-cherry-tomato-salsa>

Yield: About 6 pint jars

Summer means it is salsa season, and this one's a real classic! Ball®'s Corn and Cherry Tomato Salsa is a festive favorite sure to brighten up your day with ripe cherry tomatoes and fresh corn kernels mixed with jalapeño and zesty lime juice.

5 lbs. cherry tomatoes roughly chopped  
2 cups corn kernels (about 2 large ears fresh, but frozen thawed is fine)  
1 cup red onion, finely chopped  
2 teaspoons salt  
1/2 cup bottled lime juice  
2 jalapeno peppers, seeded and minced  
1 tsp. chipotle chili powder, optional  
1/2 cup chopped fresh cilantro

1. Prepare boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set aside with bands.
2. Bring all the ingredients to a boil in a large stainless-steel or enameled saucepan. Reduce heat and simmer 5-10 minutes, stirring occasionally.
3. Ladle the hot salsa into a hot jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe the jar rim. Center the lid on the jar. Apply the band and adjust to fingertip-tight. Place the jar in the boiling water canner. Repeat until all the jars are filled.
4. Process in a boiling water canner **15 minutes at 0 – 1,000 feet altitude** (20 minutes at 1,001 to 3,000 feet, 25 minutes at 3,001 to 6,000 feet, 30 minutes at 6,001 to 8,000 feet, 35 minutes at 8,001 to 10,000 feet).
5. Turn off heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

## ROASTED RED PEPPER SPREAD

<https://www.ballmasonjars.com/roasted-red-pepper-spread.html>

Yield: About 5 half-pint jars

- 6 pounds red bell peppers (about 12 large)
- 1 pound Roma tomatoes (about 10 medium)
- 2 large cloves garlic, chopped
- 1/4 cup chopped white onion (about 1 medium)
- 2 tablespoons minced basil
- 1 tablespoon sugar
- 1 teaspoon coarse salt
- 1/2 cup red wine vinegar, 5% acidity

1. Wash peppers, tomatoes, and basil under cold running water; drain. Roast peppers under a broiler at 425°F until skins wrinkle and char in spots, turning peppers over to roast evenly. Remove peppers from broiler and place in a paper bag; secure bag closed; cool 15 minutes. Roast tomatoes, garlic, and onion under a broiler at 425°F for 10 to 15 minutes. Remove vegetables from broiler. Place tomatoes in a paper bag; secure bag closed; cool 15 minutes. Peel garlic and onion. Chop garlic; set aside. Chop onion; measure 1/4 cup chopped onion; set aside. Cut off peel from peppers; remove stems and seeds. Cut peppers into quarters. Cut off peel from tomatoes and core. Cut tomatoes into quarters. Purée peppers, tomatoes, garlic, and onion using a food processor or food mill.
2. Combine all ingredients in a large saucepan. Bring mixture to a boil over medium-high heat, stirring to prevent sticking. Reduce heat to a simmer (180°F); simmer until mixture thickens, stirring frequently.
3. Ladle hot spread into a hot jar, leaving 1/4-inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place the jar in the boiling water canner. Repeat until all the jars are filled.
4. Process half-pint jars **10 minutes at 0 – 1,000 feet altitude** (15 minutes at 1,001 to 3,000 feet, 20 minutes at 3,001 to 6,000 feet, 25 minutes at 6,001 to 8,000 feet, 30 minutes at 8,001 to 10,000 feet).
5. 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.

## TOMATO LEATHER

[https://nchfp.uga.edu/how/dry/veg\\_leathers.html](https://nchfp.uga.edu/how/dry/veg_leathers.html)

1. Core ripe tomatoes and cut into quarters.
2. Cook over low heat in covered saucepan 15 to 20-minutes.
3. Puree or force through a sieve or colander and pour into electric fry pan or shallow pan.
4. Add salt to taste and cook over low heat until thickened.
5. Spread on a dehydrator sheet or tray lined with plastic wrap.
6. Dry at 140° F.

## TOMATO HERB SEASONING

<https://www.excaliburdehydrator-recipes.com/recipe/tomato-herb-seasoning/>

1 15x15 tomato leather  
1/2 tsp dried oregano  
1/2 tsp salt  
1/2 tsp dried basil  
1/2 tsp dried parsley

1. Tear tomato leather into small pieces.
2. In a mini chopper or coffee grinder, pulse the tomato leather, oregano, basil, parsley, and salt until very finely chopped.
3. Process into as fine a powder as possible.
4. Store in a sealable plastic bag for up to 1 month.

## TOMATO HERB SEASONING VARIATION

1 15x15 tomato leather  
1/2 tsp dried oregano  
1/2 tsp salt  
1/2 tsp cumin seeds  
1/2 tsp coriander seeds

## PARMESAN TOMATO CHIPS

<https://www.excaliburdehydrator-recipes.com/recipe/parmesan-tomato-chips/>

8 Heirloom Tomatoes  
1/4 cup grated Parmesan Cheese  
1/2 tsp Basil  
1/2 tsp freshly ground Black Pepper  
1/2 tsp Salt  
1/2 tsp Oregano

1. Wash and dry tomatoes.
2. Slice tomatoes into 1/4-inch thick slices & place on dehydrator trays in a single layer.
3. Sprinkle a layer of grated Parmesan cheese on tomato slices.
4. Mix salt, basil, oregano, and black pepper together.
5. Sprinkle seasoning mixture on tomato slices.
6. Dry at 155° F for 8-12 hours or until crisp.
7. Store in an airtight container after cooled.

# BARBECUE SAUCE

*Ball Blue Book*

Yield: About 8 half-pint or 4 pint jars

4 quarts chopped tomatoes (about 24 large)	1 cup brown sugar
2 cups chopped celery (about 3 stalks)	1 Tbsp dry mustard
2 cups chopped onions (about 2 medium)	1 Tbsp paprika
1-1/2 cups chopped green or red bell peppers (about 2 medium)	1 Tbsp canning salt
2 hot red peppers	1 tsp hot pepper sauce
2 cloves garlic	1/8 tsp cayenne
1 tsp peppercorns	1 cup vinegar, 5% acidity

1. Wash tomatoes, bell peppers, and hot red peppers under cold running water; drain. To peel tomatoes, blanch 30 to 60 seconds in boiling water. Immediately transfer to cold water. Cut off peel. Core and chop tomatoes. Measure 4 quarts chopped tomatoes. Remove leafy tops and root ends from celery. Chop and measure 2 cups chopped celery. Peel and chop onion; measure 2 cups chopped onion. Remove stems and seeds from bell peppers. Chop and measure 2 cups chopped bell peppers. Remove stem ends from hot red peppers. Finely chop. Peel garlic and mince. Tie peppercorns in spice bag.
2. Combine tomatoes, celery, onions, and peppers in a large saucepan. Bring mixture to a simmer; simmer for 10 minutes. Puree vegetables using an electric food strainer or food mill. Simmer puree until reduced by one-half. Add spice bag and remaining ingredients to puree. Simmer until the puree is the consistency of ketchup, stirring to prevent sticking. Remove the spice bag.
3. Ladle the hot sauce 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 the jar in the boiling water canner. Repeat until all the jars are filled.
4. Process half-pint or pint jars **20 minutes at 0 – 1,000 feet altitude** (25 minutes at 1,001 to 3,000 feet, 30 minutes at 3,001 to 6,000 feet, 35 minutes at 6,001 to 8,000 feet, 40 minutes at 8,001 to 10,000 feet).
5. 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.

## 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 a very low simmer. 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. Do not allow the jars to cool before filling.
5. Fill, fit with lids and rings, load filled jars 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.

