



Sacramento County Master Food Preservers
Wednesday Night Demonstration
August 21, 2024
Stone Fruit



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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PEACH PICKLES

Source: Blue Book, Guide to Fresh Preserving, 37th Edition, page 84

Yield: about 3 quarts

8 pounds small peaches (about 40 to 48 small

Ball Fruit-Fresh Produce Protector

4 sticks cinnamon

2 tablespoons whole cloves

1 tablespoon grated fresh ginger

6 cups sugar

1 quart vinegar 5% acidity

PREP - Wash peaches under cold running water; drain. To peel peaches, blanch 30 to 60 seconds in boiling water. Immediately transfer to cold water. Cut off peel. Treat with Fruit-Fresh to prevent darkening. Tie spices in spice bag.

COOK - Combine spice bag, sugar and vinegar in a large saucepan. Bring mixture to a boil over medium-high heat; boil 5 minutes. Reduce heat to medium. Drain peaches. Gently boil peaching in syrup until they give slightly when pierced with a fork. Remove from heat. Cover; let stand 12 to 24 hours in refrigerator. Bring peaches to a simmer and cook until hot throughout. Remove spice bag.

FILL- Pack peaches into a hot jar, leaving 1/2-inch headspace. Ladle syrup over peaches, leaving 1/2-inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to finger-tight. Place jar on the rack elevated over simmering water (1800F) in boiling-water canner. Repeat until all jars are filled.

PROCESS - Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner and bring to rolling boil. Process quart jars 20 minutes. Turn off heat and remove recover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Coole 12 hours. Check seals. Label and store jars.

PEACH JALAPENO JELLY

Source: <https://pomonapectin.com/peach-jalapeno-jelly-2/>

Yield: 6 cups

Peach-Jalapeno Jelly is a low-sugar cooked jelly made with Pomona's Universal Pectin. Pomona's Pectin contains no sugar or preservatives and jells reliably with low amounts of any sweetener.

- 4½ pounds peaches
- ½ cup finely chopped bell pepper
- ½ cup finely chopped jalapeno pepper
- ¾ cup vinegar
- 6 teaspoons calcium water see step #1
- 1¼ cups sugar
- 5½ teaspoons Pomona's Pectin mixed with sweetener

1. Before you begin, prepare calcium water.
Combine ½ teaspoon calcium powder (in the small packet in your box of Pomona's pectin) with ½ cup water in a small, clear jar with a lid. Shake well.
Extra calcium water should be stored in the refrigerator for future use.
2. Wash and rinse jars, lids, and screw bands. Set screw bands aside until ready to use.
3. Remove and discard peach pits and peels, then chop the peaches and place in a sauce pan with 1 cup water. Cover, bring the peaches up to a boil, reduce the heat slightly and simmer for 5 minutes, stirring occasionally. Remove the pan from the heat and thoroughly mash the peaches. (Note: It is not essential that you pit and peel the peaches, as it is only the juice obtained from the peaches that will be used in this recipe.)
4. Transfer the mashed peaches into a jelly bag. (An impromptu bag made from layers of cheesecloth wrapped around the mashed fruit and gathered at the top works equally well, if you don't have a jelly bag.) Suspend the jelly bag over a large bowl and allow the mashed fruit to drip juice into the bowl until you have accumulated 4 cups of juice. This will likely take 2-4 hours. Accumulated the necessary 4 cups of juice.
5. Wash the bell peppers, remove and discard seeds, and finely chop. Repeat the process for the jalapeno peppers.
6. Measure the chopped bell peppers and the chopped jalapeno peppers. Place the measured quantities in a sauce pan and add the vinegar.
7. Cover the pepper-vinegar mixture and bring it to a boil. Reduce the heat and simmer for 5 minutes, stirring occasionally. Then, remove it from the heat.

8. Measure 4 cups of the peach juice. Pour the measured quantity into the saucepan with the vinegar-pepper mixture. Then, add the calcium water and stir to combine.
9. In a separate bowl, combine the sugar and the pectin powder. Mix thoroughly and set aside.
10. Put the saucepan on the stove and bring the peach mixture up to a rolling boil over high heat. Add the sugar-pectin mixture, then stir vigorously for 1 to 2 minutes, still over the highest heat, to dissolve the pectin. Return the jelly to a boil, then remove it from the heat.
11. Remove hot jars from canner and fill jars with jelly, leaving $\frac{1}{4}$ inch of headspace. Remove trapped air bubbles, wipe rims with a damp cloth, and put on lids and screw bands, tightening bands only to “fingertip tight” (until resistance is met, and then just the tiniest bit more).
12. Place jars in the hot water, on the rack inside the canner. (Make sure jars are upright, not touching each other or the sides of the canner, and are covered with at least 1-2 inches of water). Place the lid on the canner, return the canner to a rolling boil, and boil for 10 minutes. (Add 1-minute additional processing time for every 1000 feet above sea level.)
13. Turn off heat and allow canner and jars to sit for 5 minutes. Then remove jars from canner.
14. Allow jars to cool undisturbed for 12 to 24 hours. Then confirm that jars have sealed. Remove screw bands from sealed jars, rinse off outside of jars, if necessary, label jars, and store for later use.

Notes & Variations

Pepper Choices: You can use any color of bell pepper and any variety of hot pepper that you wish, in any combination, as long as the total quantity of peppers, including both hot peppers and bell peppers, does not exceed 1 cup. If you like extra heat, you can increase the hot pepper quantity, while decreasing the bell pepper quantity by the same amount. If you prefer less heat, you can do the opposite. Peppers are a low-acid food, and must be balanced with the proper quantity of acid (vinegar, in this case) in order for the jelly to be safe for boiling water bath canning, which is why the overall quantity of peppers used in this recipe must not exceed 1 cup.

Vinegar Choices: Use standard white or apple cider vinegar with 5% acidity.

Fruit Choices: If you prefer to use fruits other than or in addition to peaches, there are a few other fruits that will work well with this recipe. Specifically, in addition to peaches, you may use any combination of nectarine, apricot, sweet cherry, sweet plum, or pear (but not Asian pear). Fruits not on this list will not work well with this recipe. If you don't have fresh fruit to work with, you can purchase unsweetened fruit juice and use that instead. Just be sure that the fruit juice contains no additional ingredients. If you are using unsweetened fruit juice rather than fresh fruit, skip steps 2 and 3.

PEACH MELBA FREEZER JAM

Source: Ball, Complete Book of Home Preserving, 2006, 2012; page 48

Makes about five 8-ounce jars

- 1 1/2 cups granulated sugar
- 1 pouch freezer jam pectin
- 2 1/2 cups finely chopped pitted peeled peaches
- 1 cup crushed raspberries
- 1 teaspoon lemon juice

1. In a medium bowl, combine sugar and pectin, stirring until well blended. Add peaches raspberries and lemon juice. Stir for 3 minutes.
2. Ladle jam into plastic or glass freezer jars, leaving 1/2-inch headspace. Apply lids tightly. Let jam stand a room temperature until thickened, about 30 minutes. Serve immediately, if desired. For longer storage, refrigerate for up to 3 weeks or freeze for up to 1 year.

PLUM CHUTNEY

Source: Ball, Complete Book of Home Preserving, 2006, 2012; page 250

Makes about six-pint jars

16 cups chopped pitted plums (unpeeled)

3 cups lightly packed brown sugar

3 cups white vinegar

2 cups raisins

1 cup chopped onion

2 tbsp mustard seeds

2 tsp ground ginger

1 tsp salt

1. In a large, deep stainless-steel saucepan, combine plums, brown sugar, vinegar, raisins, onions, mustard seeds, ginger and salt. Bring to a boil over high heat, stirring frequently. Reduce heat and boil gently, stirring frequently, until thick enough to mound on a spoon, about 30 minutes
2. Meanwhile, prepare canner, jars and lids.
3. 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. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
4. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 15 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

PLUM FREEZER JAM (No cooking required)

Source: Blue Book, Guide to Fresh Preserving, 37th Edition, page 148

Yield: About 4 half-pint containers

3 1/3 cups finely chopped plums (about 10 to 12 medium)

1 1/3 cups sugar

4 tablespoons Ball Real-Fruit Instant Pectin

Wash plums, drain. Pit plums. Finely chop plums; measure 3 1/3 cups finely chopped plums. Combine sugar and pectin in a large bowl, stirring until well-blended. Add plums to sugar mixture and stir 3 minutes. Ladle jam into plastic freezer jars, leaving 1/2-inch headspace. Adjust caps. Let jam stand 30 minutes to thicken. Label and freeze, or refrigerate up to 3 weeks.

DRYING FRUIT LEATHERS

Source: So Easy to Preserve – Fifth Edition; page 340-341

Leathers From Fresh Fruit

- Select ripe or slightly overripe fruit
- Wash fresh fruit or berries in cool water. Remove peel, seeds and stem.
- Cut fruit into chunks. Use 2 cups of fruit for each 13"X15" fruit leather. Puree fruit until smooth.
- Add 2 teaspoons of lemon juice or 1/4 teaspoon ascorbic acid for each 2 cups of light-colored fruit to prevent darkening.

Optional: To sweeten, add corn syrup, honey or sugar. Corn syrup or honey is best for longer storage because it prevents crystals. Sugar is fine for immediate use or short storage. Use 1/4 to 1/2 cup sugar, corn syrup or honey for each 2 cups of fruit. Saccharin-based sweeteners could also be used to reduce tartness without adding calories. Aspartame sweeteners may lose sweetness during drying.

Preparing the Trays: For drying in the oven over a 13"X15" cookie pan with edges works well. Line the pan with plastic wrap being careful to smooth out wrinkles. Do not use waxed paper or aluminum foil. To dry in a dehydrator, specially designed plastic sheets can be purchased, or plastic trays can be lined with plastic wrap.

Pouring the Leather: Fruit leathers can be poured into a single large sheet (13"X15") or into several smaller sizes. Spread puree evenly, about 1/8-inch thick, onto drying tray. Avoid pouring puree too close to the edge of the cookie sheet. The larger fruit leathers take longer to dry. Approximate drying times are 6 to 8 hours in a dehydrator, up to 18 hours in an oven or 1 to 2 days in the sun.

Drying the Leather: Dry fruit leather at 140°F. Leather dries from the outside edge toward the center. Test for dryness by touching center of leather; no indentation should be evident. While warm, peel from plastic and roll, allow to cool and rewrap the roll in plastic. Cookie cutters can be used to cut out shapes that children may enjoy. Roll and wrap in plastic. Chances are the fruit leather will not last long enough for storage. If it does, it can be kept up to 1 month at room temperature. For storage up to 1 year, place tightly wrapped rolls in the freezer.

FREEZING FRUIT

Source *adapted from*: Colorado State University Extension Freezing Fruits Fact Sheet No. 9.331

Quick Facts...

- Freezing is one of the simplest and least time-consuming ways to preserve foods at home.
- Cherries are best frozen soon after harvest. Peaches and plums may need to fully ripen before freezing.
- Small whole fruits, such as berries or cherries, can be frozen individually on trays, packaged in bags and later used in salads or garnishes.
- Most fruits maintain high quality for 8 to 12 months at 0 degrees F or below.
- Freezing is one of the simplest and least time-consuming ways to preserve foods at home. Freezing does not sterilize food; the extreme cold simply retards growth of micro-organisms and slows down changes that affect quality or cause spoilage in food. Properly frozen fruits retain much of their fresh flavor and nutritive value. Their texture may be somewhat softer, however, than fresh fruit.
- Selecting Freezing Containers

To prevent evaporation and retain the highest quality in frozen foods, packaging materials should be moisture and vapor-proof. Glass jars and metal and rigid plastic containers meet these criteria. Many packaging materials designed for frozen food, including most plastic bags and heavily waxed cartons, are not moisture- and vapor-proof, but are sufficiently moisture- and vapor-resistant to be used satisfactorily. Paper cartons from cottage cheese or milk are not sufficiently moisture- and vapor resistant for quality frozen foods. If these cartons are used, keep the food no more than two weeks for best quality.

Container shape and size is another consideration. Food can be removed easily before thawing if containers have straight sides or sides that flare out. Square or rectangular flat-sided containers waste less freezer space than round containers.

Selecting and Preparing Fruit

Cherries are best frozen soon after harvest. Peaches, apricots, plums and nectarines may need to be held a short time after harvest to fully ripen before freezing. Sort, wash and drain fruits carefully, discarding parts that are green or of poor quality. Do not allow fruits to soak in wash water – they will lose nutrients and flavor. Prepare fruits as they will be used: stemmed, pitted, peeled and sliced. It is best to prepare enough fruit for only a few containers at a time, especially for fruits that darken rapidly.

Do not let galvanized equipment come into direct contact with fruit. The acid in the fruit dissolves zinc, which is poisonous. Also be wary of iron utensils or chipped enamel ware, as metallic off flavors can result.

Preventing Darkening

Some fruits need pretreatment to prevent darkening. There are several antidarkening treatments that may be used.

Ascorbic acid (vitamin C) is effective in preserving color and flavor and adds nutritive value. Ascorbic acid is available from pharmacies or where canning supplies are sold. To use, dissolve crystalline or powdered forms in a little cold water. When using tablets, crush first so they dissolve easily.

For syrup packs, dissolve 1/2 teaspoon crystalline ascorbic acid or 1,500 milligrams vitamin C in each quart of cold syrup shortly before using. Stir it in gently so as not to stir in air. Refrigerate until ready to use.

For sugar and unsweetened packs, sprinkle 1/4 teaspoon crystalline ascorbic acid dissolved in 1/4 cup of cold water over each quart of fruit just before adding sugar, if used. In fruit juices, add 1/4 teaspoon ascorbic acid directly to each quart of juice. Stir only enough to dissolve ascorbic acid.

In crushed fruits and fruit purees, add 1/4 teaspoon crystalline ascorbic acid dissolved in 1/4 cup of cold water to each quart of the fruit preparation and mix.

Ascorbic acid mixtures. Special commercial anti-darkening preparations (ascorbic acid mixed with sugar or with sugar and citric acid) also may be used to retard darkening. Follow manufacturer's directions.

Citric acid or lemon juice may be used for treating some fruits. However, neither is as effective as ascorbic acid. Dissolve 1/4 teaspoon crystalline citric acid or 3 tablespoons of lemon juice in each quart of cold water. Dip the prepared fruit in the solution and leave for one to two minutes. Drain and pack with sugar, syrup, water or fruit juice. One gallon of citric acid or lemon juice solution treats about 1 bushel of fruit.

Steaming for a few minutes before packing is enough to prevent firm fruits, such as apples, from darkening.

Methods of Packing Fruits

There are several ways to pack fruit for freezing. Fruits packed in syrup generally are best for most cooking processes. Small whole fruits, such as berries, packed on trays are good for salads or garnishes. (See Table 1 for sugar syrup recipes.)

Syrup pack. A 30-percent syrup (1 3/4 cup sugar per 4 cups water) is recommended for most fruits. Lighter syrups are lower in caloric content and especially desirable for mild-flavored fruits, such as melons. Heavier syrups may be needed for very sour fruits. Allow 1/2 to 2/3 cup of syrup for each pint of fruit.

To pack fruit in syrup, pour 1/2 cup cold syrup into each container. Add fruit and cover with additional syrup, leaving sufficient headspace at top of container. Allow 1/2 inch of headspace for wide-top pints, 1 inch for wide-top quarts, 3/4 inch for narrow-top pints and 1 1/2 inches for narrow-top quarts. Allow 1 1/2 inches of headspace for juices packed in narrow-top containers, regardless of size.

Sugar pack. Place prepared, cut fruit in a bowl or shallow pan. Sprinkle sugar over the fruit (see specific fruit for amount). Mix gently with a large spoon until the sugar dissolves and juice is drawn out. Pack in containers, allowing the headspace recommended for syrup-packed fruit.

Unsweetened pack. Pack prepared fruit into containers without liquid or sweetening, or cover with water containing 1 teaspoon ascorbic acid per quart of water. Nonnutritive sweeteners may be added to the water to provide sweetness. Fruit also may be sweetened at the time of serving.

Soft fruits may be packed in their own juice by crushing the fruit lightly to produce juice. For firmer fruits, puree a small amount of the fruit to obtain enough juice to cover. Pack foods tightly to cut down on the amount of air in the package. Press out as much air as possible for fruits packed in bags. Allow 1/2 inch of headspace for fruits packed without juice or liquid. For fruits packed in juice or liquid, allow headspace recommended for syrup packs.

Tray pack. Spread small, whole fruits, such as strawberries, raspberries, blueberries and sweet cherries, in a single layer on shallow trays and freeze. Remove and quickly package in labeled freezer bags or containers removing as much air as possible from containers and allowing no headspace. Seal and return promptly to freezer.

Table 1: Sugar syrup recipes.

Type of syrup (% syrup)	Sugar (cups)	Water (cups)	Approx. yield of syrup (cups)	Calorie content per 2/3 cup
10	1/2	4	4 1/2	57
20	1	4	4 3/4	108
30	1 3/4	4	5	180
40	2 3/4	4	5 1/3	266
50	4	4	6	344

Dissolve sugar in cold or hot water. If hot water is used, cool syrup before using. Syrup may be made the day before and kept covered in the refrigerator. Up to one-fourth of the sugar may be replaced, amount for amount, with corn syrup or honey.

Sealing, Labeling and Storing

Before closing, make sure sealing edges are free of moisture or food. Place a small piece of crumpled parchment paper or other water-resistant wrapping material between the fruit and the lid of juice- or liquid-packed fruits to help keep the fruit submerged in the liquid. Close and carefully seal the container. Label packages plainly. Include name of food, date and type of pack.

Freeze packaged fruits as quickly as possible at 0 degrees F or below. For quickest freezing, place packages against freezing plates or coils in single layers. Freeze only as much at one time as will freeze within 24 hours.

Most fruits maintain high quality for eight to 12 months at 0 degrees or below. Citrus fruits and citrus juices may be stored for four to six months. Unsweetened fruits lose quality faster than those packed in sugar or syrup. Longer storage will not make the food unfit for use, but may impair its quality. Post a list of the frozen foods with freezing dates near the freezer, and check the packages off the list as they are removed.

Table 2: Fruit freezing guide.

Fruit	Preparation	Type of Pack
Apricots	Wash, halve, pit. Peel and slice if desired. If apricots are not peeled, heat in boiling water for 1/2 minute to keep skins from toughening during freezing. Cool in cold water, drain.	Pack in 40 percent syrup, adding 3/4 teaspoon crystalline ascorbic acid per quart of syrup. Or sprinkle with ascorbic acid solution and pack without sugar as described for apples.
Cherries (sour or sweet)	Select well-colored, tree-ripened cherries. Stem, sort, wash thoroughly. Drain and pit.	Pack in 30 to 40 percent syrup to which has been added 1/2 teaspoon of ascorbic acid per quart. For pies and other cooked uses, pack in dry sugar using 3/4 cup sugar per quart of fruit.
Peaches or nectarines	Select firm, ripe fruit. Sort, wash, pit and peel. Cut in halves, quarters or slices into antidarkening solution — 3 tablespoons lemon juice per quart of water.	Pack in 30-40 percent syrup, adding 1/2 teaspoon crystalline ascorbic acid per quart of syrup. Or sprinkle each quart of fruit with solution of 1/4 teaspoon ascorbic acid dissolved in 1/4 cup cold water. Add up to 2/3 cup sugar, mix well and pack in containers. May also be packed in cold water containing 1 teaspoon ascorbic acid per quart of water.
Plums and prunes	Select firm, deep-colored fruit. Sort and wash. Leave whole or cut in halves or quarters.	Pack in 40 percent syrup. Add 1/2 teaspoon ascorbic acid per quart of syrup. Or pack whole fruit into containers without sugar or syrup.

References

Andress, E. and Harrison, J. 2006. So Easy to Preserve (5th ed.) University of Georgia Cooperative Extension Service, Athens, GA.

* Colorado State University Extension foods and nutrition specialist and professor, food science and human nutrition. 8/94. Revised 4/13.

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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). Always keep the jar upright. 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.

