

Preserving Food - Recipes

Boiling Water/Steam Canning Recipes

Whole / Halved Tomatoes in Water

1. Clean and peel tomatoes. Add bottled lemon juice **to hot jars**: 1 tablespoon per pint, 2 per quart.
2. Pack tomatoes in jars using either the hot or raw pack method.

Hot Pack

- Bring whole or halved, peeled tomatoes to a low boil over medium heat.
- Pack hot tomatoes into hot jars. Cover with the hot water in which the tomatoes were heated. Leave ½" headspace. Add salt for flavor, if desired (1 tsp to each quart jar or ½ tsp to each pint jar). Remove air bubbles.

Raw Pack

- Pack raw, whole or halved peeled tomatoes tightly into hot jars.
 - Cover tomatoes in jars with boiling water leaving ½" headspace. Add salt for flavor, if desired (1 tsp for each quart or ½ tsp for each pint). Remove air bubbles.
3. Wipe the rims clean. Place lids and rings on jars.
 4. Process **pints** for 40 minutes at 0-1000', 45 minutes at 1,001 -3,000', 50 minutes at 3,001 – 6,000', 55 minutes above 6,000' elevation. Process **quarts** for 45 minutes at 0-1000', 50 minutes at 1,001 -3,000', 55 minutes at 3,001 – 6,000', 60 minutes above 6,000' elevation.

Note: If you use boiling tomato juice instead of boiling water the processing time is 85 minutes for both pints and quarts, adjusting for altitude if necessary. *Remember, if you use an atmospheric steam canner, the total processing time can't be more than 45 minutes; you must use a boiling water canner for anything processing times over 45 minutes.*

Source: National Center for Home Food Preservation

Zucchini-Pineapple

Yield: About 8 to 9 pints

- 4 qts cubed or shredded zucchini
- 1½ cups bottled lemon juice
- 46 oz canned unsweetened pineapple juice
- 3 cups sugar

1. Peel zucchini and either cut into ½-inch cubes or shred.
2. Mix zucchini with other ingredients in a large saucepan and bring to a boil.
3. Simmer 20 minutes.
4. Fill jars with hot mixture and cooking liquid, leaving ½" headspace. Apply lids.
5. Process in a boiling water or steam canner for 15 minutes in pint or half pint jars at 0-1000', 20 minutes at 1,001 -3,000', 25 minutes at 3,001 – 6,000', 30 minutes above 6,000' elevation.

Source: USDA Complete Guide to Home Canning, 2015

Zucchini Pickles

Yield: About 8 pints

5 lbs. medium zucchini cut into ¼" thick slices
 2 lbs. mild white onions, thinly sliced
 ¼ cup salt
 Ice water

4 cups cider vinegar (5%)	1 Tablespoon each: celery seeds and ground turmeric
2 cups sugar	2 teaspoon ground ginger
2 Tablespoons mustard seeds	3 cloves garlic, minced

1. Place zucchini, onions, and salt in a large kettle; cover with ice water and let stand for 1 to 2 hours. Drain, rinse well and drain again.
2. In large kettle mix vinegar, sugar, mustard seeds, celery seeds, turmeric, ginger, and garlic. Bring to a boil over high heat, stirring to dissolve sugar. Boil for 2 to 3 minutes.
3. Stir in zucchini mixture, return to a boil and boil for 2 more minutes.
4. Pack hot mixture into hot pint jars, leaving ½" headspace.
5. Remove air bubbles. Add additional pickling liquid if needed. Wipe rims clean, apply lids and rings.
6. Process pints in a boiling water or steam canner for 10 minutes at 0-1000', 15 minutes at 1,001 - 3,000', 20 minutes at 3,001 – 6,000', 25 minutes above 6,000' elevation.

Source: Pickles, Relishes and Chutneys UC Publication #4080

Pressure Canning Recipes

Chicken Stock

Yield: About 4 quarts or 8 pints

One 3 to 4 lb chicken, cut into pieces	1 Tbsp salt
16 cups water	10 peppercorns
2 stalks celery	2 bay leaves
2 medium onions, quartered	

1. Combine chicken and water in a large saucepot. Bring to a boil. Add remaining ingredients. Return to a boil.
2. Reduce heat and simmer 2 hours or until chicken is tender. Remove from heat. Skim off foam. Remove chicken from stock, reserving chicken for another use.
3. Strain stock through a sieve or several layers of cheesecloth. Allow stock to cool until fat solidifies.
4. Skim off fat. Heat stock to a boil. Ladle hot stock into hot jars leaving 1" headspace.
5. Wipe jar rims clean with white vinegar. Place lids and rings on jars, tightening rings finger tight.
6. Process in a pressure canner: pints 20 minutes; quarts 25 minutes
 - Weighted gauge: 10 lbs at 0-1000', 15 lbs above 1000'
 - Dial gauge: 11 lbs at 0-2000', 12 lbs at 2001-4000', 13 lbs at 4001-6000', 14 lbs at 6001-8000'

Source: Ball Complete Book of Home Preserving, 2012

Beef Stew

Yield: 7 quarts

Full Recipe:

4-5 lbs beef stew meat, cut into 1 ½-inch cubes
 1 Tbsp vegetable oil
 12 cups cubed & peeled potatoes (about 12 medium)
 8 cups sliced carrots (about 16 small)
 3 cups chopped celery (about 5 stalks)
 3 cups chopped onion (about 4 small)
 1 ½ Tbsp salt
 1 tsp thyme
 ½ tsp pepper
 Water

Half Recipe:

2-2½ lbs beef stew meat, cut into 1 ½-inch cubes
 1 ½ tsp vegetable oil
 6 cups cubed & peeled potatoes (6 medium)
 4 cups sliced carrots (about 8 small)
 1 ½ cups chopped celery (about 3 stalks)
 1 ½ cups chopped onion (about 2 small)
 2 ¼ tsp salt
 ½ tsp thyme
 ¼ tsp pepper
 Water

1. Brown meat in oil in a large saucepan. Add vegetables and seasonings to browned meat. Cover with boiling water. Bring stew to a boil. Remove from heat.
2. Ladle hot stew into hot jars leaving 1-inch headspace. Remove air bubbles. Wipe rim with vinegar. Apply lid and band.
3. Process in a pressure canner: pints 1 hour and 15 minutes; quarts 1 hour and 30 minutes
 - a. Weighted gauge: 10 lbs at 0-1000', 15 lbs above 1000'
 - b. Dial gauge: 11 lbs at 0-2000', 12 lbs at 2001-4000', 13 lbs at 4001-6000', 14 lbs at 6001-8000'

Source: Ball, www.freshpreserving.com, February 2015

Dehydrating Recipes

Banana Blush Fruit Leather

1 cup strawberries

1 banana

Procedure: Puree fruit in blender. Pour evenly onto non-stick drying sheet, kitchen parchment paper, or plastic wrap, and dehydrate at 135° until leathery.

Polka Dot Fruit Leather

1 1/2 cups unsweetened applesauce

Fresh fruit sauce (blackberry, peach, etc.)

1. Spread applesauce out onto a lightly greased lined dehydrator tray to 1/4-inch thickness. "Decorate" the applesauce with the fruit sauce(s) using separate plastic squeeze bottles.
2. Place the prepared tray in the dehydrator and set the machine to 135°F. Run the dehydrator for 4 hours or more until the fruit leather is no longer tacky and completely dry. The amount of time necessary depends on the thickness and amount of sugar in the fruit.
3. Remove the fruit leather from the tray and cut into approximately 2-inch wide strips. Store rolled up in wax paper in an airtight container. Should keep for weeks, if not months.

Yield: 1 12-inch square sheet (4 or 5 rolls)

Prep-time: 10 minutes

Dehydrating-time: 4 hours or more

Tomato Powder

Fresh tomatoes (or canned pureed tomatoes)

Procedure: Slice tomatoes into 1/4 inch thick slices. Place on dehydrator tray and dry until crisp. (Optional: may use canned pureed tomatoes and dry until crisp.) Place dried tomato slices or dried tomato leather in blender, herb, or coffee grinder and blend until a fine powder. Use powder in a variety of dishes from soups to meat loaf. Refer to the reconstitution information below:

Tomato Paste: 1 cup dried tomato powder, 1-3/4 cup water, 1/2 teaspoon sugar.

Tomato Sauce: 1 cup dried tomato powder, 3 cups water, 1/2 teaspoon sugar.

Tomato Soup: 1 cup dried tomato powder, 3/4 cup water, 1/2 cup dry milk. Season to taste.

Remember: The flavor of dried tomatoes is more concentrated so use sparingly in your cooking.

Tomato-Rice Soup Mix

1/2 cup rice

2 tablespoons dried onions

2 tablespoons powdered tomatoes

1/4 cup tomato pieces

1 red chili pepper

1. Add ingredients to 4 cups water and boil until rice is tender.
 2. Remove chili pepper and serve. Serves 4.
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Spaghetti Sauce Mix

2 tablespoons dried onions

1 tablespoon dried parsley

3 teaspoons cornstarch

1 tablespoon dried green peppers

1-1/2 teaspoon salt

1/2 teaspoon dried garlic powder

1 teaspoon sugar

1 tablespoon dried oregano

1 tablespoon dried basil

1 cup tomato powder

1/4 cup dried, sliced mushrooms

1. Mix all ingredients and store in a tightly sealed glass container.
2. To prepare sauce, add 3 cups of water to mix and simmer until thick. Serves 4.

Resources

- **National Center for Home Food Preservation**, <http://nchfp.uga.edu/>
- **Complete Guide to Home Canning**. 2009. USDA Agricultural Information Bulletin 539. National Institute of Food and Agriculture. Available free online at http://nchfp.uga.edu/publications/publications_usda.html
- **So Easy to Preserve Fifth Edition**. 2006. Bulletin 989. Cooperative Extension/The University of Georgia/Athens
- **Ball Complete Book of Home Preserving**, 2006