

CANNING, DEHYDRATING & FREEZE DRIED

CANNING MISTAKES	JAM BOURBON PEACH	PICKLES BREAD BUTTER GRANDMAS	REASONS OF UNSEALED JARS
Charts and Graphs	JAM STRAWBERRY	PICKLES DILL	SALSA SOS
CHOW CHOW BETTYS	LORIS QUICK CANNING NOTES		SALSA SO SO SPECTACULAR
CHOW CHOW MAEDELLS	PECAN PIE FILLING		STEPS FOR PERFECT HOME CANNING
CHOW CHOW SOUTHERN			TEST FOR BOTULISM
CITRUS JUICE CANNING			
			VINEGAR
			WATER BATH CANNING
			WATERMELON



Mae Dell Hannah's Chow Chow

I will usually add whatever vegetables or seasonings to the mix..Slicers of cauliflower are good if you don't overdo it and you might love celery seed and red pepper flakes but Im not a fan..so I really just use the recipe as a loose guideline.

Ingredients For Chow Chow (Old Fashioned)

- 5 cup coarsely chopped green tomatoes
- 5 cup coarsely chopped cabbage
- 1 1/2 cup finely chopped yellow onion or sweet onion
- 2 cup coarsely chopped bell pepper 1 red for color
- 1/3 cup kosher salt or pickling salt
- 2 1/2 cup cider vinegar
- 1 cup light brown sugar, packed
- 1 Tbsp yellow mustard seeds
- 2 clove garlic, finely minced
- 1 tsp celery seed
- 1/2 tsp red pepper flakes, or to taste, optional

How To Make Chow Chow (Old Fashioned)

- 1 Combine the chopped vegetables in a large nonreactive kettle or bowl.
- 2 Add the salt and stir to combine thoroughly. Cover and let stand for 4 hours or refrigerate overnight.
- 3 Drain the vegetables and rinse thoroughly.
- 4 In a large nonreactive stockpot bring the vinegar, brown sugar, and seeds and spices to a boil.
- 5 Reduce heat to medium low and continue simmering for 5 minutes.
- 6 Add the drained vegetables and bring back to a boil.
- 7 Reduce heat to medium low and simmer for 10 minutes.
- 8 With a slotted spoon, pack the vegetables into prepared jars. Cover vegetables with the pickling liquid, leaving about 1/4-inch headspace. With a clean dampened cloth, wipe the rims of the jars. Place the flat lids on the jars then close caps with screw-on rings tightly, but do not over-tighten. Arrange the filled jars in the canner and add

more water, as needed, to be at least 1 inch above the jars. Bring to a full boil. Cover and continue boiling for 10 minutes. Remove the relish to a rack to cool completely.

Salsa So So Spectacular (AKA, DAN GOOD)



SINGLE BATCH	(prep in 72 oz blender) (I like Ninja)
15 fist size tomatoes	Roma (or whatever kind you have) Tomatoes, well roasted to 80% black.
3 for mild or 5 for medium 10 for X-Hot	jalapenos (roasted 80% black)(depends greatly on size and heat of the pepper).
5-9	red and yellow sweet peppers (roasted 80% black).
1/2 -3/4 of an onion	yellow onion (roughly cut). (Not roasted)
1 TBSP	Salt (canning salt when possible) (Sea Salt is good too but doesn't have the same level of saltiness. (Use 2 TBSP is Sea Salt) DO NOT USE TABLE SALT
1 Lime (or Lemon)	Juice of 1 Lime DO NOT SKIP THIS— NECESSARY FOR PRESERVATION (Lemon okay too)
Handful-1 Bunch	Cilantro Leaves Only, No Stems
3-6	Cloves of Garlic (not roasted)
.5 Tablespoon	Citric Acid added to whole blended—add after cooking

This Makes about 4-5 Pint size jars of Salsa.

Blacken tomatoes, jalapeños and sweet peppers. Save as much of the tomato juice as possible! DO NOT PEEL! After grilling the tomatos and peppers should be about 60%-80% black.

Throw all of the vegetables into the blender, along with the remaining ingredients. Taste (using a chip!) along the way and adjust flavors as needed!

(I use citric acid in all my tomato based canning to assure better preservation—but it can be done without it if someone has allergies.) Pulse the blender to get desired chunkiness..I usually just annihilate it.

Spoiled Husband Pecan Pie Filling



- 3 1/2 cups pecan halves
- 2 cups sugar
- 1 cup light brown sugar (if you want a more molasses flavor you can use dark brown)
- 1/2 cup Clear Jel[®]**
- 4 cups unsweetened apple juice (don't cheat here, use the good stuff. I used R.W. Knudsen's Organic Apple Juice)
- 1/4 cup bottled lemon juice
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp. vanilla extract

Combine apple juice, sugar, Clear Jel®, and spices and extract in a large sauce pan. Stir and cook over medium high heat until mixture thickens and begins to bubble, stirring and whisking often to keep smooth. Add lemon juice and boil sauce 1 minute more, stirring constantly.

Fold in pecans. Fill hot jars leaving 1-inch head-space. Remove air bubbles and adjust head-space if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process immediately. Process in a boiling water bath for 20 minutes.

Remove jars and allow to cool on a kitchen towel on your counter-top 24 hours. Store jars in pantry up to one year. Open jars need to be refrigerated.

How to make the Pecan Pie:

Preheat oven to 400 degrees.

Pour contents of 1 quart or 2 pint jars into an unbaked 9-in pie shell. Top with pecan halves and bake in preheated oven for 10 minutes at 400 degrees, then reduce temperature to 350 degrees and bake for 30 minutes or until crust is golden brown.

Remember the filling is already cooked so you are just cooking the pie shell and reheating until the filling is bubbly. Let the pie cool completely before cutting.

** Clear Jel (spelled with one "L") is a modified food starch that is used as a thickening agent in canning recipes. It is most commonly used in canned apple pie filling, but can also be used in other pie fillings, other preserves, canned soups, etc. It's actually a modified corn starch (NOT regular corn starch) that is resistant to breaking down under high temperatures and various pH levels. It has no flavor and comes as a white powder. The advantage of Clear Jel is that it is able to thicken the food evenly (without lumps) even when it is subjected to the sustained temperatures of the canning process. (Water bathed or pressure canned) When used in canned pie filling, it will bake into a beautiful pie with just the right amount of thickening and you'll never even know it's there.

Yield: 2 quarts or 4 pint jars

Some Other Salsa (SOS) Salsa

Directions Makes 6 pints

1. In a large pot add tomatoes, peppers, onions, lemon juice, garlic, and salt. Bring to a boil and boil for 10 minutes.
2. Stir in cilantro and mix to combined
3. Ladle hot salsa into clean jars, leaving 1/2 inch headspace.
4. Debubble and adjust headspace if needed. Wipe down the rims of each jar.
5. Place a new canning lid on each jar and screw on a ring.
6. Place in a water bath canner. Makes sure water is covering the jars by 2 inches and boil for 15 min.
7. Turn off heat and let jars cool in a water bath canner for 5 minutes.
8. Remove jars from the canner and set them on a clean kitchen towel for 24 hours.
9. Once cool, remove rings, wipe down jars, and put in the pantry to enjoy! Keeps for 18 months.

How to Can Salsa Step by Step



Storebought canned goods are often loaded with preservatives, extra sugar, and extra salt. You can easily bypass that by making your own salsa at home. Even if you don't grow your own garden, you can get all of these ingredients relatively inexpensively at your local grocery store, farmers market, or nearby farmstand. Canning is one of those times when you really need to follow a recipe that is tried and true – otherwise, you risk making yourself sick.

What Kinds of Tomatoes Work Best for Canning Salsa?

Taxi Tomato (will give you a yellow color and sweet flavor), Burpee's Bush Big Boy, San Marzano, Red Pear, Better Boy, Bloody Butcher, Big Beef, Black Plum, Baby Roma, Black Sea Man, Cherokee Purple, Rio Grande, Roma, Federle and others.

You can make just about any old kind of tomato a salsa tomato. -we've even made a yellow salsa out of yellow grape tomatoes before, and it was delicious (albeit sweet and a little funny-looking!). The best salsa tomatoes will be the ones that are very ripe and have a ton of meat on them. Roma tomatoes will be best, but you can also use San Marzano tomatoes. I just recommend using tomatoes that are in-season and abundant. Good salsa tomatoes won't have a lot of moisture, and they also will have few seeds. Here are the best varieties to consider: What's more important than selecting a certain variety of tomato is that you pick only those that are of the utmost quality.

What Kind of Peppers Work Best for Making Salsa?

The next consideration to make when you are making homemade canned salsa is what kind of peppers to use. The type of peppers you use will arguably impact the results of your final salsa more than your tomatoes will.

Peppers come in all shapes, sizes, colors, and most importantly – heats. Biting into a pepper can leave you wanting more or reaching for a glass of milk. Here are some of your options:

- **Bell peppers: sweet and best for salsas with no heat at all**
- **Anaheim peppers: somewhat sweet with a mild smoky, spicy taste**
- **Poblano peppers: smoky with a mild heat**
- **Jalapenos: can be extremely hot or extremely sweet depending on the stage**
- **Serranos: hot peppers with a clean, crisp taste**
- **Thai chilies: very spicy but slightly fruity peppers**
- **Habanero: have a citrusy aftertaste – if you can sense it through the intense heat**
- **Carolina reaper: use with caution! These peppers are the hottest of them all**

Do an internet search on your favorite type of pepper, and you'll likely find information about all of these various types. Think about the desired level of spiciness in your salsa before making your decision. Peppers are ranked on the SHU scale – which stands for Scoville Heat Units. This will tell you how hot a pepper is compared to others. If you're not sure how much spiciness you will be able to handle in your salsa, I recommend starting out milder and building your way up by adding more peppers or adding other types of spice. You can't take out spice, but you can always add more.

What Kind of Onions Work Best for Making Salsa?

Selecting onions is the easiest consideration to make. Yellow onions tend to be the most commonly used, as they are strong and sweet at the same time. Purple onions can also be used, but they may discolor your salsa a bit and will have a more pungent bite. White onions, though, are the most ideal and most frequently used in traditional Mexican cooking. Because they are larger than yellow onions, you won't need a ton to go around. They are quite thin, paper skin that makes them easy to peel and since they have a sharp, astringent flavor, they'll add a nice bite to your salsa. Plus, they are the crispiest because they have a high water content.

Adding Other Ingredients

If your salsa is too runny, you may be tempted to add a thickening agent. This is fine – but you need to be very careful about doing this. Certain ingredients are not safe for canning (things like cream and certain vegetables, like squash, make the list) and should not be included in recipes. However, you'll find mixed information about thickeners. While the general consensus is that you should probably steer clear whenever, other people say they are fine to use in moderation. Since your salsa will be processed in a pressure canner, I veer toward the side of it's probably ok. But use your judgment on this. Just because it works for me doesn't mean it will be okay for you! Instead, it might be better for you to use paste tomatoes, like Romas, or even plain old tomato paste to thicken your salsa. Salsa should be processed in a pressure canner because it contains vegetables that have low acidity. This low acidity can affect the safety of your foods, making the resulting product unsafe after being processed in a water bath. While plain tomatoes can be processed in a water bath, any kinds of vegetables, like peppers and onions, need to be done in a pressure canner.

Cozy Kitchen Salsa Recipe

- 5 lbs tomatoes
- 6 onions chopped
- 2 jalapeno peppers (or other peppers of your choosing), diced
- 4 cloves garlic
- ½ cup vinegar
- 2 tbsp lime juice
- Hot pepper sauce or dried chile pepper, to taste
- 2 Tbsp cilantro
- 2 tsp canning salt

Instructions

1. Preparing Your Tomatoes, Peppers, and Onions

Start by boiling your water. You will need to blanch and prepare your tomatoes before you can do anything else. Make sure you cut out any bad spots in the tomatoes. Place your tomatoes gently in the boiling water and let them cook for a minute. You'll know they are ready once the skin starts peeling off. Put them in an ice bath to cool, and allow them to fully cool before you start to peel – this is an easy way to get a steam burn, otherwise! Peel each tomato and cut it into fine pieces. If you're like me and want to expend as little effort as possible, you can also just squeeze or press them into a stock pot.

You will also need to cut up your peppers and onions. I recommend wearing gloves to cut your peppers unless you are using sweet bell peppers. I've burned my hand cutting up jalapeno peppers before, and let me tell you, it's not fun! Let's not even talk about what happens if you get that spiciness into your eyes.

Put this stock pot back over the heat. Add your other ingredients, including your diced peppers and onions. Let this cook down for a bit while you prepare your jars and

canners. I recommend tasting the salsa as it's cooking to make sure it's at the desired level of heat.

2. Prepare Your Jars and Canner

If you have a helper while you're canning, you can make quick work of these tasks, as well as the previously mentioned one. Otherwise, prepare your jars while you are getting your ingredients ready so that you aren't just waiting around.

Heat your jars, either by warming them in a hot water bath or by running them through the sanitizing cycle on your dishwasher. You will need to do this for your bands, too. You can reuse jars and bands for an infinite number of times – as long as there are no cracks, rust, or damages – but you will need to purchase new bands each and every time.

3. Fill Your Jars

Use a funnel to carefully fill your jars with salsa. The jars must be hot and clean in order for you to do this. Once your jars are filled, leaving about ½ inch of headspace between the lid and the salsa, go ahead and remove any air bubbles. You can do this either by tapping it on a flat surface or you can use a bubble remover tool. Either way, make sure you remove extra air, because this can cause your salsa to spoil in storage. When you have filled your jars, go ahead and wipe the rims and sides of the jars. Make sure you've removed any extra food particles. This can not only dirty the inside of your canner, but it can create an unsanitary canning environment. Put your lids on the jars and screw them on tightly.

4. Place the Jars in the Canner

Put your jars into the pressure canner. You can double-stack your jars if your canner has enough room for it. Fill with water according to the manufacturer's directions – this will vary depending on what kind of pressure canner you have.

5. Process Your Jars

Bring your canner to the ideal pressure. You will need to process it at 10 to 11 pounds, about 10 minutes for pint jars and 15 minutes for quarts. Let your canner get up to pressure and then set your timer to make sure you have processed your canner long enough.

Monitor your pressure canner closely as it is heating up to the ideal pressure. It does not take long at all for the canner to exceed the optimal pressure, and at this stage, you will have, in effect, made a disaster. Don't let your canner exceed the desired pressure, and if it does, reduce the heat immediately. If your canner loses pressure after you have started your timer, you will need to restart your timer once it gets back to the desired pressure.

6. Remove the Jars

Let the jars cool in the canner if you're worried about burning yourself. Otherwise, it's safe to use tongs to remove the jars as soon as they are done being processed.

Put the jars on the towel somewhere where they will not be exposed to a cool draft – this can cause the jars to crack. As they cool, you may hear occasional popping noises. This is nothing to worry about- it simply means the lids are forming a seal.

7. Store Your Jars

Pressure canner's done? Great! Whatever you do, don't immediately remove your jars. You need to let the canner come back down to zero pressure or you will burn yourself with the steam. What I usually do is allow the canner to come back to zero and I leave the jars in there overnight to be sure. Then I won't have to handle any hot jars or risk burning myself. Once they are cooled, I pull them out and put them into storage. Make sure your lids have sealed and that there is no breakage or damage to the jars. Pressure canners get hot, and you might even hear the jars rocking and

rolling in the canner while they're being processed. This is totally fine, but it's a good idea to check for any damages. This is also why it's so important to bring your jars up to a warm temperature before you put hot salsa in them. If you take your jars out of the pressure canner as soon as it's released pressure, you can go ahead and let them sit for about twelve to twenty-four hours on a clean, dry towel to protect your countertops. Once your jars have cooled and you are sure that all the jars have a good seal, you can put them into your desired storage location. A cool pantry or basement is ideal, where your salsa will last for quite some time.

Final Tips

1. This recipe will yield about four pint jars of salsa – extrapolate your numbers either up or down to your desired quantity. When you can in a pressure canner, you can fit up to 18 pint jars in two layers – you can usually fit about seven quart jars, by comparison.
2. When you can your own salsa, it will last up to two weeks in the refrigerator without any spoilage. When stored properly in a cool, dry location unopened, salsa lasts indefinitely.
3. When canning in a pressure canner, your outcomes will be affected by atmospheric pressures. Therefore, you will need to increase the amount of pressure you use. This is slightly different than in water bath canning, where you adapt your time based on the altitude. For 1000 to 2000 feet, use a pressure of 11. For 2001 to 4000 feet, use a pressure of 12 and for 4001-6000, use 13. Altitudes of 6001 to 8000 feet should be at 14, while those higher than that should be at 15.

Canning Salt vs Sea Salt

When it comes down to the canning salt, it is pretty clear that it's the purest salt type. When the regular table salt is being processed, minerals are removed. In contrast, the canning salt doesn't filter out these minerals, yet it's more refined as compared to kosher or sea salt. The canning salt doesn't have additives. With this being said, there is no iodine or anti-caking agents in canning salt.

While we are talking about the canning salt, you need to store it properly in the airtight container because it helps reduce the chances of clumping while keeping the moisture at bay. For years, canning salt makes a perfect substitute while baking. There are lesser chances of sediments left at the surface of canning jars once you have processed it.

There is no risk of harmful additives in canning salt while promising you don't have to do the hard work of grinding the salt, as compared to sea salt. It is pretty clear that you need waterproof and airtight containers for storing the canning salt. All in all, canning salt is the most natural salt type out there. The canning salt has a finely grained component with a consistent powdery texture.

The canning salt offers faster dissolving, which means you can get food and pickles easily. The best thing about canning salt is that it offers safe preservation because it isn't only safe to eat but has a higher preservation speed. When it comes down to the taste, canning salt has a higher salt flavor. Canning salt is suitable during the canning process.

In addition, it can be easily used for the salads because it quickly and easily dissolves at the last minute.

Sea Salt

The main differences between sea salt and canning salt are processing, taste, and texture. When it comes down to sea salt, it is produced through the evaporation of

water from saltwater lakes as well as the ocean water. There is little processing involved, as well. The elements and trace minerals will differ according to the water source that you used for evaporation.

With this being said, different minerals will distinguish the color and flavor of the sea salt. In addition, there are multiple coarseness levels involved with sea salt. When it comes down to the nutritional value, it has a similar value as that of the canning salt. Still, sea salt is considered healthier. The sea salt tends to have a higher grain size, and the consistency isn't too powdery.

With the absolute difference in grain size, the sea salt and canning salt has different functions, even with a similar flavor. However, sea salt has limited salt flavor. For instance, when you compare one spoon of sea salt with canning salt, the canning salt will be saltier. As we have already mentioned that sea salt is processed from ocean water, it will offer a very specific oceanic flavor.

Substituting Canning Salt With Sea Salt & Vice Versa

Canning salt can be used as the table salt (yes, just like the sea salt). In addition, both of them offer a neat salty flavor, which means that they can be used for pickling. However, there is a difference in saltiness, which means you should accurately measure them before adding them to your dishes, salads, or pickles.

Dill Pickles Homemade Recipe Makes – 4 Quarts or 8 Pints

12 lbs 4-6 inch cucumbers
3/4 cup sugar (optional)
1/2 cup Canning Salt (see note at the bottom)
1 quart 5% white vinegar
1 quart of water
4 Tbsp. spoons Pickling Spice (see my recipe below)
Green Dill Heads (one per jar)

Mix Together:

2 Tbls Whole Pepper Corns
2 Tbls Mustard Seed (yellow)
1 Tbls Allspice
2 Tbls Coriander
2 Tbls Dill Seed
8 Bay Leaves

Once all this is mixed, just set aside.

Processing Cucumbers

Begin by washing cucumbers in cold water and cutting about a one-sixteenth (1/16) inch off the ends, just enough to remove the blossom mark. Let them drain. Once well-drained, cut cucumbers into long slices and set aside.

I choose long slices because the smaller you cut the cucumber, the softer it becomes when processing. You may cut them into round slices if you choose.

Place canning jars into a large saucepan of water and bring a high-heat in order to sterilize them.

2- 1 quart mason jars in a pan of hot water for sterilizing
Canning Jars being Sterilized in Boiling Water



Cooking Ingredients

Meanwhile, combine together sugar, salt, vinegar and water into a large saucepan over medium-high and bring to a boil. Stir until sugar is dissolved, reduce heat to simmer. Add in pickle spice mixture and continue to simmer.

Remove jars from boiling water and place a large dill head into each jar.

Filling Canning Jars

Pack sliced cucumbers tightly into the canning jar, avoiding any large empty space leaving a one-quarter (1/4) inch head-space.

Using a large ladle, fill jars with hot vinegar sugar/salt liquid leaving a half-inch (1/2) head space. Remove air bubbles, wipe jar rim with a clean dry cloth and put on lid and band.

Just place them into the fridge, allow to “sit” for 2-3 weeks before eating. You’re all done!..unless you want to keep them longer in which case, you have to do all the canning stuff.

Refrigerator pickles will keep for about 2 months tops. If you plan to store them longer, you will need to process them. Here’s how:

Processing Cucumbers For Making Dill Pickles

Place jars of sliced cucumbers into water-bath canner on the rack. Lower the rack into the canner and fill with water to about 1 inch above jar lids.

Place over medium-high heat, put lid on canner and bring to a rolling boil. Process pints and quarts for 15 minutes. Turn off heat, gently remove lid – AWAY from you, to prevent steam from hitting your arm and face.

Let jars sit, in canner, uncovered about 15-20 minutes.

Homemade canned pickles can safely stored for years. The flavor can change over time.

Tips And Notes:

I Don’t Use Crisping Agents-Pickling Crisp agents. I can remember my mom using it when I was growing up at home. It’s made of calcium chloride (not a natural ingredient); google it before you use it. Im not a fan.

Note About Salt

Canning salt is different from table salt. Canning salt doesn’t contain the additives that table salt does. The additives can discolor your pickles. Ms. Wages canning salt was recommended to me but Ive never seen it in stores. Regular table salt can turn your pickles dark, and the water can become cloudy. Do not use Kosher salt, it is a completely different salt.



Strawberry Jam Recipe for Canning

Ingredients

5 cups Crushed Fresh Strawberries {you'll need approx. 8 cups Fresh Strawberries or approx. 4 sixteen oz. containers}
7 cups Granulated {White} Sugar
1 packet Original Sure-Jell Premium Fruit Pectin Powder {1.75 oz.}
2 tbsp Lemon Juice
1/2 tsp. Butter

Instructions

Wash jars, lids, and bands in hot soapy water, dry completely, and set bands aside. Simmer lids in warm water in saucepan until ready to place them on jars. Keep jars warm by simmering in hot water until ready to use. Do not boil. Fill 20 quart stock pot or water bath canner with hot water, and place on stove over medium-high heat. {you'll need enough water to later cover your jars with at least 1 inch of water}
Crush strawberries in large mixing bowl or shallow glass baking dish using hand masher until nice, smooth consistency. {small chunks are okay}
Transfer crushed strawberries to 8 quart stock pot. Add pectin, lemon juice and butter to pot, and stir constantly with wooden spoon over high heat, while bringing to a rolling boil.
Once boiling, add sugar, return to rolling boil, then boil for 1 minute while stirring constantly.

After 1 minute, remove foam from top of jam by skimming it off with a metal spoon. Then... one by one, remove a jar from hot water, transfer to a cookie sheet {this will catch any spills}, place regular mouth canning funnel on jar, and ladle in strawberry jam mixture leaving 1/4 inch empty head space at top of the jar. Then wipe off rim of lid and threads of jar with damp cloth.

Continue until all jars have been filled.

Remove warm lids from saucepan {a magnetic lid lifter works like a charm}, and place one lid on each jar.

Then screw one band on each jar just until snug {not overly tight}. Place filled jars on rack in 20 quart stock pot or water bath canner, then lower down into hot water. Make sure there is enough water in pot that there is at least 1 inch of water above the jars. If necessary, add more HOT water.

Place lid on your pot, and bring to a gentle boil.

Once water is boiling, set your timer for processing. Boiling time will vary depending on where you live... for altitude 0 – 1,000 feet boil 10 minutes, for 1,001 – 3,000 boil 15 minutes, for 3,001 – 6,000 boil 20 minutes, for 6,001 – 8,000 boil 25 minutes, and for 8,001+ boil 30 minutes.

Once jars have finished boiling, turn off heat, remove the lid from the pot and let jars sit for 5 minutes before removing. After 5 minutes, lift up rack to elevated resting position, then carefully remove jars one by one using a jar lifter, and transfer to a folded towel to cool.

The lids on the jars will begin to 'pop' into the sealed position, signifying the jam has been preserved. If any lids do not pop within the first 12 - 24 hours, transfer those to the refrigerator and use those up first.

It may take jam up to 24 - 48 hours to finish setting.

Homemade Strawberry Jam Shelf Life: Jars can be stored in your pantry, or a cool, dry cupboard for up to 1 year. Label the top of each lid with the type of jam and the date it was made. Remove bands when storing, and be sure to never stack jars on top of each other. Always inspect lids to ensure the seals are good before using. When ready to use, transfer a jar to your refrigerator, and use within 1 month.

Southern Chow Chow (can you tell I really like chow chow?)

Ingredients

5 cups white distilled vinegar
3 cups granulated sugar
2 tablespoons kosher salt
1 tablespoon whole cloves
1 tablespoon mustard seeds
1 tablespoon whole black peppercorns
1 teaspoon yellow mustard powder
1 teaspoon ground turmeric
Pinch crushed red pepper flakes
1 bay leaf
4 green tomatoes, finely diced
2 green bell peppers, finely diced
1 red bell pepper, finely diced
1 large sweet onion, such as Vidalia, finely diced
1/2 head cabbage, shredded (about 6 cups)

Directions

Special equipment: 2 quart-size canning jars with lids

Clean and sterilize 2 quart-size canning jars with lids.

Add the vinegar, sugar, salt, cloves, mustard seeds, peppercorns, mustard, turmeric, red pepper flakes and bay leaf to a large saucepan over medium heat. Bring to a simmer and cook, stirring occasionally, until the sugar dissolves and the flavors start to marry, about 5 minutes.

Add the green tomatoes, green and red bell peppers, onion and cabbage and bring to a boil, lower the heat and let simmer, stirring occasionally, for 15 to 20 minutes.

Remove from heat. Divide the mixture between the two jars and let cool to room temperature. Serve immediately or seal and refrigerate for up to 6 weeks.

Grandma's Bread and Butter Pickles

Ingredients

20 cups sliced cucumbers (about 12 medium)
3 cups sliced onions (about 4 medium)
1 medium sweet red pepper, sliced
1 medium green pepper, sliced
3 quarts ice water
1/2 cup canning salt
6 cups sugar
6 cups white vinegar
3 tablespoons mustard seed
3 teaspoons celery seed
1-1/2 teaspoons ground turmeric
1/4 teaspoon plus 1/8 teaspoon ground cloves

Directions

Place cucumbers, onions and peppers in a large bowl. In another large bowl, mix ice water and salt; pour over vegetables. Let stand 3 hours.
 Rinse vegetables and drain well. Pack vegetables into eleven hot 1-pint jars to within 1/2 in. of the top.
 In a Dutch oven, bring sugar, vinegar, mustard seed, celery seed, turmeric and cloves to a boil. Carefully ladle hot liquid over vegetable mixture, leaving 1/2-in. headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rims. Center lids on jars; screw on bands until fingertip tight.
 Place jars into canner, ensuring that they are completely covered with water. Bring to a boil; process for 10 minutes. Remove jars and cool.

Lori's Canning Notes:

1. Fill Jars to about 1/2 inch below the top rim.
2. Try to release bubbles in the jar by tapping the jar lightly or stick a knife in there to move stuff around. but don't stir it.
3. Wipe rims off before putting lids on...use vinegar to be extra safe.
4. Boil after filling, 20 min for quart jars and 15 min for pint jars. Start the timer after the water starts to boil. Remove lid after placing the jars in the pot.
5. Use Citric Acid to insure long shelf life, 1/8 teaspoon in the bottom of each jar before filling with salsa. It doesn't add flavor but it is necessary for long life. Alternately, you can add it to the whole batch when blending.

Chow Chow Relish (Aunt Betty's)

2 quarts shredded cabbage (about one medium head).
 1/2 cup sweet onions chopped fine
 1/4 cup chopped jalapenos
 1/4 cup cucumbers
 1/2 cup green tomatos
 2 Tablespoons salt
 Combine chopped vegetables and sprinkle with salt. Let stand 4 to 6 hours in the refrigerator. Drain well.
 Combine the following ingredients and simmer 10 minutes. Use a pot large enough to put the vegetable mix in later.
 2 cups vinegar
 1 1/2 cups sugar
 2 teaspoons dry mustard
 1 teaspoon turmeric
 1/2 teaspoon ground ginger
 2 teaspoons celery seeds
 2 teaspoons mustard seed

Add vegetables to vinegar-sugar-spice mixture and simmer another 10 minutes. Bring to a boil. Then pack, boiling hot, into clean, heated canning jars, leaving only a 1/8 inch head space. Place canning lids and rings on jars and tighten. I usually turn the jars upside down so that all the heat is on the seals. I don't turn them back upright until the jars are completely cool. This recipe doesn't have to sit before it's ready to eat. After it cools, you can start tasting it. You won't be able to tell where the cabbage starts and the onions end. The flavors blend together perfectly.

Bourbon Peach Jam

4 cups finely chopped peeled fresh peaches (about 6 medium)
 1-1/2 cups packed brown sugar
 1 cup sugar
 1 tablespoon lemon juice
 3 tablespoons bourbon or 3 teaspoons vanilla or bourbon or rum **extract**.

1. In a large saucepan, combine peaches, sugars and lemon juice; bring to a boil. Reduce heat; simmer, uncovered, until mixture is thick and a thermometer reads 220°, about 60 minutes. Remove from heat; skim off foam. Stir in bourbon.



2. Ladle hot mixture into 3 hot half-pint jars, leaving 1/4-in. headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mixture. Wipe rims. Center lids on jars; screw on bands until fingertip tight.

3. Place jars in canner, ensuring that they are completely covered with water. Bring to a boil; process for 10 minutes. Remove jars and cool.

This is a loose jam, thicker than a syrup but thinner than the average spread. It's delicious with cream cheese as an appetizer or poured over ice cream. I also use jams and jellies in salad dressings and caramelized on pan seared fish.

ORANGE, Lemon, Lime Juice

[Back in March, I juiced all my oranges from our trees and canned them. Shelf stable orange juice and it tastes amazing. Heat juice to a temp of 195 and ladle into hot jars. Water bath can for 15 minutes.](#)

10 Steps for Perfect Home Canning

- (Having a good canning pot, rack, jar lifter and magnet lid retriever is a big help—all available on Amazon)
1. Bringing a canning kettle of water to a boil takes awhile—up to 45 minutes over high heat. Be sure to get it on the stove before you start anything else. The canner should be about half full for pint jars and two-thirds full for quart jars.
 2. Sterilize the jars and lids by setting them in boiling water for 10 minutes or running them through the "sterilize" cycle on a dishwasher.
 3. Ladle warm, but not boiling food into sterilized jars through a wide-mouth funnel. Make sure to leave the headspace (about ½ inch). If the final jar you fill isn't full, don't process it. You can cover it can keep it in the fridge instead.
 4. Run a thin-bladed knife along the inside of the jar to release any air bubbles along the sides of the jars. Wipe top edges of jars clean with a damp cloth or the [jars may not seal](#). (Vinegar Optional)
 5. When you put the warm lids on the jars, make sure that the sealing compound around the edges of the lids touches the rims of the jars. Screw the metal rings on firmly but not tightly and don't force them. Just screw them on, so they stay in place.
 6. Lower the jars into the boiling water (180 F to 185 F for pickles). The jars should be covered by at least 1 inch of water. Add boiling water, if needed, during processing, to keep that 1-inch buffer. Cover canning kettle to return water to a boil. Process for the time specified in the recipe. (generally 8-10 min, max 20)

7. Lift jars out with tongs. Have a hot pad on your other hand, just in case you need to grab something—set jars on a flat work surface.(Use a towel to keep from putting hot jars on a cold countertop-avoiding contrasting temps) Pat dry, if you want. Don't tighten the rings, just let them sit until completely cool to room temperature. You may hear a slight "ping" from the jars as they seal. This is a good thing.
8. Then, later, Push down in the center of each jar. If it doesn't push down, excellent. The jar is sealed or If it pops up the jar isn't sealed. Store unsealed jars in the fridge and use contents sooner rather than later.
9. Make sure to label jars with contents and canning date—store jars in a cool, dark place and use within a year.

When [canning your own food](#), you'll occasionally get a jar, or a batch of jars, that fail to seal after processing. While frustrating, it's a problem that can easily be resolved by reprocessing the jars. Here's how to figure out why your jars didn't seal, and how to reprocess them.

Reasons Jars Are Unsealed

Reasons Jars Are Unsealed

To avoid having unsealed jars again, it is important to know why they didn't seal properly the first time. Here are some things that might have been to blame:

- There was a chip on the rim of your jar: Run your finger along the rim of each unsealed jar to see if you can feel any chips or nicks. If you find one, transfer the contents to another jar and reprocess it. Any imperfections along the lip of the jar will prevent it from forming a good seal with the lid.
- The jar wasn't filled properly: Successful canning requires that there be a specific amount of headspace between the food and the top of the jar. This left room for the food to expand when it's heated and ensures that a proper vacuum seal is achieved. Your canning recipe should specify how much space you need to leave at the top of each jar—it's typically somewhere between 1/4 inch and 1 inch. If you don't have enough food to fill up the last jar, just stick it in the fridge, and use it up first.
- The top of the jar wasn't clean: After you fill your jars, it's important to wipe the lip clean, so it'll form a tight seal with the lid. If you missed this step, just clean the lip before you reprocess the jar.
- The lid wasn't centered: Canning jar lids have a sealing compound around the bottom edge that's designed to make contact with the jar's rim. If this is too far out of alignment, the seal might not hold. (This compound is also the reason [canning lids can't be reused](#).)
- The ring was too tight: When tightening the ring onto the jar, it needs to be secure, but not too tight. Air needs to be able to escape during the canning process, and a super tight ring may not allow this to occur.
- You didn't process the jars long enough (or at the proper temperature/pressure): Cutting the canning time short, or failing to keep your canner at the proper temperature/pressure the entire time you were processing your jars may have prevented a proper vacuum seal from forming.
- You didn't make the necessary time/temperature and pressure adjustments for your altitude: If you're [canning at a high altitude](#), you'll need to make adjustments to the canning instructions provided in the recipe. Occasionally a recipe includes this information, but more often than not, you have to calculate the changes yourself.

- You used a jar that isn't designed for canning, for example, a [grocery store jar](#).

3 Ways to Tell If a Canning Jar Has Sealed Properly

What You Need to Reprocess Your Jars

Aside from your water bath canner (or [pressure canner](#)) and jars of food, the other [canning supplies](#) you'll need is just a fresh box of canning lids to complete the job. The lids are one-time use, and will not seal a second time.

How to Reprocess Unsealed Canning Jars

Follow these steps, and read through the tips, before trying to reprocess your jars. It may have been a fluke that your jars didn't seal the first time, but it's also possible that you accidentally skipped an important step. At any rate, it never hurts to refresh your memory.

1. Check each jar for nicks along the rim.
2. If you find a nick, transfer the contents to a new jar. If you don't find any nicks, put a fresh lid on the jar and secure it with a ring.
3. Reprocess the jars using the same processing time as before.
4. Allow the jars to cool.
5. Then, [check for a good seal](#).
6. If you still have jars that haven't sealed properly, transfer the contents of the jars to freezer-safe containers, and freeze them until you're ready to put them to use.

Listen for the Ping

After removing jars from the canner, you should hear a 'ping' as each jar cools. This sound is a good indication that the jar has sealed properly.

Not Interested in Reprocessing Your Jars?

Just stick your jars in the refrigerator, or freeze the contents in freezer-safe containers. Unsealed jars aren't an indication that there's anything wrong with the food.

12 Canning Mistakes

Below you will find 12 of the most common canning mistakes made by beginning home canners. Are you making any of them?



Are you making these

CANNING mistakes?



Are You Making These Canning Mistakes?

Mistake #1: Canning Low Acid Foods in a Boiling Water Canner

This is the most dangerous mistake you can make when it comes to preserving your food. Only foods that are acidic- such as pickles, sweet fruits, and tomatoes with added acids- can be safely canned in a boiling water bath canner. All others foods must be canned in a [pressure canner](#) in order to be safe from the risk of botulism.

Want to preserve MORE food this year? Get my [Food Preservation Planner](#) to help you plan your family's food needs and save time by helping you preserve more efficiently!

Mistake #2: Not Paying Attention to Headspace

Each home canning recipe should tell you a headspace measurement- usually 1/4 to 1/2 an inch. This is really important for you to follow. During the canning process the foods will swell inside the jars, so if you have overfilled your jars the contents will start to leak out creating sticky jars and prevent the lids from creating a seal with the rim of the jar.

Underfilling your jars will leave too much oxygen in the jars and can also prevent jars from sealing correctly. Most canning sets come with a [nifty little tool](#) to help you measure your headspace accurately.

Mistake #3: Ignoring Air Bubbles

Air bubbles in your jars will affect the headspace we just talked about. If you don't pop them before placing your jars in the canner they will be pulled out during the

processing time and will result in a loss of liquid during the canning process.

That same nifty measuring device in your [canning sets](#) doubles as a bubble popper, so run it through your jars before placing the lids on top.

Related Reading: [100+ Canning Recipes You've Got to Try!](#)

Mistake #4: Leaving the Rims Dirty

Once your jars are filled and the bubbles popped you need to wipe the rim using a clean cloth. This removes any contents or residues that are on the rim of the jars. Skipping this step will prevent a good seal on your jars-which means wasted time for you or spoiled food later on.

Mistake #5: Not Filling the Canner with Enough Water

In a boiling water canner the water level must be 1 or 2 inches above the jars. The whole point of processing them in a boiling water bath is to heat the contents of the jars to a high enough temperature that all botulism spores or bacteria are killed.

Covering the jars with enough water ensures that the contents of the jars are heated evenly from all sides.

Is your goal to can and preserve enough food for your family to last all winter long? [The Homestead Goal Planner](#) is a great tool to help keep you on track and making progress toward your ultimate homesteading goals!

Mistake #6: Reusing One-Use Canning Lids

Unless you are using lids that are specifically marked as reusable (such as [Tattler](#)) they are only one use lids. On the underside of each lid is an adhesive ring that wears

out with use and they are only safe for one use. Again reusing them will create an unsafe or failed seal.

Feel free to keep the lids for other uses and storage, but don't count on them for canning. On the flip side, reusable lids are a bit different in how they work, so read the directions well if you are using them for the first time.

Mistake #7: Rapid Temperature Changes

While this isn't necessarily a safety issue, it will cause a lot of wasted time on your part. If you place a jar filled with piping hot contents into a pot of cold water, it will break. Same goes for dropping a cold jar into boiling water.

You really don't want busted jars in your canner- not only is it messy but you will have wasted your time prepping and wasted your ingredients.

Related Reading: [11 Food Preservation Guides That Will Make You a Canning Genius!](#)

Mistake #8: Using Jars Not Intended for Canning

[Canning jars](#) are specifically made to withstand the heat and pressure of canning. Not all jars are created equal. Don't reuse jars from grocery store products like spaghetti sauce, mayo, or pickles.

Also be sure to check the condition of your jars before you can each year. Check for scratches, cracks, or chips. Jars with these should not longer be used for canning.

Mistake #9: Not Adjusting for Altitude

Each canning recipe will tell you a processing time for your jars. The time will change based on the contents and the size of the jars. The processing times will also be

different if you live at an altitude of 1000ft above sea level or higher.

If you live at a higher altitude you will need to increase your processing time (water bath) or pounds of pressure (pressure canner).

Mistake #10: Not Following Directions

I know a lot of cooks that like to bake without a recipe, adding a little of this and a little of that until it comes out just right. Canning is one instance where that is not a good idea. Use tested recipes from trusted sources- such as the [Ball Complete Guide to Home Preserving](#)– to ensure the safety of your final product.

For example adding extra onions and peppers to canned salsa can result in a lower acidity, which in turn can put your product at risk for botulism. Pay attention to all that your recipe tells you- the amounts, the processing time, the headspace to make sure your finished product is shelf stable.

Mistake #11: Using Inferior Produce

I am sure you've heard the saying You get what you pay for. This goes for canning to the quality of your finished product depends on the quality of the produce you put in. Old, softening cucumbers will not result in crispy pickles. Unripe fruits will not result in a ripe canned product. Use your best produce for canning and use the imperfect fruits for fresh eating.

Mistake #12: Not Sterilizing Properly

This final canning mistake is another big one for safety. Before you begin you want to sterilize everything- the jars, the lids, the rings, the tools, your surface. Anything that will come into contact with your jars and contents before they are capped and placed in the canner.

You don't want to risk introducing anything unsafe to your canned goods. The dishwasher does a good job of sterilizing jars- and if done just before you begin, you will also have nice warm jars to fill with hot contents (to prevent mistake # 7).
A pot of simmering water does well for lids and rims. Don't take chances- it's better to be too clean than not enough.

TESTING FOR BOTULISM

TESTING FOR BOTULISM:
I think botulism is one of people's favorite words to beer monger, to get people not to be self sufficient. Can their own food make things like their own medicine, fermenting garlic honey? A good thing there is a simple and cheap solution to this. I learned this from barefoot mimosas. If you guys follow her, I have a jar of almost 2 year old fermented garlic honey here. And then on Amazon I picked up basic universal indicator papers, which test the PH I got four packs of these papers for under \$6. Botulism cannot grow in a PH under 4.6. So all you do is tear off a piece of the PH test paper and just dip it in to the canning jar you want to test. Right away you can see how dark it will get. Above a 4.6 No botulism present.

VINEGAR GUIDE

Ultimate Guide to Vinegar
Types of Vinegar
You might be surprised to learn that there are dozens of types of vinegar. The most common vinegars found in American kitchens are white distilled and apple cider, but the more adventurous may also use red wine vinegar; white wine vinegar; rice vinegar; or gourmet varieties, such as 25-year-old balsamic vinegar or rich black fig vinegar.

Vinegar can be made from just about any food that contains natural sugars. Yeast ferments these sugars into alcohol, and certain types of bacteria convert that alcohol a second time into vinegar. A weak acetic acid remains after this second fermentation; the acid has flavors reminiscent of the original fermented food, such as apples or grapes. Acetic acid is what gives vinegar its distinct tart taste.

Pure acetic acid can be made in a laboratory; when diluted with water, it is sometimes sold as white vinegar. However, acetic acids created in labs lack the subtle flavors found in true vinegars, and synthesized versions don't hold a candle to vinegars fermented naturally from summer's sugar-laden fruits or other foods.

Vinegars can be made from many different foods that add their own tastes to the final products, but additional ingredients, such as herbs, spices, or fruits, can be added for further flavor enhancement.

Vinegar Varieties

Vinegar is great for a healthy, light style of cooking. The tangy taste often reduces the need for salt, especially in soups and bean dishes. It can also cut the fat in a recipe because it balances flavors without requiring the addition of as much cream, butter, or oil. Vinegar flavors range from mild to bold, so you're sure to find one with the taste you want. A brief look at some of the various vinegars available may help you choose a new one for your culinary escapades.

White Vinegar

This clear variety is the most common type of vinegar in American households. It is made either from grain-based ethanol or laboratory-produced acetic acid and then diluted with water. Its flavor is a bit too harsh for most cooking uses, but it is good for pickling and performing many cleaning jobs around the house.

Apple Cider Vinegar

Apple cider vinegar is the second-most-common type of vinegar in the United States. This light-tan vinegar made from apple cider adds a tart and subtle fruity flavor to your cooking. Apple cider vinegar is best for salads, dressings, marinades, condiments, and most general vinegar needs.

Wine Vinegar

This flavorful type of vinegar is made from a blend of either red wines or white wines and is common in Europe, especially Germany. Creative cooks often infuse wine vinegars with extra flavor by tucking in a few sprigs of well-washed fresh herbs, dried herbs, or fresh berries. Red wine vinegar is often flavored with natural raspberry flavoring, if not with the fruit itself.

The quality of the original wine determines how good the vinegar is. Better wine vinegars are made from good wines and are aged for a couple of years or more in wooden casks. The result is a fuller, more complex, and mellow flavor.

You might find sherry vinegar on the shelf next to the wine vinegars. This variety is made from sherry wine, and usually is imported from Spain. Champagne vinegar (yes, made from the bubbly stuff) is a specialty vinegar and is quite expensive.

Wine vinegar excels at bringing out the sweetness of fruit, melon, and berries and adds a flavorful punch to fresh salsa.

Balsamic Vinegar

There are two types of this popular and flavorful vinegar, traditional and commercial. A quasigovernmental body in Modena, Italy (balsamic vinegar's birthplace), regulates the production of traditional balsamic vinegar.

Traditional balsamic. Traditional balsamic vinegars are artisanal foods, similar to great wines, with long histories and well-developed customs for their production. An excellent balsamic vinegar can be made only by an experienced crafter who has spent many years tending the vinegar, patiently watching and learning.

The luscious white and sugary trebbiano grapes that are grown in the northern region of Italy near Modena form the base of the world's best and only true balsamic vinegars. Customdictates that the grapes be left on the vine for as long as possible to develop their sugar. The juice (or "must") is pressed out of the grapes and boiled down; then, vinegar production begins.

Traditional balsamic vinegar is aged for a number of years -- typically 6 and as many as 25. Aging takes place in a succession of casks made from a variety of woods, such as chestnut, mulberry, oak, juniper, and cherry. Each producer has its own formula for

the order in which the vinegar is moved to the different casks. Thus, the flavors are complex, rich, sweet, and subtly woody. Vinegar made in this way carries a seal from the Consortium of Producers of the Traditional Balsamic Vinegar of Modena.

Because of the arduous production process, only a limited amount of traditional balsamic vinegar makes it to market each year, and what is available is expensive.

Leaf ratings. You might see that some traditional balsamic vinegars have leaves on their labels. This is a rating system that ranks quality on a one- to four-leaf scale, with four leaves being the best. You can use the leaf ranking as a guide for how to use the vinegar. For instance, one-leaf balsamic vinegar would be appropriate for salad dressing, while four-leaf vinegar would be best used a few drops at a time to season a dish right before serving. The Assaggiatori Italiani Balsamico (Italian Balsamic Tasters' Association) established this grading system, but not all producers use it.

Commercial balsamic. What you're more likely to find in most American grocery stores is the commercial type of balsamic vinegar. Some is made in Modena, but not by traditional methods. In fact, some balsamic vinegar isn't even made in Italy. Commercial balsamic vinegar does not carry the Consortium of Producers of the Traditional Balsamic Vinegar of Modena seal because it is not produced in accordance with the Consortium's strict regulations.

The production of commercial balsamic vinegar carries no geographical restrictions or rules for length or method of aging. There are no requirements for the types of wood used in the aging casks. It may be aged for six months in stainless steel vats, then for two years or more in wood. Thus, commercial balsamic vinegar is much more affordable and available than the true, artisanal variety.

Whether you're lucky enough to get your hands on the traditional variety or you're using commercial-grade balsamic, the taste of this fine vinegar is like no other. Its sweet and sour notes are in perfect proportion. Balsamic's flavor is so intricate that it brings out the best in salty foods such as goat cheese, astringent foods such as spinach, and sweet foods such as strawberries.

Rice Vinegar

Clear or very pale yellow, rice vinegar originated in Japan, where it is essential to sushi preparation. Rice vinegar is made from the sugars found in rice, and the aged, filtered final product has a mild, clean, and delicate flavor that is an excellent complement to ginger or cloves, sometimes with the addition of sugar.

Rice vinegar also comes in red and black varieties, which are less common in the United States but very popular in China. Both are stronger than the clear (often called white) or pale yellow types. Red rice vinegar's flavor is a combination of sweet and tart. Black rice vinegar is common in southern Chinese cooking and has a strong, almost smoky flavor.

Rice vinegar is popular in Asian cooking and is great sprinkled on salads and stir-fry dishes. Its gentle flavor is perfect for fruits and tender vegetables, too. Many cooks choose white rice vinegar for their recipes because it does not change the color of the food to which it is added. Red rice vinegar is good for soups and noodle dishes, and black rice vinegar works as a dipping sauce and in braised dishes.

Malt Vinegar

This dark-brown vinegar, a favorite in Britain, is reminiscent of deep-brown ale. Malt vinegar production begins with the germination, or sprouting, of barley kernels. Germination enables enzymes to break down starch. Sugar is formed, and the

resulting product is brewed into an alcohol-containing malt beverage or ale. After bacteria convert the ale to vinegar, the vinegar is aged. As its name implies, malt vinegar has a distinctive malt flavor.

A cheaper and less flavorful version of malt vinegar consists merely of acetic acid diluted to between 4 percent and 8 percent acidity with a little caramel coloring added.

Many people prefer malt vinegar for pickling and as an accompaniment to fish and chips. It is also used as the basic type of cooking vinegar in Britain.

Cane Vinegar

This type of vinegar is produced from the sugar cane and is used mainly in the Philippines. It is often light yellow and has a flavor similar to rice vinegar. Contrary to what you might think, cane vinegar is not any sweeter than other vinegars.

Beer Vinegar

Beer vinegar has an appealing light-golden color and, as you might guess, is popular in Germany, Austria, Bavaria, and the Netherlands. It is made from beer, and its flavor depends on the brew from which it was made. It has a sharp, malty taste.

Coconut Vinegar

If you can't get your Asian recipes to taste "just right," it might be because you don't have coconut vinegar -- a white vinegar with a sharp, acidic, slightly yeasty taste. This staple of Southeast Asian cooking is made from the sap of the coconut palm and is especially important to Thai and Indian dishes.

Raisin Vinegar

This slightly cloudy brown vinegar is traditionally produced in Turkey and used in Middle Eastern cuisines. Try infusing it with a little cinnamon to bolster its mild flavor. Salad dressings made with raisin vinegar will add an unconventional taste to your greens.

Now that you've got the idea of the wide variety of vinegar flavors available, perhaps you are inspired to create your own. Go to the next page to find out how to make your own vinegar.

How to Make Your Own Vinegar

Herbs like rosemary are an excellent choice to infuse into vinegar for marinating your favorite meats.

Herbs like rosemary are an excellent choice to infuse into vinegar for marinating your favorite meats.

Perhaps reading about all these exciting kinds of vinegar has whetted your appetite to make some of your own. Experimenting with flavors can be fun, and it's especially rewarding when you use your own vinegar in favorite dishes or give it as a gift.

You'll want to get exact directions from your local brewing supply store or university extension service. Be sure the directions you follow are tested and researched for safety to avoid food-borne illness. Take a look at this rundown of the general process to make apple cider vinegar to see if you're up to the task:

Make apple cider by pressing clean, washed, ripe apples (fall apples have more sugar than early-season apples). Strain to make a clean juice and pour it into sterilized containers.

Use yeast designed for brewing wine or beer (not baker's yeast) to ferment the fruit sugar into alcohol.

Now let bacteria convert the alcohol to acetic acid. Leaving the fermenting liquid uncovered invites acid-making bacteria to take up residence (you might, however, want to place some cheesecloth or a towel over your container's opening to prevent insects, dirt, or other nasty items from getting into the mixture). Some vinegar brewers use a "mother of vinegar" (see box, above) as a "starter," or source of the acid-producing bacteria.

Keep the liquid between 60 degrees and 80 degrees Fahrenheit during the fermentation process; it will take three to four weeks to make vinegar. If you keep the liquid too cool, the vinegar may be unusable. If it's kept too warm, it may not form the mother of vinegar mat at the bottom of the container. The mother of vinegar mat signifies proper fermentation. Stir the liquid daily to introduce adequate amounts of oxygen, which is necessary for fermentation.

After three to four weeks, the bacteria will have converted most of the alcohol, and the mixture will begin to smell like vinegar. Taste a little bit each day until it reaches a flavor and acidity that you like.

Strain the liquid through a cheesecloth or coffee filter several times to remove the mother of vinegar. Otherwise the fermentation process will continue and eventually spoil your vinegar.

Store in sterilized, capped jars in the refrigerator.

If you want to store homemade vinegar at room temperature for more than a few months, you must pasteurize it. Do this by heating it to 170 degrees Fahrenheit (use a cooking thermometer to determine the temperature) and hold it at this temperature for 10 minutes. Put the pasteurized vinegar in sterilized containers with tight-fitting lids, out of direct sunlight.

You can also make vinegar from wine; the process is similar.

Flavor Infusion

Whether you start with homemade or store-bought vinegar, you can kick it up by adding flavorful herbs or spices. Garlic, basil, rosemary, and tarragon are herbs commonly added to white wine vinegar. Other herbs or fruits, such as raspberries, also can enhance vinegar's taste. These additions leave their flavors and trace amounts of healthy nutrients, too.

Herbal vinegars need to be carefully prepared to avoid contamination with potentially harmful bacteria. Most bacteria cannot exist in vinegar's acidic environment, but a few deadly ones can, so follow a few basic steps:

Use only high-quality vinegars when creating flavor combinations. Typically, white wine vinegar or red wine vinegar are best for flavoring. Remember, though, that these vinegars contain trace amounts of protein that could give harmful bacteria an ideal place to live unless you prepare and store the vinegars properly.

Wash your storage bottles and then sterilize them by completely immersing them in boiling water for ten minutes. Always fill the bottles while they are still warm, and be sure you have a tight-fitting lid, cap, or cork for each one.

If you're using fresh herbs, there is a risk of harmful bacteria hitchhiking their way into the vinegar via the sprigs. Commercial vinegar processors use antimicrobial

agents to sanitize herbs, but you probably won't be able to find these chemicals. University extension publications recommend mixing one teaspoon of bleach into six cups of water and dipping the fresh herbs into this solution. Then rinse the herbs thoroughly and pat them dry. This will minimize the possibility of any harmful bacteria making their way into the vinegar and will not affect the taste.

Be sure your fresh herbs are in top-notch condition--bruising or decay indicates the presence of bacteria. If you harvest your own herbs, do so in the morning, when the essential oils are at their peak. Use three to four sprigs or three tablespoons of dried herbs per pint of vinegar. Mix it up a bit by adding some spices or vegetables, such as garlic or hot peppers. Thread garlic, peppers, or other small items on a skewer so you can remove them easily when you've infused enough flavors.

To add fruit flavors to vinegar, thoroughly wash fruit, berries, or citrus rind. Use one to two cups of fruit for every pint of vinegar, but only the rind of one lemon or orange per pint. You can thread small fruits or chunks of fruit on a skewer and tie chopped rind in a small piece of clean cheesecloth to make removal easy.

When you're ready to start mixing, place the herbs or flavoring in the sterilized, hot bottles. Heat the vinegar to 190 degrees Fahrenheit and then pour it over the herbs in the sterilized bottles. Heating the vinegar to 190 degrees Fahrenheit will prevent bacteria from forming and also help release the essential oils from the herbs, spices, or fruits.

Put a tight-fitting lid on your container and allow the vinegar to stand in a cool, dark place for three to four weeks. When it has enough flavor, strain it through a cheesecloth or coffee filter several times until any cloudiness is gone.

Discard the fruits, spices, or herbs and pour the filtered vinegar into newly sterilized containers. If you want to add a decorative herb sprig, sanitize it using the method described earlier. Seal tightly.

Store the vinegar in the refrigerator for the best flavor retention; it will keep well for six to eight months. Unrefrigerated vinegar will keep its flavor for only two to three months. If left to look pretty on a sunny windowsill for more than a few weeks, use the vinegar only as decoration, not as food.

You can use your herbal vinegar in nearly any recipe that calls for plain vinegar.

A Homemade Vinegar Caution

The acidity of homemade vinegar varies greatly. If you make your own vinegar, do not use it for canning, for preserving, or for anything that will be stored at room temperature. The vinegar's acidity, or pH level, may not be sufficient to preserve your food and could result in severe food poisoning. The pH level in homemade vinegar can weaken and allow pathogens, such as the deadly E. coli, to grow. Homemade vinegar is well suited for dressings, marinades, cooking, or pickled products that are stored in the refrigerator at all times. Now that you've got a taste for the possibilities in vinegar flavors, find out all the ways you can use vinegar in your kitchen. Go to the next page for some great ideas.

Ultimate Guide to Vinegar

BY GAYLE A. ALLEMAN

Uses for Vinegar in the Kitchen

In both Great Britain and Japan, vinegar is often used to bring out the flavor in fish.

In both Great Britain and Japan, vinegar is often used to bring out the flavor in fish.
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Vinegar's acidity makes it a natural wonder in your kitchen. Besides the burst of flavor vinegar lends to whatever it touches, it serves other purposes, too:

Meat tenderizer: Vinegar's acid helps break down muscle fibers in tough meats. Make a mixture of half vinegar and half broth, and soak tough meat in this solution for up to two hours. (Because of vinegar's ability to tenderize, never leave fish in a marinade that contains vinegar for longer than 20 minutes; otherwise the fish might get mushy.)

Fish poacher: When poaching fish, put a tablespoon of vinegar in the poaching water to keep the fish from falling apart. Vinegar helps the protein in the fish coagulate, and mushiness isn't a problem because fish is usually poached for less than 20 minutes.

Egg saver: Put a tablespoon of vinegar in the water when boiling eggs. If any eggs crack while dancing in the water, their whites will coagulate and not escape from the shells.

Buttermilk stand-in: When a recipe calls for buttermilk and you have none, substitute plain milk and add a little vinegar. Use one tablespoon of vinegar per cup (eight ounces) of milk. Let stand 10 to 15 minutes at room temperature until it thickens, then use it in your recipe as you would buttermilk. Choose mild-flavored vinegar, such as apple cider vinegar, for this purpose.

Candy smoother: When making homemade candy and icing, a few drops of vinegar will prevent the texture from getting grainy.

Potato whitener: Cover peeled potatoes with water and a tablespoon or two of vinegar to keep them from browning.

Food preserver: Use vinegar to make pickles or to can vegetables to preserve the freshness of your garden or local farm stand. The U.S. Department of Agriculture (USDA) publishes up-to-date information about pickling, canning, and preserving. These instructions will yield tasty pickles and home-canned products that are safe to eat. Check your local state university extension office or the USDA Web site for tips about pickling.

Vinegar to the Rescue!

Let vinegar solve some common, frustrating household problems:

Pour about a teaspoon of vinegar into a nearly empty mayonnaise jar and swish it around to get out the last of the mayonnaise.

Use it to remove berry stains from your hands.

Soak a paper towel with vinegar and place it in a smelly lunchbox overnight to remove those hard-to-get-rid-of odors.

Simmer a small saucepan of water and vinegar to remove cooking smells from the kitchen.

Add vinegar to a piecrust recipe and the dough will be easier to roll out. (The crust may be less flaky, however.) Most recipes call for about a tablespoon of vinegar for a double crust.

Vinegar's Vim

No matter how you look at it, vinegar can add spice to your culinary life. Prowl the gourmet shops in your area and you'll find dozens of different vinegars. Select a few to bring home and put them to use with the recipes in this book. Your taste buds will definitely be pleased, but it may be your health that benefits most.

Water Bath Canning

Water Bath Canning



Simple Steps for High-Acid Foods

The tasty high-acid menu includes choices ranging from sweet to savory. Fruits, fruit juices, jams, jellies and other fruit spreads, salsas, most tomatoes, pickles, relishes, chutneys, sauces, vinegars, and condiments are among items safely preserved using the water bath canning method. Because these common foods contain high amounts of acid or the recipe incorporates the correct balance of acid, water bath canning is the recommended method.

Double-Check the Necessary Supplies:

1. Boiling water bath canner or a large, deep saucepot with a lid, and a rack
2. Glass preserving jars, lids, and bands (always start with new lids)
3. Common kitchen utensils, such as a wooden spoon, ladle, and paring knife
4. Quality ingredients (fresh fruits and vegetables)
5. Jar lifter
6. Home canning funnel
7. Bubble freer and headspace tool

Review recipe and instructions. Follow guidelines for preparation, jar size, preserving method, and processing time.



The Water Bath Canning Process—You Can Do It!

1. Fill water bath canner at least half-full with water. Cover and maintain a simmer (180°F) until jars are filled and placed in canner.



2. Check jars, lids, and bands for proper functioning. Jars with nicks, cracks, uneven rims, or sharp edges may prevent sealing or cause jar breakage. The underside of lids should not have scratches or uneven or incomplete sealing compound as this may prevent sealing. Bands should fit on jars. Wash all in hot, soapy water and dry well.

3. Pre-heat your Ball® canning jars in hot (180°F) water. Keeping jars hot prevents them from breaking when filled with hot food. Leave lids and bands at room temperature for easy handling.

TIP: It is not necessary to purchase special cookware for water bath canning. A large, deep saucepot equipped with a lid and a rack works well. As long as it is large enough to fully immerse the jars in water by 1-2 inches—and allow the water to boil rapidly when covered—the pot is adequate. If you don't have a rack designed for home preserving, use a cake cooling rack or extra bands tied together to cover the bottom of the pot.

4. Prepare the desired tested high-acid preserving recipe. Browse our online recipe collection, The Ball Blue Book, or one of our other recipe books for ideas!



TIP: For the simplest recipes, use Ball® Food Products (recipes are included on packaging)!

- Pickle mixes: Special spice blends for crunchier pickles. Available in Bread & Butter and Kosher Dill varieties.
- Fiesta Salsa Mix: Add tomatoes and make it mild, medium, or hot.
- RealFruit Pectins: For making homemade jams and jellies. Available in Classic, Liquid, Low or No-Sugar Needed and Instant No-Cook varieties.

5. Use a Jar Lifter to remove the pre-heated jar. Fill jar one at a time with prepared food using a Jar Funnel, leaving headspace recommended in recipe. Remove air bubbles, if stated in the recipe, by sliding the Bubble Remover & Headspace Tool or rubber spatula between the jar and food to release trapped air. Repeat around jar 2-3

times. For successful sealing, you need to leave the correct amount of space between the food and the rim of the jar.



6. Wipe the rim and threads of the jar using a clean, damp cloth to remove any food residue. Center lid on the jar, allowing sealing compound to contact the jar rim. Apply band and adjust until fit is fingertip-tight. Place jar in canner. Repeat steps 4 and 5 until all jars are filled. Ensure water covers jars by 1-2 inches.

7. Place lid on water bath canner and bring water to a rolling boil. Begin processing time.

8. Process in the boiling water for the time indicated in tested preserving recipe. When complete, shut off heat and remove the lid. Allow jars to rest in canner for 5 minutes to be acclimated to the outside temperature.

9. Move jars from canner and set upright on a towel. This will prevent jar breakage that can occur from temperature differences. Leave jars undisturbed for 12 to 24 hours. DO NOT retighten bands as this may interfere with the sealing process.

10. Inspect lids for seals. There should be no flex when center is pressed. Remove the bands and attempt to lift lids off with your fingertips. Properly sealed lids will remain attached. If a lid fails to seal within 24 hours, immediately refrigerate the product. Clean canning jars and lids, label and store in a cool, dry, dark place for up to for up 18 months when using SureTight Lids according to our instructions for Food Preservation.

TIP: After many years of research, it was determined that preheating Ball® lids is no longer necessary. The sealing compound used for our home canning lids performs equally well at room temperature as it does pre-heated in simmering water (180°F). Simply wash lids in hot, soapy water, dry, and set aside until needed. If you still choose to pre-heat your lids, do not boil.

Watermelon



Dehydrating Watermelon

After 36 hours set at 122 degrees, I have watermelon that tastes like candy!!!

CHARTS & GRAPHS

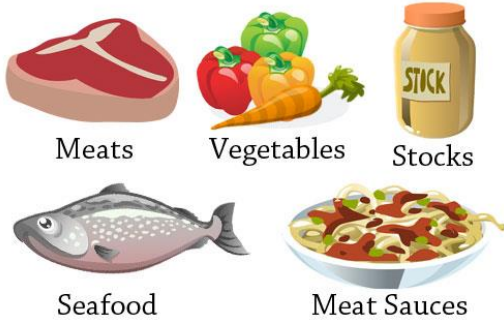
[\(Click here to go to the top of Recipes\)](#)

Pressure Canning

Pressure Can or Water Bath?

PRESSURE CAN

Low-acid



pH level above 4.6



WATER BATH

High-acid



pH level below 4.7



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*This infographic is meant as a sample guide only. You should always follow USDA guidelines when canning.

Water Bath and Pressure Canner Quick Reference Chart

from angelaskitchen.com

									Dial Gauge (PSI) at altitudes of				Weighted Gauge (PSI) at altitudes of	
									0 - 2,000 ft.	2,001 - 4,000 ft.	4,000 - 6,000 ft.	6,001 - 8,000 ft.	0 - 1,000 ft.	Above 1,000 ft.
Type of Food	Style of Pack	Jar Size	Head Space	Water Bath Process Time (Min.) at altitudes of				Pressure Canner Process Time(Min.)						
				0 - 1,000 ft.	1,001 - 3,000 ft.	3,001 - 6,000 ft.	Above 6,000 ft.							
Apples, sliced	Hot	Pints-Quarts-	1/2 inch 1/2 inch	20 min 20 min	25 min 25 min	30 min 30 min	35 min 35 min	8 min 8 min	6# 6#	7# 7#	8# 8#	9# 9#	5# 5#	10# 10#
Apple Butter	Hot	Half Pints- Pints- Quarts-	1/4 inch 1/4 inch 1/4 inch	5 min 5 min 10 min	10 min 10 min 15 min	10 min 10 min 15 min	15 min 15 min 20 min	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Apple Juice	Hot	Pints- Quarts- Half Gallons	1/4 inch 1/4 inch 1/4 inch	5 min 5 min 10 min	10 min 10 min 15 min	10 min 10 min 15 min	15 min 15 min 20 min	Note: Times are not available for processing fruit juices in the pressure canner.						
Apple-sauce	Hot	Pints- Quarts-	1/2 inch 1/2 inch	15 min 20 min	20 min 25 min	20 min 30 min	25 min 35 min	8 min 10 min	6# 6#	7# 7#	8# 8#	9# 9#	5# 5#	10# 10#
Apricots, Nectarines & Peaches	Hot	Pints- Quarts-	1/2 inch 1/2 inch	20 min 25 min	25 min 30 min	30 min 35 min	35 min 40 min	10 min 10 min	6# 6#	7# 7#	8# 8#	9# 9#	5# 5#	10# 10#
	Raw (hot is better product)	Pints- Quarts-	1/2 inch 1/2 inch	25 min 30 min	30 min 35 min	35 min 40 min	40 min 45 min	10 min 10 min	6# 6#	7# 7#	7# 7#	9# 9#	5# 5#	10# 10#

Lobe Logic

Lobe Lifting Heavy Earring Support Hooks



Just loop the lobe lifter over your ear and insert your earring through your ear and the bottom hole in the lobe lifter.

[Check out my Etsy page for these awesome Lobe Logic Heavy Earring Hooks.](#)