

BASIC CANNING

Getting started



Ever notice that food comes in waves...

300+ lbs of honey crisp apples from one dwarf tree!



Two basic methods of canning:

▣ Water Bath



▣ Pressure canning



So what's the difference???

- ▣ The difference is safety:
- ▣ water bath canning is used to heat treat HIGH ACID foods at 212 F. Most fruit, jam, jelly, pickles and *tomatoes*. These foods are only vulnerable to heat-sensitive organisms.
- ▣ By high acid we mean foods with a pH of 4.6 or lower.
- ▣ Tomatoes are a peculiar exception: most tomatoes today are right on the line, so need to be acidified by adding 2 TBS lemon juice per qt.

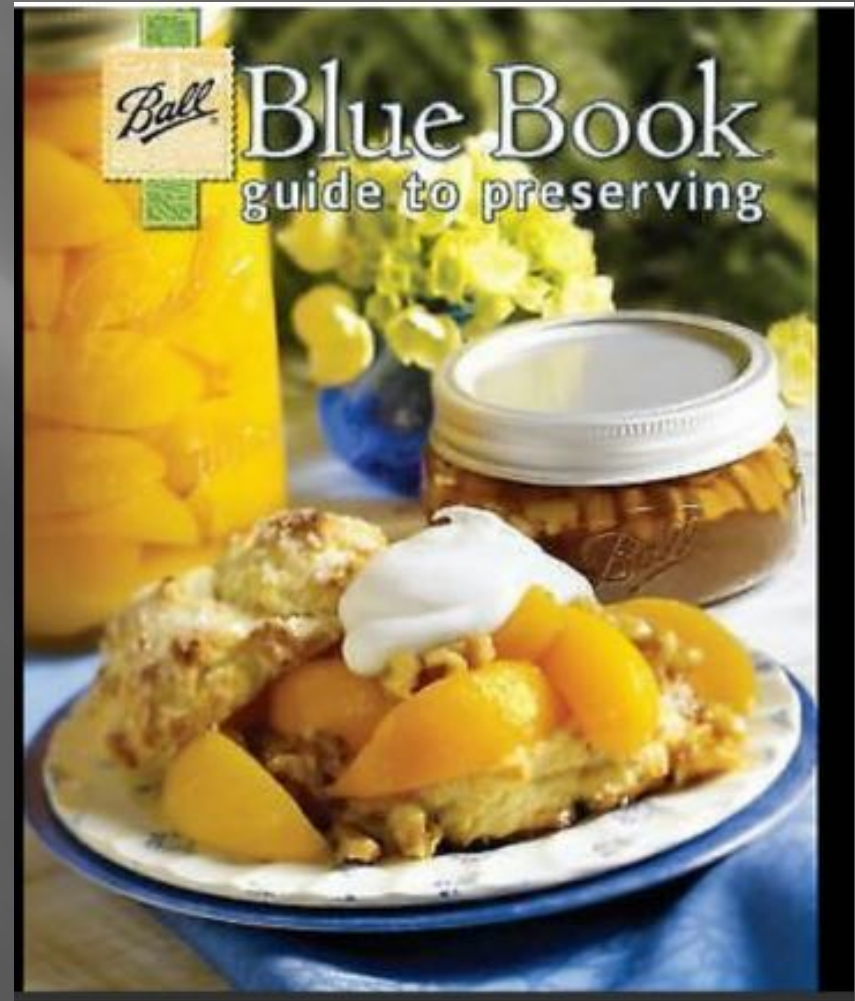
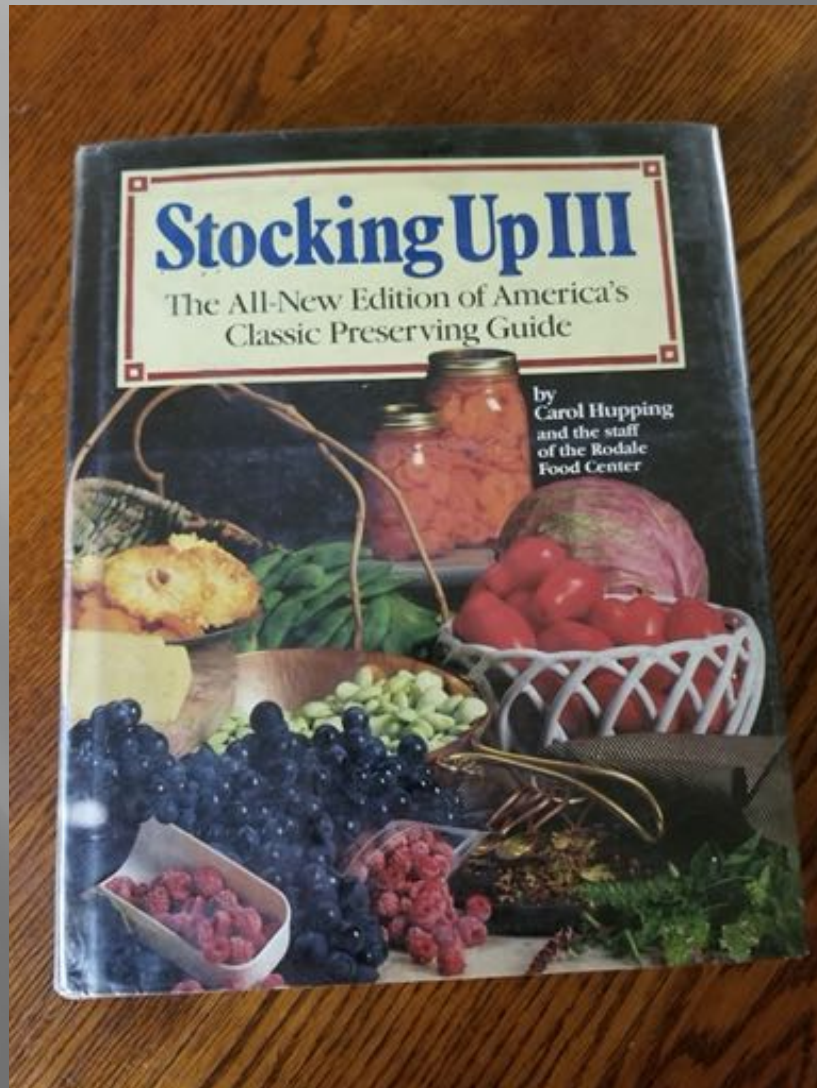
So what's the difference???

- ▣ Pressure canning is used to preserve low acid foods like most vegetables, soups etc. these foods need much higher temperatures to kill potentially dangerous bacteria (and their spores). Higher temps are attained by an increase in pressure. At ~10 lbs pressure the cooking temp reaches 240 F.

Safety concerns....

- ▣ Two most common concerns of canning: food spoilage (botulism) , pressure canning (will it blow up on me???)
- ▣ Spoilage comes from: improper processing time, jars not sealing right, poor quality food or equipment.
- ▣ Elevation; if you are over 1000 ft in elevation you need to: increase boiling time for water bath and the pressure of pressure canning.

Equipment: what you'll need:



Equipment:



A word about jar sizes...



...And Jar lid sizes...



Other great tools...

The Victorio strainer



The old way...



Don't get this!!!



Water bath step by step

#1. get all your equipment together before you get the food



#2. Get your food...

Fresh, not over ripe!



blanching

(Removing the peel)



jars...

...and add liquid up to the shoulder ring...



#8. put on lids and rings

Finger tight...



#9. into the canner we go...

Jars should be hot from liquid, water in canner should be hot...



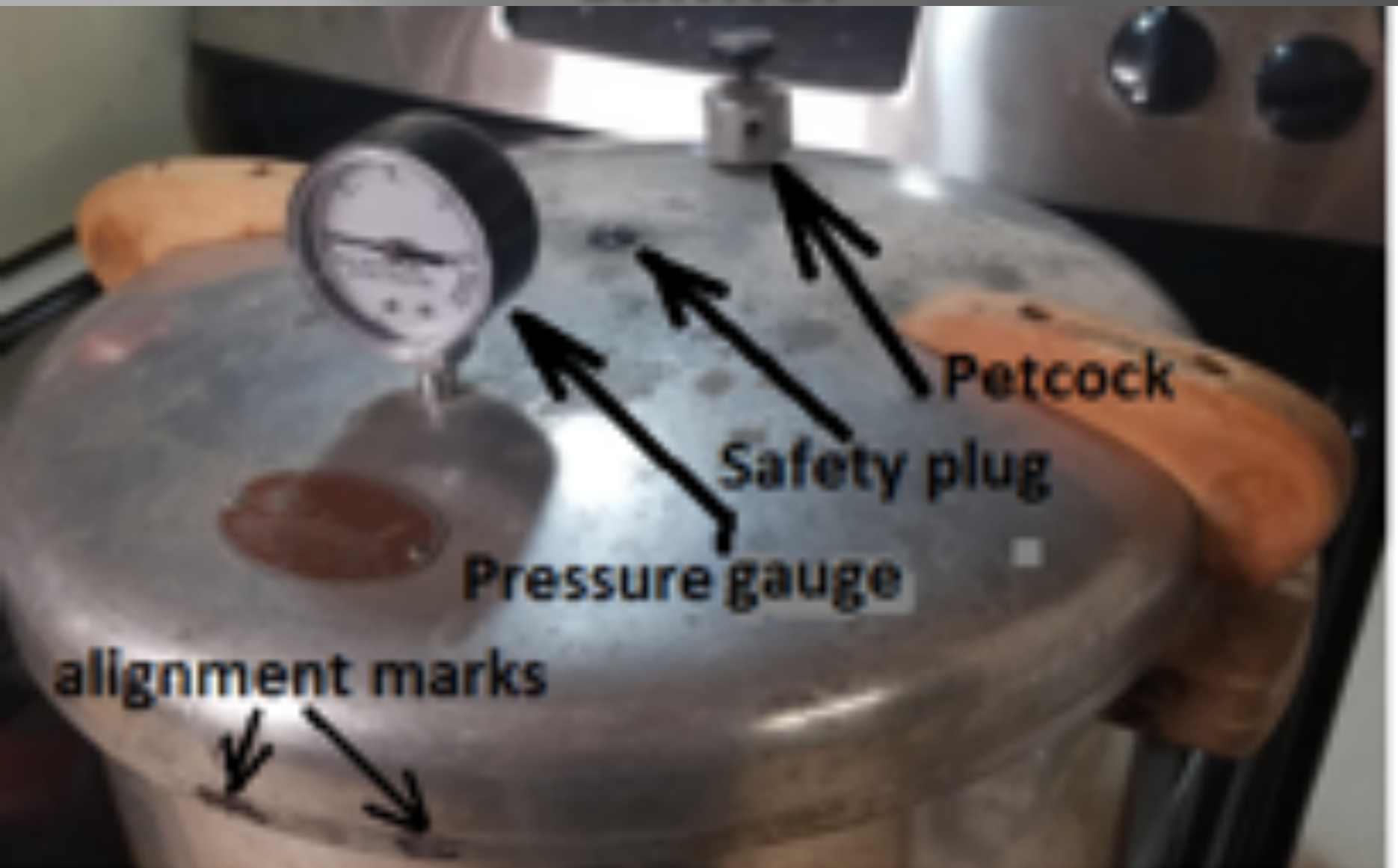
Listen for the
music!!!



Pressure canning steps

- ▣ 1. Equipment ready.
- ▣ 2. Food procured.
- ▣ 3. Food prepped
- ▣ 4. Food added to jars + liquid to shoulder ring.
- ▣ 5. Air bubbles remove, add liquid to headspace.
- ▣ 6. Jar rims cleaned, lids and rings on.
- ▣ 7. Canner only gets 1-2 " of water.
- ▣ 8. Jars into canner, lid locked down, petcock open to steam out for 10 min. (Temp on stove turned up)
- ▣ 9. Close petcock watch pressure rise. At ~90% pressure turn the stove down...

A closer look at the pressure canner



Other pressure canner options



More options...



A mushroom run...



Hot pack into jars...





Safety plug up and down.





Cold packed: Blueberries, plums, tomatoes. Notice how much shrinkage there is. These jars were packed full to start. Hot packing: Takes more time, loses nutrients but conserves space.

Trouble shooting...

- ▣ Pressure canner lid won't seal: gasket sometimes shrinks put in hot water and gently stretch out a bit.
- ▣ Canner won't vent, pressure is going up but no steam out petcock- food or obstruction in petcock tube. Cool and clean.
- ▣ High pressure- keep your face away from canner, carefully turn off heat and let it come down to safe range and start adjustment again.
- ▣ Blowing the safety plug – turn off burner, clean ceiling and walls, start over!!!

