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Planning Your Food Preservation Year: Recipes

Grape Jelly

Yield: about 8 or 9 half pints

5 cups grape juice (bottled or 3-1/2 pounds Concord grapes & 1 cup water)

1 package powdered pectin

7 cups sugar

1. Sterilize canning jars.
2. Measure juice into a deep pot. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to full rolling boil that cannot be stirred down.
3. Add sugar, continue stirring, and heat again to full rolling boil.
4. Boil hard for 1 minute. Remove from heat; skim off foam quickly.
5. Pour hot jelly immediately into hot, sterile jars leaving 1/4-inch headspace. Wipe rim; apply lids.
6. Process in a steam or boiling water canner for 5 minutes at 0-1000', adding 1 minute for each additional 1000' in elevation.

Source: USDA Complete Guide to Home Canning, revised 2015.

Fig, Red Wine and Rosemary Jam

Yield: about 4 half-pint jars

1-1/2 cups merlot or other fruity red wine

2 Tablespoon fresh rosemary leaves

2 cups finely chopped fresh figs

3 Tablespoons Ball® Classic Pectin

2 Tablespoons bottled lemon juice

2-1/2 cups sugar

1. Bring wine and rosemary to a simmer in a small stainless steel or enameled saucepan. Turn off heat; cover and steep 30 minutes.
2. Pour wine through a fine wire-mesh strainer into a 4-quart stainless steel or enameled saucepan. Discard rosemary. Stir in figs, pectin, and lemon juice. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
3. Add sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
4. Ladle hot jam into a hot jar, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims. Apply lids and rings.
5. Process half-pint jars in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.

Source: www.freshpreserving.com, 2016

Spiced Tomato Jam with Powdered Pectin

Yield: about 5 half-pint jars

3 cups prepared tomatoes (about 2-1/4 pounds)
 1-1/2 teaspoons grated lemon rind
 1/2 teaspoon ground allspice
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground cloves
 4-1/2 cups sugar
 1 box powdered pectin
 1/4 cup lemon juice

1. Wash firm-ripe tomatoes. Scald, peel, and chop tomatoes. Cover and simmer 10 minutes, stirring constantly. Measure 3 cups tomatoes into a saucepot. Add lemon rind, allspice, cinnamon and cloves.
2. Boil canning jars for 10 minutes to sterilize them if under 1000' elevation.
3. Place prepared fruit into a saucepot. Add lemon juice. Measure sugar and set aside.
4. Stir powdered pectin into prepared fruit. Bring to a boil over high heat, stirring constantly.
5. At once, stir in sugar. Stir and bring to a full rolling boil that cannot be stirred down. Then boil hard for 1 minute, stirring constantly.
6. Remove from heat. Skim off foam.
7. Pour hot jam into hot jars, leaving 1/4-inch headspace. Wipe rims. Apply lids and rings.
1. Process half-pint jars in a boiling water or atmospheric steam canner for 5 minutes at 0-1,000 feet, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6,000 feet.

Source: So Easy to Preserve, 2015

Meal Ideas

- Barb's Pulled Pork Tacos
- Use as the "T" in BLTs
- Add to lentil soup
- Use in baked beans for part of the molasses
- Mix with mayo for a hamburger's secret sauce
- Use in meatloaf instead of ketchup

Pickled Corn Relish

Yield: About 5 pints

Three 10-ounce packages of frozen corn	2½ cups vinegar (5%)
1¼ cups diced sweet red peppers	1¼ tablespoons canning or pickling salt
1¼ cups diced sweet green peppers	1¼ teaspoons celery seed
1¼ cups chopped celery	1¼ tablespoons dry mustard
¾ cups diced onions	¾ teaspoon turmeric
4/5 cups sugar	

1. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan.
2. Bring to boil and simmer 5 minutes, stirring occasionally.
3. Mix mustard and turmeric in 1/2 cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes.
4. If desired, thicken mixture with flour paste (1/4 cup flour blended in 1/4 cup water) and stir frequently.
5. Fill jars with hot mixture, leaving 1/2-inch headspace. Adjust lids and process half-pint or pint jars in a boiling water or steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 feet.

Source: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, 2015

Bread-and-Butter Pickle Slices

Yield about 8 pint jars

6 pounds of 4 to 5-inch pickling cucumbers
8 cups thinly sliced onions (about 3 pounds)
1/2 cup canning salt
Crushed or cubed ice
4 cups vinegar (5%)
4-1/2 cups sugar

2 tablespoons mustard seed
1-1/2 tablespoons celery seed
1 tablespoon ground turmeric
1 cup pickling lime (optional—follow directions below for firmer pickles)

1. Wash cucumbers. Cut 1/16-inch off blossom end and discard. Cut into 3/16-inch rings. Combine cucumbers and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed.

Procedure Variation for Firmer Pickles:

- Wash cucumbers. Cut 1/16-inch off blossom end and discard. Cut into 3/16-inch slices. Mix 1 cup pickling lime, 1/2 cup salt and 1 gallon water in a 2 to 3-gallon crock, glass or enamelware container.
Caution: Avoid inhaling lime dust while mixing the lime-water solution.
- Soak cucumber slices in lime water for 12 to 24 hours, stirring occasionally. Remove from lime solution and re-soak one hour in fresh cold water. Rinse and soak two more times. Handle carefully, as slices will be brittle. With this variation, add the onions in with other ingredients after this step.

2. Add sugar and remaining ingredients to vinegar in a large pot. Boil 10 minutes.
3. Add well drained cucumbers and onions and slowly reheat to boiling.
4. Fill pint or quart jars with slices, leaving 1/2-inch headspace. Fill to 1/2-inch from top with hot cooking liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process pints or quarts in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.
5. After processing and cooling, jars should be stored 4 to 5 weeks before use to develop ideal flavor.

Source: So Easy to Preserve, Cooperative Extension, The University of Georgia, 2015

Spiced Apple Rings

Full batch (*Yield: About 8 to 9 pints*):

12 lbs firm tart apples (max diameter 2½")
12 cups sugar
6 cups water
1-1/4 cups white vinegar (5%)
3 tablespoons whole cloves
8 cinnamon sticks

Half batch (*Yield: About 4-5 pints*):

6 lbs firm tart apples (max diameter 2½")
6 cups sugar
3 cups water
¾ cups white vinegar (5%)
1 ½ tablespoons whole cloves
4 cinnamon sticks

1. Wash apples. Prepare enough ascorbic acid solution to hold sliced apples.
2. To prevent discoloration, peel and slice one apple at a time. Immediately cut crosswise into 1/2-inch slices, remove core area with a melon baller and immerse in ascorbic acid solution.
3. To make flavored syrup, combine sugar water, vinegar, cloves and cinnamon sticks in a 6-qt saucepan. Stir, heat to boil, and simmer 3 minutes.
4. Drain apples, add to hot syrup, and cook 5 minutes.
5. Fill jars (preferably wide-mouth) with apple rings and hot flavored syrup, leaving 1/2-inch headspace.
1. Wipe rims, adjust lids and process half-pints or pints in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.

Source: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, 2015

Fermented Dill Pickles (Use the following quantities for each gallon capacity of your container)

4 pounds of 4-inch pickling cucumbers
2 tablespoons dill seed or 4 to 5 heads fresh dill
2 cloves garlic (optional)
2 dried red peppers (optional)
2 teaspoons whole mixed pickling spices (optional)
1/2 cup canning salt
1/4 cup vinegar (5%)
8 cups water

1. Wash cucumbers. Cut 1/16-inch slice off bottom end and discard. Leave 1/4-inch of stem attached.
2. Place half of dill and spices on bottom of a clean, suitable container.
3. Add cucumbers, remaining dill and one or more of the optional spices.
4. Dissolve salt in vinegar and water. Pour over cucumbers. Add suitable weight.
5. Store where temperature is between 70°F and 75°F for about 3 to 4 weeks while fermenting. Temperatures of 55°F to 65°F are acceptable, but the fermentation will take 5 to 6 weeks. Avoid temperatures above 80°F, because pickles will become soft.
6. Fermenting pickles cure slowly. Check the container several times a week and promptly remove surface scum or mold. **Caution:** If the pickles become soft, slimy or develop a disagreeable odor, discard them.
7. Fully fermented pickles may be stored in the original container for about 4 to 6 months, provided they are refrigerated and surface scum and molds are removed regularly.

Canning Fermented Pickles: Canning fermented pickles will extend their shelf life. To can them:

1. Pour the brine into a pan, heat slowly to a boil, and simmer 5 minutes.
2. Filter brine through paper coffee filters to reduce cloudiness, if desired.
3. Fill hot jar with pickles and hot brine, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids and process as follows, or use the low temperature pasteurization treatment described below.
4. At altitudes of 0-1000' process 10 minutes for pints; 15 minutes for quarts in a boiling water or atmospheric steam canner. Between 1,001-6000' process 15 minutes for pints; 20 minutes for quarts. Above 6000' process 20 minutes for pints; 25 minutes for quarts.

Low-Temperature Pasteurization Treatment: The following treatment results in a better product texture but must be carefully managed to avoid possible spoilage.

1. Place jars in a canner filled halfway with warm (120° to 140°F) water. Then, add hot water to a level 1 inch above jars.
2. Heat the water enough to maintain 180° to 185°F water temperature for 30 minutes. Check with a candy or jelly thermometer to be certain that the water temperature is at least 180°F during the entire 30 minutes. Temperatures higher than 185°F may cause unnecessary softening of pickles. **Caution: Use only when recipe indicates.**

Source: USDA Complete Guide to Home Canning, 2015

Sauerkraut

Quality: For the best sauerkraut, use firm heads of fresh cabbage. Shred cabbage and start kraut between 24 and 48 hours after harvest.

Yield	Cabbage	Canning or Pickling Salt
About 9 quarts	25 lbs cabbage	3/4 cup
About 5 pints	5 lbs cabbage	3 1/2 tablespoons
About 1 quart	2 lbs cabbage	4 teaspoons

1. Work with about 5 pounds of cabbage at a time. Discard outer leaves. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter.
2. Put cabbage in a suitable fermentation container, and add 3 tablespoons of salt. Mix thoroughly, using clean hands. Pack firmly until salt draws juices from cabbage.
3. Repeat shredding, salting, and packing until all cabbage is in the container. Be sure it is deep enough so that its rim is at least 4 or 5 inches above the cabbage.
4. If juice does not cover cabbage, add boiled and cooled brine (1-1/2 tablespoons of salt per quart of water).
5. Add plate and weights; cover container with a clean bath towel.
6. Store at 70° to 75°F while fermenting. At temperatures between 70° and 75°F, kraut will be fully fermented in about 3 to 4 weeks; at 60° to 65°F, fermentation may take 5 to 6 weeks. At temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft.
7. If you weigh the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weight, you will have to check the kraut 2 to 3 times each week and remove scum if it forms. Fully fermented kraut may be kept tightly covered in the refrigerator for several months or it may be canned as follows:

Hot pack – Bring kraut and liquid slowly to a boil in a large kettle, stirring frequently. Remove from heat and fill jars rather firmly with kraut and juices, leaving 1/2-inch headspace.

Raw pack – Fill jars firmly with kraut and cover with juices, leaving 1/2-inch headspace.

8. Adjust lids and process in a boiling-water or atmospheric steam canner according to the recommendations below.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	10 min	15 min	15 min	20 min
	Quarts	15	20 min	20 min	25 min
Raw	Pints	20	25 min	30 min	35 min
	Quarts	25	30 min	35 min	40 min

Source: USDA Complete Guide to Home Canning

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