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Salsa, salsa, salsa!

Preserving Salsas

Salsa is one of the most popular condiments in homes today. Salsas are usually mixtures of acid and low-acid ingredients; they are an example of an acidified food. The specific recipe, and sometimes preparation method, will determine if a salsa can be processed in a boiling water canner, atmospheric steam canner, or a pressure canner. A process must be scientifically determined for each recipe. It is not safe to can your own original salsa recipe; refrigerate or freeze it instead. Salsa can be safely stored in the refrigerator for several weeks or frozen for months without processing. This handout includes several salsa recipes that can be safely canned using a boiling water canner or atmospheric steam canner. Use any of the recipes included in this handout or other research-tested recipes to make a safe shelf-stable product at home.

Salsa Ingredients

Tomatoes: Use only high-quality tomatoes for canning salsa or any other tomato product. Avoid tomatoes that are overripe or from dead or frost-killed vines. These will result in a poor-quality and potentially unsafe product. Canning is never a good way to use overripe or spoiling tomatoes.

The type of tomato you use affects the quality of your salsa. For example, paste tomatoes, such as Roma, have firmer flesh and produce thicker salsas than large slicing tomatoes. Although both types make good-tasting salsas, slicing tomatoes usually yield a thinner, more watery salsa than paste tomatoes.

Where recipes call for peeled or skinned tomatoes, remove the skin by dipping tomatoes into boiling water for 30-60 seconds or until skins split. Immerse in cold water until cool enough to handle. Slip off skins and remove cores. Remove seeds if desired.

Tomatillos: Tomatillos are also known as Mexican husk tomatoes. They do not need to be peeled or seeded, but the dry outer husk must be removed.

Fruits: Some salsa recipes in this handout contain fruit. Fruits add another dimension of flavor to traditional salsas. When canning fruit salsas you must follow the same safety rules as tomato-based salsas. This includes using a research-tested recipe, selecting fruits in the quantity and condition described, and preparing fruits according to the directions.

<u>Peppers:</u> Choose high-quality peppers. Peppers range from mild to fiery in taste. Very hot peppers are usually small (1-3 inches long), mild peppers are usually bigger (4-10 inches long). Anaheim, ancho, college, Colorado, and Hungarian yellow wax are mild varieties. Choose a mild pepper when the recipe calls for long green chilies.

Small, very hot peppers provide a distinct taste to salsas. Jalapeno is the most popular hot pepper. Other common hot varieties include Serrano, cayenne, habanero, and Tabasco.

The terms *chilies, peppers, and chili peppers* are used interchangeably in this handout. Although there is no clear standard for naming peppers, in many instances, chili is used for a hot pepper, or a pepper containing UCCE Master Food Preserver Program of Amador/Calaveras Counties

capsaicin, the compound that gives the heat or burning sensation in the mouth. Chili peppers are generally classified as mild, medium, or hot. Sweet peppers, such as bell peppers, do not contain any capsaicin, or heat compounds.

<u>Acids</u>: The acid ingredients used in salsa help preserve it. The addition of acid to salsa recipes for canning is necessary because the natural level of acidity may not be adequate for safety. Commonly used acids in home canning are vinegar, lemon, and lime juices. Lemon and lime juices are more acidic than vinegar, but have less effect on flavor. Use only vinegar that is at least 5% acid and only bottled lemon and lime juices. Never use homemade vinegar or freshly squeezed lemon or lime juice because the level of acidity is variable and could result in an unsafe canned product.

<u>Salt:</u> Pickling or canning salt is recommended when preparing salsa recipes. It contains no anti-caking agents or iodine. Non-iodized table salt can also be used in salsa recipes.

Spices: Spices add flavoring to salsas. Cilantro and cumin are often used in spicy salsas. You may leave them out or reduce the amount if you prefer a salsa with a milder taste. For a stronger cilantro flavor, add fresh cilantro after opening the jar, just before serving.

<u>Caution about additional ingredients:</u> Adding ingredients not listed in a salsa recipe will result in an unsafe product if done before canning. This includes thickeners as well as ingredients not listed in the recipe.

Do not thicken salsas before canning. Salsa can be thickened after you open the jar by pouring off some of the liquid or adding cornstarch, tomato paste, or another thickening agent.

The flavor can be enhanced with additional ingredients such as corn, black beans, or other additions just before serving. Addition before canning will result in an unsafe product.

Adjustments to Salsa Recipes

Some ingredients in salsa recipes can be adjusted to suit personal tastes. The changes are primarily limited to ingredient type. It is important not to change the amount of any ingredient, with the exception of dry spices. The table below summarizes the adjustments that can be made to the recipes in this handout without affecting the safety of your canned salsa.

Ingredients	Recipe Adjustments
Tomatoes	 As long as tomatoes are in good condition, any variety can be used. Paste tomatoes, such as Romas, have more solid tissue and will produce a salsa with a thicker texture. Slicing tomatoes will produce a runny, more watery salsa. Underripe green tomatoes or tomatillos can be substituted for ripe tomatoes. Although salsas are traditionally made with red tomatoes, any color of tomato can be used.
Peppers	 One type of pepper can be substituted for another. Select any combination of hot and mild pepper to create a flavor you like, as long as you do not exceed the total amount specified. (For example, if the recipe calls for 2 cups of peppers, any mixture of hot and mild peppers can be used.) Bell peppers are an acceptable substitution for some or all of the long green chilies. Do not substitute the same number of whole peppers of a large size for the same number of peppers of a smaller size. (For example, do not use 6 bell peppers or long chilies in place of 6 jalapenos or serranos.) Canned chilies may be used in place of fresh.
Onions	 Red, yellow, or white onions can be substituted for each other. Do not increase the total amount of onions. Green onions cannot be used in place of bulb onions. Do not use green onions in a canned salsa recipe unless they are specified as an ingredient.

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Ingredients	Recipe Adjustments (cont)
Fruits	 Use fruits in the condition described in the recipe. When a recipe calls for green or unripe fruits do not use ripe fruits. This will change the final acidity of the mixture, resulting in an unsafe product. It is not safe to substitute one type of fruit for another.
Acids	 Any type of vinegar can be used as long as it is 5% acidity. White vinegar has a tart flavor but will not discolor the salsa. Cider vinegar has a milder flavor but may affect the color of the final product. Flavored or other specialty vinegars can be used as long as they meet acidity guidelines. Never reduce the amount of vinegar, lemon juice, or lime juice in a recipe. An equal amount of bottled lemon or lime juice can be substituted for vinegar when the recipe calls for vinegar. <i>The reverse is not true.</i> When lemon or lime juice is the acid called for in the recipe, vinegar cannot be substituted. This is because vinegar is a less acidic than lemon or lime juice, and the substitution would result in an unsafe salsa. Key lime juice should not be used as lime juice. If prepared salsa is too tart, a small amount of sugar can be added after opening to offset the acidic taste.
Spices/Herbs	 The amounts of dried herbs or spices can be altered. It is acceptable to increase the amount of dried spice by ½ teaspoon per pint, or 1 teaspoon per quart. It is not safe to add or increase the amounts of fresh herbs or garlic before canning because they affect the acidity level.

Canning Salsa

See UCCE Master Food Preservers of Amador/Calaveras County handout Core Canning Techniques for detailed information on boiling water and atmospheric steam canning. If you are at an altitude higher than 1,000 feet, adjust the processing times in the following recipes according to the chart below.

Altitude in feet	1,000 - 3,000	3,001 - 6,000	6,001 - 8,000	8,001 - 10,000
Increase processing time	+5 minutes	+10 minutes	+15 minutes	+20 minutes

Recipes

TOMATO/GREEN CHILI SALSA

3 cups peeled, cored, chopped tomatoes 3 cups seeded, chopped long green chilies ³/₄ cup chopped onion 1 jalapeno pepper, seeded, finely chopped 6 cloves garlic, finely chopped 1 ½ cups vinegar (5%)
 ½ teaspoon ground cumin (optional)
 2 teaspoons oregano leaves (optional)
 1 ½ teaspoon salt

CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

- 1. Prepare canner, jars, and lids.
- 2. Combine all ingredients in pot and heat until mixture boils, stirring frequently. Reduce heat. Simmer 20 minutes.
- 3. Fill hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel.
- 4. Process in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.

Source: So Easy to Preserve, Cooperative Extension the University of Georgia 6th Edition, 2014

PICKLED CORN RELISH

10 cups fresh whole kernel corn (or six 10-ounce

- packages frozen corn)
- 2 ¹/₂ cups diced sweet red peppers
- 2 ¹/₂ cups diced sweet green peppers
- 2¹/₂ cups chopped celery
- 1 ¹/₄ cups diced onions

- 1 ³⁄₄ cups sugar
- 5 cups vinegar (5%)
- 2 ¹/₂ tablespoons canning or pickling salt
- 2¹/₂ teaspoons celery seed
- 2¹/₂ tablespoons dry mustard
- 1 ¹/₄ teaspoon turmeric

- 1. Prepare canner, jars and lids.
- 2. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan.
- 3. Bring to boil and simmer 5 minutes, stirring occasionally.
- 4. Mix mustard and turmeric in ¹/₂-cup of simmered mixture. Add mixture and corn to hot mixture. Simmer 5 minutes.
- 5. Fill jars with hot mixture, leaving $\frac{1}{2}$ -inch headspace. Remove air bubbles and adjust headspace if needed. Apply lids.
- 6. Process half-pints or pints in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-6,000 feet, 25 minutes above 6,000 feet elevation.

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

TOMATILLO SALSA

5 ¹/₂ cups chopped cored husked tomatillos

- 1 cup chopped onion
- 1 cup chopped seeded green chili peppers
- $\frac{1}{2}$ cup white vinegar (5%)

4 tablespoons bottled lime juice

1. Prepare canner, jars and lids.

- 2. In a large stainless steel saucepan, combine all ingredients. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, for 10 minutes.
- 3. Ladle hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 4. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.

Source: Ball Complete Book of Home Preserving 2020

Yield: about three pint jars

Yield: about nine pints

4

Yield: about four 8-ounce or two pint jars

4 cloves garlic, finely chopped 2 tablespoons finely chopped cilantro

- 2 teaspoons ground cumin
- $\frac{1}{2}$ teaspoon salt
- ¹/₂ teaspoon hot pepper flakes

MANGO SALSA

6 cups diced unripe mango (3 to 4 large, hard green	2 teaspoons finely chopped garlic	
mangoes)	2 teaspoons finely chopped ginger	
1 ¹ / ₂ cups diced red bell pepper	1 cup light brown sugar	
¹ / ₂ cup finely chopped yellow onion	1 ¹ / ₄ cups cider vinegar (5%)	
¹ / ₂ teaspoon crushed red pepper flakes	¹ / ₂ cup water	

CAUTION: Handling green mangoes may irritate the skin of some people in the same way as poison ivy. (They belong to the same plant family.) To avoid this reaction, wear plastic or rubber gloves while working with raw green mango. Do not touch your face, lips or eyes after touching or cutting raw green mangoes until all traces are washed away.

- 1. Prepare canner, jars and lids.
- 2. Select green, firm, non-fibrous fruit. Wash all produce well. Peel and separate mango flesh from seed. Chop mango into ½-inch cubes. Dice bell pepper into ½-inch pieces. Finely chop yellow onions.
- 3. Combine all ingredients in an 8-quart Dutch oven or stockpot. Bring to a boil over high heat, stirring to dissolve sugar. Reduce to simmering, and simmer 5 minutes.
- 4. Fill hot solids into hot jars, leaving ¹/₂-inch headspace. Cover with hot liquid, 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.
- 5. Process 8-ounce jars in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001–6,000 feet, 25 minutes above 6,000 feet elevation.

Source: So Easy to Preserve, Cooperative Extension the University of Georgia 6th Edition, 2014

PEACH SALSA

¹/₂ cup white vinegar (5%)
6 cups chopped pitted peeled peaches
1 ¹/₄ cup chopped red onion
4 jalapeno peppers, finely chopped
1 red bell pepper, seeded and chopped

Yield: about eight 8-ounce jars

½ cup loosely packed finely chopped cilantro
2 tablespoons liquid honey
1 clove garlic, finely chopped
1 ½ teaspoons ground cumin
½ teaspoon cayenne pepper

- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel saucepan, combine all ingredients. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 5 minutes. Remove from heat.
- 3. Ladle hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 4. Process 8-ounce jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.

TIP: To prevent the peaches from browning, measure the vinegar into the saucepan first, and as peaches are chopped, drop them into the vinegar, stirring to ensure all surfaces are covered.

Source: Ball Complete Book of Home Preserving 2020

ZESTY SALSA

- 10 cups chopped cored peeled tomatoes 5 cups chopped seeded green bell peppers
- 5 cups chopped onions
- $2\frac{1}{2}$ cups chopped seeded chili peppers
- 1 ¹/₄ cups cider vinegar (5%)

- Yield: about twelve 8-ounce or six pint jars
- 3 cloves garlic, finely chopped
- 2 tablespoons finely chopped cilantro
- 1 tablespoons salt
- 1 teaspoon hot pepper sauce (optional)

- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel sauce pan, combine tomatoes, green peppers, onions, chili peppers, vinegar, garlic, cilantro, salt and hot pepper sauce, if using. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 10 minutes.

- 3. Ladle hot salsa into hot jars, leaving 1/2-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 4. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.

Source: Ball Complete Book of Home Preserving 2020

JALAPENO SALSA

1 cup cider vinegar (5%)

3 cups chopped cored peeled tomatoes 3 cups chopped seeded jalapeno peppers

1 cup chopped onions

- 6 cloves garlic, finely chopped
 - 2 tablespoons finely chopped cilantro

2 teaspoons dried oregano $1\frac{1}{2}$ teaspoons salt

Yield: about six 8-ounce or three pint jars

1/2 teaspoon ground cumin

- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel sauce pan, combine tomatoes, jalapeno peppers, onions, vinegar, garlic, cilantro, dried oregano, salt, and cumin. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 10minutes.
- 3. Ladle hot salsa into hot jars, leaving ¹/₂-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 4. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.
- 5. Salsa flavors mellow and blend during shelf storage. Optimum flavor is achieved after 3 to 4 weeks.

TIPS: Both jalapeno and long green chili peppers work well in this recipe. If you are not a heat seeker, try milder poblano or Anaheim peppers.

Source: Ball Complete Book of Home Preserving 2012

ROASTED TOMATO-CHIPOTLE SALSA 12 dried chipotle chili peppers, stems and seeds removed 2 small onions 12 dried cascabel chili peppers, stems and seeds removed 1 head garlic, broken into cloves 2 cups hot water 2 teaspoons granulated sugar 3 pounds of plum tomatoes 1 teaspoon salt 2 large green bell peppers 1 cup white vinegar (5%)

- 1. In a large dry skillet, over medium heat, working in batches, toast chipotle and cascabel chilies on both sides, about 30 seconds per side, until they release their aroma and are pliable. Transfer to a large glass or stainless steel bowl. When all chilies have been toasted, add hot water. Weight chilies down with a bowl or a weight to ensure they remain submerged, and soak until softened, about 15 minutes. Working in batches, transfer chilies and soaking liquid to a blender or a food processor fitted with a metal blade and puree until smooth. Set aside.
- 2. Meanwhile, under a broiler, roast tomatoes, peppers, onions and garlic, turning to roast all sides, until tomatoes and peppers are blistered, blackened and softened, and onions and garlic are blackened in spots, about 15 minutes. Set onions and garlic aside until cool. Place tomatoes and peppers in paper bags. Secure openings and set aside until cool enough to handle, about 15 minutes. Peel and chop tomatoes, peppers, onions, and garlic.
- 3. Prepare canner, jars and lids.
- 4. In a large stainless steel sauce pan, reserved chili puree, roasted vegetables, sugar, salt and vinegar. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 15 minutes.
- 5. Ladle hot salsa into hot jars, leaving ¹/₂-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 6. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001-6,000 feet, 30 minutes above 6,000 feet elevation.

Source: Ball Complete Book of Home Preserving 2020

July, 2023

Yield: about eight 8-ounce or four pint jars

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7 cups chopped cored peeled tomatoes
2 cups chopped peeled cucumbers
2 cups chopped sweet banana peppers
¹/₂ cup chopped peeled roasted Anaheim peppers
¹/₂ cup chopped seeded jalapeno peppers
1 cup chopped green onions

½ cup cider vinegar (5%)
¼ cup loosely packed finely chopped cilantro
1 tablespoon finely chopped fresh marjoram or oregano
1 teaspoons salt
2 tablespoons bottled lime juice

- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel sauce pan, combine tomatoes, cucumbers, sweet banana peppers, Anaheim peppers, jalapeno peppers, green onions, vinegar, cilantro, oregano, salt and lime juice. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 10 minutes.
- 3. Ladle hot salsa into hot jars, leaving ½-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 4. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.

TIP: To roast Anaheim peppers, preheat oven to 400°F. Place peppers on a baking sheet and roast, turning two or three times, until the skin on all sides is blackened, about 20 minutes. Transfer peppers to a heatproof bowl. Cover with a plate and let stand until cool. Remove and, using a sharp knife, life skins off. Discard skins and chop peppers. *Source: Ball Complete Book of Home Preserving 2020*

SALSA VERDE

Yield: about six 8-ounce or three pint jars

- 7 cups chopped cored peeled green tomatoes
- 5 to 10 jalapeno, habanero or Scotch bonnet peppers, seeded and finely chopped
- 2 cups finely chopped red onions
- 2 cloves garlic, finely chopped
- ¹/₂ cup bottled lime juice
- ¹/₂ cup loosely packed finely chopped cilantro
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano

1 teaspoon salt

- 1 teaspoon freshly ground pepper
- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel sauce pan, combine tomatoes, peppers, onions, garlic and lime juice. Bring to a boil over medium-high heat, stirring constantly. Stir in cilantro, cumin, oregano, salt and black pepper. Reduce heat and boil gently, stirring frequently, for 5 minutes. Remove from heat.
- 3. Ladle hot salsa into hot jars, leaving ½-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 4. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 20 minutes at 0-1,000 feet, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001–6,000 feet, 35 minutes above 6,000 feet elevation.

Source: Ball Complete Book of Home Preserving 2020

CARROT PEPPER SALSA

6 cups coarsely chopped cored peeled tomatoes 3 cups coarsely grated peeled carrots 1 ½ cups cider vinegar (5%)

1 ¼ cups lightly packed brown sugar

- $^{1\!/_{\!2}}$ cup finely chopped onion
- 1. In a large stainless steel sauce pan, combine tomatoes, carrots, vinegar, brown sugar, onion, jalapeno peppers, salt and black pepper. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 1 hour. Stir in cilantro and cook for 5 minutes.
- 2. Prepare canner, jars and lids.
- 3. Ladle hot salsa into hot jars, leaving ¹/₂-inch headspace. Wipe rim. Apply lids.
- 4. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.

Source: Ball Complete Book of Home Preserving 2020

PEPPERY PEAR SALSA

cup white vinegar (5%)
 cups coarsely chopped cored peeled pears
 red bell peppers, seeded and coarsely chopped
 green bell peppers, seeded and coarsely chopped
 cup granulated sugar

- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel sauce pan, combine vinegar and pears. Add red and green peppers, sugar, salt, mustard, turmeric, allspice and black pepper. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 5 minutes.
- 3. Ladle hot salsa into hot jars, leaving 1/2 inch headspace. Wipe rim. Apply lids.
- 4. Process 8-ounce or pint jars in a boiling water or atmospheric steam canner for 20 minutes at 0-1,000 feet, 25 minutes at 1,001-3,000 feet, 30 minutes at 3,001–6,000 feet, 35 minutes above 6,000 feet elevation.

TIP: To prevent pears from browning, measure the vinegar into the saucepan before preparing the pears. As the pears are chopped, drop them into the vinegar, stirring to ensure all surfaces are covered. When all have been chopped, continue with Step 2.

Source: Ball Complete Book of Home Preserving 2020

PINEAPPLE CHILI SALSA

4 cups cubed seeded peeled papaya 2 cups cored peeled fresh pineapple 1 cup golden raisins

- 1 cup bottled lemon juice ¹/₂ cup bottled lime juice
- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel sauce pan, combine papaya, pineapple, peppers, green onion, cilantro and brown sugar. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 10 minutes.
- 3. Ladle hot salsa into hot jars, leaving ½-inch headspace. Wipe rim. Apply lids.
- Process 8-ounce jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001-6,000 feet, 30 minutes above 6,000 feet elevation.
 Source: Ball Complete Book of Home Preserving 2020

Source: Ball Complete Book of Home Preserving 2020

Yield: about five 8-ounce jars

½ cup finely chopped seeded jalapeno peppers
1 ½ teaspoon salt
½ freshly ground black pepper
¼ cup chopped cilantro.

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Yield: about six 8-ounce or three pint jars

- 2 tablespoons salt 2 teaspoons dry mustard
- 1 teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon allspice

 $\frac{1}{2}$ cup pineapple juice

1¹/₂ cup chopped seeded Anaheim peppers

2 tablespoons finely chopped green onion

2 tablespoons finely chopped cilantro

2 tablespoons packed brown sugar

¹/₂ teaspoon freshly ground black pepper

Yield: about six 8-ounce jars

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SIMPLE "HOUSE" SALSA, or YEAR-ROUND SALSA

Yield: eight or nine half-pint jars

1 tablespoon granulated sugar

1 tablespoon hot pepper sauce

1¹/₂ teaspoon ground cumin

- 1 ¹/₂ cup chopped onions
- 1 tablespoon chopped garlic
- 1 cup cider vinegar
- 1 tablespoon dried oregano
- 2 cups coarsely chopped, seeded red and/or green bell peppers
- 1 cup loosely packed chopped fresh cilantro or Italian parsley
- House Salsa:
 10 cups coarsely chopped, seeded, cored plum tomatoes

 1½ teaspoon salt
 1½ teaspoon salt

 Year-round Salsa:
 6 1/3 cup chopped, drained canned tomatoes.

 Coarsely chop canned tomatoes and place in a sieve for 15 minutes to drain excess liquid.

 Salt content varies, so adjust seasonings accordingly.
- 1. Prepare canner, jars and lids.
- 2. In a large stainless steel saucepan, combine onions, garlic and vinegar. Bring to a boil over high heat, stirring occasionally. Reduce heat and boil gently for 2 minutes.
- 3. Stir in tomatoes and peppers, return mixture to a boil and cook for 3 minutes.
- 4. Add cilantro, oregano, sugar, hot pepper sauce, cumin and salt (if used). Return to a full boil, stirring constantly. Reduce heat and boil gently, stirring occasionally, just until peppers are tender, 3 to 5 minutes. Remove from heat.
- 5. Ladle hot salsa into hot jars, leaving ¹/₂-inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
- 6. Process 8-ounce jars in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001–6,000 feet, 30 minutes above 6,000 feet elevation.

Source: Ball Complete Book of Home Preserving 2020

Freezing Fresh or Canned Salsa

For more detailed information on freezing, see UCCE Master Food Preservers of Amador/Calaveras Counties handout Freezing Basics. Headspace to allow when freezing salsa, considered a liquid pack, is ½-inch for pint and 1-inch for quart containers with wide top openings. Containers with narrow top openings require headspace of ³/₄-inch for pints and 1½-inch for quarts.

Dehydrated Salsa

<u>Tomatoes</u>

Dehydrating temperature: 125°F Wash tomatoes thoroughly.

<u>Cherry or plum tomatoes:</u> Cut in half, place on dehydrator trays skin side down, and dehydrate 10 to 16 hours. When dehydrated, they should feel hard and dry but still be somewhat flexible.

<u>Chopped or sliced tomatoes:</u> If slicing, cut the tomatoes ¹/₈ to ¹/₂-inch thick, as you prefer. Place the sliced or chopped tomatoes on dehydrator trays and dehydrate 10 to 12 hours. When dehydrated, they should feel dry like paper, and be flexible but easily torn.

Source: The Ultimate Dehydrator Cookbook, 2014

<u>Peppers, Bell & Chili</u>

Dehydrating temperature: 125°F

<u>Pepper pieces:</u> Cut off the stems and remove the seeds and white membranes. Slice, chop, or mince as you prefer, or leave the peppers in halves. Spread on dehydrator trays (if dehydrating halves, place them skin side down) and dehydrate for 10 hours.

Dryness test: Unless otherwise indicated, should be brittle, feel dry to the touch, snap in half, and can be easily crumbled between your fingers.

Source: The Ultimate Dehydrator Cookbook, 2014

Onions

Dehydrating temperature: 125°F

<u>Raw onions:</u> Peel away the outer skin, then slice, chop, or mince the onions. If sliced, separate the slices into rings. Spread on dehydrator trays (if the onions are minced, first line the tray with a drying sheet) and dehydrate 12 to 14 hours. Dehydrated raw onions will feel dry like paper and be flexible. *Source: The Ultimate Dehydrator Cookbook, 2014*

<u>Anytime Salsa</u>

¹ / ₄ cup dried tomatoes	¹ / ₂ teaspoon crumbled dried oregano
2 tablespoons dried red bell pepper pieces	1 cup boiling water
2 tablespoons dried green bell pepper pieces	$\frac{1}{2}$ teaspoon salt, or to taste
1 tablespoon dried onion pieces	1 tablespoon freshly squeezed lime juice or red
¹ / ₂ teaspoon dried hot chili pepper slices (or to taste)	wine vinegar

- 1. In a food processor or mini chopper, combine tomatoes, red and green bell peppers, onions, hot peppers and oregano. Pulse until finely chopped.
- 2. Transfer to a heatproof bowl and pour in boiling water. Cover and let stand for 30 minutes or until vegetables are soft and liquid is absorbed. Season with salt and stir in lime juice. Use immediately or transfer to an airtight container and refrigerate for up to 5 days. *Source: The Dehydrator Bible, 2009*

Source. The Denyarator Biot

Sources

National Center for Home Food Preservation: <u>http://nchfp.uga.edu/</u> So Easy to Preserve, Cooperative Extension, University of Georgia, 2015 Pacific Northwest Extension Publication PNW395, "Salsa Recipes for Canning" University of Georgia Cooperative Extension, "Preserving Food: Sensational Salsas" New Mexico State University, "Processing Fresh Chili Peppers"

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