



## UCCE Master Food Preservers of Amador/Calaveras Counties

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## To-May-To, To-Mah-To

Tomatoes are classified as a high-acid food. Because they have a pH of 4.6, which is very close to the dividing line between high- and low-acid foods, home canned tomato products must be acidified by adding bottled lemon juice or citric acid before heat processing. To ensure safe results, do not substitute fresh lemon juice as its acidity varies. When home canning tomatoes, you can use either a boiling water canner, atmospheric steam canner, or a pressure canner. As a general rule, recipes that include other vegetables must be processed in a pressure canner. Any tomato recipe including meat or fish *must* be processed in a pressure canner.

### Choosing Tomatoes

Both round and oblong tomatoes are suitable for canning. Oblong (plum or paste) tomatoes are meatier and less juicy than round tomatoes and often preferred by home canners as they create thicker sauces in a shorter period of time. The following chart shows the approximate yield by tomato type and preparation method.

Tomato Type	Purchase Unit	Purchase Weight	Preparation	Yield (Volume)
Round or Globe	3 medium 3 medium	1 pound 1 pound	Chopped Peeled and crushed	2-1/2 to 3 cups 1-1/2 cups
Oblong, Plum or Paste (Roma)	5 medium 5 medium	1 pound 1 pound	Chopped Crushed or pureed	2 cups 1-1/2 cups

### Adjusting for Altitude

If you are at an altitude higher than 1,000 feet the boiling point is lower and you need to adjust your processing time. For boiling water and atmospheric steam canning, if your recipe does not include specific times for different elevation ranges, adjust the processing times 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

### Hot or Raw Packed Tomatoes in Water

**Quantity:** An average of 21 pounds is needed per canner load of 7 quarts; an average of 13 pounds is needed per canner load of 9 pints. A bushel weighs 53 pounds and yields 15 to 21 quarts — an average of 3 pounds per quart.

**Procedure for hot or raw tomatoes filled with water in jars:** Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split; then dip in cold water. Slip off skins, and remove cores. Leave whole or halve.

**Add bottled lemon juice or citric acid to jars:** Add 2 tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon s bottled lemon juice or 1/4 teaspoon of citric acid. Acid can be added directly to the jars before filling with product. Add 1 teaspoon of salt per quart to the jars, if desired.

For hot pack products, add enough water to cover the tomatoes and boil them gently for 5 minutes. Fill hot jars with hot tomatoes or with raw peeled tomatoes. Add the hot cooking liquid to the hot pack, or hot water for raw pack to cover, 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 using the times below for both hot or raw pack.

- Pints: 40 minutes at 0-1,000 feet elevation, 45 minutes at 1,001-3,000 feet, 50 minutes at 3,001-6,000 feet and 55 minutes above 6,000 feet
- Quarts: 45 minutes at 0-1,000 feet elevation, 50 minutes at 1,001-3,000 feet, 55 minutes at 3,001-6,000 feet and 60 minutes above 6,000 feet

Source: *USDA Complete Guide to Home Canning, 2015*

## **Herbed Seasoned Tomatoes**

***Yield: about 6 pints***

### **Ingredients:**

12 cups halved cored peeled tomatoes  
Spice blends, recipes below

Bottled lemon juice or citric acid  
Salt (optional)

### **Procedure:**

1. Choose desired spice blend(s), below. Prepare the quantity that suits your needs and set aside.
2. Place tomatoes in a large stainless-steel saucepan. (For best results, do not layer tomatoes in pan). Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes.
3. Before packing each jar of tomatoes, add 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid and 1/4 teaspoon salt to the hot jar. Add the specified quantity of your chosen spice blend. Pack hot tomatoes into prepared jars to within a generous 1/2 inch of top of jar. Ladle hot liquid into jar to cover tomatoes, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim. Center lid on jar and adjust band to fingertip-tight.
4. Process in a boiling water canner for 40 minutes at 0-1,000 feet elevation, 45 minutes at 1,001-3,000 feet, 50 minutes at 3,001-6,000 feet, 55 minutes at 6,001-8,000 feet, and 60 minutes at 8,001-10,000 feet.

Source: *Ball Complete Book of Home Preserving, 2020*

### **Spice Blends**

#### **Italian Spice Blend**

4 teaspoons dried basil  
2 teaspoons dried thyme  
2-1/2 teaspoons dried oregano  
1-1/2 teaspoons dried rosemary

**Yield: Makes enough to season 6 pint jars**

1-1/2 teaspoons dried sage  
1 teaspoon garlic powder  
1 teaspoon hot pepper flakes  
(optional)

**For each pint jar, use 2-1/4 teaspoons of spice blend. If omitting hot pepper flakes, use only 2 teaspoons per jar.**

#### **Mexican Spice Blend**

6 teaspoons chili powder  
2 teaspoons ground cumin  
2 teaspoons dried oregano  
2 teaspoons garlic powder

**Yield: Makes enough to season 6 pint jars**

2 teaspoons ground coriander  
1-1/2 teaspoons seasoned salt  
(optional)

**For each pint jar, use 2-1/2 teaspoons of spice blend. If omitting seasoned salt, use only 2 teaspoons per jar.**

#### **Cajun Spice Blend**

3 teaspoons chili powder  
2 teaspoons paprika  
1-1/2 teaspoons onion flakes  
1-1/2 teaspoons garlic powder

**Yield: Makes enough to season 6 pint jars**

1-1/2 teaspoons ground allspice  
1-1/2 teaspoons dried thyme  
1 teaspoon cayenne pepper

**For each pint jar, use 2 teaspoons of spice blend.**

**Procedure:** Combine herbs and spices in a small bowl; set aside. Prepare tomatoes using recipe above. After citric acid or bottled lemon juice is added to a hot jar according to canning recipe, add spice blend. Continue to fill jar and process following instructions for canning recipe.

Source: *Ball Complete Book of Home Preserving, 2020*

## ***Chili Sauce***

***Yield : about seven 8-ounce jars***

### **Ingredients:**

1 cinnamon stick (about 4 inches) broken in half	1-1/2 cups white vinegar
1 bay leaf	1-1/2 cups granulated sugar
2 teaspoons mustard seeds	1 cup chopped seeded red bell pepper
1 teaspoon celery seeds	2 tablespoons chopped seeded jalapeno pepper
½ teaspoon whole cloves	1 teaspoon salt
1/2 teaspoon whole black peppercorns	2 cloves garlic, finely chopped
12 cups chopped cored peeled tomatoes	1/2 teaspoon ground ginger
2 cups chopped onions	1/2 teaspoon ground nutmeg
2 cups chopped seeded green bell peppers	

### **Procedure:**

1. Prepare canner, jars and lids.
2. Tie cinnamon stick, bay leaf, mustard seeds, celery seeds, cloves and peppercorns in a square of cheesecloth, creating a spice bag.
3. In a large stainless-steel saucepan, combine tomatoes, onions, green peppers, vinegar, sugar, red pepper, jalapeno pepper, salt and spice bag. Bring to a boil over high heat, stirring frequently. Reduce heat and boil gently, stirring occasionally, until mixture is reduced by almost half, about 2 hours. Stir in garlic, ginger and nutmeg; boil gently, stirring frequently, until mixture mounds on a spoon, about 15 minutes. Discard spice bag.
4. Ladle hot sauce into hot jars, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Process in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-3,000 feet, 25 minutes at 3,001-6,000 feet, 30 minutes at 6,001-8,000 feet, and 35 minutes at 8,001-10,000 feet.

Source: *Ball Complete Book of Home Preserving, 2020*

## ***Pizza Sauce***

***Yield: about 4 pint jars***

**Tip:** You'll need about 9 pounds of plum tomatoes to make the tomato puree for this recipe. To make fresh tomato puree, pass quartered tomatoes through a food mill. If you do not have a food mill, blanch, peel, core, seed, and chop tomatoes. Place in a colander and let stand for 15 minutes. Discard liquid and puree tomatoes in a food processor fitted with a metal blade. **Tip:** Feel free to add more dried oregano, pepper, and garlic powder, but do not change the proportion of tomato puree to lemon juice.

### **Ingredients:**

13 cups fresh plum tomato puree	1 teaspoon freshly ground black pepper
1/2 cup bottled lemon juice	1 teaspoon salt
2 teaspoons dried oregano	1 teaspoon garlic powder

### **Procedure:**

1. Place half of the tomato puree in a large stainless steel saucepan. Bring to a boil over high heat, stirring occasionally. Maintaining a constant boil, add remaining tomato puree, 1 cup at a time. Stir in lemon juice, oregano, pepper, salt, and garlic powder. Boil hard, stirring frequently, until mixture is the consistence of a thin commercial sauce, about 15 minutes. Remove from heat.
2. Ladle hot sauce into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sauce. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
3. Process in a boiling water or atmospheric steam canner for 35 minutes at 0-1,000 feet elevation, 40 minutes at 1,001-3,000 feet, 45 minutes at 3,001-6,000 feet, 50 minutes at 6,001-8,000 feet, and 55 minutes at 8,001-10,000 feet.

Source: *Ball Complete Book of Home Preserving, 2020*

## ***Antipasto Relish***

***Yield: about six 8-ounce jars***

### **Ingredients:**

7 whole black peppercorns	6 cups coarsely chopped cored peeled tomatoes
4 bay leaves	3 bell peppers (1 each green, red, and yellow) seeded and chopped
1-3/4 cups white vinegar	2 carrots, peeled and diced
1 cup lightly packed brown sugar	1 stalk celery, diced
2 tablespoons salt	1 large onion, coarsely chopped
4 cloves garlic, finely chopped	
1 tablespoon dried oregano	

### **Procedure:**

1. Tie peppercorns and bay leaves in a square of cheesecloth, creating a spice bag.
2. In a large stainless steel saucepan, combine vinegar, brown sugar, salt, garlic, oregano, and spice bag. Bring to a boil over high heat, stirring to dissolve sugar. Stir in tomatoes, peppers, carrots, celery, and onion. Reduce heat and boil gently, stirring frequently, for 1 hour, until thickened to the consistency of a thin commercial relish. Discard spice bag.
3. Meanwhile, prepare canner, jars, and lids. Ladle hot relish into hot jars, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot relish. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
4. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: *Ball Complete Book of Home Preserving, 2020*

## ***Country Western Catsup***

***Yield: about 6 or 7 pint jars***

### **Ingredients:**

24 pounds ripe tomatoes	1 tablespoon whole peppercorns
5 chile peppers	1 teaspoon mustard seeds
1/2 teaspoon ground red pepper (cayenne)	1 tablespoon bay leaves
4 teaspoons paprika	2-2/3 cups vinegar (5%)
4 teaspoons whole allspice	1-1/4 cups sugar
4 teaspoons dry mustard	1/4 cup salt

### **Procedure:**

*To Prepare Chile Peppers (CAUTION: Wear rubber gloves while handling chiles or wash hands thoroughly with soap and water before touching your face.) Wash and dry chiles. Slit each pepper on its side to allow steam to escape. Peel peppers using one of the following methods:*

- *Oven or broiler method: Place peppers in oven (400 °F.) or broiler for 6 to 8 minutes until skins blister.*
  - *Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place chiles on burner for several minutes until skins blister.*
  - *Allow peppers to cool. Place in a pan and cover with a damp cloth. This will make peeling the peppers easier. After several minutes, peel each pepper. Remove stem and seeds from peppers.*
1. Slice peppers. Wash tomatoes. Dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins and remove cores. Quarter tomatoes. Place in 4-gallon pot. Add peppers. Bring to boil and simmer 20 minutes, uncovered. Combine spices in a spice bag. Place spices and vinegar in a 2-quart saucepan. Bring to a boil. Turn off heat and let stand.
  2. Cook tomato mixture 20 minutes, remove spice bag from the vinegar and add the vinegar to the tomato mixture. Boil 30 minutes. Press boiled mixture through a food mill or sieve. Return to pot. Add sugar and salt. Boil gently, stirring frequently, until volume reduced by one-half or until mixture rounds up on spoon without separation. Ladle hot catsup into hot jars, leaving 1/8-inch headspace. Wipe rim. Apply lids fingertip-tight.
  3. Process in a boiling water or atmospheric steam canner for 15 minutes at 0-1,000 feet elevation, 20 minutes at 1,001-6,000 feet, 25 minutes above 6,000 feet.

Source: *So Easy To Preserve, Sixth Edition, 2014*

**Spiced Tomato Jam with Powdered Pectin****Yield: about 5 half-pint jars****Ingredients:**

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

**Procedure:****To Prepare Fruit**

1. Wash firm-ripe tomatoes. Scald, peel, and chop tomatoes. Should measure approximately 3 cups. Cover and simmer 10 minutes, stirring constantly.
2. Measure 3 cups cooked tomatoes into a saucepot. Add lemon rind, allspice, cinnamon and cloves.

**To Make Jam**

1. Place prepared fruit into a saucepot. Add lemon juice. Measure sugar and set aside. Stir powdered pectin into prepared fruit. Bring to a boil over high heat, stirring constantly. 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.
2. Remove from heat. Skim off foam. Pour hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids.
3. Process in a boiling water or atmospheric steam canner for 5 minutes at 0-1,000 feet elevation (in sterilized jars), 10 minutes at 1,001-6,000 feet, 15 minutes above 6,000 feet.

Source: *So Easy to Preserve*, 2014

**Fresh Vegetable Salsa****Yield: about ten 8-ounce jars or five pint jars**

*Tip: If you don't mind heat, you can leave the seeds and veins in the jalapeños. Always follow a tested home canning recipe for salsa. Do not add extra ingredients to the salsa prior to processing, as this can affect the acidity of the salsa, which is a critical factor in the safety of home-canned product. You can always add ingredients before serving the salsa if you wish. Do not use salsa mixes unless they are specifically designed for home canning.*

**Ingredients:**

7 cups chopped cored peeled tomatoes	1 can (5.5-ounce) tomato paste
2 cups coarsely chopped onion	3/4 cup white vinegar
1 cup coarsely chopped green pepper	1/2 cup loosely packed finely chopped cilantro
8 jalapeno peppers, seeded and finely chopped	1/2 teaspoon ground cumin
3 cloves garlic, finely chopped	

**Procedure:**

1. In a large stainless steel saucepan, combine tomatoes, onions, green pepper, jalapeño peppers, garlic, tomato paste, vinegar, cilantro, and cumin. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until thickened, about 30 minutes.
2. Meanwhile, prepare canner, jars, and lids.
3. Ladle hot salsa into hot jars, leaving 1/2 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 in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: *Ball Complete Book of Home Preserving*, 2020

**Bloody Mary Mix****Yield: about 5 pint jars****Ingredients:**

2 quarts tomato juice (recipe follows)	2 teaspoons garlic powder
1/2 cup finely minced celery hearts (light leafy green centers)	1 teaspoon black pepper
6 tablespoons Worcestershire sauce	1 teaspoon celery seed
6 tablespoons dill pickle juice	1 teaspoon smoked paprika
1/4 cup prepared horseradish	1 cup bottled lemon juice
2 tablespoons hot sauce	

**Procedure:**

5. Combine all ingredients, except lemon juice, in a non-reactive pot (such as stainless steel or enamel). Bring to a boil, reduce heat, and simmer for 5 minutes. Remove from heat and stir in lemon juice.
6. Ladle hot juice into hot jars, leaving 1/2-inch headspace. Remove air bubbles; adjust headspace if necessary. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
7. Process in a boiling water for 35 minutes at 0-1,000 feet elevation, 40 minutes at 1,001-3,000 feet, 45 minutes at 3,001-6,000 feet, 50 minutes at 6,001-8,000 feet, and 55 minutes at 8,001-10,000 feet.

Source: *Adapted from fresh preserving.com, 2018*

**Tomato Juice****Yield: about 4 quart jars****Ingredients:**

14 pounds tomatoes, cored and quartered	1 tablespoon salt or celery salt
1 large red beet, peeled and cut into 1/4-inch cubes	2 teaspoons citric acid or 1/2 cup bottled lemon juice

**Procedure:**

1. Core tomatoes and cut into quarters. Bring tomatoes, and accumulated juice, and diced beet to a boil in a stainless steel or enameled stockpot, stirring often; reduce heat and simmer, uncovered, 15 minutes or until vegetables are very tender, stirring often.
2. Press tomato mixture, in batches, through a food mill, into a large bowl; discard skins and seeds. Return tomato juice to stockpot. Cook over medium heat, stirring often, until a thermometer registers 190° F.; remove from heat. Stir in salt and citric acid or lemon juice.
3. Ladle hot juice into hot quart jars, leaving 1-inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
4. Process in a boiling water canner for 40 minutes at 0-1,000 feet elevation, 45 minutes at 1,001-3,000 feet, 50 minutes at 3,001-6,000 feet, 55 minutes at 6,001-8,000 feet, and 60 minutes at 8,001-10,000 feet.

Source: *Ball Complete Book of Home Preserving, 2020*

**Easy Hot Sauce****Yield: about 7 or 8 half-pint jars**

*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.*

**Ingredients:**

8 cups (64 ounces) canned, diced tomatoes, undrained	2 teaspoons canning salt
1-1/2 cups seeded, chopped Serrano peppers	2 tablespoons whole mixed pickling spices
4 cups distilled white vinegar (5%)	

**Procedure:**

1. Place mixed pickling spices in a spice bag and tie the ends firmly. Mix all ingredients in a Dutch oven or large saucepan. Bring to a boil, stirring occasionally. Simmer another 20 minutes, until tomatoes are soft. Press mixture through a food mill. Return the liquid to the stockpot, heat to boiling, and boil for another 15 minutes.
2. Fill hot sauce into clean, hot half-pint jars, leaving 1/4-inch headspace. Remove air bubbles; adjust headspace if necessary. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
3. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, 20 minutes above 6,000 feet.

Source: *So Easy to Preserve, 2014*

## Dehydrating

### ***Tomatoes, Grape***

**Preparation:** Cut tomatoes in half lengthwise.

**Drying:** Place on mesh drying trays. Dry at 130°F.

**Time:** 20 to 24 hours.

**Doneness test:** Tomatoes should feel dry, be just slightly pliable and have no sign of moisture inside when broken open.

**Tip:**

- Home-dried tomatoes will be firmer than commercially dried tomatoes. If you don't dry them enough and leave them soft, they will spoil quickly.

*Source: The Dehydrator Bible, 2009*

### ***Tomatoes, Plum (Roma)***

**Preparation:** Cut smaller tomatoes lengthwise into 8 wedges; cut larger ones into 12 wedges.

**Drying:** Place skin side down on mesh drying trays. Dry at 130°F.

**Time:** 20 to 24 hours.

**Doneness test:** Wedges should feel dry, be just slightly pliable and have no sign of moisture inside when broken open.

**Tips:**

- Point the thin part of the slices toward the center of the tray so that the air flow around the slices is not impeded by the thicker portion.
- Beefsteak-style tomatoes and juice cherry tomatoes have a lot of moisture, so there's very little tomato – and thus very little flavor – left after drying. Plum (Roma) or other paste-style tomatoes are better suited to drying.
- Home-dried tomatoes will be firmer than commercially dried tomatoes. If you don't dry them enough and leave them soft, they will spoil quickly.

*Source: The Dehydrator Bible, 2009*

### **Tomato Powder**

**Ingredients:**

Fresh tomatoes (Optional: may use canned pureed tomatoes)

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

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

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

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

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

*Source: The Ultimate Dehydrator Cookbook, 2014*

**Dried Tomato and Herb Sauce:****Makes about 3 cups or 2 cups of thick sauce****Ingredients:**

3 slices dried garlic	1 teaspoon crumbled dried oregano
1 cup dried tomatoes	1/2 teaspoon salt
2 tablespoons dried onion pieces	1/4 teaspoon freshly ground pepper
1 tablespoon crumbled dried parsley	4 cups water
1 teaspoon crumbled dried basil	Granulated sugar (optional)

**Procedure:**

1. In a saucepan, combine garlic, tomatoes, onions, parsley, basil, oregano, salt, pepper and water; bring to a boil over medium heat. Reduce heat to low, cover, leaving lid slightly ajar, and simmer, stirring occasionally, for about 20 minutes or until tomatoes are very soft and starting to break down.
2. Using an immersion blender in the pan, or transferring to a blender, puree sauce until fairly smooth. Return to pan, if necessary.
3. For a thicker sauce, return to a simmer over medium heat. Reduce heat and simmer, uncovered, stirring often, for about 15 minutes or until desired consistency. Season to taste with salt, pepper and sugar, if using.

**Tips:**

- If you prefer a chunky sauce, mince the garlic and finely chop the dried tomatoes before adding them to the saucepan, and omit the pureeing.
- The sugar helps to smooth out the flavor and enhances the tomatoes and herbs. Just a little really makes a big difference.
- For an even richer flavor, use dried roasted onion pieces and 2 teaspoons crumbled dried roasted garlic.

Source: *The Dehydrator Bible*, 2009

**Spaghetti Sauce Mix (and (One-Pot Spaghetti:****(Serves 4)****Ingredients:**

2 tablespoons dried onions	1 teaspoon sugar
1 tablespoon dried parsley	1 tablespoon dried oregano
3 teaspoons cornstarch	1 tablespoon dried basil
1 tablespoon dried green peppers	1 cup tomato powder
1/2 teaspoon dried garlic powder	1 cup dried, sliced mushrooms

**Procedure:**

1. Mix all ingredients and store in a tightly-sealed glass container.
2. To prepare sauce, add 4 cups of water to mix. Let stand for about 30 minutes to rehydrate.
3. Cook on medium heat until thick.

**Optional for One-Pot Spaghetti:**

1. Add 12 ounces of thin spaghetti noodles and cook pasta with the sauce. Total water should be increased to 6 to 8 cups or more, as needed.
2. Following directions above, simmer until sauce is thick, and pasta is done (not chewy), about 15-20 minutes. Top with Parmesan cheese.

Source: *UCCE Master Food Preservers of Amador/Calaveras Counties*



## Freezing

### Tomatoes

**Preparation:** Select firm, ripe tomatoes with deep red color.

**Raw (with skins removed):** Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

**Raw (with skins left on):** Prepare tomatoes for freezing (wash, rinse, and dry with a paper towel) and cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers, leaving 1-inch headspace. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

**Juice:** Wash, sort and trim firm, vine-ripened tomatoes. Cut in quarters or eighths. Simmer 5 to 10 minutes. Press through a sieve. If desired, season with 1 teaspoon salt to each quart of juice. Pour into containers, leaving headspace for jars with wide-top openings of 1/2 inch for pint; 1 inch for quart.

**Stewed:** Remove stem ends, peel and quarter ripe tomatoes. Cover and cook until tender (10 to 20 minutes). Place pan containing tomatoes in cold water to cool. Pack into containers, leaving headspace of 1/2-inch for a pint and 1-inch for a quart.

*Source: So Easy to Preserve, 2014*

### Green Tomatoes

**Preparation:** Select firm, sound green tomatoes. Wash, core, and slice 1/4-inch thick.

**For Frying:** Pack the slices into containers with freezer wrap between the slices. Leave 1/2-inch headspace. Seal and freeze.

*Source: So Easy to Preserve, 2014*

## Sources

National Center for Home Food Preservation: <http://nchfp.uga.edu/>

USDA Complete Guide to Home Canning, 2015

So Easy to Preserve, Cooperative Extension, University of Georgia, 2015

Ball Complete Book of Home Preserving, 2012

The Dehydrator Bible, 2009

The Ultimate Dehydrator Cookbook, 2014

Cooperative Extension Offices (all 50 states)

University of Nebraska Extension, Lancaster County, "Freezing Raw Tomatoes With and Without their Skins"

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