



## UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: [edmfp@ucanr.edu](mailto:edmfp@ucanr.edu)

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\$2.00

*"Preserve today, Relish tomorrow"*

# Unleash the Dragon: Preserving For the Lunar New Year



Image by [SpiderM](#) from [Pixabay](#)

Saturday, February 3, 2024  
9:00 a.m. – Noon

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## Food Safety / Preserving Basics

When it comes to food preservation (and cooking, too), avoiding food-borne illness is of the utmost importance. Cleaning and sanitizing, the proper handling of produce and meat, and avoiding cross-contamination are all part of the process. Key things to remember include:

**Clean Work Area ♦ Wash Hands ♦ No Cross-Contamination ♦ Prepare Food Properly**

For **further details on basic food safety**, as well as information on the **essentials of home canning**, please see our publication, *Core Canning Techniques*. It's free to download from our website here:

[https://ucanr.edu/sites/mfp\\_of\\_cs/files/380380.pdf](https://ucanr.edu/sites/mfp_of_cs/files/380380.pdf).

## RECIPES



### *Salty Pickled Edamame Refrigerator Pickle*

*Yield: about 1 quart*

- 3 cups shelled edamame, thawed if frozen
- 2 cloves garlic, thinly sliced
- 1 -2 inch piece of ginger, peeled and thinly sliced
- ½ of a half small onion, thinly sliced
- 1 ½ cups rice vinegar
- ¼ cup mirin
- ¼ cup sugar
- 1 Tbsp. toasted sesame oil (optional)
- 3 tsps. salt

This is a refrigerator pickle not a canning recipe.

Fill a quart jar with hot water and set aside.

Combine all ingredients in a medium saucepan and bring to a boil. Lower heat and simmer until edamame are just tender, about 5 minutes.

Drain water from jar and ladle in pickle mixture, place lid on loosely. Let cool to room temperature before tightening lid and storing in refrigerator. Pickled edamame will keep up to 1 month.

Source: [ballmasonjars.com](http://ballmasonjars.com)

### *Singapore Red Chili*

*Yield: about six 8 oz jars*

- 2 ½ cups white vinegar (5% acidity)
- 2 ½ cups granulated sugar
- 4 cups chopped hot red chili peppers, such as Holland (Dutch), Fresno or jalapeño
- 1 ½ cups sultana raisins, rinsed\*
- ¼ cup chopped garlic
- 1 Tbsp. grated ginger root
- 2 tsp. salt

Combine vinegar and sugar in a large stainless steel saucepan. Bring to a boil over high heat, stirring to dissolve sugar. Reduce heat and boil gently for 3 minutes. Add chili peppers, raisins, garlic, ginger root, and salt.

Increase heat to high and bring to a boil. Reduce heat and boil gently until vegetables are heated through, about 5 minutes.

Ladle hot sauce into a hot jar leaving a ½ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling-water canner. Repeat until all jars are filled.

Process half-pint jars in a boiling water bath or atmospheric steam canner for: 0-1000 ft. = 10 minutes, 1001-6000 ft. = 15 minutes, above 6000 ft. = 20 minutes. Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool, label, and store.

\* Sultana raisins: Regular raisins may be substituted. Currants may also be used. Here is a link describing the differences between these 3 dried fruits <https://www.healthline.com/nutrition/raisins-sultanas-currants#zante-currants>.

Source: Ball Complete Book of HomePreserving

## Orange-Ginger Carrot Coins

**Yield: about 7 pint jars**

- 6 cups apple cider vinegar, 5% acidity
- 2 cups water
- ½ cup pickling or canning salt
- 2 cups sugar
- 3 Tbsp. fresh ginger, finely julienned
- zest of 2 oranges, finely julienned
- 3 - 4 Serrano chiles, cut into rings (optional)
- 5 lbs. carrots, ends removed, peeled and cut into coins about ⅛ - ¼" thick

Blanch carrots for 1 minute, drain, and immediately cool with ice water.

In a large stainless-steel saucepan, combine vinegar, water, sugar, ginger, chiles, and salt. Stir well and bring to a boil over medium-high heat, stirring to dissolve salt and sugar. Add carrots and julienned ginger and orange zest. Bring to a boil then turn off the heat.

Pack carrot coins into hot jars. Be sure to include some orange zest and ginger into each jar. Ladle hot pickling liquid into jar to cover carrots, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rim and center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.

Process pint jars in a boiling water bath or atmospheric steam canner for:  
0-1000ft. = 15 minutes, 1001-6000 ft. = 20 minutes, above 6000 ft. = 25 minutes.

Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool, and store.

### **Cooks Notes:**

*Our preference is apple cider vinegar, not apple cider “flavored” vinegar. The regular apple cider vinegar tastes sweeter and fresher. Read the label before buying. Also, make sure your vinegar is 5% acidity for safety reasons when canning. It is posted on the label. Many bargain brands are 4.7% acidity or less!*

Source: adapted from Ball Complete Book of Home Preserving

## Asian Pickles

***Yield: about 7 pint jars***

- 5 English cucumbers, unpeeled
- 2 medium carrots, peeled
- 5 cups cauliflower floweret's, about ½ head
- ½ cup unsalted roasted peanuts
- 4 Tbsp. sesame seeds
- 2 medium cooking onions, quartered, about 1 lb
- 15 small dried chilies, about 1 inch each
- ½ inch piece gingerroot
- 4 cloves garlic
- 2 cups white vinegar (5% acidity)
- 1 cup granulated sugar
- 2 Tbsp. pickling salt
- 1 Tbsp. turmeric powder

Wash cucumbers. Remove blossom and stem ends, quarter lengthwise and seed. Cut cucumbers into 1 ½ inch sticks. Cut carrots into similarly sized sticks. Place cucumber, carrot, and cauliflower on a towel to dry while preparing other ingredients.

Grind peanuts in a food processor. Place in a heavy skillet with sesame seeds. Stirring to prevent scorching, cook gently uncovered, until light brown. Set aside.

Combine onions, chilies, gingerroot and garlic in a blender or food processor. Purée to a paste. In a large, deep stainless-steel saucepan, combine purée, vinegar, sugar, salt and turmeric. Bring mixture to a full rolling boil. Stirring frequently to prevent scorching, boil gently, uncovered, 5-10 minutes, or until mixture thickens slightly.

Stir in peanut mixture and vegetables. Bring mixture back to a boil. Stirring occasionally, boil gently, uncovered, 5 minutes.

Pack vegetables into a hot jar to within ¾ inch of top rim. Add hot thickened sauce to cover vegetables leaving ½ inch headspace. Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more vegetables and hot sauce. Wipe jar rim removing any food residue. Center lid on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight.

Process pint jars in a boiling water bath or atmospheric steam canner for:  
0-1000ft. = 15 minutes, 1001-6000 ft. = 20 minutes, above 6000 ft. = 25 minutes.

Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool, and store.

Source: *Bernardin.ca*



## Orange-Chili Marmalade

***Yield: about eight 8 oz. jars***

- 2 ¼ lbs oranges (unpeeled), seeded and thinly sliced
- Grated zest and juice of 1 lemon
- 6 cups water
- 3 dried habanero chili peppers (or 6 dried Colorado or New Mexico chili peppers)
- 9 cups granulated sugar

In a large, deep stainless-steel saucepan, combine oranges, lemon zest, lemon juice, and water. Bring to a boil over high heat, stirring constantly. Reduce heat and boil gently, stirring occasionally, for 40 minutes. Add chili peppers, partially cover and boil gently, stirring occasionally, until fruit is very soft, about 30 minutes. Remove and discard chili peppers.

Bring mixture to a boil over medium-high heat, stirring constantly. Maintaining boil, gradually stir in all the sugar. If desired, add ½ tsp. butter or margarine to reduce foaming. Boil hard, stirring occasionally, until mixture reaches gel stage, about 15 minutes. Remove from heat and test gel.

Gel Test explained here: [378417.pdf \(ucanr.edu\)](https://ucanr.edu/378417.pdf).

If gel stage has been reached, skim off foam.

Ladle hot marmalade into jar leaving a ¼ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band until it is fingertip tight.

Process in a boiling water or atmospheric steam canner for: 0-6000 ft. = 10 minutes, above 6000 ft. = 15 minutes.

Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool, and store.

Source: <https://www.bernardin.ca/recipes/en/marmalade-orange-chili.htm>

## Cinnamon Kumquats

***Yield: about six 8 oz. or 3 pint jars***

- 2 ½ lbs kumquats, stems removed, outside brushed and rinsed clean
- 2 Tbsp. baking soda
- Boiling water
- 2 cinnamon sticks (4 inches long tied in a cheesecloth)
- 6 cups granulated sugar

In a large stainless-steel saucepan, combine kumquats and baking soda. Add boiling water to cover and set aside for 5 minutes. Transfer to a colander placed over a sink and drain thoroughly. Rinse three times in cold running water.

Remove any small stems from fruit. Prick each kumquat twice with a toothpick to prevent bursting.

In a large clean stainless-steel saucepan, combine kumquats, 8 cups water and cinnamon sticks. Bring to a boil over high heat. Reduce heat to low and heat gently for 7 minutes. (Be careful not to boil, as boiling may cause the fruit to burst). Add sugar and cook over medium-low heat, stirring constantly but gently, until sugar has dissolved, and liquid has almost returned to a boil. Discard cinnamon sticks.

Using a slotted spoon, pack kumquats loosely into hot jars to within a generous ½ inch of top of jar. Ladle hot syrup into jar to cover kumquats, leaving ½ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim clean with a damp paper towel or cloth. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.

Process in a boiling water or atmospheric steam canner for: 0-1000 ft. = 15 minutes, 1001-6000 ft. = 20 minutes, above 6000 ft. = 25 minutes.

Before removing canner lid, wait 5 minutes for boiling water or 2-3 minutes for steam canner, then remove jars, cool, and store.

**Variation:** Minted Kumquats: Replace the 2 cinnamon sticks with 1 cup fresh mint and stems, tied tightly with string (or in a cheesecloth bag). When packing kumquats, place a fresh mint leaf in each jar.

**Tips:** For best results, use small firm, oval-shaped kumquats. Large kumquats do not hold their shape as well. Scrub with a soft brush under running water and drain well before using.

This amount of fruit in the recipe can be doubled without doubling the amount of syrup. We put a small bit of cinnamon stick in each jar.

*Source: Ball Complete Book of Home Preservation*

### **Resources for tested recipes:**

UCCE Master Food Preservers of El Dorado County website

[https://ucanr.edu/sites/mfp\\_of\\_cs/](https://ucanr.edu/sites/mfp_of_cs/)

UC Master Food Preserver program website

<https://mfp.ucanr.edu/>

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

Complete Guide to Home Canning. 2015. [http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

Also available in paper copy from Purdue Extension (online store is located at

[https://mdc.itap.purdue.edu/item.asp?item\\_number=AIG-539](https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539))

So Easy to Preserve, Sixth Edition. 2016. Bulletin 989. Cooperative Extension/University of Georgia, Athens

Ball Blue Book Guide to Preserving. 2020. Newell Corporation.

Ball Complete Book of Home Preserving, 2020. Bernardin, Newell Corporation.

Bernardin: <https://www.bernardin.ca/>

Ball: <https://www.ballmasonjar.com>