



Presents

Canning & Pickling



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Why Can & Pickle?

Our ancestors had to can and pickle their food to preserve it for future consumption. The process of canning and pickling kept them from getting sick. Now we have developed refrigeration and don't need to can and pickle anymore, but should we abandon this practice? The answer is, No. The flavor is better than anything store bought canned or frozen and the process of pickling is a great way to get essential healthy vegetables and fruits into our bodies!

Supplies & Ingredients

Fortunately, canning supplies are readily available in community grocery stores, box stores and specialty kitchen stores.

Supplies

- Glass mason jars
- Oven mitt
- Canning rack
- Jar lifter with rubber grips
- Jar lids and bands
- Large stock pot, preferably stainless steel

Ingredients

- Food you are canning
- Vinegar (white distilled and apple cider)
- Water
- Garlic, seasonings, as called for in your recipe or imagination.

What is Canning?

Canning is a method of preserving food by processing and sealing fresh foods in an airtight container. By cooking the food in a sealed glass jar, canning effectively sterilizes the bacteria that cause spoilage, which allows you to store the food for up to five years—far longer than it would keep in the fridge.

How Canning Works

Jar lids have a ring of compound around the edge that fits over the top of the jar. At high temperatures this compound gets soft but hardens as it cools. As the heat of the canning process causes gases and the food to expand, creating higher pressure inside the jar than outside, the air is able to vent out through the compound. Then, when the jar cools, the compound hardens to create a tight seal. By the time the jar has cooled to room temperature, so much air has vented that the pressure inside the jar is lower than outside. This makes the properly

sealed lid concave – if it is flat or bulging, it is not sealed. Test it by tapping the lid, a pinging sound means a proper seal. If you have not achieved a proper seal, take the lid off, replace and place back in the hot water.

Note: Once you have used a jar lid, you cannot reuse it, it will not reseal.

Pickling

You can pickle just about anything. Just find a food, find a recipe and go. There is more to the world of pickling than pickles.

Basic Canning Procedure

1. Fill water bath canner (stock pot) with water and heat the water to a boil.
 - a. If you are using a rack, place it in the pot before filling. The water level needs to be 1 to 2 inches above the jars.
2. Wash jars, rims and lids.
 - a. Wash in hot, sudsy water and rinse well. If you are making a recipe that requires processing the filled jars in boiling water for 10 minutes or more (most recipes), it is not necessary to sterilize them beforehand.
3. Fill Jars
 - a. First fill jars with what you are canning – vegetables, jam, sauce. Ensure that rim of jar is clean after filling.
 - b. If pickling, add vinegar solution.
 - c. Leave approximately ½” of headspace (the space between the liquid and the top of the jar). Note: the amount of headspace may vary in different recipes.
4. Remove air bubbles
 - a. Insert a butter knife down the side of the jar. Move it in towards the center of the jar. This will remove air bubbles that might have formed. Repeat this 2-3 times around the inside of the jar.
5. Put lids on jars & place and tighten the rims on the jar lids.

Note: The jar rims should be snug but not over tightened.
6. Use the jar lifter to pick up the jars and place them in the canner in the boiling water.

7. Return the water to a full rolling boil and boil for the time specified in the recipe. If the recipe does not specify a time, boil for 30 minutes.
8. After processing time is up, turn off the heat, leave jars in pot for 5 minutes then remove jars with jar lifter and set on dish towel to let cool. You may hear pinging noises as the jars cool and seal. The jars should not be disturbed for 12-24 hours.
9. Check the seals. After they have rested for at least 12 hours, press the center of each lid. There shouldn't be any give to it. If it gives to your finger pressure that means the seal isn't good. Refrigerate and use it soon or re-do starting at Step 6 using a new lid.

Crisp Pickled Vegetables

(This is a basic recipe that you can use for just about any vegetable or mixture of vegetables.)

6-8 cups fresh vegetables, cut or sliced as desired for canning
3 cups apple cider vinegar
1 cup distilled (white) vinegar
3 cups water
1 tablespoon kosher salt

Sterilize equipment. Slice/cut vegetables. Put vinegars, water and salt into saucepan and bring to a boil. While the water is coming to a boil place desired seasonings (dill, red pepper flakes, garlic, red onion – use your imagination) in the bottom of mason jars, add your vegetable(s). When vinegar mixture has come to a boil removed from the heat and pour over your vegetables leaving about a ¼ inch headspace.

Place lid and ring on jars and place jars in boiling water. Follow Basic Canning Procedures.