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UCCE Master Food Preservers of Sacramento County

Sacramento County Master Food Preservers
Monthly Wednesday Night
Demonstration

July 17, 2019
Stone Fruit Fantasy



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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CHERRY PIE FILLING

Source: https://nchfp.uga.edu/how/can_02/can_pie/cherry_filling.html

Select fresh, very ripe, and firm cherries. Unsweetened frozen cherries may be used. If sugar has been added, rinse it off while the fruit is still frozen.

	1 Quart	7 Quarts
Fresh or thawed cherries	3-1/3 cups	6 quarts
Granulated sugar	1 cup	7 cups
Clear Jel®	1/4 cup + 1 Tbsp	1-3/4 cups
Cold water	1-1/3 cups	9-1/3 cups
Bottled Lemon Juice	1 Tbsp + 1 tsp	1/2 cup
Cinnamon (optional)	1/8 tsp	1 tsp
Almond extract (optional)	1/4 tsp	2 tsp
Red food coloring (optional)	6 drops	1/4 tsp

Process:

1. Rinse and pit fresh cherries and hold in cold water. To prevent stem end browning, use ascorbic acid solution.

For fresh fruit, place 6 cups at a time in 1-gallon boiling water. Boil each batch for 1 minute after the water returns to a boil. Drain but keep heated fruit in a covered bowl or pot.

2. Combine sugar and Clear Jel® in a large saucepan and add the cold water.
3. If desired, add cinnamon, almond extract, and food coloring.
4. Stir mixture and cook over medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil 1 minute, stirring constantly. Immediately fold in drained cherries and fill jars, leaving 1-inch headspace. Adjust lids and process:

		Process Time at Altitudes of			
		0 - 1,000 ft	1,001 -3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot Pack	Pints or Quarts	30 minutes	35	40	45

To prevent browning, you can:

- use a commercial produce protector containing ascorbic acid (Vitamin C) or a mixture of ascorbic and citric acids
- submerge cut fruit in a mixture of 1/4 cup lemon juice to 4 cups water.

NO SUGAR APRICOT JAM

Source: <https://www.freshpreserving.com>

Yield: About 2 half-pints

2 generous cups of fresh apricots – pitted and finely chopped

1/3 cup unsweetened fruit juice, thawed concentrate, or water

1-1/2 Tablespoons Ball® RealFruit™ Low or No-Sugar Needed Pectin

Make Your Jam

1. PREPARE waterbath canner, jars and lids according to manufacturer's instructions, if preserving.
2. COMBINE prepared fruit with fruit juice in a large saucepan. Gradually stir in Ball® RealFruit™ Pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
3. Remove from heat. Skim foam if necessary.

Process:

1. LADLE hot jam into hot jars, one at a time, leaving 1/4-inch headspace. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
2. PLACE filled jars in canner, ensuring jars are covered by 1 to 2 inches of water. Place lid on canner. Bring water to gentle, steady boil.
3. PROCESS jars for **10 minutes**, (at 1,001 to 3,000 feet altitude 15 minutes; at 3,001 to 6,000 feet, 20 minutes; at 6,001 to 8,000 feet, 25 minutes; at 8,001 to 10,000 feet, 30 minutes). Turn off heat, remove lid and let jars stand for 5 minutes.
4. REMOVE jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed. Clean and store jars according to manufacturer's instructions.

DILLY PEACH PICKLES

Source: Ball Complete Book of Home Preserving

Yield: About 5 pints

1 cup granulated sugar

2 cups white vinegar

2 Tbsp pickling or canning salt

16 cups halved pitted peeled peaches, treated to prevent browning, and drained

5 cloves garlic

5 heads fresh dill (the yellow flower head) OR 5 teaspoons dill seed

Process:

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan, combine sugar, vinegar, and salt. Bring to a boil over medium-high heat, stirring constantly. Add peach halves and return to a boil. Reduce heat and boil gently for 3 to 5 minutes, until heated through. Remove from heat.
3. Place 1 clove garlic and 1 head of dill (or 1 teaspoon dill seed) in each hot jar. Pack peach halves, cavity side down, into hot jars to within a generous 1/2 inch of top of jar.
4. Ladle hot syrup into jar to cover peaches, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot jam. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for **20 minutes** (at 1,001 to 3,000 feet altitude 25 minutes; at 3,001 to 6,000 feet, 30 minutes; at 6,001 to 8,000 feet, 35 minutes; at 8,001 to 10,000 feet, 40 minutes). Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

TIP: To peel peaches, place them in a pot of boiling water for 30 to 60 seconds or until the skins start to crack. Immediately dip in cold water. The skins will slip off easily.

SPICY PEACHES (SPREADABLE)

Source: Ball Complete Book of Home Preserving

Yield: About 5 half-pints

4 tart apples, peeled, cored, and chopped

5 cups chopped pitted peeled peaches

1 can (12 oz) undiluted frozen unsweetened apple juice concentrate, thawed

1/2 teaspoon grated lemon zest

2 Tbsp lemon juice

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger

Process:

1. In a large, deep stainless-steel saucepan, combine all ingredients. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently while mashing fruit, until mixture thickens, about 30 minutes. Remove from heat.
2. Ladle hot jam into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot jam. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
3. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for **10 minutes** (at 1,001 to 3,000 feet altitude 15 minutes; at 3,001 to 6,000 feet, 20 minutes; at 6,001 to 8,000 feet, 25 minutes; at 8,001 to 10,000 feet, 30 minutes). Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

When making long-boil jams, it is essential to maintain a close vigil on the boiling fruit mixture. As the spread thickens, it tends to stick to the pan and can easily burn if it is not stirred frequently and thoroughly. Using a heavy-bottomed, good-quality saucepan also helps to prevent scorching.

SOY PLUM SAUCE

Source: Ball Blue Book, 2014

Yield: about 4 half-pint jars

4 cups chopped plums (about 7 medium)
1/2 cup brown sugar
1 cup pineapple juice
1/4 cup finely minced Serrano peppers
1/4 cup thinly sliced green onions (about 5 to 6)
1 clove garlic, finely minced
2 Tbsp coarsely grated fresh ginger
1 1/4 cups red wine vinegar, 5% acidity
1/4 cup soy sauce
1 tsp Hoisin sauce

Process:

1. Wash plums, peppers and onions under cold running water; drain. Cut plums in half lengthwise and remove pits and fibrous flesh. Chop plums into 1/2-inch pieces; measure 4 cups chopped plums. Remove stems from peppers. Finely mince peppers; measure 1/4 cup minced peppers. Peel and thinly slice onions; measure 1/4 cup sliced onions. Peel garlic and finely mince. Peel fresh ginger and grate; measure 2 Tbsp grated fresh ginger.
2. Combine chopped plums, sugar and pineapple juice in a large saucepan. Cook over medium-high heat until plums are tender. Puree mixture using a food processor or food mill. Return puree to a large saucepan. Add remaining ingredients. Cook mixture over medium-high heat for 10 minutes, stirring to prevent sticking.
3. Ladle hot sauce into a hot jar, leaving 1/2-inch headspace. Clean jar rim. Center lid on jar and adjust band to fingertip tight.
4. Process half-pint jars **10 minutes** (at 1,001 to 3,000 feet altitude 15 minutes; at 3,001 to 6,000 feet, 20 minutes; at 6,001 to 8,000 feet, 25 minutes; at 8,001 to 10,000 feet, 30 minutes). Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.

Note: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

BASIL-MINT PLUM JAM

Source: Preserving with Pomona's Pectin

Yield: about 4 to 5 half-pint jars

2-1/2 pounds ripe, sweet plums

1/4 cup water

2 tsp finely chopped fresh mint

2 tsp finely chopped fresh Thai basil

1/3 cup lime juice

4 teaspoons calcium water

1 cup sugar

3 teaspoons Pomona's pectin powder

Process:

1. Rinse plums, remove stems, and slice in half. Remove pits. Chop the plums.
2. Combine plums in a saucepan with the 1/4 cup water and finely chopped mint and basil. Bring fruit mixture to a boil over high-heat. Reduce heat and simmer, covered, for 5 to 10 minutes, until fruit is soft, stirring occasionally. Remove from heat and mash plums.
3. Measure 4 cups of the mashed plum mixture. Combine the measured quantity in a saucepan with lime juice and calcium water. Mix well.
4. In a separate bowl, combine sugar and pectin powder. Mix thoroughly; set aside.
5. Bring fruit mixture to a full boil over high heat. Slowly add the pectin-sugar mixture, stirring constantly. Continue to stir vigorously for 1 to 2 minutes to dissolve pectin while the jam comes back up to a boil. Once the jam returns to a full boil, remove it from the heat.
6. Ladle hot jam into hot jars, leaving 1/4 inch of headspace. Remove trapped air bubbles, wipe rims with a damp cloth, put on lids and screw bands, and tighten to fingertip tight. Lower filled jars into canner, ensuring jars are not touching each other and are covered with at least 1 to 2 inches of water. Place lid on canner, return to a rolling boil, and process for **10 minutes** (at 1,001 to 3,000 feet altitude 15 minutes; at 3,001 to 6,000 feet, 20 minutes; at 6,001 to 8,000 feet, 25 minutes; at 8,001 to 10,000 feet, 30 minutes). Turn off heat and allow canner to sit untouched for 5 minutes, then remove jars and allow to cool undisturbed for 12 to 24 hours. Confirm that jars have sealed, then store properly.

PEACH MELBA FREEZER JAM

<https://www.freshpreserving.com/peach-melba-freezer-jam---ball-recipes-br1019.html>

Yield: About 5 half pints

- 1-1/2 cups sugar
- 5 Tbsp Ball Instant Pectin
- 2-1/2 cups finely chopped pitted peeled peaches (about 4 medium)
- 1 cup crushed raspberries (about 1 6-oz containers)
- 1 Tbsp lemon juice

Process:

1. STIR sugar and instant pectin in a bowl into well blended.
2. ADD peaches, raspberries and lemon juice. Stir 3 minutes.
3. LADLE jam into clean jars to fill line. Apply lids. Let stand until thickened, about 30 minutes. Label.
4. REFRIGERATE up to 3 weeks.

FREEZING WHOLE CHERRIES – TRAY PACK

Source: https://nchfp.uga.edu/how/freeze/unsweet_pack.html

Unsweetened Packs for Freezing Fruits - Dry Pack

The dry pack is good for small whole fruits such as cherries, that give a good quality product without sugar. Simply pack the fruit into a container, seal and freeze.

A **TRAY PACK** is an alternative that may make the fruit easier to remove from the container. Simply spread a single layer of prepared fruit on shallow trays and freeze. When frozen, promptly package and return to the freezer. The fruit pieces remain loose and can be poured from the container and the package re-closed. Be sure to package the fruit as soon as it is frozen, to prevent freezer burn.

ATMOSPHERIC STEAM CANNING PROCESS

1. Use a research tested recipe and processing time developed for a **boiling water** canner when using an atmospheric steam canner. An atmospheric steam canner may be used with recipes approved for half-pint, pint, or quart jars.
2. Add enough water to the base of the canner to cover the rack. (Follow manufacturer recommendations.)
3. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
4. Heat jars prior to filling with hot liquid (raw or hot pack). Do not allow the jars to cool before filling.
5. Load filled jars, fitted with lids, onto the canner rack and place the lid on the canner base.
6. Turn heat to its highest position to boil the water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. Jars must be processed in pure steam environment.
7. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).
8. Set the timer for the total minutes required for processing the food, adjusting for altitude. Processing time must be limited to **45 minutes or less, including any modification for elevation**. The processing time is limited by the amount of water in the canner base. When processing food, **do not** open the canner to add water.
9. Monitor the temperature sensor and/or steady stream of steam throughout the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
10. At the end of the processing time, turn off the heat and wait 2 to 3 minutes. Carefully remove the lid, lifting the lid away from you.
11. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1 inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.

