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UCCE Master Food Preservers of Sacramento County

Sacramento County Master Food Preservers
Monthly Wednesday Night
Demonstration

August 21, 2019
You Can!



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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GRAPE JELLY

Source: *Ball Blue Book, 2014 Edition*

Yield: About 4 half pints

4 cups Concord grape juice (about 3-1/2 pounds)
3 cups sugar

1. Select top-quality fruit at its peak of ripeness. Wash fruit under cold running water; drain. Removes stems and seeds as needed. Lightly crush fruit one layer at a time using a potato masher; measure fruit. Combine fruit and 1/4-to 1/2-cup water for each quart of fruit in a large saucepan. Cover saucepan and simmer fruit over medium-low heat until soft, about 10 minutes. Strain fruit and liquid through a damp jelly bag or several layers of cheesecloth to extract juice. *(NOTE: For a clear juice, do not press or squeeze the jelly bag in an attempt to extract the last few drops of juice. Put the juice in a deep container and let it stand overnight in the refrigerator. When you're ready to prepare jelly, ladle the juice from the container, being careful not to disturb any sediment or pulp that may have settle to the bottom.)*
2. Combine Concord grape juice and sugar in a large saucepan, stirring until sugar dissolves. Bring mixture to a boil over high heat, stirring constantly. Cook rapidly over high heat to gelling point (220 F), stirring to prevent sticking. Remove from heat. Skim off foam if necessary.
3. Ladle hot jelly into a hot jar, leaving 1/4-inch headspace. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack elevated over simmering water (180°F) in boiling-water canner. Repeat until all jars are filled.
4. Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner and bring to a rolling boil. Process half-pint jars 10 minutes. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.)
5. 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.

GINGERED ZUCCHINI MARMALADE

Source: Ball Complete Book of Home Preserving, 2012

Yield: About 4 half-pints

- 2 oranges
- 2 lemons
- 3 Tablespoons chopped gingerroot
- 3 cups shredded peeled zucchini
- 1 cup tart apple, cored and grated
- 4 cups granulated sugar

1. Prepare canner, jars, and lids.
2. Using a vegetable peeler, remove peel from each orange in one long strip. Cut orange peel into thin strips and place in a large, deep stainless steel saucepan. Set aside. Remove white pith from oranges and peel and pith from lemon. Set fruit aside. Tie orange and lemon pith and peel and gingerroot in a square of cheesecloth, creating a spice bag. Add to saucepan.
3. Working over the saucepan to catch juice and using a small, sharp knife, separate orange and lemon segments from membrane. Place segments in saucepan and squeeze membrane to remove as much juice as possible, collecting it in the saucepan. Discard membrane and seeds.
4. Add zucchini, apple, and sugar to saucepan and mix well. Bring to a boil over medium-high heat, stirring to dissolve sugar. Boil hard, stirring frequently, until mixture reaches gel state, about 45 minutes. Remove from heat and test gel. If gel stage has been reached, skim off foam. Discard spice bag.
5. Ladle hot marmalade into hot jars, leaving 1/4 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.)
7. Remove canner lid. Wait 5 minutes then remove jars, cool and store.

TESTING JELLY WITHOUT ADDED PECTIN

Three methods of testing for doneness in jelly made without added pectin are given below. Of these, the temperature test is most dependable.

Temperature Test – Take the temperature of the jelly with a candy or jelly thermometer. When done, the temperature of the jelly should be 220°F, 8°F above the boiling point of water, if you are at sea level. **NOTE:** For each 1000 feet of altitude above sea level, subtract 2 degrees F. For instance, at 1,000 feet of altitude, the jelly is done at 218°F; at 2,000 feet, 216°F, etc. See [Table 1](#) below.

For an accurate thermometer reading, place the thermometer in a vertical position and read at eye level. The bulb of the thermometer must be completely covered with the jelly but must not touch the bottom of the saucepot. (Remember to test the accuracy of the thermometer by placing it in boiling water.)

Spoon or Sheet Test – Dip a cool metal spoon into the boiling jelly mixture and lift the spoon out of the steam so the syrup runs off the side. When the mixture first starts to boil, the drops will be light and syrupy. As the syrup continues to boil, the drops will become heavier and will drop off the spoon two at a time. When the two drops form together and "sheet" off the spoon, the jelling point has been reached.



Refrigerator/Freezer Test - Pour a small amount of boiling jelly on a plate, and put it in the freezing compartment of a refrigerator for a few minutes. If the mixture gels, it should be done. During this test, the rest of the jelly mixture should be removed from the heat.

Table 1. Temperature Test – Use a jelly or candy thermometer and boil until mixture reaches the following temperatures at altitudes of:

Sea Level	1,000 ft	2,000 ft	3,000 ft	4,000 ft	5,000 ft	6,000 ft	7,000 ft	8,000 ft
220°F	218°F	216°F	214°F	212°F	211°F	209°F	207°F	205°F

STEAM JUICE EXTRACTION

Source: Various

A steam juicer makes use of steam to transfer gentle heat directly to the berries that are supported above a boiling water pot in a perforated basket. The juice is collected in the middle section and let out with a small hose while still hot and sterile directly into clean bottles.

The quality of the juice is high with little solids due to the non-mechanical extraction process.



The units are generally made in a three-tier configuration that resembles a huge double boiler.

- The bottom section is a simple pot placed on a heat source to boil water to generate the steam.
- The next section is the juice collection container with an opening in the middle to pass the steam through. It has a hose fitting that is used to drain it directly into storage bottles.
- The top section is a perforated basket (with a loose-fitting lid) to hold the berries while allowing the steam to reach the complete batch but holding the berries (pulp, skins and pips) out of the extracted juice.

The process is convenient and as safe as any other stove-top cooking. The steam is not held under pressure and the juice is delivered with a rubber hose that requires minimal extra operations, occasionally a funnel with a strainer may be used to make the bottling more convenient. **As usual one needs to be careful of scalding hot juice and the possibility of pulling over the tall juicer.**

1. A steam juicer works by bursting the fruit with steam and then collecting the fruit's juice as it freely drains from the pulp.
2. As you can see in the diagram above, the fruit is put into a perforated pan with a lid. This pan then sits on top of a collector pan. All this sits over a pan of boiling water.
3. As the water boils, steam rises through the opening of the collector pan to the fruit. As the fruit breaks down from the steam, it releases the juice from the pulp. The juice then falls through the perforated holes into the collector pan.
4. From there you can drain the juice into sterile jars for preserving or for immediate use.

NOTE: Follow the Manufacturer instructions for your Steam Juicer. Refer to National Center for Home Food Preservation for information on canning or freezing your extracted juice.

➤ <http://nchfp.uga.edu/index.html>

OKRA PICKLES

Source: *Ball Blue Book Guide to Preserving, 2014*

Yield: about 4 pints

3-1/2 pounds small okra pods
1/3 cup canning salt
2 teaspoons dill seed
3 cups water
3 cups vinegar
4 cloves garlic
2 small hot red peppers, cut in half
Pickle Crisp (optional)

1. Prepare canner, jars, and lids.
2. Wash okra pods and hot red peppers under cold running water; drain. Trim stem ends off okra pods, being careful not to cut pods open. Cut hot red peppers in half. Peel garlic. (*Note: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.*)
3. Combine salt, dill seed, water, and vinegar in a large saucepot. Bring to a boil. Reduce heat to a simmer; simmer 5 minutes.
4. Pack okra pods into hot jars, leaving 1/2 inch headspace. Put 1 clove garlic and one piece of pepper in each jar. Add 1/8 teaspoon Pickle Crisp, if desired.
5. Ladle hot pickling liquid over okra, leaving 1/2 inch headspace. Remove air bubbles. Clean jar rims, center lids on jars, adjust band to fingertip-tight. Place jars on the rack elevated over simmering water (180°F) in boiling-water canner.
6. Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner and bring to a rolling boil. Process pint jars 15 minutes. (To adjust for altitude: at 1,001 to 3,000 feet process 20 minutes; at 3,001 to 6,000 feet process 25 minutes; at 6,001 to 8,000 feet process 30 minutes; 8,001 to 10,000 feet process 35 minutes.)
7. 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.

MARINATED PEPPERS (Bell, Hungarian, Banana, or Jalapeno)

Source: https://nchfp.uga.edu/how/can_06/marinated_peppers.html

Yield: about 9 half-pints.

- 4 lbs firm peppers*
- 1 cup bottled lemon juice
- 2 cups white vinegar (5 percent)
- 1 Tablespoon oregano leaves
- 1 cup olive or salad oil
- 1/2 cup chopped onions
- 2 cloves garlic, quartered (optional)
- 2 Tablespoons prepared horseradish (optional)

* **Note:** It is possible to adjust the intensity of pickled jalapeno peppers by using all hot jalapeno peppers or blending with sweet and mild peppers.

- For hot style: Use 4 lbs jalapeno peppers.
- For medium style: Use 2 lbs jalapeno peppers and 2 lbs sweet and mild peppers.
- For mild style: Use 1 lb jalapeno peppers and 3 lbs sweet and mild peppers.

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.

- ✓ Select your favorite pepper. Peppers may be left whole. Large peppers may be quartered. Wash, slash two to four slits in each pepper, and blanch in boiling water or blister in order to peel tough-skinned hot peppers.
- ✓ Peppers may be blistered using one of the following methods: Oven or broiler method: Place peppers in a hot oven (400°F) or broiler for 6-8 minutes or until skins blister. Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister.
- ✓ Allow peppers to cool. Place in pan and cover with a damp cloth. This will make peeling the peppers easier. After several minutes of cooling, peel each pepper.

1. Flatten whole peppers. Mix all remaining ingredients in a saucepan and heat to boiling. Place 1/4 garlic clove (optional) and 1/4 teaspoon salt in each half pint or 1/2 teaspoon per pint.
2. Fill jars with peppers, add hot, well-mixed oil/pickling solution over peppers, leaving 1/2-inch headspace. Adjust lids and process as below:

Style of Pack	Jar Size	Process Time at Altitudes of			
		0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Raw	Half-pints and pints	15 min	20	20	25

SINGAPORE CHILI SAUCE

Source: Ball Complete Book of Home Preserving, 2012

Yield: about 6 half-pint jars

2-1/2 cups vinegar

2-1/2 cups sugar

4 cups chopped hot red chili peppers @1 lb (such as Holland, Fresno, Jalapeno)

1-1/2 cup sultana raisins, rinsed (golden raisins)

1/4 cup chopped garlic

1 Tablespoon grated gingerroot

2 tsp salt

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan, combine vinegar and sugar. Bring to a boil over high heat, stirring to dissolve sugar. Reduce heat and boil gently for 3 minutes.
3. Add chili peppers, raising, garlic, gingerroot, and salt. Increase heat to high and bring to a boil. Reduce heat and boil gently until vegetables are heated through, about 5 minutes.
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 and adjust band to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool, and store. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.)

TIP: If you prefer a milder sauce, devein and seed the peppers. If you like an incendiary sauce, substitute red Thai peppers for the varieties listed in the recipe. When using Thai peppers, do not devein or seed them, as this would be very labor-intensive. Just remove the stem end and chop as usual. Remember when cutting or seeding hot peppers, wear rubber gloves to keep your hands from being burned.

BRUSCHETTA IN A JAR, ITALY

Source: Ball Complete Book of Home Preserving, 2012

Yield: about seven half-pints

- 5 cloves garlic, finely chopped
- 1 cup dry white wine
- 1 cup white wine vinegar
- 1/2 cup water
- 2 Tablespoons granulated sugar
- 2 Tablespoons dried basil
- 2 Tablespoons dried oregano
- 2 Tablespoons balsamic vinegar
- 9 cups chopped cored plum tomatoes (1 inch pieces)

1. Prepare canner, jars and lids.
2. In a large, deep stainless steel saucepan, combine garlic, wine, wine vinegar, water, sugar, basil, oregano and balsamic vinegar. Bring to a full rolling boil over high heat, stirring occasionally. Reduce heat, cover and boil gently, for 5 minutes, until garlic is heated through. Remove from heat.
3. Pack tomatoes into hot jars to within a little more than 1/2 inch to the top of the jar. Ladle hot vinegar mixture into jar to cover tomatoes, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim. Apply lids and rings.
4. Process in a boiling water or steam canner for 20 minutes. (To adjust for altitude: at 1,001 to 3,000 feet process 25 minutes; at 3,001 to 6,000 feet process 30 minutes; at 6,001 to 8,000 feet process 35 minutes; 8,001 to 10,000 feet process 40 minutes.)

HERBED SEASONED TOMATOES

From Ball Complete Book of Home Preserving, 2006, pg 358-359

Yield: about 6 pints

12 cups halved, cored, peeled tomatoes*

Spice blend(s)

Bottled lemon juice or citric acid

Salt (optional)

1. Prepare canner, jars, and lids.
2. Choose desired spice blend(s). Prepare the quantity that suits your needs and set aside.
3. 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.
4. Before packing each jar of tomatoes, add 1 tablespoon (15 mL) lemon juice or $\frac{1}{4}$ teaspoon (1 mL) citric acid and $\frac{1}{4}$ teaspoon (1 mL) salt to the hot jar. Add the specified quantity of your chosen spice blend. Pack hot tomatoes** into prepared jars to within a generous $\frac{1}{2}$ inch of top of jar. Ladle hot liquid into jar to cover tomatoes, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. 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 40 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

*To peel tomatoes, 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.

**For the best-quality product and vacuum seal, pack tomatoes one jar at a time. For each jar add the lemon juice or citric acid, then the salt, if using, then the spice blend. Then pack the tomatoes and place the jar in the canner. Repeat until all jars are filled.

Spice Blends:

For each pint jar, use 2 tsp of spice blend.

Italian Spice Blend

Dried herbs and spices	2 jars	6 jars
Basil	1 tsp	4 tsp
Thyme	1 tsp	2 tsp
Oregano	1 tsp	2 ½ tsp
Rosemary	½ tsp	1 ½ tsp
Sage	½ tsp	1 ½ tsp
Garlic Powder	¼ tsp	1 tsp
Hot pepper flakes (optional)	¼ tsp	1 tsp

Mexican Spice Blend

Dried herbs and spices	2 jars	6 jars
Chili powder	2 tsp	6 tsp
Ground cumin	1 tsp	2 tsp
Oregano	1 tsp	2 tsp
Garlic powder	1 tsp	2 tsp
Ground coriander	1 tsp	2 tsp
Seasoned salt (optional)	½ tsp	1 ½ tsp

Cajun Spice Blend

Dried herbs and spices	2 jars	6 jars
Chili powder	1 tsp	3 tsp
Paprika	1 tsp	2 tsp
Onion flakes	½ tsp	1 ½ tsp
Garlic powder	½ tsp	1 ½ tsp
Ground allspice	½ tsp	1 ½ tsp
Thyme	½ tsp	1 ½ tsp
Cayenne pepper	¼ tsp	1 tsp

ZESTY WATERMELON JELLY

Source: Ball Complete Book of Home Preserving, 2012

Yield: about 5 half-pint jars

- 6 cups chopped watermelon, rind removed
- 1/2 cup white balsamic, white wine, or apple cider vinegar
- 4 Tablespoons lemon juice
- 5 cups granulated sugar
- 1 stem lemongrass, chopped
- 2 pouches (each 3 oz/85 ml) liquid pectin

1. In a large stainless steel saucepan, crush watermelon with a potato masher. Cover and heat gently over medium-low heat for 5 minutes. Remove from heat and crush thoroughly.
2. Transfer to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for 2 hours. Measure 2 cups watermelon juice. If you do not have the required amount, crush more watermelon or add up to 1/4 cup unsweetened white grape juice.
3. Meanwhile, prepare canner, jars, and lids.
4. Transfer watermelon juice to a clean large, deep stainless steel saucepan. Stir in vinegar, lemon juice, sugar, and lemongrass. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat and quickly skim off foam.
5. Quickly pour hot jelly into hot jars, leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Screw band down until resistance is met, increase to fingertip-tight.
6. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool, and store. (To adjust for altitude: at 1,001 to 3,000 feet process 15 minutes; at 3,001 to 6,000 feet process 20 minutes; at 6,001 to 8,000 feet process 25 minutes; 8,001 to 10,000 feet process 30 minutes.)

TIP: For best results when cooking jelly, use a heavy-bottomed stainless steel saucepan that is at least three times deeper than the level of the recipe's juice and sugar combined. Jelly bubbles and boils up when it reaches a full rolling boil and therefore requires this extra pan depth.