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UCCE Master Food Preservers of Sacramento County

Sacramento County Master Food Preservers
Monthly Wednesday Night
Demonstration

September 18, 2019
SeptemberFest!



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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BREAKFAST SAUSAGE

Source: Adapted from Alton Brown recipe

Yield: About 2 pounds

| | |
|---|----------------------------------|
| 2 lbs boneless pork shoulder, cut into 1 inch cubes | 2 teaspoons dry thyme leaves |
| 2 teaspoons salt | 1 tablespoon brown sugar |
| 1-1/2 teaspoons ground black pepper | 1/2 teaspoon fresh ground nutmeg |
| 2-4 teaspoons dry, rubbed sage (to taste) | 1/2 teaspoon red pepper flakes |
| | 1/2 teaspoon cayenne pepper |

1. Combine pork chunks with all other ingredients and chill in freezer for about 1 hour.
2. Using the fine blade, grind the seasoned pork.
3. Store in bulk. Refrigerate for 2-3 days or freeze for up to 3 months.

SWEDISH POTATO SAUSAGE

Source: Home Sausage Making, Susan Mahnke Peery & Charles G. Reavis

Yield: 5 pounds

| | |
|--|--|
| 1 pound very lean beef | 1/2 tsp freshly ground black pepper (medium grind) |
| 1/2 pound lean pork butt | 1/2 tsp freshly ground white pepper (medium grind) |
| 1/2 pound pork fat | 1/4 tsp ground allspice |
| 5 large potatoes | 1/4 tsp ground mace |
| 1 large onion, peeled and coarsely chopped | 1/4 tsp freshly grated nutmeg |
| 2 teaspoons kosher or coarse salt | Chicken broth for cooking sausage |
| 1 clove garlic, minced | 4 feet medium hog casings, cleaned and rinsed |

1. Cut the beef, pork, and pork fat into 1-inch cubes. Freeze the cubes for about 30 minutes to firm them up before grinding through the fine disk of a meat grinder. Refrigerate until ready to use.
2. Peel and boil the potatoes in lightly salted water for 10 minutes. They will be quite firm in the center. Allow them to cool before processing.
3. Cube the cooled potatoes and mix with the onion. Put the mixture through the fine disk of the grinder.
4. In a large bowl, combine the ground meats and potato mixture. Add the salt and spices. The mixture will be sticky, so dip your hands in cold water, then mix well, using your hands.
5. Stuff the mixture into the prepared casing, prick air pockets, and twist off into 12-inch links. With butcher's twine, tie two separate knots between each link and one knot at each end. Separate the links by cutting between the two knots, then bring the ends of each link together and tie to form a ring.
6. Poach the rings in chicken broth to cover for 45 minutes. Serve warm or refrigerate and serve cool. The sausages may be refrigerated for up to 3 days or frozen for up to 3 months.

POLISH SAUSAGE

Yield: About 1-1/2 pounds

| | |
|-----------------------------------|--|
| 1-1/2 pounds coarsely ground pork | 1 to 2 teaspoon liquid smoke, to taste |
| 1/2 teaspoon ground allspice | 1/2 cup ice water |
| 3-1/2 teaspoon pepper | 2 tablespoons red wine |
| 6 cloves garlic, crushed | Casings, cleaned and rinsed (optional) |
| 1 teaspoon salt | |

1. In a large chilled bowl, mix all ingredients except the water, then add the water and mix
2. Roll into a sausage shape. Place shaped sausage in plastic bags that can be sealed and are safe to cook in.
3. Place bag into boiling water. Boil for 45 minutes.
4. Remove sausages from bag and store in the refrigerator or freezer for later use.
5. Reheat by browning in a frying pan or grill, bake or broil to an internal temperature of 160°F.

CHICKEN OR TURKEY SAUSAGE

Yield: 5 pounds

| | |
|---|--|
| 5 pounds of boneless, chicken or turkey (combination of light and dark meat), skin included | 2 tsp ground black pepper |
| 1 cup finely chopped fresh onion or 2 tablespoons onion powder | 1 tsp ground nutmeg |
| 3/4 cup chopped dried apples | 1 tsp dried red pepper flakes |
| 1/2 cup dried apricots | 1 cup dry nonfat milk powder |
| 1 Tbsp dried sage | Casings, cleaned and rinsed (optional) |
| 1 Tbsp kosher salt | |

1. Cut the meat and skin into workable pieces, chill 1 hour in freezer, and grind through the medium plate on your meat grinder.
2. Add the spices and milk powder to the ground meat and mix well by hand.
3. Grind the sausage mixture one more time through the medium plate on your meat grinder.
4. Stuff immediately into natural or collagen casings or refrigerate/freeze in bulk for later use.

NOTE:

SAUSAGE MADE FROM THE ABOVE FOUR RECIPES MAY BE REFRIGERATED OR FROZEN IN BULK OR LINKED USING NATURAL CASINGS.

OKTOBERFEST BEER MUSTARD

Source: *Ball Complete Book of Home Preserving, 2012*

Yield: About five 4-ounce jars

- 1-1/2 cups beer (any type of beer works)
- 1 cup brown mustard seeds
- 1 cup water
- 1/2 cup malt vinegar
- 1/2 cup lightly packed brown sugar
- 1/4 cup dry mustard
- 1 tablespoon onion powder

1. In a medium stainless steel saucepan, combine beer and brown mustard seeds. Bring to a boil over medium-high heat. Remove from heat, cover and let stand at room temperature until seeds have absorbed most of the moisture, about 2 hours.
2. Prepare canner, jars and lids.
3. In a blender or a food processor fitted with a metal blade, puree marinated seeds and any remaining liquid until blended and most seeds are well chopped. (*You want to retain a slightly grainy texture.*)
4. Transfer mixture to a stainless steel saucepan and whisk in water, vinegar, brown sugar, dry mustard and onion powder. Bring to a boil over high heat, stirring constantly. Reduce heat to medium and boil gently, stirring frequently, until volume is reduced by a third, about 15 minutes.
5. Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mustard. Wipe rim. Apply lids and rings.
6. Process jars in boiling water or atmospheric steam canner 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.) Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

CRANBERRY MUSTARD

Source: *Ball Complete Book of Home Preserving, 2012*

Yield: About seven 4-ounce jars

1 cup red wine vinegar
2/3 cup yellow mustard seeds
1 cup water
1 Tbsp Worcestershire sauce
2-3/4 cups cranberries (fresh or frozen)
3/4 cup granulated sugar
1/4 cup dry mustard
2-1/2 tsp ground allspice

1. In a medium stainless steel saucepan, bring vinegar to a boil over high heat. Remove from heat and add mustard seeds. Cover and let stand at room temperature until seeds have absorbed most of the moisture, about 1-1/2 hours.
2. Prepare canner, jars and lids.
3. In a blender or a food processor fitted with a metal blade, combine marinated mustard seeds (with liquid), water, and Worcestershire sauce. Process until blended and most seeds are well chopped. (*You want to retain a slightly grainy texture.*) Add cranberries and blend until chopped.
4. Transfer mixture to a stainless steel saucepan and bring to a boil over medium heat, stirring constantly. Reduce heat to medium-low and boil gently, stirring frequently, for 5 minutes. Whisk in sugar, dry mustard, and allspice. Continue to boil gently over low heat, stirring frequently, until volume is reduced by a third, about 15 minutes.
5. Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mustard. Wipe rim. Apply lids and rings.
6. Process jars in boiling water or atmospheric steam canner 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.) Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

DIXIE RELISH

Source: *Ball Complete Book of Home Preserving, 2012*

Yield: About 6 half-pints

| | |
|---|---|
| 4 cups finely chopped cabbage | 2 Tbsp celery seeds |
| 1-1/2 cups chopped onions | 1 Tbsp whole allspice |
| 1-1/2 cups chopped seeded red bell pepper | 1 Tbsp whole cloves |
| 1-1/2 cups chopped seeded green bell pepper | 1-4" cinnamon stick, broken into pieces |
| 1/4 cup pickling or canning salt | 3 cups white vinegar |
| 7 cups lukewarm water | 2 cups granulated sugar |
| 3 Tbsp mustard seeds | |

1. In a large glass or stainless steel bowl, combine cabbage, onions, and red and green peppers. Dissolve pickling salt in lukewarm water and pour over vegetables. Cover and let stand in a cool place (70 to 75°F) for 1 hour. Transfer to a colander placed over a sink and drain thoroughly. Rinse with cool water and drain thoroughly again. Using your hands, squeeze out excess liquid. Set aside.
2. Meanwhile, prepare canner, jars, and lids.
3. Tie mustard seeds, celery seeds, allspice, cloves, and cinnamon stick in a square of cheesecloth, creating a spice bag.
4. In a large stainless steel saucepan, combine drained cabbage mixture, vinegar, sugar, and spice bag. Cover and bring to a boil over medium-high heat. Uncover, reduce heat and boil gently, stirring frequently, until thickened to the consistency of a thin commercial relish, about 15 minutes. Discard spice bag.
5. Ladle hot relish into hot jars, leaving 1/2 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 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. Remove canner lid. Wait 5 minutes then remove jars, cool and store.

RED ROOT RELISH

Source: Ball Complete Book of Home Preserving, 2012

Yield: About 4 pints

4 cups diced peeled cooked beets
4 cups finely chopped red cabbage
3 cups white vinegar
1-1/2 cups granulated sugar
1 cup finely chopped onions
1 cup finely chopped seeded red bell pepper
1-1/2 cups chopped seeded green bell pepper
1 Tbsp prepared horseradish
1 Tbsp salt

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan, combine beets, cabbage, vinegar, sugar, onions, red pepper, horseradish, and salt. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring occasionally, until vegetables are tender and heated through, about 20 minutes.
3. Ladle hot relish into hot jars, leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
4. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 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.)
5. Remove canner lid. Wait 5 minutes then remove jars, cool and store.

TIP: Too cook beets, scrub them thoroughly, leaving the root and 2 inches of the stem intact to prevent bleeding. Place in a saucepan and cover with cold water. Bring to a boil, reduce heat to medium-low and boil gently until tender; about 35 minutes, depending on the size of the beet. Drain, discard liquid, and rinse well under cold running water. The skins should slip off easily. Remove roots and stems.

SAUERKRAUT

Adapted from: http://nchfp.uga.edu/how/can_06/sauerkraut.html

| Cabbage | Salt | Container Size |
|--------------------------------------|---|--------------------------|
| 25 pounds | 3/4 cup | 5 gallon |
| 5 pounds | 3 Tbsp | 1 gallon |
| 2 pound (about 1 average sized head) | 4 tsp (by weight 24 grams or .75 ounce) | 1/2 gallon (or 1 quart) |

Quality: For the best sauerkraut, use firm heads of fresh cabbage. Shred cabbage and start kraut between 24 and 48 hours after harvest.

Procedure: Discard outer leaves. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter. Put cabbage in a suitable fermentation container (see below) and add salt. (If making 25 pounds work with 5 pounds cabbage and 3 Tbsp salt at a time, and repeat shredding, salting, and packing until all cabbage is in the container.) Mix thoroughly, using clean hands. Pack firmly until salt draws juices from cabbage. Be sure container is deep enough so that its rim is at least 4 or 5 inches above the cabbage. If juice does not cover cabbage, add boiled and cooled brine (1-1/2 tablespoons of salt per quart of water). Add plate and weights; cover container with a clean bath towel.

Sauerkraut fermentation can take place under variable temperature and time combinations. For obtaining good quality sauerkraut at home, the USDA recommendation is to store at 70° to 75°F while fermenting. At temperatures between 70° and 75°F, kraut will be fully fermented in about 3 to 4 weeks; at 60° to 65°F, fermentation may take 5 to 6 weeks. At temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft.

If you weigh the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If you use jars as weight, you will have to check the kraut 2 to 3 times each week and remove scum if it forms.

Fully fermented kraut may be kept tightly covered in the refrigerator for several months.

Sauerkraut (continued)

Fully fermented kraut may also be canned as follows (but you will lose the active cultures in the process):

Hot pack – Bring kraut and liquid slowly to a boil in a large kettle, stirring frequently. Remove from heat and fill jars rather firmly with kraut and juices, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations below:

Raw pack – Fill jars firmly with kraut and cover with juices, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations below:

| Recommended process time for Sauerkraut in a boiling-water canner. | | | | | |
|---|----------|------------------------------|------------------|------------------|----------------|
| | | Process Time at Altitudes of | | | |
| Style of Pack | Jar Size | 0 - 1,000 ft | 1,001 - 3,000 ft | 3,001 - 6,000 ft | Above 6,000 ft |
| Hot | Pints | 10 min | 15 | 15 | 20 |
| | Quarts | 15 | 20 | 20 | 25 |
| Raw | Pints | 20 | 25 | 30 | 35 |
| | Quarts | 25 | 30 | 35 | 40 |