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UCCE Master Food Preservers of Sacramento County

Sacramento County Master Food Preservers
Monthly Wednesday Night
Demonstration

October 16, 2019
Fall Foods



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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CANNED PEARS (HALVES)

Source: https://nchfp.uga.edu/how/can_02/pear_halved.html

An average of 17½ pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner load of 9 pints. A bushel weighs 50 pounds and yields 16 to 25 quarts – an average of 2½ pounds per quart.

Choose ripe, mature fruit of ideal quality for eating fresh or cooking.

NOTE: This process for pears is a “hot pack”. Raw packs make poor quality pears.

1. Wash and peel pears. Cut lengthwise in halves and remove core. A melon baller or metal measuring spoon is suitable for coring pears.
2. To prevent discoloration, keep pears in an ascorbic acid solution.
3. Prepare a very light, light, or medium syrup, (or you can use apple juice, white grape juice, or water).
4. Boil drained pears 5 minutes in syrup, juice, or water.
5. Fill jars with hot fruit and cooking liquid, leaving 1/2-inch headspace. Wipe rims. Adjust lids and process.
6. Process halved pears for recommended time, in a boiling-water or steam 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	20 min	25	30	35
	Quarts	25 min	30	35	40

APPLE-SAGE JELLY

Source: Preserving with Pomona's Pectin

Yield: 4 to 5 half-pint jars

4-1/2 cups unsweetened apple juice
2 Tablespoons dried sage
1/4 cup apple cider vinegar
4 teaspoons calcium water
3/4 cup sugar
4 teaspoons Pomona's pectin powder

1. Combine apple juice and dried sage in a saucepan and bring to a boil. Remove from heat, cover, and allow to steep for 20 minutes.
2. Using a fine mesh strainer or cheesecloth, drain the sage leaves and discard, reserving the infused liquid.
3. Measure 4 cups of infused liquid (if necessary, add extra unsweetened apple juice to meet the required measurement) and return the measured quantity to the (clean) saucepan.
4. Add vinegar and calcium water and mix well.
5. In a separate bowl, combine sugar and pectin powder. Mix thoroughly and set aside.
6. Bring infused liquid 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 jelly comes back up to a boil. Once the jelly returns to a full boil, remove it from the heat.
7. Ladle hot jelly 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. Place lid on canner, return to a rolling 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, 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.

CRANBERRY KETCHUP

Source: <https://www.freshpreserving.com/cranberry-ketchup---ball-recipes-br1262.html>

Yield: about 8 half-pint jars

11 cups cranberries (fresh or frozen)
2 cups chopped onions
5 cloves garlic, finely chopped
1 1/2 cups water
3 cups lightly packed brown sugar
1 cup vinegar
2 tsp dry mustard
1 tsp ground cloves
1 tsp salt
1 tsp freshly ground black pepper
1/2 tsp ground allspice
1/2 tsp cayenne pepper

1. Combine cranberries, onions, garlic and water in a large stainless steel saucepan. Bring to a boil over high heat, stirring constantly. Reduce heat and boil gently for 6 to 10 minutes, until cranberries pop and become soft.
2. Transfer mixture to a blender or food processor fitted with a metal blade, working in batches, and purée until smooth.
3. Return mixture to saucepan. Add brown sugar, vinegar, mustard, cloves, salt, black pepper, allspice and cayenne. Bring to boil over medium-high heat, stirring frequently. Reduce heat and boil gently, stirring frequently, until mixture is almost the consistency of commercial ketchup, about 30 minutes.
4. Prepare boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
5. Ladle hot ketchup into hot jars leaving 1/2 inch headspace. Remove air bubbles and re-measure headspace. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight.
6. Process filled jars in a boiling water canner for **15 minutes**. (To adjust for altitude: at 1,001 to 3,000 feet process 20 minutes; at 3,001 to 6,000 feet, 25 minutes; at 6,001 to 8,000 feet, 30 minutes; at 8,001 to 10,000 feet, 35 minutes.) Remove jars and cool. Check lids for seal after 24 hours. Label and store jars.

POMEGRANATE SAUCE

Source: Ball Blue Book, 2014

Yield: about 4 half-pint jars

5 cups pomegranate juice (about 10 large)

1/2 cup lemon juice

1 cup sugar

1. Wash pomegranates under cold running water; drain. Cut pomegranates in half crosswise. Extract juice from seeds. Strain juice through a damp jelly bag or several layers of cheesecloth; measure 5 cups pomegranate juice.
2. Combine all ingredients in a large saucepan. Bring mixture to a boil, stirring until sugar dissolves. Reduce heat to a simmer (180°), simmer until sauce is reduced by half.
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**. (To adjust for altitude: at 1,001 to 3,000 feet process 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.

AUTUMN GLORY COMPOTE

Source: *Ball Complete Book of Home Preserving*

Yield: about four pint jars

2 cinnamon sticks (each about 4 inches) broken into pieces

5 cups cubed seeded peeled pie pumpkin (3/4 inch cubes)

5 cups cored peeled fresh pineapple (3/4 inch cubes)

Grated zest and juice of 2 lemons

1 cup coarsely chopped dried apricots

1 cup golden raisins

2 1/2 cups granulated sugar

1/2 cup water

1. Prepare canner, jars, and lids.
2. Tie cinnamon stick pieces in a square of cheesecloth, creating a spice bag.
3. In a large stainless steel saucepan, combine pumpkin and pineapple. Add lemon zest and juice, apricots, raisins, sugar, water, and spice bag. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring constantly, until heated through, about 5 minutes. Discard spice bag.
4. Using a slotted spoon, pack hot pumpkin mixture into hot jars, to within a generous 1/2 inch of top of jar. Ladle hot syrup into jar to cover pumpkin mixture, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. 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 **25 minutes**. (To adjust for altitude: at 1,001 to 3,000 feet process 30 minutes; at 3,001 to 6,000 feet, 35 minutes; at 6,001 to 8,000 feet, 40 minutes; at 8,001 to 10,000 feet, 45 minutes.) Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

TIP: When making this recipe, it is best to use a pie pumpkin rather than a jack-o-lantern pumpkin. Jack-o-lantern pumpkins tend to be more watery and less flavorful.

BEET & ONION PICKLES (REFRIGERATOR)

Source: <https://www.freshpreserving.com/beet-and-onion-refrigerator-pickles-br2183.html>

Yield: about 5 pint jars

8 cups beets (about 4 lbs), peeled, halved and sliced into 1/4 inch sections
3 cups sliced onions or peeled pearl onions
2-1/2 cups cider vinegar
2 cups granulated sugar
1-1/2 cups water
1 Tbsp canning salt
1 Tbsp mustard seed
1 tsp whole allspice
1 tsp whole cloves
6 inch cinnamon stick

1. Combine onions, vinegar, sugar, water, mustard seed, salt, allspice, cloves, cinnamon sticks in a large stainless steel saucepan.
2. Bring to a boil; boil gently 5 minutes. Add prepared beets and return to a full boil, lower heat and simmer just until beets are tender.
3. Remove from heat. Discard cinnamon stick.
4. Pack hot beets and onions evenly into hot jars, pour hot brine over leaving a 1/2 inch headspace. Remove air bubbles. Wipe jar rim, center lid on jar and apply band, adjust to fingertip tight.
5. Cool to room temperature, tighten band then place in refrigerator. Use within 3 months. For the best pickled taste allow to sit for 3 weeks before serving.

CRANBERRY ORANGE CHUTNEY

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

Yield: About 8 half-pint jars.

- 24 ounces fresh whole cranberries
- 2 cups chopped white onion
- 2 cups golden raisins
- 1½ cups white sugar
- 1½ cups packed brown sugar
- 2 cups white distilled vinegar (5%)
- 1 cup orange juice
- 4 teaspoons peeled, grated fresh ginger
- 3 sticks cinnamon

1. Wash and rinse half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Rinse cranberries well. Combine all ingredients in a large Dutch oven. Bring to a boil over high heat; reduce heat and simmer gently for 15 minutes or until cranberries are tender. Stir often to prevent scorching. Remove cinnamon sticks and discard.
3. Fill the hot chutney into clean, hot half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.
4. Process in a boiling water canner according to the time below. Let cool, undisturbed, 12-24 hours and check for seals.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints	10 minutes	15	20

Notes: Other dried spices can be added to taste (for example, Cloves, dry mustard, cayenne pepper). Add or adjust spices during the simmering period. This product produces an almost jellied chutney due to the natural cranberry pectins.