



**University of California**  
Agriculture and Natural Resources

4145 Branch Center Road  
Sacramento, CA 95827-3823  
(916) 875-6913 Office  
(916) 875-6233 Fax  
Email: [sacmfp@ucanr.edu](mailto:sacmfp@ucanr.edu)  
Website: [ucanr.edu/mfpsac](http://ucanr.edu/mfpsac)

UCCE Master Food Preservers of Sacramento County

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*Sacramento County Master Food Preservers*  
*Monthly Wednesday Night*  
*Demonstration*

*November 20, 2019*  
Gifts from the Kitchen



*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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## GRANOLA

Source: <https://www.freshpreserving.com/granola---ball-recipes-br1008.html>

4 cups uncooked regular or quick oats

1/2 cup wheat germ

1 cup coconut

1 cup slivered almonds

1 cup sunflower seeds

1/2 cup honey

1/2 cup brown sugar

3/4 cup vegetable oil

1 tsp vanilla

1 tsp cinnamon

1/2 tsp salt

1 cup raisins

Glass preserving or plastic jars, plastic food storage bags or vacuum packages

1. Preheat oven to 300°F.
2. Combine all ingredients, except raisins, in a medium mixing bowl, stirring until well blended.
3. Spread mixture on a shallow baking sheet. Bake at 300°F for 25 to 30 minutes, stirring every 10 minutes. Mixture may also be dried in an electric dehydrator at 145°F about 3 hours, or until mixture is crunchy. Stir in raisins.
4. Store in glass preserving or plastic jars, plastic food storage bags or vacuum package.

## QUICK CRANBERRY APPLE FREEZER BUTTER

Source: <https://www.freshpreserving.com/quick-cranberry-apple-freezer-butter-br1185.html>

Yield: About 4 half-pint jars.

1 cup sugar  
1/2 cup brown sugar  
5 Tbsp Ball® RealFruit™ Instant Pectin  
3/4 tsp cinnamon  
1/4 tsp allspice  
1/4 tsp nutmeg  
1 cup fresh or thawed, frozen cranberries  
1-2 oranges, zested and juiced  
4 cups peeled, cored, coarsely chopped apples (about 4 med)  
1 Tbsp lemon juice

1. Whisk both sugars, spices, and instant pectin in a bowl until well blended. Set aside.
2. Pulse cranberries in a blender until finely chopped. Add apples, orange zest, 1/2 cup of orange juice, and the lemon juice. Blend until smooth, about 30 seconds.
3. Add cranberry-apple puree and orange zest to the pectin mixture. Stir 3 minutes.
4. Ladle freezer butter into clean jars leaving 1/2 inch headspace. Apply lids fingertip tight and let jam stand until set, about 30 minutes. Serve immediately, refrigerate up to 3 weeks or freeze up to 1 year

## BERRY WINE JELLY

Source: *Ball Complete Book of Home Preserving*

Yield: about six 4-ounce jars

- 1 cup raspberries or sliced hulled strawberries
- 2-1/2 cups dry white wine
- 3-1/2 cups granulated sugar
- 1 pouch (3 oz) liquid pectin

1. In a large stainless steel saucepan or bowl, combine berries and wine. Crush berries and 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 1 hour. Measure 2-1/2 cups berry wine.
2. Transfer berry wine to a large, deep stainless steel saucepan. Stir in sugar. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in the pectin. Boil hard, stirring constantly, for 2 minutes. Remove from heat, and quickly skim off foam.
3. 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
4. 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, 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.

TIP #1: You don't need to precook the fruit to make the juice for this jelly. The berries release their flavor along with their juice as they are crushed with the wine.

TIP #2: Some brands of liquid pectin direct you to stir in the pectin *after* boiling the fruit-sugar mixture for 1 minute. It is advisable to follow the directions given by the brand you are using when preparing these recipes.

## PEAR MINCEMEAT

*Source: Ball Blue Book*

Yield: about 9 pint jars

7 pounds Bartlett pears (about 21 medium)  
1 lemon  
2 pounds golden or dark raisins  
6-3/4 cups sugar  
1 Tbsp cloves  
1 Tbsp cinnamon  
1 Tbsp nutmeg  
1 Tbsp allspice  
1 tsp ginger  
1 cup vinegar

1. Wash pears and lemon under cold running water; drain. Cut pears in half lengthwise and core. Coarsely chop pears. Cut lemon into quarters and remove seeds. Finely chop lemon, including peel, using a food processor or food grinder.
2. Combine all ingredients in a large saucepan. Bring mixture to a boil over medium heat, stirring to prevent sticking. Reduce heat and simmer 30 minutes.
3. Ladle hot mincemeat into a hot jar, leaving 1/2 inch headspace. Remove air bubbles. 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 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 pint jars 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.)
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.

## PICKLED GARLIC

*Source: Ball Complete Book of Home Preserving*

Yield: about 4 pint jars

- 2-1/2 cups white vinegar
- 1 cup dry white wine
- 1 Tbsp pickling or canning salt
- 1 Tbsp sugar
- 1 Tbsp dried oregano
- 12 large heads garlic, separated and peeled
- 5 dried chile peppers (optional)

1. Prepare canner, jars, and lids.
2. In a large stainless steel saucepan, combine vinegar, wine, salt, sugar, and oregano. Bring to a boil over medium-high heat, stirring to dissolve sugar. Reduce heat and boil gently for 1 minute. Add garlic and cook for 1 minute.
3. Pack garlic and 1 chile pepper, if using, into hot jars to within a generous 1/2 inch of top of jar. Ladle hot pickling liquid into jar to cover garlic, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. 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 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.) Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

## SPICY CRANBERRY SALSA

Source: [https://nchfp.uga.edu/how/can\\_salsa/spicy\\_cranberry\\_salsa.html](https://nchfp.uga.edu/how/can_salsa/spicy_cranberry_salsa.html)

Yield: About 6 pints

6 cups chopped red onion  
4 finely chopped large Serrano peppers  
1-1/2 cups water  
1-1/2 cups cider vinegar (5%)  
1 Tbsp canning salt  
1-1/3 cups sugar  
6 Tbsps clover honey  
12 cups (2-3/4 pounds) rinsed, fresh whole cranberries

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.

1. Combine all ingredients except cranberries in a large Dutch oven. Bring to a boil over high heat; reduce heat slightly and boil gently for 5 minutes.
2. Add cranberries, reduce heat slightly and simmer mixture for 20 minutes, stirring occasionally to prevent scorching.
3. Fill the hot mixture into clean, hot pint jars, leaving 1/4-inch headspace. Leave saucepot over low heat while filling jars. 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. 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, 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.



## SWEET PICKLED RADISH

Source: <https://www.freshpreserving.com/sweet-pickled-radish--ball-recipes-br3532.html#q=SWEET%2Bpickled&start=1>

Yield: about 1 pint jar

Fresh ruby red radishes, with their certain crunch and sharp flavor, make for delicious and easy refrigerator quick pickles.

- 1 bunch radishes, stem and root ends removed and cut into 1/8 inch slices
- 1/2 cup white or apple cider vinegar (5% acidity)
- 1/2 cup sugar
- 1/4 cup water
- 1 tsp pickling salt
- 1 tsp mustard seeds
- 1/2 tsp ground black pepper
- 1 bay leaf
- 1/2 tsp dried crushed red pepper (optional)

1. Place radishes in a hot 1-pint jar. Bring vinegar, next 6 ingredients, and, if desired, crushed red pepper to a boil in a small stainless steel or enameled saucepan.
2. Ladle hot pickling liquid over radishes. Wipe jar rim. Center lid on jar. Apply band, and adjust to fingertip-tight.
3. Let cool on a wire rack (about 1 hour). Chill 6 hours before serving. Store in refrigerator up to 4 months.

## 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.

## IDEAS FOR GIFT BASKETS

1. Several different jams + a package of English muffins
2. Jam with a "baked goods in a jar" like a scone mix or pancake mix
3. The same varietal of wine in 3 forms: example. Merlot Wine + Merlot Wine Vinegar + Merlot Wine Jelly
4. A wine pepper jelly + a round of Brie + a baguette or gourmet cracker
5. The same fruit in different forms: example: apricot preserves, dried apricots, apricot infused vinegar
6. Homemade beef jerky in different flavors: Teriyaki, Hot n' Spicy, Sweet n' Smokey
7. Spiced pecans in a Ball jar
8. Toffee-coated popcorn with different add-ins, such as: macadamia nuts and coconut shreds, peanuts and M&Ms, or dried fruit bits
9. Granola in a Ball Jar
10. Dried Fruit Tray: apricots, mangoes, stone fruits, raisins
11. BBQ Sauce + different flavored dry rub mixes for meats (*see recipes in this packet*)
12. Assorted pickles: garlic dills + sweet gherkins + relish or chow-chow
13. Infused sugars: citrus zest, vanilla, cinnamon & nutmeg, lavender buds
14. Flavored salts: wine salt, herb salt, chile salt, citrus salt, smoked salt