



Boiling Water Canning

(aka Boiling Water Bath Canning, or BWB)

Acid Foods: Jams and Jellies, Pickled fruits and Vegetables, Tomato products with added acid, preserved fruits

Supplies: Boiling water canner (or pot with lid and rack that is deep enough to hold your jars with at least one inch of water over their tops)

Canning jars

2 piece canning lids (also called snap lids)

Small pot of hot water for lids

Optional, but nice to have: Funnel, Ladle, magnetic lid wand, jar lifter

General directions: Wash your jars in hot soapy water and rinse well. Place jars in canner full of water and bring to a boil. Boil for 5-10 minutes to sterilize. Keep jars in hot water until ready to use. Place lids in hot water to soften sealing compound. Prepare your fruit, juice, or vegetables according to the recipe. Remove hot jars from water and fill with hot food (or pack with food then add hot brine or syrup according to the recipe). Use a non-metallic utensil to release any air bubbles in the food. Make sure the rim of the jar is clean. Place a warm lid on top, then place the ring on the jar FINGER TIGHT only. Place the hot jar on rack in the canner of hot water. Continue with the rest of the jars. Make sure there is at least one inch of water over the tops of your jars. Bring the canning water to a boil. Place on the lid, and start timing. When the processing time is up, turn off the burner and let the water settle for about five minutes. Carefully remove the hot jars without tipping or inverting them, and place on a heat proof surface (a dry cutting board or a folded towel on the countertop, for example). Allow to sit and cool undisturbed for at least 24 hours. This is to ensure a good seal. Remove the rings, and store in your pantry. In general, you should let food set for at least a week or two before using. This allows jellies to fully set and pickles to develop flavour.

Plum Honey Jam (Beemaid.com)

4 cups chopped plums

1 ¾ cups honey

Place plums and honey in a large saucepan.

Let sit for an hour.

Bring to a boil.

Cook at a full rolling boil for at least 15 minutes (or until some jam dripped onto a chilled plate is thick and wrinkles when pushed with a finger).

Pour into hot sterilized jars, place on lids and rings just finger tight.

Process in a boiling water bath for 10 minutes. (makes about 6 250ml jars)

Pickled Peppers

2½-3 pounds hot or mild peppers (or a mix)

5 cups vinegar

1¼ cups water

5 teaspoons canning salt

Combine water, vinegar, and salt, bring to a boil.

Wash, stem, and seed peppers.

Slice into rings, pack into hot sterilized jars.

Pour hot brine over peppers, leaving ½ inch headspace in top of jar. Use non-metal utensil to remove any air bubbles.

Add hot lids and rings, just finger tight.

Process in a boiling water bath for 10 minutes. (makes about 5 500ml jars)

Why make your own jams, jellies, sauces and pickles?

-No preservatives

-No artificial colours or flavours

-No high-fructose corn syrup

-No modified food Starches

-You can use local ingredients in season for best price, texture, flavour, and lowest carbon footprint.

Dill Pickles

3 cups water

3 cups vinegar

5-6 tbsp salt

Cucumbers, washed

Garlic, peeled and halved

Fresh dill

Soak cucumbers in ice water for 2 hours, then drain.

Place some dill and a half clove of garlic in each pint or quart jar.

Pack with cucumbers, then top with more dill and another

piece of garlic. Mix water, vinegar and salt and bring to a boil. Ladle into the jars leaving a ¼ inch headspace.

Remove air bubbles, add hot lids and rings to just finger tight. Process in bwb for 10 minutes. Make additional

Batches of brine as needed to fill jars. Excess brine can be stored in fridge for up to a week and reboiled for later batches.



Easiest Tomato Sauce

Tomatoes - as many as you have, washed, cored, halved

Salt (optional)

Bottled lemon juice (NOT FRESH)

Squeeze the seeds out of each tomato half into a sieve placed over a bowl.

Roughly chop about ¼ of the tomatoes and place in a large pot over medium low heat. Bring them to a boil, crushing them with a spoon or potato masher.

Continue seeding and chopping the rest of the tomatoes, adding them to the pot as you go.

Using a spoon, stir the seeds around to get as much of the gel around them through the sieve and into the bowl. Add this “tomato water” to the pot. Discard the seeds.

Continue to simmer the tomatoes until they are cooked through and soft. Using a blender, carefully blend the tomato chunks (in batches) until they are completely smooth. Return the sauce to the pot, and bring back to a simmer. Continue to simmer uncovered, stirring occasionally until the sauce reduces and thickens.

In each hot sterilized jar add lemon juice (1 tbsp/500ml, 2 tbsp/1 litre) and salt (1/2 tsp/500ml 1 tsp/1 litre).

Ladle in hot tomato sauce leaving ½ inch headspace. Add hot lids and rings to just finger tight.

Process in Boiling water canner 35 minutes for 500ml jars or 40 minutes for 1 litre jars.

Notes:

I do not remove the skins. They blend right into the sauce and add fibre. You can peel your tomatoes if desired by washing and coring, then cutting a shallow X on the bottom. Drop into simmering water for a minute or two, then scoop out into a sink full of ice water. The skins will slip and loosen. Remove and discard peels, then halve tomatoes and continue with recipe. You can then omit the blending for a chunkier sauce.

I never add dried herbs to my tomato sauce when canning it. I prefer to leave it plain then make any additions when I use it. This leaves more options so I don't end up with a shelf full of spaghetti sauce when I would like some tomato sauce to add to a batch of chili, for example. Also, some herbs can turn bitter when canned (such as sage).

DO NOT OMIT the lemon juice! Boiling Water Canning is safe for acid foods only. Tomatoes are on the borderline and must be 'acidulated' to safely preserve in a boiling water canner.

DO NOT add other vegetables such as onions, peppers, or mushrooms. These are low acid items and cannot be safely preserved in a boiling water canner unless a much larger proportion of acid is added.

DO NOT add meat! It is ***never safe*** to preserve meat in a boiling water canner, and poses a botulism risk.

Commercial Pectins are made from citrus peels (Certo, Sure jel) or apples (Pomona).

Jams and jellies made with added pectin are cooked for a shorter time, so may taste fresher and have a brighter colour.

They are also less likely to 'fail' (turn out runny) and come with tested recipe inserts.

On the other hand, they can be expensive, have expiry dates, and are a 'processed' ingredient.

Jams and Preserves/Conserves:

Fresh, frozen, or dried fruit

Sugar, honey

Acid (bottled lemon or lime juice)

Pectin (commercial powdered or liquid, use high pectin fruits and a longer cooking time)

There are many good recipes on the insert included with commercial pectins

Jellies:

Fresh, frozen, or dried fruit cooked with water then strained to get juice

Fresh, frozen, bottled juices or cider

Herbal teas, wines, infusions, even drink mixes (Kool-ade)

Sugar, honey

Acid (bottled lemon or lime juice)

Pectin (commercial powdered or liquid, use high pectin fruits and a longer cooking time). Jellies may take a long time to set, and in general are trickier than jam.

There are many good recipes on the insert included with commercial pectins

French Rhubarb Jam

2.5 pounds cleaned chopped rhubarb (remove leaves!)

1.75 pounds sugar

2 tbsp lemon juice

1 piece ginger or candied ginger, chopped (optional)

Pinch salt

Mix rhubarb, sugar, lemon juice, salt and ginger in a bowl. Let sit in the fridge overnight (this draws the juices and develops the pectin).

Strain the juices into a large saucepan and bring to a rolling boil. Boil For 10 minutes. Add reserved chopped fruit, and bring back to a boil. Boil for another 10-15 minutes until a small amount dropped onto a cold plate is thick and wrinkles when pushed with a finger.

Let cool for about 5 minutes, then stir well before ladling into hot sterilized jars leaving ¼ inch headspace. Place on hot lids and rings to just finger tight. Process in a boiler water canner for 10 minutes. Makes about 5 250ml jars.

Pickles:

Fresh vegetables

Fresh fruits

Cooked button mushrooms

Brine made from at least 50/50 mix of 5% vinegar to water

Salt, sugar

Seasonings (dill, garlic, onions, pickling spices, mustard seeds, peppercorns, hot peppers, etc.)

Less astringent, crisper pickles can be made with less vinegar and no heat processing but MUST be stored in the refrigerator and are not shelf stable.