



HOME  
CANNING  
*and*  
PRESERVING

HOME SERVICE DEPT.  
ROCHESTER GAS AND ELECTRIC CORP.



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### CANNING

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## GENERAL PROCEDURE

1. Use only fresh vegetables and fruit. Vegetables should be young and tender; fruit should be firm and slightly under-ripe.
2. Plan to can only small amounts at one time.
3. Read recipe carefully. Be sure all ingredients are on hand.
4. Check all jars and lids for any cracks or nicks that could prevent a good seal. Discard all imperfect jars and lids. Use only new lids and/or rubber rings.
5. Check all equipment to be sure that it is in good working condition. Wash all equipment and utensils.
6. Wash jars and lids in hot, soapy water. Rinse and leave jars in hot water or dishwasher until ready to fill. Allow lids to stand in hot water until used.
7. Sort fruit and vegetables for ripeness and size. Wash.
8. Follow recipe exactly, there are no short cuts in canning.
9. Fill jar, run a rubber spatula gently between jar and food to release air bubbles. Adjust cover according to type used and place in canner.
10. Process according to the recommended method and time. Jellies need the open kettle method; fruits, red tomatoes, pickles, jams and preserves need water bath method; vegetables and meats need steam pressure method.
11. Allow jar to cool in an upright position, away from a draft.
12. Check seals after 12 - 24 hours.
13. If vacuum seal jars, remove screw bands.
14. Store in a dark cool place.

## HOME CANNING VOCABULARY

**LOW-ACID FOODS** are foods which contain very little natural acid. Examples of low-acid food are meats, poultry, sea foods, soups and all vegetables except tomatoes.

**ACID FOODS** are foods which normally contain from 0.36 to 2.35 percent or more natural acid, and foods which are preserved in vinegar. Examples of acid foods are fruits, rhubarb, tomatoes, sauerkraut, pickles and relishes.

**BACTERIA, MOLDS and YEASTS** are low forms of plant life known to scientists as microorganisms. These microorganisms are found in vegetable (growing) form or spore (seed) form. They exist everywhere - in the air, in water and in the soil. When they are not destroyed by cooking, they will grow in canned food and cause it to spoil.

**ENZYMES** are natural substances found in all fruits, meats and vegetables. If they are not destroyed by cooking, they will cause changes in the color, texture and flavor of canned food.

**BOTULISM** is a poisoning caused by toxin. The toxin is produced by the growth of spores of *Clostridium botulinum* in a sealed jar. Spores of *Clostridium botulinum* are carried from one place to another by dust, wind and the soil clinging to raw foods. The spores are destroyed when low-acid foods are correctly processed in a steam-pressure canner which is in good working order. Home canners who use the correct methods of selecting, preparing, packing and processing foods have no reason to worry about botulism.

As an extra precaution, all low-acid foods should be boiled for 15 minutes before tasting in order to destroy any toxin which could be present if some error were made in processing. Thick masses, such as greens, should be stirred while boiling.

FLAT-SOUR is the most common type of spoilage in canned vegetables. It is caused by bacteria which give food an unpleasant, sourish flavor. Flat-sour is avoided by the use of correct methods of selecting, handling, preparing, packing, processing and cooling foods.

MOLD may change the flavor of food and may be harmful. If mold appears on food, the jar has not completely sealed. Discard contents of jar, without tasting. Sterilize jar immediately.

FERMENTATION of canned food is caused by yeasts which have not been destroyed during processing or yeasts which enter the jar before it is sealed. With the exception of some pickles, fermented food should not be used. If pickles begin to ferment in the jar and some of the liquid runs out, the pickles should be rinsed and packed in clean hot jars, fresh pickling solution should be made and poured boiling hot over the pickles and the jars processed in a water-bath canner to prevent further fermentation.

## EQUIPMENT

Jar lifter

Scales for weighing food

Measuring cups - cup, pint and quart

Funnel

Long handled wooden spoon

Pot holders

Tray

Clean dish cloths and towels

Rubber Spatula

Jelly thermometer

Sharp knives

Cutting board

Colander or sieve

Canner:

Water Bath Canner:

A large kettle with cover and a rack to keep jars off bottom of pan. Kettle must be deep enough for water to cover tops of jars one or two inches, without boiling over.\*

This method processes food at 212°F. Recommended for processing fruits, red tomatoes, pickles, relishes and other ACID foods.

### Pressure Canner

A large, heavy gauge container with rack, a cover which can be clamped on and is equipped with a petcock (vent), safety valve and gauge for regulating steam pressure.

All parts must be cleaned and in good working condition.

This is the only method to be used when processing vegetables, meats and other LOW-ACID foods.

- \* *A pressure canner can be used as a water bath by putting the cover in place and leaving the petcock open. Place a rack, or towels in the bottom of canner to keep the jars from touching the bottom of the container.*

### Pressure Saucepan with Pressure Gauge

Can be used for canning 2 to 3 pint or half-pint jars at a time.

When canning meats or low-acid foods, 20 minutes should be added to the regular steam-pressure processing time since the pans heat and cool quickly.

### Large Kettle

For cooking jams, jellies, preserves and relishes.

### Canning in Tin Cans

Should be done according to manufacturer's directions that come with the Tin Can Sealer.

### Oven Canning

NO LONGER RECOMMENDED AND IS DANGEROUS. JARS MAY PREMATURELY SEAL AND EXPLODE. THE TEMPERATURE OF THE FOOD IN JARS DURING OVEN PROCESSING DOES NOT GET HIGH ENOUGH TO INSURE DESTRUCTION OF SPOILAGE BACTERIA IN VEGETABLES.

### Open Kettle Canning

NOT RECOMMENDED FOR FRUITS, VEGETABLES OR MEAT, DUE TO DANGER OF SPOILAGE.

## JARS

### Test for leakage BEFORE Canning

Vacuum-seal jars cannot be tested. Examine metal lids to be sure sealing compound is even and that there are no cracks, nicks or scratches on top of jar.

For other jars half fill jar with hot water, adjust jar rubber over cover, complete seal and invert for 5 minutes. Check wire bail on Easy Seal jars to make sure it is tight enough to hold lid on firmly without forcing the bail.

### Imperfect jars and covers.. . . .

Discard, no matter how slight the damage.

### Sterilize jars which are to be used for jellies.

Always sterilize jars in which food has spoiled. Do this before storing the jars back on the shelf. See page

### After canning. . . . .

As soon as processing time is up, remove jars from canner with jar lifter and place upright on a pad of newspapers or towels, out of a draft, never on a cold bare surface. Be careful not to knock jars against anything or each other.

### If the jar has not sealed after 24 hours. . . . .

Quickly remove screw band and metal lid. Wipe band, lid, and top rim of jar with a clean, damp cloth to be sure all surfaces are free of particles of food. Replace with new metal lid, then screw band down in the usual manner. Re-process fruits for 10 minutes. Otherwise, place food in refrigerator and use within a few days.

### To Store. . . . .

Remove metal screw band after 24 hours. Store jars in cool dry area.

VACUUM-SEAL METAL COVER WITH METAL SCREW  
BAND - TO FIT STANDARD MASON JAR



1. Wash jars and metal screw bands, discarding any that are rusty or warped. Rinse and let stand in hot water until ready to use. Let metal lid stand in boiling hot water 10 minutes. **DO NOT WASH OR BOIL.**
2. Fill jar to 1" of top. Wipe off top of jar with clean, damp cloth.
3. Place metal lid on jar with sealing compound next to glass.
4. Screw metal band on firmly, holding lid in place. Do not screw band on hard enough to cut through sealing compound. Lid must be held securely in place, but requires "give" to allow air escape during canning.
5. Process.
6. This jar is self-sealing. Do not tighten screw band after canning, do not invert or touch lid while hot.
7. To test for complete seal, wait 24 hours. Remove screw band. Try lid to be sure it is on tight. Store without bands.
8. Metal screw bands may be used again. Wash, dry and store in a dry place. Do not use metal lids again.

**NOTE:** The United States Department of Agriculture (USDA) recommends using jars and lids manufactured specifically for use in home canning because they are designed to give a correct seal and have the strength to withstand temperature and pressure during processing and cooling. Do not use baby food jars, mayonnaise jars, very old canning jars, or jars with nicks, dents, cracks or rust. Use new metal lids with sealing compound for the two piece lid. Do not use half gallon size jars because it is difficult to reach the recommended temperature in the center of the jar. Food tends to pack and slows down heat penetration.

*If jars do not seal, check to be sure you did these things:*

1. Fill jar only to within 1 inch of the top.
2. Use only jars which are intended for vacuum seal. Those originally intended for glass or zinc tops are not satisfactory for vacuum seal.
3. After filling jars a rubber spatula should be run gently between jar and food to release air bubbles.
4. A pressure canner must be vented for a full 10 minutes before closing petcock.
5. Screw bands must not be rusty, warped, or bent.
6. Screw bands down firmly not forcibly, evenly all the way around.
7. Screw bands should hold lids firmly in place but must allow air to escape.
8. Always use new metal lids.
9. Remove all food particles from threads and top of jar before putting on lid.
10. Keep pressure constant in a pressure canner.



## CANNING FRUIT AND TOMATOES IN THE BOILING WATER BATH

1. Have canner partially filled with warm water.
2. Prepare jars as directed on pages 5 & 6.
3. Use ripe fruit of good quality, free from blemishes. Use tomatoes that are smooth and free of spots, dry rot and blight.  
Canning does not improve the flavor of under-ripe or over-ripe fruit.
4. Wash fruit thoroughly, rubbing gently between fingers to remove spray.  
Prepare fruit by peeling, pitting, etc. according to directions for each fruit on the charts.
5. Place jars in a shallow pan while filling. Pack fruit into clean, hot jars and add boiling syrup to 1 inch of top. \* Pack tomatoes solidly into jars to 1 inch of top. Add 1 t dairy or pure salt to each quart. It is not necessary to add water.
6. Run a clean rubber spatula down into and against the sides of the jar to force out air.
7. Wipe off top of jar with clean cloth and adjust cover according to type of jar used.
8. Place jars on rack in the warm water, so they do not touch each other. Add warm water to cover the tops of the jars by 1 inch.
9. Place cover on canner and bring water to the boiling point. Begin counting processing time after water comes to boil. Keep water boiling gently.

It may be necessary to add more boiling water occasionally during the canning time.

\* *Hot pack may be used, if desired. Heat fruit in syrup before packing into jars. (This method has no real advantage when canning fruit and tomatoes. Hot pack is always used for canning vegetables.)*

## CANNING TIPS

If fruit in top of jar is not entirely covered by liquid, do not open jar to add more liquid. This air space is sterile if correctly processed, and will not cause spoilage. See page 8 to be sure fruit was packed correctly into jars.

If fruit rises to top of jar, the keeping quality is not affected. This is caused by liquid being drawn from fruit and is a natural result when food is cooked or processed. See special instructions for Strawberries on chart, page 13.

If fruit falls to bottom of jar, check seal on the jar.

If fruit darkens or discolors after processing, this is not a sign of spoilage if food has been correctly processed. It is caused by enzyme action within the fruit, and by over-cooking. Do not shorten processing times. See chart, page 12, for special directions for Peaches and Pears. Store canned fruit in a cool, dark, dry place.

If small bubbles are noticeable at top of jar immediately after canning, these are air bubbles which are sterile and will not cause spoilage.

If bubbles appear several days after canning, this may indicate the beginning of fermentation. Jar seal should be checked. If jar is not sealed, and if food is not already spoiled, fruits and tomatoes should be brought to boil and used immediately. Do not re-process. Discard low-acid food.

If white crystals appear in bottom of canned tomatoes, they may be processed too long or wrong kind of salt used. Pure salt or dairy salt should be used.

If vegetables discolor and turn dark after canning, this is caused by enzyme action within the vegetables and by the fact that the long processing time and high temperature needed for processing has somewhat over-cooked the vegetables. Follow canning directions very carefully, and do not cut down on processing times.

If liquid is lost from jars in Pressure Canning:

1. Jar may have been filled too full. 1 inch from top is correct.
2. Enough water may not have been added to pressure canner. Water should be at least 2 inches up on jars.
3. Pressure may have fluctuated. Check gauge and regulate heat from time to time to maintain even pressure.
4. Pressure may not have dropped to zero before petcock was opened.
5. Petcock may have been opened too quickly at end of canning time.

## SYRUPS FOR CANNING FRUIT

These proportions give enough syrup for canning 6-8 quarts of fruit:

	Sugar	Water
Very Thin Syrup (For sweet fruit)	2 cups	8 cups
Thin	4 cups	8 cups
Medium	4 cups	6 cups
Heavy (For tart fruit)	6 cups	6 cups

A combination of corn syrup, sugar and water is liked by many to bring out extra fruit flavor, and improve texture and color of canned fruit.

	Sugar	Water	Corn Syrup
Thin Syrup	2 cups	7 cups	1 cup
Medium Syrup	3 cups	6 cups	2 cups
Heavy Syrup	4 cups	5 cups	3 cups

To make Syrup:

1. Combine sugar, water and corn syrup, if used.
2. Bring to the boil. Pour over fruit in jars while boiling hot.
3. Make enough syrup at one time for a canner load of jars.  
1 qt. fruit requires 1 cup syrup.
4. If syrup is made ahead, cool and store in covered jar in refrigerator. It may be kept one week. Bring to the boil before using.

## FRUITS MAY BE CANNED WITHOUT SUGAR

Sugar brings out the flavor, color and texture of canned fruit, but does not affect its keeping quality.

Fruits may be canned for diabetics by using boiling water in place and sugar syrup. For extra flavor, sort out the ripest fruit and cook until soft with a small amount of water. Strain and use in place of sugar syrup. Sweeten at time of serving with recommended sugar alternate.

(Try canning peaches and pears in pineapple juice or orange juice for better flavor and color.)

## CHART FOR CANNING FRUITS

*A fresh lemon rind rubbed over the tips of your fingers will remove fruit stains.*

FRUITS	PREPARATION	PROCESSING TIME BOILING WATER BATH $\frac{1}{2}$ PINTS, PINTS AND QUARTS
Apples	Peel, quarter or slice. To prevent discoloration, drop slices into solution of 1 t salt or 1 T lemon juice in 1 qt. water. Drain. Boil 1 minute in thin syrup. Pack in clean, hot jars, add boiling syrup; process.	15 min.
Cinnamon Apples	Color medium syrup red with vegetable coloring; add 1/8 t oil of cinnamon per pint of fruit. Proceed as above.	
Applesauce	Prepare applesauce as for table use, adding sugar or not, as desired. Pour boiling hot applesauce into clean, hot jars and process. IT IS IMPORTANT TO PROCESS APPLESAUCE TO PREVENT SPOILAGE.	15 min.
Berries	Wash and stem. Pack berries into clean, hot jars, add boiling thin or medium syrup; process.	16 min.
Cherries Sweet Sour	Wash, stem and pit, if desired. Pack into clean, hot jars and add boiling syrup. (Thin or medium for sweet, medium or heavy for sour cherries.) Sour cherries may be canned in their own juice or in boiling water for pies; process.	20 min.

Frozen Cherries (pitted & sweetened)	Pack into clean hot jars after defrosting. Process.	20 min.
Fruit Cocktail	Use 3 or more fruits as peaches, pears, and white grapes. Prepare each fruit as for canning, cutting into small pieces. Pack into clean, hot jars, add boiling syrup (thin), process.	20 min.
Grapefruit	Peel and section, removing all membrane. Pack into clean, hot pint jars, sprinkling 2 T sugar over layers. No syrup or water is necessary. Process.	20 min.
Peaches	Wash, dip into boiling water to loosen skins, plunge into cold water, peel and remove pits. Cut in half. Drop into solution of 1 t salt or 1 T lemon juice to 1 qt. water, to prevent darkening. 1 or 2 halves for each jar may be brought to boil in syrup, then used to finish filling the jar to prevent discoloration of fruit. Pack into clean, hot jars, add boiling thin or medium syrup, process.	20 min.
Pears	Wash, peel, halve and core. Drop into solution of 1 t salt or 1 T lemon juice to 1 qt. water to prevent darkening. 1 or 2 halves for each jar may be brought to boil in syrup, then used to finish filling the jar to prevent discoloration of fruit. Pack into clean, hot jars, add boiling thin or medium syrup, process.	20 min.

FRUITS	PREPARATION	PROCESSING TIME
		BOILING WATER BATH ½ PINTS, PINTS AND QUARTS
Pineapple	Peel, remove eyes and core. Dice or slice and pack into clean, hot jars. Add boiling hot thin or medium syrup and process.	16 min.
Plums Prunes	Wash, pit if desired, prick skins if left whole. Pack into clean, hot jars, add boiling hot, medium or thick syrup; process.	20 min.
Rhubarb	Wash, dice, pack into clean, hot jars and add boiling hot thick syrup; process.	16 min.
Rhubarb Sauce	Cook rhubarb with sugar, as for table use. Pour boiling hot sauce into clean, hot jars; process.	16 min.
Strawberries	Wash, hull, pack into clean, hot jars, sprinkling sugar over each layer, allowing $\frac{1}{4}$ c per pint. Pack jar full, shaking down the fruit, as no juice or water is added; process.	20 min.
Tomatoes	Wash, dip into boiling water and slip off skins. Leave whole or cut into quarters or halves and pack into clean, hot jars, pressing down so juice rises to cover tomatoes. Add 1 t dairy or pure salt, 2 T bottled lemon juice per quart or 1 T bottled lemon juice per pint.	45 min.
Maple Syrup	Bring syrup to boiling point and seal in sterilized jars.	No processing necessary

NOTE: *Fruits processed in pressure canner - Use 5 lbs. pressure for 10 minutes.*

## JUICES

NOTE: *When canning fruit juices, fill jars to ½ inch of top.*

JUICE	PREPARATION	
Apple Juice (Cider)	Use freshly pressed cider. Or make juice: Wash apples, quarter and cover with water. Cook until soft and strain through jelly bag. Sweeten if desired. Bring to boil and pour into clean, hot jars. Process.	15 min.
Berry Juice Cherry Juice	Wash, stem and crush berries. Heat until soft, adding water, if necessary, and strain through jelly bag. Sweeten if desired. Bring to boil and pour into clean, hot jars. Process.	16 min.
Cranberry Juice	Wash cranberries and add equal amount of water. Cook until soft and strain through jelly bag. Sweeten, if desired. Bring to boil and pour into clean, hot jars. Seal at once.	Not Necessary
Grape Juice I	Wash and stem 10 lbs (5qts) grapes. Add 1 qt. water and heat until seeds and pulp separate. Strain through jelly bag. Add 4 c sugar and heat to boiling point. Pour into clean, hot jars and process.	20 min.

PROCESSING TIME  
 BOILING WATER BATH  
 ½ PINTS, PINTS  
 AND QUARTS

JUICE

PREPARATION

Grape Juice //	Wash and stem grapes. Put 1 c grapes and $\frac{3}{4}$ - 1 c sugar in each quart jar. Fill jar to $\frac{1}{2}$ inch with boiling water and process.	10 min.
Tomato Juice	Wash tomatoes. quarter and cook until soft. Force through sieve and pour into clean, hot jars. Add 1 t dairy or pure salt and 2 T bottled lemon juice to each quart.  To serve tomato juice: Add $\frac{1}{4}$ t onion salt, 1/8 t cloves, $\frac{1}{2}$ t Worcestershire sauce to each quart.	10 min.
Use Canned Fruit Juice for Making Jelly	Any of the above fruit juices, if canned without sugar, may be used for making jelly during the winter. Add only enough water to fruit to prevent scorching, cook until soft and strain through jelly bag. Do not add sugar. Process according to chart above. To make jelly, follow recipe, using amount of canned unsweetened juice called for in the recipe.	

TO CAN VEGETABLES  
IN THE PRESSURE CANNER

1. Follow the instructions that come with the pressure canner.  
If a pressure saucepan is used, it must have a gauge which indicates 10 and 15 pounds pressure. Follow manufacturer's instructions.
2. Be sure petcock, safety valve and pressure gauge are clean and in good working order. Have the pressure gauge checked at your local extension office.
3. Prepare jars as directed on pages 5 & 6.
4. Use only freshly harvested vegetables of the right maturity for table use. Keep in a cool place until ready to prepare for canning. If you purchase vegetables for canning, plan to buy and can them the same day they are harvested. Time from garden to jar should be as brief as possible.
5. Prepare vegetables by washing (lift washed food out of water instead of draining off water). Directions for each vegetable on the chart, page 19.
6. All vegetables are packed hot.

Scald vegetables, enough for one jar at a time, in a large amount of boiling water, using 1 T dairy or pure salt to each quart of water. (Salt not necessary for preserving; omit if desired). When water returns to boiling point, start to count scalding time according to chart, page 19.

*Iodized or table salt leaves a white deposit.*

Scalding inactivates the enzymes in vegetables to help preserve a better color and help insure keeping quality. Scalding does not decrease processing time.

Use same scalding water for each batch of vegetables.

7. Pack hot vegetables in clean, hot jars. See pages 5 & 6. Add  $\frac{1}{2}$  t dairy or pure salt to each pint and 1 t salt to each quart.  
  
Cover vegetables with fresh boiling water, to 1 inch of top. Run a clean rubber spatula down sides of jar to force out air.
8. Wipe off top of jar with clean cloth and adjust cover according to type of jar used.
9. Place jars on rack in pressure canner and add enough hot water so that water comes at least 2 inches up on the jars. This amount of water helps maintain more constant pressure.
10. Place cover of pressure canner in position and fasten down with the petcock open. Bring water to the boil, allowing steam to escape from petcock in a steady stream, freely but gently, for 10 minutes to force all air out of pressure canner. Close petcock.
11. Let pressure come up slowly and start counting processing time when the required pressure is reached. Watch the gauge and regulate the heat so as to maintain constant pressure during the processing time.
12. At the end of the processing time, turn off heat and allow pressure to drop to zero, without moving the canner. Open the petcock slowly.
13. When all the steam has escaped, remove the cover. It will be difficult to remove the cover if you wait more than 1 or 2 minutes after all the steam has escaped.
14. Remove the jars from the canner with jar lifter or dry pot holders or towels.  
Place jars upright on a pad of dry towels or newspapers out of a draft.  
Complete the seal, if necessary, and 24 hours later, check the seal, according to the type of jar used.

PLEASE NOTE

HOT WATER BATH CANNING

VEGETABLES

Because of the danger of Botulinus toxin we can no longer recommend the use of the Water Bath Method of canning non-acid vegetables such as:

Asparagus, Green and Wax Beans, Lima Beans,  
Beets, Broccoli, Carrots, Cauliflower, Corn,  
Greens (Beet Greens, Spinach), Peas, Pumpkin,  
Squash, Winter Squash.

We suggest either pressure canning or the freezing of such vegetables for safe food preservation and to guard against the danger of Botulism.

The temperature in the Water Bath Method does not reach a high enough degree to kill the botulinus organisms.

MEATS & POULTRY

We do not recommend the use of the Hot Water Method for canning meat and poultry.

We suggest either pressure canning or freezing of these foods.

**WARNING:** *IF ANY OFF ODORS OR APPEARANCE IS DETECTED  
DISPOSE OF THE FOOD IMMEDIATELY WITHOUT  
TASTING. STERILIZE JARS IMMEDIATELY BEFORE  
PUTTING AWAY.*

VEGETABLES

See detailed directions, pages 16 and 17

VEGETABLES	PREPARATION	10 LBS. PRESSURE	
		$\frac{1}{2}$ PTS. AND PINTS	QTS.
*Asparagus	Wash, remove scales, break off tough portion, scald 3 minutes. Pack into clean, hot jars; process.	25 min.	35 min.
*Beans Fax, Green	Wash and cut or leave whole. Scald 3 minutes. Pack into clean, hot jars; process.	20 min.	25 min.
Lima	Shell and wash lima beans. Proceed as above.	35 min.	55 min.
*Beets (young)	Wash, cook 15 minutes, or until skins slip off easily, cut off root and stem. Dice or slice. Pack into clean, hot jars. Omit salt, add $1\frac{1}{2}$ t vinegar to each pint to improve color. Process.	25 min.	35 min.
*Broccoli	Wash, soak in salt water, drain. Scald 3 min. Pack into clean, hot jars and process. <u>Has strong flavor and dark color after canning.</u>	30 min.	35 min.
*Carrots (young)	Scrub, leave whole or slice. Scald 3 min. Pack into clean, hot jars and process.	20 min.	

VEGETABLES	PREPARATION	10 LBS. PRESSURE ½ PTS. AND PINTS	QTS.
Cauliflower	Same as Broccoli. Has strong flavor and dark color after canning.	30 min.	35 min.
Corn	Use only tender young corn, handle quickly and in small amounts. Corn is subject to flat sour. Husk and remove silk. Cut from cob, do not scrape cob if whole kernels are desired. Add ½ t dairy or pure salt to each pint of corn. Cover with boiling water, bring to boiling point and pack into clean, hot jars, filling jars loosely to 1 inch of top. Process.	55 min.	85 min.
Eggplant	Wash, pare, slice or cube. Sprinkle lightly with salt. Cover with cool water. Let stand 45 minutes; drain. Pack into clean, hot jars. Cover with boiling water to within 1 inch from the top. Process.	30 min.	40 min.

VEGETABLES	PREPARATION	10 LBS. PRESSURE ½ PTS. AND PINTS	QTS.
* Greens Beet Collard Dandelion Spinach Swiss Chard	Wash well. Steam until stems are wilted, 2-4 minutes. Pack loosely into clean, hot PINT jars, cut through greens with knife. Process.	70 min.	
* Add ½ t salt for each pint, cover vegetable with fresh boiling water to 1 inch from top of jar.			
Peas	Use tender young peas and handle quickly. Shell, wash and scald 3 minutes. Pack into clean, hot jars. Add ½ t salt, cover with water to within 1 inch from top. Process.	40 min.	40 min.
Peppers, Green	Wash, cut in half, remove seeds. Scald 3 minutes. Pack into clean, hot jars. Add 1 T vinegar and ½ t salt to each pint. Cover with water to within 1 inch from the top. Process.	35 min.	
Pimiento	Wash, cover with boiling water for 10 minutes. Drain, slip off skins. Remove stems, seeds and core. Pack into clean, hot jars. Add no water. Process.	15 min.	15 min.

VEGETABLES	PREPARATION	10 LBS. PRESSURE $\frac{1}{2}$ PTS. & PINTS	QTS.
Pumpkin	Wash, peel and remove seeds, cut in pieces. Bake, steam or boil until tender. Add water to give consistency of pie filling. Bring to boil. Pack into clean, hot pint jars. Process.	65 min.	80 min.
Sauerkraut	Make sauerkraut. Bring to boil and pack into clean, hot jars. Add no water. Process.	10 LBS. PRESSURE $\frac{1}{2}$ PTS. & PINTS	BOILING WATER BATH 30 min.
Squash Summer Squash	Prepare as for table use. Cook 3 min. without adding water. Pack into jars in its own juice. Process.	25 min.	30 min.
Winter Squash	Same as Pumpkin.	65 min.	80 min.

VEGETABLES	PREPARATION	10 LBS. PRESSURE PTS. QTS.	BOILING WATER BATH QTS.
Tomatoes	Wash, dip into boiling water and slip off skins. Leave whole or cut into quarters or halves and pack into clean, hot jars, pressing down so juice rises to cover tomatoes. Add 1 teaspoon dairy or pure salt and 2 Tablespoons (6 teaspoons) bottled lemon juice per quart.	10 lbs. 10 lbs. 15 min. 20 min.	45 min.
Plain Tomato Sauce	Wash tomatoes, quarter and cook until soft. Force through sieve, then pour into a large saucepan. Bring the juice to boiling and boil gently, stirring frequently to prevent sticking (more often as it thickens to prevent scorching). The consistency of the sauce should fall about halfway between juice and paste. HOT PACK IN $\frac{1}{2}$ PINT OR PINT JARS ONLY.) To each pint, add 1 Tablespoon bottled lemon juice and $\frac{1}{2}$ teaspoon pure or dairy salt.  Do not add onions or celery or the sauce will need to be pressure processed.		30 minutes <u>Pints or</u> <u>half pints</u> <u>only</u>

## MEAT

### TO CAN MEAT IN THE PRESSURE CANNER

1. Can only meat which is in prime condition.
2. Trim away excess fat, membrane and dark portions. Cut in serving-size pieces, as large as will fit into jars.
3. Partially precook or brown meat, if desired, before canning. Precooking does not decrease processing time.
4. Pack meat into clean, hot jars to 1 inch of top. Add 1 t dairy or pure salt to each quart. Add 3-4 T drippings, if meat was precooked before canning.
5. Follow directions for using Pressure Canner given on page 16.

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MEAT	PREPARATION	15 LBS. PRESSURE	
		PTS.	QTS.
Beef, Lamb, Pork, Veal, Venison	Prepare meat as directed above. Pack into clean, hot jars. Add 1 t dairy or pure salt to a quart, $\frac{1}{2}$ t salt to each pint. Add 3-4 T drippings if meat has been precooked. Do not add water. Process.	60 min.	80 min.
Ground Meat Variety Meats (tongue, heart, liver, etc.)	Shape freshly ground sausage or hamburger into patties. Brown if desired. Pack loosely into clean, hot jars. Add 3-4 T drippings if meat has been precooked. For hamburger, add 1 t dairy or pure salt to each quart, $\frac{1}{2}$ t salt to each pint. Do not add water. Process.	70 min.	90 min.

		15 LBS. PRESSURE PTS.	QTS.
Poultry	Dress, singe and wipe dry. Cut in serving size pieces and pack into clean, hot jars. Add 3-4 T drippings if poultry has been precooked. Add 1 t dairy or pure salt to each quart, $\frac{1}{2}$ t to each pint. Do not add water. Process.	60 min.	80 min.
		10 LBS. PRESSURE PTS.	QTS.
Meat Sauce for Spaghetti	Melt $\frac{1}{2}$ c fat. Brown $\frac{1}{4}$ c finely diced onion and 1 clove minced garlic, then brown 1 lb. ground beef or veal. Add $\frac{1}{2}$ c sliced green pepper, 1 c diced celery, $3\frac{1}{2}$ c tomatoes and 1 t dairy or pure salt. Cook 45 minutes. Pour into clean, hot jars, process.	80 min.	90 min.
Meat Stock for Soup, or Soup	Prepare stock from meat and bones, as for making soup or prepare soup from stock, as for table use. Heat to boiling point, pour into clean, hot jars and process for longest length of time of any ingredient in the mixture.	40 min.	45 min.

# **PRESERVING**

## **STERILIZING GLASSES**

Always sterilize jelly jars before filling.

1. Wash glasses in hot soapy water. Rinse with hot clear water. Place dishtowel in bottom of large kettle, add glasses, cover with hot water and bring slowly to boiling point. Boil for 10 minutes. (if water is very hard, add a little vinegar to the water - prevents a white deposit on the glasses.) Let glasses stand in hot water until ready to be filled.
2. Glasses can be washed in the dishwasher. Use hot water 150°F.
3. Jars can be sterilized in the oven. Place clean jars in a shallow baking pan and place in a 300°F oven for 10 minutes. Handle hot jars very carefully.

## FRUIT

1. Plan to purchase or harvest fruit just before making into jam or jelly. If it is necessary to keep it several hours or overnight, store fruit in refrigerator. Fruits like cranberries, currants and raspberries may be frozen as is to be made up later. Strawberries, peaches and apricots may be frozen with sugar to make up later. Note on package amount of sugar used.
2. Sort out the ripest, firmest, unbruised fruit for jam. The softer fruit can be used for jelly or fruit juice. Fruit that is beyond this stage, or fruit that is not ripe enough, results in lack of fresh fruit flavor and color in jam and jelly.
3. Prepare enough fruit at one time for only one batch of jam or jelly.
4. Wash fruit carefully and thoroughly in cold water before peeling, stemming, etc. Drain.
5. Canned or frozen unsweetened fruit or fruit juice may be made into jam or jelly using the same directions as for fresh fruit.

## SUGAR

Sugar must be used in proper balance with the pectin and the acid to produce a jelly of the most desirable texture.

In general, it is satisfactory to use  $\frac{2}{3}$  -  $\frac{3}{4}$  c sugar to 1 c fruit or juice, except when commercial pectin is being used, then the recipe must be followed exactly.

## BLENDED SUGAR

Blended sugar is granulated sugar (sucrose) plus dextrose. It lowers the caloric value BUT CANNOT be successfully substituted for regular granulated sugar.

Fruits in jams and jellies need a high percentage of sucrose for a proper gel and for preservation.

## EQUIPMENT

Large kettle  
Jelly thermometer  
Long handled wooden spoon

Measuring cups  
Pot holders

## COOKING FRUIT OR FRUIT JUICE

1. For the best results cook only 4 cups of fruit juice or pulp at one time. Never cook larger than a double recipe. Be sure kettle is large enough.

2. Use a large kettle, preferably not enamel, allow mixture to boil in a full rolling boil, stirring constantly.

3. Most fruits require the addition of pectin to make them "jell." This may be unsweetened apple juice, applesauce, or commercial pectin\* in either liquid or powder form. Follow exactly the recipe that comes with commercial pectin.

4. If fruit is very ripe and sweet, add  $\frac{1}{4}$  cup lemon juice to a recipe of jam or jelly before cooking for tartness.

5. When commercial pectin is not used, the mixture is cooked until thick and clear and "sheets" from a spoon. (See illustration.) A jelly thermometer may be used for a sure test, and the jam or jelly is cooked to temperature 220° F on the thermometer. This eliminates guesswork.

6. At the end of the cooking time, skim and pour the boiling hot mixture at once into prepared glasses. Seal jelly.

7. Process jams, preserves, conserves, marmalades, butters.

\* Liquid commercial pectin should be used the same year it is purchased. Store un-used amounts in a tightly closed bottle in the refrigerator and plan to use it up within a month.



## SEALING JAMS AND JELLIES

To guard against microorganism spoilage, it is now recommended to process all jams, preserves, conserves, marmalades and butters in a boiling water bath. Canning lids and jars are necessary, however sterilizing jars is not.

1. Fill jars to within 1/8 inch from the top. Wipe edge of jar with a clean damp cloth to remove food particles.
2. Place lid on jar. Screw band on firmly but not tight enough to cut sealing compound.
3. Lower jars in a deep kettle of hot water. Water should cover jars by 1 - 2 inches.
4. Bring water to a rolling boil, then boil gently for 5 minutes.
5. Remove jars from water, cool away from a draft. Check for seal after 12 to 24 hours.

Jellies only, may be sealed with paraffin.

1. Heat paraffin over low heat just until melted. Do not heat to smoking point.
2. Fill sterilized glasses to within  $\frac{1}{2}$  inch from the top. Wipe off edge of jar with clean cloth to insure a tight seal.
3. Pour paraffin on jelly to a depth of 1/8 inch. Tip glass slightly to coat inside edge. Prick air bubbles in paraffin.
4. Add another 1/8 inch layer of paraffin the next day. Tip glass to make a tight seal with the edge of glass.

Sealing Jelly with a Vacuum Seal Lid.

1. Fill and seal one sterilized jar at a time.
2. Fill hot jars to within 1/8 inch from the top. Wipe edge of jar with clean cloth.
3. Place lid on jar, screw metal band down firmly. Stand jar upright to cool.
4. Check for seal after 12 hours.



# JAMS

## STRAWBERRY JAM (*A Preserve Type Jam\**)

2 qts. hulled strawberries       $\frac{1}{2}$  c lemon juice  
5 c sugar

1. Bring berries and sugar to a full rolling boil and boil 3 minutes.
2. Add lemon juice and bring to a full rolling boil, boil 3 minutes longer.
3. Pour into hot glasses and process.

## RASPBERRY JAM

1. Use recipe for STRAWBERRY JAM, substituting raspberries.

## RASPBERRY JAM

2 qts. raspberries      5  $\frac{2}{3}$  c sugar  
1 c tart apple juice or  
sauce

1. Wash and drain berries, add apple juice and bring to boiling point quickly.
2. Add sugar and boil rapidly until mixture sheets from a spoon.
3. Pour into hot glasses and process.

Yield: 6-6 oz. glasses.

NOTE: *Blackberry, Mulberry, Cherry, Currant and Raspberry, Peach, and Strawberry Jam may be made exactly as Raspberry Jam. Substitute the same amount of fruit for the raspberries.*

## STRAWBERRY AND RHUBARB JAM

1 qt. diced rhubarb      6 c sugar  
1 qt. sliced strawberries

1. Mix rhubarb, strawberries and sugar. Bring slowly to boiling point.
2. Boil rapidly until mixture sheets from a spoon. Pour into hot glasses and process. Yield: 6 - 6oz. glasses.

NOTE: *If using frozen fruit and commercial pectin, follow the exact directions which come with the pectin.*

*\*If a firmer jam is desired, boil approximately 20 min. longer, until mixture sheets from a spoon.*

### PEACH AND ORANGE JAM

12 large peaches                      2/3 c sugar for each  
4 oranges                                1 c fruit pulp

1. Peel and stone peaches. Wash, slice, and remove seeds from unpeeled oranges. Put peaches and oranges through food grinder.
2. Measure 4 c fruit pulp, add 2 2/3 c sugar. Mix and allow to stand 1 hour. (It may stand overnight if necessary in the refrigerator.)
3. Bring to the boiling point. Boil rapidly until mixture sheets from a spoon (20 to 30 minutes).
4. Pour into hot glasses and process.

Yield: 6 - 6 oz. glasses.

NOTE: *This is excellent cooked in the oven. Bring to boil on top of range in a roasting pan. Place in 350°F oven, cook until mixture thickens, stirring every 20-30 minutes.*

### APPLE BUTTER

8 qts. sliced apples                      1 t allspice  
2 qts. sweet cider                        1 t cinnamon  
4 c sugar

1. Prepare apples.
2. Boil cider until it is reduced to one half.
3. Add the apples and cook until thick.
4. Add the sugar and spices and cook until thick and clear.
5. Pour into hot glasses and process.

### UNCOOKED JAMS

#### BERRY JAM FROM FRESH FRUIT

1 3/4 c crushed berries\*                      1/2 bottle liquid pectin  
4 c sugar                                      2 T lemon juice

1. Combine berries and sugar; mix well.
2. Mix pectin and lemon juice. Add to fruit; stir constantly for 3 minutes.
3. Pour into sterilized jelly glasses. Cover and let stand until set.
4. After 24 hours, place in refrigerator or freezer for storage over 3 weeks.

\* *Blackberries, blueberries, raspberries, strawberries.*

#### PEACH JAM FROM FRESH FRUIT

2 c finely chopped, ripe peaches	4 c sugar
1/8 t ascorbic acid	$\frac{3}{4}$ c water
	1 box powdered pectin

1. Peel peaches and remove pits.
2. Add ascorbic acid to sugar to prevent browning of fruit, add to peaches.
3. Bring water and powdered pectin to boil; boil 1 minute stirring constantly. Add to fruit-sugar mixture and stir 3 minutes. (Some sugar crystals may remain.)
4. Pour into 6 medium sterilized glasses. Cover tightly with lids. After 24 hours, place in refrigerator or in freezer for storage over 3 weeks.

#### STRAWBERRY JAM FROM FROZEN FRUIT

2 - 12 oz pkg frozen strawberries (3 c sliced sweetened berries)	$3\frac{1}{2}$ c sugar $\frac{1}{2}$ bottle liquid pectin or 1 pkg powdered pectin plus $\frac{3}{4}$ c water
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1. Thaw berries and put into blender container.
2. Add sugar and mix 5 seconds.
3. Add liquid pectin and mix 10 seconds or mix powdered pectin with water, boil 1 minute, stirring constantly. Add hot pectin to berry-sugar mixture and mix 10 seconds.
4. Pour into sterilized jelly glasses. Let stand 24 hours, or until set.
5. Cover and refrigerate or freeze.

NOTE: *Raspberries can be used in place of strawberries.*



### MINT JELLY

Follow directions for APPLE JELLY, page 33. Cook a large bunch of mint leaves with apples before extracting juice. Add a drop or two of essence of spearmint to the extracted juice.

Color a deep green with vegetable coloring and proceed as directed.

### GRAPE JELLY (Cultivated or Wild grapes)

1. Wash and stem grapes. Add 2 c chopped, unpeeled, tart apples to 6 c grapes. Add enough water to keep fruit from scorching. Cook in a covered pan until seeds and pulp separate.
2. Pour into jelly bag and allow to drip.
3. Allow juice to stand 4-5 days in refrigerator to prevent formation of sharp crystals. Crystals will settle to bottom of container, leaving clear juice on top. Pour off clear juice.
4. Measure 4 c grape juice. Add 2 2/3 c sugar. Bring to boiling point, boil rapidly until mixture sheets from a spoon. Skim.
5. Pour into hot, sterilized glasses and seal.

### RASPBERRY JELLY (*Currant & Raspberry, Strawberry, Pineapple, Cherry, Blackberry, Mulberry, Currant, Peach*)

3 c raspberry juice                      2 2/3 c sugar  
1 c apple juice

1. Combine juices. Bring to boiling point.
  2. Add sugar. Return to boiling point and boil rapidly until mixture sheets from a spoon. Skim.
  3. Pour into hot, sterilized glasses and seal.
- Yield: 6 - 6 oz. glasses.

*If using vacuum seal jars, see page 29.*

## RUBY JELLY

6 quinces  
6 small apples

1 qt cranberries  
sugar

1. Wash and core quinces but do not peel, add 1 qt water. Cook until tender, strain through jelly bag, adding more water, if necessary, to make one quart.
  2. Chop apples, add cranberries and 1 qt water. Cook until tender, strain through jelly bag. Pour juices together.
  3. Measure 4 c juice, cook 3 minutes, add 4 c sugar and boil until mixture sheets from spoon. Skim.
  4. Pour into hot, sterilized glasses and seal.
- Yield: 12 - 6 oz glasses.

# MARMALADES

## ORANGE MARMALADE

2 c orange peel,  
thinly sliced (3 large)

2 c orange pulp,  
cut up (3 large)

$\frac{1}{2}$  c thinly sliced lemon  
(1 medium)

3 c water  
sugar ( $\frac{3}{4}$  c sugar per cup  
of cooked fruit)

1. Combine fruit and water then simmer five minutes.
2. Cover and let stand 12 to 18 hours in a cool place.
3. Cook until peel is tender, about 45 minutes. Measure fruit and liquid.
4. Add  $\frac{3}{4}$  cup sugar for each cup of fruit mixture.
5. Bring slowly to boiling, stirring until sugar dissolves.
6. Cook rapidly to jelling point, 220°F about 25 minutes.
7. Pour boiling hot mixture into hot jars and process.

## BAR-LE-DUC

3 lbs sugar  
1 c currant juice (squeezed  
from extra currants)

1 lb stemmed currants

1. Put sugar and juice in a saucepan and bring to the boiling point. Cook 5 minutes. Skim.
2. Add currants and cook 5 minutes. Strain out currants.
3. Cook juice until thick and clear. Skim and pour over cooked currants. Boil for 1 minute.
4. Pour into hot jars and process.

## JAM AND JELLY MAKING TIPS

If jam is not thick enough, do not add more commercial pectin.

Let jam stand several days - up to 1 week - after making, before you are sure that it is not thick enough. If not thickened in this time, place unopened jars in a sunny window for 3 to 6 days. This helps it to set.

If jam is still not firm enough, try one of the following:

Empty 1 to 2 jars into a saucepan and bring slowly to a full rolling boil. Boil hard 1 min. Pour back into hot, clean jars. Process. Be careful not to overcook, as jam may become rubbery if made with commercial pectin.

If the fruit for the jam or jelly was very sweet and ripe, fruit acid may be lacking. Add  $\frac{1}{4}$  cup lemon juice when re-cooking a recipe of jam for tartness.

Melt jam or jelly slowly, add  $\frac{1}{2}$  cup sugar, bring to a full rolling boil and pour into glasses.



### If jelly weeps

Separation of a small amount of syrup occurs. This may be caused by:

1. Overcooking the jelly
2. Too thick a layer of paraffin
3. Over heating paraffin
4. Storage place too warm.

Do not reseal with paraffin. Cover and store in refrigerator or freezer.

### If mold forms on jelly

Discard jelly, sterilize jars immediately before putting away.

### If mold forms on jam, preserves, conserves, etc.

Lid has not sealed properly. Discard food, sterilize jars immediately before putting away.

### To prevent fermentation and mold formation

1. Complete sterilize jelly jars; use standard canning jars for jams, preserves, conserves, butter and marmalades.
2. Use exact amount of sugar specified in the recipe.
3. For jelly, seal immediately after filling jars.  
For jams, preserves, etc., process 5 minutes in a boiling water bath.
4. Store in a cool, dark, dry place.

### If jam or jelly is overcooked

1. A stiff, gummy mass will occur.
2. May become dark in color.
3. May cause sugar crystallization.

### Crystals forming may also be caused by

1. Too much sugar in the mixture.
2. Mixture cooked too slowly.
3. Evaporation of liquid on a opened jar of jam or jelly.



# MINCEMEATS

## PEAR MINCEMEAT

6 lbs. pears, chopped very fine	Juice of 1 orange
3 lbs. sugar	1 whole orange (skin and pulp) chopped very fine
2 T salt	2 lbs. seedless raisins
2 T ground cinnamon	1 c vinegar
2 t ground cloves	

1. Cook all ingredients until tender, stirring occasionally, about 40 to 60 min.
2. Pour into clean, hot pint jars and process 25 min. in a boiling water bath. Yield: 6 to 8 pints.

## GREEN TOMATO MINCEMEAT

3 lbs. green tomatoes	1 c vinegar
3 lbs. apples	1 c candied orange peel
2 lbs. raisins	4 lbs. brown sugar
1½ c water	2 T ground cinnamon
1 c suet or vegetable shortening	1 t ground nutmeg
2 T salt	2 t ground cloves

1. Chop and drain tomatoes. Add chopped apples, raisins, water, suet and salt.
2. Cook until tender. Add rest of ingredients and cook until thick and clear, about 1½ hours.
3. Pour into clean, hot pint jars and process 25 min. at 10 lbs. pressure. Yield: 8 pints.

# PRESERVING

## CITRON PRESERVES

1. Peel citron, remove seeds and dice.
2. Cover with water and cook until tender. Drain, reserving liquid.
3. Add 1½ c sugar for each cup of juice. Cook until syrup spins a thread (232°F.)
4. Add citron and cook until transparent.
5. Fill pint jars with citron. Add 1 slice lemon for each quart of syrup, boil until thick. Cover with syrup and process.

# PICKLES AND RELISHES

## Containers

Use a stone crock, a large open mouthed glass jar, or un-chipped enamel pan for curing pickles and making sauerkraut.

All tomato mixtures may be cooked in aluminum containers.

Do not use a metal container for curing pickles or sauerkraut. Do not use zinc top jars for brined mixtures.

These metals may react with acids or salts and cause undesirable color changes in the pickles.

## Jars

Regular canning jars are recommended for catsup and chili sauce. Scrub well, and rinse in hot water until ready to fill.

It is not necessary to sterilize jars for pickles and relishes.

NOTES:

## LET'S DISCUSS PICKLES

Pickles shrivel because of:

1. Too strong a brine.
2. Too much sugar.
3. Sugar added too rapidly.
4. Too strong a vinegar.

When pickles shrivel, there is nothing that can be done to restore them. Grind them and use for relish.

Soft pickles are caused by:

1. Too little salt used in curing.
2. Excessive yeast growth on surface of fermenting brine.  
(Remove scum from brine as it forms; keep cover and cloth on crock clean.)
3. Hard water. Soft water is best for pickling.

If water is hard, boil 15 minutes, let stand 24 hours. Remove scum and carefully pour off clear water leaving sediment in bottom. Add 1 T. vinegar per gallon of boiled water before using.

### Bloated pickles

1. Too much salt was used in curing.

### Hollow pickles

1. This is usually due to faulty growth and over-mature cucumbers.
2. Cucumbers were allowed to stand longer than 24 hours before brining.

## CUCUMBERS FOR PICKLING

1. For the best pickles, use cucumbers of small to medium size.
2. Heat cucumbers only to boiling point; never boil.
3. Put cucumbers into brine the same day they are picked, within 24 hours if possible.
4. To make pickles that resemble commercial pickles, the cucumbers must first be cured.

## CURING

Curing process takes place from five to six weeks allowing cucumbers to stand in a 10 per cent brine.

## SALT

1. Use pure or dairy salt for all pickling. Iodized or table salt leaves a white deposit.

## SPICES

1. Use whole spices where specified in recipes. The spices are usually tied in a bag, cooked with the mixture, and removed before mixture is put into jars.
2. Ground spices cause mixture to be dark in color. Substitute ground spices for whole spices, only if absolutely necessary.

1 T ground spice equals 4-5 T whole spice

2 heads dill equal 1 T dill seed

1 stick cinnamon equals  $\frac{1}{4}$  t ground cinnamon

## VINEGAR

1. Cider vinegar is used in most recipes, because it gives the best flavor and aroma.
2. White vinegar or distilled vinegar gives the best color, but is not as strong in flavor and aroma. Use same proportion.
3. Add green food coloring to vinegar to give a brighter color to pickles, if desired.

## PROCESSING

Heat processing is recommended for all pickle products to destroy organisms that cause spoilage and to inactivate enzymes that may affect flavor, color and texture. There is always danger of spoilage organisms entering the food when it is transferred from kettle to jar.

### To process fermented cucumbers and fresh pack dills:

Start counting processing time as soon as filled jars are placed in actively boiling water.

### For other pickles and relishes:

Start counting processing time as soon as water returns to boil.

## ICICLE PICKLES

2 gal 5" cucumbers (split lengthwise or cut into chunks with skins left on)	1 T powdered alum or alum size of walnut
2 c pure salt	5 c vinegar
	8 c sugar
	$\frac{1}{4}$ c mixed pickling spices

1. Wash cucumbers, put in container, add salt and 1 gal boiling water. When cool, cover with a plate. Let stand 1 week. If mold forms, remove it.
2. Drain and add another gal of boiling water. Let stand 24 hours.
3. Drain. Dissolve alum in 1 gal of boiling water and pour over cucumbers. Let stand 24 hours.
4. Drain and discard liquid.
5. Combine vinegar, sugar and mixed spices. Bring to the boiling point, put on cucumbers and let stand 24 hours.
6. Drain, bring vinegar mixture to the boiling point and return to cucumbers. Let stand 24 hours.
7. Follow this last step three more times.
8. The pickles are then ready to use or can be packed in clean, hot jars. Adjust lids.
9. Process 15 minutes as soon as jars are placed in actively boiling water.

## DILL PICKLES

Small cucumbers  
Dill  
Horseradish root

Small hot red peppers  
 $\frac{1}{4}$  c pure salt to 4 c cold  
water

Glass jar with wire bails

1. Scrub cucumbers and place upright in clean, hot jars.
2. Between each layer place a few blossom ends of dill, diced or grated horseradish root and small pieces of red pepper.
3. Dissolve salt in water, fill jars to  $\frac{1}{2}$  inch of top. Partially seal.
4. The cucumbers will ferment and brine will bubble out of container. When fermentation stops, after 2 or 3 weeks, open jars and fill to  $\frac{1}{2}$  inch of top with fresh brine. Adjust lids.
5. Process in Boiling Water Bath 15 minutes, as soon as jars are placed in actively boiling water.

## DILL PICKLES, KOSHER STYLE

Add a clove of garlic to each jar of Dill Pickles.

## GREEN TOMATOES, KOSHER STYLE

Follow directions for Dill Pickles, substituting small green tomatoes for cucumbers. Add a clove of garlic to each jar.

## SWEET DILL PICKLES

1. Alternate large, fresh cucumbers and layers of dill in a crock.
2. Cover with brine made of 1 c pure salt and 3 qts. water.
3. Cover and place a weight on the cover. Remove scum every 3 or 4 days. Let stand 2 weeks.
4. Remove from crock and cut lengthwise or into chunks. Place in clean jars and cover with hot syrup. Adjust lids.
5. Process 15 minutes as soon as jars are placed in actively boiling water.

### Syrup

1 c vinegar  
1 t mixed whole spices

2 c sugar

1. Bring to boiling point, Cook 5 minutes, pour over pickles.

## SWEET PICKLES

Omit dill from above recipe.

## DILL PICKLES

Small dill sized 3 inch cucumbers

For each quart:

1/8 t powdered alum	2 c vinegar
1 clove garlic	1/2 c pure salt
2 heads dill or	6 c water
1 T dill seed	Grape leaves, if
1 hot red pepper	desired

1. Wash cucumbers. Let stand in cold water overnight.
2. Pack upright into clean hot jars.
3. To each quart, add alum, garlic, dill and red pepper.
4. Combine vinegar, salt and water. Heat to boiling and fill jars.
5. Place a grape leaf in top of each jar and adjust lids.  
Makes 3 to 4 quarts depending on size of cucumbers.
6. Process in Boiling Water Bath 20 minutes, as soon as jars are placed in actively boiling water.

*NOTE: If desired, the garlic and hot red pepper can be omitted.*

## MIXED SWEET PICKLES

1 qt small onions	1 qt vinegar
1 qt flowerets cauliflower	1 qt water
1 qt celery, diced	4 c sugar
1 qt very small cucumbers	1/2 c mixed whole spices

1. Make strong salt solution (1 c pure salt to 1 gal. water).
2. Let onions, cauliflower, celery and cucumbers stand in brine for 24 hours. Drain and dry.
3. Mix vinegar, water, sugar and spices and boil 5 minutes. Pour over the drained pickles.
4. Pack into clean, hot jars and adjust lids.
5. Process pints 5 minutes; quarts 10 minutes after water returns to a boil.

### SWEET GHERKINS

2 qts small cucumbers	2 T whole cloves
1 c pure salt	2 T stick cinnamon
2½ qts boiling water	1 T celery seed
2 qts vinegar	2 T whole allspice
2 T white mustard seed	2 lbs sugar

1. Select small cucumbers of uniform size; wash and dry.
2. Dissolve salt in boiling water and pour over cucumbers. Let stand 24 hours.
3. Drain and cover cucumbers with vinegar which has been brought to boiling point. Let stand 24 hours. Drain, saving vinegar.
4. Pack cucumbers into clean, hot jars. Add spices and sugar to vinegar; boil 2 minutes and pour over cucumbers. Adjust lids.
5. Process pints 5 minutes; quarts 10 minutes after water returns to a boil.

### SWEET SLICED PICKLES

50 cucumbers, 1 inch in diameter	1½ c water
1 c pure salt	7½ c sugar
3 c vinegar	1½ t celery seed
	1½ t mustard seed

1. Slice cucumbers about  $\frac{1}{4}$  inch thick. Arrange in layers with cracked ice, sprinkling each layer with salt. Let stand 3 hours. Drain thoroughly, but do not rinse.
2. Mix vinegar, water, sugar, celery and mustard seed. Bring to boiling point, add cucumbers and heat until pickles are hot but not boiling.
3. Fill clean, hot jars and adjust lids.
4. Process pints 5 minutes; quarts 10 minutes after water returns to a boil.

### SWEET DILL PICKLES

Add one stalk dill to each jar in above recipe.

### SWEET PICKLES (adding a few cucumbers each day)

1 gal vinegar	$\frac{1}{2}$ c pickling spices
1 c pure salt	Small cucumbers
1 c dry mustard	6 lbs sugar

1. Mix vinegar, salt, mustard and spices. Put in crock or large glass jar. Keep adding fresh cucumbers when ready from the garden. Cover with a plate. Place weight on plate to keep pickles submerged. Cure 10 days if all cucumbers added at once.
2. When all cucumbers are in brine, add  $\frac{2}{3}$  c sugar daily for 18 days.
3. Fill clean, hot jars and adjust lids.
4. Process quarts 15 minutes as soon as jars are placed in actively boiling water.

NOTE: *These pickles can be left in original container, and are ready for use immediately.*

### MUSTARD PICKLES

1 pt small cucumbers	water
1 pt sliced cucumbers	1 pt cauliflower flowerets
1 pt pickling onions	3 sweet red peppers, quartered
1 pt small green tomatoes	3 green peppers, quartered
vinegar	1 c green beans

1. Soak vegetables over night in brine (1 c pure salt to 1 gal. water). Drain and soak in fresh water 3 hours.
2. Mix enough vinegar and water in equal quantities to cover vegetables. Allow them to stand 1 hour.
3. Drain off vinegar solution, bring to boiling point and pour over vegetables. Let cool. Drain and discard. Add Mustard Sauce and simmer 15 minutes. Pack pickles into clean, hot jars and adjust lids.
4. Process pints 5 minutes after water returns to a boil.

#### Mustard Sauce

$1\frac{1}{2}$ c sugar	$1\frac{1}{2}$ t turmeric
$\frac{1}{2}$ c flour	1 t celery seed
$\frac{1}{4}$ c dry mustard	6 c vinegar

1. Mix dry ingredients, add vinegar slowly, stirring to make a smooth paste. Cook over low heat until thick.

### BREAD AND BUTTER PICKLES

6 onions, sliced	6 c sugar
6 qts sliced cucumbers	1/3 c mustard seed
1/2 c pure salt	1 1/2 T celery seed
1 1/2 qt vinegar	1/4 t cayenne pepper

1. Slice onions, combine with cucumbers and salt. Let stand 3 hours. Drain well.
2. Combine vinegar, sugar, mustard, celery seed and cayenne. Bring to boil and boil 5 minutes.
3. Add cucumbers and onions. Heat to simmering point.
4. Pack into clean, hot jars and adjust lids.
5. Process pints 5 minutes; quarts 10 minutes after water returns to a boil. Makes 8 pints.

### MUSTARD BEANS

1 pk green or yellow beans	2 t turmeric
3 lbs sugar	1 1/2 c all-purpose flour
1 c dry mustard	1/2 c vinegar
2 T celery seed	3 pts vinegar

1. The beans may be cut in 1 inch lengths or left whole. Cook until tender but not soft in boiling salted water. Drain.
2. Mix sugar, mustard, celery seed, tumeric and flour. Add 1/2 c vinegar to make smooth paste. Bring vinegar to boiling point, and add mustard mixture. Bring to boiling point and let boil 5 minutes.
3. Add beans, pour into hot clean jars and adjust lids.
4. Process pints 5 minutes after water returns to a boil.

### SACCHARIN PICKLES

1. Soak 1 pk small cucumbers in brine (1 c pure salt to 1 gal water) over night. Drain and rinse with cold water. Dry and arrange in jars.
2. Mix the following, do not heat, and pour over cucumbers and adjust lids.

1 gal vinegar	2 t saccharin powder
1 1/2 qts water	2 T mixed pickling spices
1 t pure salt	2 T dry mustard
3. Process pints 5 minutes after water returns to a boil.

### RIPE CUCUMBER RINGS

12 large yellow cucumbers	5 c sugar
$\frac{1}{2}$ c pure salt	1 t celery seed
2 qts water	1 t mustard seed
2 c vinegar	

1. Peel cucumbers and cut into slices  $\frac{1}{2}$  inch thick.
2. Dissolve salt in water, pour over cucumbers and let stand over night.
3. Drain, cover with clear water, cook until tender, drain.
4. Mix vinegar, sugar and seeds; boil until syrup almost spins a thread.
5. Add cucumbers and bring to the boiling point. If cucumbers are not transparent, simmer a few minutes longer.
6. Fill clean, hot jars and adjust lids.
7. Process pints 5 minutes after water returns to a boil.

### GREEN TOMATO PICKLES

1 pk green tomatoes	2 T whole cloves
6 large onions, sliced	2 T whole allspice
1 c pure salt	2 T whole ginger
2 qts water	2 T dry mustard
1 qt vinegar	2 sticks cinnamon
2 lbs brown sugar	1 t cayenne pepper
2 qts vinegar	

1. Remove blossoms and blemishes from tomatoes; slice. Combine with onions, sprinkle with salt and let stand overnight.
2. Add water and 1 qt vinegar. Boil 5 minutes, drain and discard liquid.
3. To tomatoes add remaining ingredients, with spices tied in a bag. Bring just to a boil. Simmer 5 minutes. Let stand overnight.
4. Bring to boiling point. Pack into clean, hot jars and adjust lids.
5. Process pints 5 minutes after water returns to a boil.

### PICKLED PEPPERS

4 qts hot peppers (red or green)	2 cloves garlic
$1\frac{1}{2}$ c pure salt	2 T prepared horseradish
4 qts water	10 c vinegar
$\frac{1}{4}$ c sugar	2 c water

1. Cut two small slits in each pepper. Wear rubber gloves to prevent burning hands.
2. Dissolve salt in 4 quarts water. Pour over peppers and let stand 12-18 hours in a cool place.
3. Drain; rinse and drain thoroughly.
4. Combine remaining ingredients; simmer 15 minutes. Remove garlic.
5. Pack peppers into hot jars leaving 1 inch head space.
6. Pour boiling hot pickling liquid over peppers. Adjust lids.
7. Process half-pints and pints 10 minutes in boiling water bath. Yield: about 8 pints.

# PICKLED FRUITS AND VEGETABLES

## SPICED VINEGAR

- |                       |                    |
|-----------------------|--------------------|
| 1 qt vinegar          | 1 t whole cloves   |
| $\frac{1}{2}$ c sugar | 2 T mustard seed   |
| 2 sticks cinnamon     | 1 t whole allspice |

1. If vinegar is very strong, dilute half and half with water. Mix sugar and vinegar.
2. Add spices tied in a bag and boil for 5 minutes. Let spices stand in vinegar until ready for use.

## PICKLED BEETS OR WAX BEANS

1. Cook small beets or beans until tender. Plunge beets into cold water and slip off skins. Drain beans.
2. Cover beets or beans with Spiced Vinegar and simmer for 15 minutes.
3. Pack vegetables into clean, hot jars, fill to 1 inch of top with hot Spiced Vinegar. Adjust cover according to type of jar used.
4. Process in Boiling Water Bath for 20 minutes.

## PICKLED ONIONS OR CAULIFLOWER

1. Cover small onions with boiling water, cut off dark portions from root, and slip off skin. Divide head of cauliflower into flowerets.
2. Dissolve 1 c pure salt in  $\frac{1}{2}$  qts boiling water and bring to boiling point. Pour over onions or cauliflower and let stand 24 hours. Drain, rinse, cover with cold water, soak 1 hour, and drain.
3. Pack onions or cauliflower into clean hot jars, fill to 1 inch of top with hot Spiced Vinegar, adjust cover according to type of jar used.
4. Process 20 minutes in Boiling Water Bath.

PICKLED FRUIT - Peaches, Seckel and Bartlett Pears, Prunes,  
Crab Apples

1 qt vinegar  
4 c sugar  
1 T whole allspice  
1 T stick cinnamon  
1 T whole cloves  
Firm fruit (about 6 qts)

1. Mix vinegar, sugar and spices. Bring to boiling point and cook 5 minutes.
2. Wash and dry fruit. Do not peel. Add to syrup enough fruit to fill one jar. Cook slowly until just tender but not soft.
3. Pack fruit into clean, hot jars, cover with syrup and adjust lids.
4. Process 20 minutes after water returns to a boil.

NOTE: *Peach skins will wrinkle and can be slipped off before serving.*

MRS. MC NALL'S FAVORITE WATERMELON PICKLES

\* 5 lbs watermelon rind  
8 t alum  
1 qt vinegar  
4 lbs sugar  
\*\* $\frac{1}{4}$  t oil of cinnamon  
\*\* $\frac{1}{4}$  t oil of cloves

1. Prepare rind by cutting off the outer green peel and most of the pink center. Cut rind into strips, circles, or any desired shape.
2. Cover with water; boil until tender but not soft, then drain.
3. Cover with fresh water. Add alum, stir lightly, let stand over night.
4. Drain and rinse well under running water.
5. Mix sugar and vinegar, bring to a boil. Add rind. Let stand overnight.
6. Bring to a boil each day for 4 days. On the fourth morning, add the oil flavorings, bring to a boil.
7. Pack into hot sterilized jars and adjust lids.
8. Process 5 minutes after water returns to a boil.

Yield: 6 pints.

\* *The average size watermelon yields about 7 to 8 pounds of prepared rind.*

\*\* *2 Cinnamon sticks and 1 T whole cloves may be substituted for the oil flavorings.*

NOTE: *These pickles can be made in less time by cooking rind in syrup until transparent the first day, but they will not be as crisp.*

# RELISHES

## CORN RELISH

2 qts raw corn	$\frac{1}{2}$ c sugar
1 medium bunch celery	1 T salt
2 medium sized onions	1 T dry mustard
3 seeded sweet red peppers	2 t turmeric
2 seeded green peppers	$\frac{1}{2}$ c flour
2 c vinegar	

1. Cut corn off cob and measure.
  2. Grind or chop next 4 ingredients.
  3. Add 3 c water and cook until vegetables and corn are tender, about 20-30 minutes.
  4. Drain, saving 2 cups liquid from vegetables.
  5. Add vinegar, sugar, and spices to vegetable water. Mix flour with a little syrup, add to remaining syrup and cook until thickened, stirring constantly.
  6. Put sauce on vegetables and cook 20 minutes.
  7. Put into clean, hot jars and adjust lids.
  8. Process 15 minutes after water returns to a boil.
- Yield: about 4 $\frac{1}{2}$  pts.

## CABBAGE RELISH

$\frac{1}{2}$ pk green tomatoes	3 T salt
1 doz sweet red peppers	3 c sugar
1 doz green peppers	3 c vinegar
1 medium head cabbage	3 T mustard seed
10 large onions	1 t turmeric

1. Put tomatoes, peppers, cabbage and onions through food chopper. Add salt, stir lightly and let stand overnight.
  2. Drain, add rest of ingredients and cook 20 minutes.
  3. Pour into clean, hot jars and adjust lids.
  4. Process 5 minutes after water returns to a boil.
- Yield: 4-6 pints.

## PEPPER RELISH

12 green peppers	2 c vinegar
12 sweet red peppers	2 c sugar
12 onions	3 T salt

1. Remove seeds from peppers and peel onions; grind vegetables and cover with boiling water. Let stand 5 minutes; drain.
  2. Mix vinegar, sugar and salt. Bring to boiling point, add vegetables and boil 5 minutes.
  3. Pour into clean, hot jars and adjust lids.
  4. Process 5 minutes after water returns to a boil.
- Yield: 3-4 pints.

### GREEN TOMATO PICCALILLI

1 pk green tomatoes, chopped      3 green peppers, chopped  
1 lb cabbage, chopped                 $\frac{1}{2}$  c pure salt  
3 large onions, chopped              3 c vinegar

1. Mix chopped vegetables with salt. Let mixture stand overnight. Drain.
2. Add vinegar. Boil mixture for 30 minutes, drain vegetables again and discard vinegar.
3. Mix the following ingredients, tying the whole spices loosely in a cheesecloth bag and boil for 1 minute:  
    1 qt vinegar                               $1\frac{1}{2}$  t whole cloves  
    2 c sugar                                   $\frac{1}{4}$  c dry mustard  
    1 c grated horseradish               $1\frac{1}{2}$  t peppercorns  
     $1\frac{1}{2}$  t whole allspice
4. To the mixture add the chopped vegetables and bring again to a boil.
5. Pour into clean, hot jars and adjust lids.
6. Process 5 minutes after water returns to a boil.

### SPANISH PICKLES (For Hot Dogs and Hamburgers)

6 c (3 lbs) small cucumbers            1 T celery seed  
12 sweet red peppers                  1 t turmeric  
12 green peppers                        3 c sugar  
1 medium head cabbage                3 c vinegar  
5 large onions                          3 T mustard seed  
3 T salt

1. Put cucumbers, peppers, cabbage and onions through food chopper.
2. Stir in salt and let stand overnight, drain.
3. Mix with other ingredients and boil 20 minutes. Pour into clean, hot jars and adjust lids.
4. Process 5 minutes after water returns to a boil.  
Yield: 8-9 pints.

### PEACH CHUTNEY

$\frac{1}{2}$  c onion                                      2/3 c crystallized ginge;  
 $\frac{1}{2}$  lb raisins                                  or 1 t powdered ginger  
1 small clove garlic                      2 T mustard seed  
4 lbs fresh peaches                        1 T salt  
2 T red chili powder                      1 qt vinegar  
    $\frac{1}{4}$  lbs brown sugar

1. Put onion, raisins, and garlic through the food chopper.
2. Peel peaches, cut in small pieces. Mix with other ingredients.
3. Bring to the boiling point and cook until chutney is a rich color and rather thick.
4. Pack in clean, hot jars and adjust lids.
5. Process 20 minutes after water returns to a boil.  
Serve with cold meats or curry dishes.

## INDIA RELISH

1 $\frac{1}{2}$ qts chopped ripe tomatoes	$\frac{3}{4}$ t cloves
1 c chopped green peppers	1 $\frac{1}{2}$ t mustard seed
1 c chopped sweet red peppers	3 T salt
1 $\frac{1}{2}$ c chopped onions	1 $\frac{1}{2}$ c brown sugar
1 $\frac{1}{2}$ c chopped cabbage	2 c vinegar
1 c chopped celery	

1. Wash tomatoes. Scald and peel.
2. Chop all the vegetables coarsely. Mix all ingredients and cook 10 minutes.
3. Pack into clean, hot jars and adjust lids.
4. Process 5 minutes after water returns to a boil.  
Yield: 6-8 pts.

## BEET RELISH

1 qt chopped, cooked beets	2 c vinegar
1 medium onion, chopped	$\frac{3}{4}$ c sugar
$\frac{1}{2}$ c grated horseradish	2 t salt

1. Combine ingredients and cook until onion is tender.
2. Pour into clean, hot jars and adjust lids.
3. Process 5 minutes after water returns to a boil.  
Yield: 3-4 pints.

# CATSUP AND CHILI SAUCE

## COOKED IN THE OVEN

Chili sauce or catsup will have a better flavor, color and consistency if cooked in the oven. Use a favorite recipe.

1. Pour into roasting pan. Bring to boiling or to boil on top of range.
2. Place uncovered in a 350°F oven. Bake 3-4 hours, stirring occasionally.
3. Pour into clean, hot jars and adjust lids.
4. Process 15 minutes after water returns to a boil.

## CHILI SAUCE

50 medium tomatoes	1 T whole allspice
10 medium onions, chopped	1 stick cinnamon
4 sweet red peppers, chopped	1 T whole cloves
1 large bunch celery, chopped	2 T salt
1 qt vinegar	3 c sugar
1 T ground nutmeg	

1. Scald, peel and chop tomatoes. Add other vegetables and vinegar. Bring mixture to boiling point. Cook until thick and clear.
2. Last hour of cooking add nutmeg, other spices tied in a bag, salt and sugar.
3. Pour into clean, hot jars and adjust lids.
4. Process 15 minutes after water returns to a boil.  
Yield: 9-11 pts.

## MRS. BENDER'S FRUIT CHILI SAUCE

7 onions	1 pk (8 qts) tomatoes
7 green peppers	1 qt vinegar
1 bunch celery	2 lb sugar
7 apples	2½ t salt
7 peaches	1/3 c pickling spice
7 pears	(in bag)

1. Grind onions, green pepper and celery.
2. Peel and dice apples, peaches, pears and tomatoes.
3. Combine all ingredients and cook until thick. Remove spice bag. Pour into clean, hot jars and adjust lids.
4. Process 15 minutes after water returns to a boil.  
Yield: 8-10 pints.

## TOMATO CATSUP

- |                            |                                  |
|----------------------------|----------------------------------|
| 1 pk (8 qts) ripe tomatoes | 1 t ground mace                  |
| 4 onions, sliced           | 1 t black pepper                 |
| 1 small clove garlic       | 1 t paprika                      |
| 2 red peppers, seeded      | 1 T celery seed                  |
| 2 bay leaves               | 1 T whole cloves (heads removed) |
| $\frac{1}{2}$ c sugar      | 1 pt vinegar                     |
| 2 T salt                   |                                  |

1. Boil tomatoes, onions, garlic, peppers, and bay leaves until soft. Force through a sieve.
2. Add sugar, salt, mace, pepper, paprika and whole spices tied in a bag, to tomatoes. Boil rapidly until thick, stirring frequently. Remove spice bag, add vinegar and boil until thick.
3. Pour into clean, hot jars and adjust lids..
4. Process 15 minutes after water returns to a boil.  
Yield: 4-6 pts.

## QUICK KRAUT

This method can be used to prepare a small amount of kraut. It will have a milder flavor than does sauerkraut made by the longer process.

1. Remove the outside, dirty leaves from about 5 lbs of cabbage. Wash the cabbage.
2. Cut heads in halves or quarters and remove the core. Slice or shred.
3. Mix 5 lbs of cabbage with 2 oz salt ( $4\frac{1}{2}$  T).
4. Pack firmly into 5 pint jars with glass tops. Partially seal. Must be packed tightly to get enough juice.
5. Keep jars as near 70°F as possible for 5 days. Fermentation will take place and enough juice will be extracted to cover cabbage.
6. Process 15 minutes as soon as jars are placed in actively boiling water.
7. Completely seal jars. Kraut will be ready for use in about 6 weeks.

*YIELD OF CANNED FOOD FROM FRESH FOOD*

FOOD	AMT. TO FILL <u>1 QT. JAR</u>	QT. JARS <u>FROM 1 BUSHEL</u>
Apples	2½ lbs, sliced	16-20 qts
Beans, Lima	4-5 lbs, unshelled	8-10 qts
Beans, Snap	1½-2 lbs	18-22 qts
Beets	4-6 medium	20-25 qts
Berries (NOT Strawberries)	1½-2 qts	24 qt crate cans 16-18 qts
Cherries	1½-2½ lbs, pitted	20-25 qts
	1½ lbs, unpitted	18-22 qts
Corn	4-5 ears can 1 pt	16-18 pts
Cucumbers	100 medium size fill 1 gal crock	
Grapes	2½ lbs	
Peaches	2-3 lbs (3-5 in a lb)	16-20 qts
Pears	2-3 lbs (3-4 in a lb)	18-25 qts
Peas	2-2½ lbs can 1 pt	14-16 pts
Pineapple	1½-2 medium	
Plums	1½ qts	22-25 qts
Pumpkin	4 lb in shell	20 pts
Rhubarb	4-6 large stalks	
Spinach	2/3 lb cans 1 pt	10-14 pts
Squash, Summer	1½ large squash	
Squash, Winter	4 lbs in shell	20 pts
Strawberries	2-2½ qts	24 qt crate Cans 10-12 qts
Tomatoes	3 lbs (4-6 in a lb)	20 qts

*TABLE OF EQUIVALENTS*

3 t - 1 T	8 qts - 1 pk	16 fluid oz - 1 lb
16 T - 1 c	4 pks - 1 bu	32 fluid oz - 1 qt
4 c - 1 qt	32 qts - 1 bu	2 c sugar - 1 lb
4 qts - 1 gal	8 fluid oz - 1 c	



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