

## “Canning Demonstration”

### What you Need Before you Start

Here is a list of items you will need to complete this process. If you decide that you want to start with something other than Cranberry Sauce, simply check your recipe and switch out those ingredients for the Cranberry Sauce recipe ingredients used in the recipe example.

The food type and amounts are the only things that will change from recipe to recipe. The tools needed and processes used for water bath canning remain the same regardless.

#### Required items for Water Bath Canning:

- 1 or more Ball Blue Book or one of Ball Preserving Books (highly recommended)
- 1 Large pot (*tall enough to cover the jars with 2-inches of water*)
- Canning jars, lids, and rings
- 1 Large pot for cooking the recipe
- 1 Canning kit (*funnel, jar lifter, lid magnet, canning knife*)
- 1 Ladle
- 1 Baking sheet (*to take jars in and out of the oven*)
- 1 Cutting board
- 1 Chopping knife
- 2 Clean kitchen towel
- All recipe ingredients (*always work on one recipe at a time*)

## Water Bath Canning Terminology:

I wanted to cover a few water bath canning terms that you will hear often as you begin and continue your canning journey.

### Headspace:

This term refers to the amount of room between the top of the food inside the jars, and the top rim of the jar itself.

Most water bath canning recipes require a ¼" or ½" headspace, but double check each recipe before placing the lid.

### Gelling point:

**Gelling point at sea level:** Take the temperature of the jelly with a candy or jelly thermometer. The gelling point at sea level is 220°F, 8° above boiling.

Now you have your tools and terminology, it's time to start canning. One of the best recipes to start with is this easy and delicious **Cranberry Sauce**.

## Whole Berry Cranberry Sauce

Makes about eight 8-ounce (250mL) jars or four-pint (500mL) jars

<u>Amount</u>	<u>Ingredients</u>	<u>Total</u>
3 cups	Granulated sugar (+/- <i>adjust for your taste</i> )	.75L
3 cups	Cranberry cocktail juice	.75L
1 cup	Water	.25L
4 tbsp.	Orange marmalade	
1 tbsp.	Vanilla extract	
8 cups	Cranberries ( <i>fresh or frozen</i> )	2L

## Steps:

1. Pre-heat oven to 250°F.
2. Prepare canners, jars and lids.
  - a. Wash the jars **by hand** using soap and hot water. Do the same with the rings and lids. ***If using jars from previous canning projects, carefully examine jars. Discard any jars that have nicks, cracks, uneven rim surfaces or other damage or defects.***
  - b. Place **jars only** in large pot of water with *jar lifting rack*, cover the jars. When using *8-ounce (250mL)* or smaller jars, add water to the jars and the canner until it reaches the top of the jars. For *pint and larger jars*, add water to the jars and canner until the jars are about two-thirds full. Cover the canner and bring the water to a simmer(180°F/82°C) over medium heat. “Do not boil the jars”, this is unnecessary. (*Heat processing destroys any microorganisms, not only in the food but also in the containers and closures.* Keep jars hot until you’re ready to use them.
  - c. **Prepare the closures:** Set screw bands aside – they do not require heating or sterilizing. *You want the screw bands to be at room temperature for easy handling when you apply them to the jars.* Place the – flat, round portion of the two-piece closures (lids) – in a small saucepan, cover with water and **bring to a simmer (180°F/82°C) over medium heat.** “**Do not boil lids**”, keep lids hot until you’re ready to use them.
3. **Prepare the recipe.** (*if the recipe preparation and cooking time is more than 30 minutes, you can wait until the recipe is prepared and in the cooking stage before beginning to heat the jars and lids as outlined in **Step 2 A-C***)
4. **Fill the jars:**
  - a. Working with one jar at a time, remove jar from the canner, pouring hot water back into canner. Place the jar on a heat-protected work surface, such as a wooden cutting board, a towel or a heatproof tray.

- b. If using, place funnel in jar. (strongly recommend using a funnel, keeps spillages off the rim of jar)
  - c. Ladle prepared food into hot jar, leaving the amount of headspace specified in the recipe. ***(for this recipe Whole Cranberry Sauce, the headspace between the top of the jar and the top of the food is ½"-inch headspace).***
  - d. Slide a non-metallic utensil, such as a rubber spatula, down between the food and inside the jar two or three times to release the air bubbles. ***Failure to remove air bubbles can cause seal failure and will influence the color and storage quality of the preserved product. Adjust headspace, if necessary, by adding hot food and/or liquid.***
  - e. With a clean damp cloth or paper towel, wipe jar rim and threads. *Particles of food that remain on the rim of the jar can prevent formation of a vacuum seal.*
  - f. Using a magnetic or non-metallic utensil, lift a hot lid from water and place it on the jar, centering the sealing compound on the rim of the jar.
  - g. Place a screw band on the jar. With your fingers, screw band down until resistance is met, then increase to fingertip-tight. Do not use a tool or excessive force to tighten the screw bands. *Over-tightening screw bands can prevent jars from venting and can lead to seal failure.*
  - h. Return jar to rack in the hot water-filled canner. Repeat filling steps until all jars are filled.
5. **Heat-process the filled jars:** When all of the jars are in the canner, adjust the water level in the canner so that it covers the jars by at least 1-inch (2.5 cm). Cover the canner with a lid and bring water to a full rolling boil over high heat. Once the water is boiling hard and continuously, begin counting the processing time specified in this recipe. *The rapid boil must continue for the duration of the processing time.*
6. **Cool the jars:** At the end of the processing time, turn the heat off and remove the canner lid. Let the canner cool for 5 minutes. *This short standing time allows the pressure inside the jars to stabilize and reduces the likelihood of liquid loss that could otherwise occur when jars are moved.* After 5 minutes, remove the jars, lifting them out

of the hot water without tilting them. *Don't worry about water on the tops of the lids; it will evaporate during the cooling period.* Don't dry lids or jars at this point. You don't want to disturb the lids while the seal is being formed. Place jars upright on a towel in a draft-free place and let cool, undisturbed, for 24 hours. *If desired, drape a tea towel over the jars: it will prevent drafts from reaching the jars.*

## **After Processing**

### *Checking the Vacuum Seal*

When processed jars have cooled for 24 hours, check lids for seal. Remove the screw bands. With your fingers, press down on center of each lid. Sealed lids will be concave (they'll curve downward) and will show no movement when processed.

The recipe and instructions were taken from:

*BALL* Complete Book of HOME PRESERVING 400 delicious and creative recipes for today.

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