

How to Can

General Guidelines

- Handle glass jars carefully to keep them from breaking or cracking because of a sudden temperature change. Do not pour boiling liquid into a cool jar. Warm the jar first by setting it in hot water. Do not place hot jars on a cold or wet surface, or in a draft.
- Prepare only one canner load of food at a time, so that partially processed food stands for only a short time.
- Pour boiling water over jar lids in a bowl and let them sit in hot water until ready to place on jars. This softens the rubbery seal and helps the lid fit tightly on the rim.
- After filling jars, check for air bubbles in each jar. Carefully run a narrow spatula between food and jar, if needed, to allow bubbles to escape.



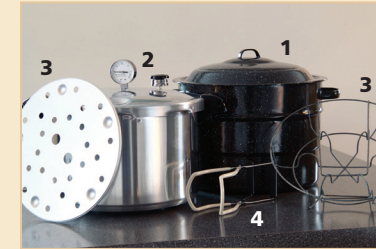
- Wipe rims of jars thoroughly after filling to remove bits of food that might prevent the lid from sealing.
- Tighten metal bands firmly over lids with hands. Lids should be just “fingertip tight” to allow some air to escape during processing.
- There are two methods of canning food: the boiling water bath process and pressure canning.

Boiling Water Bath

- Fill canner half full with water and heat on stove at medium heat while filling jars. (If you have only a few jars, or are canning half-pint / 250 ml jars, you can use a large cooking pot in place of a large canner. The pot must have a rack in the bottom to keep jars from touching the bottom of cooker.)
- As each jar is filled, set it on elevated rack in canner. When all jars are on rack, lower it into water.
- Add hot water from faucet to bring water level to 1 to 2 inches / 2.5 to 5 cm above tops of jars. Place lid on canner and bring water to a boil.
- Do not begin to count processing time until water has come to a full rolling boil.
- Lower heat slightly but be certain that water keeps boiling gently and steadily the entire time. (Depending on the processing time, you may need to lower the heat several times to keep water from boiling too rapidly.)

Supplies

1. Water Bath Canner
2. Pressure Canner
3. Canner Rack
4. Jar Lifter



Metal Rings Lids

- Mason Jars
quarts / liters,
pints / 500 ml,
half-pints / 250 ml



- Jar Filler or Funnel
Spatula (nonmetallic)
Kitchen Towels



- Using a jar lifter, remove jars from boiling water as soon as processing time is complete.
- Set jars on a dry kitchen towel, out of drafts, allowing air space around each jar. Let cool 12 to 24 hours. Do not retighten metal bands.

Pressure Canning

- Place jars on rack in pressure canner and add water to a depth of 2 to 3 inches / 5 to 7.5 cm. Heat water to a simmer (180° F / 82° C).
- Fasten canner lid in place, leaving petcock or steam vent open. Adjust heat to medium-high setting until steam flows out evenly. Allow steam to escape for 7 to 10 minutes.
- Close petcock or steam vent, or place weight on vent pipe, and bring pressure to the proper amount specified in canning directions.

- Begin to count processing time when gauge reaches correct amount of pressure.
- Maintain a consistent pressure. (The longer food cooks, the less heat it takes to maintain pressure, so you will need to lower heat several times during processing.)
- As soon as the processing time is up, remove canner from heat and let stand until canner has depressurized and returned to zero pressure. Do not try to hurry cooling process, as this may cause loss of liquid in jars.
- Open petcock or steam vent, or remove gauge. If no steam escapes, remove lid. Lift edge of lid away from you first to prevent being burned by hot steam.
- Set jars on a dry kitchen towel, out of drafts, allowing air space around each jar. Let cool 12 to 24 hours. Do not retighten metal bands.