

EASY CANNING

1. Pick and wash vegetables or fruit. Pat dry.
2. Place trivet in the base of the canner and add 5 English pints of water. Put on heat and bring gently to a rolling boil on a SLOW HEAT (if you use a fierce heat then canner may blow a gasket!!).
3. Whilst water coming to the boil:
 - a. Wash and dry bottles. There's no need to sterilise bottles as the canning process does this.
 - b. Scald lids in boiling water.
 - c. Pack vegetables or fruit into bottles ensuring to leave at least ½" headroom clear at the top of the jar.
 - d. Cover with boiling water to ½" headroom.
 - e. Slide a pallet knife around the sides of the bottle to ensure all bubbles are removed from the jar.
 - f. Seal and screw lids in place hand tight.
 - g. When water boiling place jars in the canner and close the lid.
4. Steam jars for 10 minutes WITHOUT adding the weight.
5. After 10 minutes add the weight and pressure will begin to increase.
 - a. Bring to 11lb pressure (adjust for altitude).
 - b. Maintain pressure by continuing with a SLOW heat for required canning time. N.B. If pressure goes BELOW required pressure then you will need to start timing again.
6. Once timing has expired turn off heat and allow pressure in the canner to reduce to zero. Be careful NOT to interfere with the weight at this stage.
7. Once pressure has reduced to zero, allow goods to remain in the sealed canner for a further 5 minutes.
8. After 5 minutes remove lid and CAREFULLY move very hot jars to a cooling rack.
 - a. Lids will probably screw a bit further hand tight.
 - b. Leave to cool without fiddling with them overnight. You should hear the seals pop from time to time. This means they are sealing as they cool.
9. Next day check all the lids for a seal:
 - a. A sealed jar has a concave centre that does not move when pressed.
 - b. An unsealed jar will pop and move inwards when pressed.
 - c. If any jars are not sealed then either re-process with a new seal or place in the fridge to use up over the next week or so.

USEFUL PRESSURE TIMINGS:

1. Green Beans: 20 minutes at 11lb pressure for ½ litre or 25 minutes for 1 litre jars.
2. Tomatoes **with no added water**: add ¼ tsp citric acid and ½ tsp salt to each ½ litre jar; add ½ tsp citric acid and 1 tsp salt to each 1 litre jar. 25 minutes at 11lb pressure for ½ and 1 litre jars.
3. Beetroot: pre-cook beetroot. Pack small beets whole or sliced. 30 minutes at 11lb pressure for ½ litre or 35 minutes for 1 litre jars.

