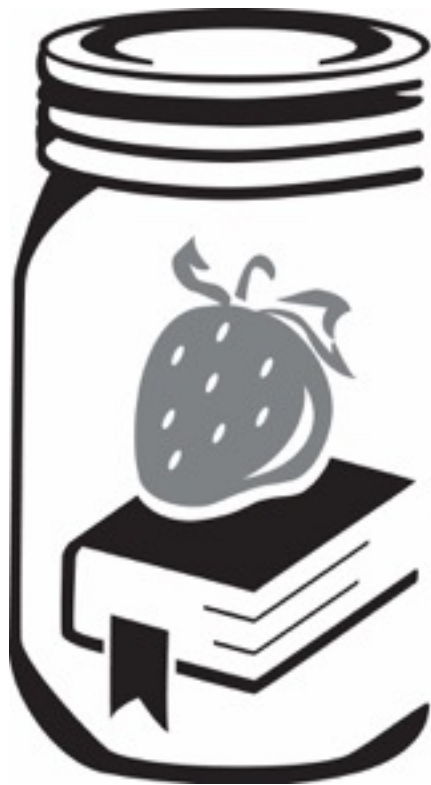


Preserving the Season: Apricots



University of California
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**Master
Food
Preserver**

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Boiling Water Or Steam Canning 1 • 2 • 3 • 4

1. PICK

- a tested recipe
- your ingredients

2. GATHER your canning equipment

- jars, 2-piece lid and ring
- canning pot
- canning tools



3. PREPARE your kitchen and yourself

- prep surfaces in your kitchen
- wash your hands
- wash jars and lids, rinse well
for lids, follow instruction on lid box - simmer if required, or set aside

4. PRESERVE using either a Boiling Water Canner or a Steam Canner

- follow step by step directions listed in the table on the next page

For more complete information on canning,
see USDA Guide to Canning [http://nchfp.uga.edu/publications/publications_usda.html]
or one of the Ball guidebooks.

Boiling Water Canner	Steam Canner
	
<p>Fill canner with enough water to submerge jars with at least 1 to 2 inches of water.</p>	<p>Fill canner with 2-1/2 quarts of water; water level should be just above the rack.</p>
<p>Prepare your recipe.</p>	<p>Prepare your recipe</p>
<p>Fill jars observing correct headspace; remove air bubbles.</p>	<p>Fill jars observing correct headspace; remove air bubbles.</p>
<p>Wipe rims; place lid on and secure ring fingertip tight.</p>	<p>Wipe rims; place lid on and secure ring fingertip tight.</p>
<p>Put jars in canner keeping them upright; ensure jars are covered by 1-2 inches of water.</p>	<p>Place jars on steamer rack and then place lid on canner so steam vent hole is facing to the back or side</p>
<p>Cover pot; bring to a full boil and then begin processing time</p>	<p>When a steady plume of steam is exiting from the vent, begin processing time. Lower heat to maintain even steam venting. If canner has a temperature indicator, adjust heat maintain proper temperature throughout processing.</p>
<p>When processing is complete, turn off heat, remove lid and let rest 5 minutes. Remove jars by lifting straight up and placing them on a towel or rack to cool.</p>	<p>When processing is complete, turn off heat, remove lid and let rest 5 minutes. Remove jars by lifting straight up and placing them on a towel or rack to cool.</p>



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Zesty Apricot Barbecue Sauce

Golden orange with red flecks, this barbecue sauce not only looks amazing, but tastes out of this world. Spoon some over your chicken or fish this summer!

YIELD: about 8 (8 oz) half pints

INGREDIENTS

6 cups finely chopped pitted peeled Apricots (about 3 lb)
1 cup finely chopped seeded Red Bell Pepper (about 1 large)
1 cup finely chopped Onion (about 1 large)
3 Tbsp finely chopped Garlic (about 14 cloves)
1-1/4 cups Honey
3/4 cup Cider Vinegar
1 Tbsp Worcestershire Sauce
2 tsp Hot Pepper Flakes
2 tsp Dry Mustard
2 tsp Salt

DIRECTIONS

1. **PREPARE** boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. **COMBINE all ingredients** in a large saucepan. Bring to a boil. Reduce heat and simmer, stirring frequently, until mixture thickens to the consistency of a thin commercial barbecue sauce, about 25 minutes. If desired, puree in batches in a food processor or use an immersion blender to help break down the apricots.
3. **LADLE** hot sauce into hot jars leaving **1/2 inch headspace**. Remove air bubbles. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight. Place jar in boiling water canner. Repeat until jars are full.
4. **PROCESS** for **15 minutes**, adjusting for altitude. Turn off heat; remove lid and let jars stand for 5 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.



Honeyed Apricot-Date-Almond Conserve

Inspired by some of the classic flavors of the Mediterranean and the Middle East, this rich, sweet conserve is a real treat. Swirl it into a steam bowl of oatmeal, spoon it over a chilled bowl of coconut rice, or enjoy it as a filling for crunchy, chewy cookie bars - no matter how you have it, it's simply delightful.

YIELD: about 8 (8 oz) half pints

INGREDIENTS

3 pounds ripe Apricots
3/4 cup finely chopped, Dried Dates
3/4 cup sliced Almonds
3/4 cup Water
1/2 cup Lemon Juice
6 teaspoons Calcium Water
3/4 cup Honey
4 1/2 teaspoons of Pomona's Pectin

DIRECTIONS

1. Prepare jars, lids, and ring bands. Place jars in canner to preheat.
2. Rinse apricots, remove stems Peel if desired by dipping in boiling water to loosen skins, then slice in half and pull apart. Remove pits and dice apricots.
3. Combine diced **apricots** in a pan with **dates**, **almonds**, and the **water**. Bring to a boil over high heat. Reduce heat, cover and let cook for 5 minutes. Check and stir often to prevent burning. Then remove from heat.
4. Measure out 6 cups of the cooked mixture (saving extra for another use) and return to the cooking pot. Add **lemon juice** and **calcium water**, and mix well.
5. In a separate bowl, combine **honey** and **pectin** powder and mix thoroughly and set aside.
6. Bring fruit mixture back to a boil. Slowly add the pectin/honey mixture, stirring constantly. Continue to stir vigorously for 1 to 2 minutes to dissolve pectin while the conserve comes back to a boil, then remove from heat.
7. Remove jars from canner and ladle hot conserve into hot jars leaving a **1/4 inch headspace**. Remove trapped air bubbles if necessary, wipe rims, place on lid and place ring band on fingertip tight.
8. Place jars in canner. **Process for 10 minutes** when boil or steam has been achieved.. Turn off heat. Let stand for 5 minutes and then remove jars.
9. Let jars cool to room temperature and then test for a good seal.
10. Clean jars, label and store in a cool dark place.



Home Food Preservation Recipes

The following resources provide a wide variety of tested recipes and information, based on USDA recommendations for safe canning and preserving methods. **Only Use Recommended, Tested Recipes!**

FREE PUBLICATIONS from UC ANR (DOWNLOAD FROM UC ANR CATALOG)

Guidelines for Safe Canning of Acid Foods in a Steam Canner (ANR Publication 8573) 2017

<http://anrcatalog.ucanr.edu/Details.aspx?itemNo=8573>

BOOKS

Ball Blue Book: Guide to Preserving. Daleville, IN: Hearthmark LLC, 2011.

Classic reference book with over 500 tested recipes. Includes recipes and instructions for canning, pickling, freezing, and dehydrating all types of foods, including recipes for special diets.

Book is available for purchase at Amazon, www.freshpreserving.com, and Walmart.

Ball Complete Book of Home Preserving. Judi Kingry, Lauren Devine, eds. Toronto: R. Rose, 2006 (earlier editions not recommended). Compilation of over 400 tested recipes for spreads, fruits, salsas, relishes, chutneys, condiments, pickles, and tomatoes. Includes special instructions for beginners and tips for experienced canners. Book is available for purchase from Amazon.

So Easy to Preserve. Athens, GA: Cooperative Extension Service, University of Georgia, 2006 (earlier editions not recommended). Book contains USDA tested recipes plus 35 additional tested recipes, including a new section for home-canned salsas. Book is available for purchase from University of Georgia at:

<http://setp.uga.edu/>

USDA Complete Guide to Home Canning. Washington, D.C.: U.S. Department of Agriculture, National Institute of Food and Agriculture, 2009.

Available free online at: http://nchfp.uga.edu/publications/publications_usda.html

Book contains the most current, research-based canning techniques. Print book is available for purchase from The Education Store (Purdue Cooperative Extension) at:

https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539

Preserving with Pomona's Pectin: The Revolutionary Low-Sugar, High-Flavor Method for Crafting and Canning Jams, Jellies, Conserves, and More. Allison Carroll Duffy. Fair Winds Press. 2013.

Instructions and recipes for making jams and jellies with less, little, or no sugar at all using Pomona's pectin, a sugar- and preservative-free citrus pectin that does not require sugar to jell. Book is available at Amazon;

Pomona's website: <http://www.pomonapectin.com/>

FREE ONLINE RECIPES

Various state Cooperative Extension Services produce online facts sheets and guides with scientifically tested recipes. Links to these publications are available at: http://nchfp.uga.edu/links/links_home.html

Ball® website. <http://www.freshpreserving.com>

Site provides access to 230 tested recipes. Recipes can be searched by name, main ingredient, level of

difficulty, category of food, or preserving method. To search recipes, click “Recipes” link at top of home page.

Cheese Making website. <http://www.cheesemaking.com/>

How to make cheese at home, plus purchase supplies needed.

Home Made Cheese website. http://aces.nmsu.edu/pubs/_e/E216/

New Mexico State University Cooperative Extension Service. June 2008

Guide E-216 Making Homemade Cheeses

Home Canned Sweet Spreads Made with Green Chile.

New Mexico State University Cooperative Extension Service. July 2009.

http://www.chilepepperinstitute.org/files/tiny_mce/file_manager/educ_info/CannedSprdswgrnchile.pdf

Guide includes 5 tested recipes for preparing sweet spreads with green chilies.

National Center for Home Food Preservation website. <http://nchfp.uga.edu/>

Site contains over 400 laboratory tested recipes for canning fruits, tomatoes, salsa, nuts, vegetables, poultry, red meats and seafood; freezing all types of foods; drying fruits, herbs, and vegetables; leathers and jerkies; curing and smoking meats; fermenting; pickling; and jam and jelly making. Includes reduced-sugar recipes. To view recipes, click links under “How do I?” on left side of home page.

Preserving Food in Wyoming: Wild Berries and Other Wild Fruit. University of Wyoming Cooperative

Extension Service. July 2011. <http://www.wyomingextension.org/agpubs/pubs/B1210-3.pdf>

Bulletin contains 30 tested recipes for canning/drying chokecherries, wild plums, serviceberries, rose hips, buffaloberries, wild currants, gooseberries, wild grapes, prickly pear cactus, and dandelions.

Salsa Recipes for Canning.

New Mexico State University Cooperative Extension Service. August 2006. Guide includes 5 tested salsa recipes. http://aces.nmsu.edu/pubs/_e/e-323.pdf

SURE-JELL® Premium Fruit Pectin website. <http://www.kraftbrands.com/SureJell>

Site contains tested recipes from SURE-JELL® and CERTO® pectin package inserts, as well as over 20 other tested recipes for jam and jelly making. Includes reduced and no sugar recipes. To view insert recipes, click “Jamming Tips” link on home page. To view other jam and jelly recipes, click “Our Favorite Jam & Jelly Recipes” link.

USDA Complete Guide to Home Canning, 2009 revision (Electronic Book).

http://nchfp.uga.edu/publications/publications_usda.html

Online version of book contains the most current, research-based canning techniques. Includes 277 tested canning recipes for fruits, tomatoes, vegetables, red meats, poultry, seafood, pickles, relishes, jams and jellies.

Visit **UCCE Master Food Preservers of Orange County** for questions or additional information:

<http://ucanr.edu/sites/MFPOC/>

Helpline: http://ucanr.edu/sites/MFPOC/Contact_Us/