

CORE CANNING TECHNIQUES

BASIC FOOD SAFETY

Wash Hands Frequently

- Personal cleanliness is a must. Wash your hands thoroughly and frequently. *E. coli* resides in the human nose and intestines. Wash your hands if you rub your nose, or if you wipe your face or skin.
- Bandage any cuts or burns on hands before handling food, or use disposable gloves.

Avoid Cross Contamination

- Rinse all fresh fruits and vegetables well under running water before preparing or eating them. Dry them with a clean cloth or paper towel.
- **ALWAYS** wash your hands, knives, cutting boards, and food preparation surfaces well with soapy water before and after any contact with raw meat, fish, or poultry.
- Use a disinfecting solution of 1½ teaspoon of chlorine bleach to 1 pint of water. Dispense with a spray bottle to disinfect countertops, cutting surfaces, sinks, etc. Let sit one minute then wipe. Make a new solution daily.

When In Doubt, Throw It Out

- Never taste food that looks or smells strange to see if it can still be used.
- Most bacteria that cause foodborne illness are odorless, colorless, and tasteless.

CANNING BASICS

Get Ready ... Be Prepared!

- Read the recipe thoroughly before you begin.
- Measure out all ingredients.
- Have all of your utensils at hand.
- Wash jars, lids and rings in hot soapy

water and rinse well. Check jars for imperfections.

- Place clean jars into the boiling water canner and heat the jars.
- Prepare lids and rings according to the directions on the lid and ring packages. (Newer boxes of lids don't require pre-heating, older ones do. You may still pre-heat newer lids.)
- Do a "dry run" of the recipe to make sure you have all of your materials.

General Canning Supplies

- Standard canning jars, rings, self-sealing one-time use lids; no paraffin wax as a sealing agent
- Funnel
- Headspace measurer
- De-bubbler
- Jar lifter
- Tray/towel for hot jars
- Lid lifter
- Reputable recipe that follows the USDA recommended canning procedures

Canning Processes

- Use an **atmospheric steam canner** or a **boiling water canner** for high acid foods: fruits, pickled and fermented products, jams and jellies.
- Use a **pressure canner** for low acid foods: meats, vegetables, and mixtures of high and low acid foods

Why two different processes? Low acid foods must be pressure canned because *Clostridium botulinum*, the bacteria that causes botulism, is a spore former. When conditions are not favorable for the organism to grow (high heat, dryness, etc.), the bacterial cell forms a protective

structure called a spore. It takes a higher temperature than boiling to destroy the spores: 240°–250°F. If you do not destroy the spores in low acid foods they will germinate and produce fatal toxins in the food when it is stored on the shelf. High acid foods have enough acidity to destroy spores.

The USDA **does not** recommend the open kettle method of canning because it does not prevent all risks of spoilage.

Raw-Pack vs. Hot-Pack Methods

Filling jars with raw, unheated food prior to heat processing is called the raw-pack method. The preferred method, filling jars with preheated, hot food prior to heat processing, is called the hot-pack method. Benefits include a tighter pack and, because food expels air when heated, less float.

Jars

Check jars, lids and bands for high quality. Wash jars, lids and bands in hot, soapy water. Rinse well. Dry bands.

Heat home canning jars in hot water, not boiling, until ready for use. Fill a large saucepan or stockpot half-way with water. You may also place them in your canner. Place jars in water (filling jars with water from the saucepan will prevent flotation). Bring to a simmer over medium heat. Keep jars hot until ready for use. You may also use a dishwasher to wash and heat jars. Keeping jars hot prevents them from breaking when hot food is added. Leave lids and bands at room temperature for easy handling.

Headspace

Headspace is the completely empty space left in the jar underneath the lid and above the food. Headspace allows for food to expand during canning without being forced out from under the lid during processing. Recommended amounts also allow for good vacuums to be formed for holding lids in place and good food quality to be maintained during storage.

ATMOSPHERIC STEAM CANNING ESSENTIALS

Atmospheric Steam Canning Equipment

- Shallow base pan to hold water with a fitted rack that sits on the base, with a high domed cover. The cover has one or more vent holes near the bottom.
- Some models have a temperature sensor that indicates when the steam is at the correct temperature to start timing the process.

Adjusting for Altitude

At sea level, water boils at 212°F. All recipes are developed using sea level as the criteria for processing times. At higher altitudes water boils at a lower temperature. If you are at an altitude higher than 1000', adjust the processing times following any specific instructions provided with the recipe. If instructions are not provided, consult a reliable source, such as the National Center for Home Preservation website. The altitude chart below provides sample guidelines for adjusting processing times based on altitude.

Altitude Chart	
<i>Altitude in feet</i>	<i>Increase processing time</i>
1,000 - 3,000	5 minutes
3,001 - 6,000	10 minutes
6,001 - 8,000	15 minutes
8,001 - 10,000	20 minutes

Using an Atmospheric Steam Canner

- Use a research tested recipe and processing time developed for a **boiling** water canner when using an atmospheric steam canner. An atmospheric steam canner may be used with recipes approved for half-pint, pint, or quart jars.
- Add enough water to the base of the canner to cover the rack. (Follow manufacturer recommendations.)
- Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water

boiling when you add the jars.

- Heat jars prior to filling with hot liquid (raw or hot pack). Do not allow the jars to cool before filling.
- Load filled jars, fitted with lids, onto the canner rack and place the lid on the canner base.
- Turn heat to its highest position to boil the water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. Jars must be processed in pure steam environment.
- If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).
- Set the timer for the total minutes required for processing the food, adjusting for altitude. Processing time must be limited to **45 minutes or less, including any modification for elevation.** The processing time is limited by the amount of water in the canner base. When processing food, **do not** open the canner to add water.
- Monitor the temperature sensor and/or steady stream of steam throughout the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
- At the end of the processing time, turn off the heat and remove the lid, lifting the lid away from you.
- Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1 inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.

BOILING WATER CANNING ESSENTIALS

Boiling Water Canning Equipment

- Deep, non-reactive kettle, stainless steel or enamel with a bottom rack.

Adjusting for Altitude

At sea level, water boils at 212°F. All recipes are developed using sea level as the criteria for processing times. At higher altitudes water boils at a lower temperature. If you are at an altitude higher than 1000', adjust the processing times following any specific instructions provided with the recipe. If instructions are not provided, consult a reliable source, such as the National Center for Home Preservation website. The altitude chart below provides sample guidelines for adjusting processing times based on altitude.

Altitude Chart	
Altitude in feet	Increase processing time
1,000 - 3,000	5 minutes
3,001 - 6,000	10 minutes
6,001 - 8,000	15 minutes
8,001 - 10,000	20 minutes

Using a Boiling Water Canner

- Before you start preparing your food, fill the canner halfway with clean water. This is approximately the level needed for a canner load of pint jars. For other sizes and numbers of jars, the amount of water in the canner will need to be adjusted so it will be 1 to 2 inches over the top of the filled jars.
- Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
- Load filled jars, fitted with lids, into the canner rack and use the handles to lower the rack into the water; or fill the canner with the rack in the bottom, one jar at a time, using a jar lifter. When using a jar lifter, make sure it is securely positioned below the neck of the jar (below the screw

band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.

- Add boiling water, if needed, so the water level is at least 1 inch above jar tops. Pour the water around the jars, not on them. For process times over 30 minutes, the water level should be at least 2 inches above the tops of the jars.
- Turn heat to its highest position, cover the canner with its lid, and heat until the water in the canner boils vigorously.
- Set the timer for the total minutes required for processing the food, adjusting for altitude.
- Keep the canner covered and maintain a boil throughout the process schedule. The heat setting may be lowered a little as long as a complete boil is maintained for the entire process time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil and begin the timing of the process over, from the beginning.
- Add more boiling water, if needed, to keep the water level above the jars.
- When the jars have boiled for the recommended time, turn off the heat and remove the canner lid. Wait no more than 5 minutes before removing jars.
- Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1 inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.

PRESSURE CANNING ESSENTIALS

Pressure Canning Equipment

Pressure canner with the following features:

- Flat rack in bottom
- Pressure regulator or indicator
 - Dial or weighted gauge
 - Vent pipe (port) for pressurizing
- Safety valves or overpressure plugs
- Safety locks when pressurized
- Flexible gasket/sealing ring in lid or metal to metal seal
- Optional: jar stacking rack

Please note that a pressure cooker is NOT a pressure canner, but a pressure canner can be used as a pressure cooker. A pressure cooker must be able to hold **4 quart** jars on a rack to be considered a pressure canner.

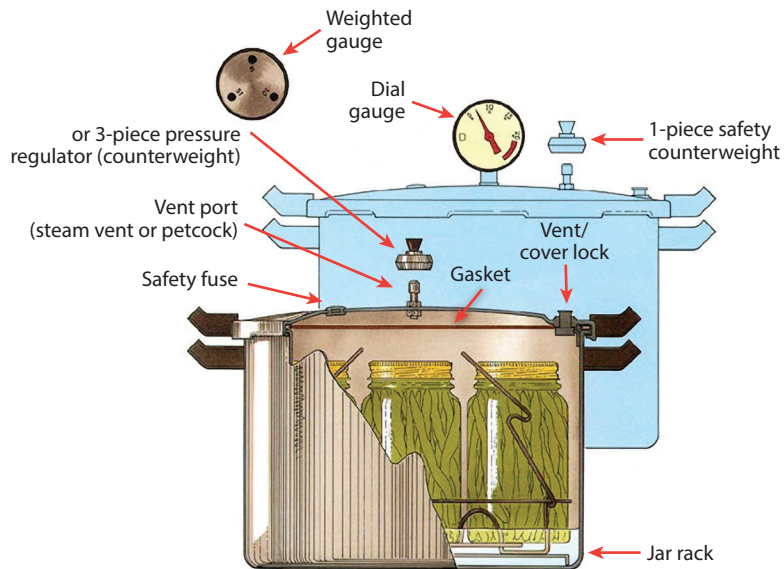
Adjusting for Altitude: Pressure Canner

Processing times for all recipes are at sea level. At sea level to 2,000 feet, 11 pounds of steam pressure will produce 240°F. Above 2,000 feet you must increase the steam pressure to reach this temperature. At altitudes above sea level follow any specific directions provide with a recipe. If instructions are not provided, consult an appropriate source, such as the National Center for Home Preservation website. The chart below provides sample guidelines for adjusting processing pressure based on altitude.

Altitude Chart	
Altitude in feet	Required Pressure
Sea Level – 2,000	11lb.
2,001 – 4,000	12lb.
4,001 – 6,000	13lb.
6,001 – 8,000	14lb.
8,001 – 10,000	15lb.

Using a Pressure Canner

1. Clean lid gaskets and other parts according to the manufacturer's directions; make sure all vent pipes are clear.
2. Put 2 to 3 inches hot water (140°F) into the canner.
3. Place filled jars on the jar rack in the canner, using a jar lifter.
4. Fasten the canner lid securely. Leave the weight off the vent pipe or open the petcock.
5. Turn the heat setting to high; heat until the water boils and steams. **Always** vent for 10 minutes.



6. Place the counterweight or weighted gauge on the vent pipe, or close the petcock.
7. Start timing the process when the pressure reading on the dial gauge indicates that the recommended pressure has been reached, or, for canners without dial gauges, when the weighted gauge begins to jiggle or rock as the manufacturer describes.
8. Regulate the heat under the canner to maintain a steady pressure at, or slightly above, the correct gauge pressure. **IMPORTANT:** If at any time pressure goes below the recommended amount, bring the canner back to pressure and begin the timing of the process over, from the beginning using the total original process time. This is important for the safety of the food.
9. When the timed process is completed, turn off the heat, remove the canner from the heat (electric burner) if possible, and let the canner cool down naturally. Do not force cool the canner. Pints take about 30 minutes to cool; 45 minutes for quarts.
10. After the canner is completely depressurized, remove the weight from the vent pipe or open the petcock. **Wait 10 minutes** then unfasten the lid away from you to remove.

11. Remove the jars from the canner by lifting them upright and placing them on a rack or folded towel away from drafts.
12. Do not retighten the rings. Leave the ring bands on the jars until they have cooled thoroughly (approximately 24 hours). Do not try to dump or wipe up any water on the lids.
13. Dry the canner, lid and gasket. Take off removable petcocks and safety valves; wash and dry thoroughly. Follow maintenance and storage instructions that come from your canner manufacturer.

FINISHING

Removing and Cooling Jars

Be careful when moving and lifting filled jars. Do not tilt. Do not be tempted to try to pour off the water on the top when lifting them out of the canner. The water on top of the hot jars will evaporate very rapidly. If the jars are tilted, food may become lodged between the glass rim and the sealing compound preventing proper sealing. Do not leave the jars in the hot water until cooled as the jars will fail to seal, which will result in spoilage.

The Next Day ...

- After cooling the jars for 12 to 24 hours, remove the screw bands.
- Check each jar for a seal; press the middle of the lid with your finger. If the lid springs up when you release your finger, the lid is unsealed.



- Clean the jars with a damp cloth. Thoroughly dry ring bands may be replaced on

the jars, if desired.

- Label the jars with the product name, date, processing method (WB = Boiling Water/Water Bath, PC = pressure canner), and store in a cool, dark, dry area.
- If a jar did not seal, check the jar for flaws. Refrigerate and use the product within a few days, freeze the jar, or reprocess it within 24 hours using a new lid and if necessary, a new jar. Process by the method originally advised for the full length of time.

REFERENCES

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- Kingry, J., and L. Devine. 2012. Ball complete book of home preserving: 400 delicious and creative recipes for today. Toronto: R. Rose.
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- USDA. 2015. Complete guide to home canning. National Center for Home Preservation website, https://nchfp.uga.edu/publications/publications_usda.html.

IMPORTANT SAFETY NOTE

Research on food preservation is ongoing, and recommendations may change. Make sure your information is current. Always follow up-to-date, tested guidelines and recipes from reliable sources.

LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county. See your telephone directory for addresses and phone numbers, or visit http://mfp.ucanr.edu/Contact/Find_a_Program/.

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