

Ask a UCCE Master Food Preserver

Welcome to

“Play it Safe: Changes and Substitutions to Home Food Preserving Recipes.”



University of California
Agriculture and Natural Resources

UCCE Master Food Preserver Program
El Dorado County



Ask a UCCE Master Food Preserver

Panelists:

Sue Mosbacher: Host and UCCE Master Food Preservers Program Representative, Central Sierra and Sacramento

MFP Debbie Hillel: Co-Host Moderator

MFP Betty Hess Pierce: Sugar, salt and other seasonings

MFP Chuck Haynes: Peppers, onions and jar sizes

MFP Nancy Fothergill-Spalding: Canning tomatoes and fruits

MFP Summer Brasuel: Acid, homemade pickles and relishes



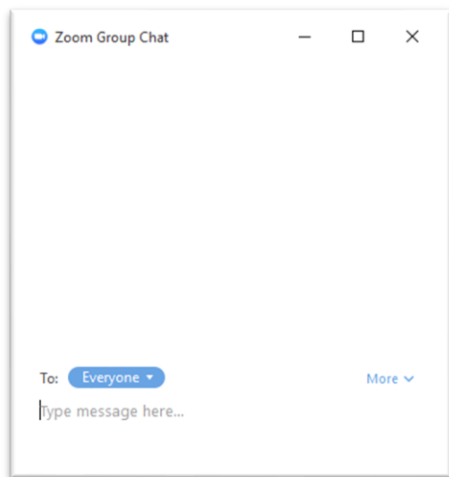
University of California
Agriculture and Natural Resources

UCCE Master Food Preserver Program
El Dorado County



Housekeeping

- Microphones muted
- Video off
- Submit questions via chat to Debbie Hillel



- Agenda
 - Acid
 - Salt
 - Sugar
 - Seasonings/Herbs
 - Jar Size
 - Fresh Peppers and Onions
 - Tomatoes and Fruit
 - Pickles and Relishes





Recipe Resources

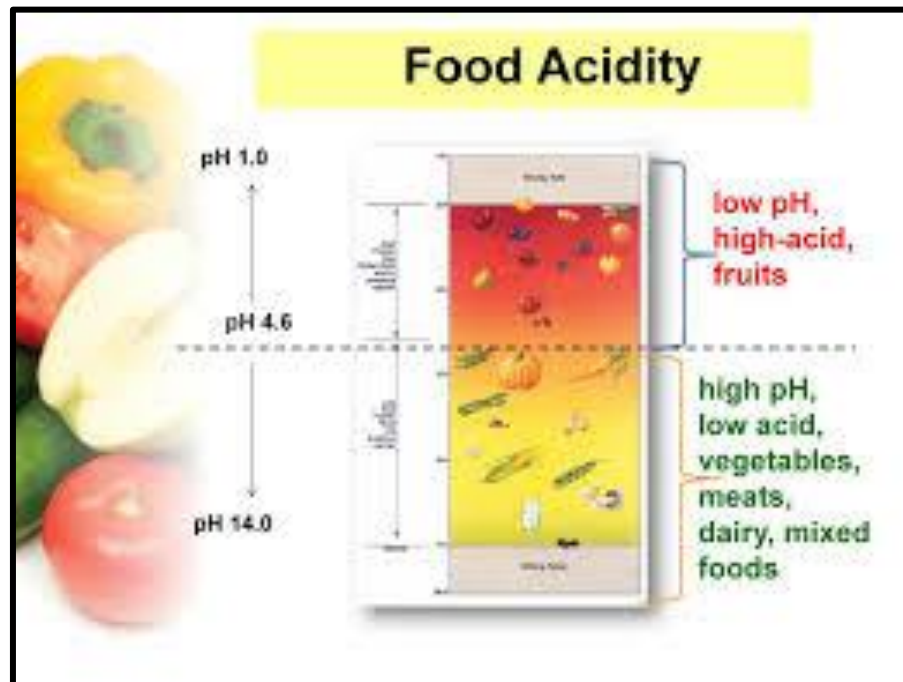
- The National Center for Home Food Preserving at: <https://nchfp.uga.edu/>
- The Ball Complete Book of Home Preserving at: <https://www.freshpreserving.com/>
- So Easy to Preserve <https://setp.uga.edu/>
- State University Extension Services at universities such as Idaho, Colorado, Pennsylvania, Wisconsin, Washington State, Alaska and many others.
- **Most importantly always use a reputable recipe, do not change the recipe produce and do not use *any old* recipe off the Internet.**
- *This presentation will be recorded, and you will be able to find it on our website https://ucanr.edu/sites/mfp_of_cs/*



Acids - Summer

Why do we need to add acid to home canned products?

- High acid foods may be processed using boiling water or atmospheric steam canner.
- Low acid foods must be pressure canned.
- Low acid or borderline high acid foods must be acidified so they are safe to process using a boiling water method.



Acids

Do

- Read label carefully
- Make sure the vinegar is at least 5% acidity
- Identify added ingredients. Why are they there?
- Use white distilled vinegar, apple cider vinegar, white or red wine vinegar, malt vinegar
- Substitute bottled lemon or lime juice for the same amount of vinegar
- Use citric acid to acidify canned tomatoes. Follow directions.

Don't

- Use any vinegar less than 5% acidity
- Use homemade vinegar
- Use Cleaning or Horticultural vinegar
- Use balsamic or rice vinegar
- Use citric acid to acidify salsa
- Substitute vinegar for bottled lemon/lime juice

Caution

- Apple cider vinegar vs apple cider FLAVORED vinegar
- Pickling Vinegar Base – only 2.5% acidity. Diluted with water, contains sugar and salt



Salt, Sugar & Seasonings - Betty



University of California
Agriculture and Natural Resources

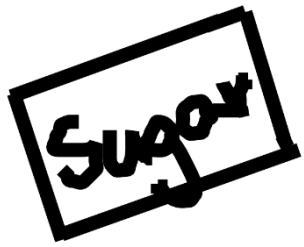
UCCE Master Food Preserver Program
El Dorado County



Salt

- Salt as a flavoring
- Salt concentration
 - **Only** in sauerkraut and fermented pickles is salt concentration **absolutely necessary**
- Not all salts are created equally
 - Recommended salt
 - Crystal size is important
 - Table salt vs pickling salt
 - Colored salt
- Salt substitutes
- Salt in quick pickles





Sugar

- Why is sugar so important
- My jams won't gel –why
 - Crucial in gelling
- I am diabetic and cannot eat sugar
 - Can I use honey in place of sugar
- What about freezing without sugar...



Herbs and Spices

- Is there a difference between using dried or fresh herbs?
- Can I replace one herb or spice for another? Yes, ***But...***
- If I want more of an herb than called for in my recipe, can I increase the amount?



Fresh Peppers, Onions & Jar Size: Chuck



University of California
Agriculture and Natural Resources

UCCE Master Food Preserver Program
El Dorado County

Jar Sizes

- ALWAYS use the jar sizes called for in the recipe.
- *But...* you can use a smaller size jar if you want.
 - Must use the processing time for the smallest jar called out in the recipe.
- Do **NOT** use a jar larger than that stated in the recipe.



Recipe Example:

Black Raspberry Jam*



Preserving Method: Water-Bath-Canning

Makes about 8 (8 oz) half-pint jars

... (body of recipe)

6. Process jars in a boiling water canner for 10 minutes, adjusting for altitude. Turn off heat; remove lid and let stand 5 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex when center is pressed.

- In this example the ‘yield’ (“makes about”) says that it makes 8 (8oz) half-pint jars. Therefore you can NOT use a jar bigger than 8 oz. But you can use a 4 oz jar...but you still need to **process it for 10 min (adjusting for altitude)**.

* www.freshpreserving.com



University of California
Agriculture and Natural Resources

UCCE Master Food Preserver Program
El Dorado County

Substituting Peppers

- Peppers are a LOW ACID product (pH>4.6)
- Care must be taken when trying to preserve with Low Acid products.
- Do **NOT** increase the amount of peppers that are called for in a recipe.
- Increasing the amount of peppers makes a recipe 'less' acidic, and therefore makes it unsafe.
- Using 'fewer/no' peppers is fine.



Substituting Peppers

- You CAN substitute one type of pepper for another or mix pepper types!!
- You need to keep the TOTAL AMOUNT of peppers the same TOTAL AMOUNT called for in a recipe.
- Ex: If a recipe calls for 6C of Bell Peppers, and 1/2C of Jalapeño Peppers, the TOTAL AMOUNT of peppers is 6 ½C!!

Therefore you can have 2C of Bell Peppers and 4 ½ C of Jalapeño's and still be OK! It's 6 ½ C of peppers.



Substituting Onions

- Onions are also a LOW ACID product
- As with Peppers, Onions can be reduced or omitted from a tested recipe without an issue
- ONLY RED, WHITE and YELLOW Onions can be substituted for each other
- You can not use Green Onions in place of the larger onions.



Tomatoes and Fruit - Nancy



- Canning Fruit

(<https://store.extension.iastate.edu/Product/4366>)



University of California
Agriculture and Natural Resources

UCCE Master Food Preserver Program
El Dorado County

Canning Tomatoes-whole, crushed, or juiced; Water Bath or pressure canned

- Acidification ensures a safe product
 - Citric acid ($\frac{1}{4}$ teaspoon/pint.; $\frac{1}{2}$ teaspoon/quart)
 - Bottled lemon juice (1 tablespoon/pint; 2 tablespoon/quart)
 - 5% vinegar (4 tablespoon/quart); may cause undesirable flavor)
- Salt-optional
 - 1 teaspoon or less/quart, if desired, for taste only
- Sugar
 - Can be added to offset acid (1 teaspoon/pint, 2 teaspoon/quart)
- Green tomatoes may be substituted for ripe tomatoes





Canning Tomatoes

- Peeling vs. not peeling
 - Follow recipe's directions
- Salsas
 - Equal amounts of lemon juice and lime can juice can be substituted for vinegar
 - Do **NOT** substitute vinegar for lemon juice
 - No research on substituting citric acid to acidify has been conducted
 - Dried spices can be altered



Canning Fruits

- Sugar
 - Use a very light, light, medium, heavy or very heavy syrup-individual preference
 - Fruit juices-apple, pineapple, pear or white grape w/o added sugar
 - Helps retain shape, color, and flavor but isn't necessary
- Water
 - Fruits can be canned in plain water



Canning Fruits



- Other sweeteners
 - Light corn syrup or honey can replace half the granulated sugar in a syrup
 - Sugar substitutes are best added when serving
 - There are no tested recipes for sugar substitutes; see manufacturer's direction for home canning using sugar substitutes.
- *Canning Fruit*
(<https://store.extension.iastate.edu/Product/4366>)



Pickles and Relishes - Summer



University of California
Agriculture and Natural Resources

UCCE Master Food Preserver Program
El Dorado County

Food Preservation Resources

- National Center for Home Food Preservation (<http://nchfp.uga.edu>)
- UC Master Food Preserver Program (<http://mfp.ucanr.edu>)
 - Recipes, Video Library, Publications
- UC Master Food Preservers of El Dorado County Helpline
 - <http://edmfp.ucanr.edu>: Ask a Master Food Preserver
 - Email us at edmfp@ucanr.edu
 - Leave a voice mail message at (530) 621-5502
 - Facebook (<https://www.facebook.com/UCCEElDoradoMFP>)
 - Website (https://ucanr.edu/sites/mfp_of_cs/)

