

Gifts From the Kitchen



UC Master Food Preservers of Mariposa County

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UNIVERSITY OF CALIFORNIA
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UC Master Food Preserver Program

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The page features a decorative border of stylized gift boxes. The boxes are arranged in a grid-like pattern around the central text. Each box is wrapped in a light blue or medium blue paper, decorated with white or dark blue snowflake patterns and small dots. The boxes are tied with ribbons in dark blue or light blue, forming bows. The central text is in a bold, dark blue, sans-serif font.

Food Safety

CLEANING, SANITIZING & DISINFECTING HARD SURFACES IN THE HOME KITCHEN

- Cleaning: Physically removing dirt and debris from surfaces, usually with water, soap/detergent, and scrubbing. Cleaning alone is not sufficient to remove pathogens.
- Sanitizing: Reducing pathogens to a safe level so that illness, contamination or spoilage is unlikely to occur.
- Disinfecting: Destroying most pathogenic and other microorganisms. Disinfectants destroy or irreversibly inactivate the specific microorganisms listed on their labels (but they may not inactivate spores).

Sanitizing is generally considered the acceptable level for treating home kitchen surfaces. However, if there are vulnerable persons in the home (elderly, pregnant women; children under age 5; or severely ill or immune-compromised individuals), then disinfecting would be appropriate. For known or suspected cases of COVID-19, follow current CDC guidance.

STEP 1: CLEAN

Wash with warm, soapy water, then rinse well. *Note:* Soils and soaps can inactivate bleach solutions, so it is important to clean surfaces and then rinse well. Further, cross-contamination can occur by using dirty cleaning cloths, so be sure to use a fresh, clean cloth or a paper towel.

STEP 2: SANITIZE OR DISINFECT

If using a commercial sanitizer or disinfectant, follow the manufacturer’s instructions. Note that disinfectants are not always safe for food contact surfaces, and not all bleaches are intended to be used as disinfectants, so be sure to carefully read the label. To make a generic bleach solution, use the chart below.

To Sanitize		To Disinfect	
Bleach	Water	Bleach	Water
1 tablespoon	1 gallon	5 tablespoons (1/3 cup)	1 gallon
1 teaspoon	1 quart	4 teaspoons	1 quart
¼ teaspoon	1 cup	1 teaspoon	1 cup

Add the appropriate amount of **regular, unscented liquid chlorine bleach** to cool (not hot) water. Spray surfaces (or immerse item) completely with the solution. Allow to air dry, or let stand/soak for at least 1 minute then dry with a clean towel. Bleach solutions should be changed every 24 hours and preferably be made from bleach containers that have been opened for no more than 30 days. Be sure to check the expiry date on containers as well. Take appropriate precautions when handling bleach solutions or other chemicals: Apply in a ventilated area and wear disposable or dedicated cleaning gloves and protective clothing.

For **food contact surfaces**, use a sanitizing solution only. Be sure to measure carefully, apply the solution or soak items for 1 minute, then **rinse well** and allow to air dry.

Resources:

USDA and CDC

North Carolina State University, North Dakota State University, and University of Wisconsin Cooperative Extension Services, and Oklahoma State University Factsheet FAPC-116 Food Safety Magazine, April/May 2019 and August/September 2011



Gifts from the Kitchen

December 2, 2021 [Nutrition](#), [Recipes](#), [Spoonful](#)

By [Kate Yerxa](#), Extension Professor and EFNEP Coordinator

Are you looking for fun gifts to share this holiday season? Homemade food gifts are inexpensive and fun ways to get the whole family involved with healthy and delicious gift giving. UMaine Cooperative Extension staff have created recipes and gift tags for you to create your own [Gifts From the Kitchen](#). A couple of my favorites from these recipes are the [Minestrone Bean Soup Mix](#) and the [Oatmeal Raisin Spice Cookie Mix](#).

When decorating your homemade food gifts, be creative! Use what you have on hand – small remnants of fabric, ribbons, buttons or beads. For seasonal decoration, use what nature has available by using greens, pinecones, or hearty fresh herbs like rosemary. Other ideas for decorating your gifts would be to include a utensil that would be used to prepare the recipe such as a mixing spoon, spatula, potholder, or small whisk. Don't forget to label your gift and include a gift tag with the recipe directions and use by dates.

Food safety is important when giving and receiving homemade food gifts. Our team has put together food safety best practices for you to use:

- Follow good hand hygiene and food safety practices when handling food.
- Start with a clean and sanitized work space and equipment in your kitchen.
- Don't eat raw cookie dough. Flour is a raw product and needs to be cooked prior to eating.
- Make sure to use food-grade containers. Food grade containers are ones that are suitable for contact with consumable food or drink.
- When giving a perishable food gift, give friends and family advance notice that you will be dropping a gift off.

- If you receive food that should be refrigerated and it is NOT cold, our recommendation is to not eat that food for safety's sake.

Happy holiday gift giving!

Resources:

- [University of Maine Cooperative Extension Gifts From the Kitchen](#)
- [Food Keeper App](#) (Foodsafety.gov)

Be Safe Eating Your Homemade Gifts

We are often asked how to safely home can a food or special recipe that someone wants to turn into gifts. The other side of the issue is how to tell if the canned food gift you have been given is safe to eat. While it is not possible to guarantee safety with anyone's homemade food items, there are some pointers to keep in mind as you look at that gift and decide how – or even if – to enjoy it. The following tips are offered to help you with some first-line decision making. After that, you will still need to know that the person carried out even recommended procedures correctly. A recipe alone does not tell you that all steps were followed in carrying out the processing and those can have a great effect on safety, not just the ingredients and food preparation methods.

It is best to make sure the person canning foods at home uses recipes – and procedures -- from sources that can be trusted to know the science behind canning. These are sources that also know what kind of testing should have taken place to develop a canning recommendation in the case of some recipes. Tested or scientifically evaluated processes can be found in the [USDA Complete Guide to Home Canning](#) (2009 is the latest version) or the University of Georgia's [So Easy to Preserve](#) book (the current version is the 5th edition), the [National Center for Home Food Preservation](#) web site, or books from major equipment and ingredient manufacturers, for examples.

- Because of their acidity, lower risk foods include fruit jams and jellies and whole fruits like peaches, cherries, plums, and cranberries, or cranberry sauce. The high sugar content of fruit jams, jellies and preserves add an extra measure of safety and barriers to even spoilage.
- Low-acid vegetables and vegetable mixes are higher risk foods because if improperly processed, they could cause botulism. Botulism is a potentially deadly food poisoning. Improperly canned vegetables have caused botulism in just the past few years, as well as historically. If someone gives you a jar of their home canned vegetables, or soup mixes, it is extremely important to know their followed properly tested canning processes and procedures for preparing the food as well as operating the pressure canner.
- There are no properly tested home canning processes we know to recommend for canning pestos, thickened stews or soups, creamed soups, and pumpkin or other vegetable butters.
- Mixtures of acid and low-acid ingredients like in tomato-vegetable salsas, other vegetables salsas, and some pickled foods, are a potential risk for botulism, also. If the home canner processed them in boiling water, as if they are an acid food, then the ratio or proportion of acid to low-acid ingredients is very important. In addition, the style and thickness of the mixture, size of food pieces, and preparation steps can influence what the process time should be. It is best to use properly tested recipes and to not try to make up a canning process for your own recipe.

It may not be easy to ask questions of your gift-giver. But important things to think about include: where the recipe and canning instructions came from, when it was canned, and how it was made. If the food looks suspicious, it would be better to toss it out than risk getting sick. Pieces of food should be covered with liquid with no discoloration or drying out at the top of the jar. In addition, there should not be unnatural discoloration in the food throughout the jar. Throw out anything with mold

growing on it. Before opening the jar, look for signs of spoilage such as cloudy and/or bubbling liquid. Make sure the jar has a vacuum seal when you receive the jar, and again when you open the jar. When you open the jar, make sure there is not spurting of liquid indicating a lot of pressure inside the jar forcing it out. Also notice if there are unusual odors coming from the food in the jar.

However, there can be botulism toxin in sealed jars of low-acid foods without any visible signs or off-odors. It is critical to know how those foods were processed and to trust the giver.

We are not trying to take the fun out of the holidays or the creative side of gift-giving. But we want people to be safe. More about observing home canned foods for spoilage and storing them can be found

here: http://www.uga.edu/nchfp/how/store/store_home_canned.html

Enjoy your holidays and start a conversation with your friends about their home canning if necessary!

Elizabeth L. Andress, Ph. D., National Center for Home Food Preservation, December 2010.

<https://nchfp.uga.edu/tips/winter/gifts.html>



Dehydrating

Introduction to Food Dehydration

Developed by Barbara Willenberg

Revised by Susan Mills-Gray
State Nutrition Specialist

<https://extension.missouri.edu/publications/gh1562#:~:text=Maintain%20the%20temperature%20at%20140,removing%20foods%20as%20they%20dry>.

Dehydration is one of the oldest methods of food preservation, though methods for drying food have become sophisticated over time. For many people, dehydrating food at home is a convenient way to preserve foods.

Benefits

Molds, yeast and bacteria need water to grow. When foods are sufficiently dehydrated, microorganisms cannot grow and foods will not spoil. Dried fruits and fruit leathers may be used as snack foods; dried vegetables may be added to soups, stews or casseroles. Campers and hikers value dried foods for their light weight, keeping qualities and ease of preparation.

Nutritional value

The nutritive value of food is affected by the dehydration process. Vitamins A and C are destroyed by heat and air. Using a sulfite treatment prevents the loss of some vitamins but causes the destruction of thiamin. Blanching vegetables before drying, while crucial to a better quality product, results in some loss of vitamin C and B-complex vitamins as well as the loss of some minerals, because these are all water soluble. Yet blanching reduces the loss of thiamin and vitamins A and C during dehydration and storage.

Dried foods have more calories on a weight-for-weight basis because of their nutrient concentration. For example, 100 grams of fresh apricots has 51 calories, whereas 100 grams of dried apricots has 260 calories. Nutritive value, as well as flavor and appearance, is best protected by low temperature and low humidity during storage.

Dehydration methods

Foods can be dehydrated by various means: the sun, a conventional oven, an electric dehydrator, a microwave oven (for herbs only), air drying and solar drying. Dehydration, like other preservation methods, requires energy. Unless sun drying is possible where you live, the energy cost of dehydrating foods at home is higher than for canning and, in some cases, more expensive than freezing.

1. **Electric dehydrators** produces a better-quality dried product than any other method of drying. Electric dehydrators are self-contained units with a heat source, a ventilation system, and trays to place the food on. Models vary in sophistication and efficiency, so choose options that you desire. Although an electric dehydrator requires a fairly high initial investment, it maintains low temperatures and uses less energy than an oven.

When using a dehydrator, load food on trays in single layers so that pieces do not overlap. This arrangement allows air to circulate through the trays. Large pieces, such as apricot halves, should be turned halfway through the drying time. Pieces near the sides of the tray should be moved to the center. Stir small pieces every one to two hours, separating bits that stick together. It may be necessary to rotate the trays within the dryer at least once during the drying period to ensure uniform drying. Follow manufacturers' guidance for heat settings for specific foods.

2. **Oven drying** requires little initial investment, but continual use of an oven for drying is not recommended because ovens are less energy-efficient than dehydrators, and energy costs tend to be high. Overall oven-dried foods are usually darker, more brittle and less flavorful than foods dried by an electric dehydrator.

An oven takes 2 to 3 times longer to dry food than a dehydrator. Drying in an oven is slower because ovens do not have built-in fans for the air movement. It is difficult to maintain a low drying temperature in an oven, and foods are more susceptible to scorching at the end of the drying period. Check oven settings to see if it has a reading as low as 140° F or a "warm" setting. If the thermostat does not go this low, your food will cook instead of dry. Use an oven thermometer to test the temperature of the oven at its lowest setting.

Trays upon which the food is placed must be at least 1½ inches narrower than the inside of the oven to allow for air circulation. Allow at least 2½ inches between trays and 3 inches of free space at the top of the oven for good air circulation.

About 4 to 6 pounds of food can be dried in an oven at one time. Place food on drying trays, or on wire cooling racks covered with cheesecloth or nylon netting, to allow easy removal of dried food. Pieces of food should be in a single layer. Do not place food directly on oven racks. Cookie sheets are acceptable only for fruit leathers, which do not require good air circulation.

Keep oven door propped open at least 4 inches. Place a fan outside the oven door to aid air circulation. Move it from side to side occasionally. The room also should be well ventilated. Oven drying, particularly if a fan is used, should be done with caution if small children are around.

Maintain the temperature at 140° F. Watch the temperature even more carefully toward the end of the drying process. To prevent scorching, lower temperature to 120° F if possible. Examine the food often and turn trays frequently, removing foods as they dry.

3. **Microwave drying** is a quick way to dry small quantities of herbs and some leaf vegetables, but it is not successful for most other foods. Food which has been microwave dried often tastes overcooked rather than dried. Follow manufacturers' guidance.
4. **Air drying** can be done indoors in a well-ventilated attic, room or screened-in porch. Herbs, hot peppers and mushrooms are the most common air-dried items. Herbs and peppers are not pretreated, but simply strung on a string or tied in bundles and suspended until dry. Enclose them in paper bags to protect them from dust or other pollutants.
5. **Sun-drying is not recommended in the midwest due to high humidity.** Foods dried in the sun can take 3–4 days to dry; if the humidity is high, as is generally the case in Missouri, the food will mold before it dries. Sun-drying requires constant exposure to direct sunlight during the day and a relative humidity of less than 20%. These conditions are found only in the southwestern states.

Dehydration basics

Drying times in conventional ovens or dehydrators vary considerably depending on the amount of food dried, its moisture content, room temperature and humidity level — and in the case of oven drying, the use of fans. Some foods require several hours, and others may take more than a day. General guidelines include:

- Fruits (125 to 135 degrees F)
- Vegetables (115 to 130 degrees F)
- Meat/jerky (155 degrees F)
- Herbs (95 to 105 degrees F)

Interrupting drying time, or prolonging it by using lower temperatures, may result in spoilage.

Different foods that require similar drying times and temperatures can be dried together. Vegetables with strong odors or flavors (garlic, onion and pepper) should be dried separately.

Air temperature and circulation must be controlled during the drying process. If the temperature is too low or the humidity too high (resulting in poor circulation of moist air), the food will dry more slowly than it should and microbial growth can occur. Watch temperatures closely at the beginning and end of the drying period. If the temperature is too high at first, a hard shell may develop on the outside, trapping moisture on the inside. This condition is known as case hardening and leads to a moldy food product. Temperatures that are too high at the end of the drying period may cause food to scorch.

Determining dryness. Judging when food is dry requires experience. It is better to overdry than to underdry. When in doubt, continue drying for an additional 15–30 minutes. Check for doneness. Allow the product to cool before testing.

Vegetables are sufficiently dried when they are leathery or brittle. Leathery vegetables will be pliable and spring back if folded. Edges will be sharp. Corn and peas will shatter when hit with a hammer.

Fruits are adequately dried when moisture cannot be squeezed from them, and if they are tough and pliable when cut. Fruit leathers may be slightly sticky to the touch but should separate easily from the plastic wrap.

Meats should be extremely dry unless they are to be refrigerated or frozen for long-term storage. Meat is sufficiently dried when it is dark-colored and fibrous and forms sharp points when broken.

Herbs are dried when brittle. Their leaves shatter when rubbed together.

After drying, even when a food tests dry, it may not be uniformly dry. Therefore, conditioning and pasteurizing should be done before storing.

Conditioning is the process used to equalize, or evenly distribute, moisture left in the food after drying. It is usually done to fruits, herbs and seeds to improve storage, because it decreases the chance of spoilage, especially by molds. To condition a food, follow these steps:

1. Cool foods on trays.
2. Pour into a large, nonporous container of food-grade material; fill to about two-thirds full.
3. Cover container and shake container daily or stir contents at least once a day for 10–14 days.
4. Check for condensation on the lid and any signs of spoilage. If condensation occurs, return food to the dryer to finish the product. Recondition after it is dry.
5. Cool thoroughly before packaging.

Freshly dried fruit can be added to the conditioning batch within the first five days. Conditioning time will need to be lengthened to accommodate the additional food.

Caution

If any sign of mold growth occurs, destroy the product.

Pasteurizing is recommended for foods that have been contaminated before or during storage. It can be used as a second treatment for vegetables held in storage if the vegetables do not have any mold on them. Keep in mind that this treatment can cause quality changes. To pasteurize, use one of the two following methods:

- **Freezer** — Seal dried food in a heavy, plastic bag after drying (and conditioning, if necessary). Place in a freezer at zero° F for a minimum of 48 hours.

- **Oven** — Place the food in a single layer on a tray or in a shallow pan. Place in an oven, preheated to 160°F, for 30 minutes. Cool and package for storage.

Package dried foods in glass jars, food-grade plastic storage containers, or plastic food-storage bags. Make sure the package has an airtight seal. It is a good idea to package dried foods in small amounts, because after the package is opened, the food can absorb moisture from the air and quality deteriorates.

Store containers of dried foods in a cool, dark, dry area, such as a basement or cellar. Exposure to humidity, light or air decreases the shelf life of foods. The lower the temperature, the better: Foods stored at temperatures under 60° F will keep about one year. At 80–90° F, the food begins to deteriorate within several months.

Selecting an electric dehydrator

Because an electric dehydrator can be an expensive investment, choose a specific brand or model carefully.

Space requirements

Dehydrators vary in size and can be round, square or rectangular. You will need to find a convenient space to operate it. Place the dehydrator near an electrical outlet so that extension cords are not necessary. You should have room to open the door or lid to easily load and rotate the trays. When deciding where to put the dehydrator, keep these points in mind:

- Food will give off humidity
- Some foods will give off strong odors, for example onions
- The fan will create noise
- The appliance will give off heat

Heat control

The dehydrator should allow you to select heat settings from 85–160° F and should have a thermostat to maintain the selected temperature. The heating element should be enclosed so that it does not present a shock or burn hazard. Some models have timers and automatic shutoffs. Controls should be located on the front of the dehydrator for ease of use. Check the

instructions to see how often the trays need to be rotated to ensure even drying.

Air flow

Good air flow is extremely important in removing moisture from food. As much food surface as possible should be exposed to warm, dry, moving air. Some dryers use natural convection only; others use a fan. The addition of a fan will make even air circulation more likely. A fan with two speeds is desirable. High speed is used at the beginning of the drying period when moisture is readily available at the surface. Low speed is then used to slowly remove the remaining moisture.

The two basic kinds of air flow systems are horizontal and vertical. Horizontal flow moves air across the top and bottom of food and is considered the best system. Vertical air flow is more easily blocked by food trays and requires rotating trays to ensure even drying.

Trays

Tray edges should be a quarter- to a half-inch high to prevent food from spilling or falling off and to allow air to circulate. There should be four to 10 open-mesh trays of sturdy lightweight plastic for drying. The mesh size of the screening material should be large enough to allow air to circulate yet small enough to prevent food falling through. Finally, the trays should be easy to clean and lightweight.

Door

The door should be easy to open and close. Doors may swing up or down, right or left. Some are removable. You may need both hands to load and unload the food trays so the door should stay in an open position by itself. It should seal well and have strong hinges and latches that will withstand repeated use as well as heat and humidity.

Cabinet

The cabinet should be built of a material that does not warp or get hot when in use—double-wall construction of metal or plastic. It should be nonflammable and easy to clean.

Safety and warranty

Look for the UL label and a grounded plug. Check the length of the warranty and what it covers. Also, verify that replacement parts are available.

Arranging food layers.

Capacity

Use common sense. If the capacity of the dehydrator does not look large enough to accommodate the size of the loads you will dry frequently, it will not be a good buy.

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Flavored Salts

FLAVORED SALTS 4 WAYS

● FLAVORED SALTS & USES

- › often used as a finishing salt or dry rub; also as a seasoning
- › **uses:** grilled meats; roasted vegetables; eggs; sliced tomatoes; avocado or ricotta toasts; popcorn; chocolate; cocktail glass rims
- › **coarse salt** is generally preferred; fine salt works well too
- › **types:** kosher; sea salt; Pink Himalayan; Celtic Grey; Maldon; etc.
- › **salt is salt** (see Food Safety Educational Poster)

● DRY METHOD

› DRY SALT + DRY INGREDIENTS

- 1 cup salt : 4 tsp to 30%

› DRY SALT + FRESH/MOIST INGREDIENTS

- 1 cup salt : 4 cups fresh herbs (3 to 8 tbsp citrus zest)

● WET METHOD

› SALT + LIQUID (SLURRY)

- 1 cup salt : 2 – 5 tbsp liquid (1 – 2 tbsp aromatics)

› SALT + LIQUID (REDUCTION)

- 1 cup salt : 3 cups liquid, reduced to 1 – 2 tbsp

● DRYING TIMES

- › air dry: ~2 days (stirring frequently)
- › oven dry: 170°F or lower for ~2 hrs
- › dehydrator: 105°F for ~12 hrs

● TOOLS

- › coffee/spice mill; food processor; salt grinder; fine mesh sieve

● FLAVOR IDEAS

- › Herb ♦ Garlic & Herb ♦ Wine ♦ Mushroom ♦ Caper ♦ Porchetta ♦ Worcestershire ♦ Tomato ♦ Rosemary ♦ Vinegar ♦ Citrus ♦ Szechuan ♦ Sriracha Lime ♦ Bourbon (sugar) ♦ Chili & Smoked Paprika ♦ Lime & Ginger (or Coriander) ♦ Lavender ♦ Vanilla

Salt is Salt is Salt

EXCEPT WHEN IT'S MORE THAN SALT. (READ ON.)

Salt is an essential mineral for health and one of the five basic human tastes. It's indispensable in the kitchen for many reasons beyond taste. Whether gathered from coastal or inland salt pans, evaporated from sea water, or mined from salt deposits, all salt is marine in origin. Salt is composed of sodium chloride (NaCl). And that's it. Salt is salt, and there is no salt that is "saltier" than any other salt. What does make a difference in taste perception is the size, shape, and density of the salt grain. A large-grained crystal or flake salt will have more of an impact on the tongue than a small granular bit of fine salt. The size and shape of the salt crystals will also affect measuring; for example, 1 tsp of fine table salt weighs more than 1 tsp of coarse kosher salt, so exchanging types of salt in cooking recipes may impact how salty the dish ends up tasting.

But what about the "more than salt" referenced in the above sub-title? Some brands add anticaking agents or other additives, such as iodine. Unrefined salts may contain trace minerals, which can contribute color (such as in Pink Himalayan and Hawaii Red salts) and maybe flavor. These extras may be fine when it comes to cooking, but for canning and preserving there could be negative impacts – which is why **we recommend using canning/pickling salt for preserving**. This salt is pure salt, with no additives or minerals. It is fine grained, which makes it easily dissolvable. Canning and fermenting recipes have been designed for this salt, so if you do make any substitutions, you should plan on performing weight conversions.

So, what are these negative impacts? Anticaking agents can cause cloudy brine, and iodine may turn vegetables dark. These are not safety issues, but it could impact the look of your jar of pickles. Additives, minerals and impurities could interfere with fermenting. Thus, to ensure good results – beautiful jars of canned goods and successful fermentations – choose canning/pickling salt.

For further information on preserving, visit the National Center for Home Food Preservation (NCHFP) at <https://nchfp.uga.edu> or contact your local Cooperative Extension office.

Brought to you by the UCCE Master Food Preservers of El Dorado County
Website: https://ucanr.edu/sites/mfp_of_cs/
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RECIPES

ROSEMARY LEMON SALT

1 cup coarse sea salt
3 tbsp fresh rosemary leaves
grated zest of 1 lemon

Pulse all ingredients in a food processor until all ingredients are combined and of a similar size (or use the hand-chop method). Pour onto a baking sheet and dry by your preferred method. Store in an airtight container.

Source: steelhousekitchen.com

TOMATO SKIN SALT

tomato skins (saved from blanched and peeled tomatoes used for another purpose)
coarse salt

Preheat oven to 200°F. Weigh tomato skins. Measure an equal weight of salt. Spread out the tomato skins on a baking sheet lined with parchment paper, and sprinkle with the salt. Bake in the oven until skins are completely dry. A batch of skins from 4 medium tomatoes will take approximately 2-3 hours; larger batches will take longer. Remove from the oven and cool. Remove the skins from the salt and pulverize using a spice mill, mortar & pestle, or food processor. Recombine with the salt and store in an airtight container.

Source: food52.com

LEMON HONEY BOURBON SALT

1 cup coarse sea salt
1 tbsp lemon juice, plus the grated zest of 1 lemon
¼ cup honey
3 tbsp bourbon

Combine all ingredients and spread out on lined dehydrator tray. Dry at 105°F for 10-12 hours. Grind up the salt, then return to the dehydrator until dry and no longer sticky, about 8 more hours. Store in an airtight container.

Source: nibblemethis.com

The page is framed by a decorative border of gift boxes. The boxes are in various shades of blue and light blue, with some featuring white snowflake patterns and others with dark blue dots. The ribbons are in contrasting colors, such as dark blue on light blue boxes and light blue on dark blue boxes. The gift boxes are arranged in a grid-like pattern, with some partially cut off by the edges of the page.

Meals in a Jar

FN1494 (Reviewed January 2023)



Mix It Up

to Expand Your Gift-giving Dollar With Food Mixes in a Jar

When the holiday season rolls around, many family budgets become strained. With a long list of family and friends, finding enough money to go around may be challenging. To help reduce the stress of your next holiday season, try making gifts instead of purchasing them. Consider these fun and economical gift ideas:

- ✓ Create gift baskets. For the family member who loves movies, make a “night-in” basket. Get a large bowl for popcorn to use as the container. Add packaged popcorn and a coupon for a free movie rental. Gardening, sports or any other themed baskets also work.
- ✓ For parents with young children, provide a homemade coupon good for free baby-sitting. Other ideas include coupons for helping walk the dog, painting or cleaning.
- ✓ Create a recipe booklet with favorite holiday recipes. Copy the recipes onto festive recipe cards, punch a hole in the corner of the cards and tie them together with a red ribbon. Holiday photo albums also can be used to hold recipes.
- ✓ Fill a holiday mug with packets of flavored tea, hot cocoa or coffee for those who enjoy warm beverages. Or tie a packet of soup mix to a large wooden spoon. Include a bowl and package of biscuit mix for a complete gift.
- ✓ If you are computer savvy, create homemade calendars for family members. These could include highlighted birthday and anniversary dates. Try adding family photos for a personal touch.
- ✓ Repurpose old tins, filling them with cookies, muffins or other holiday goodies. A gift like this will be a delight to anybody who has little time for baking.
- ✓ Make homemade mixes in a jar. Mixes for soups and cookies are popular gift items that are fairly inexpensive to make. The gift recipient will appreciate the attractive and thoughtful gift and also will value the convenience.

Key to Abbreviations

tsp. = teaspoon	g = grams
Tbsp. = tablespoon	qt. = quart
c. = cup	mg = milligrams
oz. = ounce	lb. = pound

Try any of these four tasty and inexpensive recipes during this holiday season. You can decorate the jar with fabric and a ribbon. Either photocopy and cut out the provided recipes or hand-print each recipe on a card and attach it to the jar.

Country Chili Mix

1 lb. kidney beans
 3 Tbsp. chili powder
 2 Tbsp. dehydrated onions
 1 Tbsp. garlic salt
 1 tsp. oregano
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. cayenne pepper (optional)

* To reduce sodium, substitute garlic powder for some of the garlic salt.

Pour the kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe card.

NDSU

EXTENSION

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist
 Kendra Otto, Program Assistant (former)

For more information on this and other topics, see www.ndsu.edu/extension

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Minestrone Bean Soup Mix

Makes 8 servings | Serving size: 1 cup

Creating the Mix:

Ingredients

Soup Mix:

- ½ cup brown rice
- ¼ cup dried red kidney beans
- ¼ cup dried Great Northern beans
- ¼ cup dried Yellow Eye beans
- ¼ cup dried split peas
- 1 cup macaroni or other small pasta

Seasoning Mix:

- 1 tablespoon onion flakes 1 bay leaf
- ½ teaspoon oregano
- ½ teaspoon garlic powder

Directions

1. In a quart-sized jar, place the first 5 ingredients for the soup mix in layers.
2. In a separate plastic bag place the macaroni; squeeze out all air and seal.
3. In a separate plastic bag, place the seasoning mix.
4. Squeeze all air out of the bag and seal.
5. Place the bag of pasta on top of the rice and bean layers; add the bag of spices on top and cover the jar with a lid.
6. Attach gift tag instructions for the final product.

Note: Use the mix within 6 months.

Cooking the Recipe:

Ingredients

1 jar Minestrone Soup Mix
4 cups low-sodium beef or chicken stock
4 celery stalks, sliced
4 carrots, sliced
4 cups canned tomatoes
6 cups water

Directions

1. Remove spice and pasta bags from the jar of beans.
2. Wash and pick over beans.
3. Put soup mix and water into a large pot.
4. Bring to a boil and boil for 2 minutes. Remove from heat and allow to stand for 1 hour. (this is the way to “jump-start” beans so you don’t have to soak them overnight).
5. Add other ingredients, except macaroni, and bring to a boil. Lower heat, cover, and simmer for 2 hours or until all the ingredients are tender.
6. Add macaroni and cook for 30 minutes. If the soup seems too thick, add extra water.

<https://extension.umaine.edu/food-health/recipes/minestrone-bean-soup-mix/>

Homemade Cornbread Mix

- 1 c. flour
- ¾ tsp. salt
- ¼ c. sugar
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ c. dry milk powder
- 1 c. plus 2 Tbsp. cornmeal

In a large bowl, mix all the ingredients. Place the mixture in a clean quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Cranberry-Oatmeal Cookie Mix

- 1 c. plus 2 Tbsp. flour
- 1 c. rolled oats
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ c. brown sugar
- ¼ c. white sugar
- ½ c. dried cranberries
- ½ c. white chocolate chips

Layer the ingredients in a clean, quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Friendship Soup Mix

- ½ c. dry split peas
- 2 Tbsp. beef bouillon granules
- ¼ c. pearl barley
- ½ c. dry lentils
- ¼ c. dry, minced onions
- 2 tsp. Italian seasoning
- ½ c. rice
- ½ c. macaroni noodles

In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

▼ Recipe Cards – you may photocopy the recipes and cut them apart. To attach a card, punch a hole in the flower in the upper right.

Country Chili

- 1 container Country Chili Mix
- Additional ingredients: 10 c. water (for soaking beans)
1 (8-oz.) can reduced-sodium tomato sauce
1 (24-oz.) can diced tomatoes
1 lb. ground beef or turkey
6 c. water (for cooking beans)

Remove bag of seasoning from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse the beans.

Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. For best flavor, use mix within one year.

Makes eight servings. Each serving (made with lean beef) has 350 calories, 7 g fat, 41 g carbohydrate, 17 g fiber and 730 milligrams sodium.

Homemade Cornbread

- 1 container Homemade Cornbread Mix
- Additional ingredients: 1 egg
1 c. water
2 Tbsp. oil

Preheat oven to 425 degrees. Pour dry mix into a large bowl. In a second bowl, combine egg, water and oil. Add liquid ingredients to dry ingredients. Stir well. Pour into a greased baking pan and bake for 20 to 25 minutes until the top is golden brown. For best flavor, use this mix within nine months.

Makes 10 servings. Each serving has 150 calories, 4 g fat, 25 g carbohydrate and 330 mg sodium.

Cranberry Oatmeal Cookies

- 1 container Cranberry Oatmeal Cookie Mix
- Additional ingredients: ½ c. butter
1 tsp. vanilla
1 egg

Preheat oven to 350 degrees. In a large bowl, mix butter, vanilla and egg together until smooth. Add cookie mix and mix well. Place by spoonfuls onto a greased cookie sheet and bake for eight to 10 minutes until golden brown. For best flavor, use this mix within nine months.

Makes 28 cookies. Each serving has 100 calories, 4.5 g fat, 13 g carbohydrate and 70 mg sodium.

Friendship Soup

- 1 container Friendship Soup Mix
- Additional ingredients: 1 lb. lean ground beef or turkey
3 qt. water
1 (28-oz.) can diced tomatoes

Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done). For best flavor, use this mix within one year.

Note: To avoid overcooked pasta in leftovers, add the appropriate amount of macaroni to the portion being served.

Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.

The page is framed by a decorative border of gift boxes. The boxes are in various shades of blue and light blue, with some featuring white snowflake patterns and others with dark blue dots. The gift boxes are wrapped with ribbons in dark blue and light blue, tied in bows. The central text is in a dark blue, rounded font.

**Freezer Jams,
Fruit Butters &
More**

Why Freezer Jam?

- It's easy
- Fresh taste
- Beautiful color
- No need for a lot of supplies
- No need to worry about jars sealing
- Is a backup for those jars that do not seal



Food Safety

- Wash your hands
- Always wash jars or freezer containers in hot soapy water
- Always use recipes from a reputable source
- Use food safety guidelines



Methods

Today's Method

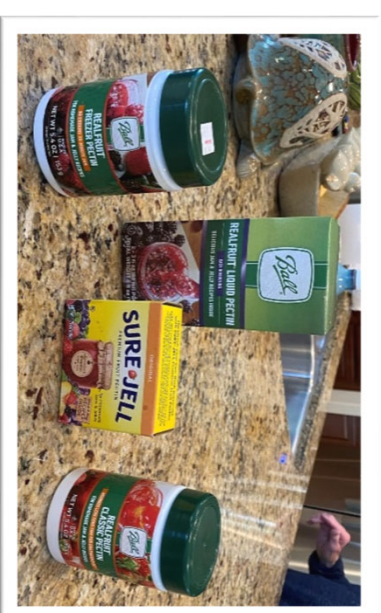
Freezer
Jams and
Jellies

- Quick Jams and Jellies
- Cooked using dry or liquid pectin which is used to achieve a gelled consistency
- Cook Down method
- IE long cook method, instead of using pectin, the product is cooked down to the gel point



Pectins

- Can use any pectin for freezer jam
- Ball Instant Fruit Pectin
 - Can also be made with sugar substitutes such as Splenda
- Mrs. Wages No Cook Freezer Jam Fruit Pectin
 - Use 1 ½ cups sugar to 4 Cups crushed fruits
- Pomona Pectin
 - <https://pomonapectin.com/freezer-jam-with-pomonas-pectin/>



<https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50808pectinfacts.pdf>



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Food Preserver Program

Sweeteners



- Granulated Sugar
- Honey
- Brown Sugar
- Splenda
- Stevia



Review recipe and instructions

Berry Blitz Freezer Jam

- Preserving Method: Freezing
- Makes about 5 (8 oz) half pints
- When you can't decide what your favorite berry is, combine them. Enjoy strawberries, blackberries, blueberries and raspberries in this flavor-filled jam.

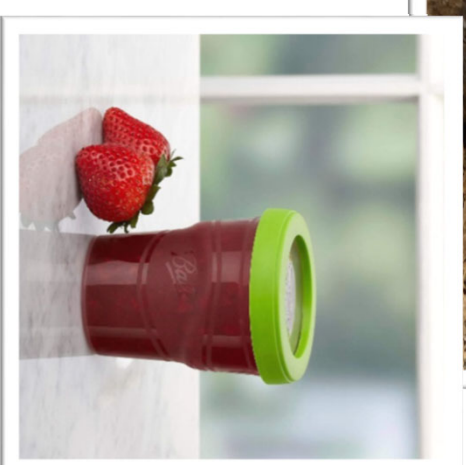
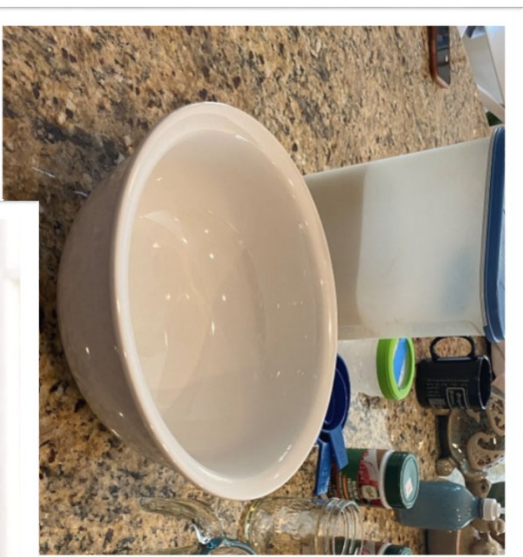
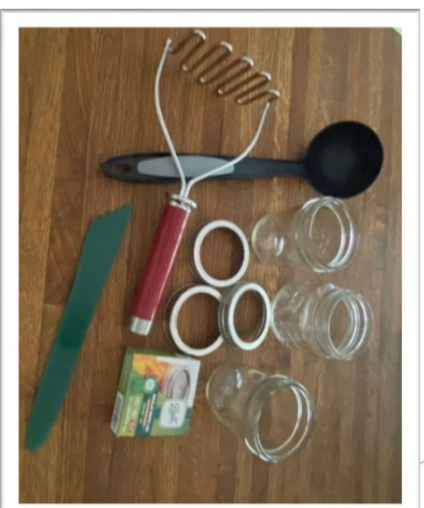
- **You Will Need**

- 5 Tbsp [Ball® RealFruit™ Instant Pectin](#)
- 1-1/2 cups sugar
- 1 cup crushed blackberries (about 1-1/2 6-oz container)
- 1 cup crushed blueberries (about 2 4.4-oz container)
- 1 cup crushed raspberries (about 1-1/2 6-oz container)
- 1 cup crushed strawberries (about 1 1-lb container)
- Zest of 1 small lemon
- 8oz freezer containers or 8oz glass jars and lids



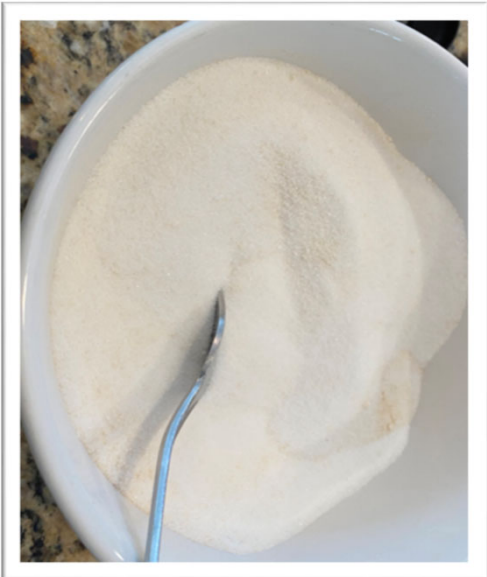
Gather equipment and ingredients

- Large bowl
- Potato masher
- Zester
- Canning funnel and/or ladle
- Clean freezer-grade plastic containers or canning jars, lids and



Directions:

1. Stir sugar and instant pectin in a bowl until well blended.



2. Mash the berries.



Directions continued

3. Add blackberries, blueberries, raspberries, strawberries and lemon zest to the sugar and pectin mix.
4. Stir 3 minutes.



Fill the jars

5. Ladle jam into clean jars to fill line or leaving 1/2-inch headspace.
6. Twist on lids.
7. Let stand until thickened, about 30 minutes.
8. Serve immediately, refrigerate up to three weeks or freeze up to one year.



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
- Information on pectin:
 - <https://extension.oregonstate.edu/sites/default/files/documents/88336/sp50808pectinfacts.pdf>
- UC Master Food Preservers of El Dorado County Helpline (<http://ucanr.edu/mfpcs>)
 - Ask a Master Food Preserver
 - Email us at edmfpm@ucanr.edu
 - Leave a voice mail message at (530) 621-5506





“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

Ball® RealFruit Freezer Jam Pectin Jam Recipes

For 2 (1-cup size containers):

- 1 $\frac{2}{3}$ cups crushed fruit (with stems, pits, peels, etc. removed as appropriate—look at Pectin package)
- $\frac{2}{3}$ cup sweetener (granulated sugar or Splenda®)
- 2 Tablespoons Ball® RealFruit Freezer Pectin
- 1 Tablespoon lemon Juice (only if using peaches)

Directions:

1. Stir sugar and pectin together in a bowl.
2. Add crushed fruit. Stir the mixture together for 3 minutes
3. Ladle jam into clean freezer jars and let sit for 30 minutes.
4. Enjoy now or freeze for later use.
5. Keep the product in the refrigerator between uses.
6. When ready to use the freezer jam, allow it to that before serving.

For 4 (1-cup size containers):

- 3 $\frac{1}{2}$ cups crushed fruit with stems, pits, peels, etc. removed as appropriate—look at Pectin package)
- 1 $\frac{1}{3}$ cup sweetener (granulated sugar or Splenda®)
- 4 Tablespoons Ball® RealFruit Freezer Pectin
- 2 Tablespoon lemon Juice (only if using peaches)

Directions: Follow directions above

For 6 (1-cup size containers):

- 5 cups crushed fruit with stems, pits, peels, etc. removed as appropriate—look at Pectin package)
- 2 cups sweetener (granulated sugar or Splenda®)
- 6 Tablespoons Ball® RealFruit Freezer Pectin
- 3 Tablespoon lemon Juice (only if using peaches)

Directions: follow directions above. STORE: In refrigerator for up to three weeks.

FREEZER JAM: Can be stored in the freezer for one year. The product should be stored no longer than 3 weeks in the refrigerator.

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PRESERVATION NOTES

This is the San Joaquin County Master Food Preserver Newsletter



Fruit Butters: More Than Just Apple

Author: Jim Farr

Published on: July 13, 2022

When I was growing up, when we ran out of Welch's grape jelly for our breakfast toast next in line was a jar of my mother's homemade apple butter. Besides apple butter which was a staple in many homes in the 50s and 60s, there are now recipes for making a variety of fruit butters beyond apple.



Fruit butters, as their name implies, are smooth, creamy spreads. They are made by slowly cooking fruit pulp and sugar to a thick but spreadable consistency. Spices or a second fruit are often added to enhance the flavor. Fruit butters are often made with less sugar than jams and have less of a candied fruit flavor. They are also simpler in that they do not contain any added pectin.

Among their many uses, those soft spreads make an excellent filling for layer cakes and the basis for a delicious trifle. Just spread the fruit butter of your choice on sliced pound cake, then layer with fresh fruit, vanilla pudding and, if desired, whipped cream. They also make an excellent filling for sandwich cookies. Simply spread butter on a plain cookie and top with a second cookie. Fruit butters can also be substituted for some of the fat in many baking recipes to produce delicious baked goods that are lower in fat.

Tips on Cooking Butters

Butters are cooked over medium to medium-high heat. To prevent scorching, stir butters frequently, especially as they thicken and reach the doneness point. Cooking times will vary depending on the diameter of the saucepan, the type of fruit and the intensity of the heat. Most butters will need 30 to 60 minutes of cooking time. Butters cook best in a wide diameter, heavy bottomed stainless steel saucepan. The extended cooking time evaporates moisture, thickening the fruit mixture and creating a spreadable, buttery texture.

Tips on Testing Fruit Butters for Doneness

Butters are cooked until they thicken and begin to hold their shape on a spoon. To assess doneness, spoon a small quantity of cooked mixture onto a chilled plate. When liquid does not separate, creating a rim around the edge, and the mixture holds a buttery, spreadable shape, the butter is ready to ladle into jars and process.

Below is a typical example of a fruit butter recipe. For any given recipe there are also variations often included in the recipes depending on uses for the butter and personal tastes.

Peach Butter: makes about eight 8 ounce jars or four pint jars

Ingredients

4 1/2 lbs Peaches, peeled, pitted and coarsely chopped
 1/2 cup water
 Grated zest and juice of 1 lemon
 4 cups Granulated sugar

1. In a large stainless steel saucepan, combine peaches, water and lemon zest and juice. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally, until peaches are soft, about 20 minutes.
2. Working in batches, transfer peach mixture to a food mill or a food processor fitted with a metal blade and puree just until uniform texture is achieved. Do not liquefy. Measure 8 cups of peach puree.
3. In a clean large stainless steel saucepan, combine peach puree and sugar. Stir until sugar dissolves. Bring to a boil over medium-high heat, stirring frequently. Reduce heat and boil gently, stirring frequently, until mixture thickens and holds its shape on a spoon.
4. Meanwhile, prepare canner, jars and lids
5. Ladle hot butter into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot butter. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
6. Place jars in canner ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

Variations:

For a more sophisticated fruit butter, reduce the sugar to 3 cups. When butter has begun to thicken but does not quite mound on a spoon, add 1 cup of your favorite spirit, such as amaretto liqueur or a sweet wine, and continue cooking, stirring frequently, until mixture mounds on a spoon.

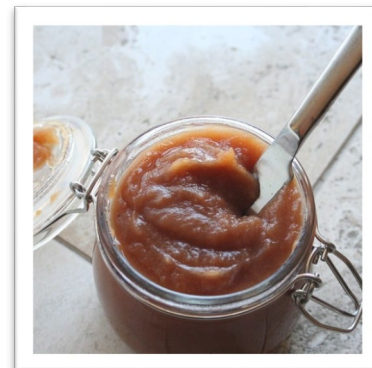
Another variation is to replace peaches in the above recipe with pears. The 4 1/2 lbs of peaches is replaced with 7 lbs pears, peeled, cored and coarsely chopped. The rest of the recipe is same as the peach recipe above with the exception that grated orange zest and juice as well as nutmeg (1 tsp) may be added.



“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

An Autumn Aroma--Apple Butter

A favorite smell in the autumn months is Apple Butter. Late August through October is the time of the year to obtain apples at very reasonable prices. While most food preservation recipes are very specific, fruit butters can be varied to individual tastes regarding sweetness and spiciness. Leave your windows open and the whole neighborhood will enjoy your efforts!



Fruit Butters are made by cooking fruit until soft, then pressing the cooked mixture through a sieve or processing in a food processor or blender until smooth and adding sugar. The resulting mixture is then cooked until thick enough to spread when cooled. Fruits may be blended to provide interesting colors and flavors. White or brown sugar or honey may be added and, although guidelines are given, you can make fruit butters as sweet as you desire. Darker sweeteners give a darker colored butter with light fruits and a more pronounced flavor with bland fruits, but the choice is up to the individual.

Spices usually added to fruit butters are a mixture of 2 teaspoons cinnamon and ½ teaspoon each of ground allspice and cloves per gallon (16 cups) of cooked butter. Ginger is good with pears; add 1 or 2 teaspoons ground ginger per gallon of butter. For a spicy flavor in light colored butter, cook with whole spices tied loosely in a cheesecloth bag; remove after butter is cooked. Lemon juice or cider vinegar may be added to bland fruits. Spices can be adjusted to your preference.

For making apple butter, any amount of apples may be used; but it takes about 1 pound of raw apples to make 1 half pint jar of apple butter. Peel and slice or quarter the apples. Use the apple alone or add a cup or two of apple juice or apple cider to start the cooking process. Adding a little extra liquid keeps the apples from burning as the cooking process begins. Water may be used but many people prefer adding a small amount of apple juice, apple cider, or apple cider vinegar; these seem to intensify the apple flavor and aroma.

Cook over low heat until the fruit is soft, stirring occasionally to prevent burning. Press the fruit through a sieve or food mill or process in small amounts in a food processor or blender until the fruit puree is smooth. Measure the pulp. Add about one half as much sugar (brown or white or honey) as there is fruit. For example, if you had 8 cups of fruit puree, you would add about 4 cups of sugar. Boil the fruit puree and sugar mixture rapidly, stirring often to prevent scorching. As the fruit butter becomes thick, reduce the heat. Add spices and lemon juice, if desired.

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Continue cooking until the butter is thick and almost falls off the spoon in flakes. Or test the doneness by placing a tablespoon on a plate that has been chilled in the freezer. The butter is done when no rim of liquid separates around the edge of the butter.

Cooking Fruit Butters in the Oven:

Fruit butters may also be cooked to the appropriate thickness in a slow oven at 300 degrees F. Many people find this method easier and less messy. Place the cooked and processed fruit puree in a large flat pan. Cover the pan with foil to prevent spattering. Leave one end of the foil loose so the moisture can vent out of the pan. Place the pan in the oven and let cook. Stir every 15-25 minutes. The mixture is cooked to right consistency in 2 to 3 hours depending upon the amount of fruit butter you are making.

Processing:

Regardless of the method used to cook down the fruit butter to the correct thickness, the mixture must be properly stored. Most people will want to can or freeze their finished product.

Canning: To process the fruit butter in a water bath canner, ladle the hot butter into one half pint or pint canning jars allowing ¼ inch headspace. Wipe the rims of the jars and place on the canning lids and ring bands. The canning lids should have been prepared according to the manufacturer's directions. Place the jars into the boiling water canner that has been half filled with hot water. Add additional hot water to the canner so that water covers the jars by at least one inch. Place the cover on the canner. Bring the canner to a boil over high heat. When the water in the canner reaches a gentle boil, begin timing. Process the half pint and pint jars for 10 minutes. When processing time is complete, let the jars remain in the canner for an additional 5 minutes. Then remove the jars from the canner. Cool in a draft-free location for 24 hours. Check jars to make sure they have sealed; store unsealed jars in the refrigerator for up to one month. Store sealed jars in a cool, dark and dry location.

Freezing: Fruit butters can also be frozen. Place cooked mixture into freezer containers allowing additional headspace to allow for freezing. Seal and place the containers in the freezer. Store for up to one year. To eat, thaw in the refrigerator. You can store in the refrigerator for up to one month.

Cranberry Mustard

<https://thebabblingbotanist.com/2014/11/28/cranberry-mustard/>

Ingredients:

1 cup red wine vinegar
2/3 cup yellow mustard seeds
1 cup water
1 tbsp Worcestershire sauce
2 3/4 cups cranberries
1/4 cup dry mustard
3/4 cup granulated sugar (or to taste)
2.5 tsp ground allspice

The first thing you need to do is soak the mustard seeds in the vinegar. Bring the vinegar to a boil, remove from heat, add the mustard seeds, cover and let it sit until all the vinegar is absorbed – about an hour and a half.

Prepare the canner, jars and lids. This yields about 7-8 4 oz jars, or 4 half pints. I ended up with 4 half pints a bit left over.

Dump the vinegar/mustard seed mixture into your food processor (I have [this one](#)) and add the water and Worcestershire sauce.

Blend until the seeds are mostly crushed up but still retain a grainy texture. You can adjust the blended-ness to your preference.

Then add the cranberries and blend again.

Scoop the mixture into a pot and bring it to a boil over medium heat, stirring constantly. Reduce the heat and boil gently. Add the ground mustard, sugar, and allspice. If you'd like to do less or no sugar, taste it before adding it and see what you think. I actually thought it tasted great before I added the sugar and allspice. At this point Ball said to boil until the mixture is reduced by a third, but mine was already crazy thick so I boiled for about 5 minutes and called it good.

Fill your hot jars with mustard, leaving a quarter inch headspace. Wipe rims, apply lids and tighten finger tip tight. Place the jars in a boiling water bath canner covered by at least 1-2 inches of water. Process for 10 minutes once the water is boiling.

After the 10 minutes, turn off the heat, remove the canner lid, wait 5 minutes and remove the jars to a hot pad or towel. Cool 12-24 hours, remove bands, wipe, label, and store.

A decorative border of gift boxes surrounds the central text. The gift boxes are in various shades of blue and light blue, featuring white and dark blue snowflake patterns and ribbon details. The boxes are arranged in a grid-like pattern, with some partially visible at the edges.

Kit Recipes

Recipes in Kits:

Baby It's Cold Outside kit:

Hot Cocoa Mix by Liz:

(dairy free and sugar free)

Ingredients:

Sugar substitute equal to 1 cup of sugar*

2/3 cup cocoa powder

1/2 tsp salt

1/8 tsp cinnamon

*you may use granulated/powdered sweetener of choice that equals 1 cup of sugar in sweetness. Recipe tested using 1/2 cup of Steviva, MonkFruit+ which is 2x the sweetness of white sugar.

Combine in jar and shake well.

Use 2 TBSP powder for 8 oz of your choice of hot milk (do not substitute water).

Five Bean Soup:

Wholefully.com

Ingredients:

- 1/3 cup pinto beans
- 1/3 cup green peas
- 1/3 cup black beans
- 1/3 cup great northern beans
- 1/3 cup kidney beans
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- 1 tablespoons dried chopped onions
- 1 tablespoon dried garlic powder
- 1 tablespoon oregano
- 1 bay leaf
- 1 small, dried chili pepper (optional)
- 1 teaspoon rosemary
- 1 veggie bouillon cubes

Instructions to create the jar

Layer all ingredients in a clean glass jar (pint size) in the order listed. Close lid, add tag.

To make soup

Remove wrapper from bouillon cube, add it, plus all remaining ingredients, plus water into a saucepan. Bring to a boil over high heat, reduce heat to low, and simmer until the soup is cooked. Remove and discard the chili pepper and bay leaves, if used, before serving. Season to taste.

Hot Apple Cider Cinnamon Spice Mix

Savorynothings.com

Ingredients:

4 cups sugar
4 tablespoons ground cinnamon
½ tablespoon ground nutmeg
½ tablespoon ground cloves

1. Mix all ingredients in a large bowl and fill into individual jars.
2. Use about 1 tablespoon per quart of liquid. Less sweet liquids (like wine or cranberry juice) can use a little more.

Spice It Up! Kit

Jalapeño Salt

cravethegood.com

Ingredients:

1/2 cup dehydrated jalapenos (about 10)
1 cup coarse kosher salt

Wash and dice fresh jalapenos. Spread them on a dehydrator tray and dehydrate for 6-10 hours at 125f, or until completely brittle.

Add the dried peppers to the bowl of your food processor and pulse 2-3 times. The goal here is to break up the jalapenos into smaller pieces before we add the salt. If you don't mind a finer salt, skip this step. Once the jalapenos are chopped down a bit, add the salt.

Pulse the food processor until the salt and jalapenos are completely combined and the texture is as desired, less blending will equal larger pieces while more blending will result in a finer grind.

Transfer the salt to an airtight container for storage and add to a shaker or salt bowl when required.

Suggested to wear gloves and mask if needed. Jalapeños are strong!

This recipe whips up about 1 1/2 cup of jalapeno salt. It can be scaled easily up or down, though, at the rate that you'll use this salt, I don't recommend all the work for a half batch - it will be gone too fast!

5 jalapenos (1/4 cup dried) - 1/2 cup coarse salt
10 jalapenos (1/2 cup dried) - 1 cup coarse salt
30 jalapenos (1 1/2 cups dried) - 3 cups coarse salt

As with any dried herb or spice, this homemade jalapeno salt should be kept in an airtight container in a cool, dark cupboard. It will keep well over a year as the salt will help preserve the dried peppers too!

Sriracha Salt

soufflebombay.com

Ingredients

1 ½ heaping cups of
Kosher or coarse sea salt
¼ cup Sriracha

Preheat oven to 250 degrees.

2. In a mixing bowl, combine salt and Sriracha, quickly mix until fully combined.
3. Scrape it out onto a parchment paper-lined baking sheet.
4. Using a spoon, push the mixture all around the baking sheet, spreading it all out.
5. Pop baking sheet into the oven and immediately lower heat to 200 degrees.
6. Set timer for 10 minutes.
7. Halfway through, quickly remove baking sheet and stir salt around again.
8. Place in oven. Once the timer goes off, turn off the oven (don't open the door) and leave the salt in the oven overnight.
9. In the morning (or 8 hours later) dump salt into your food processor and give it a few pulses to break up any clumps.
10. Package for a gift or store in a salt cellar or mason jar until ready to use. Enjoy!!

Rosemary, Orange, Thyme Herb Salt

therisingspoon.com

Ingredients:

2 cups of coarse sea salt, coarse rock salt or flaky sea salt (like Celtic, Himalayan, English, Alaskan, French, Mediterranean, or Utah sourced salt)
1.5 tablespoons of fresh rosemary leaves
1/2 tablespoon of fresh thyme leaves
6 navel oranges

Measure the sea salt into a large mixing bowl and set aside.

Measure rosemary and thyme into bowl with salt.

Wash and dry the oranges and use a zester tool to remove the peel from all six oranges in small, thin strips (make sure to avoid the white pith underneath). Alternately, you can use a small sharp knife to remove the peel in large strips and cut it into smaller pieces afterward.

Juice two of the oranges over a small bowl (remove any stray seeds). Add the fresh juice and orange zest to the sea salt. Stir the salt well with a wooden spoon so the orange juice, herbs, and zest are fully incorporated.

Spread the mixture evenly onto a large, rimmed baking sheet.

Set the oven to 220 degrees and pop the sheet inside. Bake 30 minutes or until the salt is no longer wet, stirring once halfway through. Break apart any clumps with a wooden spoon or fork and store the finished salt in an airtight container in your pantry. For best flavor, consume within 3 months.

Feel free to substitute other citrus fruits like lemon, Meyer lemon, blood orange, or tangerines if you can't find good navel oranges in your area.

Match to Meat Kit

BBQ Rub

Prideofplace.com

Ingredients:

¼ kosher salt
¼ cup firmly packed dark brown sugar
2 Tbsp plus 2 tsp smoked paprika
2 Tbsp granulated sugar
2 tsp garlic powder
2 tsp freshly ground pepper
1 tsp dry mustard
1 tsp ground cumin
1 tsp ground ginger

Stir all together. Store in an airtight container for up to 1 month.

Best Burger and French Fry Seasoning

Familymeals.com

Ingredients:

- 1/4 cup salt
- 2 Tablespoons paprika
- 1 Tablespoon garlic powder
- 1 Tablespoon garlic salt
- 1/2 Tablespoon cumin
- 1/2 Tablespoon pepper
- 1/2 Tablespoon dried basil
- 1/2 Tablespoon dried parsley
- 1 teaspoon chili powder
- 1/2 teaspoon celery salt

Pour all ingredients into a jar. Seal the jar and shake until all spices are well combined. Great on chicken, fish, pork and vegetables too!

Easy Chicken Dry Rub

Seekinggoodeats.com

Ingredients:

1 tbsp dried oregano
1 tbsp cumin
1 tbsp smoked paprika (regular paprika is fine, but smoked has the best flavor)
1 tbsp dried parsley
2 to 3 tsp garlic salt
1 tsp ground thyme
1 tsp onion powder
1 tsp ground mustard
1/2 tsp ground pepper

Instructions:

How To Make Dry Rub

Mix all ingredients in a bowl. Store in an airtight container until ready for use. Use immediately or store in an airtight container for later.

Place chicken in a plastic bag or bowl. Sprinkle dry rub over chicken and toss until all pieces are evenly covered with the dry rub. Refrigerate for a minimum of 2 hours or even overnight if you have to.

How To Cook Chicken In The Oven

Preheat oven to 400°F. For easy cleanup, line a baking sheet with nonstick foil or foil coated with a nonstick spray. For boneless chicken bake 20 to 25 minutes, bone-in chicken 40 to 45 minutes until chicken is no longer pink or internal temperature reaches 165°F.

How To Cook Chicken On The Grill

Preheat grill to medium (350° to 450°F). Place chicken pieces on the grill and cook 25 to 30 minutes for bone-in chicken, and 8 to 10 minutes for boneless chicken - turning once. Cook until the chicken is no longer pink, or the internal temperature reaches 165°F. Note that larger pieces of chicken will require additional grilling time.

Mason Jar Recipe Cards

ishould@bemoppingthefloor.com

Recipe Card

Recipe:

From the Kitchen of:

Ingredients:

Directions:

Recipe Card

Recipe:

From the Kitchen of:

Ingredients:

Directions: