

CANNING RECIPES

By Mrs. W. B. Weaver

Chili Sauce

4 quarts chopped and peeled tomatoes, 2 cups chopped onions, 1 cup chopped sweet red pepper, 1 cup chopped green pepper, 1 small, hot red pepper, 3 tablespoons salt, ½ cup sugar, 1 tablespoon white mustard seed, 1 teaspoon cinnamon, 1 teaspoon allspice, 2½ cups vinegar.

Combine the vegetables, salt and sugar, and cook until the mixture begins to thicken, then add the vinegar and whole spices in bag, and cook until the mixture becomes a thick sauce. Pour into hot jars and seal immediately. Drain juice from vegetables before adding vinegar. This will shorten the cooking period.

Lima or Butter Beans

Select young and tender lima or butter beans, precook five minutes in open kettle, and pack jar to within one inch of the top. Cover with boiling water and add one teaspoonful of salt and one teaspoonful of sugar to each quart. Seal tightly. Process 55 minutes at 10 pounds pressure in Pressure Cooker. Process three hours in Hot Water Bath.

Corn

Sweet corn is canned in two different styles—whole grain and cream style. Whole grain corn is cut from the cob without scraping, while for cream style the corn is given a more shallow cut and the cobs are scraped. The whole grain product retains the appearance and flavor of fresh corn more nearly than the cream style because it can be given a lighter processing and therefore is not so much overcooked. When cream style corn, which is thick and viscous, is canned in glass jars, it sometimes becomes brownish in color due to caramelization of the sugar by the heavy processing required.

Whole Grain Corn

Use only tender, freshly gathered sweet corn; shuck, silk, and clean carefully. Cut from the cob deeply enough to remove most of the kernels without objectionable hulls. Do not scrape the cobs. Place in open kettle, adding enough water to cover and cook 5 minutes. Pack boiling hot in sterilized jars to within one inch of the top. Add 1 teaspoon of salt, and 2 teaspoons of sugar to each quart of corn. Seal tightly. Process in Pressure Cooker 60 minutes for pints and 70 minutes for quarts. In Hot Water Bath process 3½ hours for pints. (Use 15 pounds pressure for Pressure Cooker.)

Cream Style Corn

Gather the sweet corn when tender; shuck, silk and clean carefully. Cut the corn from the cob by shallow cutting through the grain and scraping. Place

in open kettle, adding enough water to cover and cook 5 minutes. Pack boiling hot in sterilized jars to within one inch of the top. Add 1 teaspoon of salt, and 2 teaspoons of sugar to each quart. Seal tightly. Process in Pressure Cooker 75 minutes at 15 pounds pressure, for pints. Hot Water Bath process 3½ hours for pints.

Only pint jars are recommended for canning corn. Quart jars can be used but are not advised.

Okra

Gather young pods, wash in cold water, cut off stem, but do not cut into seed pod. Can okra whole. Cook in open kettle 5 minutes. Pack into jars, cover with boiling water and add 1 teaspoon of salt. Seal tightly. Process in Hot Water Bath for 3 hours. In Pressure Cooker process 40 minutes at 10 pounds pressure for quarts and 35 minutes for pints.

Watermelon Rind Pickle

7 pounds watermelon rind, 3½ pounds sugar, 1 pint vinegar, 3 sticks cinnamon, 1 tablespoon whole cloves, 1 tablespoon whole spice, 1 teaspoon ginger root (if desired).

Prepare 7 pounds of rind. Remove the green part and cut off the pink melon until the rind is firm. Cut these pieces into uniform strips 1¼ inches wide and 2½ inches long.

Let stand overnight in weak brine. Rinse and scald until tender in alum

water. (Two level teaspoonfuls powdered alum to 1 quart water.) Rinse again in cold water.

Bring sugar, vinegar and spices to a boil the day before, let spices remain in syrup overnight. Next morning remove spices.

Drop watermelon strips in boiling syrup until heated thoroughly. Put in sterilized jar, cover with syrup and seal. (Do not crowd in jar).

Grape Conserve

7 pounds grapes, 1 pound nut meats, sugar, 4 oranges, 1 pound seedless raisins.

Stem the grapes, wash them and place in a large kettle without water. Mash slightly, and let boil until well cooked and the juice free. This will take about 15 minutes. Put the grapes through a sieve to remove seeds, then measure the pulp. To every four cupfuls of pulp, add three cupfuls of sugar. Add the raisins, the oranges sliced very thin, and boil carefully but rapidly to the jelly stage. Remove from fire, add the nut meats cut in small pieces, pour into glasses, and seal.

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