

CANNING RECIPES

By Mrs. W. B. Weaver

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 five minutes. Pack boiling hot in sterilized jars to within one inch of the top. Add one teaspoon of salt, and two 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 three and one half hours for pints. (Use 15 pounds of 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 five minutes. Pack boiling hot in sterilized jars to within one inch of the top. Add one teaspoon of salt, and two teaspoons of sugar to each quart. Seal tightly. Process in Pressure Cooker 75 minutes at 15 pounds pressure, for pints. In Hot Water Bath process three and one-half hours for pints.

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

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.

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 five minutes. Pack into jars, cover with boiling water and add

one teaspoon of salt. Seal tightly. Process in Hot Water Bath for three hours. In Pressure Cooker process 40 minutes at 10 pounds pressure for quarts and 35 minutes for pints.

Squash

Wash thoroughly and cut into small pieces. If tender, do not peel. Cook until tender, drain off water, mash, pack hot into hot jars, add one teaspoon salt to each quart. Add no water. Partly seal and process for 75 minutes in a Steam Pressure Cooker at ten pounds, or for 3½ hours in a Hot Water Bath. Remove from canner and seal immediately.

String Or Snap Beans

One bushel or 24 pounds make 25 pint jars.

Wash beans well to remove all soil. Snip off ends and cut into 1-inch lengths. Wash well again. Pack into clean jars, filling two-thirds full at first and packing as closely as possible without crushing. Add one teaspoon of salt and one-half teaspoon of sugar for quarts, one-half teaspoon salt and one-fourth teaspoon sugar for pints. Add hot water to cover, then fill with more beans and more water, till top is reached. Process in Hot Water Bath; 100 minutes for pints, 120 minutes for quarts; Pressure Cooker 10 pounds (240 degrees F.) 35 minutes for pints, 40 minutes for quarts.

Beets

One bushel or 50 pounds make 40 pint jars.

Wash beets, which have had top cut off to within one-half inch of top of beet, using a scrub brush to remove all soil. Place beets in a kettle of hot water, boil until skins will slip readily when beets are cooled. Cold dip beets, but remove at once. Slip skins off, pinch off taproot and top. Rinse beets in cold water, pack as tightly as possible into clean jars. Add one-half teaspoon salt and one-fourth teaspoon sugar for pints, one teaspoon salt and one-half teaspoon sugar for quarts, and fill with hot water. Agitate to expel air.

Process in Hot Water Bath, 90 minutes for pints, 100 minutes for quarts; Pressure Cooker 10 pounds (240 degrees F.) 30 minutes for pints, 35 minutes for quarts.

Blackberry Jam

Wash and pick over two quarts wild blackberries. Crush. Bring to a boil, simmer ten minutes. Force through a sieve to remove seeds. Measure pulp. Add an equal measure of sugar. Stir until sugar dissolves. Bring to a boil; boil rapidly until a good jelly test results. Pour into clean, hot glasses. Paraffin. Cool; put on covers and labels. (If desired, seeds may be left in.)

To Can Plums

Firm-fleshed well-ripened plums are

most satisfactory for canning. As a general rule, plums are canned with the skins on. Well-ripened plums of some varieties may be blanched in boiling water and then dipped in cold, and skins removed. If skins are left on, prick with needle to prevent bursting, dip in hot water and cool immediately.

Pack prepared plums as closely as possible in clean hot jars, packing jars full. Cover fruit with hot syrup. For acid plums use medium syrup, for sweet use the light syrup. Process in Hot Water Bath: pints 25 minutes, quarts 30 minutes.

Plum Conserve

Two quarts seeded plums
One lemon
½ teaspoon salt
One large stick cinnamon
Six cups sugar
One cup raisins
One cup nutmeats.

Use firm-fleshed plums. Cook until soft with pulp and grated rind of lemon, salt and cinnamon. Add sugar and raisins. Cook until thick. Remove cinnamon, add nuts and pour, boiling hot, into clean dry glasses, seal at once.

Half the sugar may be saved by using honey or corn syrup or both in this recipe. If this conserve is made with honey, the flavor is pleasing; made with corn syrup, the product is less sweet.

Spiced Plums

One gallon plums
Seven cups sugar
Two cups vinegar
One teaspoon whole cloves
One stick cinnamon
One tablespoon whole allspice.

Use firm-meated plums. Pierce with needle. Boil sugar, vinegar and spices (tied in bag) 5 minutes. Cool. Add plums, simmer until hot through. Let stand overnight, then simmer until plums are tender. Pack into clean dry glasses and seal at once.

V . . . —

Teacher—(showing the class a copy of the picture of Washington crossing the Delaware): "Now, can any little boy or girl give me a name for this picture?"

Small voice in the rear: "Sure! 'Sit down, you're rocking the boat!'"

V . . . —

"How'd you get along with your wife in that fight the other night?"

"Aw, she came crawling to me on her knees."

"Yeah? What did she say?"

"'Come out from under that bed, you coward.'"

V . . . —

"Have you any explanation for your wandering around at this time of the night in this drunken condition?"

"Ossifer, do you suppose that if I had a explanashun I'd be out here in thish cold instead of in there explainin' to the lil' wifey?"