

FOOD PRESERVATION RECIPES

CAESAR'S HOT BEANS

From Bernardin Home Canning

Ingredients

- 2.2 lb. (1 kg) green beans
- 2.2 lb. (1 kg) yellow waxed beans
- 2 large red peppers, seeded
- 3 cups (750 mL) white vinegar
- 3 cups (750 mL) water
- 3 tablespoons (45 mL) pickling salt
- 6 teaspoons (30 mL) crushed red pepper or 6-18 hot chili peppers
- 18 peppercorns
- 3 teaspoons (15 mL) dill seed
- 6 large cloves of garlic, halved

Serves

6 x 500 mL Mason jars

Directions

1. Place 6 clean 500 mL Mason jars on a rack in boiling water canner.
2. Cover jars with water and heat to simmer (180°F/82°C). Set screw bands aside and heat sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
3. Wash and trim beans. Core and seed peppers, cutting into log strips.
4. In a large stainless steel saucepan, combine vinegar, water, pickling salt and crushed red pepper. Bring to a boil. Add beans and pepper strips and return mixture to a boil. Remove from heat.
5. In hot jar, place 1 teaspoon (5 mL) crushed red pepper or 1 to 3 fresh hot chili peppers, 3 peppercorns, ½ teaspoon (2 mL) dill seed and 2 pieces of garlic.
6. Pack beans and pepper strips into a hot jar to within ¾ inch (2 cm) from the top of the jar.
7. Add hot liquid to cover vegetables to within ½ inch (1 cm) of the top of the jar (headspace). Using a nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more beans, peppers, and hot liquid.



8. Wipe jar rim, removing any food residue.
9. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight.
10. Return filled jar to rack in canner. Repeat for remaining beans, peppers and hot liquid.
11. When canner is filled, ensure all jars are covered by at least 1 inch (2.5 cm) of water. Cover canner and bring water to a full rolling boil before starting to count processing time.
12. At altitudes up to 1000 ft. (305 m), process (boil filled jars) for 10 minutes.
13. When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed for 24 hours. **DO NOT RETIGHTEN** screw bands.
14. After cooling, check jar seals. Sealed discs curve downward and do not move when pressed.
15. Label and store jars in a cool, dark place. For best quality, use home canned foods within 12 months.



RED PEPPER & GARLIC JELLY

From Bernardin Home Canning

Ingredients

- 1 cup (250 mL) finely diced red pepper
- 3 large cloves garlic
- $\frac{3}{4}$ cup (175 mL) cider vinegar
- 3 cups (750 mL) granulated sugar
- 1 pouch (85 mL) Bernardin Liquid Pectin

Serves

3 x 250 mL Mason jars

Directions

1. Place 3 clean 250 mL Mason jars on a rack in a boiling water canner.
2. Cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
3. Cut red pepper into 1/8 inch slices; cut slices into 1/4 inch dice or chop in a mechanical chopper, but take care to avoid pureeing peppers.
4. Measure 1 cup (250 mL) diced red pepper into a large, deep stainless steel saucepan.
5. Finely slice garlic cloves, then cut slices into slivers. Garlic can also be ground or crushed. Add to red pepper with sugar and cider vinegar.
6. Over high heat, bring mixture to a full rolling boil that cannot be stirred down.
7. Add liquid pectin, squeezing entire contents from pouch. Boil hard for 1 minute, stirring constantly. Remove from heat and quickly skim off foam, if necessary.
8. Quickly pour hot jelly into hot sterilized jars, dividing solids equally among jars and filling each jar to within 1/4 inch (0.5 cm) of top of jar (headspace).
9. Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more jelly.
10. Wipe jar rim, removing any food residue, and centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner and repeat for remaining jelly.
11. When canner is filled, ensure all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes of up to 1000 ft. (305 m), boil filled jars for 10 minutes.



12. When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. When lids are concave and jelly is partially set, if solids have floated upward, carefully twist and/or rotate each jar to distribute solids throughout the jelly. The jar can be inverted temporarily but should not be allowed to stand upside down for prolonged periods. Repeat as needed during the cooling/setting time, until solids are nicely suspended in jelly.
13. Cool upright, undisturbed for 24 hours. DO NOT RETIGHTEN screw bands.
14. After cooling, check jar seals. Sealed discs curve downward and do not move when pressed.
15. Label and store jars in a cool, dark place. For best quality, use home canned foods within 12 months.



STRAWBERRY FREEZER JAM

From Bernardin Home Canning

Ingredients

- 4 cups (1000 mL) crushed strawberries, about 2 quarts
- 1 ½ cups (375 mL) granulated sugar or SLENDA No Calorie Sweetener, granulated
- 1 pouch (45 g) Bernardin Freezer Jam Pectin

Serves

Approximately 5 x 250 mL Mason jars

Directions

1. Wash and rinse 250 mL Mason jars and closures.
2. Wash, hull, and crush strawberries, one layer at a time. Measure 4 cups (1000 mL).
3. In large mixing bowl, combine freezer jam pectin and sugar (or Splenda) until well blended.
4. Stir fruit mixture into pectin-sugar mixture. Stir 3 minutes.
5. Ladle jam into jars, leaving ½ inch (1 cm) headspace.
6. Wipe jar rims, removing any residue. Apply lids tightly and let stand until thickened, about 30 minutes.
7. Refrigerate up to 3 weeks, freeze up to 12 months, or serve right away.

