



WATER BATH CANNING & PRESERVING COOKBOOK

FOR BEGINNERS

Your Step-by-Step Guide
with Helpful Extras & Cheat Sheets

Rina Elan
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Water Bath Canning & Preserving Cookbook for Beginners

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A Warm Welcome to the World of Preservation

Inspired by trusted Ball canning principles — made warm, gentle, and beginner-ready just for you.

This book is a useful and well-thought-out guide to water bath canning.

It strikes a good balance between accuracy and ease of use for people who value both.

You'll find more than just instructions here — you'll discover a quiet rhythm.

Whether you're preserving your first small batch or refining a familiar routine, this guide will walk you through every step with clarity and care.

We begin, as all good preserving should, with safety — not from fear, but from respect.

Then we move on to:

- the essential tools,
- thoughtful preparation,
- and clear, methodical technique — before opening the door to **over 100 carefully tested recipes**.

From sweet to savoury, traditional to inventive — all grounded in common sense and practical guidance.

You'll also find:

- Advice on common mistakes (they happen to everyone)
- Best practices for smart storage and pantry organisation
- Useful extras: conversion charts, seasonal calendars, and recipe templates to personalise your journey

Preserving isn't about being perfect.

It's about being present, being patient, and trusting that you're doing something both useful and beautiful.



1. Introduction to Home Preserving

Discover what water bath canning is, why it matters,
and how this book will guide you step by step into the world of safe, joyful food preservation.

1.1. Why Use a Water Bath for Canning?

Discover what water bath canning is, why it matters, and how this book will guide you step by step into the world of safe, joyful food preservation.

“Every Queen Deserves a Crown... and a Shelf Brimming with Vibrant Jars

You might be asking yourself:

“Why should I use a water bath for canning? Isn’t that what my grandmother used to do?”

Yes, and she was absolutely right to do it. But let’s be clear — water bath canning isn’t just old-fashioned.

It’s time-tested, science-backed, and one of the easiest, safest ways to start your preserving journey.

If you’ve never preserved anything before, this method is the perfect place to begin:

Safe. Simple. Satisfying.

What Makes Water Bath Canning So Effective?

Let’s break it down:

- Safe for **acidic foods** like fruits, jams, pickles, and chutneys
- Simple and **requires no fancy tools**
- Budget-friendly — just a **pot, jars, and a rack**
- You’ll hear that sweet pop when jars seal — and feel like a kitchen superhero
- Offers room for creativity — **mix colors, flavors, and combinations**

“It’s like arts & crafts... but edible. And brag-worthy at brunch!”

What You Can Preserve with Water Bath Canning

This method works great for high-acid foods, including:

Fruits — peaches, strawberries, apples, pears

Tomatoes — with added lemon juice or citric acid

Jams, jellies & marmalades

Chutneys & fruit butters

Pickles & relishes

- Salsa — only tested recipes



Pro Tip:

Always use tested recipes from reliable sources like the USDA, Ball, or trusted canning guides to ensure safety and proper acidity.

When Not to Use Water Bath Canning

This is **critical**, sweet pea:

Boiling water **only reaches 212°F / 100°C** — not hot enough to kill dangerous **botulism spores**.

Do not use water bath canning for:

Chicken, meat, or poultry

Fish

Plain vegetables (corn, green beans, peas, etc.)

Soups, stews, chilli

Dairy, eggs, or grains

Watch-Out:

If you're not sure it's safe, **don't can it. Freeze it!**

Why It's Ideal for Beginners

Water bath canning opens the door to a whole new world of preserving:

- Learn the **basics of food safety**
- Master sterilising, sealing, and storing
- Build confidence **before moving on to pressure canning**
- And yes, filling your pantry with homemade treasures is deeply satisfying



Rina's Final Words:

"Water bath canning is where generations of women have started.

It's simple, joyful, and empowering.

You don't need perfection — just a pot, a plan, and a pinch of patience."

Let's turn up the heat, love.

Your first jar of something fantastic is just around the corner.



1.2. Types of Safe Canning for Beginners

Let's Make Sure It's Safe, Easy, and Fun

Before we start chopping, boiling, and filling jars, let's make one thing clear:

Not all ways of canning are the same.

Some are easy to use and work well. Others? Better left to seasoned homesteaders or chemistry nerds. (No offense, dear — we love them, too.)

As a novice, you only need to know **two reliable, USDA-approved methods** to start canning safely at

home.

Ready? Let's break them down.

1. Water Bath Canning — Your New Best Friend

This method is ideal for **high-acid foods** such as:

- Fruits
- Tomatoes (with added acid)
- Pickles
- Jams & jellies
- Most sweet preserves

HOW IT WORKS:

- Jars are submerged in boiling water (212°F / 100°C) for a set amount of time.
- The heat kills mold, yeast, and many harmful bacteria.
- As the jars cool, they form a vacuum seal — that's the satisfying pop you'll fall in love with!

WHY IT'S PERFECT FOR BEGINNERS:

- It's simple, affordable, and doesn't require fancy tools.
- No pressure gauges. No lab coats. No drama.
- You get delicious, long-lasting results — with minimal stress.



Pro Tip:

Always **add acid** (lemon juice or vinegar) to borderline foods like tomatoes. Safety first, sweetness later!

2. Pressure Canning — For Later, Love

This one's a must for **low-acid foods**, such as:

- Meats
- Beans
- Plain vegetables
- Broths and soups

WHY NOT USE A WATER BATH?

Because **botulism spores** can survive in low-acid foods unless heated to **at least 240°F / 116°C** — a temp that water bath canning simply can't reach.

HOW IT WORKS:

- A pressure canner raises the internal temperature of the jars above boiling.
- You'll need a **special pot** with a locking lid, vent, and pressure gauge.
- **Time and pressure depend on** the food and your altitude (yep — the mountains matter!).

Why it's not for beginners (yet):

- More equipment to manage
- Slightly intimidating at first (you'll get over it!)
- Requires **precise control** of time, pressure, and venting



Rina's Advice:

Start with water bath canning. Once you fall in love with your jars and feel like a canning queen,

You'll want to level up — naturally.

What NOT to Try (Yet)

To keep you safe, bright, and smiling, avoid these outdated or unsafe methods for now:

- **Open Kettle Canning** — Just heating and pouring into jars. Not safe. Not modern.
- **Oven Canning** — Risk of **jar explosion** and uneven heating.
- **Microwave Canning** — Not supported by any tested safety standard.
- **Turning jars upside down** — No, sweetie. That's a “nope” from the canning gods.



Rina's Advise:

Stick to **USDA-tested, Ball canning principles and approved methods.**

Your pantry — and your tummy — will thank you.

In a Jar-Shell...



“Canning isn't dangerous if you do it right. Like baking bread, *there's science behind the comfort*”.

Start with **water bath canning**, master it, and have a great time.

When you're ready for a new challenge, **pressure canning will be waiting** — like the next season of your favourite show.

1.3 Introduction to Home Preserving

Benefits: Flavour, Nutrition & Sustainability

So, you've opened this book — maybe out of curiosity, maybe out of a desire to take control of your kitchen, or maybe because your grandmother's jam was so good you still dream about it.

Either way, **you're in the right place**. Welcome, dear — you're about to fall in love with **jars, lids, and the beautiful science of preserving!**

Let's start with why home preserving is worth your time — and trust me, it is.

1. FLAVOUR:

THE TASTE OF SUMMER... IN WINTER

When you preserve food at home, you **capture it at the peak of ripeness** — when flavours are bursting, colours are vibrant, and nature is showing off.

Store-bought versions? Often bland, overly sweet, or preserved when the fruit was still sulking on the vine.

Why it matters:

- You're locking in **peak-season goodness**.
- Home-canned peaches taste like **sunshine in a jar** — months after the tree has gone to sleep.
- No artificial “banana flavouring” here. Just **real fruit. Real flavour.**



Pro Tip:

Can or eat your fruits the **same day you buy or pick them**. The fresher the better — like dating, darling: timing is everything!

2. NUTRITION: BECAUSE YOUR BODY DESERVES THE GOOD STUFF

You know that long list of ingredients on store-bought jars?

If understanding it requires a **chemistry degree**, that's your red flag.

Home preserving lets you **control what goes in** — and even more importantly, what stays out.

Benefits to your health:

- Retain most of the **vitamins and minerals** thanks to gentle water bath methods.
- No mystery preservatives, no excess sugar, and no sneaky sodium bombs.
- You can adapt recipes to your needs — **diabetic-friendly, low-sodium**, allergen-free, etc.

Watch Out:

Over-processing (boiling too long) can reduce nutritional value. We'll go over the **perfect times and techniques** in later chapters — no need to stress!

Fun Fact:

Vitamin C in fruits like tomatoes and citrus **holds up surprisingly well** during water bath canning. Just don't boil it into oblivion, darling.

3. SUSTAINABILITY: GOOD FOR YOU, GREAT FOR THE PLANET

Home canning is a quiet rebellion — against **food waste, plastic packaging**, and the **throwaway culture** we all secretly resent.

It's about:

- Making what you need
- Using what you have
- And wasting as little as possible

Preserving food helps:

- Prevent forgotten cucumbers from becoming science experiments in your fridge
- **Reuse your glass jars** for years — they're the eco-divas of the pantry
- Reduce your dependence on mass food production, shipping, and plastic waste



Pro Tip:

Start a **“zero-waste” preserving shelf**. Even bruised or overripe fruit can become the star of a chutney or fruit butter.

Final Thought (Rina-Style Wisdom):



“Preserving food isn't just about saving the harvest.

It's about **preserving joy, health, and a little bit of magic** for days when you need it most.”

Whether you're storing up for winter or simply enjoying the peace of a quiet kitchen on a Sunday afternoon, remember — **you're doing something powerful. And delicious.**

Are you ready to discover the how? Let's begin by popping some lids and stepping into the world of preserving.



2. Safety First: Fundamentals of Safe Canning

Learn the science behind food safety,
including acidity, sterilization, and how canning prevents foodborne illness.

2.1. Foodborne Illness Risks & How Canning Prevents Them

The Most Important Thing Might Be What You Can't See

When we preserve food, we're not only capturing taste and season — we're engaging in a quiet form of science. And **at the heart of that science is safety.**

Many foodborne illnesses come from **invisible microorganisms** — yeasts, moulds, bacteria, and fungi. Given enough **food, time, warmth, and moisture**, these organisms can multiply quickly.

Unfortunately, jars of homemade food often provide all four — unless we take intentional steps to stop them.



The Hidden Danger: Clostridium Botulinum

Botulism is the most serious — though entirely preventable — threat in home food preservation.

This bacterium produces a **deadly neurotoxin** in environments that are:

- Low in oxygen
- Low in acidity
- Not sufficiently heated

In other words: a **sealed jar of improperly canned low-acid food** is an ideal home for it.

Botulism is rare, but not so rare that it can be ignored. Its spores are heat-resistant, tasteless, odourless, and invisible — which is why following proper canning techniques is essential.



HOW TO STAY HEALTHY WHILE CANNING

Water bath canning protects high-acid foods — like fruits, jams, and pickles — using a combination of **heat and acidity**:

- **Heat (100°C / 212°F)** kills most yeasts, moulds, and bacteria
- **Acidity (pH 4.6 or lower)** prevents harmful microbes, including botulism, from growing
- A **vacuum seal** formed during cooling keeps oxygen out and contaminants away

When you follow tested recipes and approved methods, your food is **safe, flavourful, and shelf-stable.**

THE MOST COMMON SAFETY MISTAKES TO AVOID

Even with the best intentions, oversights can happen. Here's what not to do:

- **Changing ingredient ratios**, especially acids (like vinegar or lemon juice)
- **Using outdated or untested recipes** (especially those from before 1990)
- **Skipping sterilisation** or using cracked or damaged lids
- **Storing jars in warm or brightly lit areas**, which degrades seals and affects food quality

CANNING SMARTLY IS SAFE CANNING

Home canning is both safe and deeply rewarding — **if done correctly.**

It helps you:

- Preserve the bounty of each season

- Reduce food waste
- Control exactly what's in your food
- And avoid the risks of foodborne illness

No need to fear the process — give it the respect it deserves. Consistency, care, and a good thermometer go a long way.

2.2. pH Basics: High-Acid vs. Low-Acid Foods

A Small Number That Makes a Big Difference

When it comes to safe home canning, knowing about pH isn't optional — it's **essential**.

The **pH scale** runs from **0 to 14**, and tells us how acidic or alkaline a substance is:

- **pH < 4.6** = high-acid food
- **pH > 4.6** = low-acid or non-acidic food
- **pH 7.0** = neutral (like water)

In canning, the **4.6 threshold** is more than a number — it **defines the entire method** you must use to preserve food safely.

High-Acid Foods (pH ≤ 4.6)

These foods naturally contain enough acid to inhibit the growth of harmful bacteria like *Clostridium botulinum*. That's why they're considered **safe for water bath canning**.

Common examples include:

- Most fruits: berries, peaches, plums, apples
- Citrus juices: lemon, lime, orange
- Tomatoes — **with added acid**
- Pickles, jams, jellies, relishes, chutneys
- Recipes based on vinegar



Pro Tip:

Tomatoes are on the borderline — always add **lemon juice or citric acid** to make them safe for water bath processing.

Low-Acid Foods (pH > 4.6)

These foods require **extra caution**. Their natural acidity is **too low** to prevent bacterial growth. Boiling water baths are **not safe** for these items.

Examples include:

- Meats, poultry, fish
- Most vegetables: green beans, corn, peas, carrots
- Legumes: beans, lentils
- Dairy, grains, soups, broths

These must be preserved with **pressure canning**, which raises the temperature to **240°F (116°C)** — hot enough to destroy **botulism spores**.

Why This Is So Important

Clostridium botulinum spores aren't impressed by well-arranged jars. They thrive in **low-acid, low-oxygen environments**, like sealed jars of improperly processed food. And because they **can't be seen, smelled, or tasted**, we rely on **tested science, not guesswork**, to guide our choices.

Still Unsure? Use a Tested Recipe

If you're unsure about the acidity of your ingredients:

- Choose a **modern, lab-tested recipe**
- Don't "wing it" with old family methods
- Trust what's proven, not what's guessed

Canning safely requires **both good tools and accurate information**. And just like in cooking, **a little more precision** can make all the difference.

2.3. Sanitation: Sterilising Jars, Lids & Equipment

The Key to Safe Canning Is Cleanliness

Before you touch the fruit, stir the jam, or hear that satisfying "pop," you must begin with **sterilisation**. It may not be glamorous, but it's the most essential step in every safe and successful preserving session.



WHY IS IT SO IMPORTANT TO STERILISE?

Warm, moist environments are a breeding ground for **bacteria, moulds, and yeasts**, and even the freshest produce isn't immune. If you skip sterilising your tools and jars, you're giving harmful microbes a dinner invitation.

Proper sterilisation helps to:

- Prevent spoilage
- Lower the risk of foodborne illness
- Extend the shelf life of your preserves
- Ensure tight, lasting seals

What Needs to Be Cleaned?

- **Jars** – Must always be cleaned and sterilised, even if brand new.
- **Lids** – Use new flat lids only. Wash and scald, but don't boil for too long (modern lids may lose sealing power).
- **Bands** – Wash well; reuse only if they're rust-free and undamaged.
- **Tools** – Funnels, ladles, bubble removers, jar lifters — clean with hot soapy water after every use and rinse thoroughly.

STEP-BY-STEP GUIDE TO STERILISING

Method 1: Boiling Water (for water bath canning)

1. Place jars upright in a large pot.
2. Fill with enough water to completely cover the jars.
3. Bring to a rolling boil.
4. Boil for 10 minutes (add 1 minute per 1,000 ft / 300 m above sea level).
5. Leave jars in hot water until ready to fill.

Method 2: Dishwasher (with sterilise cycle)

- Run a full sterilising cycle immediately before canning.
- Keep jars warm until use.

Method 3: Oven Warming (for maintaining heat only – not true sterilisation)

- Place clean jars in a 225°F (105°C) oven for 10–15 minutes.
- Use only to keep jars warm, not for sterilising.

Preparing Lids and Tools

- Wash lids and rings in hot, soapy water.
- Place lids in hot (not boiling) water just before use.
- Never reuse flat lids — always seal with new ones.



Pro Tip: Keep Everything Warm

Hot jars + hot food + hot lids = reliable seals and fewer issues. Avoid temperature shock — adding hot food to cold jars can lead to cracking or sealing failure.

SUMMARY

Sterilising your canning equipment is not optional — it's non-negotiable. A few minutes of preparation now will help preserve your food safely later. Clean tools = safe food = peace of mind in every jar.



3. Tools & Supplies You Really Need

Get familiar with must-have tools and jars,
and understand what you need to confidently begin preserving at home.

3.1. Why Jars, Lids, and Bands are Important

When it comes to home canning, jars, lids, and bands are often overlooked — but they're absolutely essential. Before you slice those peaches or stir your bubbling jam, let's take a closer look at this trio of canning essentials. Every piece plays a crucial role in keeping your preserves safe, shelf-stable, and beautifully presented.

The Jar: The Foundation of Every Preserve

Canning jars are made of tempered glass that can withstand both heat and pressure. But not all glass jars are created equal!

Do not reuse jars from store-bought yogurt, sauces, or pickled goods — they may crack during processing or storage.

Two common jar types:

- **Regular mouth:** Best for pouring liquids like jam, jelly, or applesauce.
- **Wide mouth:** Ideal for packing chunky items like pickles, whole peaches, or salsa.



Quick Tip:

Always check the rim for chips or cracks before using a jar. Even a tiny flaw can lead to seal failure.



The workhorses of canning, with multiple sizes to suit your needs.

The Lid:

Where Science Meets Magic

Canning lids are flat metal discs with a layer of sealing compound on the underside. These are **single-use only**.

Why?

Because once a lid is processed and sealed, the compound compresses. Reusing it may prevent a secure seal, allowing air or bacteria to enter the jar.



The two-part closure system that ensures a good seal.

No need to boil modern lids! Simply warm them in hot water for a few minutes before use.

A properly sealed lid will curve downward and stay in place once cooled.

The Band: The Reliable Assistant

Also known as **screw bands** or **rings**, these secure the lid during the canning process.



This is your essential trio.

- Reusable as long as they're clean, rust-free, and not bent.
- Tighten just until fingertip-tight — no need to overdo it.

After your jars have cooled and sealed, it's best to **remove the bands for storage**. This prevents moisture from collecting underneath and causing rust.

Why This Trio Matters

- **The jar** holds your creation.
- **The lid** seals in freshness and keeps bacteria out.
- **The band** holds everything together during processing.

Together, they form a vacuum-sealed system that helps your preserves stay safe and delicious for months (or even years) to come.

3.2. Water Bath Canner vs. Pressure Canner: When to Use Which

Choosing the Right Method Is About Science, Not Preference

To preserve food safely at home, it's not enough to seal a jar and hope for the best. The method you use must be based on the **acidity of the food** — and that's a matter of science, not taste.

Water Bath Canning

For foods with a pH of 4.6 or lower

This technique involves submerging jars in **boiling water (212°F / 100°C)** to kill moulds, yeasts, and most bacteria. Once processed, the jar is sealed, creating a vacuum that keeps contaminants out.

Use this method for:

- Fruits such as plums, apples, peaches, berries
- Jams, jellies, fruit butters, marmalades
- Pickles made with vinegar
- Tomatoes **only when acidified** with lemon juice or citric acid
- Chutneys, relishes, and fruit-based sauces
- Tested high-acid salsa recipes

Why it works:

The bacteria responsible for **botulism (Clostridium botulinum)** cannot survive in high-acid environments. Combined with heat and a vacuum seal, this method is safe and reliable — but **only for high-acid foods**.

Pressure Canning

For foods with a pH above 4.6

Low-acid foods require higher temperatures than boiling water can offer. **Pressure canning reaches 240–250°F (116–121°C)** using steam under pressure — hot enough to destroy dangerous botulism spores.

Use this method for:

- Poultry, beef, fish
- Unpickled vegetables (green beans, corn, peas, carrots)
- Legumes like beans and lentils
- Mixed dishes such as soups, stews, chilli
- Only recipes with safe grain or dairy handling

Why it's critical:

Botulinum spores **thrive in low-acid, oxygen-free environments** — such as sealed jars of improperly processed food. Only pressure canning eliminates that risk.



Not Sure Which to Choose?

- When in doubt, **refer to a trusted, tested recipe** (e.g., from the USDA, Ball, or Bernardin).
- Never guess acidity levels or modify recipe proportions.
- And remember: **a sealed jar does not guarantee safety**.

Final Thought

Choosing the correct method is not difficult — it's responsible. Once you understand the role of acidity, you'll know exactly how to preserve food safely, confidently, and with pride.

3.3. Must-Have Tools: Funnels, Jar Lifters, Bubble Removers, etc.

These tools are like the hands that make canning **easy, clean, and safe**. Jars and lids are the bones of the process — but it's the tools that ensure everything runs smoothly.

While it's tempting to dive into home canning with just a pot and some jars, having the right equipment helps prevent:

burns,
spills,
and sealing failures.

Here's your **essential starter set** for safe and successful canning:

Funnel

Purpose: Helps you pour hot jam or syrup into jars without making a mess.

Quick Reference Table

Method	Temperature	For Foods With...	Use For
Water Bath Canning	212°F / 100°C	High Acidity (pH ≤ 4.6)	Fruits, jams, jellies, pickles, acidified tomatoes
Pressure Canning	240–250°F / 116–121°C	Low Acidity (pH > 4.6)	Meat, poultry, fish, legumes, plain vegetables



Funnel



Hot jars + boiling water? This grippy girl saves the day (and your fingertips)



This utensil releases trapped air in jam



Say goodbye to wrangling wet lids - one magnet to rule them on

Choose stainless steel — it's strong, easy to clean, and doesn't stain like plastic.

Jar Lifter

Purpose: Allows you to safely remove hot jars from boiling water without getting burned.

Look for a rubber grip to avoid slipping — even with wet hands.

Bubble Remover & Headspace Tool

Purpose: Slides along the inside of jars to release trapped air bubbles.

The other end usually works as a **headspace measurer** — ensuring the correct gap between food and lid.

Magnetic Lid Wand

Purpose: Picks up hot sterilised lids without using your fingers.

Bonus: It keeps your process more sanitary and efficient.

Tongs, Slotted Spoons & Ladles

Purpose: Used for safely transferring hot fruits, syrup, or brine.

Choose heat-resistant materials like silicone or stainless steel.

Clean Cloths or Paper Towels

Purpose: Wipe jar rims before sealing — even a small residue can prevent proper sealing.



Tip:

Dip cloth in vinegar to remove oil or stickiness.

Optional but Handy:

- **Labeling pens or stickers** — for dates and contents
- **Cooling rack or clean towel** — to place hot jars on
- **Timer** — for accurate processing times
- **Digital thermometer** — especially helpful for advanced recipes

Final Thought

You don't need a drawer full of gadgets. But these few purposeful tools will take you from chaotic to confident in your canning journey. Once you try them, you'll wonder how you ever canned without them.

3.4. Fermentation & Fridge Preserves

You don't always need boiling water or high pressure to keep food fresh. **Fermentation** and **cold storage** are natural, time-tested methods that can enhance both flavor and health benefits. These techniques are beginner-friendly, require little equipment, and offer beautiful results with minimal effort.

What Is Fermentation?

Fermentation is a natural process in which beneficial bacteria — like *Lactobacillus* — break down sugars in food and produce **lactic acid**. This acid gives food its signature tang and also extends its shelf life while improving gut health.

Examples include:

- Sauerkraut
- Kimchi
- Fermented carrot sticks
- Beet kvass
- Garlic scape ferment

Most fermented foods don't require cooking and continue to develop flavor when stored in a cool environment.

What Are Fridge Preserves?

Fridge preserves skip heat processing altogether. Instead, they rely on refrigeration to stay safe and fresh. They're quick to make and ideal for both short- and mid-term storage.

Examples include:

- Refrigerator dill pickles
- Quick pickled onions
- Tomato jam for the week
- Citrus syrups
- Naturally tart chutneys

Always use sterilised jars and label each jar with the date. Most fridge preserves last 1 to 4 weeks depending on the ingredients.

When Should You Use These Methods?

- When you want to avoid heating the kitchen
- When you're after live, probiotic-rich foods
- When making small portions for immediate use
- When testing new flavor combinations

Tools You'll Need:

- Clean glass jars with tight-fitting lids
- Wooden or silicone spoons (avoid metal)
- Optional fermentation weights (for submersion)

- Refrigerator space

Conclusion

Fermentation and fridge preservation are flexible, low-effort ways to enjoy fresh, homemade flavors with no special equipment. These traditional yet modern techniques are an excellent addition to any home kitchen.



4. Getting Started with Preserving — Prep, Balance & Technique

Master the essential prep skills—from reading recipes
and prepping produce to organizing your workspace for success.

4.1. How to Read and Understand a Recipe for Canning

1. Read the entire recipe before you begin.

Understand each step, its order, and what equipment you'll need.

2. Identify the canning method.

- Use a **water bath** for foods with a pH of 4.6 or lower. Use **pressure canning** for low-acid foods.

3. Check the yield.

How many jars will you need? Always prepare a few extra.

4. Prepare ingredients in advance.

- Peel, chop, blanch if necessary.
- Measure carefully: **sugar, acid, salt, and vinegar must not be altered** unless the recipe allows it.

5. Note processing time and temperature.

- Follow the exact **boiling or pressure processing time**.
- **Add 1 minute per 1,000 feet (300 m)** above sea level.

6. Headspace matters.

- Leave the recommended **¼–½ inch** space between food and lid.
- Use a proper **measuring tool**, not your eyes.

7. Prepare all equipment.

- Jars, lids, funnel, lifter, towels, cleaning tools
- Everything must be clean and in good condition.

8. Maintain good hygiene.

- Avoid touching the **inner side of lids**.
- **Wipe rims with vinegar** before sealing to ensure a tight seal.

9. Follow all safety notes.

- **Do not adjust acid or sugar levels** unless instructed.
- Never shorten the recommended **processing time**.

10. Label and store correctly.

- Write the **date and contents** on each jar.
- Store in a **cool, dark place**.

4.2. Easy Ingredient Prep: Washing, Peeling, Chopping

How to Get Ingredients Ready for Canning
(Without Going Crazy)

1. Clean everything.

Wash your fruits and vegetables thoroughly — they've had quite a journey to your kitchen.

2. Cut and peel.

Slice, dice, or leave whole, depending on the recipe. Feel free to channel your inner cooking show host.

3. If the recipe says to — blanch.

Give some vegetables a quick dip in boiling water, then a plunge into ice water. Think of it as their spa moment before preservation.



4. Prep ahead.

Peel, chop, or pre-cook ingredients if needed. Don't adjust salt, sugar, vinegar, or lemon juice unless the recipe allows. A little thoughtful prep now will make things much easier later.

5. Make your syrup or brine.

Mix your liquids and spices. Unless told otherwise, gently heat the mixture to help it combine smoothly.

6. Leave proper headspace.

Each recipe will specify how much space to leave between the food and lid (usually $\frac{1}{4}$ to $\frac{1}{2}$ inch). Use an actual tool — precision is your quiet ally. Overfilled jars might not seal; underfilled ones may spoil.

7. Set up your space.

Place clean towels, sterilised jars, lids, funnels, and jar lifters within arm's reach. A tidy workspace means fewer accidents and more graceful canning.

4.3 Organising Your Workspace

Prepare Your Workspace: Clean, Clear, and Organised

Canning becomes easier, safer, and more enjoyable when your kitchen is properly prepared. You don't need specialised tools — just common sense, cleanliness, and a little planning.

1. Wipe down the surfaces.

Clean all counters with hot, soapy water or a vinegar solution. Your jars should move only between clean surfaces — from preparation to storage.

2. Designate a specific area for canning.

Create a simple work triangle: one spot for filling jars, one for processing (water bath or pressure canner), and one for cooling finished jars. This not only avoids contamination but keeps your workflow smooth.

3. Lay out your tools in advance.

Have your funnel, ladle, bubble remover, jar lifter, towels, and clean jars at your fingertips. It builds confidence and reduces stress.

4. Prepare space for cooling.

Place a folded towel or cooling rack in a draft-free area. This will be the resting place for hot jars while they seal.

5. Eliminate distractions.

Canning is a focused activity. Silence notifications, ask for quiet if needed, or put on calm background music. Do whatever keeps you present and attentive.

4.4 Making Simple Syrups & Jellies

How to Make Simple Syrups and Jellies

A sweet introduction to homemade magic in a jar

Making syrups and jellies is one of the most satisfying parts of home preserving. It smells wonderful, looks beautiful, and doesn't require much beyond a good recipe and a little patience.

Simple Syrups

Syrups are just three things: sugar, water, and flavour. That's it.

Basic formula:

- 1 part water
- 1 part sugar
- Flavour: berries, citrus peel, herbs (mint, lavender), or spices

Steps:

1. Bring water and sugar to a boil.
2. Stir until the sugar dissolves.
3. Add flavourings and simmer gently for 5–10 minutes.
4. Strain (if needed) and pour into clean jars or bottles.



Pro Tip:

Don't boil it too long or too hard—unless you're secretly aiming for candy.

Jellies

Jellies are made from fruit juice, sugar, and pectin—the special ingredient that helps them set.

Basic steps:

1. Extract juice from fruit and strain well (no pulp!).
2. Mix with pectin and bring to a boil.
3. Add sugar and boil rapidly for 1 minute.
4. Do the **wrinkle test**: place a drop on a cold plate—if it wrinkles, it's ready.
5. Pour into hot jars and seal.

Pectin Pointers:

- High-pectin fruits: apples, citrus, currants (no extra pectin needed).
- Low-pectin fruits: strawberries, peaches, cherries (you'll likely need added pectin).

Important: Don't reduce sugar unless the recipe says so. Sugar isn't just for sweetness—it also helps the jelly set and stay preserved.

4.5 Fruit Purees & Sauces

How to Make Fruit Sauces and Purées

A beginner-friendly way to preserve seasonal goodness.

Making fruit sauces and purées is one of the simplest and most forgiving methods of home preserving. Whether you're planning to swirl them into yogurt, spread them on toast, or freeze a batch for smoothies, this is a great way to get started.

What Is a Fruit Purée?

A fruit purée is fruit that has been cooked down and blended into a smooth (or slightly chunky) texture. You can enhance it with sugar, lemon juice, or warming spices.

Examples include:

- Applesauce
- Pear butter
- Plum purée
- Spiced peach sauce

Great for kids, perfect for breakfast, and endlessly adaptable.

Tools You Will Need

- Heavy-bottomed pot or saucepan
- Food mill, blender, or immersion blender
- Fine-mesh sieve (for extra-smooth textures)
- Clean jars with lids
- Wooden spoon
- Patience and good music (optional, but helpful)

Step-by-Step Instructions

1. Prep the Fruit

Wash, peel, and chop your fruit. Overripe fruit works well—just avoid anything moldy.

2. Cook It Gently

Place fruit in a pot with a splash of water or lemon juice. Simmer over low heat until soft and fragrant.

3. Purée to Your Liking

Blend until silky smooth or leave some texture for a rustic finish. Your kitchen, your rules.

4. Sweeten (If Needed)

Taste first. Add sugar only if the fruit requires it. Spices like cinnamon, clove, or nutmeg can add warmth.

5. Adjust the Consistency

Too thin? Simmer longer to reduce. Stir frequently to prevent sticking or scorching.

6. Jar It Up

Ladle the hot purée into warm, sterilized jars, leaving ¼ inch (0.6 cm) headspace. Process in a water bath for 15–20 minutes, adjusting for altitude if needed.

A Note on Acidity

Low-acid fruits (e.g., bananas, cantaloupe) are not safe for water bath canning unless acidified with lemon juice or blended with high-acid fruits. When in doubt, refrigerate or freeze.



Pro Tips

- For perfect texture, test a spoonful on a chilled spoon — it should coat gently.
- Want it velvety? Strain through a fine sieve.
- Label jars with the name and date. Future-you will be grateful.

Conclusion:

Fruit sauces and purées are a delicious, flexible way to begin your preserving journey. If things don't go exactly as planned, just rename it a “freestyle fruit glaze” — and enjoy every spoonful.

4.6 Pickling Basics: Brine Ratios & Vinegar Strength

Basic Pickling: The Right Amount of Brine and Vinegar

A Clear Guide to Classic Preservation

Pickling is one of the oldest—and tastiest—methods of preserving vegetables. Whether you're aiming for crunchy dill cucumbers or tangy pickled onions, two things make all the difference: the **brine ratio** and the **strength of vinegar**.

What Is Pickling?

Pickling preserves food by soaking it in **brine**—a mixture of vinegar, water, salt, and sometimes sugar. This acidic environment prevents spoilage and adds a sharp, delicious kick.

There are two main types:

Quick Pickling (Refrigerator Method): No canning needed. Store in the fridge, enjoy within weeks.

Water Bath Canning Pickles: Shelf-stable and long-lasting.

Standard Brine Ratio

For a safe and tasty pickle, stick to the classic ratio:

- **1 part vinegar (at least 5% acidity)**
- **1 part water**
- **1 tablespoon of salt per 2 cups of liquid**
- **1–2 tablespoons sugar (optional, for sweet styles)**

Example for ~4 pint jars: → 2 cups vinegar + 2 cups water + 2 tablespoons salt + sugar/spices (if desired)

Important: Never reduce the amount of vinegar! Acidity keeps your pickles safe.

Choosing the Right Vinegar

- **White distilled vinegar:** Sharp, neutral flavour; perfect for clear pickles.
- **Apple cider vinegar:** Fruity and mild; adds colour.
- **Wine or malt vinegar:** Rich flavour, but may darken your pickles. Use only if 5% acidity. Avoid homemade vinegar unless lab-tested—it may not be safe.

Why Salt Matters

- Use **pickling (canning) salt** or **kosher salt**.
- Table salt contains additives that can cloud your brine and affect taste.

Optional Additions

- **Sugar:** Adds balance and sweetness (e.g. bread-and-butter pickles).
- **Spices:** Whole mustard seeds, dill seeds, peppercorns, garlic, bay leaves, chili flakes. Whole spices infuse slowly and extend shelf life.

How to Use a Pickling Jar

1. **Prepare your veg** — wash, peel, trim, slice.
2. **Make your brine** — bring vinegar, water, salt (and sugar/spices) to a boil.
3. **Fill jars** — pack veg tightly and pour brine over, leaving ½ inch (1.25 cm) headspace.
4. **Seal & process** — either:
 - Use a water bath canner to make it shelf-stable (per recipe), or
 - Refrigerate and consume within 3 weeks.

Final Safety Tips

- Never dilute vinegar beyond tested recipes.
- Only use trusted sources like **USDA**, **Ball**, or **Bernardin**.
- **Quick-pickled** (fridge) recipes are more flexible but expire sooner.

Conclusion

Pickling is both a flavour art and food science. With the right acidity and brine, even beginners can create delicious, crunchy, and safe preserves every time.

4.7 Sugar, Salt & Acid Balancing

Sugar, Salt & Acid Balancing

The Subtle Art of Making Preserves Safe and Delicious

Preserving food is a gentle dance between flavour and safety. While spices add flair, it's sugar, salt, and acid that set the stage. Each has a specific job in protecting your jars from spoilage and making them sing with taste.

Salt – The Guardian

Salt isn't just for taste—it's your first line of defence. In pickles, brines, and ferments, salt helps inhibit the growth of unwanted bacteria and moulds.

Use:

- Pickling salt or kosher salt only (no iodine or anti-caking agents)
- Stick to recipe amounts—too little weakens preservation; too much can overpower the flavour

Bonus: In fermentation, salt feeds good bacteria while keeping the bad guys out.

Sugar – The Stabiliser

Sugar is a natural preservative that binds water, preventing bacteria from multiplying. It also gives body to jams and helps jelly “set.”

Use:

- Essential for jam, jelly, syrup, and conserve textures
- Can be adjusted slightly in some modern reci-

pes—but don't reduce in classic water bath canning unless stated

Alternatives: Honey, maple syrup, or low-calorie sweeteners can work—but only in tested recipes.

Acid – The Shield

Acidity (low pH) prevents the growth of *Clostridium botulinum*, the bacteria responsible for botulism.

Use:

- Vinegar (at least 5% acidity), lemon juice, or citric acid
- Tomatoes, pears, and other borderline foods must have added acid to be safe in water bath canning

Never guess: Follow tested recipes that specify exact acid amounts.

It's All About Balance

Getting the ratio right ensures:

- Safety from spoilage
- Proper gel formation
- Delicious flavour

If you're tempted to change quantities or swap ingredients—don't do it unless the recipe was developed to allow for that.

Final Tip

Think of sugar, salt, and acid as your preserve's personal security team: each plays a crucial role, and together they keep your jars safe, shelf-stable, and full of life.



RECIPES



5. Sweet Preserves, Jams & Jellies

Enjoy beginner-friendly, flavor-packed recipes for classic jams, fruit spreads, and elegant marmalades.

A chapter where sugar on your cheek means you're doing it right.

Welcome to the most fragrant part of this book — where we make jam, and we make it with love. You don't need to be a chef to nail the perfect strawberry preserve. You don't need a degree in sterilizing jars — just a little patience, a lot of sugar, and one clean spoon (or not — no judgment here).

Each recipe is a way to capture a moment. A taste of summer, a slow morning, a stolen kiss, or simply too many ripe berries to ignore.

If there's syrup on your stove, spots on your apron, and a smile on your face — sweetheart, you're doing just fine. And if one jar doesn't seal? That's your jar for tomorrow. You've earned it.



Look for the **“Amish-Style Approved”** badge beside select recipes throughout this book. These are the preserves inspired by traditional Amish methods — simple, wholesome, and time-tested.

No pectin. No artificial additives. Just honest ingredients, gentle methods, and that old-fashioned flavor you can trust. If you see this label, you're making something truly classic — the way grandmothers did, with care and heart.



Classic Strawberry Jam (No Pectin)

A beginner-friendly, naturally set jam that captures the pure taste of summer—

no commercial pectin needed.

Yield: 6 half-pint jars (250 mL each)

Time Required:

Prep time: 40 minutes

Cooking time: 25–35 minutes

Processing time: 15 minutes (see Chapter 3 for water bath steps)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Fresh strawberries – 5 cups (about 1.1 kg), hulled and halved

Granulated sugar – 5 cups (1 kg)

Fresh lemon juice – ¼ cup (60 mL)

Lemon juice lowers pH to ensure safety and helps the jam set naturally.

Ingredient Tips:

Strawberries: Use ripe but firm berries without soft spots or mold. Underripe berries contain more natural pectin and help your jam thicken.

Sugar: Acts as both sweetener and natural preservative. Avoid reducing the amount or using alternatives for this basic recipe.

Lemon juice: Always use freshly squeezed for consistent acidity. Bottled lemon juice may vary in pH.



LET'S MAKE IT TOGETHER:

1. Prepare the Strawberries

Wash the strawberries in cool running water.

Remove the green tops (hull) and cut large berries in halves or quarters.

Place the berries in a large heavy-bottomed saucepan or jam pot.

2. Macerate with Sugar

Add the sugar and lemon juice to the pot.

Stir gently to combine.

Let the mixture sit at room temperature for 20–30 minutes to help draw out juices.

3. Cook the Jam

Place the pot over medium heat and stir until the sugar dissolves completely.

Increase the heat to high and bring to a **full rolling boil**, stirring frequently.

Boil hard for **20–30 minutes**, stirring to prevent scorching.

TEST FOR DONENESS:

Thermometer method: Jam is ready at **220°F (104°C)**.

Chilled plate test: Place a spoonful of hot jam on a cold plate. After 30 seconds, run your finger through it — if it wrinkles and doesn't flood back, it's set.

4. Skim Foam (Optional)

Remove any foam from the surface with a spoon for a clearer jam.

5. Prepare for Canning

While the jam is cooking, prepare your jars, lids, and tools following the steps outlined in **Chapter 3, Basic Canning Techniques**:

- Sterilise jars and lids.
- Use a funnel to fill jars.
- Remove bubbles and leave proper headspace.
- Tighten lids fingertip-tight.
- Process in a boiling water bath for 15 minutes (adjust for altitude as described in Chapter 3)

After Canning:

Let jars cool undisturbed for **12 hours**.

Refer to **Chapter 3** for checking the seal, storing, and safety tips.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Refrigerate after opening. Use within **3 weeks**.



WHY YOU'LL LOVE IT:

- ✓ No store-bought pectin—just fruit, lemon, and sugar.
- ✓ Beginner-friendly and naturally preserved
- ✓ Makes a perfect gift or pantry staple
- ✓ Ideal for toast, yogurt, oatmeal, or baking

Per 1 Tbsp: 55 kcal 14g carbs 13g sugar



Mixed Berry Preserves (No Pectin)

A vibrant, naturally thickened preserve made with strawberries, blueberries, raspberries, and blackberries — perfect for toast, yogurt, or gifting. No pectin needed.

Yield: 6 half-pint jars (250 mL each)

Time Required:

Prep time: 40 minutes

Cooking time: 30–40 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Strawberries – 2 cups (about 300 g), hulled and halved

Blueberries – 1½ cups (about 225 g), rinsed and drained

Raspberries – 1 cup (about 125 g), gently rinsed

Blackberries – 1½ cups (about 225 g), rinsed

Granulated sugar – 5 cups (1 kg)

Fresh lemon juice – ¼ cup (60 mL)

- *Lemon juice lowers the pH to ensure safe water bath processing and also enhances flavor and natural set.*

Ingredient Tips:

- Use **ripe but firm berries** — avoid overripe or moldy fruit.
- You may use frozen berries, but thaw and drain them first.
- Don't reduce the sugar — it acts as both sweetener and preservative.



LET'S MAKE IT TOGETHER:

1. Prepare the Fruit

Wash all fresh berries gently and drain well.

Hull and halve the strawberries.

Place all berries in a large, heavy-bottomed pot.

2. Macerate with Sugar

Add sugar and lemon juice to the fruit. Stir to combine.

Let sit at room temperature for 20–30 minutes. This helps draw out natural juices.

3. Cook the Preserves

Bring the mixture to a boil over medium heat, stirring

to dissolve the sugar.

Increase heat to high. Stir frequently and boil until the mixture reaches **220°F (104°C)** on a candy or jam thermometer.

Wrinkle test: Place a spoonful of jam on a chilled plate. After 30 seconds, gently push it with your finger — if the surface wrinkles and holds its shape, it's ready.

This may take **30–40 minutes** depending on moisture content.

Skim off any foam that rises to the top.

Canning Instructions:

Follow the step-by-step method in **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Fill jars using a funnel, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles and wipe rims
- Apply lids fingertip-tight
- Process in a **boiling water bath for 15 minutes** (adjust time for altitude — see Chapter 3)

After Processing:

- Turn off the heat and let jars sit in the water for **5 minutes** before lifting out.
- Let cool undisturbed for **12–24 hours**.
- Check seals: lids should not flex when pressed.



STORAGE:

Sealed jars in a **cool, dark place** for up to **1 year**.

Refrigerate after opening. Use within **3 weeks**.



WHY YOU'LL LOVE IT:

Naturally thickened — no added pectin

- ✓ Packed with flavor and color from four fresh berries
- ✓ Ideal for beginners and thoughtful homemade gifts
- ✓ Easy to store and enjoy year-round

Per 1 Tbsp: 55 kcal 14g carbs 13g sugar

Peach Halves in Syrup

Sweet, juicy peach halves preserved in a light syrup — a pantry classic that's simple to make, shelf-stable, and perfect for beginners.

Yield: 4–5 pint jars (500 mL each) or 2–3 quart jars (1 L each) depending on peach size

Time Required:

Prep time: 40 minutes (includes peeling)

Cooking time: 10 minutes

Processing time: 25 minutes (pints), 30 minutes (quarts) in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Fresh ripe peaches – 5 to 6 lbs (2.3–2.7 kg), free-stone varieties preferred

Water – 5 cups (1.2 L)

Granulated sugar – 1¾ cups (350 g)

Fresh lemon juice – ¼ cup (60 mL) (*optional but helps preserve color*)

- *Use ripe but firm peaches — overripe fruit may fall apart during processing.*

Syrup Options:

This recipe uses a **light syrup** (about 20% sugar). You can also make medium or heavy syrup by increasing sugar.

Light Syrup Ratio: 5 cups water + 1¾ cups sugar

Optional: Add 1 tsp vanilla extract or cinnamon stick per jar for flavor variation.



LET'S MAKE IT TOGETHER:

1. Prepare the Peaches

Bring a large pot of water to a boil.

Score a shallow “X” on the bottom of each peach.

Blanch in boiling water for 30–60 seconds, then transfer to ice water.

Slip off skins and cut peaches in half. Remove pits.

To prevent browning, place halves in a bowl with water and a little lemon juice (1 Tbsp per quart of water).

2. Make the Syrup

In a saucepan, combine water and sugar.

Bring to a simmer, stirring until sugar dissolves.

Keep syrup hot but not boiling.

3. Pack the Jars

Using a slotted spoon, tightly pack peach halves cut-side down into hot, sterilized jars.

Pour hot syrup over peaches, leaving ½ inch (1.25 cm) of headspace.

If using, add ½ Tbsp lemon juice to each pint jar (1 Tbsp per quart).

Remove air bubbles and adjust syrup as needed to maintain headspace.

Canning Instructions:

Follow the method in **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Use funnel to fill jars
- Remove air bubbles
- Wipe rims and apply lids fingertip-tight

Process jars in a **boiling water bath**:

Pints: 25 minutes

Quarts: 30 minutes

Adjust for altitude (see Chapter 3)

After Processing:

- Let jars rest in the canner for 5 minutes with heat off.
- Remove and cool for 12–24 hours undisturbed.
- Check that lids are sealed (no flex when pressed).



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Refrigerate after opening. Use within **1 week** for best texture.



WHY YOU'LL LOVE IT:

- No artificial ingredients or preservatives
- Customizable sweetness and flavor
- A great beginner canning recipe with beautiful visual results
- Tastes like summer all year long!

Per ½ peach in light syrup: 60 kcal 15g carbs 13g sugar



Slow-Cooked Apple Butter (No Pectin)

Rich, smooth, and perfectly spiced — this apple butter is a comforting spread for toast, oatmeal, yogurt, or baking. Naturally thickened and shelf-stable using simple ingredients.

Yield: 6–7 half-pint jars (250 mL each)

Time Required:

Prep time: 30 minutes

Cook time (slow cooker or stovetop): 6–10 hours

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Apples – 6 lbs (2.7 kg), peeled, cored, and chopped (about 12–15 medium apples)

Apple cider or water – 1 cup (240 mL)

Granulated sugar – 2 cups (400 g) (*adjust to taste*)

Brown sugar – 1 cup (200 g) (*for deeper flavor*)

Ground cinnamon – 1½ tsp

Ground cloves – ½ tsp

Ground nutmeg – ½ tsp

Fresh lemon juice – 2 Tbsp (30 mL)

- Use a mix of sweet and tart apples (like Gala, Fuji, and Granny Smith) for the best flavor and natural pectin.



LET'S MAKE IT TOGETHER:

1. Prepare the Apples

Wash, peel, core, and chop the apples.

Add to a large pot or slow cooker with the cider or water.

Cover and simmer on low heat (or high for shorter time) until apples are soft — about **1 hour stovetop** or **2–3 hours in slow cooker**.

2. Puree the Apples

Use an immersion blender or transfer apples in batches to a food processor or blender.

Blend until completely smooth.

3. Add Sugar and Spices

Return puree to the pot. Stir in granulated sugar, brown sugar, spices, and lemon juice.

Simmer **uncovered** over low heat (or slow cooker on low) until thickened — this can take **4–6 hours**, stirring occasionally to prevent sticking.

Apple butter is done when it's thick and spreadable, and a spoon dragged across the surface leaves a trail.

Temperature test: 220°F (104°C) on a candy thermometer.

Visual test: Drop a spoonful onto a cold plate — it should **hold its shape and not run**.

Canning Instructions:

Follow the step-by-step method in **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Fill hot jars using a funnel, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims, apply lids fingertip-tight
- Process jars in a **boiling water bath for 10 minutes** (adjust for altitude)

After Processing:

- Turn off heat and let jars rest in hot water for **5 minutes** before removing.
- Let cool for 12–24 hours undisturbed.
- Check seals: lids should not flex when pressed.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Once opened, refrigerate and use within **3 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Naturally sweetened and thickened — no pectin needed
- ✓ Deep, cozy fall flavor with simple ingredients
- ✓ Slow-cooker friendly and ideal for large batches
- ✓ A fantastic homemade gift or breakfast upgrade

Per 1 Tbsp: 35 kcal 9g carbs 8g sugar

Classic Orange Marmalade

Bright, slightly bitter, and bursting with citrus flavor, this traditional orange marmalade brings sunshine to your toast, cheese boards, or baked goods.

Yield: 5–6 half-pint jars (250 mL each)

Time Required:

Prep time: 45 minutes

Cook time: 40–60 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Oranges – 2 lbs (900 g), preferably organic (about 4–5 medium oranges)

Lemon – 1 large, organic

Water – 4 cups (960 mL)

Granulated sugar – 4 cups (800 g)

- *The lemon increases natural pectin and acidity, while also enhancing flavor and ensuring safe canning pH.*

Ingredient Notes:

- Use **organic fruit** when possible, as the peels are used.
- **Thin-skinned navel or Valencia oranges** work well.
- Remove seeds during slicing — they contain natural pectin, so you can tie them in a cheesecloth bag and simmer with the fruit if desired.



LET'S MAKE IT TOGETHER:

1. Wash & Slice the Fruit

Scrub oranges and lemon under warm water.

Slice oranges and lemon thinly, removing seeds.

Cut slices into quarters or smaller bits for easier spreading.

If desired, tie seeds in a piece of cheesecloth and set aside.

2. Simmer the Fruit

In a large pot, combine sliced fruit (and seed bag if using) with water.

Bring to a boil, reduce to a simmer, and cook uncovered for **30–40 minutes**, until peel is tender.

3. Add Sugar & Cook to Gel Point

Remove seed bag, if used.

Stir in all the sugar.

Increase heat and bring to a **full rolling boil**, stirring often.

Continue boiling until mixture reaches **220°F (104°C)** on a thermometer.

Wrinkle test: Drop a spoonful on a chilled plate. Let it sit 30 seconds, then push it with your finger — if it wrinkles and holds, it's ready.

Canning Instructions:

Follow the full steps in **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Fill hot jars using a funnel, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims and secure lids fingertip-tight
- Process jars in a **boiling water bath for 10 minutes** (adjust time for altitude)

After Processing:

- Turn off heat and let jars rest in water for **5 minutes**.
- Remove and cool undisturbed for **12–24 hours**.
- Check seals: lids should not flex when pressed.

STORAGE:



Sealed jars in a **cool, dark place** for up to **12 months**.

Refrigerate after opening. Use within **3–4 weeks**.

WHY YOU'LL LOVE IT:



- ✓ Classic British-style marmalade made from scratch
- ✓ Balanced sweet and bitter citrus flavor
- ✓ Just four ingredients
- ✓ Ideal for toast, glazes, marinades, and gifts

Per 1 Tbsp: 50 kcal 13g carbs 12g sugar



Blackberry Jelly

Smooth, deep purple, and full of rich berry flavor — this classic blackberry jelly is strained for clarity and gently sweetened for balance. Ideal for spreading, glazing, or gifting.

Yield: 5–6 half-pint jars (250 mL each)

Time Required:

Prep time: 40 minutes (including straining juice)

Cook time: 30–40 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Fresh or thawed blackberries – 8 cups (about 1.25 kg)

Water – ½ cup (120 mL)

Granulated sugar – 4 cups (800 g)

Fresh lemon juice – ¼ cup (60 mL)

- *Lemon juice ensures safe acidity (pH ≤ 4.6) and enhances clarity and set. Use only fresh-squeezed or bottled lemon juice with known acidity.*

Ingredient Notes:

- Use **fully ripe blackberries**, but not overripe or fermented.
- If using frozen berries, thaw completely and use with their juice.
- Avoid crushing the seeds when straining to keep the jelly clear and smooth.



LET'S MAKE IT TOGETHER:

1. Extract the Juice

Combine blackberries and water in a large pot.

Bring to a boil, then simmer for **10–15 minutes**, mashing berries gently to release juice.

Pour through a **fine-mesh strainer** or jelly bag. Let drip without pressing to maintain clarity.

You need **about 3½ cups (830 mL)** of juice for this recipe.

2. Cook the Jelly

Pour juice into a clean pot.

Add lemon juice and sugar. Stir to dissolve.

Bring to a full rolling boil over high heat, stirring constantly.

Boil rapidly until the mixture reaches **220°F (104°C)** on a thermometer.

Wrinkle test: Place a spoonful on a cold plate, let sit 30 seconds, then push with your finger — if it wrinkles and holds shape, it's ready.

Cooking typically takes **20–30 minutes**.

Canning Instructions:

Follow the full steps in **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Use a funnel to fill hot jars, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims and apply lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust time for altitude)

After Processing:

- Turn off heat and let jars rest in the canner for **5 minutes**.
- Remove and cool undisturbed for **12–24 hours**.
- Check seals: lids should not move when pressed.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Once opened, refrigerate and use within **3 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Deep, rich berry flavor with a silky texture
- ✓ No seeds or pulp — perfect for elegant spreading or layering
- ✓ Naturally thickened and shelf-stable
- ✓ A timeless favorite with minimal ingredients

Per 1 Tbsp: 55 kcal 14g carbs 13g sugar

Blueberry-Lavender Blossom Jam

A graceful twist on a classic — ripe blueberries meet delicate floral notes of culinary lavender in this enchanting preserve. Elegant, earthy, and perfect for spreading, glazing, or gifting.

Yield: 5–6 half-pint jars (250 mL each)

Time Required:

Prep time: 25 minutes

Infusion time (lavender): 15 minutes

Cook time: 30–40 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed

INGREDIENTS:



Blueberries – 4 cups (600 g), rinsed

Granulated sugar – 3½ cups (700 g)

Fresh lemon juice – 3 Tbsp (45 mL)

Dried culinary lavender buds – 1½ tsp

Water – ¼ cup (60 mL) (*for lavender infusion*)

- Use only food-grade lavender (*culinary buds*) to ensure safe, fragrant, non-bitter flavor.

Ingredient Notes:

- Do not overuse lavender — it's meant to accent, not dominate.
- Blueberries naturally contain some pectin, so this jam sets well with lemon juice and sugar alone.



LET'S MAKE IT TOGETHER:

1. Make Lavender Infusion

In a small saucepan, combine lavender buds and ¼ cup water.

Bring to a simmer, cover, and steep for **15 minutes**.

Strain and discard buds. Reserve the infused liquid.

2. Prepare the Blueberries

In a large non-reactive pot, mash the blueberries slightly with a potato masher. Leave some whole for texture.

Add sugar, lemon juice, and the **lavender infusion**. Stir well.

Let sit for 10 minutes to begin dissolving the sugar.

3. Cook the Jam

Bring the mixture to a boil over medium-high heat, stirring often.

Once boiling, increase to high and stir constantly.

Continue cooking until the mixture thickens and reaches **220°F (104°C)** on a candy thermometer.

Wrinkle test: Spoon a bit of jam onto a chilled plate. Wait 30 seconds, then push with your finger — if it wrinkles and holds shape, it's ready.

Skim off any foam if needed.

Canning Instructions:

Follow the complete steps in **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Use a funnel to fill hot jars, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims clean, apply lids fingertip-tight
- Process jars in a **boiling water bath for 10 minutes** (adjust for altitude per Chapter 3)

After Processing:

- Turn off heat, let jars rest in water for **5 minutes**, then remove to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Test for proper seal (lids should not flex when pressed).



STORAGE:

Store sealed jars in a **cool, dark place** for up to **1 year**.

Once opened, refrigerate and use within **3–4 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Sophisticated flavor pairing with calming floral notes
- ✓ Naturally thickened with no commercial pectin
- ✓ Ideal for toast, cheese pairings, or elegant desserts
- ✓ A beautiful, aromatic gift in a jar

Per 1 Tbsp: 50 kcal 13g carbs 12g sugar



Raspberry Vanilla Bean Preserves

A sweet and fragrant preserve where tart raspberries meet rich, floral vanilla. This ruby-red spread is smooth with a hint of seeds — perfect for elegant breakfasts or layering in desserts.

Yield: 5–6 half-pint jars (250 mL each)

Time Required:

Prep time: 20–25 minutes

Cook time: 25–35 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Fresh raspberries – 4 cups (about 550 g), rinsed and gently drained

Granulated sugar – 3½ cups (700 g)

Fresh lemon juice – 3 Tbsp (45 mL)

Vanilla bean – 1 whole, split and scraped (*or 2 tsp pure vanilla extract*)

- *Lemon juice helps preserve the vivid red color and ensures safe acidity. Vanilla adds a subtle, creamy depth.*

Ingredient Notes:

- Use **fully ripe raspberries** — not overripe or too soft.
- If using frozen raspberries, thaw fully and use with juices.
- **Vanilla bean** gives a more complex aroma, but extract works too.



LET'S MAKE IT TOGETHER:

1. Prepare the Raspberries

Rinse gently and remove any damaged berries.

In a large non-reactive pot, lightly mash berries to release some juice.

2. Combine Ingredients

Add sugar, lemon juice, and the **scraped seeds** from the vanilla bean.

Drop the empty vanilla pod into the pot as well (remove later).

Stir to combine and let sit for **10 minutes**.

3. Cook the Preserves

Bring mixture to a gentle boil over medium-high heat.

Stir frequently to prevent sticking or scorching.

Once at a **rolling boil**, increase heat and boil until mixture reaches **220°F (104°C)** on a thermometer.

Wrinkle test: Drop a spoonful on a chilled plate. After 30 seconds, gently push with your finger — if the surface wrinkles and holds its shape, the preserve is done.

Remove vanilla pod once jam is set.

Canning Instructions:

Follow all standard procedures in **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Use funnel to fill jars, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims, apply lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust for altitude as needed)

After Processing:

- Let jars rest in the canner for **5 minutes**, then remove to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check that lids are sealed (no movement when pressed).



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Refrigerate after opening. Use within **3–4 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Deep raspberry flavor balanced with luxurious vanilla
- ✓ Naturally set without added pectin
- ✓ Beautiful color, texture, and aroma
- ✓ Perfect for breakfast spreads, pastries, or thoughtful gifts

Per 1 Tbsp: 50 kcal 13g carbs 12g sugar

Lemon Curd Marmalade

A luxurious cross between silky lemon curd and citrus marmalade — this golden preserve is rich, tart-sweet, and beautifully spreadable. Ideal for toast, scones, tarts, or as a gourmet gift in a jar.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cook time: 20–25 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Lemons – 4 large, organic preferred (*for zest and juice*)

Granulated sugar – 2 cups (400 g)

Unsalted butter – ½ cup (115 g), cut into pieces

Eggs – 4 large, room temperature

Egg yolks – 2 large, room temperature

Salt – ⅛ tsp

- Use fresh, unwaxed lemons. Organic is best since the zest is used. Always juice lemons fresh to ensure the proper pH for safe canning.

Ingredient Notes:

- Use a microplane or zester to remove only the yellow part of the lemon peel (avoid the bitter white pith).
- Strain lemon juice before using to remove seeds and pulp.
- For extra safety, keep the **lemon juice amount at no less than ¾ cup (180 mL)** to ensure proper acidity.



LET'S MAKE IT TOGETHER:

1. Prepare the Lemon Base

Zest 4 lemons and juice them to yield ¾ cup (180 mL) lemon juice.

In a heatproof bowl or double boiler, whisk together lemon juice, zest, sugar, eggs, egg yolks, and salt.

2. Cook the Curd Marmalade

Set the bowl over a saucepan of gently simmering water (the base of the bowl should not touch the water).

Stir constantly with a whisk or heatproof spatula for **10–15 minutes**, until mixture thickens and coats the back of a spoon.

Add butter, a few pieces at a time, stirring until fully melted and incorporated.

Continue cooking until the mixture reaches **170–175°F (77–80°C)** — it should be silky and slightly glossy.

Do not boil or the eggs may curdle.

Optional: Strain through a fine sieve for ultra-smooth texture.

Canning Instructions:

Follow all sterilization and processing steps in **Chapter 3: Basic Canning Techniques**:

- Sterilize jars and lids
- Use funnel to fill hot jars, leaving ¼ inch (0.6 cm) **headspace**
- Remove air bubbles and wipe rims
- Apply lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust time for altitude)

After Processing:

- Let jars rest in water for **5 minutes**, then remove to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check seals: lids should not flex when pressed.



STORAGE:

Due to the eggs and butter, **canned lemon curd marmalade has a shorter shelf life** than fruit-only preserves.

Store sealed jars in a **refrigerator** and use within **3–4 months**.

Once opened, consume within **2 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Creamy like curd, but with zesty marmalade texture
- ✓ Naturally thickened with eggs and butter — no pectin needed
- ✓ Perfect for gifts, tea time, or dessert fillings
- ✓ Unique and elegant addition to your preserve collection

Per 1 Tbsp: 70 kcal 10g carbs 9g sugar 3.5g fat

Peach Ginger Conserve

Sweet, spiced, and bursting with texture — this old-fashioned conserve pairs juicy peaches with warm ginger and optional nuts or raisins.

It's a versatile spread for breads, cheeseboards, or roasted meats.

Yield: 6 half-pint jars (250 mL each)

Time Required:

Prep time: 35 minutes

Cook time: 30–40 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Fresh peaches – 4 cups (600 g), peeled, pitted, and chopped

Granulated sugar – 3½ cups (700 g)

Crystallized ginger – 2 Tbsp (30 g), finely chopped

Fresh grated ginger – 1½ tsp (optional, for bolder heat)

Lemon juice – ¼ cup (60 mL)

Golden raisins – ½ cup (75 g), optional

Chopped walnuts or pecans – ½ cup (60 g), optional

Water – 2 Tbsp (30 mL), if needed for moisture at the start

- *Lemon juice ensures safe acidity and helps maintain the vibrant peach color. Nuts and raisins are traditional in conserves, but optional.*

Ingredient Notes:

- Choose **ripe but firm peaches** for easy peeling and consistent texture.
- To peel peaches: blanch in boiling water for 30–60 seconds, then transfer to ice bath — skins will slip off.
- Crystallized ginger adds sweetness and mild spice; fresh ginger brings brightness.



LET'S MAKE IT TOGETHER:

1. Prepare the Fruit and Add-Ins

Chop peaches into small, uniform pieces.

In a large non-reactive pot, combine peaches, sugar, lemon juice, and gingers.

Stir well and let sit for **10–15 minutes** to macerate.

Add raisins and nuts (if using) just before cooking.

2. Cook the Conserve

Bring mixture to a boil over medium-high heat, stirring frequently.

Reduce to a steady boil and cook until mixture thickens and reaches **220°F (104°C)** on a thermometer.

Wrinkle test: Place a small amount on a chilled plate, wait 30 seconds, then gently push with your finger — if the surface wrinkles and stays separated, it's ready.

This may take **30–40 minutes**, depending on water content in peaches.

Skim off any foam as needed.

Canning Instructions:

Follow detailed instructions in **Chapter 3: Basic Canning Techniques**:

- Sterilize jars and lids
- Fill hot jars using a funnel, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles and wipe rims
- Secure lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust time for altitude as noted in Chapter 3)

After Processing:

- Turn off heat, let jars rest in water for **5 minutes**, then remove to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check seals: lids should not flex when pressed.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Refrigerate after opening. Use within **3–4 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Sweet, spicy, and textured — a sophisticated alternative to plain jam
- ✓ Perfect for spreading or spooning over cheese, poultry, or baked brie
- ✓ Naturally thickened with fruit and sugar — no pectin required
- ✓ Optional add-ins make it customizable and extra hearty

Per 1 Tbsp: 55 kcal 14g carbs 12g sugar 1g fat (with nuts)

Cherry-Almond Amaretto Jam

Rich, dark cherries meet the warmth of almond and the smooth depth of Amaretto liqueur in this elegant, aromatic jam. It's indulgent, versatile, and makes a perfect grown-up gift in a jar.

Yield: 5–6 half-pint jars (250 mL each)

Time Required:

Prep time: 30 minutes

Cook time: 30–40 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Fresh sweet cherries – 4 cups (600 g), pitted and halved or chopped

Granulated sugar – 3½ cups (700 g)

Fresh lemon juice – ¼ cup (60 mL)

Amaretto liqueur – 2 Tbsp (30 mL)

Almond extract – ½ tsp

Optional slivered almonds – ¼ cup (30 g), lightly toasted

- *Lemon juice ensures proper acidity for safe canning. Amaretto and almond extract add luxurious flavor, while toasted almonds add texture.*

Ingredient Notes:

- Use **firm, ripe sweet cherries** like Bing or Rainier.
- Pit cherries using a cherry pitter or small knife.
- If using frozen cherries, thaw and drain before measuring.



LET'S MAKE IT TOGETHER:

1. Prepare the Cherries

Rinse, pit, and coarsely chop cherries.

Place in a large non-reactive pot with lemon juice and sugar.

Let stand for **15 minutes** to macerate and draw out juices.

2. Cook the Jam

Bring mixture to a boil over medium-high heat, stirring frequently.

Continue boiling, stirring often to prevent scorching.

Cook until jam thickens and reaches **220°F (104°C)** on a candy thermometer.

Wrinkle test: Spoon a small amount onto a chilled plate, let sit 30 seconds, then push with your finger — if the surface wrinkles and holds, it's ready.

Remove from heat and stir in **Amaretto** and **almond extract**.

Fold in toasted slivered almonds, if using.

Canning Instructions:

Follow all procedures in **Chapter 3: Basic Canning Techniques**:

- Sterilize jars and lids
- Use a funnel to fill jars, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims and secure lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust for altitude as outlined in Chapter 3)

After Processing:

- Let jars rest in hot water for **5 minutes**, then transfer to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check that lids are sealed — no movement when pressed in the center.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Refrigerate after opening and use within **3–4 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Elegant balance of fruit, nut, and liqueur flavors
- ✓ Naturally thickened with no added pectin
- ✓ Beautifully textured and perfect for gifting
- ✓ Pairs wonderfully with toast, cheese, pastries, or even roast meats

Per 1 Tbsp: 55 kcal 13g carbs 12g sugar 0.5g fat (if nuts included)

Fig & Balsamic Ribbon Jelly

Deeply flavored and visually striking, this elegant jelly combines dried figs and tangy balsamic vinegar into a dark, glossy preserve with silky texture and gourmet appeal.

Ideal for cheese boards, meat glazes, or as a bold toast topper.

Yield: 5 half-pint jars (250 mL each)

Time Required:

Prep time: 30 minutes (includes soaking figs)

Cook time: 35–45 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Dried figs (black mission or Turkish) – 2 cups (about 300 g), stems removed and chopped

Water – 2 cups (480 mL)

Granulated sugar – 3½ cups (700 g)

Balsamic vinegar – ¼ cup (60 mL), high-quality

Fresh lemon juice – 2 Tbsp (30 mL)

Optional: ½ tsp cracked black pepper or 1 sprig fresh rosemary (for infusion)

- *Balsamic adds rich acidity and dimension; lemon juice ensures safe pH for canning. Dried figs provide natural pectin and depth.*

Ingredient Notes:

- Use **moist, soft dried figs** — if they feel too dry, soak longer.
- Choose a **moderate balsamic**: not too sweet, not too sharp.
- Optional herbs/spices can be steeped during cooking and removed before jarring.



LET'S MAKE IT TOGETHER:

1. Soften the Figs

Combine chopped figs and water in a saucepan.

Bring to a boil, then reduce heat and simmer **10–15 minutes** until figs are soft and plump.

Remove from heat and cool slightly.

Purée mixture in a blender or with an immersion blender until smooth.

2. Cook the Jelly

Return purée to a large non-reactive pot.

Add sugar, balsamic vinegar, and lemon juice. Stir well.

Bring to a full rolling boil over high heat, stirring constantly.

Continue boiling until mixture thickens and reaches **220°F (104°C)** on a candy thermometer.

Wrinkle test: Drop a spoonful on a chilled plate. After 30 seconds, push it gently — if it wrinkles and holds shape, it's ready.

Remove herb sprig or pepper (if used).

3. Create the Ribbon Effect (Optional Presentation Tip)

For a ribbon effect in jars: alternate layers of fig jelly and a very thin line of extra balsamic reduction (optional and decorative).

Use a pipette or spoon to drizzle small amounts for contrast between layers.

Canning Instructions:

Follow all canning steps in **Chapter 3: Basic Canning Techniques**:

- Sterilize jars and lids
- Fill hot jars using a funnel, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims, apply lids fingertip-tight
- Process jars in a **boiling water bath for 10 minutes** (adjust for altitude as outlined in Chapter 3)

After Processing:

- Let jars rest in hot water for **5 minutes**, then transfer to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check seals by pressing lid centers — they should not move.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Refrigerate after opening and use within **3–4 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Sophisticated flavor with deep caramel and tangy notes
- ✓ Smooth texture, naturally thickened
- ✓ Elegant on cheeseboards, crostini, or as a meat glaze
- ✓ Optional layering effect for gourmet presentation

Per 1 Tbsp: 55 kcal 13g carbs 12g sugar



Spiced Apple Cinnamon Spread

A cozy, softly spiced apple preserve with warm notes of cinnamon and a hint of nutmeg — perfect for toast, oatmeal, pancakes, or holiday gifts. Thicker than applesauce, smoother than jam.

Yield: 6–7 half-pint jars (250 mL each)

Time Required:

Prep time: 30 minutes

Cook time: 40–50 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Apples – 4 lbs (1.8 kg), peeled, cored, and chopped

Apple cider or water – ½ cup (120 mL)

Granulated sugar – 2 cups (400 g)

Brown sugar – ½ cup (100 g)

Ground cinnamon – 2 tsp

Ground nutmeg – ¼ tsp

Fresh lemon juice – ¼ cup (60 mL)

Salt – pinch

- *Lemon juice ensures safe acidity and helps balance sweetness. A blend of white and brown sugar gives warmth and depth to the flavor.*

Ingredient Notes:

- Use a mix of **tart (Granny Smith)** and **sweet (Fuji, Honeycrisp)** apples for best flavor and natural pectin.
- Brown sugar adds caramel notes, but can be substituted with more white sugar if desired.



LET'S MAKE IT TOGETHER:

1. Cook the Apples

Place chopped apples and cider (or water) into a large non-reactive pot.

Cover and simmer over medium heat for **20 minutes**, stirring occasionally, until apples are very soft.

2. Purée the Mixture

Use an immersion blender (or transfer in batches to a food processor) and purée until smooth.

3. Add Sugar and Spices

Return purée to the pot.

Stir in granulated sugar, brown sugar, cinnamon, nutmeg, lemon juice, and a pinch of salt.

Simmer uncovered, stirring frequently, for **20–30 minutes** until thick and glossy.

4. Check for Doneness

Spread is ready when it holds its shape on a spoon and no liquid pools around the edges.

Thermometer test: Should reach **220°F (104°C)**.

Visual test: Place a spoonful on a chilled plate and tilt — it should mound slightly and not run.

Canning Instructions:

Refer to **Chapter 3: Basic Canning Techniques** to:

- Sterilize jars and lids
- Use funnel to fill hot jars, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims, apply lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust for altitude)

After Processing:

- Turn off heat, let jars rest in water for **5 minutes**, then transfer to towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check lids: center should not flex when pressed.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Once opened, refrigerate and use within **3 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Cozy, comforting flavor with real cinnamon warmth
- ✓ No pectin needed — naturally thickened
- ✓ Great for fall mornings or holiday baking
- ✓ Smooth and spreadable with rich apple flavor

Per 1 Tbsp: 45 kcal 11g carbs 10g sugar



Grape & Rosemary Jelly

Sweet, floral, and herbaceous — this elegant jelly infuses rich grape juice with a hint of fresh rosemary. Perfect with cheese, meats, or as a gourmet alternative to traditional jam.

Yield: 5–6 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cook time: 25–35 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Unsweetened grape juice – 3 cups (720 mL), preferably 100% Concord

Granulated sugar – 3 cups (600 g)

Fresh lemon juice – 2 Tbsp (30 mL)

Fresh rosemary sprig – 1 (about 4 inches / 10 cm)

Optional: ½ packet (≈25 g) liquid fruit pectin *for firmer set*

- *The rosemary gently infuses herbal notes into the sweet grape base. Lemon juice ensures proper pH for water bath safety.*

Ingredient Notes:

- Use 100% **unsweetened grape juice** for best set and natural flavor.
- For stronger rosemary flavor, gently bruise the sprig before infusing.



LET'S MAKE IT TOGETHER:

1. Infuse the Juice

In a large, non-reactive saucepan, combine grape juice, lemon juice, and rosemary sprig.

Bring to a gentle simmer over medium heat for **5–7 minutes**.

Remove rosemary sprig and discard (or strain juice if needed for clarity).

2. Cook the Jelly

Add sugar to the warm juice and stir to dissolve.

Increase heat and bring to a full rolling boil, stirring frequently.

If using pectin: add it now and continue boiling for **1–2 minutes** more.

Without pectin: continue boiling until jelly reaches **220°F (104°C)** on a thermometer.

Wrinkle test: Spoon a small amount onto a chilled plate, wait 30 seconds, and push gently — if it wrinkles and holds, it's ready.

Skim off any foam from the surface.

Canning Instructions:

Follow full canning steps in **Chapter 3: Basic Canning Techniques**:

- Sterilize jars and lids
- Use funnel to fill jars, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims clean and secure lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust for altitude as noted in Chapter 3)

After Processing:

- Let jars sit in the water for **5 minutes**, then transfer to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check lids: they should not flex when pressed in the center.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Once opened, refrigerate and use within **3–4 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Unique sweet-savory pairing
- ✓ Smooth, elegant texture with light herbal infusion
- ✓ Excellent with brie, lamb, pork, or grilled vegetables
- ✓ A beautiful and creative gift option

Per 1 Tbsp: 50 kcal 13g carbs 12g sugar



Rhubarb-Strawberry Sweet Fusion

A classic spring pairing with a modern balance — this sweet-tart preserve blends bright rhubarb and juicy strawberries into a rich, vibrant spread. Perfect for breakfast, baking, or spooning over ice cream.

Yield: 6 half-pint jars (250 mL each)

Time Required:

Prep time: 25 minutes

Cook time: 30–40 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Fresh rhubarb – 3 cups (450 g), chopped into small pieces

Fresh strawberries – 3 cups (450 g), hulled and halved

Granulated sugar – 3½ cups (700 g)

Fresh lemon juice – ¼ cup (60 mL)

Optional: 1 tsp vanilla extract or zest of ½ orange for depth

- *Lemon juice ensures safe acidity and helps bring out the natural tartness of rhubarb. No added pectin required — natural fruit pectin and proper cooking will create the perfect gel.*

Ingredient Notes:

- Use **firm rhubarb stalks** with bright color and no browning.
- Strawberries should be ripe, but not overripe or mushy.
- Frozen fruit can be used if fully thawed and drained.



LET'S MAKE IT TOGETHER:

1. Prepare the Fruit

Wash and trim rhubarb; chop into ½-inch pieces.

Rinse and hull strawberries; halve or quarter if large.

Combine both fruits in a large, heavy-bottomed pot with lemon juice and sugar.

Let sit for **10–15 minutes** to macerate and draw out juices.

2. Cook the Jam

Bring mixture to a boil over medium-high heat, stirring frequently.

Continue to boil, stirring often, until the mixture thickens and reaches **220°F (104°C)** on a candy thermometer.

Wrinkle test: Drop a spoonful onto a chilled plate, wait 30 seconds, and gently push with your finger. If it wrinkles and doesn't flood back, it's ready.

Skim foam if needed. Add vanilla or orange zest at the end of cooking, if using.

Canning Instructions:

Follow all procedures in **Chapter 3: Basic Canning Techniques:**

- Sterilize jars and lids
- Use funnel to fill hot jars, leaving **¼ inch (0.6 cm) headspace**
- Remove air bubbles
- Wipe rims, apply lids fingertip-tight
- Process in a **boiling water bath for 10 minutes** (adjust time for altitude as needed)

After Processing:

- Let jars rest in hot water for **5 minutes**, then transfer to a towel-lined surface.
- Cool undisturbed for **12–24 hours**.
- Check for proper seal: lid should not flex when pressed.



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**.

Once opened, refrigerate and use within **3–4 weeks**.



WHY YOU'LL LOVE IT:

- ✓ Balanced sweet and tart flavor
- ✓ Naturally thickened with fruit and sugar
- ✓ Ideal for springtime gifts and breakfast spreads
- ✓ Delicious on toast, scones, or warm over vanilla ice cream

Per 1 Tbsp: 50 kcal 13g carbs 12g sugar

6. Simple Pickles and Vegetables

Explore crisp, tangy, and colorful pickles made with safe brine ratios and high-acid vegetables.



Ready to try your hand at something crunchy and refreshingly tangy?

In this chapter, we'll pickle simple vegetables together — cucumbers, carrots, green beans — using safe vinegar ratios and trusted brine proportions. No complicated steps, just you, a few jars, and a pinch of patience. These recipes are beginner-friendly — clear, step-by-step, and truly satisfying. And trust me, after your first bite, you'll never want to go back to plain store-bought veggies again.





Sweet Cucumber Pickles

Crisp, tangy, and sweet — a pantry classic you'll love.
Perfect on burgers, sandwiches, or straight from the jar.

Yield: 6–7 pint jars (500 mL each)

Time:

Prep: 1 hour (with soaking)

Brine Cook: 10 minutes

Water Bath: 10 minutes

Cooling: 12 hours



INGREDIENTS:

4 lbs (1.8 kg) pickling cucumbers, sliced ¼-inch (0.6 cm) thick

2 medium yellow onions, thinly sliced

¼ cup (60 g) kosher or pickling salt

3 cups (720 mL) white vinegar (5% acidity)

2½ cups (500 g) granulated sugar

½ cup (100 g) brown sugar (*optional*)

2 tsp mustard seeds

1 tsp celery seeds

1 tsp ground turmeric

6–8 whole cloves (*optional*)

- Use *pickling salt* — table salt can cloud your brine. Ensure vinegar is 5% acidity for safe canning.

Ingredient Notes:

- Choose firm, unwaxed cucumbers.
- Slice evenly for best texture.
- Salt soak draws out moisture and keeps pickles crisp.



LET'S MAKE IT TOGETHER:

1. Prep & Soak

Place cucumbers and onions in a large non-reactive bowl.

Sprinkle with salt and toss to coat.

Cover with ice and let sit for 1 hour. Drain and rinse thoroughly.

2. Make the Brine

In a large pot, combine vinegar, sugars, mustard seed, celery seed, turmeric, and cloves (if using).

Simmer and stir until sugars dissolve.

Add the drained cucumbers and onions to the hot brine.

Gently heat for 5 minutes — don't boil.

3. Pack the Jars

(See Chapter 3 for full canning instructions.)

Sterilize jars and lids.

Fill jars with cucumbers and onions, leaving ½ inch (1.25 cm) headspace.

Pour brine to cover.

Remove air bubbles, adjust liquid, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 10 minutes.
- Adjust time for altitude if needed.

After Processing:

- Let jars rest in canner 5 minutes, then transfer to a towel-lined surface.
- Cool undisturbed 12–24 hours.
- Check seals — lids should not flex when pressed.



STORAGE:

Keep sealed jars in a cool, dark place up to 1 year.

Wait at least 1 week before opening — flavor improves.

After opening, refrigerate and use within 1–2 months.



WHY YOU'LL LOVE IT:

- ✓ Sweet & tangy flavor with gentle spice
- ✓ Crisp texture from salt soak
- ✓ No-fuss, beginner-friendly steps
- ✓ Delicious with grilled cheese or as a treat from the jar

Per 3–4 slices: 35 kcal Carbs: 9 g Sugars: 8 g Sodium: ~150 mg Fiber: 0.5 g



Garlic Dill Pickles

Bold, tangy, and brimming with garlic and dill — crisp cucumber pickles with just the right bite. A must-have for sandwiches, burgers, or snack trays.

Yield: 6–7 pint jars (500 mL each)

Time:

Prep: 45 minutes

Brine Cook: 10 minutes

Water Bath: 10 minutes

Cooling: 12 hours



INGREDIENTS:

4 lbs (1.8 kg) pickling cucumbers (3–4 in / 8–10 cm)

12 garlic cloves, peeled (2 per jar)

6–7 dill heads or sprigs

5 cups (1.2 L) white vinegar (5% acidity)

1 cup (240 mL) water

3 Tbsp (45 g) pickling or kosher salt

1½ tsp mustard seeds

1½ tsp black peppercorns

½ tsp red pepper flakes (*optional*)

Use 5% vinegar for water bath safety. Pickling salt keeps brine clear.

Ingredient Notes:

- Use firm, blemish-free cucumbers, ideally same-day picked.
- Soak in ice water for 30 minutes for extra crunch.
- Avoid table salt — it clouds brine and alters flavor.



LET'S MAKE IT TOGETHER:

1. Prepare Cucumbers

Rinse well and trim ⅛ inch (3 mm) from blossom ends.

Soak in ice water for 30 minutes, drain, and pat dry.

2. Make the Brine

In a large non-reactive pot, combine vinegar, water, salt, mustard seeds, peppercorns, and red pepper flakes (if using).

Bring to a boil, stirring to dissolve salt. Remove from heat.

3. Pack the Jars

(See Chapter 3 for full technique.)

Sterilize jars and lids.

Add 2 garlic cloves and 1 dill sprig to each hot jar.

Pack cucumbers tightly (whole, spears, or slices).

Pour brine over cucumbers, leaving ½ inch (1.25 cm) headspace.

Remove bubbles, adjust brine, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 10 minutes.
- Adjust for altitude if needed (see Chapter 3).

After Processing:

- Let jars rest in canner 5 minutes, then transfer to towel-lined surface.
- Cool undisturbed for 12–24 hours.
- Press center of lid — no flex means sealed.



STORAGE:

Store in a cool, dark place for up to 1 year.

Cure pickles at least 1–2 weeks before opening.

Once opened, refrigerate and enjoy within 1–2 months.



WHY YOU'LL LOVE IT:

- ✓ Bold garlic flavor with fresh dill
- ✓ Satisfying crunch from simple prep
- ✓ Beginner-friendly and shelf-stable
- ✓ Lovely for gift baskets or everyday bites

Per 1 pickle: 8 kcal Carbs: 1.5 g Sugars: 1 g Sodium: ~250 mg



Pickled Red Onions

Vibrant, tangy, and lightly sweet — these jewel-toned pickled onions add a pop of flavor to tacos, burgers, salads, and charcuterie. **Crisp, bright, and surprisingly easy to make.**

Yield: 4–5 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cook time (brine): 5–7 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12 hours undisturbed



INGREDIENTS:

Red onions – 2 lbs (900 g), thinly sliced into rings or half-moons

White vinegar (5% acidity) – 2 cups (480 mL)

Water – 1 cup (240 mL)

Granulated sugar – 1/3 cup (65 g)

Pickling salt or kosher salt – 2 Tbsp (30 g)

Black peppercorns – 1 tsp

Whole coriander seeds – 1 tsp (*optional*)

Bay leaves – 2

Garlic cloves – 2, lightly crushed

Optional: 1/2 tsp red pepper flakes for heat

- *Vinegar must be 5% acidity to ensure shelf-stable safety. Salt and sugar balance tang with mild sweetness.*

Ingredient Notes:

- Choose **firm, deeply colored red onions** for best texture and vibrant color.
- Slice evenly for consistent pickling and visual appeal.
- You may substitute **apple cider vinegar** for a fruitier finish.



LET'S MAKE IT TOGETHER:

1. Prep the Onions

Peel and thinly slice red onions.

Pack into sterilized hot jars (see Chapter 3), layering evenly but loosely.

2. Make the Brine

In a saucepan, combine vinegar, water, sugar, salt,

peppercorns, coriander, bay leaves, garlic, and optional red pepper flakes.

Bring to a simmer over medium heat (about **180–190°F / 82–88°C**) for **5–7 minutes**, until sugar and salt dissolve.

Remove from heat.

3. Fill the Jars

Pour hot brine over onions in jars using a funnel, leaving **1/2 inch (1.25 cm) headspace**.

Remove air bubbles, adjust liquid as needed.

Wipe rims clean and apply lids fingertip-tight.

Water Bath Processing:

- Process in a **boiling water bath for 10 minutes**
- Adjust for altitude if needed (see Chapter 3)

After Processing:

- Turn off heat, let jars rest in the canner for **5 minutes**
- Remove to a towel-lined surface and let cool undisturbed for **12–24 hours**
- Check that all lids have sealed (center should not flex)



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

For best flavor, let onions **cure for 48–72 hours** before opening

Once opened, refrigerate and use within **2 months**



WHY YOU'LL LOVE IT:

- ✓ Quick, colorful, and versatile
- ✓ Perfect balance of tang and sweet
- ✓ Adds gourmet flair to everyday meals
- ✓ Beginner-friendly and ready in under an hour

Per 2 Tbsp / 30 g): 15 kcal Carbohydrates: 3 g Sugars: 2 g Sodium: ~90 mg

Pickled Carrots with Ginger

Crisp, sweet-tart carrots with a bright zing of fresh ginger — refreshing and lightly spicy. Try them on salads, grain bowls, or right from the jar.

Yield: 4–5 pint jars (500 mL each)

Time:

Prep: 20–25 minutes

Brine Cook: 10 minutes

Water Bath: 15 minutes

Cooling: 12 hours



INGREDIENTS:

3 lbs (1.35 kg) carrots, peeled and sliced into sticks or coins

¼ cup (60 mL) fresh ginger, peeled and thinly sliced

3 cups (720 mL) white vinegar (5% acidity)

1 cup (240 mL) water

¾ cup (150 g) granulated sugar

2 Tbsp (30 g) pickling or kosher salt

1½ tsp mustard seeds

1 tsp black peppercorns

½ tsp red pepper flakes (*optional*)

- Use 5% vinegar for safe water bath canning. Sugar balances the sharpness of vinegar and ginger.

Ingredient Notes:

- Choose firm, sweet carrots for best crunch.
- Use fresh ginger — powdered won't work the same.
- Slice evenly for even pickling and pretty jars.



LET'S MAKE IT TOGETHER:

1. Prepare Carrots & Ginger

Peel carrots and cut into ¼-inch (0.6 cm) sticks or diagonal coins.

Peel and thinly slice ginger.

Blanch carrots in boiling water for 2 minutes, then shock in ice water. Drain.

2. Make the Brine

In a saucepan, combine vinegar, water, sugar, salt, mustard seeds, peppercorns, and red pepper flakes (if using).

Simmer 5–7 minutes at ~190°F (88°C), stirring until dissolved. Remove from heat.

3. Pack the Jars

(See Chapter 3 for full canning technique.)

Sterilize jars and lids.

Divide carrots and ginger between hot jars.

Pour hot brine, leaving ½ inch (1.25 cm) headspace.

Remove air bubbles, adjust brine, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 15 minutes.
- Adjust for altitude if needed (see Chapter 3).

After Processing:

- Let jars rest in hot water 5 minutes, then transfer to a towel-lined surface.
- Cool undisturbed for 12–24 hours.
- Check seals — lids should not flex.



STORAGE:

Store sealed jars in a cool, dark spot up to 1 year.

Let cure at least 1 week before eating.

Refrigerate after opening and use within 2 months.



WHY YOU'LL LOVE IT:

- ✓ Bright, fresh flavor with ginger spice
- ✓ Crunchy, cheerful, and easy to make
- ✓ Shelf-stable and beautiful in jars
- ✓ A lovely handmade gift or snack

Per ¼ cup (~50 g): 25 kcal Carbs: 6 g Sugars: 5 g Sodium: ~120 mg Fiber: 1 g

Zucchini Relish

Sweet, tangy, and colorful — this classic relish turns summer zucchini into a cheerful, flavor-packed condiment. Great for burgers, sandwiches, or cheese boards.

Yield: 6–7 half-pint jars (250 mL each)

Time:

Prep: 1 hour (salting + draining)

Simmer: 30 minutes

Water Bath: 10 minutes

Cooling: 12 hours



INGREDIENTS:

4 cups (650 g) zucchini, finely chopped or grated

1 cup (130 g) red bell pepper, chopped

1 cup (130 g) green bell pepper, chopped

1 cup (150 g) yellow onion, chopped

2 Tbsp (30 g) pickling or kosher salt

1¾ cups (350 g) granulated sugar

1½ cups (360 mL) white vinegar (5% acidity)

1 tsp celery seeds

1 tsp mustard seeds

½ tsp ground turmeric

½ tsp black pepper

- Use pickling salt for clarity. 5% vinegar ensures safe canning. Sugar balances acidity and preserves color.

Ingredient Notes:

- Young, firm zucchini with thin skin works best.
- No peeling needed.
- Finely chop or grate for even texture.



LET'S MAKE IT TOGETHER:

1. Salt & Drain

Mix zucchini, peppers, and onion with salt in a large non-reactive bowl.

Let rest 1 hour, stirring occasionally.

Rinse well, drain, and gently squeeze out moisture.

2. Simmer the Relish

In a large pot, combine vinegar, sugar, and spices. Bring to a simmer.

Add drained vegetables and stir.

Simmer uncovered 25–30 minutes, stirring often, until thickened and glossy.

Ensure temperature reaches 190°F (88°C) before filling jars.

3. Pack the Jars

(See Chapter 3 for full instructions.)

Sterilize jars and lids.

Fill hot jars with hot relish using a funnel, leaving ½ inch (1.25 cm) headspace.

Remove air bubbles, adjust as needed, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 10 minutes.
- Adjust time if needed based on altitude (see Chapter 3).

After Processing:

- Let jars rest 5 minutes in canner, then transfer to a towel-lined surface.
- Cool undisturbed 12–24 hours.
- Check seals — lid centers should not flex.



STORAGE:

Store sealed jars in a cool, dark pantry for up to 1 year.

Let mature at least 1 week before opening.

After opening, refrigerate and enjoy within 1–2 months.



WHY YOU'LL LOVE IT:

- ✓ Sweet-tart with a gentle spice kick
- ✓ Gorgeous in the jar and on the plate
- ✓ Easy way to use up garden zucchini
- ✓ A picnic and potluck favorite

Per 1 Tbsp (~20 g): 18 kcal Carbs: 4.5 g Sugars: 3.8 g Sodium: ~120 mg Fiber: 0.3 g



Classic Bread & Butter Cucumber Rounds

Sweet, tangy, and perfectly spiced — a traditional favorite.

These crunchy rounds are ideal for burgers, sandwiches, or snacking straight from the jar.

Yield: 6–7 pint jars (500 mL each)

Time:

Prep: 1 hr 15 min (incl. salting)

Brine: 15 min

Water Bath: 10 min

Cooling: 12 hrs



INGREDIENTS:

4 lbs (1.8 kg) pickling cucumbers, sliced ¼-inch (0.6 cm) thick

2 medium yellow onions, thinly sliced

¼ cup (60 g) pickling or kosher salt

2½ cups (600 mL) white vinegar (5%)

1½ cups (360 mL) apple cider vinegar (5%)

2¼ cups (450 g) granulated sugar

¼ cup (50 g) brown sugar (*optional*)

2 tsp mustard seeds

1 tsp celery seeds

1 tsp ground turmeric

½ tsp crushed red pepper flakes (*optional*)

- Use only pickling or kosher salt. Vinegar must be 5% acidity to ensure safe canning.

Ingredient Notes:

- Use firm, unwaxed cucumbers for best crunch.
- Onions add mellow sweetness and color.
- Sugar-to-vinegar ratio creates the classic sweet-tangy balance.



LET'S MAKE IT TOGETHER:

1. Salt the Vegetables

In a large non-reactive bowl, toss cucumber slices and onions with salt.

Cover with ice and let sit 1 hour.

Drain, rinse under cold water, and drain again thoroughly.

2. Prepare the Brine

In a pot, combine both vinegars, sugars, and spices.

Bring to a gentle boil (190–200°F / 88–93°C), stirring to dissolve sugar.

Add cucumbers and onions.

Simmer 5 minutes, until heated through and slightly translucent — do not boil.

3. Pack the Jars

(See Chapter 3 for technique.)

Sterilize jars and lids.

Pack hot vegetables into hot jars, leaving ½ inch (1.25 cm) headspace.

Pour in hot brine to cover.

Remove air bubbles, adjust brine, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 10 minutes.
- Adjust for altitude if needed (see Chapter 3).

After Processing:

- Let jars sit in hot water for 5 minutes, then transfer to a towel-lined surface.
- Cool undisturbed 12–24 hours.
- Check seals — lids should not flex when pressed.



STORAGE:

Store sealed jars in a cool, dark pantry for up to 12 months.

Cure 1–2 weeks before opening.

After opening, refrigerate and enjoy within 2 months.



WHY YOU'LL LOVE IT:

- ✓ Sweet-tangy flavor with a warm spice kiss
- ✓ Gorgeous crunch and golden color
- ✓ Great for gifting or dressing up any meal
- ✓ Shelf-stable and beginner-friendly

Per ¼ cup (~50 g): 35 kcal Carbs: 8 g Sugars: 7 g Sodium: ~180 mg Fiber: 0.4 g

Spiced Carrot & Daikon Sticks

Crunchy, bright, and warmly spiced — these pickled sticks bring a sweet-tangy snap and aromatic kick to rice bowls, noodles, or snack boards.

Yield: 4–5 pint jars (500 mL each)

Time:

Prep: 30 minutes

Brine: 10 minutes

Water Bath: 15 minutes

Cooling: 12 hours



INGREDIENTS:

1½ lbs (680 g) carrots, peeled and cut into sticks

1½ lbs (680 g) daikon, peeled and cut into sticks

2 Tbsp (30 g) fresh ginger, thin matchsticks

4 garlic cloves, sliced

3 cups (720 mL) white vinegar (5% acidity)

1 cup (240 mL) water

½ cup (100 g) granulated sugar

2 Tbsp (30 g) pickling or kosher salt

1 tsp mustard seeds

1 tsp black peppercorns

1 tsp coriander seeds

¼ tsp red pepper flakes (*optional*)

- Use 5% vinegar and non-iodized salt for a clean, safe, and flavorful brine.

Ingredient Notes:

- Choose firm, fresh daikon and carrots for best crunch.
- Cut sticks uniformly (≈3–4 inches / 8–10 cm).
- Ginger and garlic bring warmth and fragrance.



LET'S MAKE IT TOGETHER:

1. Prep the Veggies

Peel and slice carrots and daikon into ¼-inch (0.6 cm) thick sticks.

Blanch 1 minute in boiling water, then plunge into ice water. Drain well.

2. Make the Brine

In a non-reactive pot, combine vinegar, water, sugar, salt, and spices.

Simmer gently at 190°F (88°C) for 5–7 minutes.

Stir until salt and sugar dissolve. Remove from heat.

3. Pack the Jars

(See Chapter 3 for detailed steps.)

Sterilize jars and lids.

Divide carrot and daikon evenly.

Add 1 garlic slice and several ginger matchsticks per jar.

Pour hot brine to ½ inch (1.25 cm) headspace.

Remove bubbles, adjust liquid, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 15 minutes.
- Adjust for altitude if needed (see Chapter 3).

After Processing:

- Let jars rest 5 minutes in canner, then transfer to a towel-lined surface.
- Cool undisturbed for 12–24 hours.
- Check seals — lid centers should not flex when pressed.



STORAGE:

Store in a cool, dark place up to 1 year.

Let cure at least 7 days before enjoying.

After opening, refrigerate and use within 2 months.

WHY YOU'LL LOVE IT:

- ✓ Sweet-tangy heat with warming spice
- ✓ Beautiful crunch and vibrant color
- ✓ Pairs with Asian meals or cheese plates
- ✓ Beginner-friendly and shelf-stable

Per ¼ cup (~50 g): 20 kcal Carbs: 4.5 g Sugars: 3.5 g Sodium: ~170 mg Fiber: 1 g

Sweet-Heat Pickled Jalapeños

These crisp, sweet, and fiery jalapeños add bold flavor to everything — from tacos to cheese boards.
A zesty pantry staple for chili lovers.

Yield: 4–5 half-pint jars (250 mL each)

Time:

Prep: 20 minutes

Brine Cook: 10 minutes

Water Bath: 10 minutes

Cooling: 12 hours



INGREDIENTS:

1½ lbs (680 g) fresh jalapeños, sliced ¼-inch (0.6 cm) rounds

3 garlic cloves, sliced

2 cups (480 mL) white vinegar (5% acidity)

1 cup (240 mL) water

¾ cup (150 g) granulated sugar

1 Tbsp (15 g) pickling or kosher salt

1 tsp mustard seeds

1 tsp coriander seeds

1 tsp black peppercorns

½ tsp turmeric

½ tsp crushed red pepper flakes (*optional*)

- Use 5% vinegar for safe preserving. Sugar softens the spice into a crave-worthy kick.

Ingredient Notes:

- Choose firm, glossy jalapeños without soft spots.
- Remove seeds to reduce heat if desired.
- Wear gloves when slicing — they can irritate skin.



LET'S MAKE IT TOGETHER:

1. Prepare the Peppers

Rinse and dry jalapeños.

Slice into even ¼-inch rounds.

Slice garlic cloves.

2. Make the Brine

In a saucepan, combine vinegar, water, sugar, salt, and spices.

Simmer over medium heat (~190°F / 88°C), stirring until dissolved.

Add jalapeños and garlic. Simmer 2–3 minutes — they'll brighten but stay crisp.

Remove from heat.

3. Pack the Jars

(See Chapter 3 for full steps.)

Sterilize jars and lids.

Pack jalapeños and garlic into hot jars, leaving ½ inch (1.25 cm) headspace.

Pour brine to cover slices.

Remove bubbles, adjust liquid, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 10 minutes.
- Adjust for altitude if needed (see Chapter 3).

After Processing:

- Let jars rest in hot water 5 minutes, then transfer to towel-lined surface.
- Cool undisturbed 12–24 hours.
- Check lids — they should not flex.



STORAGE:

Store in a cool, dark place for up to 1 year.

Let cure 1 week for full flavor.

Once opened, refrigerate and enjoy within 2 months.



WHY YOU'LL LOVE IT:

- ✓ Just the right kick of heat and sweetness
- ✓ Pairs beautifully with meats, cheese, or eggs
- ✓ Fast and fun to make
- ✓ Shelf-stable and gift-worthy

Per 1 Tbsp (~15 g): 10 kcal Carbs: 2 g Sugars: 1.8 g Sodium: ~95 mg Fiber: 0.2 g



Garden Fresh Green Beans in Brine

Crisp, salty, and satisfying — these brined beans keep that fresh-from-the-garden snap.
Ideal for snacking, side dishes, or cocktail garnishes.

Yield: 4–5 pint jars (500 mL each)

Time:

Prep: 25 minutes

Brine Simmer: 10 minutes

Water Bath: 10 minutes

Cooling: 12 hours



INGREDIENTS:

2 lbs (900 g) fresh green beans, trimmed

4 garlic cloves, peeled (*optional*)

4 dill sprigs (*optional*)

2½ cups (600 mL) white vinegar (5% acidity)

2½ cups (600 mL) water

2 Tbsp (30 g) pickling or kosher salt

1 tsp black peppercorns

Optional: 1 tsp mustard seeds or red pepper flakes

- *Always use non-iodized salt. 5% vinegar is essential for safe preservation.*

Ingredient Notes:

- Choose firm, straight, blemish-free beans.
- Trim stem ends; tail tips can stay for charm.
- Match length to jar height for a tidy look.



LET'S MAKE IT TOGETHER:

1. Blanch the Beans (*Optional, but recommended*)

Boil beans 30 seconds, then cool in ice water.

Drain well to preserve crunch and color.

2. Make the Brine

Combine vinegar, water, and salt in a non-reactive pot.

Add peppercorns and any optional spices.

Simmer gently at 190°F (88°C) until salt dissolves.

Keep hot.

3. Pack the Jars

(Refer to Chapter 3 for canning details.)

Sterilize jars and lids.

Place 1 garlic clove and 1 dill sprig in each hot jar (if using).

Pack beans vertically, trimming as needed.

Pour hot brine to ½ inch (1.25 cm) headspace.

Remove air bubbles, adjust brine, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process in boiling water for 10 minutes.
- Adjust time for altitude (see Chapter 3).

After Processing:

- Let jars sit in canner 5 minutes.
- Transfer to a towel-lined surface.
- Cool undisturbed 12–24 hours.
- Check seals — lids should not flex when pressed.



STORAGE:

Store sealed jars in a cool, dark place for up to 1 year.

Let cure 7–10 days before opening.

Once opened, refrigerate and use within 2 months.



WHY YOU'LL LOVE IT:

- ✓ Clean, crisp flavor with garden-fresh snap
- ✓ Minimal ingredients, maximum versatility
- ✓ Lovely as a snack, side, or garnish
- ✓ Easy to rotate in your pantry

Per 6–8 beans (~50 g): 10 kcal Carbs: 2 g Sugars: 0.8 g Sodium: ~160 mg Fiber: 1 g



Turmeric-Ginger Cauliflower Florets

Golden, bold, and brimming with warmth — these crunchy florets get their glow from turmeric and zing from fresh ginger. A zesty twist for salads, bowls, or bright side dishes.

Yield: 4–5 pint jars (500 mL each)

Time:

Prep: 30 minutes

Brine: 10 minutes

Water Bath: 15 minutes

Cooling: 12 hours



INGREDIENTS:

2 medium cauliflower heads (~3 lbs / 1.4 kg), small florets

2 Tbsp (30 g) fresh ginger, julienned

4 garlic cloves, halved

4 cups (960 mL) white vinegar (5% acidity)

1 cup (240 mL) water

¼ cup (50 g) granulated sugar (*optional*)

2 Tbsp (30 g) pickling or kosher salt

2 tsp ground turmeric

1 tsp black peppercorns

1 tsp mustard seeds (*optional*)

- Use only 5% vinegar and non-iodized salt for safe, shelf-stable preserving.

Ingredient Notes:

- Cut florets small and even for texture and easy packing.
- Turmeric gives color and earthy tone; ginger adds warming depth.
- Sugar smooths the acidity, but it's optional.



LET'S MAKE IT TOGETHER:

1. Prepare Cauliflower

Rinse florets well and dry.

(*Optional*) Blanch 1 minute, then ice bath and drain to lock in crunch and color.

2. Make the Brine

In a large pot, combine vinegar, water, salt, sugar, turmeric, peppercorns, and mustard seeds.

Simmer at 190°F (88°C), stirring to dissolve.

Add ginger and garlic. Remove from heat.

3. Pack the Jars

(See Chapter 3 for full technique.)

Sterilize jars and lids.

Place a garlic half and a few ginger strips in each jar.

Pack cauliflower snugly without crushing.

Pour hot brine, leaving ½ inch (1.25 cm) headspace.

Remove bubbles, adjust brine, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 15 minutes.
- Adjust for altitude as needed (see Chapter 3).

After Processing:

- Let jars rest 5 minutes in canner.
- Transfer to towel-lined surface.
- Cool undisturbed 12–24 hours.
- Check seals — lids should not flex.



STORAGE:

Store sealed jars in a cool, dark place up to 1 year.

Cure for 1–2 weeks before enjoying.

After opening, refrigerate and use within 2 months.



WHY YOU'LL LOVE IT:

- ✓ Anti-inflammatory boost with turmeric + ginger
- ✓ Crunchy, golden, and vibrant
- ✓ A flavorful twist on traditional pickles
- ✓ Beautiful addition to platters and meals

Per ¼ cup (~50 g): 10 kcal Carbs: 2 g Sugars: 1 g Sodium: ~170 mg Fiber: 0.8 g



Honey Mustard Baby Corn

Sweet, tangy, and lightly spiced — these bright baby corns are a playful twist on traditional pickles.

A delightful bite on cheese boards or beside a sandwich.

Yield: 4–5 pint jars (500 mL each)

Time:

Prep: 25 minutes

Brine Simmer: 10 minutes

Water Bath: 15 minutes

Cooling: 12 hours



INGREDIENTS:

2 lbs (900 g) baby corn (fresh or blanched), rinsed and trimmed

3 garlic cloves, thinly sliced

2½ cups (600 mL) white vinegar (5% acidity)

1½ cups (360 mL) water

½ cup (120 mL) honey

1½ Tbsp yellow mustard seeds

1 tsp dry mustard powder

1½ Tbsp (22 g) pickling or kosher salt

½ tsp ground turmeric

1 tsp black peppercorns

Optional: 1 bay leaf per jar

- Use high-quality honey for the best flavor. 5% vinegar ensures safety for shelf storage.

Ingredient Notes:

- Fresh corn benefits from light blanching to hold texture.
- Mustard seeds add a classic tangy crunch.
- Turmeric brings warm color and depth.



LET'S MAKE IT TOGETHER:

1. Prepare Baby Corn

Blanch fresh corn 2 minutes, then ice bath. Drain.

If using vacuum-packed corn, rinse and drain well.

2. Make the Brine

Combine vinegar, water, honey, salt, mustard seeds, mustard powder, turmeric, peppercorns, and garlic in a non-reactive pan.

Simmer 8–10 minutes at 190°F (88°C), stirring occasionally.

Keep hot.

3. Pack the Jars

(Refer to Chapter 3 for safety steps.)

Sterilize jars and lids.

Add a bay leaf (if using) to each hot jar.

Pack baby corn tightly, vertically or diagonally.

Pour in hot brine, leaving ½ inch (1.25 cm) headspace.

Remove bubbles, adjust brine, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 15 minutes.
- Adjust for altitude if needed.

After Processing:

- Let jars rest in canner 5 minutes.
- Cool undisturbed for 12–24 hours.
- Press lids — sealed jars won't flex.



STORAGE:

Store sealed jars in a cool, dark place for up to 1 year.

Allow 7–10 days to cure before tasting.

After opening, refrigerate and enjoy within 1–2 months.



WHY YOU'LL LOVE IT:

- ✓ Sweet-tangy flavor with gentle mustard spice
- ✓ Bright, golden, and fun to serve
- ✓ Perfect for parties, boards, or gifts
- ✓ A cheerful way to preserve baby corn

Per 3 baby corns (~50 g): 25 kcal Carbs: 5 g Sugars: 3 g Sodium: ~150 mg Fiber: 1 g

Maple-Mustard Brussels Sprouts

Tangy, sweet, and warmly spiced — these sprouts are bathed in a maple-mustard brine that makes them shine. Serve as a snack, topper, or board-worthy bite.

Yield: 4 pint jars (500 mL each)

Time:

Prep: 30 minutes

Brine Simmer: 10 minutes

Water Bath: 15 minutes

Cooling: 12 hours



INGREDIENTS:

2 lbs (900 g) Brussels sprouts, trimmed and halved

4 garlic cloves, sliced

1/3 cup (80 mL) dark maple syrup

3 cups (720 mL) white vinegar (5% acidity)

1 cup (240 mL) water

2 Tbsp (30 g) pickling or kosher salt

2 tsp yellow mustard seeds

1 tsp dry mustard powder

1 tsp black peppercorns

1/4 tsp red pepper flakes (*optional*)

2 bay leaves, halved

- Use only real maple syrup and 5% vinegar for safety and depth.

Ingredient Notes:

- Choose small-medium sprouts for even texture.
- Trim ends, remove loose leaves. Halve large ones.
- Maple syrup adds rich sweetness without overpowering.



LET'S MAKE IT TOGETHER:

1. Prep the Sprouts

Trim, halve, and rinse.

Blanch 2 minutes in boiling water, then ice bath. Drain well.

2. Make the Brine

In a non-reactive pot, combine vinegar, water, maple syrup, salt, mustard seeds, mustard powder, peppercorns, red pepper flakes, garlic, and bay leaves.

Simmer 8–10 minutes at 190°F (88°C), stirring to dissolve. Remove from heat.

3. Pack the Jars

(See Chapter 3 for full steps.)

Sterilize jars and lids.

Place a bay leaf piece and garlic into each jar.

Pack sprouts tightly, cut sides inward.

Pour in hot brine to 1/2 inch (1.25 cm) headspace.

Remove bubbles, adjust brine, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process in boiling water for 15 minutes.
- Adjust for altitude if needed.

After Processing:

- Let jars sit 5 minutes in canner.
- Cool 12–24 hours on a towel-lined surface.
- Check seals — lids should not flex and be slightly concave.



STORAGE:

Store sealed jars in a cool, dark place up to 12 months.

Let cure 2 weeks before opening for best flavor.

After opening, refrigerate and use within 1 month.



WHY YOU'LL LOVE IT:

- ✓ Bold maple-mustard flavor with balance
- ✓ Firm texture, no mushy sprouts
- ✓ Elegant twist on traditional pickles
- ✓ Sweetened naturally and shelf-stable

Per 1/4 cup (~50 g): 20 kcal Carbs: 4 g Sugars: 2.5 g • Sodium: ~140 mg Fiber: 1.2 g

7. Tomato-Based Staples

Preserve the garden's best with easy recipes
for salsa, marinara, ketchup, and more tomato-based favorites.



There's something magical about ripe summer tomatoes — still warm from the sun, bursting with flavor, and full of possibility. In this chapter, we'll turn that garden goodness into jars of pure joy: chunky salsas, rich sauces, and comforting classics that will brighten your table all year long.

No need to rush — we'll simmer slowly, stir gently, and savor the process.





Classic Chunky Tomato Salsa

Fresh, spicy, and full of summer flavor — this bold salsa brings together ripe tomatoes, peppers, and onions in a rich, chunky preserve. Perfect for nachos, pasta, and more.

Yield: 5–6 pint jars (500 mL each)

Time:

Prep: 40 minutes

Cook: 25–30 minutes

Water Bath: 15 minutes

Cooling: 12–24 hours



INGREDIENTS:

6 lbs (2.7 kg) Roma tomatoes, peeled, cored, chopped

1½ cups (225 g) onions, finely chopped

1 cup (150 g) jalapeños or chili peppers, seeded, chopped

1 cup (150 g) green bell peppers, chopped

4 garlic cloves, minced

1 cup (240 mL) apple cider vinegar (5% acidity)

2 Tbsp (30 g) tomato paste (*optional*)

1 Tbsp (15 g) pickling or kosher salt

2 tsp ground cumin

1–2 tsp sugar (*optional*)

½ cup chopped cilantro (*optional — add after opening*)

- Use vinegar with 5% acidity. Do not alter tomato-to-acid ratio.

Ingredient Notes:

- Roma/plum tomatoes yield thicker salsa.
- To peel: score, blanch 30 sec, ice bath, slip skins.
- Use gloves when handling hot peppers.



LET'S MAKE IT TOGETHER:

1. Prep the Tomatoes

Peel, core, and chop.

Optional: drain 15–20 minutes in colander to reduce liquid.

2. Cook the Salsa

In a large non-reactive pot, combine tomatoes, onions, peppers, garlic, vinegar, salt, cumin, tomato paste, and sugar.

Bring to a low boil (min. 185°F / 85°C), stirring often.

Simmer 25–30 minutes until thick and fragrant.

Stir frequently to prevent scorching.

3. Pack the Jars

(See Chapter 3 for full canning method.)

Sterilize jars and lids.

Ladle hot salsa into hot jars, leaving ½ inch (1.25 cm) headspace.

Remove bubbles, wipe rims, and apply lids finger-tip-tight.

Water Bath Processing:

- Process in boiling water for 15 minutes.
- Adjust for altitude as needed.

After Processing:

- Let jars sit in canner 5 minutes.
- Transfer to towel-lined surface.
- Cool undisturbed for 12–24 hours.
- Check seals — lids should not flex.



STORAGE:

Store sealed jars in a cool, dark place up to 12 months.

After opening, refrigerate and use within 7–10 days.



WHY YOU'LL LOVE IT:

- ✓ Real ingredients, no preservatives
- ✓ Balanced flavor with chunky texture
- ✓ Heat level adjusts to your pepper choice
- ✓ A beautiful, useful gift-in-a-jar

Per 2 Tbsp (~30 g): 10 kcal Carbs: 2 g Sugars: 1 g Sodium: ~95 mg Fiber: 0.5 g

Reminder: For sterilisation, water bath timing, altitude adjustments, and sealing checks, see Chapter 3

Fire-Roasted Tomato & Pepper Salsa

Smoky, rich, and bursting with character — this salsa pairs blistered tomatoes and peppers with lime, garlic, and cumin. A pantry gem for tacos, meats, or spooning on everything.

Yield: 5–6 pint jars (500 mL each)

Time:

Prep: 45 minutes

Roast: 20–25 minutes

Simmer: 20 minutes

Water Bath: 15 minutes

Cooling: 12–24 hours



INGREDIENTS:

- 4 lbs (1.8 kg) Roma tomatoes, halved
- 2 red bell peppers, seeded, quartered
- 2–3 jalapeños or poblanos, seeded if desired
- 1½ cups (225 g) chopped onions
- 4 garlic cloves, unpeeled
- ½ cup fresh cilantro (*optional*)
- 1½ tsp ground cumin
- 1 Tbsp (15 g) pickling or kosher salt
- ½ cup (120 mL) bottled lime juice
- ½ cup (120 mL) apple cider vinegar (5% acidity)
- Use bottled lime juice and 5% vinegar for safety in canning.

Ingredient Notes:

- Roma tomatoes = thick, less watery salsa.
- For spicier salsa, leave seeds in or add serranos.
- Charring boosts sweetness and gives depth.



LET'S MAKE IT TOGETHER:

1. Roast the Veggies

Preheat broiler or grill to 450°F (232°C).

Arrange tomatoes (cut-side down), peppers, and garlic on a foil-lined tray.

Roast 20–25 minutes until charred and blistered.

Cover and steam 10 minutes, then peel off skins.

2. Cook the Salsa

Coarsely chop roasted tomatoes and peppers.

Peel and mash garlic.

In a large pot, combine roasted veggies, onions, garlic, lime juice, vinegar, cumin, and salt.

Simmer gently 20 minutes ($\geq 185^{\circ}\text{F}$ / 85°C), stirring often.

(*Optional*) Briefly blend for smoother texture.

3. Prepare the Jars

(See Chapter 3 for full canning steps.)

Sterilize jars and lids.

Ladle hot salsa into jars, leaving ½ inch (1.25 cm) headspace.

Remove bubbles, wipe rims, and seal fingertip-tight.

Water Bath Processing:

- Process jars in boiling water for 15 minutes.
- Adjust for altitude as needed.

After Processing:

- Let sit 5 minutes in canner.
- Cool 12–24 hours on a towel-lined surface.
- Check seals — lids should not flex when pressed.



STORAGE:

Store sealed jars in a cool, dark place for up to 12 months.

Let flavor develop for 1 week before opening.

Once opened, refrigerate and enjoy within 10 days.



WHY YOU'LL LOVE IT:

- ✓ Real roasted flavor without added fat
- ✓ Custom heat level — your way
- ✓ No preservatives, just fire and freshness
- ✓ Makes every taco night unforgettable

Per 2 Tbsp (~30 g): 12 kcal Carbs: 3 g Sugars: 1.5 g Sodium: ~105 mg Fiber: 0.6 g



Simple Tomato Ketchup

Smooth, tangy, and just the right amount of sweet — this homemade ketchup is a wholesome upgrade to the store-bought kind. Made with real tomatoes, warm spices, and no preservatives.

Yield: 6–7 half-pint jars (250 mL) or 3–4 pint jars (500 mL)

Time:

Prep: 45 min

Cook: 1 hr 15 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

6 lbs (2.7 kg) Roma tomatoes, peeled & chopped

1 cup (150 g) chopped onion

4 garlic cloves, minced

1¼ cups (300 mL) apple cider vinegar (5%)

¾ cup (150 g) sugar

1 Tbsp (15 g) salt (pickling/kosher)

½ tsp ground allspice

¼ tsp ground cloves

½ tsp ground cinnamon

2 Tbsp tomato paste (*optional*)

- *Do not reduce vinegar or sugar — they ensure safe acidity.*

Notes:

- Roma or paste tomatoes = less water, quicker cooking.
- Blanch to peel easily: 30–60 sec in boiling water, then ice bath.
- Tomato paste gives extra thickness if needed.



LET'S MAKE IT TOGETHER:

1. Prep Tomatoes

Blanch, peel, core, and chop.

Let drain in colander 15–20 minutes.

2. Cook the Ketchup

In a large pot, simmer tomatoes, onion & garlic for 30 min ($\geq 185^{\circ}\text{F}$ / 85°C).

Blend until smooth.

Add vinegar, sugar, salt & spices. Simmer uncovered

45–60 min, stirring often, until thick.

Optional: stir in tomato paste for richness.

3. Pack the Jars

Sterilize jars and lids (see Chapter 3).

Ladle hot ketchup into hot jars, leaving ¼ inch (0.6 cm) headspace.

Remove bubbles, wipe rims, and apply lids fingertip-tight.

Water Bath:

- Process 15 minutes (adjust for altitude if needed).

After Processing:

- Let jars rest in canner 5 minutes, then cool undisturbed 12–24 hrs.
- Lids should not flex or “pop” when pressed.



STORAGE:

Shelf-stable for 12 months

Refrigerate after opening — use within 3–4 weeks



WHY YOU'LL LOVE IT:

- ✓ Real, clean ingredients
- ✓ Sweet, tangy & perfectly balanced
- ✓ No corn syrup, no preservatives
- ✓ Kid-approved & great for dipping, spreading, gift-ing!

Per 1 Tbsp (~15 g): 15 kcal Carbs: 4 g Sugar: 3 g Sodium: ~90 mg Fat: 0 g Fiber: 0.2 g

Reminder: Always refer to Chapter 3 for step-by-step guidance on sterilising, headspace, water bath processing, and sealing.

Roasted Garlic & Tomato Confit

Silky, savory, and naturally sweet — this slow-roasted confit is like edible sunshine.

Use it as a spread, pasta base, or spooned over roasted veggies and meats.

Contains oil — acidification is required. Do not alter the vinegar amount. Always refrigerate after opening.

Yield: 4 half-pint jars (250 mL each)

Time:

Prep: 30 min

Roast: 45 min

Water Bath: 25 min

Cool: 12–24 hrs



INGREDIENTS:

2 lbs (900 g) cherry or grape tomatoes, halved

12–14 garlic cloves, peeled

4 sprigs thyme or rosemary

½ cup (120 mL) extra virgin olive oil

½ cup (120 mL) apple cider vinegar (5% acidity), divided between jars

2 tsp salt (kosher or pickling)

½ tsp cracked black pepper

Use firm, ripe tomatoes and always 5% vinegar — this keeps the confit safe for shelf storage.



LET'S ROAST & CAN:

1. Roast the Tomatoes

Preheat oven to 375°F (190°C).

Toss tomatoes, garlic, herbs, oil, salt & pepper on parchment-lined pan.

Roast 45 min, stirring once. Garlic should be golden, tomatoes soft and caramelized.

Remove herb stems and discard.

2. Pack the Jars

Sterilize half-pint jars and lids (see Chapter 3).

Add roasted tomato & garlic mix, leaving ½ inch (1.25 cm) headspace.

Pour 2 Tbsp (30 mL) vinegar into each jar.

Top off with warm oil if needed to reach headspace.

Remove bubbles, wipe rims, apply lids fingertip-tight.

Water Bath:

- Process in boiling water bath for 25 min
- Let sit in canner 5 min after turning off heat
- Cool undisturbed for 12–24 hrs

Check Seals:

- Lids should not move or “pop” when pressed



STORAGE:

Keep sealed jars in a cool, dark spot up to 8 months

After opening, refrigerate and use within 5–7 days

Best served at room temp for rich flavor



WHY YOU'LL LOVE IT:

- ✓ Deep, sweet-savory roasted flavor
- ✓ Gorgeous on crostini or in pasta
- ✓ Balanced, beginner-friendly and small-batch safe
- ✓ Makes a magical little kitchen gift

Per 1 Tbsp (~15 g): Calories: 20 Carbs: 2 g Sugars: 1 g Fat: 1.5 g Sodium: ~35 mg Fiber: 0.3 g

Firecracker Tomato Relish

Zesty, tangy, and spicy-bright —

this bold relish brings heat and character to burgers, wraps, sausages, and grilled veggies.

Yield: 6 half-pint jars (250 mL each)

Time:

Prep: 30 min

Cook: 25–30 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

3 lbs (1.4 kg) Roma or cherry tomatoes, finely chopped

1 cup (150 g) red bell pepper, chopped

2 jalapeños, finely chopped (remove seeds for milder heat)

1½ cups (225 g) onion, chopped

4 garlic cloves, minced

1 cup (240 mL) apple cider vinegar (5% acidity)

½ cup (100 g) sugar

1 Tbsp (15 g) pickling salt

½ tsp red pepper flakes (optional)

1 tsp ground mustard

½ tsp celery seed

- *Never reduce vinegar or sugar — they ensure safe pH for water bath canning.*



LET'S MAKE IT TOGETHER:

1. Prep the Veggies

Chop all vegetables.

Lightly salt tomatoes and drain 15 min. Pat dry.

2. Cook the Relish

Combine all ingredients in a large non-reactive pot.

Bring to a boil over medium-high heat ($\geq 185^{\circ}\text{F}$ / 85°C), stir often.

Simmer 25–30 min until thickened and glossy.

3. Pack the Jars

Sterilize jars and lids (see Chapter 3).

Ladle hot relish into jars, leave ½ inch (1.25 cm) head-space.

Remove bubbles, wipe rims, apply lids fingertip-tight.

Water Bath:

- Process for 15 minutes
- Let rest in canner 5 minutes
- Cool 12–24 hrs undisturbed

Check Seals:

- Lids should be firm and concave



STORAGE:

Pantry: up to 12 months

After opening: refrigerate and use within 3–4 weeks



WHY YOU'LL LOVE IT:

- ✓ Bold tomato flavour with a fiery kick
- ✓ Lovely atop burgers, tacos, or cheese boards
- ✓ Shelf-stable, easy to gift
- ✓ Safe, simple, and sure to impress

Per 1 Tbsp (~15 g): Calories: 12 Carbs: 3 g Sugars: 2 g Sodium: ~70 mg Fat: 0 g Fiber: 0.2 g

Spicy Tomato-Onion Chutney

A savoury-sweet condiment with Indian-inspired spices and a bold kick.

This chunky chutney blends ripe tomatoes, caramelised onions, vinegar, and warm spices — perfect for pairing with cheeses, curries, roasted vegetables, or grilled meats.

Yield: 5–6 half-pint jars (250 mL each)

Time:

Prep: 30 min

Cook: 45 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

3 lbs (1.4 kg) Roma tomatoes, peeled & chopped

2 medium yellow onions (≈300 g), thinly sliced

1 Tbsp fresh ginger, grated

3 garlic cloves, minced

1 tsp chili flakes (adjust to taste)

1 cup (240 mL) apple cider vinegar (5% acidity)

¾ cup (150 g) brown sugar, packed

1 Tbsp pickling/kosher salt

1 tsp ground cumin

½ tsp ground coriander

½ tsp ground turmeric

1 tsp black mustard seeds (optional)

- Use only 5% vinegar and don't reduce sugar or acid — this ensures safe pH for canning.



LET'S MAKE IT TOGETHER:

1. Sauté Aromatics

In a wide non-reactive pot, heat 1 Tbsp vinegar.

Add onions — cook 8–10 min until golden.

Add garlic, ginger, and spices. Cook 1 min.

2. Add Tomatoes & Simmer

Stir in tomatoes, remaining vinegar, sugar, and salt.

Bring to boil, then simmer uncovered 30–35 min (≥185°F / 85°C).

Stir often until jammy and thick.

It's ready when you drag a spoon and the bottom of the pot stays visible.

3. Pack the Jars

Sterilize jars and lids (see Chapter 3)

Fill jars, leaving ½ inch (1.25 cm) headspace

Remove air bubbles, wipe rims, apply lids finger-tip-tight

Water Bath:

Process 15 min

Let rest 5 min in hot water

Cool undisturbed 12–24 hrs

Check Seals:

Lids should be slightly concave and not flex



STORAGE:

Pantry: up to 12 months

After opening: refrigerate and enjoy within 4 weeks



WHY YOU'LL LOVE IT:

- ✓ Bold and spicy-sweet balance
- ✓ Elevates any dish with warmth and zing
- ✓ Made for gifting or personal indulgence
- ✓ Safe, shelf-stable, and beginner-friendly

Per 1 Tbsp (~20 g): Calories: 18 Carbs: 4 g Sugars: 3 g Sodium: ~90 mg Fat: 0 g Fiber: 0.3 g

Sundried Tomato Tapenade

A rich, savory spread made with sundried tomatoes, olives, garlic, and herbs — this tapenade is bold, umami-packed, and perfect for crackers, pasta, sandwiches, or charcuterie boards. With proper acidification, it becomes a safe and flavorful pantry staple.

Yield: 4 half-pint jars (250 mL each)

Time:

Prep: 20 min

Simmer: 10 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

1½ cups (180 g) oil-packed sundried tomatoes, drained & chopped

1 cup (140 g) kalamata or black olives, pitted & chopped

3 garlic cloves, minced

2 Tbsp capers, drained

2 Tbsp fresh parsley, finely chopped

1 tsp dried oregano

¾ cup (180 mL) apple cider vinegar (5% acidity)

2 Tbsp (30 mL) bottled lemon juice (5% acidity)

¼ cup (60 mL) olive oil

½ tsp black pepper

Optional: ¼ tsp red chili flakes

- *Never reduce vinegar or lemon juice — acidity keeps this safe for canning.*



LET'S MAKE IT TOGETHER:

1. Mix the Base

In saucepan, combine sundried tomatoes, olives, garlic, capers, parsley, oregano, pepper, lemon juice, vinegar & optional chili. Stir well.

2. Simmer & Finish

Simmer 5–7 min over medium heat ($\geq 185^{\circ}\text{F}$ / 85°C), stirring often.

Remove from heat, stir in olive oil.

Optional: Pulse in food processor for a smoother spread. Don't purée fully — keep some texture!

3. Pack the Jars

Sterilize jars & lids (see Chapter 3)

Fill jars, leaving ½ inch (1.25 cm) headspace

Remove air bubbles, wipe rims, apply lids finger-tight

Water Bath:

- Process 15 min
- Let rest 5 min
- Cool 12–24 hrs

Check Seals:

- Lids should be firm and not flex



STORAGE:

Pantry: 6–9 months

Refrigerate after opening and enjoy within 7–10 days



WHY YOU'LL LOVE IT:

- ✓ Rich, herby flavor in every spoonful
- ✓ Stunning on antipasto boards or toast
- ✓ Shelf-stable & perfect for gifting
- ✓ Quick, classy, and beginner-friendly

Per 1 Tbsp (~15 g): Calories: 30 Carbs: 2 g Sugars: 1 g Fat: 2.5 g Sodium: ~120 mg Fiber: 0.5 g

Note: Due to the oil and olive content, **do not alter acid ratios**. If you'd prefer a fresh (uncanned) version, it can be refrigerated up to 10 days without water bath processing.

Heirloom Tomato Jam

Sweet, savoury, and rich with depth, this jam captures the garden-fresh essence of heirloom tomatoes in every spoonful. With a touch of spice and a bright vinegar base, it's perfect on toast, cheese boards, or even paired with grilled meats.

Yield: 4 half-pint jars (250 mL)

Time:

Prep: 20 min

Cook: 45–60 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

3 lbs (1.4 kg) heirloom tomatoes, peeled & chopped

1½ cups (300 g) sugar

¼ cup (60 mL) apple cider vinegar (5% acidity)

2 Tbsp (30 mL) bottled lemon juice

1 Tbsp (15 g) grated ginger

¼ tsp cinnamon

¼–½ tsp chili flakes (optional)

½ tsp salt

- *Do not reduce sugar or acid — they ensure safety and preserve texture.*



LET'S MAKE IT TOGETHER:

1. Prep Tomatoes

Blanch, peel, core & chop tomatoes

Drain in a colander for 10–15 min

2. Cook the Jam

In a wide pot, combine all ingredients

Bring to a boil ($\geq 185^{\circ}\text{F}$ / 85°C), stir often

Simmer 45–60 min until thickened

Wrinkle Test: Drop jam on cold plate, swipe — if it wrinkles, it's ready!

Gel stage: 220°F (104°C)

3. Pack the Jars

Sterilize jars & lids

Fill hot jars, leave ¼ inch (0.6 cm) headspace

Remove bubbles, wipe rims, close fingertip-tight

Water Bath:

- Process 15 min
- Let rest 5 min in canner
- Cool undisturbed 12–24 hrs
- Check seals — lids shouldn't flex



STORAGE:

Pantry: up to 12 months

After opening: refrigerate & enjoy within 4 weeks



WHY YOU'LL LOVE IT:

- ✓ No pectin needed — thickens naturally
- ✓ Delicate warmth from ginger & spice
- ✓ Stunning on toast or brie
- ✓ A garden's goodbye kiss in a jar

Per 1 Tbsp (~20 g): Calories: 25 Carbs: 6 g Sugars: 5 g Sodium: ~30 mg Fiber: 0.3 g

Tomato-Olive Garden Spread

Rustic, savoury, and infused with Mediterranean flair, this garden spread combines ripe tomatoes, briny olives, herbs, and a hint of garlic. Perfect for crostini, pasta, sandwiches, or as a pizza base — it's a bold, jarred flavour bomb ready to elevate any dish.

Yield: 4 half-pint jars (250 mL)

Time:

Prep: 25 min

Cook: 30–35 min

Water Bath: 20 min

Cool: 12–24 hrs



INGREDIENTS:

2½ lbs (1.1 kg) Roma tomatoes, peeled & chopped

1 cup (140 g) pitted olives, chopped

¾ cup (100 g) red bell pepper, diced

3 garlic cloves, minced

¼ cup fresh basil, chopped

½ cup (120 mL) apple cider vinegar (5%)

¼ cup (60 mL) olive oil

1½ tsp salt

1 Tbsp sugar

¼ tsp chili flakes (optional)

- Do not reduce vinegar or increase oil — acidity is key to safety.



LET'S MAKE IT TOGETHER:

1. Prep Tomatoes

Blanch, peel & chop

Drain 10–15 min in a colander

2. Cook the Spread

In a large pot: combine tomatoes, pepper, garlic, olives, vinegar, salt, sugar, chili

Simmer 25–30 min ($\geq 185^{\circ}\text{F}$ / 85°C), stir often

Stir in basil & olive oil, simmer 5 more min

It's ready when you drag a spoon across the pot and see the bottom.

3. Pack the Jars

Sterilize jars & lids

Fill hot jars, leaving ½ inch (1.25 cm) headspace

Remove bubbles, wipe rims, seal fingertip-tight

Water Bath:

- Process 20 min
- Let rest 5 min in hot water
- Cool undisturbed 12–24 hrs
- Check seals — lids should not flex



STORAGE:

Pantry: 9–12 months

After opening: refrigerate, use within 7–10 days



WHY YOU'LL LOVE IT:

- ✓ Bursting with sun-ripened garden flavor
- ✓ Perfect for toasts, pizzas, and pastas
- ✓ Safe for canning with 5% vinegar
- ✓ A charming, flavor-packed gift in a jar

Per 1 Tbsp (~20 g): Calories: 18 Carbs: 2 g Sugars: 1 g Fat: 1.2 g Sodium: ~90 mg Fiber: 0.3 g

Reminder: Always refer to Chapter 3 for step-by-step guidance on sterilising, headspace, water bath processing, and sealing.

Tomato Basil Sauce

A classic pantry staple made with garden-fresh tomatoes, garlic, and aromatic basil. This sauce is bright, smooth, and perfectly balanced for pasta, lasagna, or as a base for your favourite Italian dishes.

Yield: 6–7 pint jars (500 mL)

Time:

Prep: 30 min

Cook: 1 hour

Water Bath: 35 min

Cool: 12–24 hrs



INGREDIENTS:

12 cups chopped peeled Roma tomatoes (≈6 lbs / 2.7 kg)

1½ cups (225 g) yellow onion, diced

4 garlic cloves, minced

2 Tbsp olive oil

2 tsp pickling salt

1 Tbsp sugar (to balance acidity)

½ cup fresh basil (or 1 Tbsp dried)

2 Tbsp bottled lemon juice (per pint jar)

Lemon juice is required for safe pH. Do not skip or reduce.

Use meaty tomatoes like Roma or San Marzano.



LET'S MAKE IT TOGETHER:

1. Prepare Tomatoes

Blanch, peel, core, chop

Drain 10–15 min in colander

2. Make the Sauce

Sauté onions in olive oil (5–7 min)

Add garlic (1 min), then tomatoes, salt, sugar

Bring to boil (≥185°F / 85°C), then simmer 45–60 min

Add basil in final 5 min

Done when sauce coats spoon. Optional: blend smooth

3. Pack the Jars

Sterilize jars and lids

Add 2 Tbsp lemon juice per jar

Ladle hot sauce, leave ½" (1.25 cm) headspace

Remove bubbles, wipe rims, seal fingertip-tight

Water Bath Processing:

Process pint jars 35 min

Let rest 5 min in canner

Cool 12–24 hrs undisturbed

Check seals (lids should not flex)



STORAGE:

Shelf: up to 12 months

Fridge: 7–10 days after opening



WHY YOU'LL LOVE IT:

- ✓ Classic & clean — no additives
- ✓ Bright, herbaceous, and naturally sweet
- ✓ Great base for soups, pizzas, or dipping
- ✓ Beginner-safe & perfect for tomato season

*Per ½ cup (~125 mL): Calories: 45 Carbs: 9 g Sugars: 6 g
Fat: 1.5 g Fiber: 1.5 g Sodium: ~150 mg*

Crushed Tomatoes for Pasta

A must-have staple for every home pantry. These crushed tomatoes are simple, smooth, and perfect for homemade pasta sauces, soups, and stews. Packed at peak ripeness with safe acidity, they preserve summer flavour in every jar.

Yield: 7 pint jars (500 mL) or 3–4 quarts (1 L)

Time:

Prep: 35 min

Cook: 10–15 min

Water Bath: 35 min (pints) / 45 min (quarts)

Cool: 12–24 hrs undisturbed



INGREDIENTS:

10–12 lbs (4.5–5.5 kg) Roma or paste tomatoes

Bottled lemon juice (5% acidity):

2 Tbsp per pint / 4 Tbsp per quart

Optional: ½ tsp salt per pint (for flavor)

Use only bottled lemon juice — it ensures safe acidity. No fresh lemon here, sweetheart.



LET'S MAKE IT TOGETHER:

1. Peel the Tomatoes

Score bottoms, blanch (30–60 sec) → ice water

Slip off skins, core, quarter

2. Crush & Simmer

Add to wide pot, mash gently

Once juicy, bring to boil ($\geq 185^{\circ}\text{F}$ / 85°C)

Simmer 5–10 min to blend flavor & reduce foam

3. Pack the Jars

Sterilize jars & lids

Add lemon juice to jars:

2 Tbsp (pint) / 4 Tbsp (quart)

Add salt if using

Ladle hot tomatoes, leave ½" (1.25 cm) headspace

Bubble-check, wipe rims, seal fingertip-tight

Water Bath Time:

Pint jars: 35 min

Quart jars: 45 min

Let rest 5 min in canner after turning off heat

Cool jars on towel 12–24 hrs, no touching!

Lids should not flex = sealed



STORAGE:

Pantry: 12–18 months

Fridge (after opening): 7–10 days



WHY YOU'LL LOVE IT:

- ✓ Pure, summer-fresh tomato flavor
- ✓ No additives, no weird thickeners
- ✓ Perfect for sauces, soups, stews
- ✓ Safe, simple, & beginner-hug approved

Per ½ cup (~125 mL): Calories: 20 Carbs: 5 g Sugars: 3 g

Fiber: 1.2 g Sodium: 0–150 mg (with salt)

Spiced Ketchup

A flavorful twist on the classic condiment, this homemade spiced ketchup blends ripe tomatoes, warming spices, and tangy vinegar into a rich, pourable sauce. It's perfect for burgers, fries, and roasted veggies — and made safely for your pantry.

Yield: 6 half-pints (250 mL) or 3 pints (500 mL)

Time:

Prep: 30 min

Cook: 90 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

6 lbs (2.7 kg) Roma tomatoes, peeled & chopped

1 medium yellow onion (≈150 g), chopped

1¼ cups (300 mL) apple cider vinegar (5%)

¾ cup (150 g) brown sugar

2 Tbsp tomato paste

1½ tsp salt (pickling or kosher)

½ tsp each: allspice, cinnamon, garlic powder, paprika

¼ tsp each: ground cloves, black pepper

- *Do not reduce vinegar — it keeps the ketchup shelf-safe.*



LET'S MAKE IT TOGETHER:

1. Prep the Tomatoes

Blanch (30–60 sec), ice bath, peel, core, chop

Add to large pot with onion

2. Cook & Blend

Simmer until soft (30–40 min)

Purée until smooth

3. Spice & Simmer

Add vinegar, sugar, tomato paste, spices

Simmer uncovered 45–60 min, stir often

Done when thick, glossy & coats a spoon

4. Pack It Up

Sterilize jars

Ladle hot ketchup, leave ¼ inch (0.6 cm) headspace

Bubble-check, wipe rims, seal fingertip-tight

Water Bath Time:

- 15 min for half-pint or pint jars
- Let rest 5 min in canner before removing
- Cool 12–24 hrs, undisturbed
- Lids = concave and firm = sealed

STORAGE:



Fridge: up to 12 months

Fridge after opening: use in 4 weeks

WHY YOU'LL LOVE IT:



- ✓ No weird ingredients — just spice, tang, and love
- ✓ Perfect for burgers, fries, or roasted veggies
- ✓ Thick, glossy, and made to impress
- ✓ Yes, it is better than store-bought!

Per 1 Tbsp (~20 g): Calories: 15 Carbs: 4 g Sugars: 3 g Sodium: ~85 mg Fiber: 0.2 g

Remember: See Chapter 3 for complete sterilisation, headspace, water bath timing, and sealing guidance.

Canning Cherry Tomatoes Whole

Bright, sweet, and bursting with summer flavor, whole cherry tomatoes are one of the simplest yet most satisfying pantry staples to preserve. They're perfect for tossing into pasta, roasting, or adding to soups and grain bowls — with no chopping required.

Yield: 4–5 pint jars (500 mL each)

Time:

Prep: 25 min

Water Bath: 40 min

Cool: 12–24 hrs



INGREDIENTS:

~6 cups (≈2.5 lbs / 1.1 kg) cherry or grape tomatoes

1 Tbsp bottled lemon juice per pint jar

½ tsp salt per jar (optional)

Boiling water to fill jars

- Only use bottled lemon juice — it ensures safe pH.



LET'S MAKE IT TOGETHER:

1. Prep the Tomatoes

Wash gently

Pierce each with a sterile toothpick (prevents splitting)

2. Pack the Jars

Sterilize jars & lids

Add lemon juice + optional salt

Fill with tomatoes, leaving ½ inch (1.25 cm) headspace

Pour boiling water to cover, keeping headspace

Remove bubbles, wipe rims, seal fingertip-tight

Water Bath:

- Process pint jars 40 min
- Let rest in canner 5 min, then cool undisturbed 12–24 hrs
- Lids should not pop or flex when pressed



STORAGE:

Pantry: 12–18 months

After opening: fridge 5–7 days



WHY YOU'LL LOVE IT:

- ✓ The easiest way to preserve summer
- ✓ No peeling, no blending
- ✓ Bursting with flavor for soups, pasta & quick meals
- ✓ Feels like a little jar of sunshine

Per ½ cup (~90 g): 18 kcal 4 g carbs 3 g sugar 1 g fiber
0–115 mg sodium

Tomato Salsa & Pico de Gallo (Canned Version)

This bright, chunky salsa captures the garden-fresh essence of pico de gallo with a safely adjusted formula for shelf-stable canning. It's a mild-to-medium salsa full of tomatoes, onions, lime, and herbs — perfect for chips, tacos, or grilled vegetables.

Yield: 6–7 half-pint jars (250 mL) or 3–4 pint jars (500 mL)

Time:

Prep: 30 min

Cook: 15–20 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

5 cups Roma tomatoes ($\approx 2\frac{1}{2}$ lbs / 1.1 kg), peeled, chopped

1½ cups onion (225 g), diced

½ cup jalapeño or mild chili (75 g)

3 garlic cloves, minced

½ cup fresh cilantro, chopped

$\frac{3}{4}$ cup bottled lime or lemon juice (5% acidity)

1½ tsp salt | 1 tsp sugar | ½ tsp cumin (optional)

- Use bottled juice — not fresh! It keeps the pH safe.
- Choose the heat: banana (mild), jalapeño (medium), serrano (hot)



LET'S MAKE IT TOGETHER:

1. Prep Tomatoes

Blanch → peel → seed → chop

Drain 10–15 min to reduce liquid

2. Cook the Salsa

Combine all (except cilantro) in pot

Boil gently for 15–20 min, stirring often

Stir in cilantro in the last 2 minutes

Look for: scoopable, hot salsa with no watery layer

3. Pack the Jars

Sterilize jars & lids

Fill hot jars, leave ½ inch (1.25 cm) headspace

Remove air bubbles, wipe rims, seal fingertip-tight

Water Bath:

- Process for 15 min
- Rest in canner 5 min, then cool 12–24 hrs
- Lids should not flex when pressed



STORAGE:

Pantry: up to 12 months

After opening: fridge 7–10 days



WHY YOU'LL LOVE IT:

- ✓ Garden-fresh flavour
- ✓ Mild or spicy — you choose
- ✓ Safe for beginners
- ✓ Taco night just got better

Per 2 Tbsp (~30 g): 10 kcal 2 g carbs 1 g sugar ~80 mg sodium 0.3 g fiber

Refer to Chapter 3 for complete sterilisation, headspace, water bath processing, altitude adjustments, and seal testing.

8. Fruit Butters, Chutneys & Savory Preserves

Create rich, spiced, and comforting spreads
that elevate your pantry with seasonal fruits and aromatic spices



There's something about these recipes that feels like opening a grandmother's treasure chest — warm, aromatic, a little bit spiced... and oh, so tender. In this chapter, we'll gently simmer apples, stir creamy fruit butters, and create savory chutneys that add magic to both your morning toast and a festive cheese board.

No rush. Just breathe in the scent — and let your kitchen fill with comfort.

We'll go together, step by step, spoon by spoon.





Cinnamon-Spiced Apple Butter

Smooth, deeply spiced, and irresistibly rich — this apple butter is slow-cooked to a silky texture and packed with cosy fall flavour. Naturally sweetened by apples and lightly spiced, it's perfect for toast, oatmeal, or gifting in jars.

Yield: 6 half-pint jars (250 mL each) or 3 pint jars (500 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 1½ to 2 hours

Processing time: 10 minutes in a water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Apples – 6 lbs (2.7 kg), peeled, cored, and chopped

Apple cider or water – 1½ cups (360 mL)

Granulated sugar – 1 to 1½ cups (200–300 g), depending on apple sweetness

Ground cinnamon – 1 Tbsp

Ground nutmeg – ¼ tsp

Ground cloves (optional) – ⅛ tsp

Bottled lemon juice (5% acidity) – 2 Tbsp (30 mL)

- Use sweet-tart apples like Fuji, Honeycrisp, Jonagold, or Gala for best balance.
- Lemon juice helps maintain color and acidity for shelf stability. Do not skip.

Ingredient Notes:

- Sugar may be reduced slightly for a less sweet version, but do not omit entirely if storing long-term.
- Spices can be adjusted to taste, or replaced with pumpkin pie spice.



LET'S MAKE IT TOGETHER:

1. Cook Down the Apples

In a large heavy-bottomed pot, combine apples and cider (or water).

Cover and simmer over medium heat for 20–25 minutes, stirring occasionally, until apples are soft.

Purée using an immersion blender or food processor until smooth.

2. Add Sugar & Spices, Then Reduce

Return purée to the pot. Add sugar, cinnamon, nutmeg, cloves, and lemon juice.

Simmer uncovered over low to medium heat, stirring regularly to prevent scorching.

Cook for 60–90 minutes, or until mixture is thick and darkened.

Wrinkle test cue: Place a small spoonful on a cold plate; wait 1 minute. If it wrinkles when pushed, it's ready.

Temp cue: Mixture should reach 212°F (100°C) and bubble thickly.

3. Pack the Jars

Refer to Chapter 3: Basic Canning Techniques:

Sterilize jars and lids

Ladle hot apple butter into hot jars, leaving ¼ inch (0.6 cm) headspace

Remove air bubbles, wipe rims, and apply lids fingertip-tight

Water Bath Processing:

- Process half-pint or pint jars in a boiling water bath for 10 minutes
- Adjust time for altitude (see Chapter 3)

After Processing:

- Let jars rest in canner for 5 minutes
- Transfer to a towel-lined surface and cool undisturbed for 12–24 hours
- Check seals: lids should be slightly indented and not flex when pressed



STORAGE:

Sealed jars in a cool, dark place for up to 12 months

Once opened, refrigerate and consume within 2–3 weeks



WHY YOU'LL LOVE IT:

- ✓ No pectin needed — apples naturally thicken
- ✓ Cosy, spiced flavour that tastes like fall
- ✓ Perfect as a spread or baking ingredient
- ✓ Freezer-friendly and shelf-stable

Per 1 Tbsp / ~20 g: 25 kcal Carbohydrates: 6 g Sugars: 5 g Fiber: 0.5 g

Refer to Chapter 3 for all core canning steps: sterilising, headspace, water bath instructions, and seal checks.



Creamy Pumpkin & Pear Butter

Silky smooth and warmly spiced, this autumn-inspired butter blends roasted pumpkin with ripe pears for a rich, mellow flavor. Spread it on toast, swirl into yogurt, or serve alongside cheese — it's a cozy jar of fall in your pantry.

Yield: 5–6 half-pint jars (250 mL each)

Time Required:

Prep time: 25 minutes

Cooking time: 1½ to 2 hours

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Pumpkin purée – 2 cups (450 g), homemade or canned (unsweetened)

Pears – 2 lbs (900 g), peeled, cored, chopped

Apple cider – ¾ cup (180 mL)

Granulated sugar – 1 cup (200 g), adjust to taste

Brown sugar – ½ cup (100 g)

Bottled lemon juice (5% acidity) – 2 Tbsp (30 mL)

Ground cinnamon – 1 tsp

Ground nutmeg – ½ tsp

Ground ginger – ½ tsp

Ground cloves – ¼ tsp

Salt – pinch

- *Pumpkin is naturally low-acid. This recipe includes lemon juice and pears to safely acidify the butter for water bath canning.*
- *Do not use fresh pumpkin purée for canning unless cooked and tested as in this recipe.*

Ingredient Notes:

- Use ripe but firm pears like Bartlett or Anjou for smooth texture.
- Canned pumpkin purée (100% pumpkin, no additives) is acceptable.
- Do not alter acid content if canning for shelf storage.



LET'S MAKE IT TOGETHER:

1. Cook Down the Pears

In a heavy-bottomed pot, combine pears and apple cider.

Simmer over medium heat for 15–20 minutes until soft.

Puree using an immersion blender or food processor until smooth.

2. Add Pumpkin & Sweeten

Stir in pumpkin purée, sugars, lemon juice, spices, and salt.

Cook uncovered over **low to medium heat**, stirring frequently, for **60–90 minutes**, until thick and spreadable.

Visual cue: When a spoon scraped across the pot bottom leaves a clear trail, it's ready.

Temp cue: Mixture should gently bubble at **≥212°F (100°C)** when fully hot and safe to jar.

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Ladle hot pumpkin-pear butter into hot jars, leaving **¼ inch (0.6 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **10 minutes**
- Adjust time for your altitude (see Chapter 3)

After Processing:

- Let jars sit in canner for 5 minutes after turning off heat
- Cool jars undisturbed for 12–24 hours
- Check seals: lids should not flex when pressed



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

Once opened, refrigerate and consume within **2–3 weeks**



WHY YOU'LL LOVE IT:

- ✓ Creamy, spiced, and beautifully spreadable
- ✓ Made with real fruit and pumpkin
- ✓ Safe for canning with balanced acidity
- ✓ A unique seasonal gift or fall pantry staple

Per 1 Tbsp / ~20 g: 22 kcal Carbohydrates: 5.5 g Sugars: 4 g Fiber: 0.4 g Sodium: 2 mg

For all jar prep, water bath guidance, altitude adjustments, and sealing checks — see Chapter 3.



Maple-Vanilla Sweet Potato Butter

This silky, amber-hued butter blends roasted sweet potatoes with warm maple and a touch of vanilla for a nourishing, naturally sweet spread. Perfect for toast, waffles, or stirred into oats, this fall-inspired preserve is both cozy and elegant.

Yield: 5 half-pint jars (250 mL each)

Time Required:

Prep time: 30 minutes

Cooking time: 45–60 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Cooked sweet potatoes – 3 cups (675 g), mashed smooth (roasted or steamed)

Apple cider – $\frac{3}{4}$ cup (180 mL)

Maple syrup (pure) – $\frac{1}{2}$ cup (120 mL)

Brown sugar – $\frac{1}{2}$ cup (100 g), packed

Bottled lemon juice (5% acidity) – 3 Tbsp (45 mL)

Ground cinnamon – 1 tsp

Ground nutmeg – $\frac{1}{4}$ tsp

Pure vanilla extract – 1 Tbsp

Salt – pinch

- *Sweet potatoes are naturally low in acid — bottled lemon juice is essential for safe pH for canning.*
- *Do not substitute fresh lemon juice or reduce the total acid in this recipe.*

Ingredient Notes:

- Use roasted sweet potatoes for best flavor and thick consistency.
- Maple syrup enhances sweetness but cannot be used alone for preservation.
- Spices can be adjusted, but not acid or base quantities.



LET'S MAKE IT TOGETHER:

1. Prepare the Sweet Potatoes

Wash, peel, and roast sweet potatoes at **400°F (200°C)** for 45–60 minutes until tender.

Cool slightly, then mash or puree until very smooth.

2. Cook the Butter

In a heavy-bottomed pot, combine mashed sweet potatoes, cider, maple syrup, brown sugar, lemon juice, cinnamon, nutmeg, and salt.

Simmer over **medium-low heat**, stirring frequently to avoid scorching.

Cook uncovered for **30–45 minutes**, until thick and glossy. Stir in vanilla during final 5 minutes.

Doneness cue: A spoon scraped through the mixture leaves a trail that doesn't refill.

Temperature cue: Should reach at least **212°F (100°C)** and bubble gently when ready to jar.

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

- Sterilize jars and lids
- Ladle hot sweet potato butter into hot jars, leaving **$\frac{1}{4}$ inch (0.6 cm) headspace**
- Remove air bubbles, wipe rims, and apply lids **finger-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **10 minutes**
- Adjust for altitude as needed (see Chapter 3)

After Processing:

- Let jars sit in canner for 5 minutes after turning off heat
- Cool undisturbed for 12–24 hours
- Check seals: lids should be concave and not flex when pressed



STORAGE:

Store sealed jars in a **cool, dark pantry** for up to **12 months**

After opening, refrigerate and use within **2–3 weeks**



WHY YOU'LL LOVE IT:

- ✓ Creamy and naturally sweet
- ✓ Comforting fall flavor with no artificial ingredients
- ✓ Safe for home canning with proper acid balance
- ✓ Makes a thoughtful seasonal gift

Per 1 Tbsp / ~20 g: 28 kcal Carbohydrates: 6.8 g Sugars: 4.5 g Sodium: 5 mg Fiber: 0.4 g

See Chapter 3 for all guidance on sterilizing, filling, headspace, water bath timing, and seal checking.

Blueberry & Peach Compote

Naturally sweet, jewel-toned, and softly textured, this fruit-forward compote pairs juicy peaches with bursts of blueberries. Spoon it over pancakes, yogurt, cheesecake — or enjoy straight from the jar.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 20 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh peaches – 2 cups (about 3 medium), peeled, pitted, and diced

Fresh blueberries – 2 cups (300 g), rinsed and drained

Granulated sugar – $\frac{3}{4}$ cup (150 g)

Bottled lemon juice (5% acidity) – 2 Tbsp (30 mL)

Vanilla extract – 1 tsp

Ground cinnamon (optional) – $\frac{1}{4}$ tsp

Water – 2 Tbsp (30 mL), to help dissolve sugar

- *Bottled lemon juice ensures the compote is acidified to a safe pH for canning. Do not omit or reduce.*
- *Use ripe but firm fruit for best texture and color.*

Ingredient Notes:

- You may substitute frozen fruit (unsweetened), thawed and drained.
- Do not mash the fruit — the compote should have visible chunks.



LET'S MAKE IT TOGETHER:

1. Prepare the Fruit

Peel peaches: dip into boiling water for 30 seconds, transfer to ice water, then peel and dice.

Rinse blueberries and pick out any stems or soft berries.

2. Cook the Compote

In a wide, non-reactive saucepan, combine peaches, blueberries, sugar, water, and lemon juice.

Stir over medium heat until sugar dissolves and mixture begins to simmer.

Reduce heat and simmer uncovered for **15–20 minutes**, stirring occasionally.

Visual cue: The mixture should thicken slightly, fruit should soften but retain shape.

Temperature cue: Compote should be gently bubbling at **$\geq 212^{\circ}\text{F}$ (100°C)** before jarring.

Stir in vanilla and cinnamon (if using) in the last minute of cooking.

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques**:

Sterilize jars and lids

Ladle hot compote into hot jars, leaving **$\frac{1}{2}$ inch (1.25 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **15 minutes**
- Adjust processing time for altitude (see Chapter 3)

After Processing:

- Let jars rest in hot water 5 minutes before removing
- Cool jars undisturbed for 12–24 hours
- Check for proper seals: lids should not flex or pop



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

Refrigerate after opening and consume within **2–3 weeks**



WHY YOU'LL LOVE IT:

- ✓ Balanced sweet-tart flavour
- ✓ Soft, visible fruit chunks — not mushy
- ✓ Versatile topping or dessert layer
- ✓ Perfect for beginners with minimal prep

Per 2 Tbsp / ~30 g: 35 kcal Carbohydrates: 9 g Sugars: 8 g Fibre: 0.5 g

See Chapter 3 for sterilising, headspace, filling, water bath processing, and sealing instructions.

Cherry-Port Wine Chutney

A rich and sophisticated blend of dark cherries, shallots, and warm spices simmered with port wine and vinegar. This chutney pairs beautifully with cheese boards, roasted meats, and holiday dishes.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 35–40 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh or frozen pitted sweet cherries – 3 cups (500 g), coarsely chopped

Finely diced shallots (or red onion) – ½ cup (75 g)

Golden raisins – ½ cup (75 g)

Brown sugar – ¾ cup (150 g)

Ruby port wine – ½ cup (120 mL)

Apple cider vinegar (5% acidity) – ½ cup (120 mL)

Grated fresh ginger – 1 Tbsp

Ground allspice – ¼ tsp

Ground cinnamon – ¼ tsp

Salt – ¼ tsp

Black pepper – ⅛ tsp

- *The combination of vinegar and fruit ensures the proper acidity for water bath canning. Do not reduce the vinegar.*
- *Use a drinkable-quality port wine for best flavor.*

Ingredient Notes:

- Frozen cherries may be used — thaw and drain first.
- Substitute red wine vinegar for apple cider vinegar for a sharper finish if desired.



LET'S MAKE IT TOGETHER:

1. Combine Ingredients

In a heavy-bottomed, non-reactive saucepan, combine all ingredients.

Stir over medium heat until mixture begins to simmer.

2. Cook the Chutney

Reduce heat and cook uncovered for **35–40 minutes**,

stirring occasionally to prevent sticking.

Continue until chutney thickens and becomes syrupy, and the cherries have softened.

Visual cue: When you drag a spoon across the bottom of the pot, the mixture should part briefly.

Temperature cue: Mixture should maintain a gentle boil at **≥212°F (100°C)** before packing.

3. Pack the Jars

Refer to Chapter 3: Basic Canning Techniques:

Sterilize jars and lids

Ladle hot chutney into hot jars, leaving **½ inch (1.25 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **15 minutes**
- Adjust for altitude if needed (see Chapter 3)

After Processing:

- Let jars rest in the canner for 5 minutes before removing
- Cool undisturbed for 12–24 hours
- Check for proper seals: lids should not pop or flex when pressed



STORAGE:

Store sealed jars in a **cool, dark pantry** for up to **12 months**

Once opened, refrigerate and use within **3–4 weeks**



WHY YOU'LL LOVE IT:

- ✓ Deep, complex flavor with sweet and savory notes
- ✓ Ideal accompaniment for cheese boards or roasts
- ✓ Perfect for gifting during the holidays
- ✓ Simple enough for beginners

Per 1 Tbsp / ~20 g: 30 kcal Carbohydrates: 7 g Sugars: 5 g Sodium: 15 mg Fiber: 0.3 g

Refer to Chapter 3 for full canning safety steps: sterilization, headspace, water bath timing, and seal checks.

Mango-Lime Tropical Chutney

A bright and exotic chutney bursting with mango sweetness, zesty lime, ginger, and mild heat.

This versatile preserve is perfect with grilled chicken, rice dishes, or cheese boards — a taste of the tropics in every spoonful.

Yield: 5 half-pint jars (250 mL each)

Time Required:

Prep time: 25 minutes

Cooking time: 35–45 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Ripe mangoes – 4 cups (about 3 large), peeled, pitted, and diced

Red bell pepper – ½ cup (75 g), finely chopped

Red onion – ½ cup (75 g), finely chopped

Golden raisins – ½ cup (75 g)

Brown sugar – 1 cup (200 g), packed

Apple cider vinegar (5% acidity) – ¾ cup (180 mL)

Fresh lime juice – ¼ cup (60 mL), bottled recommended for acidity control

Grated fresh ginger – 1 Tbsp

Garlic – 2 cloves, minced

Salt – 1 tsp

Crushed red pepper flakes – ¼ tsp (optional, for heat)

Ground turmeric – ¼ tsp

- *Do not reduce the total acid — the combination of vinegar and lime juice ensures safe pH for shelf-stable canning.*
- *Use mangoes that are ripe but still slightly firm for best texture.*



LET'S MAKE IT TOGETHER:

1. Combine Ingredients

In a large, non-reactive saucepan, combine mangoes, bell pepper, onion, raisins, brown sugar, vinegar, lime juice, ginger, garlic, salt, turmeric, and red pepper flakes (if using).

2. Cook the Chutney

Bring to a boil over medium-high heat, stirring fre-

quently until sugar dissolves.

Reduce heat and simmer uncovered for **35–45 minutes**, stirring often, until thickened and glossy.

Visual cue: Mixture should mound slightly on a spoon and have a jam-like consistency.

Temp cue: Maintain at least **212°F (100°C)** to ensure proper thickening and safe packing.

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Ladle hot chutney into hot jars, leaving **½ inch (1.25 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **15 minutes**
- Adjust time for altitude as described in Chapter 3

After Processing:

- Let jars rest in canner 5 minutes before removing
- Cool undisturbed for 12–24 hours
- Check for vacuum seals: lids should not flex when pressed



STORAGE:

Store sealed jars in a **cool, dark location** for up to **12 months**

Refrigerate after opening and consume within **3–4 weeks**



WHY YOU'LL LOVE IT:

- ✓ Naturally sweet with a citrusy zing
- ✓ Vibrant colour and tropical flavour
- ✓ Great condiment for curries, meats, or charcuterie
- ✓ Beginner-friendly and safely shelf-stable

Per 1 Tbsp / ~20 g: 32 kcal Carbohydrates: 8 g Sugars: 6 g Sodium: 30 mg Fiber: 0.3 g

For all sterilising, jar filling, water bath steps, and sealing checks, refer to Chapter 3

Cranberry-Orange Holiday Compote

This jewel-toned preserve brings tart cranberries, sweet orange, and warm spices together in a festive, flavorful compote. Perfect as a holiday side, a topping for desserts, or a gift-in-a-jar.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 15 minutes

Cooking time: 20–25 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh or frozen cranberries – 3 cups (300 g), rinsed
Seedless orange segments – 2 medium oranges, peeled and chopped

Orange zest – 1 tsp

Granulated sugar – 1¼ cups (250 g)

Brown sugar – ¼ cup (50 g), packed

Apple cider vinegar (5% acidity) – 2 Tbsp (30 mL)

Ground cinnamon – ½ tsp

Ground cloves – ⅛ tsp

Water – ½ cup (120 mL)

Cranberries are high in natural acid. The added vinegar ensures safe pH and balances the sweetness.

Use organic oranges if possible to avoid wax in the zest.



LET'S MAKE IT TOGETHER:

1. Prepare the Fruit

Zest and peel the oranges. Remove as much white pith as possible.

Cut the segments into bite-sized pieces.

2. Cook the Compote

In a large non-reactive pot, combine cranberries, chopped oranges, orange zest, sugars, vinegar, cinnamon, cloves, and water.

Bring to a boil over medium-high heat, then reduce heat to medium.

Simmer for 20–25 minutes, stirring occasionally, until cranberries pop and mixture thickens.

Visual cue: Mixture should coat the back of a spoon and gently mound when dropped.

Temp cue: Ensure the mixture reaches a bubbling simmer at $\geq 212^{\circ}\text{F}$ (100°C) before packing.

3. Pack the Jars

Refer to Chapter 3: Basic Canning Techniques:

Sterilize jars and lids

Ladle hot compote into hot jars, leaving ½ inch (1.25 cm) headspace

Remove air bubbles, wipe rims, and apply lids fingertip-tight

Water Bath Processing:

Process half-pint jars in a boiling water bath for 15 minutes

Adjust for altitude as described in Chapter 3

After Processing:

Turn off heat and let jars sit in the canner 5 minutes

Remove jars carefully and cool undisturbed for 12–24 hours

Check for vacuum seal — lids should not flex when pressed

STORAGE:



Sealed jars in a cool, dark pantry for up to 12 months

After opening, refrigerate and consume within 3 weeks



WHY YOU'LL LOVE IT:

- ✓ Beautiful color and bold holiday flavor
- ✓ Pairs with meats, cheese, or desserts
- ✓ Naturally high-acid for safe canning
- ✓ Great gift during festive months

Per 2 Tbsp / ~30 g: 38 kcal Carbohydrates: 9.5 g Sugars: 8 g Sodium: 3 mg Fiber: 0.8 g



Fig & Date Winter Chutney

A rich, naturally sweet chutney made with dried figs, soft dates, aromatic spices, and a splash of vinegar — this hearty condiment brings deep winter warmth to roasts, cheese boards, and grain bowls.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 30–40 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Dried figs – 1½ cups (225 g), stemmed and chopped

Pitted Medjool dates – 1 cup (160 g), chopped

Chopped red onion – ½ cup (75 g)

Apple cider vinegar (5% acidity) – ¾ cup (180 mL)

Water – ½ cup (120 mL)

Brown sugar – ¾ cup (150 g), packed

Fresh ginger, grated – 1 Tbsp

Garlic cloves, minced – 2

Ground cinnamon – ½ tsp

Ground allspice – ¼ tsp

Ground cloves – ⅛ tsp

Salt – ½ tsp

Black pepper – ⅛ tsp

Zest of 1 orange

- *Apple cider vinegar is essential for balancing the pH and ensuring shelf-stable safety. Do not reduce or substitute with fresh juice.*
- *Use soft, moist dried figs and dates for smoother texture and better flavor.*



LET'S MAKE IT TOGETHER:

1. Prepare Ingredients

Chop the figs and dates into small bite-sized pieces.

Combine all ingredients in a large, non-reactive saucepan.

2. Cook the Chutney

Bring mixture to a boil over medium-high heat, stir-

ring frequently.

Reduce heat to a gentle simmer and cook **30–40 minutes**, stirring often, until thick and glossy.

Visual cue: Chutney should hold its shape on a spoon and not run. Fruit should be soft but not mushy.

Temp cue: Mixture should maintain a bubbling simmer at **≥212°F (100°C)** before packing into jars.

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Ladle hot chutney into hot jars, leaving **½ inch (1.25 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **15 minutes**
- Adjust time for altitude as needed (see Chapter 3)

After Processing:

- Turn off heat and let jars sit in hot water for 5 minutes
- Remove jars and let cool undisturbed for 12–24 hours
- Check for proper seals: lids should not flex or pop



STORAGE:

Store sealed jars in a **cool, dark pantry** for up to **12 months**

Refrigerate after opening and use within **3–4 weeks**



WHY YOU'LL LOVE IT:

- ✓ Naturally sweet with no refined additives
- ✓ Deep, layered winter spice flavor
- ✓ Excellent for gifting or entertaining
- ✓ Shelf-stable and safe for beginners

Per 1 Tbsp / ~20 g: 35 kcal Carbohydrates: 9 g Sugars: 6.5 g Sodium: 30 mg Fiber: 0.7 g



Plum & Star Anise Butter

Smooth, spiced, and slightly tart — this elegant fruit butter combines ripe plums with warm star anise, making a velvety spread ideal for toast, cheese pairings, and seasonal gifts.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 45–60 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh plums — 3½ lbs (1.6 kg), pitted and chopped (about 10 medium)

Granulated sugar — 1½ cups (300 g), or to taste

Lemon juice (bottled, 5% acidity) — 2 Tbsp (30 mL)

Ground cinnamon — ½ tsp

Whole star anise — 2 pods

Water — ½ cup (120 mL)

- *Lemon juice ensures the final product stays safely below pH 4.6. Do not omit or reduce.*
- *Star anise adds a subtle licorice warmth — remove before canning.*



LET'S MAKE IT TOGETHER:

1. Cook the Fruit

In a large non-reactive saucepan, combine plums and water.

Simmer over medium heat for **15–20 minutes**, stirring occasionally, until fruit breaks down.

Visual cue: Plums should be soft enough to mash with a spoon.

2. Purée and Simmer

Remove from heat. Purée the cooked plums using an immersion blender (or transfer in batches to a food processor).

Return the purée to the pot. Add sugar, lemon juice, cinnamon, and whole star anise.

Simmer **uncovered** over low heat for **30–40 minutes**, stirring often to prevent scorching.

Visual cue: The butter is done when it mounds on a

spoon and holds a clear trail when a spatula is drawn through.

Temp cue: Final temperature should reach **220°F (104°C)** or pass the **wrinkle test** on a chilled plate.

Remove and discard the star anise pods before jarring.

Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques**:

Sterilize jars and lids

Ladle hot plum butter into hot jars, leaving **¼ inch (0.6 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **10 minutes**
- Adjust time for altitude if needed (see Chapter 3)

After Processing:

- Let jars rest in canner 5 minutes before removing
- Cool undisturbed for 12–24 hours
- Check for vacuum seal (lids should not flex or pop)



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

Refrigerate after opening and use within **3 weeks**



WHY YOU'LL LOVE IT:

- ✓ Deep plum flavor with subtle spice
- ✓ Perfect consistency — silky but spreadable
- ✓ Beautiful holiday or hostess gift
- ✓ No added pectin — all natural

Per 1 Tbsp / ~20 g: 32 kcal Carbohydrates: 8 g Sugars: 6.5 g Sodium: 0 mg Fiber: 0.6 g

Apricot-Ginger Summer Compote

A golden, gently spiced preserve that brings together fresh apricots and a touch of zesty ginger. This naturally tangy compote is perfect over yogurt, pancakes, or ice cream — a spoonful of summer in every jar.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 25–30 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh apricots, pitted and chopped – 4 cups (600 g)

Granulated sugar – 1 cup (200 g)

Fresh ginger, finely grated – 1 Tbsp

Lemon juice (bottled, 5% acidity) – 2 Tbsp (30 mL)

Water – ½ cup (120 mL)

- *Lemon juice helps preserve color and ensures the pH remains safely below 4.6.*
- *Choose ripe but firm apricots for better texture during cooking.*



LET'S MAKE IT TOGETHER:

1. Simmer the Compote

In a large, non-reactive saucepan, combine chopped apricots, sugar, grated ginger, lemon juice, and water.

Stir over medium-high heat until the mixture comes to a simmer.

Reduce heat and cook **25–30 minutes**, stirring frequently, until the apricots soften and the mixture thickens slightly.

Temp cue: Mixture should reach at least **212°F (100°C)** to be safe for canning.

Visual cue: Compote is done when fruit is tender, and syrup coats the back of a spoon.

2. Prepare Jars and Fill

Refer to **Chapter 3: Basic Canning Techniques**:

Sterilize jars and lids

Ladle hot compote into hot jars, leaving **½ inch (1.25**

cm) headspace

Remove air bubbles, wipe jar rims, and apply lids **finger-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **10 minutes**
- Adjust time based on altitude (see Chapter 3)

After Processing:

- Turn off heat and let jars rest in the canner for 5 minutes
- Remove jars and allow to cool undisturbed for 12–24 hours
- Confirm seals — lids should be concave and not flex when pressed



STORAGE:

Store sealed jars in a **cool, dark pantry** for up to **12 months**

Once opened, refrigerate and use within **3 weeks**



WHY YOU'LL LOVE IT:

- ✓ Naturally tangy and bright
- ✓ Subtle ginger warmth enhances flavor
- ✓ No added pectin or thickeners
- ✓ Ideal topping or side for summer dishes

Per 2 Tbsp / ~30 g: 40 kcal Carbohydrates: 10 g Sugars: 8 g Fiber: 0.7 g

Pineapple & Coconut Chutney

A sweet, tangy, and tropically spiced chutney that pairs the brightness of pineapple with creamy coconut and warm spices. It's perfect with grilled meats, rice bowls, or as a vibrant addition to cheese platters.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 30–35 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh pineapple, finely chopped – 2½ cups (400 g)

Unsweetened shredded coconut – ½ cup (40 g)

Red bell pepper, finely diced – ½ cup (75 g)

Golden raisins – ¼ cup (40 g)

Apple cider vinegar (5% acidity) – ¾ cup (180 mL)

Brown sugar – ¾ cup (150 g), packed

Fresh ginger, grated – 1 Tbsp

Garlic cloves, minced – 2

Ground turmeric – ½ tsp

Salt – ½ tsp

Ground cumin – ¼ tsp

Cayenne pepper (optional) – a pinch

- *Apple cider vinegar ensures safe pH for long-term storage. Do not reduce or replace.*

- *Use unsweetened coconut to control sweetness and texture.*



LET'S MAKE IT TOGETHER:

1. Combine and Cook

In a large, non-reactive saucepan, combine pineapple, coconut, bell pepper, raisins, vinegar, brown sugar, ginger, garlic, and spices.

Bring mixture to a gentle boil over medium heat, stirring to dissolve sugar.

Reduce heat and simmer uncovered for **30–35 minutes**, stirring frequently, until mixture thickens.

Temp cue: Mixture should reach **≥212°F (100°C)** and hold a light bubbling simmer.

Visual cue: The chutney is ready when it's glossy and spoon-thick, with no excess liquid pooling.

2. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Ladle hot chutney into hot jars, leaving **½ inch (1.25 cm) headspace**

Remove air bubbles, wipe rims clean, and apply lids **fingertip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **15 minutes**
- Adjust for your local altitude (see Chapter 3)

After Processing:

- Let jars rest in hot water 5 minutes before removing
- Cool on a towel-lined surface, undisturbed, for 12–24 hours
- Check for vacuum seal: lid center should not flex or pop



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

Once opened, refrigerate and use within **3 weeks**



WHY YOU'LL LOVE IT:

- ✓ Bold, tropical flavor with layers of spice
- ✓ No added pectin — naturally thick
- ✓ Vegan, gluten-free, and oil-free
- ✓ Perfect for gifting or gourmet meal prep

Per 2 Tbsp / ~30 g: 50 kcal Carbohydrates: 10 g Sugars: 8.5 g Sodium: 55 mg Fiber: 0.8 g Fat: 1.5 g

Spiced Carrots & Relishes

This recipe blends the crunch of sweet carrots with warm spices in a vinegar brine, creating a versatile condiment that works as a side dish, sandwich topping, or part of a charcuterie board.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 20 minutes

Cooking time: 10–15 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Carrots, peeled and shredded or finely julienned – 4 cups (450 g)

Red bell pepper, finely diced – 1 cup (150 g)

Yellow onion, finely diced – ½ cup (75 g)

White vinegar (5% acidity) – 1¼ cups (300 mL)

Granulated sugar – ½ cup (100 g)

Water – ¼ cup (60 mL)

Salt (pickling or kosher) – 1 Tbsp (15 g)

Ground ginger – ½ tsp

Ground cumin – ½ tsp

Mustard seeds – ½ tsp

Optional: pinch of red pepper flakes for heat

- Use vinegar with 5% acidity to ensure safe preservation.
- Choose firm, fresh carrots — avoid pre-shredded versions, which may be too soft or dry.



LET'S MAKE IT TOGETHER:

1. Prepare the Brine and Vegetables

In a large non-reactive pot, combine vinegar, water, sugar, salt, and all spices.

Bring the brine to a simmer over medium heat until sugar and salt are dissolved.

Add carrots, peppers, and onions; simmer gently for **5–7 minutes** until vegetables begin to soften.

Temp cue: Brine should reach at least **212°F (100°C)**.

Visual & aroma cue: Brine will steam, and carrots should slightly bend but retain their color.

2. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Using a funnel, pack the hot vegetable mixture into hot jars

Ladle brine over vegetables, leaving **½ inch (1.25 cm) headspace**

Remove air bubbles with a non-metal spatula, wipe rims, and apply lids **fingertip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **15 minutes**
- Adjust time according to altitude (see Chapter 3)

After Processing:

- Let jars rest in canner 5 minutes after turning off heat
- Remove and cool on a towel for 12–24 hours
- Check seals: lids should not flex when pressed



STORAGE:

Store sealed jars in a **cool, dark location** for up to **12 months**

Wait **5–7 days** before opening for flavors to fully develop

Once opened, refrigerate and use within **3 weeks**



WHY YOU'LL LOVE IT:

- ✓ Crunchy, sweet, and warmly spiced
- ✓ No pectin, just fresh produce and pantry staples
- ✓ Excellent topping for tacos, grain bowls, and sandwiches
- ✓ Great beginner-friendly relish project

Per 2 Tbsp / ~30 g: 20 kcal Carbohydrates: 4 g Sugars: 3.5 g Sodium: 90 mg Fiber: 0.5 g

Chutneys & Savory Sauces

This flexible base recipe blends sweet, tangy, and spiced elements into a rich, chunky condiment that complements meats, cheeses, rice dishes, and wraps.

Think of it as a savory-sweet jam with global flair —
and you can swap the main fruit or veggie for seasonal options.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 25 minutes

Cooking time: 40–50 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Apples (or pears), peeled and diced – 2 cups (300 g)

Tomatoes, peeled and chopped – 2 cups (350 g)

Red onion, finely chopped – 1 cup (150 g)

Raisins or chopped dried figs – $\frac{3}{4}$ cup (100 g)

Brown sugar (packed) – $\frac{3}{4}$ cup (150 g)

Apple cider vinegar (5% acidity) – 1 cup (240 mL)

Fresh ginger, grated – 1 Tbsp

Garlic, minced – 2 cloves

Salt – 1 tsp

Ground cinnamon – $\frac{1}{2}$ tsp

Ground cumin – $\frac{1}{2}$ tsp

Chili flakes (optional) – $\frac{1}{4}$ tsp

- *Do not reduce the vinegar or sugar — they ensure acidity and safe preservation.*
- *Fruit adds sweetness and texture; choose firm, slightly underripe apples or pears.*



LET'S MAKE IT TOGETHER:

1. Simmer the Chutney

In a large, non-reactive pot, combine all ingredients.

Stir well and bring to a gentle boil over medium heat.

Reduce heat and simmer **40–50 minutes**, stirring frequently, until mixture thickens and turns glossy.

Temp cue: Mixture should maintain a gentle simmer at $\geq 212^{\circ}\text{F}$ (100°C)

Visual cue: Chutney is ready when liquid has reduced significantly, and you can drag a spoon through the pot without it immediately filling back in.

2. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Using a canning funnel, ladle hot chutney into hot jars

Leave **$\frac{1}{2}$ inch (1.25 cm) headspace**, remove air bubbles, wipe rims, and apply lids **fingertip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath for 15 minutes**
- Adjust time based on altitude (see Chapter 3)

After Processing:

- Let jars sit in the water 5 minutes before removing
- Cool for 12–24 hours undisturbed
- Check that seals are concave and do not flex when pressed



STORAGE:

Store sealed jars in a **cool, dark pantry** for up to **12 months**

Refrigerate after opening and use within **4 weeks**



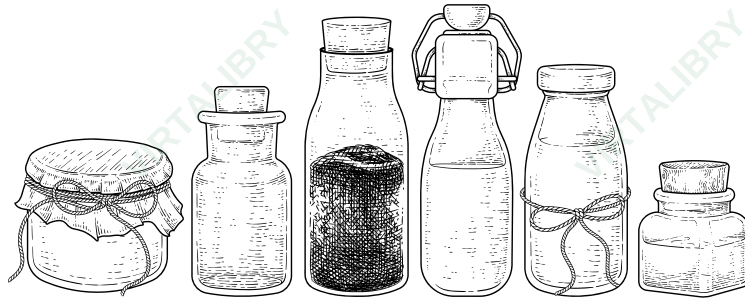
WHY YOU'LL LOVE IT:

- ✓ Global-style flavor that's both sweet and savory
- ✓ Easily adaptable with seasonal produce
- ✓ Pairs well with meat, cheese, grains, and sandwiches
- ✓ Beginner-friendly with impressive results

Per 2 Tbsp / ~30 g: 45 kcal Carbohydrates: 10 g Sugars: 8.5 g Sodium: 80 mg Fiber: 0.8 g

9. Condiments, Syrups & Flavored Additions

Add homemade flavor to meals with unique sauces, fruit syrups, mustards, and barbecue glazes



This is where the real kitchen fun begins! These sauces, syrups, and flavorful add-ons bring personality to your food — turning the simple into the spectacular. A touch of smokiness, a hint of spice, a drizzle of sweetness — and suddenly, you’ve got a jar full of joy and inspiration.

You’re not just making condiments — you’re creating spoonfuls of delight. For Sunday brunches, cozy dinners, and heartfelt gifts.

Let’s make magic again, one jar at a time.



Classic Honey Barbecue Sauce

Rich, smoky, and just sweet enough — this versatile BBQ sauce brings together tomato, honey, and warm spices in a perfectly balanced blend. It's ideal for grilling, dipping, slow cooking, or gift-giving.

Yield: 4 half-pint jars (250 mL each)

Time:

Prep: 20 min

Cook: 30–35 min

Water Bath: 20 min

Cool: 12–24 hrs undisturbed



INGREDIENTS:

Tomato paste – 1 can (6 oz / 170 g)

Apple cider vinegar (5%) – 1 cup (240 mL)

Honey – $\frac{3}{4}$ cup (180 mL)

Molasses – 2 Tbsp (30 mL)

Brown sugar – $\frac{1}{4}$ cup (50 g), packed

Water – $\frac{1}{2}$ cup (120 mL)

Onion powder – 1 tsp

Garlic powder – 1 tsp

Smoked paprika – $1\frac{1}{2}$ tsp

Ground mustard – $\frac{1}{2}$ tsp

Salt – 1 tsp

Black pepper – $\frac{1}{2}$ tsp

Worcestershire sauce – 1 Tbsp (optional)

Safety Note:

- Do not reduce vinegar or increase honey — the acid ratio keeps it safe for water bath canning.
- Tomato paste gives the sauce body and rich depth.



LET'S MAKE IT TOGETHER:

Mix & Simmer

Whisk all ingredients in a non-reactive saucepan.

Bring to a gentle boil, then lower heat and simmer uncovered for 30–35 minutes.

Stir occasionally until it darkens slightly and thickens.

Ready Check: Sauce should reach 212°F (100°C) and coat the back of a spoon. Swipe your finger — if the line holds, it's ready.

Fill the Jars

(See Chapter 3 for full technique.)

Sterilize jars and lids

Ladle hot sauce into jars, leaving $\frac{1}{2}$ inch (1.25 cm) headspace

Remove bubbles, wipe rims, and seal lids fingertip-tight

Water Bath:

- Process in boiling water bath for 20 minutes
- Adjust for altitude if needed

After Processing:

- Let sit 5 minutes in canner before removing
- Cool jars undisturbed 12–24 hrs
- Check seals — lids should be firm, not popping



STORAGE:

Pantry: up to 12 months

After opening: refrigerate and use within 4 weeks



WHY YOU'LL LOVE IT:

- ✓ Sweet and smoky with bold BBQ notes
- ✓ No thickeners or preservatives
- ✓ Made in one pot — easy cleanup
- ✓ A beautiful homemade gift

Per 2 Tbsp (~30 g): Calories: 60 Carbs: 14 g Sugars: 11 g Sodium: 160 mg Fiber: 0.3 g

For step-by-step visuals on sterilising jars, using canning tools, and checking seals, refer to Chapter 3.

Bourbon-Peach Glaze

Sweet summer peaches meet a bold splash of bourbon in this glossy, golden glaze perfect for brushing over grilled meats, glazing vegetables, or drizzling on roasted nuts.

Elegant enough for gifting, simple enough for any beginner.

Yield: 4 half-pint jars (250 mL)

Time:

Prep: 20 min

Cook: 25–30 min

Water Bath: 15 min

Cool: 12–24 hrs undisturbed



INGREDIENTS:

Peaches, peeled & chopped – 3 cups (450 g)

Brown sugar (packed) – $\frac{3}{4}$ cup (150 g)

Apple cider vinegar (5%) – $\frac{1}{2}$ cup (120 mL)

Honey – $\frac{1}{4}$ cup (60 mL)

Bourbon – $\frac{1}{4}$ cup (60 mL)

Lemon juice – 1 Tbsp (15 mL), bottled preferred

Ground ginger – $\frac{1}{2}$ tsp

Salt – $\frac{1}{2}$ tsp

Cayenne – pinch (optional)

- Do not reduce vinegar or lemon juice — this ensures safe pH.
- Choose ripe but firm peaches for best results.



LET'S MAKE IT TOGETHER:

Simmer the Glaze

In a large non-reactive pot, combine peaches, sugar, vinegar, honey, bourbon, lemon juice, ginger, salt, and cayenne.

Bring to a boil over medium heat, then reduce to a simmer.

Cook uncovered 25–30 minutes, stirring often, until thick and syrupy.

Temp Check: At least 212°F (100°C)

Visual Cue: Glaze should coat the back of a spoon and part when dragged with a finger.

Texture Choice

Want it smooth? Blend gently with an immersion blender.

Prefer rustic? Leave chunky — equally delicious.

Fill the Jars

(See Chapter 3 for full guidance.)

Sterilize jars and lids

Ladle hot glaze into hot jars using a funnel

Leave $\frac{1}{4}$ inch (0.6 cm) headspace

Remove air bubbles, wipe rims, seal fingertip-tight

Water Bath Processing:

Process in boiling water bath for 15 minutes

Adjust time if you're high altitude (see Chapter 3)

After Processing:

Rest jars 5 min in canner after heat is off

Cool 12–24 hrs undisturbed

Check for vacuum seal — lids should not flex



STORAGE:

Pantry: up to 1 year

Fridge after opening: use within 4 weeks



WHY YOU'LL LOVE IT:

- ✓ Glossy, golden, sweet & bold
- ✓ Real bourbon — no artificial anything
- ✓ Pairs beautifully with pork, chicken, tofu, or cheese
- ✓ Beautiful in a jar with a ribbon — instant gift

Per 1 Tbsp (~20 g): Calories: 35 kcal Sugars: 8 g

Sodium: 30 mg Alcohol: Trace only

Ginger-Lemon Simple Syrup

A bright, zesty syrup infused with fresh ginger and lemon — perfect for flavoring sparkling water, cocktails, iced tea, or drizzling over fruit and desserts. Easy to make, lovely to gift.

Yield: 4 half-pint jars (250 mL)

Time:

Prep: 10 min

Simmer: 25–30 min

Pack: 10 min

Water Bath: 10 min

Cool: 12–24 hrs undisturbed



INGREDIENTS:

Granulated sugar – 2 cups (400 g)

Water – 1½ cups (360 mL)

Fresh ginger, peeled & sliced – ½ cup (≈60 g)

Lemon zest – from 2 lemons

Lemon juice (fresh) – ¼ cup (60 mL)

(Optional) Turmeric – ½ tsp for color

Sugar and lemon juice ensure preservation — don't reduce.

- Organic lemons are best for zest to avoid wax.



LET'S MAKE IT TOGETHER:

Infuse the Syrup

In a saucepan, mix water, sugar, ginger, and zest.

Bring to a gentle boil, then simmer 25–30 minutes, uncovered, stirring now and then.

Temp Cue: Maintain ~212°F (100°C)

Aroma Cue: Strong lemon-ginger scent, syrupy texture

Remove from heat. Stir in lemon juice and turmeric (if using).

Strain or Leave Rustic

For smooth syrup, strain out ginger and zest.

For visual charm and a stronger infusion, leave a few pieces.

Pack the Jars

(Details in Chapter 3)

Sterilize jars and lids

Funnel hot syrup into hot jars

Leave ¼ inch (0.6 cm) headspace

Remove bubbles, wipe rims, apply lids fingertip-tight

Water Bath Processing:

- Boil 10 minutes
- Adjust for altitude as needed

After Processing:

- Let jars rest in canner 5 minutes
- Cool undisturbed 12–24 hours
- Check seals — lids should not flex



STORAGE:

Pantry (sealed): up to 12 months

After opening: refrigerate and use within 4–6 weeks



WHY YOU'LL LOVE IT:

- ✓ Bright & warming — real ginger + lemon
- ✓ Lovely in sparkling water, cocktails, or cakes
- ✓ Golden gift in a bottle
- ✓ No preservatives, no fuss

Per 1 Tbsp (~15 mL): Calories: 50 kcal Sugars: 12.5 g

For step-by-step instructions on jar preparation, funnel usage, sealing, and storage, refer to Chapter 3.

Smoky Chipotle Ketchup

A bold, smoky twist on classic ketchup — with deep tomato richness and just the right kick of chipotle heat. Perfect for burgers, fries, grilled vegetables, and meatloaf.

Once you try this, store-bought ketchup will never taste the same.

Yield: 5 half-pint jars (250 mL)

Time:

Prep: 20 min

Cook: 45–60 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

Tomato purée – 6 cups (1.4 L)

Apple cider vinegar (5%) – 1 cup (240 mL)

Brown sugar – $\frac{3}{4}$ cup (150 g)

Honey – $\frac{1}{4}$ cup (60 mL)

Onion – $\frac{1}{2}$ cup (75 g), finely chopped

Garlic – 2 cloves, minced

Smoked paprika – $1\frac{1}{2}$ tsp

Chipotle powder – 1–2 tsp (to taste)

Ground allspice – $\frac{1}{4}$ tsp

Salt – 1 tsp

Black pepper – $\frac{1}{2}$ tsp

Olive oil – 1 Tbsp (*optional for sautéing*)

Vinegar keeps pH safe — do not reduce.

- Adjust chipotle for mild or bold heat.



LET'S MAKE IT TOGETHER:

Cook the Base

Sauté onion and garlic in olive oil (if using) for 3–5 min until soft.

Add purée, vinegar, sugars, and spices.

Bring to boil, reduce heat, simmer 45–60 min.

Temp Cue: Keep at 212°F (100°C)

Visual Cue: Ketchup should coat a spoon and hold a trail on a plate.

Blend & Strain (Optional)

Use immersion blender for smooth texture.

Strain through a sieve if extra silky ketchup is desired.

Pack the Jars

Sterilize jars and lids (see Chapter 3)

Funnel hot ketchup into hot jars

Leave $\frac{1}{4}$ inch (0.6 cm) headspace

Remove air bubbles, wipe rims, apply lids

Water Bath Processing:

- Process 15 min (adjust for altitude)

After Processing:

- Rest jars 5 min in canner, then remove
- Cool undisturbed for 12–24 hrs
- Check that lids don't flex



STORAGE:

Sealed: up to 12 months in pantry

Opened: refrigerate & use within 6 weeks



WHY YOU'LL LOVE IT:

- ✓ Smoky-sweet with a kick
- ✓ No thickeners or additives
- ✓ Better than store-bought
- ✓ Amazing on fries, burgers, meatloaf

Per 1 Tbsp (~15 mL): Calories: 25 kcal Sugars: 4.5 g Fat: 0.5 g Sodium: 90 mg

Sterilization, safe jar filling, lid tightening, and sealing steps are fully explained in Chapter 3.

Sweet Chilli Dipping Sauce

A vibrant Thai-style condiment with a perfect balance of sweet heat, tangy vinegar, and aromatic garlic. Ideal for spring rolls, dumplings, grilled chicken, or a quick stir-fry splash.

Homemade and shelf-stable — better than store-bought!

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 10 minutes

Cooking time: 20–25 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Granulated sugar – 1½ cups (300 g)

Water – 1 cup (240 mL)

Rice vinegar (5% acidity) – ¾ cup (180 mL)

Fresh garlic, minced – 2 Tbsp (about 6 cloves)

Red chili flakes – 2 tsp (or adjust to taste)

Salt – 1 tsp

Cornstarch – 2 Tbsp (16 g)

Water (for slurry) – 3 Tbsp (45 mL)

- *Maintain the vinegar and sugar ratio for safe pH levels.*
- *Adjust chili flakes for mild, medium, or fiery heat.*

LET'S MAKE IT TOGETHER:



1. Make the Sauce Base

In a medium non-reactive saucepan, combine sugar, 1 cup water, rice vinegar, garlic, chili flakes, and salt.

Bring to a **boil over medium-high heat**, stirring to dissolve the sugar.

Reduce heat and **simmer for 10 minutes** to allow the flavors to develop.

2. Thicken the Sauce

In a small bowl, whisk together cornstarch and 3 Tbsp water to make a smooth slurry.

Gradually pour slurry into the simmering sauce, whisking constantly.

Continue to simmer **another 5–7 minutes**, until the sauce thickens and becomes glossy.

Temp cue: Sauce should reach at least **212°F (100°C)**

Visual cue: Sauce coats the back of a spoon and clings in a slow drip

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Using a funnel, ladle hot sauce into hot jars

Leave **¼ inch (0.6 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath for 10 minutes**
- Adjust for altitude as outlined in Chapter 3

After Processing:

- Let jars sit in the water bath for 5 minutes after turning off the heat
- Carefully remove and let cool **12–24 hours** without disturbing
- Check seals: lids should not flex when pressed

STORAGE:



Store sealed jars in a **cool, dark place** for up to **12 months**

Refrigerate after opening and use within **6 weeks**

WHY YOU'LL LOVE IT:



- ✓ Perfect blend of sweet, sour, and spicy
- ✓ Easy pantry condiment for all kinds of dishes
- ✓ No artificial colours, thickeners, or preservatives
- ✓ A beautiful gift in a clear jar with a chilli kick

Per 1 Tbsp / ~20 mL: Calories: 45 kcal Carbohydrates: 11 g Sugars: 10 g Sodium: 120 mg

Blueberry-Balsamic Reduction

A rich, sweet-tart sauce made with ripe blueberries and aged balsamic vinegar.
Drizzle it over goat cheese, grilled meats, roasted vegetables, or even vanilla ice cream.
A gourmet addition to any pantry — beautifully balanced and surprisingly easy.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 10 minutes

Cooking time: 30–35 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh or frozen blueberries – 4 cups (600 g)

Brown sugar (packed) – ½ cup (100 g)

Balsamic vinegar (at least 5% acidity) – ½ cup (120 mL)

Fresh lemon juice – 2 Tbsp (30 mL)

Salt – ¼ tsp

Black pepper (optional) – ¼ tsp, for savory depth

Fresh rosemary sprig (optional) – 1 small, for infusion

- *Do not reduce the vinegar or lemon juice; acidity is essential for safe canning.*
- *Use fully ripe, undamaged blueberries for best flavor and texture.*



LET'S MAKE IT TOGETHER:

1. Cook the Reduction

In a large non-reactive saucepan, combine blueberries, brown sugar, balsamic vinegar, lemon juice, salt, and optional pepper and rosemary.

Stir gently and bring to a boil over medium heat.

Reduce heat and **simmer uncovered for 30–35 minutes**, stirring occasionally, until the mixture thickens and reduces by about 1/3.

Temp cue: Mixture should hold at a **gentle simmer, around 210–212°F (99–100°C)**

Visual cue: It should coat the back of a spoon and drip slowly when poured.

Remove rosemary sprig (if used).

2. Blend (Optional)

For a smooth reduction, use an immersion blender or standard blender (in batches, carefully).

For a rustic-style reduction, leave it chunky.

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Using a funnel, ladle hot sauce into hot jars

Leave ¼ inch (0.6 cm) headspace

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath for 15 minutes**
- Adjust for altitude as outlined in Chapter 3

After Processing:

- Let jars sit in canner 5 minutes with heat off
- Remove and cool on a towel for **12–24 hours**
- Check that lids are sealed (no flex when pressed)



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

Refrigerate after opening and use within **6 weeks**



WHY YOU'LL LOVE IT:

- ✓ Elegant, restaurant-style condiment
- ✓ Versatile — savoury, sweet, or in-between
- ✓ Small-batch friendly
- ✓ Makes an excellent gift for foodies

Per 1 Tbsp / ~20 mL: Calories: 30 kcal Sugars: 6 g Sodium: 15 mg Acidity: Balanced for safe shelf storage

Sterilisation, headspace guidelines, air bubble removal, and sealing instructions are covered step-by-step in Chapter 3.

Horseradish-Dill Mustard

A zesty, herbaceous condiment that pairs sharp mustard flavor with the earthy heat of horseradish and the brightness of dill. Fantastic on sandwiches, sausages, soft pretzels, or as a marinade base.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 15 minutes

Resting time (before cooking): 24–48 hours for flavor development

Cooking time: 10–15 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Yellow mustard seeds – ½ cup (85 g)

Brown mustard seeds – ¼ cup (42 g)

White wine vinegar (5% acidity) – 1¼ cups (300 mL)

Cold water – ¾ cup (180 mL)

Prepared horseradish (drained) – ¼ cup (60 g)

Fresh dill, finely chopped – 2 Tbsp (or 1 tsp dried)

Salt – 1½ tsp

Honey – 2 Tbsp (30 mL)

Ground turmeric – ½ tsp (for color and preservation)

- *Do not reduce the vinegar — acidity is key for safe water bath processing.*
- *For milder mustard, use more yellow seeds; for spicier results, increase brown seeds.*



LET'S MAKE IT TOGETHER:

1. Soak the Seeds

In a glass or non-reactive bowl, combine mustard seeds with vinegar and water.

Cover and let soak at room temperature for **24 to 48 hours** until the seeds soften and absorb liquid.

2. Blend the Mustard

Transfer soaked seeds and liquid into a blender or food processor.

Add horseradish, honey, turmeric, and salt. Blend until desired consistency: smooth, grainy, or in-between.

Visual cue: Mixture should be thick but pourable, similar to a rustic Dijon.

Stir in chopped dill.

3. Cook the Mustard

Pour mixture into a saucepan and **bring to a gentle simmer over medium heat**, stirring frequently.

Simmer for **10–15 minutes** to develop flavor and deactivate enzymes.

Temp cue: Mixture should reach at least **180°F (82°C)**

Aroma cue: Strong mustardy steam with herbal notes

4. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Funnel hot mustard into hot jars

Leave **¼ inch (0.6 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **10 minutes**
- Adjust time per your altitude (see Chapter 3)

After Processing:

- Let jars rest in the canner for 5 minutes with heat off
- Remove and cool on a towel for **12–24 hours**
- Press lids to ensure a proper vacuum seal



STORAGE:

Store sealed jars in a **cool, dark place** for up to **1 year**

For best flavor, allow mustard to mellow for 2–4 weeks before opening

Refrigerate after opening and use within **3 months**



WHY YOU'LL LOVE IT:

- ✓ Fresh, bold flavour you can't buy in a store
- ✓ Shelf-stable and made with real ingredients
- ✓ Easy to personalise with more heat or sweetness
- ✓ Great for gifting with crusty bread or sausages

Per 1 Tbsp / ~15 g: Calories: 20 kcal Carbohydrates: 1.5 g Sugars: 1 g Sodium: 100 mg Fat: 1 g



Vanilla-Bean Pancake Syrup

A warm, velvety syrup with deep vanilla notes and golden sweetness — a perfect homemade companion for pancakes, waffles, French toast, and drizzled over fruit or ice cream.

Shelf-stable and infinitely better than store-bought versions.

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 5 minutes

Cooking time: 15–20 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Granulated sugar – 2 cups (400 g)

Brown sugar (light or dark) – 1 cup (200 g)

Water – 1½ cups (360 mL)

Pure vanilla extract – 1 Tbsp (15 mL)

Vanilla bean (split and scraped) – 1 whole

Salt – ¼ tsp

Lemon juice (fresh or bottled) – 1 Tbsp (15 mL)

- *Do not omit lemon juice — it helps preserve pH stability for safe canning.*
- *You may omit the whole vanilla bean and increase extract to 1½ Tbsp for simplicity.*



LET'S MAKE IT TOGETHER:

1. Make the Syrup

In a medium non-reactive saucepan, combine granulated sugar, brown sugar, and water.

Stir well and bring to a gentle boil over **medium-high heat**, stirring occasionally to dissolve the sugars.

Add salt, lemon juice, vanilla extract, and the scraped vanilla bean along with its pod.

Reduce heat and **simmer for 15–20 minutes**, uncovered, until slightly thickened.

Temp cue: Syrup should simmer at **210–212°F (99–100°C)**

Visual cue: It should coat the back of a spoon and fall off in a slow, syrupy stream

Note: Syrup thickens further as it cools

Remove and discard vanilla bean pod before canning.

2. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Using a funnel, ladle hot syrup into hot jars

Leave **¼ inch (0.6 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **10 minutes**
- Adjust time for altitude per Chapter 3

After Processing:

- Turn off heat and let jars rest in canner 5 minutes
- Remove jars and place on towel to cool for **12–24 hours**, undisturbed
- Check for seal: lid center should be concave and not move when pressed



STORAGE:

Store sealed jars in a **cool, dark pantry** for up to **12 months**

Refrigerate after opening and use within **4–6 weeks**



WHY YOU'LL LOVE IT:

- ✓ Deep, rich vanilla flavor — better than commercial syrups
- ✓ No corn syrup, no additives
- ✓ Elegant enough for gifting with pancakes or brunch sets
- ✓ Easily customizable with cinnamon, almond, or maple notes

Per 1 Tbsp / ~20 mL: Calories: 55 kcal Carbohydrates: 14 g Sugars: 13 g Sodium: 10 mg

Spicy Mango Hot Sauce

A tropical firestorm of flavor — juicy ripe mangoes blended with chili heat, vinegar tang, and just a hint of sweetness. Great on tacos, grilled meats, rice bowls, or anywhere you want a fiery fruit kick!

Yield: 4 half-pint jars (250 mL each)

Time Required:

Prep time: 15 minutes

Cooking time: 20–25 minutes

Processing time: 15 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Fresh mango (peeled, chopped) – 3 cups (about 500 g)

White vinegar (5% acidity) – 1 cup (240 mL)

Onion, chopped – ½ cup (75 g)

Red bell pepper, chopped – ½ cup (75 g)

Fresh garlic, minced – 2 cloves

Fresh ginger, peeled and chopped – 1 Tbsp

Sugar – ¼ cup (50 g)

Salt – 1 tsp

Chili peppers (such as habanero or jalapeño), seeded and chopped – 2–3 peppers (adjust to taste)

Turmeric (optional) – ¼ tsp (for color and added warmth)

Lime juice (fresh) – 2 Tbsp (30 mL)

- *Do not reduce vinegar or lime juice; they ensure safe pH for canning.*
- *Start with 1 chili pepper for milder heat; 3 or more for hot lovers.*



LET'S MAKE IT TOGETHER:

1. Cook the Sauce

In a non-reactive saucepan, combine mango, vinegar, onion, bell pepper, garlic, ginger, chili peppers, lime juice, sugar, salt, and turmeric (if using).

Bring mixture to a **boil over medium-high heat**, stirring regularly.

Lower heat and **simmer uncovered for 15–20 minutes**, or until mango is soft and the mixture has slightly thickened.

Temp cue: Simmer gently at **210–212°F (99–100°C)**

Visual cue: Mixture should reduce and soften enough to blend easily

2. Blend Until Smooth

Use an immersion blender (or transfer carefully to a countertop blender in batches) to purée the sauce until smooth.

Return to pot and simmer another **3–5 minutes**, stirring frequently.

Consistency cue: Sauce should be pourable, like Sriracha or Tabasco-style sauces

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques:**

Sterilize jars and lids

Using a funnel, ladle hot sauce into hot jars

Leave **¼ inch (0.6 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **15 minutes**
- Adjust time for altitude as explained in Chapter 3

After Processing:

- Let jars rest in canner for 5 minutes with heat off
- Remove carefully and allow to cool **12–24 hours** on a towel, undisturbed
- Confirm lids are sealed (flat and concave center)



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

Refrigerate after opening and use within **8 weeks**



WHY YOU'LL LOVE IT:

- ✓ Sweet heat in every spoonful
- ✓ Pairs beautifully with global cuisines
- ✓ Shelf-stable and made from real ingredients
- ✓ Easy to customize the heat level

Per 1 Tbsp / ~15 mL: Calories: 15 kcal Carbohydrates: 3.5 g Sugars: 2.5 g Sodium: 60 mg

All steps for jar sterilisation, safe sealing, air bubble removal, and headspace are outlined in Chapter 3 — refer to it for visual guides and tools.

Roasted Red Pepper Coulis

A silky, smoky-sweet sauce made from roasted red bell peppers — perfect for pasta, grilled vegetables, fish, eggs, or as a vibrant drizzle over creamy soups and dips.
Smooth, elegant, and pantry-ready.

Yield: 4 half-pint jars (250 mL)

Time:

Prep: 20 min

Roast: 20–25 min

Cook: 10 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

Red bell peppers – 6 large ($\approx$ 2 lbs / 900 g)

White wine vinegar – $\frac{1}{2}$ cup (120 mL)

Lemon juice – 2 Tbsp (30 mL)

Olive oil – 2 Tbsp (30 mL)

Garlic – 2 cloves, minced

Salt – $1\frac{1}{2}$ tsp

Sugar (optional) – 1 tsp

Black pepper – $\frac{1}{4}$ tsp

- Roast until skins are blistered and blackened
- Keep all vinegar & lemon juice — they ensure shelf-safe acidity



LET'S MAKE IT TOGETHER:

Roast Peppers

Bake whole peppers at 425°F (220°C) for 20–25 min

Steam covered 10 min, then peel skins and deseed

Roughly chop the flesh

Cook the Coulis

Sauté garlic in olive oil (1 min)

Add peppers, vinegar, lemon juice, salt, sugar, pepper

Simmer 5–7 min

Blend until smooth

Simmer again 2–3 min

Temp: 210–212°F (99–100°C)

Texture: Pourable but not runny

Jar & Process

Sterilize jars & lids

Fill hot jars, leave $\frac{1}{4}$ " (0.6 cm) headspace

Remove bubbles, wipe rims, seal fingertip-tight

Water Bath:

- Process 15 min (adjust for altitude)

Cool:

- Rest 5 min in water, then cool undisturbed 12–24 hrs
- Check lids (no flex when pressed)



STORAGE:

Pantry: up to 12 months

Opened: refrigerate, use within 3–4 weeks



WHY YOU'LL LOVE IT:

- ✓ Deep, roasted flavor
- ✓ Simple, real ingredients
- ✓ Vegan, gluten-free, no preservatives
- ✓ A gourmet touch in a humble jar

Per 2 Tbsp (~30 mL): Calories: 30 Fat: 2.5 g Sugars: 2 g Sodium: 100 mg

For visuals on safe sealing, sterilizing, and filling jars, refer to Chapter 3.

Hot Pepper Jelly

A fiery-sweet classic that shines on cheese boards, glazes meats, or perks up sandwiches.

This jelly combines colorful bell peppers with spicy chilies in a sweet-tart jelly base — a favorite for gifting and gourmet snacking.

Yield: 5 half-pint jars (250 mL each)

Time Required:

Prep time: 15 minutes

Cooking time: 15–20 minutes

Processing time: 10 minutes in water bath (see Chapter 3)

Cooling time: 12–24 hours undisturbed



INGREDIENTS:

Red bell pepper (seeded and finely chopped) – 1 cup (150 g)

Green bell pepper (seeded and finely chopped) – 1 cup (150 g)

Jalapeño or hot chili peppers (seeded and minced) – ½ cup (60 g), or to taste

Apple cider vinegar (5% acidity) – 1 cup (240 mL)

Granulated sugar – 5 cups (1 kg)

Liquid fruit pectin (like Certo) – 1 pouch (3 oz / 85 mL)

- Use gloves when handling hot peppers to avoid skin irritation.
- Do not reduce the amount of vinegar or sugar — both are essential for safe preservation and proper gel.



LET'S MAKE IT TOGETHER:

1. Cook the Pepper Base

In a large non-reactive saucepan, combine red and green bell peppers, jalapeños, and apple cider vinegar. Bring to a boil over medium-high heat.

Stir in all the sugar. Return to a **rolling boil** — one that doesn't stop when stirred — and boil for **1 full minute**, stirring constantly.

Temp cue: Boiling mixture should reach **220°F (104°C)** at sea level for gel stage

Visual cue: Bubbles should be large and consistent; surface will look glossy

2. Add Pectin and Boil Hard

Stir in the liquid pectin. Return to a hard boil and cook for **1–2 minutes**, stirring constantly.

Skim off any foam if needed.

3. Pack the Jars

Refer to **Chapter 3: Basic Canning Techniques**:

Sterilize jars and lids

Using a funnel, ladle hot jelly into hot jars

Leave **¼ inch (0.6 cm) headspace**

Remove air bubbles, wipe rims, and apply lids **finger-tip-tight**

Water Bath Processing:

- Process **half-pint jars** in a **boiling water bath** for **10 minutes**
- Adjust time based on your altitude (see Chapter 3)

After Processing:

- Let jars rest in the canner for 5 minutes with heat off
- Remove to a towel and cool for **12–24 hours**, undisturbed
- Confirm all jars are sealed (lid should not flex when pressed)



STORAGE:

Store sealed jars in a **cool, dark place** for up to **12 months**

Refrigerate after opening and use within **6–8 weeks**



WHY YOU'LL LOVE IT:

- ✓ Gorgeous on charcuterie boards with brie or goat cheese
- ✓ Sweet with a kick — balanced and flavorful
- ✓ Makes a beautiful holiday gift
- ✓ Easy to double and safe for beginners

Per 1 Tbsp / ~15 mL: Calories: 55 kcal Sugars: 13 g Sodium: 5 mg

For headspace, sterilization, and air bubble removal steps, refer to Chapter 3.

Honey-Peach Mustard

A tangy-sweet mustard blended with ripe peaches and golden honey — perfect as a gourmet sandwich spread, grilled meat glaze, or charcuterie companion.

It's a savory preserve with a sunny twist!

Yield: 4 half-pint jars (250 mL)

Time:

Prep: 15 min

Cook: 20–25 min

Water Bath: 15 min

Cool: 12–24 hrs



INGREDIENTS:

Peaches (peeled, chopped) – 2 cups (≈300 g)

Apple cider vinegar – $\frac{3}{4}$ cup (180 mL)

Yellow mustard seeds – $\frac{1}{4}$ cup (40 g)

Dry mustard – 1 Tbsp

Honey – $\frac{1}{2}$ cup (120 mL)

Sugar – 2 Tbsp

Salt – 1 tsp

Turmeric – $\frac{1}{4}$ tsp

Water – $\frac{1}{2}$ cup (120 mL)

- Don't reduce vinegar or honey — essential for canning safety
- Use firm, ripe peaches for best flavor



LET'S MAKE IT TOGETHER:

Soften Seeds

Soak mustard seeds in water for 2+ hours (or overnight)

Cook the Base

Combine peaches, soaked seeds, vinegar, dry mustard, turmeric, sugar, and salt

Simmer 10 min over medium heat

Blend to desired smoothness

Stir in honey and simmer 10 more min

Temp: 210–212°F (99–100°C)

Should coat the spoon like a thick spread

Jar & Seal

Sterilise jars and lids

Fill hot jars, leave $\frac{1}{4}$ " (0.6 cm) headspace

Remove bubbles, wipe rims, seal fingertip-tight

Water Bath:

Process 15 min (adjust for altitude)

Cool & Check:

Rest 5 min in water, cool undisturbed 12–24 hrs

Press lids to ensure seal



STORAGE:

Pantry: up to 12 months

Opened: refrigerate, use within 3 months



WHY YOU'LL LOVE IT:

- ✓ Sweet and savory in one dreamy jar
- ✓ Real fruit + real honey = no fake stuff
- ✓ Delicious with meats or cheese boards
- ✓ A charming gift — tie on a ribbon and go!

Per 1 Tbsp (~15 mL): Calories: 25 Sugars: 5 g Sodium: 80 mg

10. Easy Ferments and Fridge Preserves

No technique required, just for inspiration. Try no-fuss refrigerator pickles and probiotic-rich ferments to expand your preserving repertoire beyond canning.



Not everything needs to be canned and boiled. Some of the loveliest preserves are the simplest — alive with flavor, fresh with crunch, and bubbling with goodness. This chapter is all about easy, small-batch treasures you keep in the fridge or ferment gently on your counter.

These recipes won't last for years — but they'll bring you:

real crunch,

living enzymes,

and that homemade magic that tastes like sunshine in a jar.

Perfect for beginners, perfect for gifts, and perfect for anyone craving something fresh, tangy, and just a little different.



Quick Garlic Scape Ferment

A simple, probiotic-rich preserve using crisp garlic scapes, salt brine, and time.

This lacto-fermentation method creates a flavorful, tangy, crunchy condiment — perfect for antipasto platters, salads, sandwiches, or just snacking straight from the jar.

Yield: 1 quart jar (1 liter) or 2 pint jars (500 mL each)

Time Required:

Prep time: 10 minutes

Fermentation time: 5–10 days at room temperature

Storage time (refrigerated): Up to 6 months

This is a live ferment — no boiling or water bath canning required. It must be refrigerated after fermentation.



INGREDIENTS:

Garlic scapes (cut into 3–4 inch pieces) — about 3 cups (450 g)

Non-iodized sea salt or pickling salt — 1 Tbsp (15 g) per 2 cups (475 mL) of water

Filtered or dechlorinated water — enough to cover the scapes (approx. 2½ cups / 600 mL)

Optional flavorings:

Mustard seeds — ½ tsp

Black peppercorns — ½ tsp

Bay leaf — 1

Red chili flakes — ¼ tsp (for heat)

- Use **non-iodized salt** and **chlorine-free water** to avoid inhibiting beneficial bacteria.
- Scapes should be fresh, firm, and unblemished for best results.



LET'S WORK SOME MAGIC:

1. Prep the Garlic Scapes

Wash scapes well. Trim tips and tough ends. Cut into uniform lengths (3–4 in / 7–10 cm) to fit snugly into jars.

Lightly crush a few with the back of a knife to release flavor (optional).

2. Make the Brine

Dissolve 1 Tbsp of salt per 2 cups of water (ratio: ~2% by weight). Stir until fully dissolved.

Set aside.

3. Pack the Jars

Place any flavorings at the bottom of clean jars.

Pack garlic scapes vertically into the jars, tightly but not forced.

Pour brine over the scapes, ensuring **they are fully submerged**. Leave **1 inch (2.5 cm) headspace**.

Visual cue: Scapes must remain under brine at all times to prevent mold.

Use a fermentation weight or clean stone to keep scapes submerged.

FERMENTATION:

- Loosely cover with a canning lid or use a fermentation lid with airlock.
- Place jars on a tray or dish in case of overflow.
- Leave to ferment at **room temperature (65–75°F / 18–24°C)** for **5–10 days**, depending on your taste.
- Sensory cue: You'll notice bubbling, slight cloudiness, and a sour-garlicky aroma. This is normal!
- Taste after 5 days. Once it reaches desired tang and crunch, **seal and transfer to refrigerator**.

STORAGE:

Seal finished scape ferment in the **refrigerator** for up to **6 months**

Always use a clean utensil to avoid introducing mold or bacteria

WHY YOU'LL LOVE IT:

- ✓ Bright, zesty, and tangy flavor
- ✓ Naturally preserved — no vinegar or heat
- ✓ Supports gut health
- ✓ Crunchy, garlicky, and slightly spicy

Per 2–3 pieces / ~15 g: **Calories: 5 kcal Carbs: 1 g Sodium: 110 mg Probiotic content: naturally present (varies)**

For tips on jar packing, lid use, and safe fermentation environment, see Chapter 3 — “Fermentation & Fridge Preserves.”

Simple Sauerkraut with Caraway

A crisp, tangy fermented cabbage infused with the warm, earthy flavor of caraway seeds. This classic preserve is full of gut-friendly probiotics and requires only two main ingredients — cabbage and salt — plus time and patience.

Yield: 1 wide-mouth quart jar (1 liter) or 2 pint jars (500 mL each)

Time Required:

Prep time: 20 minutes

Fermentation time: 7–21 days at room temperature

Storage time (refrigerated): Up to 6 months

This is a raw, live ferment. No heat or water bath processing is required. Store refrigerated after fermenting.



INGREDIENTS:

Green cabbage (about 2 lbs / 900 g), finely shredded

Non-iodized sea salt or pickling salt – 1½ Tbsp (22 g)

Caraway seeds – 1½ tsp (optional, but traditional)

- Always use **non-iodized salt** and **fresh, firm cabbage**. Iodine or preservatives may inhibit fermentation.



LET'S WORK SOME MAGIC:

1. Prep the Cabbage

Remove outer leaves and core the cabbage.

Slice finely using a knife, mandoline, or food processor.

Place shredded cabbage in a large bowl, sprinkle salt evenly, and let sit 15 minutes.

2. Massage to Release Brine

Massage cabbage with clean hands for 5–10 minutes, until it softens and releases liquid.

Mix in caraway seeds if using.

Visual cue: Cabbage should look wilted and sit in its own brine when pressed.

Pack the Jar:

Transfer cabbage and brine into a clean jar a few handfuls at a time, pressing down firmly with a spatula or fist to remove air pockets.

Continue until jar is full, leaving **1 inch (2.5 cm) headspace**.

Cabbage must stay submerged in brine. Place a fermentation weight or small jar inside to keep it under.

If needed, make extra brine: 1 tsp salt per ½ cup (120 mL) water to top off.

FERMENTATION:

- Cover jar loosely with lid, cloth, or fermentation lid.
- Place on a tray to catch overflow.
- Ferment at **65–72°F (18–22°C)** for **7–21 days**, tasting every few days.
- Sensory cues: Active bubbling in first few days, sour aroma, tangy taste, slightly translucent appearance.
- Once it reaches desired flavor and tang, remove weight, seal with a clean lid, and refrigerate.



STORAGE:

Store in the **refrigerator** for up to **6 months**

Always use clean utensils to serve and reseal



WHY YOU'LL LOVE IT:

- ✓ Classic, simple, 2-ingredient ferment
- ✓ Naturally tangy and crunchy
- ✓ Supports digestion and immune health
- ✓ No special equipment needed

Per ¼ cup / ~50 g: Calories: 10 kcal Carbs: 2 g Sodium: 180 mg Live cultures: naturally present

Kimchi-Style Napa Cabbage

A bold, zesty Korean-inspired ferment using napa cabbage, garlic, ginger, and chili.

Naturally preserved through lactic acid fermentation, this live, probiotic-rich condiment brings heat, crunch, and umami to any dish — no canning required!

Yield: 1 half-gallon jar (2 L) or 2 quart jars (1 L each)

Time Required:

Prep time: 30 minutes active + 2 hours soaking

Fermentation time: 5–14 days at room temperature

Storage: Refrigerated up to 3–6 months



INGREDIENTS:

Napa cabbage – 1 medium head (about 2–2.5 lbs / 900–1100 g)

Kosher or pickling salt (non-iodized) – ¼ cup (60 g), for salting

Water (chlorine-free) – as needed to soak cabbage

For the kimchi paste:

Carrot, shredded – 1 small

Daikon radish, julienned – ½ cup (75 g)

Garlic cloves – 4–6, minced

Fresh ginger – 2 Tbsp (15 g), minced

Red chili flakes (gochugaru or crushed red pepper) – 2–4 Tbsp (adjust to taste)

Fish sauce (or soy sauce for vegan) – 2 Tbsp

Sugar (optional) – 1 tsp

Scallions (green onions), sliced – 4–5

- Use gloves when handling chili. Avoid touching eyes.
- Ensure water is dechlorinated — chlorine inhibits fermentation.
- Adjust chili amount based on desired spice level.



LET'S WORK SOME MAGIC:

1. Salt the Cabbage

Cut napa cabbage lengthwise into quarters, then into 2–3 inch (5–7 cm) pieces.

Place in a large bowl and toss with salt. Add enough water to just cover and weigh down (plate or bowl on top).

Let sit for **1½–2 hours**, tossing halfway through.

Visual cue: Cabbage should be soft, bend easily, and taste salty but not inedible.

Drain and rinse thoroughly **3 times** in cold water. Let drain in a colander.

2. Make the Paste

In a bowl, combine all kimchi paste ingredients.

Add rinsed cabbage to the paste. Use gloved hands to massage the mixture until well-coated.

3. Pack the Jars

Transfer mixture into clean jars. Pack down firmly to eliminate air pockets and encourage brine to rise.

Leave **1 inch (2.5 cm) headspace**. Ensure vegetables are **fully submerged** under brine. Add a weight if needed.

Use fermentation weight or small glass jar inside the main jar to keep contents submerged.

FERMENTATION:

- Cover loosely with lid, cloth, or fermentation airlock.
- Place jar on a tray or plate in case of overflow.
- Ferment at **65–72°F (18–22°C)** for **5 to 14 days**, depending on temperature and taste.
- Burp jars (if using standard lids) once a day to release gas.
- Sensory cue: Bubbles, tangy and slightly funky aroma, sour-spicy taste.
- Taste starting on day 5. Move to fridge when flavor is to your liking.



STORAGE:

Store in the **refrigerator** for up to **3–6 months**. Flavor deepens over time.

Always use clean utensils when scooping out portions.



WHY YOU'LL LOVE IT:

- ✓ Easy and authentic-style ferment
- ✓ Tangy, spicy, and full of umami
- ✓ Packed with probiotics
- ✓ No vinegar, no canning — just time and love

Per ¼ cup / ~50 g: Calories: 15 kcal Carbohydrates: 3 g Sodium: 300 mg Probiotics: Live, naturally occurring

For tips on fermentation gear, lid types, or troubleshooting, refer to Chapter 3 – “Fermentation & Fridge Preserves.”

Probiotic Beet Kvass

A vibrant, naturally fermented tonic made from raw beets, salt, and water.

This traditional Eastern European drink is full of earthy flavor and live probiotics — excellent as a daily digestive boost or mineral-rich pick-me-up.

Yield: 1 quart (1 litre) jar

Time Required:

Prep time: 10 minutes

Fermentation time: 4–7 days at room temperature

Refrigerated storage: Up to 2 months

This is a raw ferment — no boiling or vinegar used. Must be refrigerated after fermentation.



INGREDIENTS:

Raw red beets (organic preferred) – 2 medium (about 1 lb / 450 g), peeled and cut into ½–1 inch (1–2.5 cm) cubes

Non-iodized salt (sea salt or pickling salt) – 1 Tbsp (15 g)

Filtered or dechlorinated water – approx. 3–4 cups (750–950 mL), enough to cover beets

Optional flavor additions:

1 garlic clove (peeled)

A few black peppercorns or a slice of fresh ginger

Fresh herbs like thyme or rosemary

- Avoid iodized salt and chlorinated water — they can inhibit fermentation.
- Do not grate or shred beets, as this causes them to ferment too quickly and become slimy.



LET'S WORK SOME MAGIC:

1. Prepare the Beets

Wash, peel, and cut beets into even-sized cubes (not too small).

Place beet cubes into a **clean quart jar** along with any flavorings.

2. Make the Brine

Dissolve 1 Tbsp salt in 3–4 cups of filtered water.

Pour the brine over the beets until they are fully submerged.

Leave **1 inch (2.5 cm) of headspace**.

Use a fermentation weight or clean small jar to keep beets below the brine level. Exposure to air may cause spoilage.

FERMENTATION:

- Cover jar loosely with a lid, cloth, or fermentation lid.
- Ferment at **65–72°F (18–22°C)** for **4 to 7 days**, out of direct sunlight.
- Sensory signs: bubbles will form, the liquid turns deep magenta, and a mild earthy-sour aroma develops.
- Begin tasting on day 4. Once it's pleasantly tangy and slightly salty, it's ready.



STORAGE:

Remove any weight. Seal the jar with a lid.

Store in the **refrigerator** for up to **2 months**.

The flavor will continue to develop slowly in the fridge.

Stir or gently shake before drinking if sediment settles.

How to Use Beet Kvass:

Sip 2–4 oz (60–120 mL) daily as a digestive tonic

Use as a soup starter (borscht!)

Add to salad dressings or smoothies for an earthy kick

Reuse beets for a second batch (called a “second ferment”) with fresh brine



WHY YOU'LL LOVE IT:

- ✓ Simple 3-ingredient recipe
- ✓ Deep cleansing and mineral-rich
- ✓ Supports liver and gut health
- ✓ Beautiful natural color and bold flavor

Per 4 oz / ~120 mL: Calories: 10 kcal Carbohydrates: 2 g Sodium: 200 mg Probiotics: naturally present (varies with time and temperature)

For help with jar setup, fermentation conditions, or troubleshooting bubbles and brine, see Chapter 3 – “Fermentation & Fridge Preserves.”

Dilly Refrigerator Pickle Chips

Crisp, tangy, and herb-packed cucumber slices that come together in minutes and develop bold flavor after just a day in the fridge. Perfect for burgers, sandwiches, or snacking straight from the jar.

Yield: 3 pint jars (500 mL each)

Time Required:

Prep time: 15 minutes

Brine simmering time: 5–7 minutes

Cooling time: 30 minutes

Refrigeration before use: At least 24 hours for best flavor

Shelf life (refrigerated): 2–3 months

These are **refrigerator pickles**. Do not store at room temperature. No canning or heat processing required.



INGREDIENTS:

Pickling cucumbers – 1½ lbs (680 g), sliced into ¼-inch (6 mm) rounds

Fresh dill sprigs – 6–9 (2–3 per jar)

Garlic cloves – 3, sliced

Black peppercorns – 1 tsp

Mustard seeds – 1 tsp

Crushed red pepper flakes – ½ tsp (optional, for mild heat)

For the brine:

White vinegar (5% acidity) – 2 cups (480 mL)

Water – 2 cups (480 mL)

Sugar – ¼ cup (50 g)

Pickling salt or kosher salt – 2 Tbsp (30 g)

- Use firm, unwaxed pickling cucumbers. Avoid regular slicing cucumbers for best texture.



LET'S WORK SOME MAGIC:

1. Prep the Cucumbers

Wash cucumbers and slice into uniform ¼-inch (6 mm) thick rounds.

Layer cucumber slices with dill, garlic, and spices in **clean jars**, leaving ½ inch (1.3 cm) **headspace**.

2. Make the Brine

In a saucepan, combine vinegar, water, sugar, and salt. Bring to a simmer over **medium heat** (about 185°F /

85°C), stirring to dissolve salt and sugar.

Remove from heat once fully dissolved.

Do not boil. Just a gentle simmer is enough to dissolve and infuse.

3. Fill the Jars

Carefully pour hot (not boiling) brine over cucumbers using a funnel, covering them completely.

Tap jars or use a non-metallic spatula to remove any air bubbles.

Add more brine if needed, keeping that ½ inch **headspace**.



COOLING & STORING:

Let jars cool on the counter for **30–60 minutes**, then seal tightly with lids.

Refrigerate for **at least 24 hours** before tasting. Flavor improves over the first 3–5 days.

Store in the **refrigerator** for up to **2–3 months**.

Sensory cue: Pickles should be crisp, aromatic, and slightly tangy-sweet.



WHY YOU'LL LOVE IT:

No canning or special tools required

- ✓ Perfectly crisp with classic dill-garlic flavor
- ✓ Customizable with your favorite spices
- ✓ Ready to enjoy in just one day

Per 5–6 chips / ~30 g: Calories: 10 kcal Carbs: 2 g Sodium: 200 mg Sugars: 1 g

Lacto-Fermented Carrot Coins

A crunchy, tangy, gut-friendly snack made with just carrots, salt, and water.

These vibrant orange bites are packed with probiotics and easy enough for first-time fermenters — no vinegar or boiling required.

Yield: 1 quart (1 L) jar or 2 pint jars (500 mL each)

Time Required:

Prep time: 15 minutes

Fermentation time: 5–10 days at room temperature

Refrigerated shelf life: Up to 3–4 months

These are live ferments — not shelf-stable. Keep refrigerated after fermentation.



INGREDIENTS:

Carrots – 1½ lbs (680 g), peeled and sliced into ¼-inch (6 mm) coins

Non-iodized sea salt or pickling salt – 1 Tbsp (15 g)

Filtered or dechlorinated water – 2–3 cups (475–710 mL), enough to cover carrots

Optional Flavor Additions:

Fresh ginger slices – 1 Tbsp

Garlic cloves – 2, lightly smashed

Black peppercorns or mustard seeds – ½ tsp

Fresh dill sprigs or bay leaf – 1–2 (herbal twist)

- Always use **non-iodized salt** and **chlorine-free water** to support healthy fermentation.
- Carrots should be **firm and sweet** for best flavor and crunch.



LET'S WORK SOME MAGIC:

1. Prepare the Carrots

Wash and peel carrots.

Slice into even ¼-inch coins (use a mandoline for consistency if preferred).

Place in a large bowl with any optional flavorings and toss gently.

2. Make the Brine

Dissolve 1 Tbsp salt in 2–3 cups warm filtered water until fully dissolved.

Let brine cool to room temperature (approx. 70°F / 21°C).

3. Pack the Jar

Place carrots into a clean jar, layering in flavor additions.

Press down lightly to remove gaps.

Pour brine over until all carrots are completely submerged.

Leave **1 inch (2.5 cm) headspace**.

Use a **fermentation weight** to keep carrots below the surface.

If no weight is available, use a zip-top bag filled with extra brine as a substitute.

FERMENTATION:

- Cover loosely with a lid, cloth, or fermentation airlock.
- Place the jar in a shallow dish to catch any overflow.
- Leave at **65–72°F (18–22°C)** to ferment for **5 to 10 days**, depending on room temperature and your taste preference.
- Sensory cues: You'll see small bubbles, the brine may turn cloudy, and a tangy aroma will develop.
- Begin tasting on day 5. When flavor is pleasantly sour and texture still crisp, it's ready.



STORAGE:

Use **live fermentation weight**.

Seal jar with clean lid and refrigerate.

Enjoy within **3–4 months** for best flavor and crunch.

Always use a clean utensil when serving to avoid contamination.



WHY YOU'LL LOVE IT:

- ✓ Sweet, tangy, and crunchy
- ✓ Full of probiotics — great for gut health
- ✓ No cooking, vinegar, or special tools
- ✓ Customizable with spices and herbs

Per ¼ cup / ~40 g: Calories: 12 kcal Carbohydrates: 3 g Sodium: 180 mg Live cultures: naturally present

Quick Pickled Watermelon Rind

A refreshing, tangy-sweet refrigerator pickle that turns leftover watermelon rind into a crisp, flavorful treat. Perfect as a summer snack, BBQ side, or surprising addition to salads and cheese boards.

Yield: 2 pint jars (500 mL each)

Time Required:

Prep time: 20 minutes

Brine simmer time: 5–7 minutes

Cooling time: 30 minutes

Refrigeration before use: Minimum 24 hours

Shelf life (refrigerated): Up to 1 month

These are refrigerator pickles — **not shelf-stable**. Must be kept cold.



INGREDIENTS:

Watermelon rind – 3 cups (about 500 g), peeled and cut into 1-inch (2.5 cm) pieces

Water – 1 cup (240 mL)

Apple cider vinegar (5% acidity) – 1 cup (240 mL)

Sugar – ½ cup (100 g)

Salt (pickling or kosher, non-iodized) – 1 Tbsp (15 g)

Optional spices (per jar):

Cinnamon stick – 1

Whole cloves – 4–6

Mustard seeds – ½ tsp

Ginger slices – 2–3

- Use only the firm white part of the rind, removing all pink flesh and green peel.
- Do not use iodized salt.



LET'S WORK SOME MAGIC:

1. Prep the Rind

Trim off the dark green outer skin and pink flesh. Cut white rind into uniform 1-inch cubes or strips.

2. Make the Brine

In a saucepan, combine water, vinegar, sugar, and salt. Bring to a **gentle boil** over medium heat (about **190°F / 88°C**), stirring until sugar and salt dissolve.

Remove from heat and let steep with optional spices for 5 minutes.

Visual cue: Steam rising and small bubbles, but not a rapid boil.

Fill the Jars:

Divide watermelon rind evenly between clean jars.

Add cinnamon, cloves, or other optional spices to each jar.

Carefully pour hot brine over the rind, covering it completely.

Leave ½ inch (1.3 cm) headspace.

Use a clean utensil or spatula to remove air bubbles.

Wipe rims, place lids, and seal fingertip-tight.



COOLING & STORAGE:

Let jars cool to room temperature (about 30–60 minutes).

Refrigerate for **at least 24 hours** before tasting.

Best flavor develops within **3–5 days**.

Keep refrigerated and consume within **1 month** for best texture and taste.



WHY YOU'LL LOVE IT:

- ✓ Great way to reduce food waste
- ✓ Sweet and tangy with a crunchy texture
- ✓ No boiling water bath or special tools needed
- ✓ Easy to customize with spices

Per ¼ cup / ~50 g: *Calories: 30 kcal Carbs: 7 g Sugars: 6 g Sodium: 150 mg*

Need help with peeling rind, spice pairings, or safe fridge storage? See Chapter 3 – “Fermentation & Fridge Preserves.”

Ginger-Turmeric Carrot Slaw

A golden, probiotic-rich ferment made with shredded carrots, fresh ginger, turmeric, and a dash of spice. Crunchy, bright, and great for digestion, this slaw-style ferment adds color and zing to any meal.

Yield: 1 quart (1 L) jar or 2 pint (500 mL) jars

Time Required:

Prep time: 20 minutes

Fermentation time: 5–10 days at room temperature

Refrigerated shelf life: Up to 3–4 months

This is a **live ferment**. Do not heat process or store unrefrigerated.



INGREDIENTS:

Carrots – 1½ lbs (680 g), peeled and shredded

Fresh ginger – 2 Tbsp (15 g), grated

Fresh turmeric root (or 1 tsp ground) – 1 Tbsp (8 g), grated

Non-iodized sea salt – 1 Tbsp (15 g)

Optional additions:

½ tsp black pepper (enhances turmeric absorption)

2 Tbsp lemon juice or ¼ tsp zest

½ apple, grated (for light sweetness)

1–2 scallions, sliced (for savory notes)

- Wear gloves when handling turmeric to prevent staining.
- Use **chlorine-free water** and **non-iodized salt** to support healthy fermentation.



LET'S WORK SOME MAGIC:

1. Massage the Slaw Base

In a large bowl, combine shredded carrots, ginger, turmeric, salt, and optional ingredients.

Massage with clean hands for 3–5 minutes until mixture softens and begins to release brine.

Visual cue: Carrots should glisten, feel pliable, and produce some liquid at the bottom.

2. Pack the Jar

Spoon the mixture into a clean jar in layers, pressing down with a spatula or spoon to remove air gaps.

Leave **1 inch (2.5 cm)** of headspace.

Ensure carrots are fully submerged in their own brine.

If needed, top with 1–2 Tbsp of filtered water.

Use a fermentation weight to keep the mixture below the surface.

FERMENTATION:

- Cover the jar loosely with a lid, cloth, or fermentation lid.
- Place it on a tray to catch overflow.
- Leave at **65–72°F (18–22°C)** for **5 to 10 days**.
- Sensory cues: Bubbles, a tangy-sweet aroma, and a slightly sour taste as fermentation progresses.
- Taste on day 5. When flavor is pleasantly tart with good crunch, it's ready.



STORAGE:

Refrigerate with fermentation weight.

Seal jar tightly and refrigerate.

Consume within **3–4 months** for best texture and probiotic benefit.

Use clean utensils each time to avoid contamination.



WHY YOU'LL LOVE IT:

- ✓ Vibrant color + gut-friendly crunch
- ✓ Boosts immunity with ginger and turmeric
- ✓ No cooking or canning needed
- ✓ Delicious with rice bowls, grilled proteins, or wraps

Per ¼ cup / ~50 g: Calories: 20 kcal Carbs: 4 g Fiber: 1.5 g Probiotics: Naturally occurring

For details on tools, headspace, and troubleshooting fermenting veggies, see Chapter 3 – “Fermentation & Fridge Preserves.”

Cucumber & Mint Fridge Pickles

Crisp cucumber slices infused with fresh mint and a light vinegar brine. These quick fridge pickles are easy to make, refreshing to eat, and ready to enjoy in just a day — no canning required.

Yield: 2 pint jars (500 mL each)

Time Required:

Prep time: 15 minutes

Brine simmer time: 5–7 minutes

Cooling time: 30 minutes

Refrigeration before use: Minimum 24 hours

Shelf life (refrigerated): Up to 3–4 weeks

These are **refrigerator pickles** and not shelf-stable. Keep chilled at all times.



INGREDIENTS:

Fresh pickling cucumbers – 1 lb (450 g), thinly sliced

Fresh mint leaves – ½ cup loosely packed

Garlic cloves – 2, thinly sliced

Whole black peppercorns – 1 tsp

White vinegar (5% acidity) – 1 cup (240 mL)

Water – 1 cup (240 mL)

Granulated sugar – 2 Tbsp (25 g)

Pickling salt or kosher salt – 1 Tbsp (15 g)

- Use small, firm cucumbers. Avoid waxed cucumbers for best texture and brine absorption.



LET'S WORK SOME MAGIC:

1. Prepare the Cucumbers

Wash and slice cucumbers into thin rounds.

Gently rinse mint leaves and pat dry.

Layer cucumber slices, mint, garlic, and peppercorns into clean jars, leaving ½ **inch (1.3 cm)** headspace.

2. Make the Brine

Combine vinegar, water, sugar, and salt in a saucepan.

Heat over medium until it reaches a gentle simmer (~185°F / 85°C), stirring to fully dissolve sugar and salt.

Remove from heat and let cool slightly for 5–10 minutes.

Visual cue: Watch for light steam and small bubbles around the edges — not a rolling boil.

3. Fill the Jars

Carefully pour the warm brine over cucumber-mint mixture, ensuring full coverage.

Use a non-metal spatula to remove air bubbles.

Add more brine if needed to maintain proper headspace.

Wipe rims clean, apply lids, and seal fingertip-tight.



COOLING & STORAGE:

Let jars cool on the counter for 30–60 minutes.

Refrigerate for at least 24 hours before tasting.

Enjoy within 3–4 weeks.

Sensory cues: Bright, crisp cucumbers, slight sweetness, and refreshing mint aroma.



WHY YOU'LL LOVE IT:

- ✓ No canning required
- ✓ Cool, tangy, and herbal — perfect for summer
- ✓ Great for sandwiches, salads, or snacking
- ✓ Elegant flavor with minimal effort

Per 5–6 slices / ~40 g: Calories: 8 kcal Carbs: 2 g Sugars: 1 g Sodium: 190 mg

Need help with headspace, tools, or fridge pickle brines? See Chapter 3 – “Fermentation & Fridge Preserves.”

Spicy Fermented Jalapeño Rings

Zesty, probiotic-rich jalapeños that ferment naturally in brine to develop bold flavor and heat. Perfect for tacos, burgers, eggs, or anyone who loves a spicy crunch with a gut-friendly bonus.

Yield: 1 pint jar (500 mL)

Time Required:

Prep time: 10–15 minutes

Fermentation time: 5–10 days at room temperature

Refrigerated shelf life: Up to 4–6 months

These are **live ferments**, not shelf-stable. Always refrigerate after fermentation is complete.



INGREDIENTS:

Fresh jalapeño peppers – 6–8 medium (about ½ lb or 225 g), sliced into ¼-inch (6 mm) rings

Non-iodized sea salt or pickling salt – 2 tsp (10 g)

Filtered or dechlorinated water – 1½ cups (360 mL), as needed to cover

Optional flavor additions:

1 garlic clove, smashed

½ tsp black peppercorns

1 bay leaf or a pinch of mustard seeds

- Use gloves when handling hot peppers to avoid skin irritation.
- Never use iodized salt or chlorinated water — they can interfere with fermentation.



LET'S WORK SOME MAGIC:

1. Prepare the Jalapeños

Wash peppers thoroughly and slice into rings.

Pack jalapeño slices tightly into a **clean pint jar**, layering in garlic or spices if using.

Leave **1 inch (2.5 cm)** headspace at the top.

2. Add the Brine

Dissolve salt in room-temperature filtered water.

Pour over the peppers to fully submerge them.

Place a fermentation weight or small zip-top bag filled with brine on top to keep peppers submerged.

Ensure all pepper slices are **beneath the brine** to prevent mold or spoilage.

FERMENTATION:

- Cover the jar loosely with a fermentation lid, cloth, or regular lid set slightly ajar.
- Place the jar on a plate to catch any overflow.
- Store at **65–72°F (18–22°C)** away from direct sunlight.
- Let ferment for **5 to 10 days**, depending on temperature and flavor preference.
- Check daily: You should see bubbles, smell a tangy aroma, and notice some cloudiness — all signs of healthy fermentation.



STORAGE:

Once the jalapeños are tangy and slightly softened (but still crisp), remove the weight.

Seal the jar with a clean lid and **refrigerate**.

Use within **4–6 months**. Flavor continues to develop over time.

Always use a clean utensil to remove jalapeños — never dip in with fingers.



WHY YOU'LL LOVE IT:

- ✓ Bold heat and crunch without vinegar
- ✓ Full of natural probiotics
- ✓ Easy, small-batch ferment
- ✓ Delicious on nachos, tacos, sandwiches & more

Per 1 Tbsp / ~15 g: Calories: 4 kcal Carbs: 1 g Sodium: 95 mg Live cultures: Naturally occurring (unpasteurized)

Quick Pickled Peaches

A juicy-sweet, tangy twist on ripe peaches, infused with cinnamon, clove, and a light vinegar brine.

These no-cook refrigerator pickles are a delightful pairing for charcuterie, salads, grilled meats — or enjoyed straight from the jar.

Yield: 2 pint jars (500 mL each)

Time Required:

Prep time: 15 minutes

Brine simmer time: 5–7 minutes

Cooling time: 30 minutes

Refrigeration before use: Minimum 24 hours

Refrigerated shelf life: Up to 3 weeks

These are **refrigerator pickles**. Not shelf-stable — keep cold at all times.



INGREDIENTS:

Fresh ripe peaches – 4 medium (about 1½ lbs / 680 g), peeled, pitted & sliced

Apple cider vinegar (5% acidity) – 1 cup (240 mL)

Water – ¾ cup (180 mL)

Sugar – ½ cup (100 g)

Salt (pickling or kosher) – 1 tsp (5 g)

Whole cloves – 6

Cinnamon stick – 1, broken in half

Black peppercorns – 1 tsp

Optional: 1 thin slice of fresh ginger per jar

Use **freestone peaches** if possible for easy pitting.

- Avoid overripe or mushy fruit — it may disintegrate in brine.



LET'S WORK SOME MAGIC:

1. Prepare the Peaches

Blanch peaches in boiling water for 30–60 seconds, then transfer to ice water to loosen skins.

Peel, halve, remove pits, and slice into wedges.

Visual cue: Skin should slip off easily after blanching.

2. Pack the Jars

Divide peach slices between clean pint jars.

Add spices and optional ginger evenly to each jar.

Leave ½ **inch (1.3 cm)** of headspace.

3. Make the Brine

Combine vinegar, water, sugar, and salt in a saucepan.

Heat over medium until a gentle simmer (~185°F / 85°C), stirring to dissolve sugar and salt.

Pour the hot brine carefully over the peaches, ensuring full coverage.

Visual cue: Light steam with small bubbles — don't boil.

Remove air bubbles using a spatula.

Add more brine if needed to maintain headspace.

Wipe rims and seal jars **fingertip-tight** (see Chapter 3).

COOLING & STORAGE:



Let jars cool at room temperature for 30–60 minutes.

Refrigerate for **at least 24 hours** before enjoying.

Use within **3 weeks**.

Per ¼ cup / ~50 g: Calories: 35 kcal Carbs: 9 g Sugars: 8 g Sodium: 55 mg

WHY YOU'LL LOVE IT:



- ✓ Sweet, tangy, and lightly spiced
- ✓ Unique twist on fresh fruit
- ✓ Pairs beautifully with cheese, grilled meats, or desserts
- ✓ No canning needed

Need help with peeling peaches, choosing spices, or pouring brine? See Chapter 3 – “Fermentation & Fridge Preserves.”

Sauerkraut for Beginners

A traditional, crunchy, tangy fermented cabbage made with just salt and time. This no-vinegar, probiotic-rich preserve is perfect for sandwiches, sausages, bowls, or gut health.

Yield: 1 quart jar (1 L), or 2 pint jars (500 mL)

Time Required:

Prep time: 15–20 minutes

Fermentation time: 7–14 days

Refrigerated shelf life: 4–6 months

This is a **live ferment** — not shelf-stable. Always store in the fridge once fermented.



INGREDIENTS:

Green cabbage – 1 medium head (about 2 lbs / 900 g), cored and finely shredded

Non-iodized sea salt or pickling salt – 1½ Tbsp (22 g)

Optional Add-ins (for flavor):

1 tsp caraway seeds

½ shredded carrot (for color)

¼ apple, grated (adds sweetness & fermentation support)

- Avoid iodized salt or chlorinated water — they can inhibit fermentation.



LET'S WORK SOME MAGIC:

1. Shred & Salt the Cabbage

Remove any wilted outer leaves. Cut cabbage in half, remove the core, and finely shred with a knife or mandoline.

Place in a large bowl and sprinkle evenly with salt.

Massage with clean hands for **5–10 minutes** until the cabbage softens and releases brine.

Visual cue: The cabbage should become glossy, reduced in volume, and sit in its own liquid.

2. Pack into Jar

Pack salted cabbage tightly into a clean quart jar, pressing down firmly with a spoon or spatula to remove air pockets.

Pour in the brine from the bowl to cover the cabbage.

Leave **1 inch (2.5 cm)** headspace.

Use a **fermentation weight** or small zip-top bag filled with brine to keep the cabbage submerged.

FERMENTATION:

- Cover jar with a **loose lid**, cloth secured with a rubber band, or a fermentation lid (see Chapter 3).
- Place on a plate to catch any overflow.
- Store at **65–72°F (18–22°C)** for **7 to 14 days**.
- Bubbles, sour aroma, and light fizzing are all good signs!
- Taste after 7 days — the kraut should be pleasantly tangy, crunchy, and salty-sour.



STORAGE:

Once fermented to your liking, remove the weight, seal tightly, and **refrigerate**.

Use clean utensils each time.

Best enjoyed within **4–6 months**.

Per ¼ cup / ~50 g: Calories: 10 kcal Carbs: 2 g Fiber: 1 g Probiotics: Naturally occurring (unpasteurized)



WHY YOU'LL LOVE IT:

- ✓ Only 2 ingredients
- ✓ Naturally probiotic and gut-friendly
- ✓ Great on sandwiches, sausages, grain bowls, or alone
- ✓ No vinegar or canning required

Fermented Garlic Pickles

Crunchy cucumbers naturally fermented in a salty garlic brine — tangy, zesty, and packed with probiotic benefits. These no-vinegar pickles develop classic deli-style flavor with minimal effort.

Yield: 1 quart jar (1 L), or 2 pint jars (500 mL)

Time Required:

Prep time: 15 minutes

Fermentation time: 5–10 days at room temperature

Refrigerated shelf life: Up to 3–6 months

These are **live ferments** — not shelf-stable. Always refrigerate after fermentation.



INGREDIENTS:

Pickling cucumbers (Kirby or gherkin type) – 1½ lbs (680 g), scrubbed

Garlic cloves – 4–6, peeled and smashed

Non-iodized salt (sea or pickling) – 1½ Tbsp (22 g)

Filtered or dechlorinated water – 2 cups (480 mL), or enough to fully submerge cucumbers

Optional flavor boosters:

2 sprigs fresh dill or 1 tsp dill seeds

1 tsp mustard seeds

½ tsp black peppercorns

1 bay leaf

1 grape or horseradish leaf (helps maintain crunch)

- Use only non-chlorinated water and non-iodized salt — both are critical for proper fermentation.



LET'S WORK SOME MAGIC:

1. Prep the Cucumbers

Wash cucumbers thoroughly and trim just the blossom ends (not the stem ends).

If cucumbers are large, cut them into spears or thick slices.

Tip: Keeping them whole yields crunchier results, but spears absorb flavor faster.

2. Pack the Jar

Place garlic, dill, and spices in the bottom of a clean quart jar.

Pack cucumbers in vertically or tightly if sliced.

Leave **1 inch (2.5 cm)** of headspace at the top.

3. Make the Brine

Dissolve salt in filtered water.

Pour over cucumbers to completely cover.

Use a fermentation weight or small zip-top bag filled with brine to keep cucumbers submerged.

Cucumbers **must stay under brine** at all times to avoid mold.

FERMENTATION:

- Cover the jar loosely with a lid, cloth, or fermentation cap (see Chapter 3).
- Set on a plate to catch overflow.
- Ferment at **65–72°F (18–22°C)** for **5 to 10 days**.
- Check daily: Bubbles, cloudiness, and a pleasantly sour aroma = fermentation success. Skim off any white foam (kahm yeast) if it appears.



STORAGE:

Once pickles reach desired tang (taste test after day 5), remove the weight, seal with a clean lid, and **refrigerate**.

Use within **3–6 months**, always with clean utensils.

Per 1 pickle / ~45 g: **Calories:** 5 kcal **Carbs:** 1 g **Sodium:** 200 mg **Probiotics:** Naturally occurring (unpasteurized)



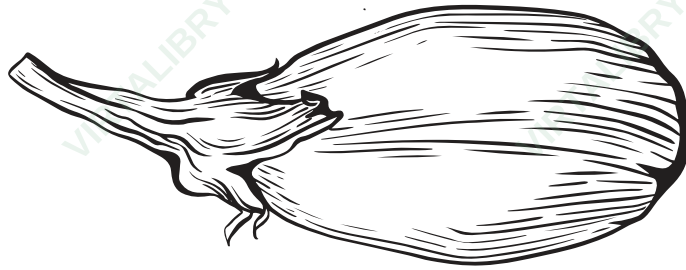
WHY YOU'LL LOVE IT:

- ✓ Classic deli-style sourness without vinegar
- ✓ Natural probiotics for gut health
- ✓ Ultra-crunchy when made with fresh pickling cucumbers
- ✓ Easy small-batch ferment

For tips on fermentation vessels, lids, weights, and foam removal, see Chapter 3 – “Fermentation & Fridge Preserves.”

11. Eggplants — A Taste of Sunshine in a Jar

If summer could be preserved, it would surely smell like eggplants.



If summer could be preserved, it would surely smell like eggplants.

These recipes capture their velvet-soft texture, bold aroma, tangy brine, and the kind of care that warms you even on the greyest of days.

Eggplants are wonderfully generous — they soak up flavors, mingle beautifully with oil, tomatoes, lemon, even wine. And for the home cook who learns to preserve them, each jar becomes more than food: it's a ready appetizer, a rustic spread, a quick dinner helper, or a soulful side dish with a glass of wine.

In this chapter, you'll find 10 trustworthy, beginner-friendly, and beautiful recipes — from traditional to refined. They're all written with warmth, tested with love, and designed to welcome even the most hesitant beginner.

You'll learn how to:

Safely sterilize and seal your jars

Preserve texture and flavor

Use natural preservatives like vinegar, oil, and spices

And most of all — how to open a jar and feel like you've gifted yourself a little piece of joy

Open a jar — and let your kitchen smell like summer again.



Cozy Pickled Eggplants with Garlic



Soft, savory, and gently tangy — a pantry treasure with Mediterranean flair.

Yield: ≈ 4 pint jars (475 mL each)



INGREDIENTS:

- 3 lbs (1.4 kg) eggplants
- 4 cups (950 mL) white vinegar (5% acidity)
- 1 cup (240 mL) water
- 1 tbsp pickling salt
- 1 tbsp sugar
- 6 garlic cloves
- 1 tsp peppercorns
- Optional: fresh dill or oregano sprigs



LET'S WORK SOME MAGIC:

1. Slice eggplants into rounds, sprinkle with salt, and let rest 1 hour.
2. Rinse, blanch 2–3 minutes, and drain.
3. Sterilise jars and lids.
4. Boil vinegar, water, salt, and sugar to make brine.
5. Layer garlic, herbs, and eggplants into jars.
6. Pour hot brine, leaving ½ in (1.3 cm) headspace.
7. Wipe rims, seal, and water bath 35 min.
8. Cool 12–24 hrs. Check seals before storing.

Tangy, rustic, and ready for sandwiches or cheese boards.



WHY YOU'LL LOVE IT:

- ✓ Safe & beginner-friendly
- ✓ No artificial preservatives
- ✓ Tastes like grandma's sunny pantry

Per 1 Tbsp: 5 kcal 1.4g carbs 1.2g sugar

Roasted Eggplant in Olive Oil

Silky, smoky, and deeply satisfying — perfect on warm bread or twirled into pasta.

Yield: ≈ 4 half-pint jars (250 mL each)



INGREDIENTS:

- 2 lbs (900 g) eggplants
- ½ cup extra virgin olive oil
- ¼ cup white vinegar (5%)
- 1 tsp sea salt
- 1 tsp chili flakes (optional)
- 3 garlic cloves, thinly sliced
- Optional: bay leaf or fresh thyme



LET'S WORK SOME MAGIC:

1. Cube eggplants and sprinkle with salt. Let rest 30 min, then roast at 400°F (200°C) for 20–25 min until golden.
2. In a saucepan, gently warm olive oil, vinegar, and garlic. Don't boil — just infuse with love.
3. Sterilise jars and lids.
4. Layer roasted eggplants, herbs, and garlic oil into hot jars.
5. Leave ½ inch headspace. Wipe rims, apply lids.
6. Process in boiling water bath for 40 minutes.
7. Cool undisturbed 12–24 hrs. Check for proper seal.

Rich, rustic, and oh-so-satisfying — a little spoonful turns any meal special.



WHY YOU'LL LOVE IT:

- ✓ Bold, roasted flavor
- ✓ Preserved in healthy oil
- ✓ A cozy kitchen favorite year-round

Per 1 Tbsp: 18 kcal 1.1g carbs 0.2g sugar

Sweet & Sour Eggplant Relish

Sweet, tangy, and gently spiced — like a hug in a jar for your sandwiches and grilled treats.

Yield: ≈ 3 pint jars (475 mL each)



INGREDIENTS:

- 2 lbs (900 g) eggplants
- 1 medium onion, finely chopped
- $\frac{3}{4}$ cup (180 mL) apple cider vinegar
- $\frac{1}{2}$ cup (100 g) sugar
- 1 tbsp salt
- $\frac{1}{2}$ tsp turmeric
- 1 tsp mustard seeds



LET'S WORK SOME MAGIC:

1. Dice eggplants and sprinkle with salt. Let them rest for 30 minutes, then rinse and drain.
2. In a wide pan, combine all Ingredients:. Simmer over medium heat for about 30 minutes, stirring now and then, until thick and glossy.
3. Sterilise jars and lids.
4. Spoon hot relish into jars, leaving $\frac{1}{2}$ inch head-space.
5. Wipe rims clean, apply lids, and process in a boiling water bath for 35 minutes.
6. Let cool for 12–24 hours. Check that each lid has sealed properly.

Perfect with grilled chicken, lentils, or as a colorful spread on toast.



WHY YOU'LL LOVE IT:

- ✓ Balanced sweet-sour flavor
- ✓ Naturally preserved with vinegar and care
- ✓ Makes everyday meals feel gourmet

Per 1 Tbsp: 8 kcal 1.7g carbs 1.35g sugar

Spiced Eggplant & Pepper Chutney

Deep, aromatic, and just a little fiery — this chutney is sunshine in a spoon.

Yield: ≈ 4 half-pint jars (250 mL each)



INGREDIENTS:

- 1½ lbs (680 g) eggplants
- 1 red bell pepper, diced
- 1 small onion, chopped
- $\frac{3}{4}$ cup (180 mL) white vinegar
- $\frac{1}{2}$ cup (100 g) sugar
- 1 tsp salt
- 1 fresh chili or $\frac{1}{2}$ tsp chili flakes
- $\frac{1}{2}$ tsp ground cumin (optional)



LET'S WORK SOME MAGIC:

1. Dice eggplants and sprinkle with salt. Let rest 30 min, then rinse and drain.
2. In a deep pan, combine all Ingredients:. Simmer over low heat for 35–40 min, stirring often, until thick and fragrant.
3. Sterilise jars and lids.
4. Spoon chutney into hot jars, leaving $\frac{1}{2}$ inch head-space.
5. Wipe rims, seal, and process in boiling water bath for 35 minutes.
6. Cool undisturbed 12–24 hours. Test lids before storing.

A bold match for cheese boards, rice bowls, or even grilled tofu.



WHY YOU'LL LOVE IT:

- ✓ Bold flavor with gentle heat
- ✓ Long shelf life
- ✓ A pantry staple that adds spark to every dish

Per 1 Tbsp: 9 kcal 1.8g carbs 1.5g sugar



Eggplant in Herb Brine

Tender, mildly tangy, and perfumed with garlic and herbs — perfect for antipasto or cozy snacks.

Yield: ≈ 2 pint jars (475 mL each)



INGREDIENTS:

- 1½ lbs (680 g) eggplants
- 2 cups (480 mL) white vinegar (5%)
- 1 cup (240 mL) water
- 1 tsp pickling salt
- 2 garlic cloves, halved
- 1 tsp black peppercorns

Optional: 1 sprig rosemary or thyme per jar



LET'S WORK SOME MAGIC:

1. Cut eggplants into strips or thick half-moons. Sprinkle with salt and let sit 1 hour. Rinse and blanch for 2–3 minutes.
2. Sterilise jars and lids.
3. In a saucepan, bring vinegar, water, and salt to a boil.
4. Place garlic, herbs, and peppercorns in jars. Pack in eggplant pieces.
5. Pour hot brine over, leaving ½ inch headspace. Wipe rims, seal, and process 30 minutes in boiling water bath.
6. Let cool undisturbed 12–24 hrs. Test seals.

Simple, clean, and herby — a quiet joy on a busy day.



WHY YOU'LL LOVE IT:

- ✓ Gentle flavor with herbal lift
- ✓ Easy to pair with any meal
- ✓ Lovely on rustic bread or next to a soft cheese

Per 1 Tbsp: 5 kcal 1.2g carbs 0.9g sugar

Eggplant & Tomato Pantry Spread

Velvety and full of garden flavor — a Mediterranean classic in a humble jar.

Yield: ≈ 3 half-pint jars (250 mL each)



INGREDIENTS:

- 1 lb (450 g) eggplants
- 2 cups (480 mL) ripe tomatoes, chopped
- 2 tbsp olive oil
- 2 tbsp vinegar (5%)
- 1 small onion, chopped
- 1 garlic clove, minced
- Salt and black pepper to taste

Optional: fresh basil or parsley



LET'S WORK SOME MAGIC:

1. Dice eggplants and sprinkle with salt. Let sit 30 min, rinse, then sauté in oil until soft.
2. Add onion and garlic; cook until translucent. Stir in tomatoes, vinegar, and seasoning. Simmer 20–30 min until thick.
3. Blend if desired for smooth texture.
4. Sterilise jars and lids.
5. Ladle hot spread into jars, leaving ½ in headspace. Wipe rims, seal, and process 35 min in water bath.
6. Cool 12–24 hrs. Check for proper seal.

Perfect on toasted sourdough, pasta, or as a savory swirl in soups.



WHY YOU'LL LOVE IT:

- ✓ Garden-to-jar comfort
- ✓ Naturally preserved with care
- ✓ A homemade sauce that loves you back

Per 1 Tbsp: 8 kcal 1.35g carbs 0.9g sugar

Slavic-Style Eggplant in Sunflower Oil

Tender, golden, and soul-warming — a vintage recipe that belongs in every cozy kitchen.

Yield: ≈ 4 half-pint jars (250 mL each)



INGREDIENTS:

2 lbs (900 g) eggplants

½ cup (120 mL) sunflower oil

2 tbsp vinegar (5%)

1 small onion, thinly sliced

1 garlic clove, minced

Salt to taste

Optional: pinch of sweet paprika or smoked pepper



LET'S WORK SOME MAGIC:

1. Slice eggplants into thin rounds. Sprinkle with salt and let sit 1 hour. Rinse and pat dry.
2. Lightly sauté slices in sunflower oil until golden and soft.
3. In a small pan, warm remaining oil with vinegar, onion, and garlic.
4. Sterilise jars and lids.
5. Layer eggplants and pour in warm oil mixture, leaving ½ inch headspace.
6. Wipe rims, seal, and process in water bath for 40 minutes.
7. Cool completely. Check for proper seals.

Rich and nostalgic — serve chilled with rye bread, olives, or pickles.



WHY YOU'LL LOVE IT:

- ✓ Old-world flavor
- ✓ Oil-preserved without additives
- ✓ Perfect for holidays or quiet evenings

Per 1 Tbsp: 14 kcal 0.9g carbs 0.6g sugar

Lemon-Garlic Pickled Eggplant



Bright, zesty, and infused with citrus — a little jar of joy for every winter table.

Yield: ≈ 3 pint jars (475 mL each)



INGREDIENTS:

1½ lbs (680 g) eggplants

Juice of 1 lemon

3 cups (720 mL) white vinegar (5%)

1 cup (240 mL) water

1 tsp salt

1 tbsp sugar

3 garlic cloves, sliced

Optional: a few lemon peels or thyme sprigs



LET'S WORK SOME MAGIC:

1. Slice eggplants and salt lightly. Let rest 30 min, then rinse and blanch 2–3 minutes.
2. Sterilise jars and lids.
3. In a pot, bring vinegar, water, lemon juice, salt, and sugar to a boil.
4. Pack eggplants, garlic, and optional herbs or peel into jars.
5. Pour hot brine, leaving ½ inch headspace.
6. Wipe rims, seal, and process in boiling water bath for 35 minutes.
7. Cool 12–24 hrs. Check for seal.

Perfect with baked fish, couscous, or as a lemony side to grilled dishes.



WHY YOU'LL LOVE IT:

- ✓ Lively citrus twist
- ✓ Clean, refreshing finish
- ✓ Keeps beautifully through winter months

Per 1 Tbsp: 5 kcal 1.2g carbs 1.05g sugar



Spiced Eggplants in Red Wine Vinegar

Deep, aromatic, and just a bit mysterious — a savory preserve with character.

Yield: ≈ 4 half-pint jars (250 mL each)



INGREDIENTS:

- 2 lbs (900 g) eggplants
- 1 cup (240 mL) red wine vinegar (5%)
- ½ cup (120 mL) water
- 1 tbsp sugar
- 1 tsp salt
- 3 garlic cloves, halved
- 1 tsp whole cloves or allspice
- ½ tsp chili flakes (optional)
- 1 bay leaf per jar



LET'S WORK SOME MAGIC:

1. Slice eggplants into thick strips. Sprinkle with salt and let sit 30 min. Rinse and pat dry.
2. Blanch for 2–3 minutes in boiling water, then drain.
3. Sterilise jars and lids.
4. In a saucepan, bring vinegar, water, sugar, and salt to a boil with spices.
5. Pack eggplants and aromatics into jars. Pour hot brine over, leaving ½ inch headspace.
6. Wipe rims, seal tightly, and process 35 minutes in boiling water bath.
7. Let cool fully and check seals.

Elegant, spicy, and delicious on cheese boards or with roasted vegetables.



WHY YOU'LL LOVE IT:

- ✓ Complex, warm flavor
- ✓ Naturally preserved with spice
- ✓ Adds depth to simple meals

Per 1 Tbsp: 6 kcal 1.35g carbs 1.05g sugar

Eggplant & Honey Glaze Delight

Sweet, mellow, and kissed with warmth — this golden preserve adds a gentle twist to savory dishes and simple snacks.

Yield: ≈ 3 half-pint jars (250 mL each)

INGREDIENTS

- 2 lbs (900 g) eggplants
- ¼ cup (85 g) honey
- ½ cup (120 mL) apple cider vinegar (5%)
- 1 tsp sea salt
- 1 garlic clove, crushed
- Optional: pinch of cinnamon or fresh thyme

LET'S WORK SOME MAGIC:

1. Slice eggplants into cubes. Sprinkle with salt and let rest 30 minutes. Rinse and drain.
2. Lightly sauté the eggplant until golden and softened.
3. In a saucepan, combine honey, vinegar, salt, garlic, and optional spice. Simmer for 2–3 minutes.
4. Add sautéed eggplants to the mixture and cook gently for 10–12 minutes.
5. Sterilise jars and lids.
6. Spoon mixture into jars, leaving ½ inch headspace.
7. Wipe rims, seal, and process in boiling water bath for 30 minutes.
8. Cool 12–24 hours undisturbed. Check seal.

A tender blend of sweet and savory — perfect with soft cheeses, grilled meats, or spooned over crusty bread.

WHY YOU'LL LOVE IT:

- ✓ Naturally sweetened
- ✓ Rustic flavor with a soft finish
- ✓ Cozy and elegant in every jar

Calories per 1 Tbsp 35 kcal • 5.8g carbs • 5.5g



12. Vintage Tips from Grandma's Kitchen

Old-Fashioned Jam Recipes, Slow-Cooked



Hello, sweetheart.

You just stepped into Grandma's kitchen — where the light dances across the counter, the air smells like sugar and summer berries, and time slows to a gentler pace.

Every jar here has a little story to tell.

There's no pectin in these recipes. No shortcuts either. Just old-fashioned magic — a bit of stirring, a bit of simmering, and a whole lot of love.

This chapter is your invitation to make jam the way our grandmothers did .

Let's pull out the enamel pot, take a deep breath, and begin together.



Raspberry Jam – Two Timeless Ways

Two paths. One berry. Both delicious.

Whether you're in a hurry or savoring a slow Sunday, these two traditional raspberry jam techniques will charm your pantry and your palate.

METHOD 1: SATURATED IN HOT SYRUP

(Full & Shiny Berries)

A classic, glossy preserve where plump raspberries soak in hot syrup without falling apart. Ideal for gifting in clear jars — it's as beautiful as it is delicious.



YOU'LL NEED:

Ripe raspberries – 1 kg
Granulated sugar – 1 kg
Water – 1 cup (240 mL)



LET'S MAKE IT TOGETHER:

Make the Syrup

In a saucepan, combine sugar and water. Bring just to a boil.

Pour & Rest

Place raspberries in a large bowl. Pour hot syrup over them. Cover and let rest for **3–4 hours**.

First Simmer

Transfer to a preserving pot. Cook gently for **15 minutes** over low heat.

Cool Completely

Remove from heat and let cool fully — this keeps berries whole.

Final Simmer

Return to the stove. Simmer another **10–15 minutes**, until jam passes the **wrinkle test**.

Result: Glossy, whole berries in jewel-like syrup. Perfect for displaying in your prettiest pantry jars.

METHOD 2: SOAKED IN COLD SUGAR

(Soft & Fragrant)

This slow, fragrant approach draws out deep crimson juice. The jam turns out tender, spreadable, and subtly herbal.



YOU'LL NEED:

Raspberries – 1 kg
Sugar – 1.2 kg



LET'S MAKE IT TOGETHER:

Layer the Fruit

In a large bowl, layer raspberries with sugar.

Let It Rest

Cover and leave at room temperature for **5–6 hours**. This helps the berries release their natural juices.

Simmer Gently

Pour everything into a pot. Simmer over low heat for **20–25 minutes** with the lid on.

Cool Again

Remove from heat. Let cool fully.

Final Simmer

Bring it back to a simmer. Cook until it reaches your preferred soft set.

Calories Per 1 Tbsp (≈20g):

Hot Syrup Method: 55 kcal 14g carbs 13g sugar

Cold Sugar Method: 58 kcal 15g carbs 14g sugar

“This method makes the flavour brighter and the jam softer — just right for spooning,” says Grandma as she savors it on warm biscuits.

Wild Strawberry Jelly

Tiny wild strawberries, kissed by sun and forest dew, are turned into a shimmering, ruby-hued jelly — so delicate, so fragrant, so magical. One spoonful, and you're back under the trees, barefoot, heart full.



YOU'LL NEED:

Wild strawberries – 1 kg

Sugar – 1.5 kg

Water – 1 glass (≈ 250 mL)

Tip: Use a **wide, shallow pan** to help berries stay whole and syrup thicken evenly.



LET'S WORK SOME MAGIC:

Make the Syrup

In a large saucepan, combine sugar and water. Heat until just boiling — clear and glistening.

Gently Pour Over Berries

Place wild strawberries in a wide bowl. Carefully pour the hot syrup over them.

Let the Sweetness Soak In

Cover and let rest for **4–5 hours**, allowing the berries to soak up the syrup like tiny jewels.

First Simmer

Transfer everything into a preserving pan. Bring to a gentle boil, then reduce to a simmer for **10–15 minutes**. Stir tenderly.

Cool Completely

Remove from heat and let the jelly rest until fully cooled. This keeps the berries whole and helps the jelly set gently.

Final Simmer

Reheat and simmer again for **5–7 minutes**, or until it reaches that dreamy **soft-set** stage.

Visual cue: Jelly clings softly to the spoon — no dripping, just gentle shimmer.



WHAT YOU'LL LOVE:

- ✓ A floral, forest-kissed jelly
- ✓ Whole berries, suspended like rubies
- ✓ Gentle technique, magical result
- ✓ A jar full of barefoot summer

Calories Per 1 Tbsp (≈20g): 60 kcal 16g carbs 15g sugar

Spoon it on warm toast, serve with soft cheese... or keep it just for you — a quiet moment of summer sunshine in a jar.

Blackcurrant Jam

Bold, Tangy & Perfect for Cozy Mornings

This deep, rich jam is made for winter mornings — thickly spread on warm toast with a hot cup of tea. Its tart flavor and jewel-toned color bring a little drama to your pantry (the good kind!).

And just a spoonful stirred into yoghurt or muesli? Pure comfort.



WHAT YOU'LL NEED:

1 kg blackcurrants

1.2 kg sugar

1 glass water



LET'S STIR UP SOME WARMTH:

1. Gently **remove the stems** and wash the blackcurrants.
2. In a large pan, bring **sugar and water to a boil** — you're making syrup!
3. Add the berries to the hot syrup and cook over **low heat for 20–25 minutes**, stirring now and then.
4. Let the mixture **cool completely** — the flavor deepens beautifully.
5. Reheat and bring to a boil again. Simmer for another **10–15 minutes**, or until it thickens to your liking.

Calories Per 1 Tbsp (≈20g): 57 kcal 15g carbs 14g sugar

This jam is bold and sophisticated — just like you, sweetheart. Perfect in tea-time tarts, morning toast, or simply by the spoonful.

Redcurrant Jam

Clear Red Jewels in a Jar

Handle these ruby-red pearls with care — they're delicate, bright, and oh-so-beautiful. After a gentle soak in hot syrup, they simmer slowly into a jewel-toned jam with a light, jelly-like set.

This one's a showstopper on toast, but also pairs wonderfully with cheese boards and roast meats. Sweet meets savory — and it's divine.



WHAT YOU'LL NEED:

- 1 kg redcurrants
- 1.2 kg sugar
- 1 cup water



LET'S MAKE SOMETHING PRECIOUS:

1. Wash the redcurrants gently and remove any stems.
2. In a large pan, **boil sugar and water together** to make a simple syrup.
3. Pour the **hot syrup** over the redcurrants and let it rest for **4 hours** — they'll start to glisten.
4. Bring to a **gentle simmer** and cook on **low heat for 20 minutes**.
5. Let it **cool completely**.
6. Reheat and cook again for **another 10 minutes**, until the jam thickens just enough to shimmer.

Calories Per 1 Tbsp (≈20g): 56 kcal 14g carbs 13g sugar

Tiny, tart, and oh-so-treasured — this jam is a ruby crown for your pantry.

Cherry Leaf & Gooseberry Jam

A Whispered Secret from the Countryside

Yes — cherry leaves!

Grandma knew their quiet magic. She would slip a few green leaves between layers of tart gooseberries, then pour boiling water over them. The result? Berries softened just enough, and the jam took on the faintest hint of almond.

It's the kind of secret only shared in hushed tones over tea.



WHAT YOU'LL NEED:

- 1 kg gooseberries
- 1.2 kg sugar
- 1 cup water
- 5–6 fresh cherry leaves



LET'S MAKE SOMETHING ENCHANTING:

1. Gently wash the gooseberries and remove stems if needed.
2. In a large bowl, **layer the gooseberries with cherry leaves**.
3. Pour **boiling water** over them and let sit until the berries begin to soften. Then **drain well**.
4. In a pot, **boil sugar and water** to create a simple syrup.
5. Add the softened gooseberries to the syrup.
6. Cook on **low heat for 20–25 minutes**, stirring gently so the berries stay whole.
7. Let it **cool completely**.
8. Reheat and simmer for **10–15 more minutes**, until thickened and fragrant.

Calories Per 1 Tbsp (≈20g): 59 kcal 15g carbs 13.5g sugar

One spoonful, and you're back in the orchard — soft wind, sun on your skin, and a jar of summer in your hands.

Plum Jam (Including Yellow Plums)

Rich, Golden & Full of Patience

Whether you choose juicy red plums or tart yellow ones, this jam rewards those who wait.

The fruit rests in syrup, softens slowly, and reveals its full flavor over time.

Tip: If you're working with tiny, pitted plums, you can simmer them whole and then strain if you prefer a smoother texture.



WHAT YOU'LL NEED:

- 1 kg plums (red or yellow)
- 1.2 kg sugar
- 1 cup water



LET'S TAKE IT SLOW:

1. Wash and **peel the plums**, then **cut in half** — or leave them whole if they're very small.
2. In a pot, **make a syrup** by boiling the sugar and water together.
3. Add the plums to the syrup and **let them rest for 3–4 hours** — this helps them soak up sweetness.
4. Bring the mixture to a **low simmer** and cook for **25 minutes**, gently stirring.
5. Let it **cool completely** — the flavors will deepen as it rests.
6. Reheat and simmer again on **low heat** until the jam thickens and reaches a soft, spoonable set.

Calories Per 1 Tbsp (≈20g): 58 kcal 15g carbs 14g sugar

This jam is like summer sunshine in a jar — golden, generous, and made with care.

Cranberry Jam with Apples

A Holiday Hug in a Jar

This ruby-red jam is a festive favorite — sweet, tart, and wonderfully cozy. Blanched cranberries melt into soft apples and syrup, creating a sparkling spread perfect for winter mornings, cheese boards, or thoughtful gifts.

Its vibrant color makes it a stunning addition to holiday gift baskets — a little jar of joy.



WHAT YOU'LL NEED:

- 1 kg cranberries
- 1 kg apples
- 1.5 kg sugar
- 2 cups water



LET'S MAKE SOME HOLIDAY MAGIC:

1. Bring water to a boil and **blanch the cranberries for 2–3 minutes**. Drain well.
2. Core and slice the apples (no need to peel unless you prefer it smooth).
3. In a large pot, combine the **apples, sugar, and water**. Simmer until the apples soften and begin to fall apart.
4. Add the **blanched cranberries** to the apple mixture.
5. Simmer everything together for **20–30 minutes**, stirring often.
6. Cook until the jam thickens into a spreadable, ruby delight.

Calories Per 1 Tbsp (≈20g): 52 kcal 13g carbs 12g sugar

This jam is winter comfort in a jar — tart, sweet, and made with love.

Lingonberry (Cowberry) Preserves

Tart, Wild & Wonderfully Simple

Lingonberries don't ask for much — just sugar, water, and a little time. Their natural tartness makes them perfect for savory pairings, and with a touch of spice, they become a festive favorite too.

For a cozy holiday version, add cloves and a cinnamon stick during the final simmer.



WHAT YOU'LL NEED:

- 1 kg lingonberries (cowberries)
- 1.2 kg sugar
- 1 cup water

Optional (Spiced Version):

- 2–3 whole cloves
- 1 cinnamon stick



LET'S KEEP IT SIMPLE:

1. Gently **rinse the berries** and remove any stems.
2. In a pot, **combine sugar and water**, bringing it to a gentle boil to make syrup.
3. Add the lingonberries and cook over **low heat for 25–30 minutes**, stirring regularly.
4. For a spiced version, **add cloves and a cinnamon stick** during the last 10 minutes of cooking.
5. Let the jam **cool completely**.
6. Before jarring, **warm it gently** so it pours easily.

Calories Per 1 Tbsp (≈20g): 50 kcal 13g carbs 12g sugar

This preserve brings a bright Nordic tang to your table — simple, bold, and beautiful with roast meats, cheese, or a piece of rye toast.

Old-Fashioned Fruit Butter

Slow, Simple & Soulful

This thick, deeply flavored preserve is made the old way — by gently cooking fruit purée (like apples, plums, or pears) until it becomes rich, dark, and spreadable. No pectin, no rush. Just time and love.

Perfect for winter toast, filling pastries, or enjoying by the spoonful on a quiet afternoon.



WHAT YOU'LL NEED:

- 1.5 kg apples, plums, or pears (peeled and chopped)
- 0.5–1 kg sugar (adjust to taste, depending on how sweet your fruit is)
- ½ cup water (optional — only if needed to help soften the fruit)



LET'S TAKE IT SLOW:

1. In a heavy-bottomed pot, **cook the fruit over low heat** until very soft and tender.
2. Use a **strainer or immersion blender** to purée the fruit until smooth.
3. Return the purée to the pot and **add sugar**. Stir to combine.
4. Simmer **uncovered** over low heat for **1–2 hours**, stirring often to avoid burning.
5. The povidlo is ready when it's **thick, silky, and spreadable** like soft butter.

Optional: Stir in a pinch of **cinnamon** or a splash of **vanilla** at the very end for a cozy touch.

Calories Per 1 Tbsp (≈20g): 45 kcal 12g carbs 10g sugar (average across apples/plums/pears; low-sugar version)

This is fruit in its most tender form — patient, honest, and ready to warm your winter days.

Traditional Mash Method for Blackcurrant Preserve

No Cooking — Just Pure Fruit & Sugar Magic

This method preserves the bold flavor of fresh blackcurrants without boiling — just slow mashing and sugar. It's a rustic tradition, full of texture and taste, made to last through the seasons.



WHAT YOU'LL NEED:

- 1 kg blackcurrants
- 2 kg sugar (powdered if possible)

Note: The original said 100 g, but based on the sugar ratio, 1 kg seems correct for yield.



HOW TO MAKE IT:

1. **Sort the blackcurrants:** Set aside the larger ones for other uses. The smaller, juicier ones are perfect for this preserve.
2. Wash the berries **thoroughly in cold water**, then let them **drain through a fine mesh sieve or colander**.
3. Place the berries in a **large enamel or glass bowl**. *Avoid aluminum or chipped enamel — it reacts with the fruit's acidity.*
4. Using a **wooden pestle or potato masher**, crush the berries thoroughly. *(You can also use a meat grinder for this step.)*
5. While gently stirring, **gradually add the sugar** — bit by bit — making sure it begins to dissolve.
6. Cover the bowl with a **clean dish towel** and let it rest for **3 to 4 hours**.
7. Stir again — patiently and thoroughly — until the mixture becomes **glossy and smooth**, and no sugar granules remain. *If sugar is still visible, keep stirring — undissolved sugar can cause spoilage.*
8. Spoon the preserve into **sterilised glass jars**, and cover with **parchment paper or airtight lids**.

Calories Per 1 Tbsp (≈20g): 62 kcal 16g carbs 15g sugar (high-sugar, no-cook preserve)

This no-cook preserve keeps its fresh, tangy flavor — a spoonful of summer, made the old-fashioned way.

Rhubarb Preserve

Soft, Tangy & Blushing Pink

This preserve captures the delicate tartness of rhubarb in its simplest form. Just sugar and gentle heat — no extras needed. It's a beautiful companion for yogurt, tarts, or even a slice of warm toast.



WHAT YOU'LL NEED:

- 1 kg fresh rhubarb (cleaned)
- 1.5 cups sugar (≈ 300 g)



LET'S BEGIN:

1. Trim off the **pink bottoms and green tips** of the stalks.
2. Peel away any **stringy outer skin**, especially from thicker pieces.
3. Cut the rhubarb into **1-inch pieces**.
4. Rinse and briefly **soak in cold water**.
5. Place the rhubarb and sugar in a heavy-bottomed pot.
6. Simmer slowly over **low heat**, **gently shaking** the pot now and then — no stirring at first, to keep pieces whole.
7. Once the rhubarb releases its juices, **continue cooking for 10–15 minutes**, until tender and jammy.
8. Spoon the preserve into **clean glass jars or ceramic containers**.
9. Allow to **cool fully**, then seal tightly.

Calories Per 1 Tbsp (≈20g): 38 kcal 10g carbs 9g sugar

Serving Suggestion:

Delicious over yogurt, layered in tarts, or spooned into sweet pies — this blush-pink treat is as lovely as springtime itself.

Traditional Candied Citrus Peel

Bright, Sweet & Perfectly Preserved

Homemade candied citrus peel is a timeless treasure — a fragrant blend of lemon, orange, tangerine, and grapefruit, gently softened in syrup and sparkling with sweetness.

Use it in holiday cookies, festive breads, or simply nibble as a nostalgic treat.



WHAT YOU'LL NEED:

About 1 kg of citrus peels (from lemons, oranges, tangerines, grapefruits, etc.)

1.2 to 1.5 kg sugar

Water — as needed



LET'S MAKE SOME SUNSHINE:

1. **Cut the peel** from your fruit and slice it into thin strips or small chunks.
2. Soak the peels in **cold water for 24 hours**, changing the water **once or twice** to reduce bitterness.
3. Rinse and drain thoroughly.
4. In a large pot, make a **syrup of equal parts sugar and water** (by volume).
5. Add the citrus peels and **simmer gently for about 1 hour**, until they turn soft and translucent. (*Work in 2–3 batches if needed.*)
6. Let the peels **rest in the syrup overnight**.
7. The next day, bring the syrup to a gentle boil and simmer until it reaches a «**soft thread**» stage — slightly thick but still pourable.
8. Using tongs or a slotted spoon, **lay the peels out** on parchment-lined trays or wire racks.
9. Let them **dry for 2–3 hours**.
10. Optional: **Roll in sugar** for sparkle and crunch.
11. Store in **glass jars or paper-lined boxes** in a cool place.

Calories Per 1 Tbsp (≈20g): 66 kcal 17g carbs 16g sugar

A little jar of these is like edible sunshine — perfect for gifting, baking, or sneaking from the pantry with a grin.

Raspberry Jelly

Delicate, Bright & Naturally Set

This ruby-red jelly is a blend of raspberries and gooseberries — full of natural pectin and a softly tangy flavor. It's a beautiful preserve for afternoon tea, buttery toast, or a thoughtful homemade gift.

No gooseberries? Red currant or cranberry juice work just as well — all three are rich in natural pectin!



WHAT YOU'LL NEED:

2 cups raspberry juice

1 cup gooseberry juice

4 cups sugar

1/3 tsp lemon acid (citric acid)



LET'S BEGIN:

1. In a large pot, **combine the raspberry and gooseberry juices**.
2. Stir in the **sugar** until fully dissolved.
3. Bring the mixture to a **gentle boil over medium heat**.
4. Cook until the jelly reaches the «**thick thread**» stage — when a drop on a cold plate wrinkles slightly when touched.
5. Remove from heat and **skim off any froth** from the surface.
6. Pour the hot jelly into **sterilised jars or glasses**, and seal with **lids or waxed paper**.

Calories Per 1 Tbsp (≈20g): 52 kcal 13g carbs 12g sugar

A spoonful of this jewel-toned jelly turns toast into something special — light, fragrant, and made with love.

Sugar-Infused Lemons

Bright, Fragrant & Full of Sunshine

These lemons are preserved the old way — no boiling, no syrup. Just thin slices, plenty of sugar, and time. The result? A golden citrus infusion perfect for tea, baking, or simply spooned over toast.

You can use this same method with oranges — just adjust the sugar to 5 cups per kilogram for a gentler sweetness.



WHAT YOU'LL NEED:

½ kg lemons

About 1.5 kg sugar (≈ 7½ cups)



LET'S BEGIN:

1. Wash the lemons **thoroughly**, then **slice into thin rounds**, removing all seeds.
2. In **sterile jars**, layer the lemon slices and **sprinkle sugar generously** over each layer.
3. Repeat until the jars are full, finishing with a thick layer of sugar on top.
4. Cover the jars with **lids or parchment paper**, and leave them at **room temperature for 5–6 days** (or longer, if needed).
5. After the first 24 hours, **invert the jars** to help the sugar fully absorb and dissolve.
6. Once the lemons are fully infused and syrupy, **store the jars in a cool place**.

Calories Per 1 Tbsp (≈20g): 70 kcal 18g carbs 17g sugar

This citrus preserve is like a spoonful of summer — perfect for winter teas, pancakes, or adding to baked treats.

Lingonberries Soaked in Syrup

Bright, Tart & Beautifully Preserved

This Scandinavian-style preserve gently softens wild lingonberries in a light lemony syrup. It's not cooked — just steeped slowly to let nature work her quiet magic.

Perfect as a topping for pancakes, game meats, or stirred into morning porridge.



WHAT YOU'LL NEED:

1 kg lingonberries

1½ cups sugar

3 cups water

Zest of ½ lemon



LET'S MAKE IT:

1. If your berries aren't fully ripe, **leave them in a warm spot for 2–3 days** to mellow.
2. Wash the berries gently and **remove any soft or damaged fruit**.
3. Place them into **clean glass or ceramic jars**.
4. In a saucepan, **combine sugar, water, and lemon zest** to make a light syrup.
5. Let the syrup **cool completely**, then pour it over the berries until fully covered.
6. Cover the jars with **lids or parchment paper**, and store in a **cool, dark place**.

Calories Per 1 Tbsp (≈20g): 36 kcal 9g carbs 8g sugar

This is forest fruit at its gentlest — tart, tender, and quietly sweet.

Lingonberries Soaked in Apple Juice

Forest-Fresh, Mildly Sweet & Beautifully Balanced

This no-boil preserve combines the tartness of lingonberries with the natural sweetness of apples. It's gentle, refreshing, and perfect for enjoying with cheeses, roasted meats, or simply by the spoonful.



WHAT YOU'LL NEED:

- 1 kg lingonberries
- 500 g sweet apples (*crab apples or firm, small varieties work best*)
- 3 cups sugar
- 5 oz water ($\approx$ 150 ml)



LET'S PREPARE:

1. Gently **wash the lingonberries and apples**. Slice the apples if large; leave small ones whole or halved.
2. **Layer the fruits** together in clean, sterilised jars.
3. In a saucepan, **combine sugar and water** to make a simple syrup.
4. Let the syrup **cool completely**, then **pour it over the fruits**, covering them fully.
5. **Seal the jars** tightly and store in a **cool, dark place**.

Calories Per 1 Tbsp ($\approx$ 20g): 42 kcal 11g carbs 10g sugar

This preserve is a quiet celebration of northern fruit — sweet, tangy, and filled with the scent of the orchard.

Lingonberries with Apples Soaked in Water

Light, Forest-Fresh & Gently Sweetened

This traditional no-boil preserve brings together tart lingonberries and small, firm apples (or crab apples), gently infused in a light syrup. It's refreshing, simple, and perfect for cool storage.



WHAT YOU'LL NEED:

- 1 kg lingonberries
- 500 g small apples (or crab apples)
- 3 cups sugar
- 5 cups water



LET'S PREPARE:

1. Wash the **lingonberries and apples** thoroughly.
2. Layer them gently in **sterilised jars** — keep the apples whole or halved if they're larger.
3. In a saucepan, **combine sugar and water**. Heat gently to dissolve the sugar, then let the **syrup cool completely**.
4. Pour the cooled syrup over the fruit until fully covered.
5. **Seal tightly** with lids or parchment, and store in a **cool, dark place**.

Calories Per 1 Tbsp ($\approx$ 20g): 34 kcal 9g carbs 8g sugar

Raspberry Juice

Gently mash clean raspberries with a wooden spoon. For every 1 kg (2.2 lb) of berries, add **1½ cups of water**.

Warm the mixture to **140–160°F (60–70°C)**, then strain through cheesecloth or a fine mesh strainer.

Sweeten to taste. Store just like apple juice — warm and bottle while fresh.

Calories Per 1 Tbsp (≈20g): 30 kcal 7g carbs 6g sugar

Citrus Juices (Lemon & Orange)

Slice lemons or oranges in half and remove the seeds.

Extract juice using a manual citrus press or an electric juicer. Strain through cheesecloth or a fine mesh sieve to remove pulp.

If desired, add a bit of sugar to balance the acidity. Pour into bottles and heat to **172–176°F (78–80°C)**. Hold at this temperature for **20–25 minutes**, then cool.

Store in a cool, dark place — ready for winter teas, marinades, or baking magic.

Calories Per 1 Tbsp (≈20g): 25 kcal 6g carbs 5g sugar



13. Storage, Troubleshooting & Confidence Tips

Covering shelf life, pantry setup, common issues, and quick fixes all in one clear section.

13.1 Common sealing failures and provides solutions for them.

Typical Sealing Failures & How to Correct Them

When the “Pop” Doesn’t Occur — And What to Do About It

After boiling, pouring, and sealing, you hear—nothing. No inward curve on the lid, no satisfying *pop*. Don’t panic. Even seasoned canners encounter sealing issues. Here’s what might be going wrong — and how to handle it like a calm, confident jar master.

Issue: The Lid Failed to Seal

Why it happens:

The rim of the jar wasn’t clean (usually a sticky syrup ring).

The lid wasn’t centred or tightened correctly.

Insufficient processing time.

Incorrect headspace (too much or too little).

Old, warped, or defective lid.

How to fix it:

Within 24 hours: reprocess the jar. Wipe the rim, use a new lid, and process again using the original method.

Or: store in the fridge and consume within 7–10 days.

Never try to “force” a seal by overtightening or reboiling outside of safe methods. It’s not secure.

Issue: The Lid Popped Up Later

Why it happens:

Spoilage due to improper sealing.

Temperature changes during storage.

Microbial growth caused by underprocessing.

How to fix it:

If the contents leak, fizz, or smell odd — discard immediately.

If the lid opens on its own after being sealed — toss it.
Never reuse the contents.

Issue: The Seal Seems Weak or Dented

Why it happens:

Lid was overtightened before processing.

Air bubbles weren’t removed.

Jars were moved or stacked during cooling.

How to fix it:

Check the vacuum: press the lid — if it stays down, it might still be sealed.

If in doubt, refrigerate and consume within a few weeks.

How to Avoid Sealing Problems

Always wipe jar rims with vinegar before sealing.

Tighten bands only *fingertip tight* — not too firm.

Use fresh lids every time.

Remove air bubbles with the correct tool.

Let jars cool undisturbed for 12–24 hours on a clean towel.

Label and date each jar after processing.



How to Know Your Jar is Sealed Properly?

Tiny Clicks of Confidence — Your Quiet Victory

Once your jars have cooled, it's time for the little test that makes your heart skip — checking the seal. Here's how to know your jar is sealed just right:

- ✓ **The lid is concave** — gently press the center of the lid. It shouldn't pop or flex. If it's firm and slightly dipped in the middle, hooray — you did it!
- ✓ **No leaks or sticky residue** — the outside of the jar is clean and dry, with no syrupy trails or cloudy streaks.
- ✓ **The “Lift Test” (optional)** — when the jar is fully cooled, you can gently lift it by the edge of the lid (not the ring!) — it should stay sealed. But don't do this too soon — wait 12–24 hours first.
- ✓ **A satisfying silence** — sealed jars don't *click* when you press the lid. That little silence is your quiet triumph.
- ✓ And if a jar didn't seal? Don't worry, darling. Just pop it in the fridge and enjoy it soon. You didn't fail — you simply made a delicious refrigerator treat.

Remember: every pop that doesn't happen means your jar *did*.



Self-Belief Tip

Failure to seal isn't failure — it's experience. One or two faulty jars won't ruin your preserving journey. You're still doing a brilliant job... and there's always toast for that unsealed jam.

13.2 Discoloration and clarity issues are frequently encountered

Why Your Jam Looks Murky or Changes Colour — And What to Do About It

You followed the recipe, boiled everything perfectly, and sealed the jars. But then — your jam turns brown,

or your pickled onions go cloudy. Don't worry. You're not alone, and most of the time, it's not dangerous. Here's how to spot, prevent, and deal with these common cosmetic issues.

CLOUDY BRINE OR SYRUP

Why it happens:

- Table salt with anti-caking agents
- Minerals in hard water
- Too little sugar in syrup
- Unstrained starch or pulp
- Possible fermentation from poor sealing or storage

What to do:

- If there's no fizz, strange smell, or signs of spoilage — it's safe to eat.
- For future clarity, always use:
- **Pickling or canning salt**
- **Filtered water**
- **Proper straining of juices and syrups**

FRUIT OR JAM TURNS BROWN

Why it happens:

- Air exposure due to low headspace
- Overcooking syrup or fruit
- Exposure to light during storage
- Improper sealing or a faulty lid

What to do:

- If the colour is the only concern and there are no spoilage signs, it's still edible.
- Next time, ensure:
- Correct **headspace** (usually ¼ to ½ inch)
- Gentle cooking (not prolonged boiling)
- Cool, **dark storage**

GREEN OR BLUE GARLIC?

Yes — it's real! Garlic can turn green or blue when pickled.

Why it happens:

It's a harmless chemical reaction between garlic's natural sulphur compounds and the vinegar's acid.

What to do:

- Use **young, freshly harvested garlic**
- Blanch before pickling to reduce colour changes
- Or... embrace the whimsy — it's still safe and flavorful!

HOW TO KEEP THINGS CLEAR AND VIBRANT

- Use **fresh, high-quality produce**
- Don't overcook fruit mixtures
- Add **acid (like lemon juice)** to light-coloured fruits to preserve colour
- Maintain **proper headspace** and ensure airtight sealing
- Store jars in a **cool, dark place** to prevent discoloration



Final Thought

Cloudy liquids and unexpected colour changes may look odd, but they're rarely a danger. Trust your nose, your eyes, and your instincts. And remember — a slightly browned jam can still bring sweetness and comfort to your morning toast.

13.3 The process of identifying spoilage (involves following both visual and sensory guidelines).

How to Tell When Home-Canned Foods Have Gone Bad

A Practical Guide to Spotting Spoilage

Even when you sterilise jars, follow the recipe to the letter, and process everything by the book—things can still go wrong. And that's okay. What matters most is knowing what to watch for so your kitchen (and family) stays safe.

Visual Signs of Spoilage

1. Bulging Lids

If the lid is puffed up instead of flat or slightly concave, that's a red flag. It usually means gas has built up inside—often from bacteria.

2. Broken or Leaking Seals

If the lid comes off easily or there's sticky residue on the outside of the jar, the seal likely failed.

3. Rising Bubbles (After Sealing)

Tiny bubbles are normal during canning. But if bubbling continues inside a sealed jar, that's a no-go.

4. Cloudy Liquid or Discolouration Was the liquid once clear and now it's murky? Has the colour changed dramatically—especially to grey or black? Time to let it go.

5. Mold or Foam

Anything fuzzy, slimy, or floating shouldn't be in your jar. Discard it.

Sensory Red Flags (Trust Your Nose)

1. Sour, Metallic, or Rotten Odours

If it smells off, fermented (when it shouldn't), or like something from a science experiment—**don't eat it**.

2. Fizzy or Sharp Fermented Smells

This may indicate unwanted microbial activity, particularly in low-acid foods.

A Word About Botulism

Botulism is especially dangerous because it's invisible and odourless. That's why **safe methods and acid levels matter**.

Never taste food to “check” it. One spoonful could be dangerous.

What to Do If You Suspect Spoilage

Discard the contents safely, and the jar too, if it's compromised. Wrap it in a bag and throw it in the *outside* trash bin.

Do not compost any spoiled food—especially those

containing meat or low-acid vegetables.

Disinfect all surfaces the jar came into contact with.



Final Thought

Spoilage doesn't mean failure. It's simply part of working with real, perishable ingredients. With each jar, you gain experience. Stay alert, trust your senses, and remember: no batch is worth your health.

13.4 Ideal storage conditions: temperature, humidity, and lighting.

The Best Conditions for Storage: Temperature, Humidity, and Light

Where your jars live matters just as much as how they were made.

Properly sealed and processed jars can last for months—or even years—if they're stored correctly. Think of your pantry as a calm, protective home for your preserves.

Cool and Consistent Temperature

- **Ideal range:** 50–70°F (10–21°C)
- Avoid placing jars near **stoves, radiators, or sunny windows**—these spots get too hot.
- **Temperature fluctuations** can shorten shelf life and affect texture or taste.

If it's too hot for you to sleep there, it's too hot for your jam.

Dry is Best for Humidity

Moisture can lead to:

- Rusty lids
- Mouldy labels
- Weak or broken seals

Store jars in **well-ventilated spaces**, away from dishwashers, plumbing leaks, or steamy appliances.

Light: Keep Them in the Dark

Direct sunlight can:

- Fade colours
- Break down nutrients
- Weaken seals over time

If blocking sunlight is tricky, use **opaque containers, cabinets, or fabric covers**.

Your pickles aren't sunbathing—they're aging gracefully.

Extra Tips for Smart Storage

- Only store jars in **fridges or freezers** if the recipe specifically calls for it.
- Always **label jars** with the name and date.
- Use the “**first in, first out**” method to keep things fresh and organised.

The Last Word

When you treat your jars kindly after sealing, they reward you with safe, flavourful food for months to come. A little planning in the pantry goes a long way—and keeps your shelves (and tastebuds) happy.

13.5 Organizing your pantry: practical shelving and labeling solutions.

Organizing Your Pantry: Practical Shelving & Labeling Solutions

From one jar-loving woman to another — let's make your pantry your happy place.

You've done the work — simmered, poured, popped those lids, and now your beautiful jars of sunshine and savoury goodness are ready for their next chapter: storage. But wait! Before you stack those jars wherever they'll fit, let's talk *pantry magic*. Because a well-organised pantry isn't just pretty — it keeps your food safe, easy to find, and oh-so-satisfying to behold.



Step One: Create Pantry Zones (No More Treasure Hunts)

Think of your pantry like a mini grocery store. You want to *see what you have*, avoid forgetting that lost jar of pickled onions from 2021, and feel proud every time you open the door.

Here's a simple zone system:

Top shelf – For items you use less frequently (gifts, fancy holiday preserves, or your “I made that?!” masterpieces)

Eye level – Everyday stars like jams, pickles, and sauces

Lower shelves – Heavier jars like fruit halves, purees, or stews (save your back, darling!)

Special shelf – Kids’ or grandkids’ favourites, clearly marked, so they know what’s fair game!

Pro Tip: Use shelf risers or shallow plastic bins to group by type — you’ll never knock over your chutney hunting for the mustard pickles again.



Step Two: Label Like a Lady Boss

Trust me, you *will not remember* what’s in that jar three months from now. Was it apple butter or spiced pear? Save yourself the guesswork with a solid labeling routine.

What to include on each label:

Name of the contents (be specific — “Blueberry-Lavender Jam” beats “Jam”)

Date canned (month & year are perfect)

Optional: Batch number or small notes like “less sugar” or “for gifts”

Fun Fact: A waterproof marker works well, but if you’re feeling fancy, you can use printable labels or washi tape for a decorative touch. Just make sure labels stick and won’t bleed if things get damp.

Pro Tip: Label the **lid and the side** of the jar. That way you can still read it if jars are stacked or stored upright in boxes.



Step Three: Smart Shelving Saves the Day

Not all shelves are created equal, especially when you’re dealing with heavy glass jars.

Look for these features in shelving:

Sturdy and stable – Wood or metal shelves that won’t warp under weight

Adjustable – If possible, so you can fit tall jars easily

Cool and dark location – Ideal for keeping preserves fresh and colourful

Jar Tip: Always store jars **upright**, and avoid stacking them unless you’re short on space — and if you do, place cardboard or a kitchen towel between layers to avoid chipping lids.



Step Four: Rotate and Refresh

Just like the good old days, use the “first in, first out” rule.

Place new jars behind the older ones.

Give your shelves a quick wipe every season — just like your counters.

Double-check seals before opening. If you hear a hiss or see a bulge, it’s time to say goodbye (sad, but better safe than sorry).

Final Thoughts from My Pantry to Yours

A tidy pantry isn’t just about organization — it’s about **respecting the work you’ve done**. You’ve grown, chopped, simmered, sealed — and that deserves a beautiful space. When your pantry is well-set, you’ll feel confident, proud, and maybe even a little smug (and girl, you’ve earned it).

So take your time, label with love, stack with care, and admire that colourful wall of jars — it’s your edible legacy.

13.6 Shelf life considerations and optimal rotation practices.

Shelf Life and Rotation: How to Keep It Fresh, Safe, and Tasty

From my pantry to yours — let's talk about getting the most from every lovingly sealed jar.

So, you've canned your heart out — filling shelves with shelf-stable treasures and arranging them like the kitchen goddess you are. Now it's time to master the gentle art of **preserve rotation** and **shelf-life smarts**, so your jars stay fresh, safe, and forever delicious.

How Long Do Home-Canned Goods Last?

In general:

High-acid foods

(jams, pickles, tomatoes with added acid)

- Best consumed within **12–18 months**
- They may last longer, but flavour and texture can start to decline.

Low-acid foods

(vegetables, meats, stocks — pressure canned only)

- Aim for **6–12 months**
- These are more sensitive to storage conditions.

Ferments & fridge preserves

- Typically last **1–4 weeks** in the refrigerator
- Always check for **fizz, mould, or off smells**

If you wouldn't joyfully serve it to your best friend, it's time to say goodbye.

Smart Rotation: “First In, First Out”

This is self-care for your pantry:

Place **newer jars behind older ones**. The older they are, the closer to the front they should be.

Keep a **small logbook** or write the **month and year** on the lid with a Sharpie.

Use **high-turnover jars** (like jam or salsa) sooner, and save **specialty jars** for later.



Pro Tip:

Use **coloured dot stickers** —

Red = last year, Green = this year.

One glance, and you'll know what needs love first.

What If That Jar Still Looks Great After Two Years?

Technically — yes, it might still be safe *if*:

It's **properly sealed**

Was stored in a **cool, dark, dry place**

Has **no signs of spoilage**

But remember:

Flavour and texture may be past their prime

Vitamins B & C degrade over time

My motto? “If you're unsure, toast it.”

Spread it on warm bread with cream cheese — if it still brings joy, it's breakfast.

Signs It's Time to Let Go

Even before tasting, watch for:

Bulging or leaking lids

Unpleasant odours or fizzing

Mould, colour change, or fuzzy surfaces

Lids that flex or pop up and down when pressed

Trust your instincts. One questionable jar isn't worth risking your health.

Last Word from the Shelf

Shelf life isn't just a number — it's a **relationship**. With a little care, clear labeling, and regular check-ins, your pantry becomes a treasure chest of reliable, ready-to-serve favourites.

Rotate thoughtfully. Use gratefully. And never feel guilty for parting with a jar that's past its prime.

Because canning isn't just about saving food —

It's about **preserving joy**.



14. Helpful Extras & Cheat Sheets

Charts, templates, and checklists to keep your canning days joyful and organized.

14 A. Conversion Tables (weights, volumes, temperatures)

Conversion Tables — Handy Kitchen Math for Every Canner

Whether you're following a vintage recipe from Grandma's notebook or a brand-new one from a book or blog, conversions can be confusing. Don't worry — here's your friendly cheat sheet to make sure your jars are filled with confidence (and not confusion).

Canning Conversion Tables & Reference Guide (UK Edition)

Use this practical reference guide to ensure your jars are prepared with clarity and confidence, every step of the way.

VOLUME CONVERSION (IMPERIAL & METRIC)

Imperial	Metric	Common Use
1 teaspoon	5 ml	Small amounts, spices
1 tablespoon	15 ml	Acids, salts, flavourings
1 fluid ounce	30 ml	Small liquids
1 cup (UK)	250 ml	Syrups, brines
1 pint (UK)	568 ml	Jars, preserves
1 quart (UK)	1.13 litres	Batch brines, soups
1 gallon (UK)	4.54 litres	Large batches

Canning Conversion Tables – US Edition

VOLUME CONVERSION TABLE (US)

US Volume	Equivalent (cups, tbsp, tsp)	Metric Equivalent
1 gallon	16 cups	3.78 litres
1 quart	4 cups	0.95 litres
1 pint	2 cups	473 ml
1 cup	16 tablespoons	237 ml
1 tablespoon	3 teaspoons	15 ml
1 teaspoon	-	5 ml

TEMPERATURE GUIDELINES (°C / °F)

Purpose	Celsius (°C)	Fahrenheit (°F)
Sterilising Jars	100°C	212°F
Setting Jam (Wrinkle Test)	105°C	220°F
Hot Pack for Fruit	82–88°C	180–190°F
Simmering (Low Boil)	85–96°C	185–205°F
Water Bath Processing	100°C	212°F

TEMPERATURE CONVERSION TABLE

Gas Mark	°F	°C
Very Low	200°F	93°C
Low	250°F	120°C
Moderate	350°F	177°C
Moderately Hot	375°F	190°C
Hot	400°F	204°C
Very Hot	450°F	232°C



Fun Fact:

Water boils at lower temperatures in higher altitudes — meaning your canning time might need adjusting. Always check altitude charts for your area.

WEIGHT CONVERSIONS

Imperial	Metric Equivalent
1 ounce (oz)	28grams (g)
1 pound (lb)	454grams (g) / 0.45 kg
2.2 pounds	1kilogram (kg)



Pro Tip:

Use a digital kitchen scale that switches between ounces and grams. It will save you so much time when adjusting recipes or scaling up batches.

LIQUID EQUIVALENTS FOR CANNING RECIPES

Need This Much	Use This Much
4 cups of juice	~1.5 lbs of berries
4 cups chopped tomatoes	~2.5 lbs whole tomatoes
1 cup purée	~1.25 cups cooked fruit
4 pint jars	~8 cups of product
7 quart jars	~14 cups of product

Keep this table in your kitchen drawer or taped inside your cupboard door. When in doubt, refer back here. With time, you'll find your rhythm — and maybe even start converting in your head (but no pressure!).

14 B. pH Levels of Common Foods

A Beginner's Guide to Safe Water Bath Canning Acidity

Understanding acidity is one of the *most important safety steps* when preserving food at home — especially when using the **water bath canning** method.

Why Does pH Matter?

Water bath canners can **only safely process high-acid foods**. If the food has a **pH above 4.6**, it is considered *low-acid* and must be pressure canned to prevent the growth of *Clostridium botulinum* (the bacteria that causes botulism).

This Chart Is Here to Empower You

Don't let the science intimidate you — let it **guide you**.

When you understand how acidity works:

- You'll feel more confident choosing or adjusting recipes safely.
- You'll know which foods are water bath–friendly.
- You'll avoid guesswork — and dangerous mistakes.

pH Chart of Common Foods

One of the most important things in home canning — especially if you're using the water bath method — is knowing whether your food is high-acid or low-acid.

Why?

Because only high-acid foods can be safely processed in a water bath canner.

Anything with a pH above 4.6 is considered low-acid and needs pressure canning to avoid the risk of botulism.

This chart is here to help you feel confident and safe in your canning journey.

HIGH-ACID FOODS (SAFE FOR WATER BATH CANNING)

Food	Approximate pH	Notes
Lemons, Limes	2.0–2.6	Exceptionally acidic – great for adding safety.
Vinegar (5% acidity)	2.4–3.4	A preservation powerhouse.
Apples	3.3–4.0	Ideal for sauces, butter, and jelly.
Strawberries	3.0–3.5	Perfect for jam; low enough for water bath.
Tomatoes (with added acid)	3.9–4.5	Add lemon juice or vinegar for safety.
Peaches	3.3–4.0	Naturally high-acid, but acidification helps.
Plums	2.8–4.6	Borderline – best with added acid.
Pineapple	3.2–4.0	Sweet, tangy, and safe.
Pickles (with vinegar)	3.2–4.0	Vinegar keeps them safe and zesty.
Rhubarb	3.1–3.4	Sour and dependable.

LOW-ACID FOODS (PRESSURE CANNING REQUIRED)

Food	Approximate pH	Notes
Carrots	5.8–6.4	Only safe with added acid (e.g. pickled).
Green Beans	5.6–6.0	Pressure can or pickle with vinegar.
Corn	6.0–6.5	Definitely pressure canning territory.
Potatoes	5.6–6.0	No water bath — pressure only.
Peas	5.9–6.4	Sweet, but not acidic enough.
Meat (all types)	5.5–6.8	Must be pressure canned.
Fish	6.1–6.6	Same as meat – never water bath.
Milk or Cream-Based Sauces	6.5+	Not safe for canning at all.

Understanding acidity is like learning to read the safety manual of your kitchen. Once you get the hang of it, water bath canning becomes less intimidating and a whole lot more enjoyable. You’ve got this — and now, your jars do too.

Foods on the Edge

Some foods — especially certain fruits and all tomatoes — **hover around the critical 4.6 pH mark**.

Always follow the recipe if it calls for **added acid** like:

- Bottled lemon juice
- Vinegar
- Citric acid

These aren’t optional — they’re essential for **safety**.

Helpful Tips for Safe Acidity

- **Use bottled lemon juice** (not fresh) — it’s reliably acidic and safer for preserving.
- **Don’t guess** the acidity of unknown ingredients — use a **pH strip** or stick to **tested recipes**.

Never home can:

- Dairy (milk, cream)
- Eggs
- Anything thickened with flour or cornstarch

These are **not safe** for home water bath canning.

Last Thought

Understanding pH is like learning the **safety manual** for your canning kitchen.

Once you know the rules, you can break out the creativity — and enjoy water bath canning with **confidence and joy**. You’ve got this.

14C. Seasonal Home Canning & Preserving Calendar

For British and American Households
(Based on decades of traditional preserving practices)

March – April

Early spring: greens & tart crops

Rhubarb

- *Preserve as:* jam, compote, chutney, frozen pieces.
- *Tip:* harvest before stalks become woody (mid-June).

Spring Greens (kale, chard, spinach)

- *Preserve as:* blanch and freeze, or dehydrate.
- *Tip:* best picked young and tender.

Wild garlic / nettles (UK)

- *Preserve as:* pesto, freeze with oil, or dry for seasoning.

May

Asparagus

- *Preserve as:* pickled spears, frozen, or pressure-canned (not safe in water bath).

Strawberries

- *Preserve as:* jam, jelly, fruit leather, frozen whole or sliced.
- *Tip:* choose small, deep-red berries for best flavor.

Rhubarb (late harvest)

- *Still in season for:* compote, chutney, pie fillings.

June

Cherries (sweet & sour)

- *Preserve as:* whole in syrup, jam, brandied, or dried.

Strawberries (late crop)

- *Continue preserving as above.*

Peas & Broad Beans (Fava)

- *Preserve as:* blanched and frozen.

New Potatoes

- *Preserve as:* pressure-canned only. Not suitable for water bath.

July

Raspberries, Red & Black Currants, Gooseberries

- *Preserve as:* jelly, syrup, frozen, pie filling.
- *Tip:* combine gooseberries with sweeter fruits for balance.

Zucchini (Courgettes)

- *Preserve as:* relish, chutney, spiralized & frozen.
- *Tip:* avoid large overripe ones — too watery.

Green Beans

- *Preserve as:* pressure-canned or pickled.

Cucumbers

- *Preserve as:* pickles (sweet, dill, bread-and-butter).

August

Peak harvest month

Tomatoes (cherry, plum, beefsteak)

- *Preserve as:* sauce, salsa, ketchup, juice, whole/halved.
- *Tip:* use water bath for acidic recipes, pressure can for low-acid.

Peaches, Nectarines, Apricots

- *Preserve as:* jam, preserves, syrup-packed, frozen slices.

Corn (sweet)

- *Preserve as:* blanched and frozen, or pressure canned.
- *Tip:* process within hours of harvest for sweetness.

Bell Peppers & Hot Peppers

- *Preserve as:* pickled, roasted & frozen, relishes.

Blackberries & Plums

- *Preserve as:* jams, chutneys, frozen or dried (plums into prunes).

Month	Produce	Preserve As	Tip
March – April	Rhubarb	jam, compote, chutney, frozen pieces	harvest before stalks become woody (mid-June)
	Spring Greens (kale, chard, spinach)	blanch and freeze, or dehydrate	best picked young and tender
	Wild garlic / nettles (UK)	pesto, freeze with oil, or dry for seasoning	
May	Asparagus	pickled spears, frozen, or pressure-canned	not safe in water bath
	Strawberries	jam, jelly, fruit leather, frozen whole or sliced	choose small, deep-red berries for best flavor
	Rhubarb (late harvest)	compote, chutney, pie fillings	still in season
June	Cherries (sweet & sour)	whole in syrup, jam, brandied, or dried	
	Strawberries (late crop)	same as above	
	Peas & Broad Beans (Fava)	blanched and frozen	
	New Potatoes	pressure-canned only	not suitable for water bath
July	Raspberries, Red & Black Currants, Gooseberries	jelly, syrup, frozen, pie filling	combine gooseberries with sweeter fruits
	Zucchini (Courgettes)	relish, chutney, spiralized & frozen	avoid large overripe ones — too watery
	Green Beans	pressure-canned or pickled	
	Cucumbers	pickles (sweet, dill, bread-and-butter)	
August	Tomatoes (cherry, plum, beefsteak)	sauce, salsa, ketchup, juice, whole/halved	use water bath for acidic recipes, pressure can for low-acid
	Peaches, Nectarines, Apricots	jam, preserves, syrup-packed, frozen slices	
	Corn (sweet)	blanched and frozen, or pressure canned	process within hours of harvest
	Bell Peppers & Hot Peppers	pickled, roasted & frozen, relishes	
September	Blackberries & Plums	jams, chutneys, frozen or dried	plums into prunes
	Apples & Pears (early varieties)	sauce, butter, pie filling, jelly, cider vinegar	
	Grapes	juice, jelly, raisins (dried), wine	
	Carrots, Beets	pressure-canned, pickled, fermented, or root-cellared	
October – November	Tomatoes (late harvest)	salsa, paste, chutneys	make final batches
	Cabbage	sauerkraut, kimchi (fermented), slaw for freezing	fermenting temp: 65–72°F / 18–22°C
	Pumpkins & Winter Squash	purée (frozen only), cubes (pressure-canned), dehydrated	
	Apples (late varieties)	dried rings, apple butter, cider, vinegar	
	Cranberries (late October in North America)	relish, jelly, frozen whole	

September

Apples & Pears (early varieties)

— *Preserve as:* sauce, butter, pie filling, jelly, cider vinegar.

Grapes

— *Preserve as:* juice, jelly, raisins (dried), wine.

Carrots, Beets

— *Preserve as:* pressure-canned, pickled, fermented, or root-cellaried.

Tomatoes (late harvest)

— *Make final batches of:* salsa, paste, chutneys.

October – Early November

Autumn harvest & root storage

Cabbage

— *Preserve as:* sauerkraut, kimchi (fermented), slaw for freezing.

— *Tip:* ideal temp for fermenting: 65–72°F / 18–22°C.

Pumpkins & Winter Squash

— *Preserve as:* purée (frozen only), cubes (pressure-canned), dehydrated.

Apples (late varieties)

— *Preserve as:* dried rings, apple butter, cider, or vinegar.

Cranberries (late October in North America)

— *Preserve as:* relish, jelly, frozen whole.

RECOMMENDED METHODS BY FOOD TYPE

Food Type	Methods
Berries	Jam, jelly, syrup, freezing
Stone fruits	Canning in syrup, chutneys
Tomatoes	Sauce, juice, pressure canning
Greens	Blanch & freeze, drying
Roots	Pickle, pressure can, cellar
Cabbage	Fermenting, freezing
Squash	Freezing (puree), dry
Peppers	Pickled, roasted/frozen

Preservation Wisdom from Experienced Home Canners

- **Always sterilize** jars and lids — boiling water or oven dry at 275°F / 135°C for 10 minutes.
- **Follow tested recipes only** — especially when using water bath methods (acidic foods only!).
- **Label jars** with date & content. Use within 12–18 months for best quality.
- **Inspect seals** after 24 hrs: lid should not flex up/down when pressed.
- **Spoilage signs:** bubbling, leaking, mold, unpleasant odor — discard immediately.
- **Cool storage:** pantry or basement at 50–70°F / 10–21°C, dark & dry.

14 D Shopping Checklist for First-Time Canners

This checklist serves as a helpful guide to ensure you only purchase what you require, without any unnecessary items.

Whether you're gearing up for your first jam session or getting ready to pickle summer cucumbers, this checklist covers the basics to help you start strong (and stay calm).

Essential Equipment

- ☐ Water Bath Canner (or a large, deep pot with a rack inside)
- ☐ Canning Rack (to keep jars off the bottom of the pot)
- ☐ Canning Jars (half-pint, pint, or quart – depending on recipe)
- ☐ Lids & Bands (new lids every time; bands can be reused)
- ☐ Jar Lifter (to safely remove hot jars from boiling water)
- ☐ Wide-Mouth Funnel (less mess, more joy)
- ☐ Bubble Remover/Headspace Tool (a spatula or chopstick also works)
- ☐ Magnetic Lid Lifter (optional, but helpful for sterile handling)

- ☐ Clean Towels (for wiping rims and resting jars after processing)
- ☐ Timer or Clock (for accurate processing times)

Pantry Staples

- ☐ White Distilled Vinegar (5% acidity) – the classic preservative
- ☐ Apple Cider Vinegar – for tangy flair in pickles
- ☐ Pickling Salt or Kosher Salt – no iodine or anti-caking agents
- ☐ Granulated Sugar – for jams, jellies, and syrups
- ☐ Brown Sugar or Honey (optional) – if the recipe allows
- ☐ Citric Acid or Bottled Lemon Juice – for pH balance and safety
- ☐ Spices & herbs: mustard seeds, dill, peppercorns, cinnamon, cloves

Storage & Organisation

- ☐ Labels or Permanent Marker – for naming & dating jars
- ☐ Pantry or Shelf Space – cool, dark, and dry is best
- ☐ Notebook or Log Sheet (optional)—to track your batches and favourites.

Pro Tips for a Smooth First Round

- ✓ Start with just 1 or 2 recipes
- ✓ Don't skip the acid (vinegar, lemon juice).
- ✓ Sterilise jars before filling them.
- ✓ Read the recipe twice before starting.

14 E. Troubleshooting Quick Guide

Problem	What to Do
Jar didn't seal	Reprocess within 24 hours or refrigerate and use soon
White residue on jar	It's likely harmless mineral buildup; wipe clean with vinegar
Jam too runny	Let it set for 24–48 hours, or reboil with lemon juice
Bubbles inside jar	If sealed and no spoilage, it's safe. Next time, remove air bubbles.

14 F. Preserving Without a Recipe

For the wild hearts, the improvisers, and the “let's just try it” girls.

This chapter is your gentle permission slip.

To can with confidence, even when you don't have a perfect recipe in front of you.

To follow your senses, taste as you go, and lean on a few trusty formulas that never let you down.

You'll find basic ratios, safety tips, and blank templates here — your little canning toolkit.

Use it when peaches are ripe, when tomatoes are overflowing, or when your neighbor hands you a basket of something beautiful and says, “Want these?”

Because sometimes the best preserves... aren't planned.

Basic Canning Ratios Cheat Sheet

For safe, delicious preserving — even when you're freestyling.

QUICK PICKLES (VINEGAR BRINE)

Ingredient	Ratio	Notes
Vinegar (5% acid)	2 parts	Use white or apple cider vinegar
Water	1 part	Optional for softer flavor
Salt	1–2 Tbsp per quart (liter)	Use pickling/ kosher salt
Sugar (optional)	1–4 Tbsp per quart (liter)	For sweet pickles
Spices	To taste	Dill, mustard seed, garlic, chili etc.

- **Water bath safe** if vinegar is at least 50% of total liquid. Always keep **1:1 ratio** of vinegar to water for safety.

LOW-PECTIN FRUIT JAMS (NO COMMERCIAL PECTIN)

Ingredient	Ratio	Notes
Fruit (chopped)	4 cups	Choose ripe, slightly underripe fruits
Sugar	2–3 cups	Adjust to sweetness/ tartness of fruit
Lemon juice	2 Tbsp	For flavor and pH balance
Optional add-ins	Zest, spices, liqueurs	Add near the end

- Cook to **220°F / 104°C** or use **wrinkle test** for gel. Some fruits may need longer cooking (apples, plums, citrus).

SAVORY PRESERVES (CHUTNEYS, RELISHES)

Ingredient	Ratio	Notes
Fruit/veg mix	6–8 cups	Chopped evenly
Vinegar	1–1½ cups	Keeps pH safe
Sugar	½–1 cup	Balances acidity and helps preserve
Salt	1–2 tsp	For flavor and shelf life
Spices	To taste	Ginger, mustard, cloves, chili, etc.

- Cook until thick and glossy. Stir often to avoid scorching.



Kitchen Whisper:

When in doubt, go a little more sour, not less.

More vinegar, more safety — and you can always sweeten later





Handwriting practice lines consisting of 20 horizontal lines.

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle, and bottom lines) for letter formation.

Let This Be Just the Beginning

And so, our first journey into the world of home canning comes to a close.

If you're holding this book in your hands, it means you've taken a meaningful step — you trusted yourself, gave it a try, and stayed curious.

Every jar made with love is more than food.

It's comfort, care, and quiet joy — a way to nourish both body and soul.

I hope these recipes inspire you to return again and again — in your own rhythm, at your own pace. There's no rush. Just enjoy the process.

And this isn't the end.

In the next book, I'll share delicious recipes for canning meats, beans, hearty soups, and more — with the same gentle, step-by-step guidance and warm encouragement.

If this book brought even a bit of joy to your kitchen — a glowing jar, a saved ingredient, a spark of confidence — I'd be so grateful if you took a moment to leave a short review.

Your kind words and **honest feedback** help others discover this book, and they mean the world to me as an indie author.

Sharing your review is easy:

- ✓ Go to the book page on **Amazon**



- ✓ Scroll to the “Write a Review” section
- ✓ Choose a star rating & share your thoughts
- ✓ Hit Submit!

Whether it's a single sentence or a full note — thank you for being part of this journey.

Until we meet again,

With all my heart,
Rina Elan

