



PRESSURE CANNING

The safest method of preserving food!

How Canning Works

By increasing the weight on the top of the canner the steam inside increases the boiling point of water. Most of us have heard of the air being thinner the higher we go in a plane, or mountain climbing. The canner works in the opposite way, rather than the air being thinner, we've increased the air pressure in direct proportion to the amount of weight on the steam escape valve. For example, a canner set at 10 lbs. Pressure will result in a boiling temperature of about 240 degrees Centigrade instead of the normal 100 degrees C.

Common Sense Rules for Pressure Canning

Use good jars; clean, no cracks or chips.

Use good food; Cooked or raw.

Keep work surface clean.

Wash hands before & after contact with food.

possibility Soup with beef/carrots/celery etc. must be canned

to the time for beef, not the time for carrots.)

Canning Meat

We will be canning turkey today. In keeping with our "buy local" practice, our turkey was purchased from the Larocque family farm in Lorraine Valley. They were free ranged on good weather days.

Directions

Cook Turkey. I did that part yesterday!

Cut into manageable pieces.

Boil jar lids (20) and rings for 10 minutes (to soften rubber).

Fill jars with cooked turkey.

1. Add $\frac{1}{2}$ tsp. of salt if desired.

Add water/liquid to within $\frac{1}{2}$ inch of top.

Run a plastic or wooded spoon inside jar to remove bubbles.

Wipe jar lip with clean cloth.

Place lid on jar (rubber side down) and screw on metal band.

Fill canner & process for required time, AFTER canner has reached required pressure.

Remove from heat & let cool before opening.

Open with lid AWAY from you and remove

jars with lifter. (prevents burns).

Cool by placing on WOOD surface or on towels. (prevents cracking)

Label clearly with date. **Store** in cool, dark cupboard. Food will keep for years.

See back for today's recipes!

TURKEY IN A JAR

23 lb. TURKEY

Cook, cool and separate from bones.

Pressure can. Fills 18 jars.

- TURKEY CASSEROL 1 jar turkey (reserve liquid), macaroni (cooked), green vegetables** & $\frac{1}{2}$ cup of liquid,
(**I use canned green beans or nettles from last year's garden),
1 tsp. Salt, 1 tsp. Pepper, 1 Tbsp. Oregano, 1 tsp. Celery seeds,
1 cup cheddar cheese (grated) for topping.
(1 add 1 cup cottage cheese before cheddar)
Mix ingredients and top with cheese(s).
Bake 1* hour in 350 degree oven. Serve.
*Check moisture after $\frac{1}{2}$ hour & add more liquid if necessary.
- Hot Turkey Sandwiches 1 jar turkey with liquid. Heat turkey & liquid.
Add salt, pepper, sage & thyme. Add 1 can or frozen peas/mixed veg.
Simmer & add 2 tbsp. flour mixed in (now empty) jar with
 $\frac{1}{2}$ cup water, shaken to remove lumps.
Allow to simmer, stirring constantly as flour thickens liquid.
SERVE by spooning mixture over bread. (dry bread is best)
- HOT GREEK SALAD to 3 tbsp. oil in skillet add
1Tbsp. Oregano
1 clove garlic, minced
Salt & Pepper
then ADD

1 cup thinly chopped celery
1 cup thinly chopped yellow pepper
1 onion sliced thin in rings
3 chopped tomatoes
1 sliced cucumber
1 small bunch parsley
when vegetables are slightly cooked add:
1 cup chopped turkey meat
Serve with side dish of black olives & yogourt.
Heat Pita under broiler after cutting in half and opening middle.

We've added Yogourt and Pita for Sandwiches or serve as salad with pita & yogourt on the side.

NEXT CLASS IS _____ & WE HOPE TO BE
CANNING HAMBURGER & MAKING MEXICAN SALSA FOR LUNCH.

PLEASE SPEAK UP WITH SUGGESTIONS FOR FUTURE CLASSES OR WITH QUESTIONS ABOUT
PRESSURE CANNING &/OR NUTRITION IN GENERAL. WE HOPE TO INVITE A LOCAL FARMER
TO DISCUSS THE POSSIBILITY OF A CO-OP FOR HIS VEGETABLES IN SEASON!