



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 100 degrees C at normal AIR pressure.

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.
- Pressure can following directions that come with your canner. Can to the time recommended for the food requiring the longest time.



Pressure Canning HOME MADE TURKEY SOUP

We will be canning TURKEY SOUP today. In keeping with our "buy local" practice, our turkey was purchased from the Larocque family farm in Lorrain Valley.

They were free ranged on good weather days.

DIRECTIONS FOR PRESSURE CANNING

Cook soup. I did that part yesterday!

Boil jar lids (20 if using 500ml jars) and rings for 10 minutes (to soften rubber).

OR 7-8 lids if using 1L jars

Fill jars with soup using funnel.

*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,

***START TIMING 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.



LOVE SOUP (with TURKEY)

1. 1.5 LITRES (4 cups) OF TURKEY STOCK & MEAT (with Gratitude to the turkey, medicine of the Give Away!)
2. 2 LITRES (6 cups) OF WATER (with Thanks for living where reasonably clean water exists in abundance)
3. 1 CUP BROWN RICE (with warm thoughts of family)
4. $\frac{1}{2}$ CUP LENTILS (with happy memories of food shared)
5. $\frac{1}{2}$ CUP PEARL BARLEY (with mental pictures of area fields of grains & legumes)
6. 1 CUP MACARONI (with awareness that we have non gm, unsprayed wheat)
7. DICE 4 POTATOES (you get the idea)
8. 4 STALKS CELERY
9. 2 ONIONS,
10. 2 CUPS MUSHROOMS,
11. 4 CARROTS,
12. ADD HERBS AS FOLLOWS 1 TBSP. OREGANO, SAGE, DRIED GARLIC, CELERY SEED, PEPPER, *SALT (to taste) *no salt added in today's soup for special diets!
13. SIMMER UNTIL VEGETABLES ARE COOKED ADDING WATER AS NEEDED.
14. PRESSURE CAN

WITH THANKS TO ALL & AWARENESS
OF OUR INCREDIBLE GOOD FORTUNE

TURKEY CASSEROLE

1 jar TURKEY SOUP

carrots, corn, green vegetables*, 1 cup partially cooked macaroni

(*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 after cottage cheese)

1 cup cottage cheese (topping before cheddar) (optional)

Mix ingredients and top with cheese(s).

Bake 1** hour in 350 degree oven.

(**Check moisture after $\frac{1}{2}$ hour & add more liquid if necessary)

Cool a bit & Serve with warm rolls.

SOUP with DUMPLINGS

HEAT SOUP and add two cups water to thin the soup a bit.

ADD extra veggies to taste.

(this is a good way to use leftovers -just add what's on hand)

BRING TO BOIL THEN SIMMER until vegetables are done.

DUMPLINGS are made by mixing 1 cup flour, 2 tsp. Baking powder,

$\frac{1}{2}$ tsp. Salt, then adding 1 tbsp. shortening and $\frac{1}{2}$ cup milk.

AFTER SOUP IS BOILING drop Dumplings into soup. Cover and reduce

heat to simmer. Let simmer & steam about 15 minutes

(don't peek as it will release steam and leave dumplings doughy

in the middle...trust me on this...)

SERVE SOUP WITH DUMPLINGS

NEXT CLASS IS FEBRUARY 28th at 11AM & WE HOPE TO BE CANNING FREE RANGE CHICKENS AND MAKING GREEK SALAD 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 HERE TO DISCUSS THE POSSIBILITY OF A CO-OP FOR HIS VEGETABLES IN SEASON!

IF I'M GOOD TO MYSELF, EVERYTHING ELSE IS EASIER!!!!