



Cooking Mix #1 & #2

Program Idea #1: Jam-boree!

Using the Water Bath Canner is a fun way to introduce patrons to home food preservation techniques. You can even invite your participants to bring in some of the fruit and vegetables from their home gardens.

In addition to the Water Bath Canner, you will need access to a stove top to prepare the recipes listed below. You may find recipes for using raw food with the Water Bath Canner, but the vast majority call for using cooked food.

All recipes listed come from the Ball® Website (<https://www.freshpreserving.com/recipes/>)

GINGER PEAR PRESERVES

5-1/2 c. Finely chopped cored peeled pears (about 8 medium)

2-1/3 c. Granulated sugar

1 Tbsp. Freshly grated gingerroot

Grated zest and juice of 3 limes

7 8 oz. Half pint glass preserving jars, with lids and bands

DIRECTIONS:

1. PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
2. COMBINE pears, lime zest and juice, sugar and gingerroot in a large stainless steel saucepan. Bring to a boil over medium heat, stirring to dissolve sugar. Boil, stirring frequently, until mixture thickens, about 15 minutes. Remove from heat and test gel. If preserves break from spoon in a sheet or flake, it is at the gel stage. Skim off foam. If your mixture has not reached the gel stage, return the pan to medium heat and cook, stirring constantly, for an additional 5 minutes. Repeat gel stage test and cooking as needed.
3. LADLE hot Ginger Pear Preserves into hot jars leaving 1/4 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
4. PROCESS jars in a boiling water canner for 10 minutes, adjusting for altitude. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.



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SWEET TEA POACHED PEACHES

1	lemon	1 c.	sugar
3-1/2 lb.	peaches	1 c.	honey
3-1/2 c.	water	3 Tbsp.	Lemon juice
4	Regular sized tea bags*	5	16 oz. glass preserving jars and lids

** 2 Tbsp. of loose tea placed in a tea ball may be substituted for the tea bags.*

DIRECTIONS:

1. Bring a large pot of water to a boil. Fill a large bowl two-thirds full of ice water. Cut lemon in half, and squeeze juice into ice water. Cut an X in the bottom (opposite stem end) of each peach. Working in batches, place peaches in a wire basket; lower into boiling water and blanch 60 seconds, or just until skins loosen or curl. Place immediately in lemon juice mixture. When cool enough to handle, peel peaches, cut in half, and remove pits. Cut halves in half, if desired; return to lemon juice mixture.
2. Bring 3 1/2 cups water to a boil in a medium saucepan. Remove from heat. Add tea bags; cover and steep 15 minutes. Remove tea bags. Stir in sugar, honey, and 3 Tbsp. lemon juice; bring to a simmer. Keep hot.
3. Pack peach halves or quarters tightly into a hot jar, cavity side down, leaving 1/2-inch headspace. Ladle hot tea mixture over peaches, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band, and adjust to fingertip-tight. Place jar in boiling-water canner. Repeat until all jars are filled.
4. Process jars 25 minutes, adjusting for altitude. Turn off heat; remove lid, and let jars stand 5 minutes. Remove jars and cool.



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PICKLED OKRA

3 lb.	Okra	1 qt.	Cider vinegar
3	Medium/hot chilies (small, like cherry peepers), seeded and	1/4 c.	Kosher salt
3	Garlic cloves	1 Tbsp.	Mustard seed
3	Sprigs fresh dill	3	32 oz. glass preserving jars and lids

DIRECTIONS:

1. BRING the vinegar, 1 ½ cups water, salt, and mustard seed to a boil in a small pot. Turn off heat. In 3 clean, pre-warmed Ball® quart jars, divide the okra, chilies, garlic, and dill.
2. PACK tightly leaving ¼ inch headspace. Pour the hot brine into the jars making sure to leave ¼ inch headspace. Cap with a clean Ball® lid and tighten canning band to fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
3. PROCESS jars for 10 minutes, adjusting for altitude. Turn off heat; remove lid and let jars stand 5 minutes. Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.