

BEGINNERS GUIDE TO FOOD PRESERVING AND STORAGE

Step by Step Boiling Water Bath Preserving

1. Gather your preserving equipment, including your large pot, canning rack (if using), jars and lids, jar lifter/ tongs, food funnel, ladle or large spoon, paper towel, white vinegar, tea towels, timer, skewer or bubble remover, labels. Carefully check over your jars for any chips, cracks or damage.
2. Read your tested and reliable preserving recipe, gather and prepare your ingredients.
3. Wash your jars and lids in hot soapy water, rinse and drain. Wash screw bands, if need be.
4. Place empty jars into your large pot, and fill the jars and pot with enough water to cover the jars.
5. Turn on heat to medium, and heat the jars. The screw bands and lids do not require heating.
6. Keep the jars and water warm. If the pot of jars and water starts to boil, turn the heat down
7. Finish making your preserves. Keep warm.
8. Remove the hot jars from the hot water, using a jar lifter, emptying water inside jar as you lift it up. Place them on a clean tea towel, the right way up. Leave the heat on low for the pot of water.
9. Fill jar one at a time with prepared preserves/ contents, using a food funnel
10. Remove air bubbles.
11. Check the headspace allowance (as recommended in your recipe)
12. Clean jar rim and threads of jar using a piece of folded paper towel dipped in vinegar
13. Put lid on jar, and apply band, screw it on until it is fingertip tight (using just your fingertips on the screw band) until you feel resistance. Do not over tighten it.
14. Place filled jars in pot of water in one layer, with space between each jar. Make sure water covers jars by 3 to 5 cm.
15. Place lid on pot. Bring water to a full rolling boil. Begin counting down the processing time (as per recipe), using a timer. Process jars in the boiling water for the processing time indicated in tested preserving recipe, adjusting for altitude (see altitude chart).
16. When processing time is complete, turn off the heat and remove the lid. Allow jars to stand in pot for 5 minutes to allow pressure to stabilise and contents to settle
17. Remove jars from pot. Set upright on a tea towel on the kitchen bench.
18. Leave jars undisturbed for 12 hours, up to 24 hours. You should hear popping noises as the metal lids concave due to vacuum sealing.
19. Test the seals after resting period, by removing the screw bands and attempting to lift the lid with your thumb. If the seals are good, clean the jars by wiping over the jars and lids, wash the screw bands if you like, and you can loosely replace the screw bands on the jars to store.
20. Label and store in a cool, dark place (without temperature fluctuations). Keep an eye on the jars for signs of bulging lids or broken seals.

