

# Home on the Range

## Best Picks For Canning And Pickling

The time is ripe for canning and pickling. For perfect canning and pickling results, the following information is from the Heinz Successful Pickling Guide.

- Always pick fruits and vegetables at their peak of freshness and be sure to use a high-grade, quality vinegar of 5 percent acidity.
- Use only standard jars made for canning and metal, self-sealing lids with screwbands. Always use new lids as used lids will not seal properly.
- Be sure jars are free of nicks, chips or cracks.
- Wash jars, rinse well, and keep in hot water until ready to fill.
- Pour boiling water over lids and leave for at least 3 minutes or until ready to use. Do not boil lids as this can soften sealant and cause seal to fail.

### Packing

- Pack clean, hot jars according to recipe directions. Make sure that pickling liquid fills in and around ingredients.
- Release air bubbles by running a nonmetal spatula down inside jar. Add more boiling pickling liquid if needed.
- Wipe top of jar with clean, damp cloth or paper towel to remove any food or spills.
- Center hot lid on jar with sealing compound next to jar top. Screw band firmly without forc-

ing. A too-tight band will not allow air to escape during processing. A too-loose band will result in low vacuum and poor seal.

- A boiling water canner is recommended by USDA for processing pickles and relishes. Processing helps destroy bacteria, molds, yeast and enzymes which cause food to spoil.

### Processing

- Partially fill canner and bring to simmer. Place jars in rack and lower into canner or place jars directly into rack in canner.
- Turn heat up until water comes to full boil. Cover. Lower heat to maintain gentle boil and begin timing. Water should cover jars by 2 inches. Add more boiling water if necessary.
- At the end of the processing time, carefully remove jars from water with jar lifter. For safety's sake, lift jars at shoulders, rather than by lids.
- Place jars on rack or thick dry towel and let cool, without moving, for 12 to 24 hours. Seal usually makes a pop sound when cooling. Do not retighten lids after processing. Remove rings when jars are cool.
- Check the seal. Lid should curve down slightly in center and should not press down or pop back when pressed. Lid will make a clear ringing sound when tapped



For perfect canning and pickling results, always select top-quality ingredients. Pick fruits and vegetables at their peak of freshness and be sure to use high-grade, quality vinegar of 5 percent acidity. Many of today's recipes are from Heinz Vinegar and Ball Home Canning Products.

## Featured Recipe

Dairy Management, Inc. (DMI) continues to work to increase consumer demand for dairy products. Recently DMI hosted a booth at the Institute of Food Technologists to show dairy research in food science and nutrition.

Ten chefs who participated in the cheese recipe competition were selected at Premier Chefs of America.

National "Entertaining With Cheese," spokesperson Barbara Smith, a New York restaurateur, completed a seven-city media tour to highlight the wonderful attributes of cheese to millions of consumers through television, radio, and newspapers. She also authored a recipe leaflet. Here is a recipe from the leaflet. If you would like the colorful leaflet, which includes nine cheese recipes that will make a party special, send a self-addressed, stamped envelope to American Dairy Association, 10255 W. Higgins Rd., Suite 900, Rosemont, IL 60018-5616.

Here is one of the recipes.

### SPICY VEGETABLE CORNBREAD

- 2 cups yellow cornmeal
- 1 cup all-purpose flour
- 1½ tablespoons baking powder
- 1½ teaspoons salt
- 2 tablespoons dark brown sugar
- 3 large eggs
- 1½ cups milk
- ½ cup unsalted butter, melted
- 1 cup sweet corn kernels
- 1 cup shredded Colby cheese
- ½ cup carrots, finely chopped
- ½ cup grated onion
- ¼ cup seeded fresh jalapeno peppers, finely chopped

Preheat oven to 400 degrees. Grease a 10-inch cast-iron skillet or muffin tin. In a large bowl, stir together cornmeal, flour, baking powder, salt, and brown sugar. Whisk eggs, milk, and melted butter in a medium-size bowl and stir into dry ingredients. Add corn, cheese, carrots, onion, and jalapeno peppers. Stir until thoroughly combined. Pour batter into skillet and bake for 30 to 35 minutes, until a toothpick inserted in the center comes out clean. Cut into pieces and serve from skillet. Makes 8 large pieces. Or bake in 12 muffin tins.

with a spoon.

- If jar has not sealed, food can be reprocessed within 24 hours.

### Common Pickle Problems

**Soft:**

- Use of slicing rather than pickling cucumbers.
- Cucumbers too mature or yellow.
- Not removing blossom and stem end.

**Slippery:**

- Vinegar solution too weak.
- Insufficient heat to destroy the micro-organisms. Do not start counting processing time until water returns to boil.

**Shriveled:**

- Too much time between harvesting and pickling.
- Too much salt, sugar, or vinegar at start of pickling process.
- Vinegar solution too strong.

**Hollow:**

- Over-mature cucumbers or faulty growth. If cucumbers float during washing, use for relish or chunk style pickles.

**Dark:**

- Minerals in water, especially iron.
- Using iodized salt.
- Cooking too long with spices.
- Use of ground spices.

For more helpful hints and recipes, write for Heinz Successful Pickling Guide to Best Picks for Canning and Pickling; P.O. Box 57, Pittsburgh, PA 15230.

### GREEN TOMATO PRESERVES

- 5 pounds green tomatoes, cored, peeled, and finely chopped
  - 4 pounds granulated sugar
  - 2 lemons, unpeeled, sliced thin
- In a large stainless steel or porcelain bowl, combine the tomatoes

and sugar, mix thoroughly. Loosely cover and let stand overnight.

In a large stainless steel or enameled pot, drain the liquid from the tomatoes and boil until thick. Add the tomatoes and lemon slices and cook until thick and clear.

Fill hot, sterilized jars with tomato mixture, leaving ¼-inch headspace and seal. Yields: 6 pints.

B. Light Lebanon

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## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

August-	17-	Zucchini Recipes
	24-	Garden Vegetables
	31-	Labor Day Cookout
September-	7-	Packed Lunch Ideas