

1930

EC997 The Hot Pack Method for Canning

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IN AGRICULTURE AND HOME ECONOMICS

1930

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brockaw, Director, Lincoln

Extension
Circular
997

THE HOT PACK METHOD FOR CANNING

(A combination of open kettle and cold pack canning. The product is precooked, placed in a jar boiling hot, sealed and processed.)

Preparation of Jars

Test and wash. Boil jars, lids and rubbers or this may be done in the processing water, so that one jar may be removed at a time and returned at once to the boiling water after being filled. This saves utensils, time and stove space.

Selection, Grading and Washing

Use only clean, fresh, sound fruits and vegetables in prime condition. "Two hours from the garden to the can" is a good rule. In any case for the best results material should be canned the same day it is gathered.

Grade for size, color, and ripeness. Wash products as for table use. Wash asparagus thoroly, before cutting. It is often necessary to remove the scales from the stalks in order to wash off all particles of the soil. Wash beans before cutting and peas before podding.

Precook and Scald

Precook means to cook until thoroly heated (use this liquid) or boil a short time. For special directions refer to chart. (See page 2 & 3) Scald and cold dip tomatoes and peaches to remove skin.

Packing

Pack boiling hot at once in hot jars. Place rubbers in position on jar and adjust caps. If the jars are filled with boiling hot material, they may be sealed completely before they are put into the water bath container, and they should always be so sealed when the pressure canner is used. If the material is not boiling hot when packed, the jars should be only partially sealed and put into the water bath for processing.

Processing

Begin to count time for processing after the water in the canner really boils. This is important. Keep water boiling gently throuout the period. For water bath keep the water two inches above the top of the jars. Process the required time. See chart. (Page 2 & 3.)

Care after Processing

Remove from process utensil and cool rapidly. Avoid draughts. Observe seal.

Storage

Label all jars with the date of canning. Wrap jars in paper or place in jar boxes. Store in a cool, dry place.

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Precaution for Spoilage

Do not taste food to determine whether or not it is spoiled. All canned vegetables and meats should be boiled 10 minutes before tasting.

Canned products showing signs of spoilage should always be destroyed by burning. If the botulinus toxin is present, it will poison animals as well as people; therefore, every precaution needs to be taken to see that any spoiled canned goods are disposed of safely. Boiling destroys toxin but does not destroy the bacteria. Don't bury spoiled products even after boiling because the bacteria continue to thrive in the soil. Don't feed spoiled products to animals even after boiling because if it is not eaten immediately there is always danger that in masses of food more of the toxin may be formed. Also, the bacteria present may not harm the animal it would probably pollute the soil thru the excretions of the animal.

Product	Method of treatment before processing	Processing period in boiling water Pint and quart jars.
Apples	Boil whole 5 minutes in syrup or pack hot in form of cooked apple sauce, or bake.	5 min.
Apricots	Same as peaches except it is not necessary to peel.	
Berries Black, blue, logan Currants	Precook, to each pound of berries add $\frac{1}{2}$ to $\frac{1}{3}$ pound sugar. Heat to boiling, boil 5 minutes. Process.	5 min.
Cherries	Remove pits, add sugar as desired, bring to boil. Boil 5 min. Then process.	5 min.
Gooseberries	Use sugar as desired and make sauce, then pack hot.	5 min.
Peaches	Scald, dip in cold water and peel. Fill containers, then add hot syrup of desired consistency in which has been boiled one cracked peach pit for every quart of syrup.	20 min. for ripe fruit 25 min. for firm fruit.
Pears	Pare and cook for 4-8 min. in boiling medium syrup, then pack hot and fill with boiling syrup.	20 min.
Plums	Bring to a boil using sugar as desired. Boil 4 to 8 minutes. Pack hot into containers. Process.	5 min.
Strawberries	To each quart add 1 c. sugar and 2 T. water. Boil slowly 15 min. Let stand over night in granite kettle. Reheat to boiling. Then pack hot.	5 min.

Add 1 teaspoon salt to each quart

Product	Method of treatment before processing	Water bath	Pressure for quarts
Asparagus	Tie in uniform bundles, place in sauce pan with boiling water over the lower portion only, cover tightly, and boil for 4 to 5 minutes, or cut in half inch lengths, add boiling water to cover and boil for 2 minutes in covered vessel. Pack boiling hot into containers, cover with the water.	2 hr.	40 min. at 10 lbs. pressure
String beans	Heat to boiling with water to cover. Boil 5 minutes. Then pack hot.	2 hr.	40 min. at 10 lbs. pressure
Baby beets Baby carrots	Can only tender young beets and carrots. Scald in boiling water. Precook 15 min. Skin, pack hot.	1½ hr	40 min. at 10 lbs. pressure
Corn	Precook 5 min. and cut from cob. Add ½ as much boiling water as corn by weight. Heat to boiling. Add 1 t. salt and 2 t. sugar per quart.	3 hr.	80 min. at 15 lbs. pressure
Greens	Steam or heat in a covered vessel until completely wilted with just enough water to prevent burning. Pack hot. Do not pack too solidly, cover with liquid.	3 hr.	90 min. at 10 lbs. pressure
Peas (green)	Use only tender young peas. Bring to boil with water to cover, then pack hot.	3 hr.	50 min. at 10 lbs. pressure
Tomatoes	Scald, cold dip and peel. Pack whole or cut in pieces. Cover with hot tomato juice or boiling water.	45 min.	15 min. at 5 lbs. pressure.

Syrups for Canning Fruits

Kind of syrup	Sugar	Water	Uses
Thin	1 part	3 parts	Sweet berries and non-acid fruits
Medium	1 part	2 parts	Berries and slightly acid fruits
Thick	1 part	1 part	Acid fruits
Very thick	1½ parts	1 part	Very acid fruits.

Heat the sugar and water to boiling, stirring to dissolve the sugar.

Fruit juice may be substituted for water in making the syrup.

The amount of syrup required to fill jars varies with the size of fruit and tightness of pack, about ½ cup for pint jar and one cup for quart jar.

For a close pack use a heavy syrup because there is more fruit to sweeten. Too much sugar destroys the delicate fruit flavor, is wasteful and not healthful.

(Prepared by Florence J. Atwood)

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