University of Nebraska - Lincoln
DigitalCommons@University of Nebraska - Lincoln

Historical Materials from University of Nebraska-Lincoln Extension

Extension

1939

EC9925 Revised 1939 General Canning Directions

Follow this and additional works at: http://digitalcommons.unl.edu/extensionhist

"EC9925 Revised 1939 General Canning Directions" (1939). *Historical Materials from University of Nebraska-Lincoln Extension*. 2910.
http://digitalcommons.unl.edu/extensionhist/2910

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

S
85
E7
9925
c.1

E.C. 9925

F-6

Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
Revised 1939 — U. of N. Agr. College & U. S. Dept. of Agr. Cooperating — Extension Circular 9925
W. H. Brokaw, Director, Lincoln

GENERAL CANNING DIRECTIONS

Selection of Food

1. In order to have superior quality in canned products, can them very soon after they are gathered or prepared and carry the steps of the process thru rapidly.
2. Select young firm products. Reject those that are bruised and spoiled.
3. Sort and grade the fruits and vegetables for size and ripeness.
4. Wash thoroly and drain.
5. Jars are filled to ½ inch of the top unless otherwise specified.
6. Wipe meat with a damp cloth and wash poultry thoroly.

Equipment and Methods

The boiling water bath. Equipment for hot water bath canning should include a utensil deep enough to allow water to circulate freely around the jars and a rack on which to place the jars or cans. The water should cover the containers to the depth of one or two inches, and the boiling water bath needs to be covered. Have the water in the canner somewhat hotter than the contents of the jars before putting in the cans or jars of food. In order to keep the glass jars from breaking they must be preheated in water or filled with hot food. Tin cans should be sealed at once while the food is steaming hot and placed in the canner.

If the food canned in tin has not been precooked, it needs to be exhausted by placing the open cans of food in a bath of boiling water deep enough to come within about two inches of the top of the cans. Keep the water boiling and cover the bath to hold in the steam. Count time when the space above the cans is filled with steam and continue to heat for the time given for the various foods. Seal the cans at once after the exhaust while the food is still steaming and process at once.

Count time in the water bath as soon as the water begins to boil vigorously. Keep the water bath boiling constantly during all the processing period. (For time tables see circulars 9926, 9927, 9928, and 9929). As soon as the processing time is up, remove the glass jars from the water one at a time and seal tightly at once, except the automatic seal top jars which should not be tightened. Tin cans are sealed before they are placed in the water bath canner and need no further adjustment.

Open kettle method. In the open kettle method fruits or tomatoes are cooked directly in an open vessel to kill the bacteria. This cooking takes the place of both precooking and processing in the other methods. Sirup or water is added and the food is boiled for several minutes. It is then filled quickly into sterilized jars and sealed immediately. Fill jars to the top to drive out the air. Tin cans should not be used for open kettle canning because the lids cannot be sterilized before sealing on the can.

Steamers and ovens. Steamers are sometimes used where the steam circulates but is not held under pressure. This is a poor method of transferring heat and frequently the product does not ever reach the boiling point of water.

Oven canning refers to the processing of food in glass jars in an oven. Because of the difficulty of maintaining a constant temperature of 250° to 275° F., to obtain 212° F. inside the jars, this method is seldom satisfactory. The oven may be used, however, as one method of heating the boiling water bath.

The steam pressure cooker. A steam pressure cooker is recommended for processing meats and non-acid vegetables as it is designed to obtain temperatures considerably higher than can be reached in a boiling water bath.

Pour boiling water into the cooker to a depth of about one inch or until the level is just below the rack that holds the containers. Add more water up to this level after processing each load so that the cooker will not boil dry. Allow space between the containers for the circulation of steam.

After the cans are placed in the cooker, adjust the cover and fasten it securely. No steam should escape anywhere except at the petcock. Some cookers may leak steam but may be used satisfactorily if extra water is used to prevent the cooker from becoming dry. Let steam escape from the open petcock in a steady stream for four to seven minutes, thus leaving no air inside the cooker. Close the petcock and let the pressure rise until the gauge registers the required point. Begin to count time regulating the heat to maintain a uniform pressure.

At the end of the processing period remove the cooker from the fire. When using glass jars or No. 3 or larger tin cans, allow the cooker to cool until the gauge registers zero before opening the petcock. Open gradually. Remove the jars and seal tightly at once except the automatic seal top jars. If liquid has been lost from the jars do not open to add more. If cans smaller than No. 3 are used, open the petcock gradually at the end of the processing period and allow the steam to escape slowly.

Wash cooker after use and be sure to keep the safety valve dry so it will remain in good condition. Do not leave the lid shut down on the cooker when not in use. Check the pressure gauge frequently to be sure it is accurate. The College of Agriculture will check pressure gauges for anyone wishing this free service.

Containers

Glass jars are most commonly used for home canning. Both the screw top and the glass top jars are satisfactory. When using the screw top jar, be sure the edges of the lid are smooth so the top will fit perfectly to insure a perfect seal. See that the jar has no nicks where the seal comes. The automatic seal top jar requires no rubber but new tops must be purchased each year. The jars and lids should be washed, rinsed and placed in hot water until ready to use. Rubber rings should, as a rule, be used only once, particularly for non-acid vegetables and meats. The rubber deteriorates with age. To test the jar rubber, fold it together and press the fold with the fingers. The rubber should not crack.

Tin cans are satisfactory for most vegetables, fruits and meats, altho the color of some foods is changed when they come in contact with the metal. Enamel lined cans may be used for these foods. A tin can must either be filled with a hot product or the contents must be heated before sealing.

The usual size of cans for home use are No. 2, No. 2½, and No. 3. Wash tin cans with soap and water, rinse in clear, hot water and drain. Keep gaskets dry. Fill cans to obtain a reasonably tight pack, allowing a little head space.

(Revised by Mabel Doremus, State Extension Agent, Foods and Nutrition)

20455s