

\* Exported from MasterCook \*

"Default Brine" For Pickling

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
3	cups	water	
1	cup	vinegar	
1/4	cup	pickling salt	

I've found this has just the right balance of vinegar and salt without being "too much" of anything, and it takes to flavoring (with pickling spices, herbs, peppers, or whatever) very well.

This recipe yields ?? servings.

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 34 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
14g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

"Hot Dog Green Relish"

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
4	cups	finely-chopped cored green tomatoes	-- (abt 2 lbs)
3	cups	finely-chopped cored cabbage	-- (abt 1/2 lb)
2 1/4	cups	finely-chopped seeded green sweet peppers	-- (abt 3 med)
1 1/2	cups	finely-chopped seeded red sweet peppers	-- (abt 2 med)
1	cup	finely-chopped onion	-- (1 lg)
2	tablespoons	pickling salt	
1 1/4	cups	sugar	
2	teaspoons	mustard seed	

1           teaspoon   celery seed  
  1/2       teaspoon   ground turmeric  
1 1/4       cups        cider vinegar

Place vegetables in large bowl. Sprinkle with pickling salt, stir well, refrigerate overnight.

Combine sugar, mustard seed, celery seed and tumeric in a large pot. Stir in vinegar and 1/2 cup water. Cook, stirring till mixture comes to boiling and sugar dissolves. Rinse vegetables in colander under running water, drain and add to pot. Cook and stir till mixture boils, remove from heat.

Ladle hot relish into hot, sterilized half-pint or pint canning jars leaving a 1/2-inch headspace. Wipe jar rims and adjust lids. Process in boiling water canner according to manufacturer's directions for 5 minutes for half-pints, 10 minutes for pints.

This recipe yields 6 to 7 half-pints, 3 to 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 to 7 half-pints"

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Per serving: 1057 Calories (kcal); 3g Total Fat; (2% calories from fat); 2g Protein; 272g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 18 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Alaskan Blueberry Jam

Recipe By       :n/a  
Serving Size   : 0       Preparation Time :0:00  
Categories     : Canning                               Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	crushed wild Alaskan blueberries	
2	tablespoons	lemon juice	
7	cups	sugar	
2	pouches	liquid pectin	

Pick over fruit, removing any stems and leaves. Then crush with a potato masher. Measure crushed fruit until you have 4 1/2 cups. Put into large heavy pot. Add lemon juice, then sugar, and mix well. Place over high

heat, stirring, and bring to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; stir in pectin at once. Skim off foam, stir and skim off foam.

Ladle into hot, sterilized jars and seal. If desired, process as recommended (5 minutes) in boiling water bath.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 5426 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1401g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### All-American Barbecue Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
10	pounds	firm ripe tomatoes -- cored, peeled, and chopped
2	large	onions -- finely chopped
3		garlic cloves -- minced
1	tablespoon	crushed red pepper
1	tablespoon	celery seed
1 1/2	cups	brown sugar
1	tablespoon	dry mustard
2	teaspoons	salt
1 1/2	teaspoons	mace
1	teaspoon	ginger
1	teaspoon	cinnamon
1	cup	vinegar, 5% acidity
1/3	cup	lemon juice

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine tomatoes, onions, garlic, red pepper and celery seed in a large saucepot. Simmer, covered, until vegetables are soft, about 30 minutes. Press tomato mixture through a fine sieve or food mill; discard seeds.

Return tomato mixture to the saucepot and add the remaining ingredients. Cook over low heat until mixture thickens, about 30 minutes. As mixture thickens, stir frequently to prevent sticking.

Carefully ladle hot sauce into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 20 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 3 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

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Per serving: 1007 Calories (kcal); 4g Total Fat; (3% calories from fat); 6g Protein; 249g Carbohydrate; 0mg Cholesterol; 4372mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 4 Vegetable; 1/2 Fruit; 1/2 Fat; 14 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Allethea Wall's Copper Pennies - (Pickled Carrots)

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Appetizers Canning  
Pickles/Relishes Vegetables

Amount	Measure	Ingredient	Preparation Method
2	pounds	carrots	
1	medium	onion	
1	medium	green pepper	
1	can	tomato soup	
1	cup	sugar	
3/4	cup	vinegar	
1	teaspoon	Worcestershire sauce	
1	teaspoon	mustard	
1/2	teaspoon	salt	

Scrape and slice carrots thinly; peel and chop onion; cut pepper in half, remove seeds, and cut into thin slivers.

Combine remaining ingredients, blend well, and pour over vegetables in a large non-metal bowl. Cover and refrigerate several hours before serving.

Drain and serve as an appetizer or as a relish.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
S(Formatted for MC5):  
"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1314 Calories (kcal); 4g Total Fat; (2% calories from fat); 13g Protein; 327g Carbohydrate; 0mg Cholesterol; 2165mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 19 Vegetable; 0 Fruit; 1/2 Fat; 14 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Almond-Peach Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	peach chunks	(abt 6 peaches)
1	cup	sugar	
1	tablespoon	almond extract	

Put all ingredients into a heavy saucepan. Stir continuously while slowly bringing mixture to a boil. Reduce heat and simmer until thick, about 10 minutes.

Ladle into jars and seal. Keeps 3 months in the refrigerator.

This recipe yields about 3 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:  
"3 half-pints"

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Per serving: 793 Calories (kcal); trace Total Fat; (0% calories from fat); 0g Protein; 200g Carbohydrate; 0mg Cholesterol; 2mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe originally from "Preserving for All Seasons" by Anne Gardon (Firefly Books, \$24.95)

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Almost Raspberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
5 1/2	cups	chopped green tomatoes	
5 1/2	cups	sugar	
1	package	raspberry-flavored gelatin - (6-oz)	

In large kettle combine tomatoes and sugar. Simmer for 25 minutes, stirring occasionally. Remove from heat and stir in gelatin until dissolved, about 1 minute. Pour into jars and top with lids.

This recipe yields 7 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 half-pints"

Per serving: 4257 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1099g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 73 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Apple And Cider Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	pounds	cooking apples -- washed
1/2	pint	dry cider
		Finely-grated rind of 1 lemon
9	ounces	granulated sugar

Roughly chop the apples (including the skin and core) and put them in a large heatproof bowl. Add the cider and lemon rind, then partially cover the bowl with microwave cling-film. Microwave on high for 10 to 12 minutes until the apples are soft, stirring twice during cooking.

Puree the apples in a food processor then pour into large nylon sieve placed over a bowl; leave to drip for 2 hours. Set the drained pulp aside for the apple and rum spread. Measure the apple juice there should be about 1/2 pint but if necessary make up to half a pint with some cold water.

Pour the apple juice into a medium-sized heatproof bowl and stir in the sugar. Microwave uncovered on high for 8 to 9 minutes until a teaspoon of the jelly dropped on to a chilled saucer forms a skin after 1 minute. Carefully pour the jelly into a clean warm jar and cover with a waxed paper disc. Allow to cool then cover with a lid.

This recipe yields approximately 12 ounces.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"12 ounces"

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Per serving: 987 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 255g Carbohydrate; 0mg Cholesterol; 3mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 17 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Apple And Green Tomato Chutney

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutneys

Amount	Measure	Ingredient -- Preparation Method
12		tart green apples

24 small green tomatoes  
 4 medium onions  
 3 cups seedless raisins - (1 lb)  
 4 cups cider vinegar  
 2 1/2 cups brown sugar - (tightly packed)  
 2 tablespoons salt  
 1/2 teaspoon crushed dried chilies  
 1 1/2 tablespoons curry powder  
 3 tablespoons mixed pickling spices

Wash, core and chop the apples; wash, blanch, peel and chop the tomatoes; chop the onions.

Place apples, tomatoes and onions in a preserving kettle and add raisins, vinegar, sugar, salt, red pepper and curry powder. Put the pickling spices in a cheesecloth bag and add to the kettle. Boil, stirring occasionally, for 25 minutes, or until apples are transparent. Remove fruit with a slotted spoon.

Boil syrup rapidly until it thickens. Discard pickling spices, return the fruit to the syrup and bring to a boil. Remove from the heat and ladle into hot, sterilized jars and seal immediately. Process in boiling water bath for 10 minutes.

This recipe makes approximately 24 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"24 half-pints"

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Per serving: 1369 Calories (kcal); 11g Total Fat; (5% calories from fat); 58g Protein; 320g Carbohydrate; 0mg Cholesterol; 13379mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 50 Vegetable; 0 Fruit; 1/2 Fat; 4 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple And Prune Chutney

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Chutneys

Amount	Measure	Ingredient	Preparation Method
1 1/2	pounds	apples	peeled, cored, and chopped



2 3/4 pounds prunes -- washed, chopped,  
 stones removed  
 1 pound onions -- peeled, chopped  
 2 cups sultanas  
 2 cups apple-vinegar  
 2 2/3 cups soft brown sugar - (pressed firmly)  
 1 tablespoon salt  
 1 teaspoon ground allspice  
 1 teaspoon ground ginger  
 1/4 teaspoon ground nutmeg  
 1/4 teaspoon ground cayenne pepper  
 1/4 teaspoon ground cloves  
 2 teaspoons mustard seed  
 Sterilized glass jars

Bring all the ingredients to the boil in a fairly large pan. Reduce the heat. Simmer (with a lid on the pan) for approximately 2 hours. When the mixture is thick enough, pour the chutney in sterilized jars and close them immediately.

This recipe yields about 6 cups.

Comments: Delicious with pork, ham or cheese.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 cups"

- - - - -

Per serving: 3559 Calories (kcal); 12g Total Fat; (2% calories from fat); 39g Protein; 919g Carbohydrate; 0mg Cholesterol; 6460mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 6 Vegetable; 58 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Butter

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Butters/Spreads Canning  
 Fruit

Amount	Measure	Ingredient -- Preparation Method
4	quarts	apples -- see * Note
2	quarts	apple cider
		Cinnamon -- to taste
		Allspice -- to taste

\* Note: Use at least 1/3 red delicious apples

Core apples and cut into quarters. Bring apple cider to a boil. Add apples, and stir constantly. Cook for 3 hours until thick.

Put through sieve, filter and take skin and seeds out. Return to pot, stir while cooking for another hour. When thick enough to spread, pour into sterilized jars.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 1975 Calories (kcal); 8g Total Fat; (3% calories from fat); 4g Protein; 501g Carbohydrate; 0mg Cholesterol; 60mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 33 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from Traxx Farms in Union Township, as published in the Greensburgh Tribune-Review, 09-19-1999

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Apple Butter For Canning

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient -- Preparation Method
8	pounds	apples -- see * Note
2	cups	cider
2	cups	vinegar, 5% acidity
2 1/4	cups	white sugar
2 1/4	cups	brown sugar - (packed)
2	tablespoons	ground cinnamon
1	tablespoon	ground cloves

\* Note: Use Jonathan, Winesap, Stayman, Golden Delicious, Macintosh or other tasty apple varieties for best results.

Wash, remove stems, quarter and core fruit. Cook slowly in cider and vinegar until soft. Press fruit through a colander, food mill or strainer. Cook fruit pulp with sugar and spices, stirring frequently.

To test for doneness, remove a spoonful and hold it away from steam for 2 minutes. It is done if the butter remains mounded on the spoon. Another way to determine when the butter is cooked adequately is to spoon a small

quantity onto a plate. When a rim of liquid does not separate around the edge of the butter, it is ready for canning.

Fill hot into hot sterile half-pint or pint jars, leaving 1/4-inch headspace. Quart jars need not be pre-sterilized, but jars should be hot prior to filling. Adjust lids and process for 10 minutes in a boiling-water bath.

To sterilize empty jars, place them right-side up on the rack in a boiling-water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

This recipe yields 8 to 9 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 to 9 pints"

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Per serving: 2028 Calories (kcal); 14g Total Fat; (5% calories from fat); 7g Protein; 524g Carbohydrate; 0mg Cholesterol; 20mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 33 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Chow Chow

Recipe By :Mrs. John W. Kolb  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
4		tart apples	-- chopped
4	cups	finely-chopped celery	
4	cups	finely-chopped carrots	
2		green peppers	-- chopped fine
2		red peppers	-- chopped fine
2	cups	sugar	
2	cups	vinegar	
1	teaspoon	celery seed	

Combine celery and carrots and cook until almost tender and then add chopped peppers and apples. Combine sugar, vinegar and celery seed. Pour liquid over mixture and bring to a boil. Pack in jars and seal.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 2001 Calories (kcal); 2g Total Fat; (0% calories from fat); 6g Protein; 523g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 4 Fruit; 0 Fat; 28 1/2 Other Carbohydrates

NOTES : Recipe originally from "Mennonite Community Cookbook: Favorite Family Recipes" by Mary Emma Showalter, submitted by Mrs. John W. Kolb

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Chutney

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Chutneys

Amount	Measure	Ingredient -- Preparation Method
1	quart	cider vinegar
3	cups	sugar
1/2	pound	seedless raisins
6	pound	very tart (sour) apples -- peeled, quartered, and cored
1/4	pound	garlic -- peeled, chopped
1/2	pound	gingerroot -- peeled, chopped
6		red or green chili peppers -- seeded, chopped
2	tablespoons	pickling salt
		Sugar -- to taste
		Cayenne -- to taste
6	pounds	hard green pears -- peeled, cored, and cut into strips

In large preserving kettle mix the vinegar, sugar, raisins, apples, garlic cloves, gingerroot, peppers, and salt. Bring to a boil and simmer until the apples are mushy and transparent. If necessary, add a little more vinegar. Taste and add sugar and cayenne as desired.

Add the pears and simmer until the pears are transparent but not overcooked. Spoon into hot jars and seal.

This recipe yields 8 to 10 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
S(Formatted for MC5):  
"11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"8 to 10 pints"

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Per serving: 3285 Calories (kcal); 1g Total Fat; (0% calories from fat); 14g Protein; 868g Carbohydrate; 0mg Cholesterol; 60mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 12 Fruit; 0 Fat; 44 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Conserve With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Conserves  
Fruit

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	finely-chopped red apples	-- (abt 3 lbs apples)
1/2	cup	water	
1/4	cup	lemon juice	
1/2	cup	raisins	
1	package	powdered pectin	
5 1/2	cups	sugar	
1/2	cup	chopped nuts	

To prepare fruit. Select tart apples. Sort and wash apples. Remove stem and blossom ends and core; do not pare. Chop apples fine.

To make conserve. Combine apples, water, lemon juice, and raisins in a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.

Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Add nuts.

Remove from heat. If desired, add 3 or 4 drops of red food coloring. Skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal. Process 5 minutes in boiling water bath.

This recipe yields 6 or 7 half-pint jars.

Source:  
"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"  
S(Formatted for MC5):  
"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:

"6 or 7 half-pints"

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Per serving: 4928 Calories (kcal); 40g Total Fat; (7% calories from fat); 14g Protein; 1177g Carbohydrate; 0mg Cholesterol; 32mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 4 Fruit; 7 Fat; 73 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Ginger Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	small	orange	
2	small	limes	
1 1/2	pounds	Granny Smith apples	
1 1/2	pounds	fresh young ginger	
1 1/4	cups	water	
3 1/2	cups	sugar	

Seed unpeeled orange and limes; finely chop. Pare apples and core; pare ginger. Coarsely chop apples and ginger.

In a large saucepot bring orange, limes, apples, ginger and water to a boil; simmer, covered, until tender (about 40 minutes). Add sugar and stir until dissolved. Bring to a boil and boil gently, uncovered, stirring often toward end of cooking, until thick (about 1 hour).

Pack in containers. Store in freezer.

This recipe yields about 10 cups.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"10 cups"

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Per serving: 3093 Calories (kcal); 1g Total Fat; (0% calories from fat); 4g Protein; 801g Carbohydrate; 0mg Cholesterol; 31mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 0 Fat; 47 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	can	frozen apple juice - (6 oz)	thawed
3 3/4	cups	sugar	
1	package	powdered pectin	
2 1/2	cups	water	
1/2	tablespoon	butter or margarine	

Mix juice, pectin, butter, and water in a large pot. Stir constantly over high heat bringing it to a full boil. Add sugar all at once stirring to dissolve. Bring to a full boil again and let boil for 1 minute, stirring constantly.

Pour into jars, seal, turn upside down for 5 minutes. Turn right-side up and let cool.

This recipe yields 5 standard size jelly glasses.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 standard jelly jars"

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Per serving: 2953 Calories (kcal); 6g Total Fat; (1% calories from fat); trace Protein; 749g Carbohydrate; 16mg Cholesterol; 84mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 50 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Jelly Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	apple juice (abt 3 lbs apples and 3 cups water)
2	tablespoons	strained lemon juice -- if desired
3	cups	sugar

To prepare juice. Select about one-fourth underripe and three-fourths fully ripe tart apples. Sort, wash and remove stem and blossom ends; do not pare or core. Cut apples into small pieces. Add water, cover, and bring to boil on high heat. Reduce heat and simmer for 20 to 25 minutes or until apples are soft. Extract juice.

To make jelly. Measure apple juice into a kettle. Add lemon juice and sugar and stir well. Boil over high heat to 8 degrees above the boiling point of water, or until jelly mixture sheets from a spoon.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4 inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields 4 to 5 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 or 5 half-pints"

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Per serving: 2788 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 715g Carbohydrate; 0mg Cholesterol; 36mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
 Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Apple Juice

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Juice

Amount	Measure	Ingredient -- Preparation Method
24	pounds	apples
2	quarts	water

Prepare Ball brand or Kerr brand jars and closures according to



manufacturer's instructions.

Wash apples; drain. Remove stem and blossom ends. Chop apples and place in a large saucepot. Add water and cook until tender, stirring to prevent sticking. Strain through a damp jelly bag or several layers of cheesecloth. Heat juice just to a boil.

Carefully ladle hot juice into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 6 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 quarts"

- - - - -

Per serving: 5914 Calories (kcal); 36g Total Fat; (4% calories from fat); 19g Protein; 1528g Carbohydrate; 0mg Cholesterol; 57mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 100 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Apple Juice Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
5	cups	sugar
4	cups	canned or bottled apple juice
		red food coloring -- (optional)
1		box fruit pectin
1/2	teaspoon	butter or margarine

Boil jars on rack in large pot filled with water 10 minutes. Place flat lids in saucepan with water. Bring to boil; remove from heat. Let jars and lids stand in hot water until ready to fill. Drain well before filling.

Measure sugar into separate bowl. (Scrape extra sugar from cup with spatula to level for exact measure.) Measure juice into 6- or 8-quart pot; add food coloring. Stir pectin into juice in pot. Add butter. Place over high heat; bring to a full rolling boil.

Immediately stir in sugar. Bring to a full rolling boil and boil 1 minute, stirring constantly. Remove from heat; skim off foam with metal spoon.

Ladle quickly into prepared jars, filling to within 1/8-inch of tops. Wipe jar rims and threads. Cover with two piece lids. Screw bands tightly. Invert jars for 5 minutes, then turn upright. After jars are cool, check seals.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 3887 Calories (kcal); 2g Total Fat; (0% calories from fat); trace Protein; 999g Carbohydrate; 5mg Cholesterol; 30mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Maple Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	quarts	finely chopped apples	(abt 6 lbs)
6	cups	sugar	
1	cups	maple syrup	
1	teaspoon	cinnamon	
1/2	teaspoon	allspice	
1/2	teaspoon	nutmeg	
1/4	teaspoon	cloves	

Combine all ingredients in a large sauce pot. Bring slowly to a boil. Cook rapidly to jelling point. As mixture thickens, stir frequently to prevent sticking.

Pour hot into hot jars, leaving 1/4-inch head space. Adjust caps. Process 10 minutes in boiling water bath.

This recipe yields about 8 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 half-pints"

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Per serving: 5486 Calories (kcal); 1g Total Fat; (0% calories from fat); trace Protein; 1414g Carbohydrate; 0mg Cholesterol; 43mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 1/2 Other Carbohydrates

NOTES : Recipe originally from the "Ball Blue Book"

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Marmalade Without Added Pectin

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Marmalades

Amount	Measure	Ingredient	Preparation Method
8	cups	thinly-sliced apples	-- (abt 3 lbs apples)
1		orange	
1 1/2	cups	water	
5	cups	sugar	
2	tablespoons	lemon juice	

To prepare fruit. Select tart apples. Wash, pare, quarter, and core the apples. Slice thin. Quarter the orange, remove any seeds, and slice very thin.

To make marmalade. Heat water and sugar until sugar is dissolved. Add the lemon juice and fruit. Boil rapidly, stirring constantly, to 9 degrees above the boiling point of water, or until the mixture thickens. Remove from heat; skim.

Pour immediately into hot, sterile canning jars to 1/2-inch from top. Seal. Process 5 minutes in boiling water bath.

This recipe yields 6 or 7 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 or 7 half-pints"

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Per serving: 3939 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 1017g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Apple Preserves

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	cup	water	
6	cups	sliced peeled and cored apples	
1	tablespoon	lemon juice	
1	package	powdered pectin	
1/2	cup	thinly-sliced lemon	
4	cups	sugar	
2	teaspoons	nutmeg	

Combine apples, water and lemon juice in large saucepan. Simmer, covered, 10 minutes. Stir in pectin and bring to a boil, stirring frequently. Add lemon slices and sugar. Return to a rolling boil. Boil hard 1 minute, stirring frequently.

Remove from heat; add nutmeg. Pour in hot jars, leaving 1/4 inch head space. Adjust caps. Process 10 minutes in boiling water bath.

This recipe yields about 6 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

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Per serving: 3124 Calories (kcal); 2g Total Fat; (0% calories from fat); trace Protein; 803g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Apple Syrup

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Fruit
Sauces

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Rows include 3/4 cup apple cider, 1/2 cup brown sugar, 1/2 cup light corn syrup, 1/2 teaspoon lemon juice, 1/8 teaspoon cinnamon, and 1/8 teaspoon nutmeg.

Combine all the ingredients in a saucepan. Bring it to a boil uncovered over a medium-high heat. Reduce the temperature and simmer uncovered until the desired consistency is reached. To test the thickness, drop a small amount on a cool plate. Let cool and then tip the plate. Store in the refrigerator.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at http://www.flash.net/~tinyt"
S(Formatted for MC5):
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 825 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 218g Carbohydrate; 0mg Cholesterol; 232mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 0 Fat; 13 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Apple Thyme Jelly

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Jams/Jellies

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Rows include 2 cups apple cider and 3 1/2 cups sugar.

2           teaspoons fresh thyme leaves  
3           ounces liquid fruit pectin

Combine the cider, sugar and thyme in a 4-quart microwave-safe bowl, and stir well.

Cook, uncovered, at full power (650 to 700 watts) for 10 minutes. Stir, return to the microwave, and cook until the sugar has dissolved and the mixture has reached a full rolling boil, about 5 more minutes.

Stir the pectin into the mixture, return it to the microwave, and cook for 1 1/2 minutes.

Skim any foam off the surface, and pack the jelly into sterilized jars according to the manufacturer's directions.

This recipe yields 4 half-pints.

Comments: A delicate flavor -- just perfect for glazing a simple lamb or pork roast.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

- - - - -

Per serving: 2944 Calories (kcal); 1g Total Fat; (0% calories from fat); trace Protein; 758g Carbohydrate; 0mg Cholesterol; 22mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 47 Other Carbohydrates

NOTES : Recipe originally from "The New Basics Cookbook"

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Apple-Pear Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Preserves

Amount	Measure	Ingredient -- Preparation Method
4	pounds	juicy tart apples
4	pounds	pears
1	cup	orange juice
1/4	cup	water - (to 1/2 cup) -- if needed
2	tablespoons	grated orange peel
2/3	cups	sugar

Wash 8 pint, five 1 1/2-pint, or 4 quart jars in hot soapy water; rinse. Keep hot until needed. Prepare lids as manufacturer directs.

Wash apples and pears. Place in a 6-quart pot. Pour orange juice over fruit; cover. Stirring occasionally, cook over low heat until fruit is tender. If mixture is too dry, add 1/4 to 1/2 cup water as mixture cooks.

Press through a food mill or sieve into a large bowl; discard seeds and skins. Return puree to pot. Stir in orange peel and sugar. Stirring constantly over medium heat, bring to a boil.

Ladle into 1 hot jar at a time, leaving 1/2-inch headspace. Release trapped air. Wipe rim of jar with a clean damp cloth. Attach lid. Place in canner. Fill and close remaining jars.

Process in a boiling-water bath; pints 20 minutes, 1 1/2 pints or quarts, 30 minutes.

This recipe yields about 8 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

- - - - -

Per serving: 1625 Calories (kcal); 7g Total Fat; (3% calories from fat); 8g Protein; 414g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 19 Fruit; 0 Fat; 9 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple-Pear Conserve

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Conserves  
Fruit

Amount	Measure	Ingredient	Preparation Method
4	cups	chopped peeled cored apples	
4	cups	chopped peeled cored pears	
2	cups	chopped peeled cored pineapple	
1	cup	golden raisins	
7	cups	unsweetened apple juice	
1/4	teaspoon	cinnamon	
1/4	teaspoon	nutmeg	

1/2 cup slivered almonds

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine apples, pears, pineapple, raisins and apple juice in a large saucepot. Cover and simmer until fruit begins to soften. Remove cover. Add spices. Bring mixture to a boil; reduce heat. Simmer until mixture begins to thicken. As mixture thickens, stir frequently to prevent sticking. Stir in almonds; simmer 5 minutes.

Carefully ladle hot conserve into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 928 Calories (kcal); 39g Total Fat; (34% calories from fat); 20g Protein; 145g Carbohydrate; 0mg Cholesterol; 27mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 8 1/2 Fruit; 6 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apple-Plum Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Preserves

Amount	Measure	Ingredient -- Preparation Method
2	pounds	slightly under-ripe red plums -- quartered
2	pounds	tart apples -- quartered
2	cups	unsweetened, unfiltered apple juice
2	teaspoons	ground cinnamon

Combine plums, apples and juice in a heavy non-aluminum saucepan. Bring to a boil over medium heat. Reduce heat, cover partially and simmer 25



minutes, stirring occasionally. Uncover and cook until fruit is very tender, stirring occasionally (20 to 30 minutes).

Cool slightly. Force fruit through food mill fitted with medium blade, discarding peel and seeds. (Or you can seed and pit the fruit BEFORE cooking. Then, when you reach this stage, all you have to do is run it through a food processor.)

Return puree to pan, add sugar and cinnamon. Bring to a boil over medium heat, stirring constantly. (Careful, mixture can scorch easily!) Reduce heat and simmer briskly until butter is thick and glossy, stirring frequently (about 40 minutes). Remove from heat, spoon into hot sterilized jars and seal.

Butter can be stored in the fridge for up to 3 weeks, or processed in a boiling water bath (15 minutes for pint jars or 10 minutes for 8 ounces jars) and kept on a cool dark shelf for up to 1 year.

This recipe yields 3 pint or 6 half-pint jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

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Per serving: 388 Calories (kcal); 1g Total Fat; (1% calories from fat); 3g Protein; 100g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Applesauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient	Preparation Method
2 1/2	pounds	apples	per quart - (to 3 1/2) -- see * Note
		Water	-- as needed
		Sugar	-- (optional)

\* Note: Using a sweet variety eating apple may lessen the need for adding sugar.

Prepare Ball brand or Kerr brand jars and closures according to

manufacturer's instructions.

Wash, stem and quarter apples; do not core or peel. Cook apples until soft in a large covered saucepot with just enough water to prevent sticking. Press apples and juice through a sieve or food mill to separate seeds and peel from the pulp.

Return apple pulp to saucepot. Add 1/4 cup sugar per pound of apples or to taste, if desired. Bring applesauce to a boil, stirring to prevent sticking. Reduce heat; simmer 5 minutes, stirring to prevent sticking.

Carefully ladle hot sauce into hot jars, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints and quarts 20 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

Recipe Variations: Spiced applesauce can be made by adding ground spices, such as cinnamon, nutmeg or allspice to the sauce during the last 5 minutes of cooking. For a chunky sauce, core and peel apples before they are cooked. Coarsely crush half of the cooked apples with a potato masher; press remaining apples through a sieve or food mill. Combine crushed and sauced apple mixtures; continue as for Applesauce.

This recipe yields ??

Comments: Can the goodness of this season to enjoy in the next. Whether you've grown the ingredients in your own back yard or purchased them with great care from your local market, you'll enjoy freshness and flavor in the months to come.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Apricot And Honey Jam

Recipe By :Edon Waycott  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
6	pounds	apricots - (abt 50) -- see * Note
2	cups	sugar
1/2	cup	mild honey, orange blossom or clover = (or equal amount of sugar)
3	tablespoons	lemon juice

\* Note: Soft, ripe apricots make jam with the most flavor, and they cook down and thicken faster. Taste the mixture before, during and after cooking to sweeten to your own liking. This jam will darken in the jar over time.

Wash the apricots. Cut them in half through the natural indentation and remove the pits. Slice each half into 2 lengthwise strips. There should be approximately 4 quarts.

In a large nonaluminum bowl, gently combine the apricot slices, sugar, honey and lemon juice. Allow the mixture to stand at room temperature for 3 to 4 hours, stirring several times to keep the fruit coated and to help the juices dissolve the sugar.

Place the fruit mixture in a 6- to 8-quart shallow pan and bring to a boil over high heat. With a metal spoon or fine mesh skimmer, skim off any foam that collects on the surface and reduce the heat to medium. Continue cooking and skimming, stirring occasionally, until the mixture is thick with a few chunks left, 50 to 60 minutes, and the whole mass appears slightly glazed. To test whether jam is ready, remove 2 tablespoons to a small saucer and place it in the freezer for 5 minutes.

Meanwhile turn off the heat under the pan. When the test amount is cool, it will wrinkle slightly when slowly pushed together with your finger. If it doesn't, continue cooking for another 5 minutes and test again. When ready, the jam will be thick but will still flow from a spoon. You can also test the jam by scooping some out in a metal spoon and then pouring it back into the pot. When the jam begins to pour out in a single sheet rather than in several different streams, it's done.

Make sure you have clean jars and rims and fresh lids that have never been used (lids and rims can be purchased separate from jars). Dip every jar and lid (as well as any other implements that will touch the finished jam) into a large pot of boiling water for at least 3 minutes. Afterward, remove them to a baking sheet and keep them in a 250 degree oven until you are ready to use them.

When the jam is cooked, ladle it into the jars, coming within 1/4-inch of the top (a wide-mouthed canning funnel makes this easy). Wipe the threads of the jar clean and place the lid on top of the jar. Screw down the rim as tight as it will go. Place the sealed jars in boiling water to cover for 10 minutes.

Remove them to a sideboard and let them cool. You should hear a repeated "plink-plink" as the cooling jars form the vacuum that seals the lid. When the jars are cool, test each by pushing down in the center of the lid. There should be no flex in the lid. If there is, return the sealed jar to the boiling water for another round. Do not tighten the rims further. Store jams and jellies in a cool, dark place, such as a pantry.

This recipe yields 9 (8-ounce) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 half-pints"

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Per serving: 1559 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 404g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe originally from from Edon Waycott, author of "Preserving the Taste" (Hearst, 1993)

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot And Walnut Chutney

Recipe By :n/a

Serving Size : 1 Preparation Time :0:00

Categories : Canning Chutneys

Amount	Measure	Ingredient -- Preparation Method
3	pounds	fresh apricots (or 1 pound dried apricots)
1	pound	onions -- peeled, chopped fine
1 1/2	pints	cider vinegar
2		garlic cloves -- peeled, crushed
		Grated rind of 2 oranges
1	pound	light brown sugar
8	ounces	sultanas
2	teaspoons	Salt
1	teaspoon	English mustard
1/2	teaspoon	powdered allspice
8	ounces	walnuts -- very roughly chopped

Split and stone the fresh apricots and chop roughly. If using dried apricots, put them to swell overnight in water.

Boil the chopped onions for a few moments to soften them, otherwise you always seem to get a few hard bits. Drain.

Put all the ingredients except the walnuts into a large preserving pan and bring to the boil. Turn down the heat and cook gently, stirring regularly, for 1 1/2 hours until the mixture is thick and jammy. Stir in the walnuts. Ladle while hot into warm sterilized jars. Seal.

This recipe yields about 6 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 3352 Calories (kcal); 129g Total Fat; (32% calories from fat); 61g Protein; 549g Carbohydrate; 0mg Cholesterol; 4526mg Sodium  
Food Exchanges: 2 Grain(Starch); 7 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 22 Fat; 32 Other Carbohydrates

NOTES : Recipe originally from "Country Living Magazine" (British), Nov 1988

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot Butter

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Preserves

Amount	Measure	Ingredient -- Preparation Method
10	cups	sliced apricots
1	cup	water
		Sugar -- as needed
1/3	cup	orange juice
1	tablespoon	grated orange rind

Add water to apricots and cook until soft. Press through sieve (or run them through the blender). Measure, and to each cup of pulp add 2/3 cup sugar. Add juice and grated orange rind. Cook until thick (about 10 to 15 minutes).

Pour into sterilized pint jars to within 1/2 inch of top. Put on cap, screw band firmly tight and process in boiling water bath for ten minutes.

This recipe yields 4 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

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Per serving: 37 Calories (kcal); trace Total Fat; (3% calories from fat); 1g Protein; 9g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot Chutney

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Chutneys

Amount	Measure	Ingredient	Preparation Method
6	cups	fresh apricots	-- pitted
4	medium	onions	-- sliced
1 1/8	cups	seedless raisins	
2 1/2	cups	white wine vinegar	
1	pound	dark brown sugar	
4	tablespoons	salt	
1	cup	preserved ginger	
1	tablespoon	mustard seeds	
1	teaspoon	cayenne pepper	
1/2	teaspoon	ground turmeric	
		Grated peel of 1 orange	
		Juice of 1 orange	-- strained
1/2	cup	walnuts	

Put all of the ingredients into a large pan and cook gently to a soft mush, about 1 1/2 hours. Add the walnuts.

Pack into sterilized jars. Process in a boiling water bath; pints 25 minutes; quarts 30 minutes. Keep the chutney for at least one month before using it.

This recipe yields 6 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 3412 Calories (kcal); 38g Total Fat; (11% calories from fat); 26g Protein; 653g Carbohydrate; 148mg Cholesterol; 25798mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 6 1/2 Vegetable; 8 1/2 Fruit; 6 Fat; 32 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot Habanero Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	pound	habanero peppers	
1	cup	cider vinegar	
1/2	cup	apricot nectar	
6	cups	sugar	
1	package	certo	
6	drops	orange food coloring	

Cut off stem ends of peppers Blend peppers together with 1/2 of the vinegar and apricot nectar.

Bring the vinegar and sugar to a boil, add the pepper mixture and coloring and bring to a boil for two minutes. Add the certo and bring to a boil again. Skim, pour into jars and seal.

This recipe yields about 3 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 half-pints"

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Per serving: 4748 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1231g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 81 1/2 Other Carbohydrates

NOTES : Recipe originally from <http://www.pepperfool.com>

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot Jalapeno Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	stemmed seeded jalapeño peppers
1	large	red bell pepper -- stemmed, seeded
2	cups	cider vinegar
1 1/2	cups	chopped dried apricots
6	cups	sugar
3	ounces	liquid pectin
4	drops	red food color

Put jalapeños, bell pepper, and vinegar in blender. Puree until coarsely ground and small chunks remain.

Combine apricots, sugar, and jalapeno-pepper-vinegar mixture in large saucepan. Bring to a boil. Boil rapidly, 5 minutes. Remove from heat; skim off any foam that forms. Allow mixture to cool for 2 minutes. Then mix in pectin (and food coloring if you're going to use it).

Pour into sterilized jars, seal, and processed in a boiling water bath for 10 minutes.

This recipe yields about 7 half-pint containers.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 half-pints"

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Per serving: 5207 Calories (kcal); 1g Total Fat; (0% calories from fat); 8g Protein; 1355g Carbohydrate; 0mg Cholesterol; 39mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 8 Fruit; 0 Fat; 82 1/2 Other Carbohydrates

NOTES : Recipe originally from "Chile Pepper: The Magazine of Spicy Foods" May/June 1990

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot Lite Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	cups	dried apricots
1 1/2	cups	crushed pineapple -- unsweetened (drain if using canned pineapple)
1		orange -- peeled, seeded,



3 1/2 cups and chopped  
                    Juice of 1/2 lemon  
                    sugar

Cover apricots with cold water and let soak overnight. Simmer apricots in soaking water, uncovered, until tender. Mash with a potato masher or in a food processor.

Add pineapple, orange, lemon juice, and sugar to apricot mixture. Simmer until sugar has dissolved, stirring frequently; then cook over high heat until thick, about 20 to 30 minutes. Skim off foam.

Pour into hot jars, leaving 1/4-inch head space. Adjust caps. Process 10 minutes in boiling water bath.

This recipe yields 6 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

- - - - -

Per serving: 3614 Calories (kcal); 2g Total Fat; (0% calories from fat); 12g Protein; 934g Carbohydrate; 0mg Cholesterol; 37mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 15 1/2 Fruit; 0 Fat; 47 Other Carbohydrates

NOTES : Recipe originally from the "Ball Blue Book"

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	cups	dried apricots	(firmly packed)
4	cups	water	
2	cups	sugar	
1/2	teaspoon	cinnamon	

Wash fruit, soak 8 hours in the 4 cups of water. Place over heat in water in which it has been soaked; simmer until very soft. Rub through coarse sieve, return pulp to heat. When it reaches boiling point, add sugar and simmer gently for 40 to 45 minutes, stirring almost constantly as it scorches very easily. Add cinnamon while cooking.

Pour into sterilized half-pints to within 1/2-inch of top. Put on cap, screw band firmly tight. Process in boiling water bath ten minutes.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1551 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 401g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Apricot Nectar

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Juices

Amount	Measure	Ingredient	Preparation Method
1	pound	firm ripe apricots	
2	cups	water	
1/3	cup	sugar	

Select sound, ripe fruit. Wash fruit well. Crush, and for each pound (3 cups, sliced) of apricots add 2 cups of water. Heat slowly to simmering point. Press through fine sieve.

Measure juice. Bring to simmering point and add 1/3 cup sugar for each cup juice. Stir until sugar is well dissolved.

Pour into clean jars to within 1/2-inch of top of jar. Put on cap, screwing the band tight. Process boiling water bath 10 minutes.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 258 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 67g Carbohydrate; 0mg Cholesterol; 15mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 4 1/2 Other Carbohydrates

NOTES : Recipe from Kerr Canning Book  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Apricot Pepper Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	cup	red or green bell pepper strips
2	cups	cider vinegar
1/3	cup	canned whole jalapeño peppers -- drained, rinsed, stems and seeds removed
6	ounces	dried apricot halves -- slivered
6	cups	sugar
3	ounces	liquid pectin

Note: 1/4 cup chopped fresh jalapeño peppers may be substituted for the canned.

Combine pepper strips, vinegar, and jalapeño peppers in a blender or food processor. Pulse until small chunks remain. Combine with apricot slivers and sugar in saucepan; bring to boil. Boil and stir 5 minutes. Remove from heat; skim off any foam. Cool 2 minutes; stir in pectin.

Pour into sterilized jars; seal at once. If desired, process in boiling water bath 15 minutes.

This recipe yields 6 1/2 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 1/2 cups"

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Per serving: 5116 Calories (kcal); trace Total Fat; (0% calories from fat); 6g Protein; 1332g Carbohydrate; 0mg Cholesterol; 34mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 0 Fat; 82 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot Preserves

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Preserves

Amount	Measure	Ingredient -- Preparation Method
9	pounds	very ripe apricots -- pitted
7	pounds	sugar
		Juice of 1 lemon
1 1/2	packages	Einsiedehilfe (preserving aid) -- dissolved in Hot water

Cook apricots and sugar to setting point, continually skimming off foam. Shortly before done, add lemon juice. Remove from heat. Stir in 'Preserving Aid' dissolved in hot water.

To test for setting point: Spoon a little of the conserve onto a chilled saucer. Leave for a few minutes -- then hold saucer upside down. If conserve doesn't run, then setting point has been reached.

Pour into hot, dry, sterilized jars. Seal jars with cellophane the top of which has been dipped in rum and smooth the overhang over the jars' necks, tying with thin twine.

This recipe yields between 13 and 14 one-pint jars.

Comments: "Einsiedehilfe" ('Preserving Aid') is sold (in Austria) in 15 gram packages and consists of 65 percent sugar and 35 percent benzoic acid.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
 S(Formatted for MC5):  
 "11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"  
 Yield:  
 "13 pints"

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Per serving: 12299 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 3175g Carbohydrate; 0mg Cholesterol; 32mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 213 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Apricot, Orange And Almond Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	pound	dried apricots
2 1/2	teaspoons	Finely-grated zest of 3 oranges
		ground cinnamon
		Juice of 3 oranges
		Water, as needed
2 1/2	pounds	sugar
		Juice of 2 lemons
2	ounces	split almonds

Chop the apricots roughly. Put them into a large bowl, sprinkling the fine grated zest of the oranges and the cinnamon between layers. Squeeze the juice of the oranges, measure and add enough water to make 3 pints in all. Pour the liquids over the fruit and leave to soak overnight in a cool place.

Slide the contents of the bowl into a preserving pan and simmer gently until the fruit is beautifully tender. Check the fruit occasionally as it cooks and crush it down into the pan with a potato masher. It may need 1 1/4 hours to become really soft.

Warm the sugar. Add it to the pan together with the juice of the lemons and the almonds. Cook gently until the sugar is melted, then fast-boil until the saucer test shows that the preserve will set. Pot, tie down and label the preserve in the usual way.

This recipe yields enough to fill 5 jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
 S(Formatted for MC5):  
 "11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"

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 Per serving: 5488 Calories (kcal); 2g Total Fat; (0% calories from fat); 17g Protein; 1419g Carbohydrate; 0mg Cholesterol; 58mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 18 1/2 Fruit; 0 Fat; 76 Other Carbohydrates

NOTES : Recipe originally from "Country Living Magazine" (British), Mar 1989

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot-Jalapeño Jelly

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00

Categories : Canning

Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1/2	cup	jalapeño peppers	-- stemmed, seeded
1	large	red bell pepper	-- stemmed, seeded
2	cups	cider vinegar	
1 1/2	cups	dried apricots	-- chopped
6	cups	sugar	
3	ounces	liquid pectin	
4	drops	red food color	-- (optional)

Put jalapeños, bell pepper, and vinegar in blender. Puree until coarsely ground and small chunks remain.

Combine apricots, sugar, and jalapeño/pepper/vinegar mixture in large saucepan. Bring to a boil. Boil rapidly, 5 minutes. Remove from heat; skim off any foam that forms.

Allow mixture to cool for 2 minutes. Then mix in pectin (and food coloring if you're going to use it). Pour into sterilized jars, seal, and process in a boiling water bath for 10 minutes.

This recipe yields 3 pints.

Comments: This recipe calls for apricots but peaches, nectarines, and pears work equally well. Any fresh green chile can also be substituted, depending on your heat preference. Serranos will make it hotter; roasted, peeled New Mexican chiles will tame it down.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

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Per serving: 5220 Calories (kcal); 1g Total Fat; (0% calories from fat); 9g Protein; 1358g Carbohydrate; 0mg Cholesterol; 39mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 8 Fruit; 0 Fat; 82 1/2 Other Carbohydrates

NOTES : Recipe originally from "Chile Pepper: The Magazine of Spicy Foods", May/June 1990

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot-Orange Butter

Recipe By : n/a

Serving Size : 0 Preparation Time : 0:00

Categories : Butters/Spreads Canning

Fruit

Amount	Measure	Ingredient	Preparation Method
4		cups	coarsely-chopped apricots
1/2		cup	chopped orange
3/4		cup	water
2	tablespoons		lemon juice
3 1/2	cups		sugar

Prepare home canning jars and lids according to manufacturer's instructions. Cook apricots and orange in water until tender. Press through a sieve or food mill.

Combine apricot and orange pulp, lemon juice and sugar in a large saucepot. Cook until thick enough to round up on a spoon. As mixture thickens, stir frequently to prevent sticking.

Ladle hot butter into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process 10 minutes in a boiling-water canner.

This recipe yields about 3 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 half-pints"

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Per serving: 2717 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 702g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 47 Other Carbohydrates

NOTES : Recipe as published in the Hoosier Times, 02-16-2000  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Apricot-Orange Conserve Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Conserves  
Fruit

Amount	Measure	Ingredient	Preparation Method
3 1/2	cups	chopped drained apricots	(abt two 20-oz cans unpeeled apricots, or 1 lb dried apricots)
1 1/2	cups	orange juice - (3 or 4 med oranges)	Peel of 1/2 orange -- shredded very fine
2	tablespoons		lemon juice

3 1/4 cups sugar  
1/2 cup chopped nuts

To prepare dried apricots. Cook apricots uncovered in 3 cups water until tender (about 20 minutes); drain and chop.

To make conserve. Combine all ingredients except nuts. Cook to 9 degrees above the boiling point of water or until thick, stirring constantly. Add nuts; stir well.

Remove from heat; skim. Pour immediately into hot, sterile canning jars to 1/4 inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields about 5 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 2961 Calories (kcal); 40g Total Fat; (11% calories from fat); 12g Protein; 667g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 7 Fat; 43 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot-Raspberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	pounds	apricots	peeled, pitted, and mashed
1	pint	raspberries	(2 cups) -- mashed
6	cups	sugar	
1/4	cup	lemon juice	
1	tablespoon	butter or margarine	
3	ounces	liquid fruit pectin	(1 pouch)

In a large saucepan, combine the apricots and raspberries. Stir in the sugar, lemon juice, and butter. Bring to a boil, over high heat, stirring constantly. Add the pectin. Bring to a rolling boil and boil for 1 minute, stirring constantly. Spoon into jars prepared for cooked jam.



This recipe yields 7 half-pint jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 half-pints"

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Per serving: 5166 Calories (kcal); 15g Total Fat; (2% calories from fat); 12g Protein; 1298g Carbohydrate; 31mg Cholesterol; 138mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 2 1/2 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Apricot-Red Pepper Jelly

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	package	chopped dried apricots - (6 oz)
3/4	cup	chopped red bell pepper
1/4	cup	chopped fresh red chiles or red jalapeños
2 1/2	cups	cider vinegar
1 1/2	cups	water
1	box	Sure-Jell dry pectin - (1 3/4 to 2 oz)
6	cups	sugar

Process apricots, bell pepper, and chile peppers with 1 3/4 cups of vinegar in a blender or food processor until finely ground. Pour mixture into a large saucepan along with the water and remaining (3/4 cup) vinegar. Stir in pectin, bring to full boil while stirring. Add sugar, and return to boil still stirring. Boil for 1 minute.

Remove from heat and skim off foam. Ladle hot jelly into hot sterilized jars, leaving 1/2-inch head space. Wipe jar rims and threads clean, top with hot lids and screw bands on firmly. Process in boiling water bath for 5 minutes.

This recipe yields about 6 half-pints.

Source:

"Canning Recipes at <http://home.earthlink.net/~evelynrussell/canrecipes.html>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:  
"6 half-pints"

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Per serving: 4758 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 1241g Carbohydrate; 0mg Cholesterol; 31mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 83 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Apricots In Lemony Apricot Nectar

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient	Preparation Method
1	pound	apricots per pint jar - (to 1 1/4)	-- pitted, halved
		Lemon slices	
		Apricot nectar	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Treat fruit to prevent darkening. Combine lemon slices and apricot nectar in a large saucepot. Bring to a boil; reduce heat and keep hot until needed. Drain and rinse apricots. Cook apricots in water one layer at a time until hot throughout.

Pack hot fruit into hot jars leaving 1/2-inch headspace. Carefully ladle hot apricot nectar over fruit, leaving 1/2-inch headspace. Add one lemon slice to each jar. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 20 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;

0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Artichoke Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
2	pounds	artichokes	
1	cup	salt	
1	gallon	water	
6		red or green sweet peppers - (to 8)	
6	large	onions - (to 8)	
1	pound	sugar	
1	quart	vinegar	
2	tablespoons	mustard seed	
1	tablespoon	turmeric	
1/2	teaspoon	salt	

Select fresh, tender artichokes. Wash well and trim, if necessary. Dissolve 1 cup salt in water in a large pan. Add artichokes and let stand overnight. Drain well.

Organize ingredients, equipment, and work area. Remove stems and seeds from peppers and peel onions. Grind peppers, onions, and artichokes, using coarse blade. Set aside.

In a large preserving kettle, combine vinegar, sugar, and spices and heat to boiling. Add ground vegetables and heat to boiling.

Ladle boiling mixture into hot jars to within 1/4-inch of the tops. Run a slim, non metal tool down along the insides of jars to release any air bubbles. Add additional relish, if necessary, to fill to within 1/4-inch of the tops of the jars.

Wipe tops and thread of jars with damp clean cloth. Put on lids and screw bands as manufacturer directs. Process in boiling water bath 10 minutes.

This recipe yields 10 half-pint jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"10 half-pints"

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Per serving: 2191 Calories (kcal); 8g Total Fat; (2% calories from fat); 18g Protein; 561g Carbohydrate; 0mg Cholesterol; 103860mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 7 1/2 Vegetable; 0 Fruit; 1 Fat; 34 1/2 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Asparagus Sweet Pickles

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3		one-pint wide-mouth canning jars
4	cups	vinegar
1	cups	sugar
2	teaspoons	whole allspice
12		whole cloves
1		cinnamon stick - (6" long)
4	pounds	asparagus -- washed, and trimmed to fit jars

Heat jars in a 250 degree oven to sterilize.

Place vinegar, 2 cups of water and sugar in a medium pot. Tie allspice, cloves and cinnamon in a cheesecloth bag and add to pickling liquid; simmer 15 minutes.

Meanwhile, boil 4 cups of water in a medium pot. Add asparagus, cook 3 minutes and drain, reserving boiling water.

Return water to the pot and return to a boil. When cooled enough to handle, pack asparagus in hot jars and cover with hot pickling liquid, leaving 1/2-inch headspace; seal. Place jars in boiling water for 10 minutes.

This recipe yields ?? servings.

Source:

"Charles Pearl on the Food Forum BB at <http://food.bb.prodigy.net/>  
S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 1385 Calories (kcal); 18g Total Fat; (9% calories from fat); 26g Protein; 348g Carbohydrate; 0mg Cholesterol; 223mg Sodium  
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 8 1/2 Vegetable; 0 Fruit; 3 Fat; 17

Other Carbohydrates

NOTES : Recipe from Veggie Life Magazine, May 1994  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Aunt Lena's Bread-And-Butter Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Refrigerator

Amount	Measure	Ingredient -- Preparation Method
4	pounds	unwaxed cucumbers - (3" to 4" long)
1/2	pound	onions - (2 large)
1/2	cup	coarse kosher salt = (or 6 tbsps uniodized table salt or pickling salt)
		Water
2 1/2	cups	sugar
1 1/2	teaspoons	celery seed
1 1/2	teaspoons	mustard seed
1 1/2	teaspoons	ground turmeric
2 1/2	cups	cider vinegar

To salt vegetables: Using mandoline or food processor, slice cucumbers and onions as thin as possible. In 4-quart bowl (not aluminum), layer prepared cucumbers and onions with salt. Cover with cold water. Refrigerate, covered, for 4 to 5 hours, or overnight.

To heat vegetables: Drain vegetables. Rinse and drain again. Refrigerate in colander set in bowl. Meanwhile, place sugar, spices and vinegar in a 6- to 8-quart saucepan. Stir to dissolve sugar. Bring to a boil. Add well-drained vegetables all at once. Stir to encourage even heating. Heat just to a boil.

To fill jars: Adjust heat to keep mixture hot, but not boiling. Using slotted spoon, fill hot, sterilized jars within 3/4- to 1-inch of top. Cover with boiling syrup to within 1/4-inch. Using tea strainer, remove spices remaining in pan, divide them among jars and seal. Discard leftover syrup. (Note: You may have as much as 2 cups leftover syrup, but it's too watered down by cucumbers to be reused.)

To store pickles: Seal. Cool. Label. Store in refrigerator. Wait at least 1 month before using, to develop best flavor. But for best quality, consume pickles within 6 weeks.

This recipe yields 4 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 2070 Calories (kcal); 3g Total Fat; (1% calories from fat); 2g Protein; 540g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 36 Other Carbohydrates

NOTES : Recipe originally from the author's Aunt Lena as featured in "Preserving Today" by Jeanne Lesem  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Aunt May's Pickled Green Tomatoes

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
15	pounds	green tomatoes -- sliced
1	cup	pickling salt
1/2	tablespoon	powdered alum
2	quarts	boiling water
2	cups	apple cider vinegar
5	cups	sugar
2		cinnamon sticks
1		handful of cloves

Arrange the tomatoes in layers in a large bowl or pickle crock, sprinkling salt between the layers. Let stand overnight.

The next day, drain tomatoes, sprinkle with alum, and pour the boiling water over them. Let stand for 20 minutes. Drain, rinse, and drain again.

In an enamel or stainless steel kettle, combine vinegar, sugar and spices (tie the spices in a cheesecloth bag -- spice bag should be kept in the syrup right up to the very end). Bring to a boil, stirring until sugar is dissolved, and boil rapidly for 3 minutes. Pour the syrup over the tomatoes and let stand overnight.

Next day, drain off syrup and bring to a boil. Pour over tomatoes and let stand again overnight.

On the fourth day, put syrup and tomatoes into the kettle, bring to a boil and simmer until the tomatoes are transparent. Pack the tomatoes into hot jars. Boil the syrup until it becomes quite thick or spins a long thread. Remove the spice bag and pour the syrup over the fruit, filling the jars, and seal.

This recipe yields 8 quarts.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 quarts"

- - - - -

Per serving: 5643 Calories (kcal); 14g Total Fat; (2% calories from fat); 83g Protein; 1396g Carbohydrate; 0mg Cholesterol; 964mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 68 Vegetable; 2 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Aunt Mosell's Green Tomato Relish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	gallons	green tomatoes in 3/4" dice
1/2	gallon	white onion in 1/2" dice
1	quart	banana peppers in 1/2" dice
6	cups	sugar
2	tablespoon	freshly-ground black pepper
1/2	cup	salt
1/2	gallon	white vinegar

Combine vinegar, sugar, pepper, and salt, stir until dissolved. Add remaining ingredients and bring to a full boil. Remove from heat and pack into quart jars with new ring lids.

This recipe yields ??

Comments: A must for black-eye peas, or red beans.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

- - - - -

Per serving: 4913 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1312g Carbohydrate; 0mg Cholesterol; 51192mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 88 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Baked Freezer Corn

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Freezing Vegetables

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Rows include 18 cups cut corn, 1 pound butter or margarine, and 1 pint half-and-half or non-dairy creamer.

Mix ingredients together in a large roasting pan. Bake uncovered for one hour at 325 degrees. Stir every 15 minutes. Don't worry if it looks slightly curdled late in the baking; it will be delicious.

Let cool in pan on counter. When cool, package for the freezer. Add sugar and salt to taste when ready to use.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at http://food.bb.prodigy.net/"
S(Formatted for MC5):
"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 3255 Calories (kcal); 368g Total Fat; (99% calories from fat); 4g Protein; trace Carbohydrate; 994mg Cholesterol; 3750mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 73 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe as published in The Capitol-Journal, 07-30-1997
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Baked Peach Butter

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Butters/Spreads Canning
Fruit

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Rows include 12 cups sliced peeled pitted peaches and 4 cups water.



3           tablespoons   lemon juice  
1/4                 cup   honey or sugar -- to taste

To peel peaches easily, drop in boiling water for 30 seconds, then drop in ice water. Peels should pull off.

Combine sliced peaches and water in an 8-quart enamel or stainless steel pot and cook over medium heat for 20 to 25 minutes, or until the peaches are soft. Stir frequently to prevent the peaches from sticking. When the fruit is tender, add the honey or sugar and lemon juice and stir to combine. Put the peach mixture through a food mill or puree in a blender or food processor.

Divide the puree between two shallow, 9- by 13-inch baking or roasting pans. Bake, uncovered, for 1 hour at 325 degrees. Continue baking, stirring every 15 to 20 minutes, until the butter is thick. This will take an additional 1 to 1 1/2 hours. The peach butter will be thick, fine-textured and a rich, reddish-amber in color.

Wash jars and lids in hot, soapy water; sterilize jars in boiling-water bath for 10 minutes. Prepare lids according to manufacturer's directions. Ladle hot peach butter into hot jars, leaving 1/4-inch headspace. Cover with lids and process in a boiling-water bath for 5 minutes.

This recipe yields 3 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 half-pints"

- - - - -

Per serving: 11 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 4g Carbohydrate; 0mg Cholesterol; 29mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from "Preserving Summer's Bounty," edited by Susan McClure (Rodale Press, \$14.95), and as published in the Charlotte Observer, 06-23-1998

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Banana Butter

Recipe By        :n/a  
Serving Size    : 0       Preparation Time :0:00  
Categories      : Butters/Spreads                   Canning  
                  Fruit

Amount	Measure	Ingredient -- Preparation Method
3	cups	bananas - (about 10 medium)

1/4 cup lemon juice  
 1/4 cup finely-chopped maraschino cherries  
 6 1/2 cups sugar  
 1 bottle liquid pectin - (6 oz)

Thoroughly mash bananas. Measure 3 cups into a large saucepan. Add lemon juice, cherries and sugar; mix well. Bring to hard rolling boil; boil hard 1 minute, stirring constantly.

Remove from heat; quickly stir in pectin. Ladle into clean, hot jars. Seal.

This recipe yields 8 or 9 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

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 Per serving: 5046 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1304g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe originally from "Best Recipes Magazine", Oct 1992  
 Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Banana Butter II

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Butters/Spreads Fruit

Amount	Measure	Ingredient	Preparation Method
11	medium	fully ripe bananas	about
1/2	cup	fresh lemon juice	
1	teaspoon	Ever-Fresh Fruit Protector	optional
6	cups	sugar	
1	box	Sure-Jell fruit pectin	
1/2	teaspoon	margarine or butter	

Mash bananas thoroughly. Measure 4 cups into a 6- or 8-quart saucepot. Stir in the lemon juice and fruit protector, if desired.

Measure sugar into a separate bowl. (Scrape a spatula across the measuring cup to level the sugar for an exact measure.) Stir pectin into the fruit in the saucepot. Add margarine. Bring to a full rolling boil over high heat, stirring constantly. Quickly stir in all of the sugar.

Return to a full rolling boil, and boil exactly 1 minute, stirring constantly. Remove from the heat. Skim off any foam with a metal spoon. Ladle into hot jars. Cover, let cool and refrigerate.

This recipe yields about 8 1/3 cups or 8 (1-cup) jars.

Serving idea: Make an easy "banana split" by serving as a topping for ice cream. A natural with peanut butter on a sandwich.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 one-cup jars"

- - - - -

Per serving: 4675 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1209g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe from Jam & Jelly Times by Sure-Jell, spring 1995, and as published in the Columbus Dispatch, 07-26-2000. This recipe was adapted to conform to canning instructions by the U.S. Department of Agriculture.

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Banana Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
5		ripe bananas
3	tablespoons	fresh lime juice
2/3	cup	fresh orange juice or water
1 1/2	cups	sugar
1/2		vanilla bean halved lengthwise -- cut in thirds
1/8	teaspoon	salt
1	tablespoon	banana liqueur -- (optional)

Peel the bananas and thinly slice or mash with a fork. Place the bananas in a heavy saucepan with the lime juice, orange juice, sugar, vanilla bean and salt, and bring to a boil. Reduce the heat and gently simmer the banana jam until thick, about 30 minutes, stirring often. Stir in the banana liqueur and remove the pan from the heat.

Leave the vanilla bean in the jam -- it's pretty. Spoon the jam into three 6-ounce canning jars that have been sterilized. Fill the jars to

within one-eighth inch of the top. Screw on the lids. Invert the jars for 5 minutes, then reinvert.

Let the jam cool to room temperature. Store the jam in a cool, dark place. Refrigerate the jam once opened; it will keep for several weeks.

This recipe yields 3 six-ounce jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 six-ounce jars"

- - - - -

Per serving: 1220 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 310g Carbohydrate; 0mg Cholesterol; 270mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Bantam Corn Relish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
10	large	tender ears of corn
1		green pepper -- minced
1/2		red pepper - (to 1) -- minced
1	large	yellow onion -- minced
2	teaspoons	salt
3/4	teaspoon	celery seed
1 1/4	teaspoons	dry mustard
1 1/3	cups	cider vinegar
1	cup	sugar
1/2	teaspoon	turmeric

Cut corn kernels from cobs. Combine the corn kernels with remaining ingredients in a large pot and bring to a boil. Turn heat to low and simmer for a half hour.

Pour into hot, sterilized preserving jars, cover, and seal. Process in a boiling water bath for 20 minutes.

This recipe yields about 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

- - - - -

Per serving: 912 Calories (kcal); 1g Total Fat; (1% calories from fat); 3g Protein; 238g Carbohydrate; 0mg Cholesterol; 4277mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 0 Fat; 14 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Barbara's Persimmon Jam

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	quarts	ripe fresh persimmon pulp
1	cup	sugar
1	cup	orange juice
		grated rind of 1 orange

Combine all ingredients in a 4-quart enameled or stainless steel pan and cook over medium-high heat, stirring often until thickened, usually about 20 minutes. Pour into sterilized half-pint jars and seal at once.

This recipe yields about 6 half-pint jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

- - - - -

Per serving: 886 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 226g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Basil Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	cup	fresh basil leaves	-- the fresher the better
1	cup	white vinegar	
1	tablespoon	lemon juice	
2	cups	water	
6 1/2	cups	sugar	
2		pouches Certo liquid pectin	- (3 oz ea)
7	drops	green food coloring	-- more or less

Place the basil leaves, lemon juice and vinegar in an 8- to 10-quart sauce pot. The larger size is necessary since this recipe boils up a lot. Let the basil, lemon juice and vinegar stand while you are measuring the two cups water. Add the water and food coloring. Heat almost to boil, stirring to blend, then add all the sugar at once. Stir to dissolve sugar. Bring to hard boil, add two 3-ounce pouches of Certo liquid pectin. (Make sure to get as much of the 6 ounces as you can into the kettle. The jelly will not set without all the pectin.) Bring back to boil, boil hard for 1 minute or until jelly point is reached.

Remove from heat. Remove basil leaves with slotted spoon. Pour immediately into hot, sterilized half-pint jars, seal and process 10 minutes in boiling water bath.

This recipe yields 6 to 7 half-pints.

Comments: This recipe produces a nicely set jelly that is sweet, but with a real kick to it! You should use 4 different types of basil leaves in the recipe to add up to one cup, but you may use what you like. This recipe can also be used for other herbs, like oregano, rosemary, mint, parsley, thyme, etc.

#### Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

#### Yield:

"6 to 7 half-pints"

- - - - -

Per serving: 5073 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1315g Carbohydrate; 0mg Cholesterol; 30mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 88 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Basil-Lemon Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	cups	water
6	cups	sugar
		Zest from 2 Meyer lemons -- minced
1	cup	shredded fresh basil leaves -- packed
16	ounces	fruit pectin -- 2 foil pouches

In a large saucepan, bring the water, sugar, lemon zest and basil to boil over high heat, stirring constantly to prevent the mixture from boiling over. Add the fruit pectin and return to a boil. Boil one minute, taking care not to let the mixture boil over.

Remove from heat and cool slightly. Pour into jars. Cool to room temperature. Cover tightly and refrigerate for up to 2 weeks.

This recipe yields about 4 cups.

Comments: The flavors of fresh basil and Meyer lemon make this an unusual and tasty accompaniment for roast lamb.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 cups"

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Per serving: 4644 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1199g Carbohydrate; 0mg Cholesterol; 26mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe as published in the San Francisco Examiner, 04-20-2000

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Beet Jelly

Recipe By :Cathy Johnson  
Serving Size : 0 Preparation Time :0:00

Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient	Preparation Method
12	medium	beets - (to 13)	peeled, chopped
1/2	cup	lemon juice	
1	package	Sure-Jell	
6	cups	sugar	

Wash beets and peel, cut into small pieces. Grind and cover with water. Cook until tender strain through a jelly cloth. Add lemon juice, Sure-Jell, and stir until dissolved.

Put over high heat and stir until mixture boils hard. At once stir in 6 cups sugar, bring to a full rolling boil, boil hard 1 minute or until jelly sheets from spoon.

Remove from heat skim off foam and pour into sterilized glasses. Process in hot water bath.

This recipe yields ?? servings

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Per serving: 4675 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1209g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe from "The Wild Foods Cookbook" by Cathy Johnson (Pelham)  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Beet Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1	quart	quartered, sliced, or small whole beets	
2	cups	vinegar, 5% acidity	
1	cup	sugar	
1	teaspoon	salt	

Select and wash beets. Trim off tops leaving 1-inch stem. Boil until skin slips off easily. Skin and trim. Leave small beets whole; cut others in slices, halves, or quarters.



Pack hot to within 1/2-inch of top of clean, hot jars. Cover with boiling liquid made from vinegar, sugar, and salt. Adjust lids.

Process for 30 minutes in boiling water. Cool and store.

This recipe yields 2 to 3 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 to 3 pints"

- - - - -

Per serving: 774 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 200g Carbohydrate; 0mg Cholesterol; 2134mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Beet Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	pounds	medium-size beets
1	small	onion
1		sweet red pepper
2	cups	shredded cabbage
1 1/4	cup	prepared horseradish
1 1/2	teaspoons	salt
1	cup	sugar
1 1/2	cups	vinegar

Clean and pare the beets. Grind the beets, onion and red pepper, using the fine cutter of the food chopper. Add the finely shredded cabbage, horseradish, salt, sugar and vinegar. Heat to boiling and simmer for 10 minutes. Ladle into hot, sterilized jars and seal.

This recipe yields 2 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:  
"2 pints"

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Per serving: 962 Calories (kcal); 1g Total Fat; (0% calories from fat); 5g Protein; 253g Carbohydrate; 0mg Cholesterol; 3422mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 0 Fruit; 0 Fat; 15 Other Carbohydrates

NOTES : Recipe originally from "Pennsylvania Dutch Cooking", published by Yorkkraft, Inc., 1960  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Beet Relish II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	quart	chopped cooked beets
1	quart	chopped cooked cabbage
1	cup	chopped onions
1	cup	chopped sweet red pepper
1 1/2	cups	sugar
1	tablespoon	prepared horseradish
1	tablespoon	salt
3	cups	vinegar

Combine all ingredients; simmer 10 minutes. Bring to a boil. Pack in hot jars and adjust lids. Process 15 minutes in boiling water bath.

This recipe yields 10 half-pints or 5 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:  
"10 half-pints"

-----  
Per serving: 1330 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 358g Carbohydrate; 0mg Cholesterol; 6457mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 23 Other Carbohydrates

NOTES : Recipe from "The Ball Blue Book," and as published in the Crossville Chronicle, 08-09-2000  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Beet Relish III

Recipe By :Easter Hershberger  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	quart	beets -- cooked
1/2	cup	horseradish -- grated
1	cup	sugar
1	quart	vinegar
1	teaspoon	salt

Chop beets very fine. Combine sugar, salt, vinegar and horseradish. Mix with beets. This may be brought to a boil and then canned, or it may be kept in a cool place indefinitely. Chopped onions and green peppers may be added to this relish.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

- - - - -

Per serving: 1198 Calories (kcal); 1g Total Fat; (0% calories from fat); 11g Protein; 322g Carbohydrate; 0mg Cholesterol; 2708mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 10 1/2 Vegetable; 0 Fruit; 0 Fat; 18 Other Carbohydrates

NOTES : Recipe originally from "Mennonite Community Cookbook: Favorite Family Recipes" by Mary Emma Showalter, submitted by Easter Hershberger

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Beets

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pounds	beets without tops per quart jar - -- (to 3 1/2)
		Salt -- (optional)

Select deep red beets 1 to 2 inches in diameter.

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash beets. Leave 2 inches of stem and tap root. Boil until skins can slip off. Remove skins; trim. Slice, dice or leave beets whole. Pack beets into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired.

Carefully ladle boiling water over beets, leaving 1-inch headspace. Remove air bubbles with nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 30 minutes, quarts 35 minutes, at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Bell Pepper Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
12		green bell peppers
12		red bell peppers
12	medium	onions
2	cups	cider vinegar
2	cups	sugar
3	tablespoons	salt

Remove cores and seeds from peppers and chop finely. Peel onions and chop finely. Cover with boiling water and let stand 5 minutes.

Drain and add the vinegar, sugar and salt. Pour into hot, sterilized jars and seal. Process 5 minutes.

This recipe yields 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

- - - - -

Per serving: 2888 Calories (kcal); 7g Total Fat; (2% calories from fat); 40g Protein; 725g Carbohydrate; 0mg Cholesterol; 19291mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 51 Vegetable; 0 Fruit; 0 Fat; 28 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Berried Dessert Topping

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit

Amount	Measure	Ingredient	Preparation Method
1	quart	sliced strawberries	
2	cups	granulated sugar	
1	cup	brown sugar	
1/4	cup	lemon juice	
1	tablespoon	grated lemon peel	
1/4	teaspoon	coriander	
2	cups	raspberries	
1/2	cup	sliced almonds	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine strawberries, sugars, lemon juice, grated lemon peel and coriander in a large saucepot. Bring mixture to a boil, stirring frequently to dissolve sugar. Add raspberries. Simmer until mixture starts to thicken, about 15 minutes. Add almonds and continue cooking 5 minutes. Remove from heat.

Carefully ladle hot topping into hot jars, leaving 1/2-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 3 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

- - - - -

Per serving: 2861 Calories (kcal); 42g Total Fat; (12% calories from fat); 21g Protein; 636g Carbohydrate; 0mg Cholesterol; 75mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 5 1/2 Fruit; 6 1/2 Fat; 36 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Berry Christmas Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	cups	fresh cranberries
1	medium	seedless orange -- peeled, quartered
10	ounces	frozen strawberry slices -- slightly thawed
1/4	teaspoon	ground cloves
1/4	teaspoon	ground cinnamon
4	cups	sugar
1/2	cup	water
3	ounces	liquid fruit pectin - (1 pouch)

In a food processor, combine the cranberries and orange quarters; process until coarsely chopped. Add strawberries, cloves and cinnamon; process until mixture is finely chopped.

In a heavy large saucepan, combine fruit mixture, sugar and water until well blended. Stirring constantly over low heat, cook two minutes. Increase heat to high and bring mixture to a rolling boil. Stir in liquid pectin. Stirring constantly, bring to a rolling boil again and boil one minute.

Remove from heat; skim off foam. Pour into heat resistant jars with lids.

This recipe yields about 3 pints of jam.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 pints"

-----

Per serving: 3239 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 836g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Berry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies Refrigerator

Amount	Measure	Ingredient -- Preparation Method
2	cups	crushed strawberries or blackberries (abt 1 quart berries)
4	cups	sugar
1	package	powdered pectin
1	cup	water

To prepare fruit. Sort and wash fully ripe berries. Drain. Remove caps and stems; crush berries.

To make jam. Place prepared berries in a large mixing bowl. Add sugar, mix well and let stand for 20 minutes, stirring occasionally.

Dissolve pectin in water and boil 1 minute. Add pectin solution to berry and sugar mixture; stir for 2 minutes.

Pour jam into freezer containers or canning jars, leaving 1/2-inch space at the top. Cover containers and let stand at room temperature for 24 hours or until jam has set. Store in refrigerator or freezer.

If jam is too firm, stir to soften. If it tends to separate, stir to blend. If it is too soft, bring it to a boil. It will thicken on cooling.

This recipe yields 5 or 6 half-pint jars.

Comments: Uncooked jams and jellies must be stored in the refrigerator or freezer. Store no longer than 3 weeks in refrigerator or a year in freezer. Freezer storage is best for maintaining natural color as well as

flavor. If kept at room temperature, uncooked jams or jellies will mold or ferment in a short time. Once a container is opened, use within a few days.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 or 6 half-pints"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Berry Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies Refrigerator

Amount	Measure	Ingredient -- Preparation Method
3	cups	berry juice (fresh or frozen)
4 1/2	cups	sugar
1		box powdered pectin
1/2	cup	water

Extract fresh juice by pressing fruit in damp jelly bag or fruit press. Restrain pressed juice through damp jelly bag. Combine 1 1/4 cups berry juice with sugar. Stir thoroughly. Add the pectin slowly to the water. Heat almost to boiling, stirring constantly. Pour the pectin mixture into remaining 1 3/4 cups berry juice. Stir until pectin is completely dissolved. Let the pectin mixture stand 15 minutes. Stir occasionally.

Mix juice mixture with pectin mixture. Stir until all sugar is dissolved. Pour into containers. Cover with a tight lid. Let stand at room temperature until set, from 6 hours to overnight. Store in refrigerator or freeze.

This recipe yields 7 half-pint jars.

Comments: Uncooked jams and jellies must be stored in the refrigerator or freezer. Store no longer than 3 weeks in refrigerator or a year in freezer. Freezer storage is best for maintaining natural color as well as flavor. If kept at room temperature, uncooked jams or jellies will mold



or ferment in a short time. Once a container is opened, use within a few days.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 half-pints"

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Per serving: 3483 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 899g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Berry Syrup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Sauces

Amount	Measure	Ingredient -- Preparation Method
6 1/2	cups	fresh or frozen fruit, such as blueberries, cherries, grapes, raspberries or strawberries

Wash, cap, and stem fresh fruit and crush in a saucepan. Heat to boiling and simmer until soft (5 to 10 minutes). Strain hot through a colander and drain until cool enough to handle. Strain the collected juice through a double layer of cheesecloth or jelly bag. Discard the dry pulp.

The yield of the pressed juice should be about 4 1/2 to 5 cups. Combine the juice with sugar in a large saucepan, bring to boil, and simmer 1 minute.

To make a syrup with whole fruit pieces, save 1 or 2 cups of the fresh or frozen fruit, combine these with the sugar, and simmer as in making regular syrup.

Remove from heat, skim off foam, and fill into clean hot half-pint or pint jars, leaving 1/2-inch headspace. Adjust lids and process.

This recipe yields about 9 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Berry-Berry-Cherry Freezer Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	stemmed strawberries
1	cup	blackberries
1	cup	pitted sweet cherries
1	package	Ball 100% Natural Fruit Jell No Sugar Needed Pectin
1	cup	water

To prepare Ball brand or Kerr brand can-or-freeze jars and caps for freezer storage, wash, rinse and dry.

Crush berries and cherries. Gradually stir pectin into water using a whisk or fork to prevent lumping. Stir to dissolve pectin. Bring mixture to a boil. Boil until pectin thickens, about 1 minute, stirring constantly. Gradually stir pectin mixture into fruit; continue stirring for 2 minutes.

Ladle jam into can-or-freeze jars, leaving 1/2-inch headspace. Wipe jar rim clean. Adjust caps. Refrigerate. Let stand in refrigerator until set, up to 24 hours. Label and freeze.

This recipe yields about 6 half-pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 75 Calories (kcal); 1g Total Fat; (6% calories from fat); 1g Protein;

18g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Betty Carter's Refrigerator Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
12	pounds	very small cucumbers
1		onion -- sliced
4	cups	sugar
4	cups	vinegar
1/2	cup	salt
1 1/3	tablespoons	celery seed
1 1/3	tablespoons	mustard seed
1 1/3	teaspoons	turmeric

Slice cucumbers and onion and place in gallon jars. Mix remaining ingredients well. Pour mixture over cucumbers. Screw lids on tightly. Place in refrigerator. Let stand 5 days before tasting. Will keep for a year.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
S(Formatted for MC5):  
"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3387 Calories (kcal); 7g Total Fat; (1% calories from fat); 7g Protein; 876g Carbohydrate; 0mg Cholesterol; 51197mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 57 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Beulah's Apple Butter

Recipe By :Beulah Dennis  
Serving Size : 0 Preparation Time :0:00

Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient -- Preparation Method
7	cups	sugar
5	cups	Red or Yellow Delicious applesauce
1/4	cup	lemon juice
		cinnamon -- to taste

Combine ingredients; put on to boil for 15 minutes. Pour into jars and seal.

This recipe yields ??

Comments: I have the best recipe for apple butter that don't take much time or cost. You can cut it with a knife, it's so soft. It's simple, and it is delicious.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 5433 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1404g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe originally from Beulah Dennis of Crossville as published in the Crossville Chronicle, 08-16-2000

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Big Tom's Canned Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Salsa

Amount	Measure	Ingredient -- Preparation Method
20	cups	vine ripened home grown tomatoes -- skinned, chopped
10	cups	chopped onions
10		Habanero's - (to 40)
8		sweet banana peppers -- chopped, seeded
8		jalapeño peppers -- chopped
5		garlic cloves -- minced
2		green bell peppers -- seeded, chopped
1		red bell pepper -- seeded, chopped
2 1/2	cups	white vinegar
4	tablespoons	chili powder
5	teaspoons	salt

3           teaspoons   cayenne pepper

Squeeze juice out of tomatoes before chopping. Cook all ingredients for several hours to cook down to a thicker consistency. Stir often.

Heat jars and lids. Pour salsa into jars and wipe top of jars clean before putting on flats and rings. Tighten down ring and set on towel to cool. Do not disturb for 24 hours.

If it did not seal, place in refrigerator. It can be reheated to try again.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 953 Calories (kcal); 10g Total Fat; (7% calories from fat); 28g Protein; 227g Carbohydrate; 0mg Cholesterol; 11028mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 30 Vegetable; 0 Fruit; 1 1/2 Fat; 2 1/2 Other Carbohydrates

NOTES : Recipe originally from <http://www.pepperfool.com>  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Bill Neal's Pickled Okra

Recipe By :Bill Neal  
Serving Size : 0       Preparation Time :0:00  
Categories : Canning                               Pickles/Relishes  
                  Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	young okra pods
6	cloves	garlic
6	large	fresh dill sprigs (or 6 tspns dill seeds)
12	whole	small red pepper pods -- preferably cayenne
3	teaspoons	whole mustard seeds
48		black peppercorns
5 1/3	cups	distilled white vinegar
3 3/4	cups	water
3	tablespoons	sea salt, kosher salt or pickling salt

Sterilize 6 pint canning jars and new canning lids in boiling water. Remove from hot water and let them air-dry. (Don't touch the insides of the jars after you have sterilized them.)

Wash the okra under cold running water, rubbing it gently to remove the fuzz. Trim off most of the stems but leave the tops of the pods intact.

Using clean tongs, pack the okra pods into the jars, first stem down, then stem up, so that they mesh with one another. Add 1 clove garlic, 1 sprig of dill (or teaspoon of dill seeds), 2 pepper pods, 1/2 teaspoon mustard seed and 8 peppercorns to each jar.

Combine vinegar, water and salt in a stainless pan and bring to a boil over high heat. Divide the pickling brine among the jars, leaving a full 1/2-inch of headroom at the top of each jar. Discard any leftover vinegar-water solution. Don't overfill the jars.

Seal the jars with the lids and rings and process them, completely covered, in a boiling water bath for 5 minutes. Remove with tongs and set the jars, not touching, on folded kitchen towels. Cool completely.

Store for 6 to 8 weeks to allow the pickles to mature before using them. Store any jars that do not seal in the refrigerator and use within 2 months.

This recipe yields 6 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 35 Calories (kcal); trace Total Fat; (3% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 31mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : This regional favorite is from the late Bill Neal, who ran the restaurant Crook's Corner in Chapel Hill and was reprinted in "Beans, Greens and Sweet Georgia Peaches," by Damon Lee Fowler (Broadway, 1998), and published in the Charlotte Observer, 05-30-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blackberry And Apple Syrup

Recipe By :Elizabeth Lambert Ortiz  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Sauces

Amount	Measure	Ingredient	Preparation Method
3 1/2	quarts	blackberries	-- (abt 4 lbs) == (or loganberries or marionberries)
2 1/3	cups	apple juice	
		Granulated sugar	-- see * Note
1/2	cup	lemon juice	

\* Note: Measure the juice. For each 2 1/3 cups juice, measure out 1 cup sugar.

Combine the berries and apple juice in a large nonaluminum saucepan. Bring to a boil and simmer over very low heat for 20 minutes or until the fruit is soft. Mash with a potato masher.

Line a sieve with several layers of damp cheesecloth. Strain the juice into a nonaluminum bowl. Gather the corners of the cheesecloth and lightly squeeze to extract as much juice as possible.

Pour the juice back into the saucepan, add the sugar and stir over low heat until the sugar has completely dissolved. Stir in the lemon juice. Bring the mixture to a boil and simmer for 5 minutes. Cool for at least 5 minutes, then pour into clean hot jars or bottles. Or pour the syrup into ice cube trays, leaving enough room for expansion. When frozen, turn the cubes out into plastic bags and keep in the freezer.

For longer storage: Ladle the hot syrup into 1 hot, clean canning jar at a time (for this recipe, you will probably use either four half-pint (8 ounce) jars, or two pint jars, but have another 8 ounce jar on hand in case it's needed), leaving 1/2- inch head space. Wipe jar rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Process in a boiling water bath for 10 minutes.

This recipe yields about 1 quart, or 2 pints, or 4 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

- - - - -

Per serving: 302 Calories (kcal); 1g Total Fat; (1% calories from fat); 1g Protein; 78g Carbohydrate; 0mg Cholesterol; 19mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Clearly Delicious" by Elizabeth Lambert Ortiz

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Blackberry Jam With Liquid Pectin

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount Measure Ingredient -- Preparation Method  
-----

4 cups crushed blackberries  
 (abt 2 one-quart boxes blackberries)  
 7 cups sugar  
 1/2 bottle liquid pectin

To prepare fruit. Sort and wash fully ripe berries; remove any stems or caps. Crush berries. If they are very seedy, put part or all of them through a sieve or food mill.

To make preserves. Combine prepared fruit and sugar in alternate layers and let stand for 8 to 10 hours or overnight in the refrigerator or other cool place.

Heat the fruit mixture to boiling, stirring gently. Boil rapidly, stirring as needed to prevent sticking. Cook to 9 degrees above the boiling point of water, or until the sirup is somewhat thick (about 15 or 20 minutes).

Remove from heat and stir in pectin; skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields about 4 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
 Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Blackberry Jam With Powdered Pectin

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6	cups	crushed blackberries (abt 3 one-quart boxes berries)	
1	package	powdered pectin	
8 1/2	cups	sugar	



To prepare fruit. Sort and wash fully ripe berries; remove any stems or caps. Crush berries. If they are very seedy, put part or all of them through a sieve or food mill.

To make jam. Measure crushed berries into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.

Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; skim.

Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields 11 or 12 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"11 or 12 half-pints"

- - - - -

Per serving: 6579 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1698g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 114 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Blackberry Jam Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4		crushed blackberries	
4	cups	sugar	

To prepare fruit. Sort and wash berries. Crush the berries. Put very seedy blackberries through a sieve or food mill.

To make jam. Measure crushed berries into a kettle. Add sugar and stir well. Boil rapidly, stirring constantly, to 9 degrees above the boiling point of water (221 degrees), or until the mixture thickens. Remove from heat; skim.

Fill and seal containers. Process for 5 minutes in boiling water. Remove jars, cool and store.

This recipe yields 4 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

- - - - -

Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Blackberry Jelly With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	blackberry juice (abt 3 one-quart boxes berries)
7 1/2	cups	sugar
1	bottle	liquid pectin

To prepare juice. Sort and wash fully ripe berries; remove any stems or caps. Crush berries and extract juice.

To make jelly. Measure juice into a kettle. Stir in sugar. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add pectin and heat again to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields 8 or 9 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:  
"8 or 9 half-pints"

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Per serving: 5805 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1499g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Blackberry Jelly With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3 1/2	cups	blackberry juice (abt 3 one-quart boxes of berries)	
1	package	powdered pectin	
4 1/2	cups	sugar	

To prepare juice. Sort and wash fully ripe berries; remove any stems or caps. Crush berries and extract juice.

To make jelly. Measure juice into kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields 5 or 6 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 or 6 half-pints"

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Per serving: 3483 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 899g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension  
Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Blackberry Syrup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Sauces

Amount	Measure	Ingredient	Preparation Method
6	quarts	blackberries	(to 10 qts)
3	cups	cider vinegar	
		sugar	

Place sound ripe fruit in a stone crock and pour the vinegar over the top. Cover top of crock with muslin. Let stand in a cool place for 3 to 4 days, stirring twice a day.

Strain mixture through a jelly bag with out crushing the fruit. Measure the juice into a pan and add 1 pound of sugar for every pint of juice. Heat, stirring, until sugar dissolves, bring to a boil, and boil gently for 5 minutes.

Bottle and seal and dilute to taste for making a blackberry drink. Store in the refrigerator or in a cool, dark, dry place.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 101 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 42g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 3 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Blender Ketchup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments

Amount	Measure	Ingredient -- Preparation Method
24	pounds	ripe tomatoes
2	pounds	onions
1	pound	sweet red peppers
1	pound	sweet green peppers
9	cups	vinegar, 5% acidity
9	cups	sugar
1/4	cup	canning or pickling salt
3	tablespoons	dry mustard
1 1/2	tablespoons	ground red pepper
1 1/2	teaspoons	whole allspice
1 1/2	tablespoons	whole cloves
3		cinnamon sticks

Use an electric blender and eliminate need for pressing or sieving.

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Then dip in cold water, slip off skins, core, and quarter.

Remove seeds from peppers and slice into strips. Peel and quarter onions. Blend tomatoes, peppers, and onions at high speed for 5 seconds in electric blender. Pour into a 3- to 4-gallon stock pot or large kettle and heat. Boil gently 60 minutes, stirring frequently.

Add vinegar, sugar, salt, and a spice bag containing dry mustard, red pepper, and other the spices. Continue boiling and stirring until volume is reduced one-half and ketchup rounds up on a spoon with no separation of liquid and solids. Remove spice bag and fill jars, leaving 1/8-inch headspace. Adjust lids and process in a boiling-water canner for 15 minutes.

This recipe yields about 9 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 pints"

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Per serving: 9761 Calories (kcal); 42g Total Fat; (3% calories from fat); 106g Protein; 2418g Carbohydrate; 0mg Cholesterol; 986mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 108 1/2 Vegetable; 0 Fruit; 1 Fat; 120 1/2 Other Carbohydrates

NOTES : Recipe originally from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Blue Book Kosher Dills

Recipe By :Jan Olsen; Los Gatos, CA  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	sugar
1/2	cup	canning salt
1	quart	vinegar
1	quart	water
3	tablespoons	mixed pickling spices
8	pounds	pickling cucumbers - (4" to 6") -- halved lengthwise
		Green dill - (1 head per jar)
		Bay leaf - (1 per jar)
		Garlic - (1 clove per jar)
		Hot red pepper - (1 piece per jar)
		Mustard seed - (1/2 tspn per jar)

Combine sugar, salt, vinegar and water in a large saucepan. Tie mixed pickling spices in a piece of cheesecloth and add to vinegar mixture. Simmer 15 minutes. Meanwhile pack cucumbers into hot jars, leaving 1/4-inch head space. When packing cucumbers, add dill, bay leaf, garlic, hot red pepper and mustard seed to each jar.

Bring vinegar mixture to a boil, and pour the hot liquid over cucumbers, retaining 1/4-inch head space. Screw on caps. Process pints and quarts 15 minutes in boiling water bath. (To process, stand jars on a rack in a deep kettle. Cover completely with water, bring to a boil and boil for 15 minutes.)

This recipe yields 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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 Per serving: 715 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 206g Carbohydrate; 0mg Cholesterol; 40mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 14 Other Carbohydrates

NOTES : Recipe originally from Jan Olsen, of Los Gatos, CA as published in the San Jose Mercury News, 09-15-1999

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blue Book Raspberry Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
              Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	quarts	washed raspberries	-- drained
1/3	cup	water	
1	tablespoon	lemon juice	
1	tablespoon	grated lemon peel	
1	package	powdered pectin	
6	cups	sugar	

Combine raspberries, water, lemon juice, lemon peel and pectin in a large sauce pot. Bring to a rolling boil over high heat, stirring frequently. Add sugar; return to a rolling boil. Boil hard 1 minute, stirring constantly.

Pour hot into sterilized jars, leaving 1/4-inch head space. Adjust caps. Process 10 minutes in boiling water bath.

This recipe yields about 5 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 half-pints"

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Per serving: 4652 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1201g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe originally from The Ball Blue Book: The Guide to Home Canning and Freezing

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry Catsup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Condiments Fruit  
              Refrigerator

Amount	Measure	Ingredient	Preparation Method
2	tablespoons	vegetable oil	
1	large	garlic clove	-- thinly sliced
1	tablespoon	minced fresh ginger	
1	small	onion	-- finely minced
1	cup	chopped peeled seeded fresh tomato	
2	large	plums	-- pitted, chopped

2 pints Zest of 1 lemon -- julienned  
 1 fresh blueberries  
 1 tablespoon fresh lemon juice  
 1/4 cup dark brown sugar - (firmly packed)  
 1 tablespoon blueberry or raspberry vinegar  
 1 teaspoon ground cardamom  
 1 teaspoon ground coriander  
 1 1/4 teaspoons cinnamon  
 1/4 teaspoon ground cloves  
 1 teaspoon salt  
 1 tablespoon freshly-ground peppercorns -- white and black  
 1 dried chili pepper -- crumbled

Heat the oil in a heavy-bottomed saucepan. When warmed, add the garlic and ginger and cook over low heat for two minutes. Add the onion and cook until transparent, stirring often. Add the remaining ingredients and stir well.

Raise the heat and cook over medium heat until the mixture begins to simmer. Reduce the heat and simmer for 30 minutes, stirring often. Remove from heat. Allow the mixture to cool, then puree in a food processor.

Return the mixture to the heat in a clean heavy saucepan. Bring the mixture to a "brisk" simmer and cook until thick, about one hour. Cool and store in a covered jar in the refrigerator.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>  
 S(Formatted for MC5):  
 "08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 709 Calories (kcal); 31g Total Fat; (36% calories from fat); 7g Protein; 116g Carbohydrate; 0mg Cholesterol; 2173mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 6 1/2 Fruit; 5 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe as published in the Lisbon Morning Journal  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry Chutney

Recipe By :Jeanne Lesem  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutneys  
 Fruit

Amount	Measure	Ingredient -- Preparation Method
4	cups	fresh blueberries -- rinsed, stemmed
1	medium	onion -- finely chopped



1 1/2 cups red wine vinegar  
 1/2 cup golden raisins  
 1/2 cup brown sugar - (firmly packed)  
 2 teaspoons yellow mustard seed  
 1 tablespoon grated crystallized ginger  
 1/2 teaspoon ground cinnamon  
 1 pinch salt  
 1 pinch ground nutmeg  
 1/2 teaspoon dried red pepper flakes

Place blueberries in 4-quart saucepan; add onion, vinegar, raisins, brown sugar, mustard seed, ginger, cinnamon, salt, nutmeg and red pepper flakes. Bring mixture to a boil; simmer over medium heat, stirring occasionally, for about 45 minutes, or until chutney is thick.

Meanwhile, wash 4 half-pint jars. Keep hot until needed. Prepare lids as manufacturer directs.

Ladle the hot chutney into 1 hot jar at a time, leaving 1/2-inch head space. Wipe jar rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Process in a boiling water bath for 15 minutes (20 minutes 1,001 to 3,000 feet; 25 minutes 3,001 to 6,000 feet; 30 minutes above 6,000 feet).

This recipe yields 4 half-pint jars.

Comments: Try this chutney with roasted turkey, duck or goose, meat or curries. Mixed with mayonnaise or plain yogurt it makes a piquant dressing for salads made with meat, poultry and fruits.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

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Per serving: 705 Calories (kcal); 5g Total Fat; (5% calories from fat); 10g Protein; 182g Carbohydrate; 0mg Cholesterol; 185mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 9 1/2 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : Recipe originally from "Preserving Today", by Jeanne Lesem  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry Jam

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	fresh blueberries	
1/3	cup	fresh lime juice	
1/2	cup	water	
1	tablespoon	grated lime rind	
1	package	powdered pectin	
4	cups	sugar	

In 8-quart pan combine all ingredients except sugar and mix well. Bring to a full boil over high heat, stirring constantly. Quickly add sugar. Stir constantly and bring to full rolling boil again. Boil hard for 1 minute, stirring constantly. Remove from heat and skim quickly if needed.

Quickly ladle into sterilized jars and seal.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 3487 Calories (kcal); 3g Total Fat; (0% calories from fat); 5g Protein; 900g Carbohydrate; 0mg Cholesterol; 52mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry Marmalade

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	large	orange	
1	medium	lemon	
2	cups	water	
2	cups	fresh blueberries	-- washed, dried
1	box	fruit pectin crystals	
6	cups	sugar	

Cut orange and lemon into quarters; slice quarters thinly into a preserving kettle including juices; add water; cover kettle; bring mixture to boil over high heat; reduce heat slightly; simmer for 30 minutes.

Crush blueberries; add to kettle; add pectin crystals; bring to a hard boil over high heat; stirring continuously. Stir in sugar all at once; bring mixture to a full rolling boil; boil hard for 1 minute, stirring continuously. Remove kettle from heat; cool for about 7 minutes, skimming off foam with a metal spoon and stirring occasionally.

Ladle into hot sterilized jars, leaving 1/2-inch headspace, seal with melted paraffin wax, cover with clean lids. Store in a cool, dark, dry, place.

This recipe yields 9 half-pint jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pint"

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Per serving: 4880 Calories (kcal); 1g Total Fat; (0% calories from fat); 4g Protein; 1261g Carbohydrate; 0mg Cholesterol; 45mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry Orange Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies Preserves

Amount	Measure	Ingredient	Preparation Method
1/2	teaspoon	coriander seeds	
4	whole	allspice seeds	
1	pint	blueberries	
1	large	orange	
2	medium	lemons	
2	tablespoons	orange-flavored brandy	
1	tablespoon	sugar	

Carefully peel the zest from the oranges and cut into very fine matchsticks. Cook the matchsticks in water until they are tender. Coarsely crush the coriander and allspice seeds. Juice the orange and the lemons. Place the pits of the orange and the crushed spices into a tea ball.

Combine the blueberries with the citrus juices and brandy. Cook for 10

minutes with the tea ball immersed in the fruit. Add the matchsticks and sugar. Cook until the preserves pass the jelly test. Pour into warm clean jars and seal. Process in a boiling water bath for 10 minutes.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 298 Calories (kcal); 2g Total Fat; (4% calories from fat); 5g Protein; 82g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry Pie Filling

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit

Amount	Measure	Ingredient	Preparation Method
12	cups	blueberries	
3	cups	sugar	
3/4	cup	cornstarch	
1	tablespoon	grated lemon peel	
1/4	cup	lemon juice	

Wash and drain blueberries.

Combine sugar and cornstarch. Stir in blueberries; let stand until juice begins to flow; about 30 minutes.

Add lemon peel and lemon juice. Cook over medium heat until mixture begins to thicken. Ladle pie filling into can-or-freeze jars or plastic freezer boxes, leaving 1/2-inch headspace.

Cool at room temperature, not to exceed 2 hours. Seal, label and freeze.

This recipe yields about 5 pints.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"  
S(Formatted for MC5):  
"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 pints"

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Per serving: 3681 Calories (kcal); 7g Total Fat; (1% calories from fat); 12g Protein; 939g Carbohydrate; 0mg Cholesterol; 120mg Sodium  
Food Exchanges: 6 Grain(Starch); 0 Lean Meat; 0 Vegetable; 16 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe originally from "Ball Blue Book"  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Blueberry Raspberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	blueberries	
4	cups	raspberries	
6	cups	sugar	
2	packages	powdered certo	

In a large pot combine berries and sugar. Let stand for 1/2 hour stirring a couple of times so fruit will start to release juices. Bring to a rolling boil, add certo and bring back to a rolling boil. Boil for 2 minutes.

Ladle into hot bottles and seal.

This recipe yields 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 5217 Calories (kcal); 5g Total Fat; (0% calories from fat); 8g Protein; 1339g Carbohydrate; 0mg Cholesterol; 47mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 8 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

## Blueberry-Cherry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	pint	fully-ripe blueberries -- and
1 1/2	pounds	fully-ripe sour cherries (you need 3 1/2 cups prepared fruit, total)
4	cups	sugar
1	box	Sure-Jell fruit pectin

Thoroughly crush blueberries, one layer at a time. Stem and pit sour cherries and finely chop. Combine fruits and measure 3 1/2 cups into 6- to 8-quart saucepot. Measure sugar and set aside. Mix fruit pectin into fruit in saucepot. Place over high heat and stir until mixture comes to a full boil. Immediately add all sugar and stir. Bring to a full rolling boil and boil 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon.

Ladle quickly into hot jars, filling within 1/8-inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Invert jars for 5 minutes, then turn upright. After 1 hour, check seals. Or follow water bath method recommended by USDA.

This recipe yields 5 (1 cup) jars.

### Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

### Yield:

"5 cups"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from Kraft General Foods  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

## Blueberry-Currant Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1		lemon - (4 to 5 oz)
1/2	cup	sugar
1/4	cup	water
2	cups	drained rinsed blueberries
4	jars	currant jelly - (10 oz ea)

Rinse and thinly slice lemon, discarding end slices and seeds; coarsely chop lemon. In a 5- to 6-quart pan, combine pieces and juice with sugar and water. Boil over high heat, stirring often to prevent scorching, until liquid is almost gone, 5 to 8 minutes.

Remove from heat and add blueberries and currant jelly; set unwashed empty jars and lids aside. Return pan to high heat and stir until jelly is melted. Stirring to prevent scorching, boil until berries begin to fall apart, 8 to 10 minutes, then test and boil until jam is firm enough (Test For Firmness: Lift a spoonful of the boiling jam or marmalade from pan; tilt the spoon and pour jam back into pan. When two distinct drops form on the spoon edge and then flow over together, the mixture will be thick enough to spread when cool.), 4 to 5 minutes longer.

To seal: When the preserves meet the firmness test, remove from heat and ladle hot mixture into unwashed jars to within 1/4 inch of rims; pour any extra preserves into a small bowl or jar. Wipe jar rims clean and screw lids snugly into place. Let stand until cool, about 6 hours.

To store: Serve unsealed preserves warm or cool; chill airtight up to several months or until any mold develops (if it does, spoon it off, but discard jam if moldy flavor is pervasive). Chill sealed jars up to 1 year.

This recipe yields about 4 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 387 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 100g Carbohydrate; 0mg Cholesterol; 3mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 6 1/2 Other Carbohydrates

NOTES : Recipe originally from Sunset Magazine, September 2000  
 Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Blueberry-Lemon Jam

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	blueberries	-- fresh or frozen
7	cups	sugar	
2	tablespoons	lemon juice	
		Zest of 2 lemons	
9	ounces	liquid pectin	

Pick over the fresh blueberries to remove any stalks and rinse under cold water. Drain well and place in a large heavy-bottomed saucepan. (Do not rinse or thaw frozen berries.)

Crush the berries slightly with a potato masher or pestle. Stir in the sugar, lemon juice, and zest. Bring to a boil over medium-high heat, stirring often. When the mixture reaches a full boil, cook for 1 minute. Stir in the pectin. Return to a full boil, then cook for another minute.

Ladle into hot, sterilized jars leaving 1/4-inch of headroom. Wipe the rims clear and put the lids on top of the jars. Process in a boiling water bath for about 5 minutes. Remove from the water and cool completely at room temperature.

This recipe yields about 6 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

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Per serving: 5791 Calories (kcal); 2g Total Fat; (0% calories from fat); 4g Protein; 1493g Carbohydrate; 0mg Cholesterol; 53mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry-Lime Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
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4 1/2 cups blueberries  
 1 package fruit pectin - (1 3/4 oz)  
 5 cups sugar  
 1 tablespoon grated lime peel  
 1/3 cup lime juice

Wash jars and bands in hot, soapy water. Cover lids with hot water according to package directions. Place jars on rack in deep pot full of boiling water. Turn off heat and let jars stand in hot water for 10 minutes or until ready to fill.

To prepare fruit: Wash and dry blueberries. Remove stems. Crush blueberries one layer at a time. Combine crushed blueberries and pectin in a large saucepot. Bring to a boil, stirring frequently. Add sugar, stirring until dissolved. Stir in grated lime peel and lime juice. Return to a rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim off foam if necessary.

Ladle hot jam into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Place jars on rack on deep pot full of water. Cover and bring to a boil. Process 15 minutes.

Remove jars and let stand, not touching, on a dish towel. Let cool several hours or overnight. Check seals.

This recipe yields about 6 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

- - - - -

Per serving: 4258 Calories (kcal); 3g Total Fat; (0% calories from fat); 5g Protein; 1099g Carbohydrate; 0mg Cholesterol; 50mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation, and as published in the Charlotte Observer, 06-29-1999

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Blueberry-Rhubarb Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
8	cups	blueberries	

4 cups rhubarb -- in 1" pieces  
 1 teaspoon grated lemon rind  
 2 tablespoons lemon juice  
 1 cup water  
 4 cups granulated sugar

In a large heavy saucepan, combine blueberries, rhubarb, lemon rind and juice and water. Bring to a boil, stirring frequently, reduce heat and simmer, very gently, for 10 minutes. Stir in sugar; increase heat to high and boil vigorously until jam reaches setting point. (218 to 220 degrees), 10 to 15 minutes, stirring frequently.

Remove from heat, skim off foam and stir for 3 to 5 minutes to suspend fruit evenly throughout jam. Fill sterilized jars and seal.

This recipe yields 4 pint jars or 8 half-pint jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

- - - - -

Per serving: 3857 Calories (kcal); 5g Total Fat; (1% calories from fat); 12g Protein; 988g Carbohydrate; 0mg Cholesterol; 105mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 12 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from "Canadian Living Magazine"  
 Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Blushing Grapefruit Marmalade

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3		ruby red grapefruit
1		lemon
1 1/2	cups	water
1	pinch	baking soda
5	cups	sugar
3	ounces	liquid pectin

Prepare Fruit: Remove skins from fruit in quarters. Shave away as much of the white layer (the pith) as possible with a serrated spoon or sharp knife. Cut into very thin slices. Combine rinds with water and soda in a large saucepan. Bring to a boil and simmer, covered for 20 minutes. Stir

occasionally.

Chop peeled fruit, discard seeds. Add to cooked rind and continue simmering for 10 minutes. Measure 3 cups fruit mixture in a large saucepan.

To Make Marmalade: To the 3 cups fruit add the sugar. Stir well. Heat on high and bring to a full rolling boil, stirring constantly. Boil for 1 minute. Remove from heat and stir in liquid pectin. Skim off foam. Stir and skim for a full 7 minutes.

Ladle into hot sterilized jars and seal.

This recipe yields 5 one-cup jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 cups"

- - - - -

Per serving: 4127 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 1067g Carbohydrate; 0mg Cholesterol; 101mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Boxwallah's Chutney

Recipe By :Philippa Davenport  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Chutneys

Amount	Measure	Ingredient	Preparation Method
2	pounds	rhubarb	-- trimmed weight
1	pound	onions	
1/2	pound	raisins	
1/2	pound	sultanas	
1/2	ounce	coriander seeds	
2	teaspoons	curry powder	
6	ounces	granulated sugar	
3/4	pint	raspberry vinegar or red wine vinegar	

Cut the trimmed rhubarb into short lengths and chop the onions quite finely. Put both ingredients into a large pan and pour on the vinegar. Then lightly bruise the whole coriander seeds. Add the seeds direct to the pan if you want to include them in the chutney. I love their spicy

bite but some people complain that the seeds stick between their teeth, so you may prefer to tie them in a piece of buttermuslin and remove before potting.

Bring the contents of the pan slowly to boiling point, cover and simmer gently for 20 minutes or so to start softening the onion. Add the dried fruits, sugar, curry powder and 1 1/2 teaspoons salt. Stir to mix well. Then continue simmering -- this time without a lid -- for 1 1/2 hours or so until the rhubarb has pulped down completely, the flavour is mellow, and the colour is rich and the consistency is thick. Stir the chutney occasionally as it cooks to prevent sticking, particularly towards the end.

Pot in warm sterilized jars and allow to mature for at least one month before eating. The longer you can resist eating this chutney the better it seems to taste.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
S(Formatted for MC5):  
"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 1693 Calories (kcal); 6g Total Fat; (2% calories from fat); 20g Protein; 426g Carbohydrate; 0mg Cholesterol; 76mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 6 Vegetable; 14 Fruit; 1/2 Fat; 11 1/2 Other Carbohydrates

NOTES : Recipe originally from Philippa Davenport in "Country Living Magazine" (British), Jun 1988  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Brandied Apple Rings

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
6	pounds	firm red apples
4	cups	sugar
3	cups	water
		Red food coloring -- (optional)
1	cup	brandy

Wash and core apples; cut into 1/4-inch rings. Treat to prevent darkening. Bring sugar and water to a boil; boil 5 minutes. Add food coloring. Remove from heat, add rinsed and drained apple rings; let stand 10 minutes.

Return to heat; bring to a boil; then simmer 30 minutes or until rings are desired color Remove from heat; cool to room temperature. Remove apple rings from syrup. Bring syrup to a boil; remove from heat; and stir in brandy.

Pack apple rings loosely into hot jars leaving 1/4-inch head space. Pour hot syrup over apple rings, leaving 1/4-inch head space. Remove air bubbles. Adjust caps. Process 15 minutes in boiling water bath.

This recipe yields about 4 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

- - - - -

Per serving: 3641 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 32mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from the "Ball Blue Book"

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Brandied Peach Butter With Spearmint

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient -- Preparation Method
18		peaches (to 20) -- fully ripe
1/2	cup	water -- or more as needed
1/4	cup	brandy
3	tablespoons	lemon juice
2	cups	sugar
18		spearmint or other mint sprigs - (to 25)

Pit, skin, and slice the peaches. Place them in a large pan with enough water to prevent sticking and cook 15 to 20 minutes or until soft.

Puree the peaches in a food processor and return to the saucepan, adding the brandy, lemon, sugar, and mint sprigs. Simmer over low heat, stirring frequently, 30 to 35 minutes or until the puree thickens.

Remove the mint and fill clean 1/2-pint jars with peach butter to within 1/4-inch of the top. Wipe, seal, and process in a boiling water bath for

10 minutes.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1696 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 404g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Brandied Peaches

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
9	pounds	cling peaches
9	pounds	sugar
1	quart	water
2		cinnamon sticks
2	tablespoons	whole cloves -- heads removed
3	pints	brandy

Peel fruit, keep whole. Tie spices in a cloth bag. Boil sugar and water with spice bag, in large pot.

When syrup is clear, add peaches. Cook until tender, but not soft. Place on platter to drain. Continue to boil syrup until thick.

Remove syrup from heat, allow to cool. Add brandy, stir well. Place peaches in sterile jars and cover with syrup, seal.

This recipe yields 4 quarts.

Comments: You eat these in the wintertime when it's cold outside and you have some good fried ham and biscuits...it's what you do with small peaches you can't sell or give away...this is "finger food" by the way...just pick one up and eat it!!...as my mother said, "these'll keep yore man at home!!..."

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):  
"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"4 quarts"

-----  
Per serving: 19197 Calories (kcal); 4g Total Fat; (0% calories from fat); 2g Protein; 4112g Carbohydrate; 0mg Cholesterol; 122mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 274 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Brandied Peaches II

Recipe By :Elisabeth Lambert Ortiz  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	peaches - (to 2 lbs)
2	cups	sugar
1 1/2	cups	brandy - (to 2 cups)

Halve and pit the peaches. The fruits can be peeled for a classic effect, but this is not necessary. Pack peach halves into sterilized jars, layering with sugar as you go. Leave at least 1 inch head space at the tops of the jars.

Pour in the brandy to cover the peaches by 1/2 inch, making sure there are no air pockets between the fruits. Seal the jars, label and shake well.

Keep in a cool dark place for at least 2 to 3 months before using to allow the flavors to develop. Shake occasionally during the first week of storage to make sure the sugar dissolves.

This recipe yields about 2 quarts.

Source:  
"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"2 quarts"

-----  
Per serving: 1548 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 400g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe from "Clearly Delicious, an illustrated guide to preserving, pickling and bottling" by Elisabeth Lambert Ortiz (Dorling Kindersley, \$24.95 paperback), and as published in the Columbus Dispatch, 03-01-2000

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Bread And Butter Pickled Squash

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	gallon	sliced squash - (abt 4 1/4 lbs)
2		green bell peppers -- diced
5	medium	onions -- diced
1/2	cup	salt
5	cups	vinegar, 5% acidity
4 1/2	cups	sugar
1	teaspoon	ground mustard
1 1/2	teaspoons	turmeric
1	teaspoon	celery seeds
20		whole cloves -- in spice bag

Select small to medium-sized yellow summer squash, about 1- to 1 1/2-inches in diameter. Cut squash into 1/4-inch slices and combine with peppers and onions. Stir in 1/2 cup salt; let stand 3 hours. Drain.

Mix vinegar with sugar and spices; heat to boiling. Remove spice bag. Pack squash, peppers, and onions into pint jars. Cover with boiling vinegar solution. Adjust lids.

Process in boiling water 10 minutes. Begin counting time as soon as all the hot jars are placed in actively boiling water.

This recipe yields ?? servings.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 4203 Calories (kcal); 29g Total Fat; (5% calories from fat); 17g Protein; 1046g Carbohydrate; 0mg Cholesterol; 51516mg Sodium  
 Food Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 11 Vegetable; 0 Fruit; 5 1/2 Fat; 60 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0



\* Exported from MasterCook \*

Bread And Butter Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	quarts	sliced medium unwaxed cucumbers (measured after slicing)
6	medium	onions -- sliced
2		green peppers -- chopped
3		garlic cloves
1/3	cup	kosher salt
5	cups	sugar
1 1/2	teaspoons	turmeric
1 1/2	teaspoons	celery seed
2	tablespoons	mustard seed
3	cups	cider vinegar
		Cracked ice -- as needed

Do not peel cucumbers, slice thin. Add onions, peppers, and whole garlic cloves. Add salt. Cover with cracked ice and mix thoroughly. Let stand 3 hours. Drain well.

Combine remaining ingredients in separate bowl. Pour over cucumber mixture. Heat just to boil. Seal in hot, sterilized jars. Process for 10 minutes in hot water bath.

This recipe yields 8 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

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Per serving: 4429 Calories (kcal); 9g Total Fat; (1% calories from fat); 17g Protein; 1128g Carbohydrate; 0mg Cholesterol; 30131mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 13 Vegetable; 0 Fruit; 1 Fat; 70 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Bread And Butter Pickles II

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
6	cups	thinly-sliced cucumbers
1	pound	onions -- peeled and sliced
1		green pepper -- seeded and shredded
1/4	cup	salt
2	cups	brown sugar
1/2	teaspoon	turmeric -- (optional)
1/4	teaspoon	ground cloves
1	tablespoon	mustard seed
1/2	teaspoon	celery seed -- or more to taste
2	cups	mild cider vinegar

Prepare the cucumbers, onions, and pepper. Mix well and add salt. Cover and let stand 3 hours.

Mix remaining spices and vinegar (omitting turmeric if preferred). Bring slowly to boiling point and boil 5 minutes.

Drain the vegetables thoroughly in a colander, rinsing well with cold water. Add them to the hot syrup and heat slowly to just below boiling. Stir occasionally.

You do not need to put these in a water bath, just put the cucumbers and liquid in the jar and seal. Make sure the top of the jar is clean.

This recipe yields 4 pints.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"  
 S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

-----  
 Per serving: 1340 Calories (kcal); 5g Total Fat; (2% calories from fat); 9g Protein; 330g Carbohydrate; 0mg Cholesterol; 25712mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 7 1/2 Vegetable; 0 Fruit; 1/2 Fat; 18 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Bread And Butter Pickles III

Recipe By :Jackie Clay  
 Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
7		slim medium cukes
5		crisp medium onions
1		bell pepper -- chopped
1	small	sweet red pepper -- chopped
1/4	cup	salt
		Cracked ice
		=== PICKLING SOLUTION ===
2 1/2	cups	white vinegar
2 1/2	cups	granulated sugar
1	tablespoon	mustard seed
1	teaspoon	celery seed
1/2	teaspoon	whole cloves
3/4	teaspoon	turmeric

Mix veggies, mix in salt and cracked ice. Put in fridge or a cool place and let stand for at least three hours, then drain.

Mix pickling solution. Add to drained veggies in kettle. Bring mix to boiling, remove veggies to clean, sterilized jars immediately. Pour hot liquid over to cover leaving 1/2-inch of headspace (no more). Wipe jar rims, checking for nicks, with a clean damp cloth, then place hot, sterilized lids on and screw the rings on firmly-tight. Place filled jars on a dry folded towel.

Quickly repeat this process with the rest so that the veggies do not cool down. If pickles in the kettle are allowed to boil, they will soften. These pickles are very crisp and fresh tasting. Our favorites. (You may also slice a batch of smaller cukes lengthwise for spears, and use the same recipe with great results).

This recipe yields ?? servings.

Comments: The pickles are called bread-and-butter because they are good enough to eat at every meal.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
 S(Formatted for MC5):  
 "08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 2154 Calories (kcal); 5g Total Fat; (1% calories from fat); 5g Protein; 557g Carbohydrate; 0mg Cholesterol; 25603mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat; 36 Other Carbohydrates

NOTES : Recipe by Jackie Clay for Backwoods Home Magazine  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Bread And Butter Pickles IV

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3	pounds	pickling cucumbers - (3" to 4")
4	medium	onions -- thinly sliced
1/2	cup	pickling salt
6	cups	water
3	cups	apple cider vinegar
2	cups	brown sugar - (firmly packed)
2	tablespoons	mustard seed
1	teaspoon	celery seed
1	teaspoon	ground cloves
1	teaspoon	turmeric

Wash cucumbers and remove a small sliver from the blossom end. Cut into 1/4-inch slices and measure 10 cups. In a large bowl, combine cucumbers, onion, salt and water. Mix well. Cover and let stand for 2 hours.

Prepare jars and lids by washing in hot, soapy water. Cover lids with hot water according to package directions. Place jars on rack in deep pot of boiling water. Turn off heat and let jars stand 10 minutes or until ready to fill.

In a 6- to 8-quart saucepot, combine vinegar and remaining ingredients. Bring to a boil, stirring occasionally. Drain vegetables and rinse well.

Add vegetables to vinegar mixture. Bring to a boil. Immediately fill hot jars with hot vegetables, leaving 1/2-inch headspace. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tops and threads clean. Place hot lids on jars and screw bands on firmly.

Place jars on rack in stockpot of hot water. Cover, bring water to boil and process for 10 minutes.

Remove jars from hot water and let stand, not touching, on a dish towel, several hours or overnight. Check seals, label and store.

This recipe yields 4 to 5 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 to 5 pints"

- - - - -

Per serving: 397 Calories (kcal); 8g Total Fat; (15% calories from fat); 11g Protein; 92g Carbohydrate; 0mg Cholesterol; 74mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Vegetable; 3 Fruit; 1 Fat;

0 Other Carbohydrates

NOTES : Recipe originally from the Heinz Successful Pickling Guide  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Bread And Butter Pickles V

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	quarts	sliced cucumbers
1 1/2	cups	sliced onions
2	large	garlic cloves
1/3	cup	salt
2	quarts	ice -- crushed or cubed
4 1/2	cups	sugar
1 1/2	teaspoons	turmeric
1 1/2	teaspoons	celery seeds
2	tablespoons	mustard seeds
3	cups	white vinegar, 5% acidity

Wash cucumbers thoroughly, using a vegetable brush; drain on rack. Slice unpeeled cucumbers into 1/8-inch to 1/4-inch slices; discard ends. Add onions and garlic. Add salt and mix thoroughly; cover with crushed ice or ice cubes; let stand 3 hours.

Drain thoroughly; remove garlic cloves. Combine sugar, spices, and vinegar; heat just to boiling. Add drained cucumber and onion slices and heat 5 minutes. Pack hot pickles loosely into clean, hot pint jars to 1/2- inch of top. Adjust jar lids.

Process in boiling water for 5 minutes (start to count processing time as soon as water in canner returns to boiling). Remove jars; cool and store.

This recipe yields 7 pints.

Comments: Sugar may be reduced to 4 cups if a less-sweet pickle is desired.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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Per serving: 3829 Calories (kcal); 4g Total Fat; (0% calories from fat); 16g Protein; 972g Carbohydrate; 0mg Cholesterol; 34221mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 12 1/2 Vegetable; 0 Fruit; 0 Fat; 60

1/2 Other Carbohydrates

NOTES : Recipe originally from Mississippi State Extension Service  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Brent's Mustard Pickles

Recipe By :Brent Snow; Eugene, OR  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
5	pounds	pickling cucumbers, 3" to 4" long - - (abt 3 qts)
1	gallon	cider vinegar
1	cup	dry mustard
1	cup	kosher or pickling salt

Wash the cucumbers under cool water, gently scrubbing off the blossom ends (there's an enzyme at the base of the blossom that can lead to softening).

Place the cucumbers in a large pot or plastic container with the vinegar. Combine the mustard and salt and pour over the cucumbers, stirring well to dissolve the salt and mustard. Loosely cover with plastic wrap or foil to let them breathe. Let the mixture sit for at least 3 to 4 days in a relatively cool spot.

For long-term storage: These cucumbers can be pickled for a much longer time. Just keep monitoring them so you can remove any foam, scum, or mold as soon as it develops. If desired, you can divide the pickles into smaller crocks or jars and refrigerate, or just leave the crock in your basement or garage through the winter (if they last that long). At refrigerator temperatures, fermentation or other microorganism activity will virtually stop.

This recipe yields about 3 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 quarts"

- - - - -

Per serving: 863 Calories (kcal); 21g Total Fat; (15% calories from fat); 21g Protein; 241g Carbohydrate; 0mg Cholesterol; 42mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 15 1/2 Other Carbohydrates

NOTES : Recipe originally from Brent Snow, Eugene, OR as published in The Oregonian, 08-17-1999

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Cabbage And Carrot Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3	cups	scraped and chopped carrots
5	cups	chopped sweet red and/or green peppers
4	cups	chopped cabbage
2	cups	chopped onions
3 1/2	cups	white or cider vinegar
1 1/4	cups	sugar
3	tablespoons	salt
2	tablespoons	celery seed
1	tablespoon	mustard seed

Mix all the vegetables together well. Boil the vinegar, sugar, salt, celery and mustard seed together for 2 or 3 minutes. Add the vegetables and bring to a boil. Cook for exactly one minute and pack into hot sterilized jars. Seal at once.

This recipe yields 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 1192 Calories (kcal); 7g Total Fat; (5% calories from fat); 9g Protein; 287g Carbohydrate; 0mg Cholesterol; 19219mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 1 Fat; 17 Other Carbohydrates

NOTES : Recipe originally from "An Herb and Spice Cook Book", by Craig Claiborne, copyright 1963

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Calico Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	cups	cucumbers in 1" slices
2 1/2	cups	carrots in 1" slices
2	cups	celery in 1" slices
2	cups	onions in 1" cubes
2	cups	sweet red pepper in 1" cubes
1	cup	green pepper in 1" cubes
6	cups	cauliflower florets - (1 md head)
1	cup	salt
4	quarts	cold water
2	cups	sugar
1/4	cup	mustard seed
2	tablespoons	celery seed
2	tablespoons	dried whole black peppercorns
1	tablespoon	dried cilantro
6 1/2	cups	vinegar

Combine vegetables in a large bowl. Dissolve salt in water and pour over vegetables. Soak for 15 to 18 hours in a cool place. Drain.

In a large kettle, mix sugar, spices, and vinegar. Bring to a boil and boil for 3 to 4 minutes. Add vegetables and simmer 5 to 7 minutes. Pack hot into eight pint jars, leaving 1/4-inch headspace. Remove air bubbles. Adjust caps; process 15 minutes in boiling water bath.

This recipe yields 8 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 pints"

Per serving: 2028 Calories (kcal); 16g Total Fat; (6% calories from fat); 14g Protein; 513g Carbohydrate; 0mg Cholesterol; 102477mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 33 Other Carbohydrates

NOTES : Recipe originally from "Reminisce Magazine", Sept/Oct 1992

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### California Catsup With Plum Catsup Variation

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning  
 Fruit

Condiments  
 Sauces



Amount	Measure	Ingredient -- Preparation Method
6	pounds	ripe Roma tomatoes -- cored, chopped
1	large	onion -- chopped
2	tablespoons	chopped garlic
1 1/2	cups	cider vinegar
1	cup	sugar
1	teaspoon	ground coriander
1/2	teaspoon	cayenne pepper - (to 3/4)
1/2	teaspoon	ground mace or nutmeg
1/4	teaspoon	ground cinnamon
1		dry bay leaf
1 1/4	teaspoons	salt

In a blender or food processor, combine tomatoes, onion, and garlic, a portion at a time, and whirl until smoothly pureed. Pour mixture through a fine strainer set over a 5- to 6-quart pan, stirring and pressing to push mixture through. Discard any residue left in strainer. To pan, add vinegar, sugar, coriander, cayenne, mace, cinnamon and bay leaf.

Boil gently, uncovered and stirring often, until mixture is thick and reduced to about 4 cups, 1 1/2 to 2 hours (adjust heat to maintain a gentle boil; if mixture splatters out of pan, lower heat). Add salt to taste. Remove and discard bay leaf. Serve warm or cool. To store, cool, cover, and chill up to 1 month. Or process as directed below.

To process for canning: Fill clean, not sterilized half-pint or pint canning jars to within 1/4-inch of rim. Wipe jar rims clean. Cover with hot, sterilized lids; screw on bands. Place jars on a rack in a canning kettle half-full of hot water. Add more hot water, if needed, to cover jars by 1 inch. Cover pan and simmer for 20 minutes. Lift out jars, set on a towel, and let cool. Test the seal by pressing each lid. If lid stays down, the seal is good. If it pops when pressed, store jar in refrigerator up to 1 month.

This recipe yields about 2 pints.

To make Plum Catsup: Follow recipe for California catsup, omitting tomatoes. Use 6 pounds ripe tart red plums, pitted. Decrease cider vinegar to 1 cup. Increase the sugar to 1 1/2 cups. Add 1 1/2 teaspoons ground ginger. Boil gently, uncovered, until thick and reduced to about 6 cups, 1 1/2 to 2 hours. (Makes 3 pints)

Comments: Serve this sweet and tangy sauce with smoked or fresh pork, chicken or duck.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 pints"

- - - - -

Per serving: 898 Calories (kcal); 1g Total Fat; (0% calories from fat); 3g Protein; 237g Carbohydrate; 0mg Cholesterol; 2677mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 15

Other Carbohydrates

NOTES : Recipe originally from Sunset Magazine, September 2000  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Can't Be Beet Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	cups	beet juice
4	teaspoons	lemon juice
1	package	powdered pectin
4	cups	sugar
1	package	raspberry-flavored unsweetened Kool-Aid -- (a small pkg)

Make the beet juice by peeling raw beets, dicing them, and cooking them in water. Remove and reserve beet cubes for another use or discard.

Combine beet juice, lemon juice, and pectin (Sure Jell) in large pan. Bring to a rolling boil. Quickly add sugar and boil for 6 minutes. Add the soft drink powder and mix thoroughly.

Pour into sterilized 8 ounce jelly jars. Fill to within 1/2-inch of top. Put on cap, screw band firmly tight. Process in boiling water bath 5 minutes.

This recipe yields 4 half-pint jars.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

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Per serving: 3101 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 801g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Candied Citrus Peel

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Condiments

Amount	Measure	Ingredient	Preparation Method
6	large	oranges or 3 grapefruit	
		Water	-- to cover
1	package	fruit flavored gelatin	- (6 oz)
2	cups	water	
1	stick	cinnamon	
10		whole cloves	
2	cups	sugar	

Wash oranges or grapefruit. Make cuts in skin and pith from end to end, dividing the skin into four equal sections. Remove peel and white pith in one piece from each section with fingers; reserve fruit for other use.

Discard white portion of pith. Cut peel (zest) into 1/4-inch strips, place in a large, heavy enamel or stainless steel saucepan with water to cover. Boil, covered for 30 minutes or until peel can be easily pierced with a fork. Drain.

Mix gelatin with 2 cups water and spices, and add to fruit in saucepan. Cover, bring to boil, reduce heat, and simmer for about 50 minutes until syrup is almost absorbed, stirring frequently toward the end to prevent sticking.

Lift out peel with tongs, and roll in pan sprinkled with sugar until heavily coated. Cool on waxed paper and store in air-tight containers.

This recipe yields about 72 candied peels.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1779 Calories (kcal); 13g Total Fat; (6% calories from fat); 4g Protein; 445g Carbohydrate; 0mg Cholesterol; 180mg Sodium  
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Candied Cucumber Rings

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	gallons	cucumber rings -- seeded, peeled
2	cups	lime
4	cups	vinegar
		Red or green food coloring
1	teaspoon	alum
5	pounds	sugar
8		cinnamon sticks
1	package	cinnamon heart candy - (8 to 10 oz)

Combine cucumber rings and 8 1/2 quarts lime water in large container. Let stand 24 hours. Drain; then rinse. Cover with water, let stand 3 hours. Drain.

Place cucumbers in large skillet; add 1 cup vinegar, food coloring, alum and enough water to cover. Bring to a boil; then simmer for 2 hours and drain.

Combine 3 cups vinegar, 3 cups water, sugar, cinnamon and candy in large dishpan. Bring to a boil, stirring until sugar is dissolved. Pour over cucumbers; let stand 24 hours. Drain, reserving syrup.

Bring syrup to a boil, pouring over cucumbers. Let stand 24 hours. Repeat process 1 more day. Then heat syrup and cucumbers together. Place in jars and seal. Ripe or yellow cucumbers are better.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 9323 Calories (kcal); 4g Total Fat; (0% calories from fat); 7g Protein; 2453g Carbohydrate; 0mg Cholesterol; 69mg Sodium  
 Food Exchanges: 6 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 1/2 Fat; 156 Other Carbohydrates

NOTES : Recipe originally from "Feeding the Flock," a cookbook put together by Georgia Baptist ministers' wives

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Candied Grapefruit Peel

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Condiments Fruit  
 Snacks

Amount Measure Ingredient -- Preparation Method

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2          large ruby or other variety grapefruit
3          quarts water -- plus
2          cups water
1 1/2      cups granulated sugar

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Cut a thin slice from the top and the bottom of each grapefruit. From the top to the bottom, cut through the outer skin and thick white pith to the fruit inside, spacing the cuts about 1 inch apart. Peel the grapefruits, keeping the skin and pith together. Cut each of the peel sections lengthwise into long strips 1/4-inch wide. You will have about 3 cups. Reserve the fruit for another use.

Pour the 3 quarts water into a saucepan and add the peel strips. Bring the water to a boil over high heat, then reduce the heat to medium. Cook, uncovered, until only an inch or so of water remains in the pan and set them aside in a bowl.

In a stainless steel or other non reactive saucepan, combine the 2 cups water with 1 cup of the sugar. Bring to a boil over high heat, stirring until the sugar dissolves. Remove from the heat and stir the still warm peels into the syrup. Let the peels stand for 6 or 7 hours at room temperature.

Return the pan to low heat and cook the peels until they have absorbed all of the syrup, about 30 minutes. The peels will become translucent and amber. During the last stages of cooking, keep a close eye on the peels to prevent scorching or burning. Remove the cooked peels from the pan and spread them in a single layer on a piece of aluminum foil or waxed paper. They will be very sticky and supple. Let the peels stand for about 12 hours to dry slightly.

The next day, roll the peels, one by one, in the remaining 1/2 cup sugar. Leave them at room temperature for 2 to 3 hours to dry. Pack the candied peels into covered tins, boxes, or glass jars in layers separated by waxed paper. Store in a cool, dry place. The peels will keep for up to 2 months.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1161 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 300g Carbohydrate; 0mg Cholesterol; 103mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

## Candied Orange Peel

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Condiments Fruit  
Snacks

Amount	Measure	Ingredient	Preparation Method
6		oranges	
1 1/2	cups	sugar	

Scrub oranges. Cut peel away in 1/4-inch strips; remove white membrane. Cover with cold water. Bring to a boil, drain. Repeat twice, reserving 1 1/2 cup liquid from last draining.

Combine peel with sugar; add reserved liquid. Cook for about 45 minutes or until almost dry, stirring frequently to prevent scorching. Roll in additional sugar.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Per serving: 1530 Calories (kcal); 1g Total Fat; (0% calories from fat); 7g Protein; 392g Carbohydrate; 0mg Cholesterol; 3mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fruit; 0 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

## Canned Apple Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient	Preparation Method
6	pounds	apples	-- about
2 1/2	cups	sugar	- (to 3 cups)
2	teaspoons	ground cinnamon	- (to 1 tspn)
1/2	teaspoon	ground allspice	- (to 1 tspn)
1/4	teaspoon	ground cloves	- (to 1/2 tspn)
1/2	cup	apple cider,	if needed

Cut out any bruises or blemishes from apples and remove stems and blossom ends. Cut apples into quarters, leaving peels on and seeds in. (Cooking the apples with the peels on adds flavor. The peels and seeds will be removed later.)

Place in large pot with a little water, cover and cook slowly until very soft. Put through food mill or ricer, or place in colander and press with wooden spoon. Peels and seeds should be strained out, but pulp should pass through. Add smaller amount of sugar and spices, then taste and add more if necessary. If mixture is very thick, thin with a little apple cider.

Cook in a slow cooker, uncovered and on high, overnight, until it's thick enough to hold up a spoon. Stir occasionally. If cooking on the stove, cook on low, uncovered and stirring frequently, until it is very thick.

Place in sterilized 1/2-pint jars, leaving 1/2-inch headspace. Adjust lids and process 10 minutes in hot water bath.

This recipe yields about 6 to 7 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 to 7 half-pints"

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Per serving: 1479 Calories (kcal); 9g Total Fat; (4% calories from fat); 5g Protein; 382g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 25 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe as published in the Charlotte Observer, 08-06-1997  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Barbecue Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
4	quarts	chopped peeled cored ripe tomatoes
2	medium	onions -- quartered
2	cups	chopped celery
1 1/2	cups	chopped sweet green or red peppers
2		hot red peppers
1/8	teaspoon	cayenne pepper
1	teaspoon	peppercorns
2	cups	chopped onion

1 cup brown sugar - (packed)  
 1 cup vinegar  
 2 garlic cloves -- crushed  
 1 tablespoon salt  
 1 tablespoon dry mustard  
 1 tablespoon paprika  
 1 teaspoon Tabasco sauce

Combine tomatoes, quartered onions, celery and peppers. Cook until vegetables are soft, about 30 minutes. Press through a fine sieve or food mill. Cook until mixture is reduced to about one-half (for about 45 minutes).

Tie peppercorns in a cheesecloth bag, add with remaining ingredients and cook slowly until mixture is the consistency of catsup, about 1 1/2 hours. As mixture thickens, stir frequently to prevent sticking.

Pour, hot, into jars leaving 1/4-inch head space. Adjust caps. Process half-pints and pints 20 minutes in boiling water bath.

To use: Add 1 cup salad oil to 1 pint jar of barbecue sauce and mix thoroughly.

This recipe yields 4 to 5 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 to 5 pints"

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Per serving: 343 Calories (kcal); 4g Total Fat; (8% calories from fat); 11g Protein; 80g Carbohydrate; 0mg Cholesterol; 6651mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 10 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

NOTES : Recipe as published in the The Capitol-Journal, 07-16-1997

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Berry Pie Filling

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
6	pounds	berries
3	cups	sugar
2	tablespoons	lemon juice
1	cup	quick cooking tapioca



1           teaspoon   grated lemon peel

Wash berries, put in 8-quart kettle, sprinkle 2 cups sugar and the lemon juice over berries, stir gently and let stand 15 minutes. Bring berry mixture to a boil over medium heat, stirring occasionally, to 212 degrees.

In a small bowl combine 1 cup sugar, tapioca and lemon peel. Stir into berry mixture. Stirring constantly, heat to 200 degrees.

Ladle into hot, sterilized jars leaving 1/2-inch head space. Process 20 minutes for pints, 25 minutes for quarts.

This recipe yields 6 pints or 3 quarts.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

- - - - -

Per serving: 3099 Calories (kcal); 9g Total Fat; (2% calories from fat); 15g Protein; 782g Carbohydrate; 0mg Cholesterol; 32mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 13 Fruit; 0 Fat; 40 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Fruit Pie Filling

Recipe By        :n/a  
Serving Size    : 0       Preparation Time :0:00  
Categories       : Canning                               Fruit

Amount	Measure	Ingredient -- Preparation Method
10	pounds	apricots, peaches or apples
1	cup	quick cooking tapioca -- plus
2	tablespoons	quick cooking tapioca
1 1/2	cups	sugar
3/4	cup	lemon juice
4	cups	sugar
		Water

Peel and core/pit fruit, and slice. If you wish, treat to prevent darkening.

In a mixing bowl combine tapioca, sugar, and lemon juice. Reserve.

If prepared fruit was treated to prevent darkening rinse well in cold water and drain. Place prepared fruit in large pot with the sugar and

enough water to prevent sticking and scorching. Heat to 190 degrees (just under boiling) stirring frequently.

Add reserved mixture and, stirring, reheat to 190 degrees -- do not boil!

Pour into clean, hot jars, leaving 1/2-inch head space; seal. Process in boiling water bath 15 minutes.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 4303 Calories (kcal); 0g Total Fat; (0% calories from fat); 1g Protein; 1115g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 73 1/2 Other Carbohydrates

NOTES : Recipe from The Complete Book of Canning from Chevron Otho Books, 1982

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Green Beans

Recipe By :Daniel Scheff  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	Fresh green beans Boiling water salt per pint jar

Wash and trim beans. Heat jars and lids. Pack beans tightly in hot jars, leaving 1-inch head space. Ladle boiling water over beans, leaving 1/2-inch head space. Add 1/2 teaspoon salt to each pint jar. Remove air bubbles. Adjust 2-piece caps. Process pints in steam-pressure canner for 20 minutes at 11 pounds pressure.

This recipe yields ??

Comments: The trick is in the packing. Instead of cutting them in pieces, I leave the beans whole and spend considerable time stacking them so they all stand up just so. I also grow all of my own vegetables and pick only the best to enter.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

NOTES : Recipe originally from Daniel Scheff, 19, who won several blue  
ribbons for his canned goods at the Minnesota State Fair  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Canned Peach Or Pear Chutney

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Chutneys  
Fruit

Amount	Measure	Ingredient -- Preparation Method
4	quarts	finely-chopped peeled pitted peaches or pears - (abt 20 med)
2	cups	brown sugar - (to 3 cups)
1	cup	raisins
1	cup	chopped onions
1/4	cup	mustard seed
2	tablespoons	ginger
2	teaspoons	salt
1		garlic clove -- (optional), minced
1		hot red pepper -- finely chopped
5	cups	vinegar

In large non-aluminum saucepan, combine all ingredients. Cook slowly  
until thick, about 40 minutes, stirring occasionally to prevent sticking.

Ladle hot chutney into hot jars, leaving 1/4-inch headspace. Adjust lids.  
Process 10 minutes in boiling-water canner. Remove jars from canner and  
let cool.

Press middle of each cap. If it doesn't bounce back, jar is sealed. If  
jar doesn't seal, either store chutney in refrigerator and use soon, or  
reprocess using new lid.

This recipe yields about 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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Per serving: 916 Calories (kcal); 14g Total Fat; (11% calories from fat); 19g Protein; 224g Carbohydrate; 0mg Cholesterol; 4304mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 7 1/2 Fruit; 2 Fat; 5 Other Carbohydrates

NOTES : Recipe from "Ball Home Canning Basics," and as published in the  
Charlotte Observer, 08-06-1997  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Sloppy Joes

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
3	pounds	ground beef
1 1/2	cups	diced onion
3		garlic cloves -- minced
3/4	cup	brown sugar
2	tablespoons	prepared mustard
1 1/2	teaspoons	salt
1/4	teaspoon	thyme
2	cups	catsup
1	cup	chili sauce
1/2	cup	water
1/4	cup	Worcestershire sauce
2	tablespoons	lemon juice

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Brown ground beef, onion and garlic in a large saucepot. Drain off fat; set aside.

Combine brown sugar and mustard. Add remaining ingredients to brown sugar mixture. Combine beef mixture and sauce. Heat thoroughly. Carefully ladle hot mixture into hot jars, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight. Process 1 hour and 15 minutes at 10 pounds pressure for altitudes of 1,000 ft or less.

To serve: Reheat in a saucepot on top of range about 15 minutes, or reheat in jar in microwave oven. Remove band and lid before microwave heating.

This recipe yields about 6 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):  
"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"6 pints"

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Per serving: 5362 Calories (kcal); 365g Total Fat; (60% calories from fat); 241g Protein; 288g Carbohydrate; 1158mg Cholesterol; 10895mg Sodium  
Food Exchanges: 0 Grain(Starch); 33 Lean Meat; 4 Vegetable; 0 Fruit; 54 1/2 Fat; 17 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Squash Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
8	cups	chopped squash	
2	cups	chopped onions	
4	medium	chopped bell peppers	-- see * Note
2	teaspoons	celery seed	
2	teaspoons	mustard seed	
3	cups	sugar	
2	cups	white vinegar	
1	teaspoon	pickling spice	

\* Note: Use at least 1 or 2 red bell peppers to lend color to the pickles.

Mix together the squash, onions, peppers, celery seed, mustard seed and 1/3 cup salt; cover with water and let sit for 1 hour. Drain liquid off, then add sugar, white vinegar and pickling spice. Let come to a boil. Mix and let boil for 2 minutes. Put in jars and seal.

This recipe yields ?? servings.

Source:  
"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 2572 Calories (kcal); 4g Total Fat; (1% calories from fat); 7g Protein; 661g Carbohydrate; 0mg Cholesterol; 29mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 1/2 Fat; 42 Other Carbohydrates

NOTES : Recipe shared by Crystal Stull of Crossville: "I got this from a friend at work a few years ago, and I think she said she got it from her mother. It is so good that I saw had to pass it on. They taste a lot like bread and butter pickles." Published in the Crossville Chronicle, 07-26-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Summer Antipasto Mix

Recipe By :Georgeanne Brennan  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	sweet peppers -- any color
2 1/2		eggplant
5	cups	white wine vinegar
6		whole cloves - (to 8)
2	tablespoons	black peppercorns
1/2	cup	coarsely-chopped parsley
2	teaspoons	salt
20		fresh green or purple basil leaves
4	ounces	pitted large green olives - (abt 1 cup)
1 1/4	cups	good-quality fruity olive oil

Cut sweet peppers in half lengthwise. Remove and discard stems, seeds and ribs. Cut peppers into 1/2-inch long strips. Set aside.

Remove stems from eggplants. First cut them crosswise into 1/2-inch rounds, then cut each round into 1/2-inch wide strips. Set aside.

In a stainless steel or other non-reactive saucepan, combine vinegar, cloves and 1 tablespoon of peppercorns, and bring to a boil over high heat.

Add pepper strips, reduce heat to medium and simmer for 2 to 3 minutes. Using a slotted spoon, remove peppers from vinegar; set aside. Add eggplant to vinegar and simmer in the same manner. Remove eggplant as well. Have ready clean, dry jars with sealable lids.

Arrange a layer of eggplant strips in jar, then top with layer of pepper strips. Sprinkle with parsley, salt and 1 or 2 peppercorns. Then press a basil leaf against the wall of jar, scatter a few olive slices on top and pour in about 2 tablespoons of olive oil. Repeat layering process until jars are full.

Add olive oil to jars to cover contents completely to reach within 1/2-inch of jar rims. Using a damp cloth, wipe the rims clean. Cover with lids and process for 30 minutes in a hot-water bath. Remove jars. Let them cool for 12 hours or overnight. Store in a cool, dark place. Will keep for up to one year. Once opened, refrigerate.

This recipe yields about 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 pints"

- - - - -

Per serving: 808 Calories (kcal); 5g Total Fat; (4% calories from fat); 24g Protein; 223g Carbohydrate; 0mg Cholesterol; 4344mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 23 Vegetable; 0 Fruit; 0 Fat; 5 Other Carbohydrates

NOTES : Recipe from "The Glass Pantry: Preserving Seasonal Flavors" by Georgeanne Brennan, (Chronicle Books, 1994), and as published in Tulsa World, 08-26-1998

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Tomato Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
10	pounds	firm-ripe tomatoes -- peeled, cored, and quartered
1/4	cup	chopped fresh basil - (lightly packed)
2	tablespoons	chopped fresh oregano
5		garlic cloves -- minced or pressed
2	tablespoons	sugar - (to 4 tbsps)
2	teaspoons	salt -- (optional)
1/2	teaspoon	freshly-ground black pepper
3	tablespoons	bottled lemon juice -- 1 tbspn per pint jar

Note: Because varieties of tomatoes vary in acidity, home-canning tomatoes requires care. Make sure the recipe includes 1 tablespoon bottled lemon juice per jar.

In heavy-bottomed 8- to 10-quart non-aluminum pan, combine tomatoes, basil, oregano, garlic, sugar, salt (if using) and pepper. Bring to boil over high heat, stirring almost constantly; reduce heat and simmer, uncovered, stirring often, for 20 minutes. Put through food mill or fine strainer, a portion at a time.

Return puree to pan and bring to boil over high heat, stirring often. Reduce heat and simmer, uncovered, stirring often, until sauce is thickened and reduced to about 6 cups (about 1 1/2 hours); as sauce thickens, reduce heat and stir more often to prevent sticking.

Add 1 tablespoon bottled lemon juice to each prepared, hot pint jar. Fill

jars with hot sauce, leaving 1/4-inch headspace. Gently run a narrow non-metal spatula or chopstick between sauce and jar sides to release air bubbles. Wipe rims and threads clean; top with hot lids, then firmly screw on bands. Process in canner for 15 minutes.

Remove jars immediately and let sit on counter until cool. Press middle of each cap; if it does not bounce back, jar is sealed. If it does pop back, either store jar in refrigerator and eat soon or reprocess with new cap.

Or omit processing and ladle sauce into pint freezer containers, leaving 1/2-inch headspace; apply lids. Let cool; freeze or refrigerate.

This recipe yields 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

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Per serving: 35 Calories (kcal); trace Total Fat; (4% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 4276mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from "Sunset Home Canning" (Sunset, \$8.99), and as published in the Charlotte Observer, 08-06-1997

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Tomato Soup

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Soups/Stews  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
8	quarts	ripe tomatoes
1	large	celery bunch
6	large	onions
1	bunch	parsley
1/2	cup	butter
3/4	cup	flour - (to 1 cup)
1/2	cup	sugar - (to 1 cup)
1/4	teaspoon	salt - (to 1/2 tspn)
1/4	teaspoon	cayenne

Wash and cut vegetables. Boil until very soft. Press through sieve, discard solid parts. Return strained vegetables to heat.



In small saucepan melt butter, add flour, sugar, salt and cayenne; stir well. When blended, slowly mix with strained vegetables. Heat to boiling point and let cook until thickened, stirring frequently.

Pour into hot sterilized jars and close immediately to seal.

This recipe yields about 9 quarts.

Comments: Larger amounts of flour, sugar, salt and cayenne yield a thicker, spicier soup. Use amounts to suit your tastes.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 quarts"

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Per serving: 2297 Calories (kcal); 112g Total Fat; (39% calories from fat); 59g Protein; 328g Carbohydrate; 248mg Cholesterol; 1509mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 62 Vegetable; 0 Fruit; 18 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Tomatoes

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	tomatoes per quart - (to 3 1/2 lbs)
		Packaged citric acid
		or bottled lemon juice
		Water
		Salt -- (optional)

Note: Because the acid in tomatoes varies, they take special handling to process in a hot-water bath. Never tinker with the amount of citric acid or lemon juice, and use bottled, not fresh lemon juice (fresh can vary in the amount of acid, so bottled is more reliable). The amount of acid and the processing times vary according to how densely the tomatoes are packed, so choose a recipe that matches the type of pack you are using. In this version, cooked tomatoes are packed with water and citric acid or lemon juice.

Wash jars and bands in hot, soapy water. Cover lids with hot water according to package directions. Place jars on rack in deep pot of

boiling water. Turn off heat and let jars stand at least 10 minutes or until ready to use.

Wash tomatoes. Place in boiling water for 30 to 60 seconds, then put in ice water to loosen skins. Peel, core and remove any green spots from tomatoes. Leave tomatoes whole or cut into halves or quarters.

Place tomatoes in a saucepan; add just enough water to cover. Boil tomatoes gently for 5 minutes.

Add 1/2 teaspoon citric acid or 2 tablespoons bottled lemon juice per quart jar, or 1/4 teaspoon citric acid or 1 tablespoon bottled lemon juice per pint jar. Pack tomatoes into hot jars, leaving 1/2-inch headspace.

Ladle hot cooking liquid or boiling water over tomatoes, leaving 1/2-inch headspace. Add 1 tablespoon salt to each quart jar or 1/2 teaspoon salt to each pint jar, if desired. Remove air bubbles with a nonmetallic spatula.

Adjust two-piece caps. Place jars on rack in deep pot of water. Cover and bring water to a boil. Process pints for 40 minutes, quarts for 45 minutes.

Remove jars from hot water and place on dish towels. Let stand several hours or overnight. Check seals.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation, and as published in the Charlotte Observer, 06-29-1999

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Vegetable Soup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Soups/Stews  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped peeled cored tomatoes
1 1/2	quarts	cubed peeled potatoes

1 1/2 quarts carrots in 3/4" slices  
 1 quart lima beans  
 1 quart uncooked cut corn -- (abt 9 ears)  
 2 cups sliced 1-inch celery -- (abt 4 stalks)  
 2 cups chopped onions -- (abt 2 med)  
 Salt -- (optional), to taste  
 Freshly-ground black pepper -- (optional), to taste

Combine vegetables in large saucepan. Add 1 1/2 quarts water; boil 5 minutes. Season with salt and pepper, if desired. Ladle hot soup into hot jars, leaving 1-inch headroom. Adjust 2-piece canning caps. Process pints 1 hour, quarts 1 hour 15 minutes, at 10 pounds pressure in pressure canner. Begin timing when canner is at proper pressure.

Remove from canner according to canner's manual. Place jars on dish towels and let cool. Test for proper seals by pushing down on flat part of each lid; if lid pops back, seal isn't complete. Either place in refrigerator and eat soon, or reseal according to manual instructions.

This recipe yields 7 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 quarts"

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Per serving: 2528 Calories (kcal); 5g Total Fat; (1% calories from fat); 156g Protein; 479g Carbohydrate; 0mg Cholesterol; 138mg Sodium  
 Food Exchanges: 30 Grain(Starch); 8 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from the "Ball Blue Book" by Alltrista Corporation, and as published in the Charlotte Observer, 08-06-1997

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canned Vegetable-Beef Stew

Recipe By :by Janet Greene, Ruth Hertzberg and Beatrice Vaughan

Serving Size : 0 Preparation Time :0:00

Categories : Canning Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
4	cups	lean beef (chuck is good) in 1" cubes
4	cups	new potatoes in 1/2" cubes
4	cups	carrots in 1/2" pieces
4	cups	peeled small whole onions
1 1/2	cups	coarsely-chopped celery
		Boiling water -- if needed
		Salt -- (optional)

Note: This recipe has no seasonings, which would be affected by the high temperature at which the stew cooks. When reheating the canned mixture, finish the stew by adding tomato sauce, seasonings, beef broth or whatever you might use when making beef stew.

Put meat in large bowl; add vegetables and mix with meat. Pack firmly into clean, hot pint jars, leaving 1-inch of headroom. Divide juices collected in bowl among jars, adding 1/4 cup boiling water to each jar if needed to fill. (Add optional 1/2 teaspoon salt to each pint jar.) Wipe sealing rims of jars. Adjust 2-piece screw-band lids to tighten.

Once pressure has been attained, begin timing and process in pressure canner at 10 pounds pressure for 60 minutes. Follow manual instructions for releasing pressure and remove jars promptly to wooden surface or surface topped with newspapers or dish towels. Check lids for seals by pressing flat part in; if it stays in, it is sealed. If jar is not sealed, reprocess or store in refrigerator and use soon. Let sit overnight to cool before storing in cool, dry place.

This recipe yields 7 to 8 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 to 8 pints"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from "Putting Food By" by Janet Greene, Ruth Hertzberg and Beatrice Vaughan, and as published in the Charlotte Observer, 08-06-1997

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canning Apples

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
10	quarts	sliced peeled cored cooking apples
7	cups	granulated sugar
1/4	cup	lemon juice - (to 1/2 cup)

Place apples in a large crock or bowl; add sugar and lemon juice, stirring

gently to blend well. Cover and allow to stand overnight so apples can release their juice.

The next day, wash eight quart jars; keep hot until needed. Prepare lids as manufacturer directs.

Using a slotted spoon, lift apple slices from the juice and place them in quart canning jars until jars are 3/4 full. Heat the juice to the boiling point and pour over the apples to within 1-inch of the tops of the jars. Release bubbles by slipping a plastic knife between fruit and the side of the jar. Wipe jar rim clean with a clean, dry cloth or paper towel; attach lid following manufacturer's directions.

Repeat with remaining jars. Process in boiling water canner for 20 minutes at sea level.

This recipe yields 7 to 8 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 to 8 quarts"

- - - - -

Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe as published in the Oregonian FoodDay  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Canning Green Beans

Recipe By :Janet Greene, Ruth Hertzberg and Beatrice Vaughan  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient	Preparation Method
1 1/2	pounds	fresh beans	to 2 1/2 lbs per quart jar
1	teaspoon	pickling salt	per quart jar -- (optional)

Wash, trim ends and unzip strings as needed. Sort for size and maturity; some may be packed whole and upright like asparagus; others may be cut slanted in 1-inch pieces.

In large kettle of water at 170 degrees, place blanching basket or loosely tied cheesecloth bag of prepared beans and slow-cook for 5 minutes after water returns to temperature. Remove beans and pack into hot, clean jars leaving 1/2-inch headroom. Add salt if desired.

While packing beans into jars, bring water you used to blanch beans to boil. Pour boiling liquid over beans in jars, leaving 1/2-inch headroom. Remove trapped air with slender plastic spatula. Adjust hot lids; process at 10 pounds pressure for 25 minutes, beginning timing when canner indicates it has achieved pressure.

Remove from canner according to canner's manual. Place jars on dish towels on counter and let cool. Test for proper seals by pushing down on flat part of each lid; if lid pops back, seal isn't complete. Either place in refrigerator and eat soon, or reseal according to manual instructions.

This recipe yields 1 quart.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 quart"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from from "Putting Food By" by Janet Greene, Ruth Hertzberg and Beatrice Vaughan, and as published in the Charlotte Observer, 08-06-1997

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Canning Stewed Tomatoes

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	quarts	chopped cored, peeled tomatoes (abt 24 large tomatoes)
1	cup	chopped celery
1/2	cup	chopped onion
1/4	cup	chopped green pepper
1	teaspoon	sugar
2	teaspoons	salt

Organize and prepare ingredients, equipment, and work area. Combine all ingredients in a large kettle or saucepan, heat to boiling and simmer 10 minutes, stirring occasionally.

Ladle or pour hot tomatoes into hot jars to within 1/2-inch of tops. Run a slim, non metal tool down along the inside of each jar to release air bubbles. Add additional hot liquid, if necessary, to fill to within 1/2-inch of tops of jars.

Wipe tops and threads of jars with a damp clean cloth. Put on lids and screw bands as manufacturer directs. Process at 10 pounds pressure, 15 minutes. Follow manufacturers directions for your canner.

This recipe yields about 7 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 pints"

- - - - -

Per serving: 76 Calories (kcal); trace Total Fat; (3% calories from fat); 2g Protein; 18g Carbohydrate; 0mg Cholesterol; 4371mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canning Succotash

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient	Preparation Method
3	pounds	corn in husks	- (to 6 lbs) -- to make 1 quart
3	pounds	lima beans in pods	- (to 5 lbs) -- to make 1 quart
1 1/2	pounds	green beans	- (to 2 1/2 lbs) -- to make 1 quart

Choose the freshest corn possible. Select same sized beans. Organize and prepare equipment and work area.

Husk corn and remove silk. Wash well. Wash, drain, and shell lima beans and wash again. Wash the green beans, trim, string, and cut into 2-inch lengths.

Boil corn in a large saucepan for 5 minutes. Meanwhile, in another pan boil beans 3 minutes. Drain both vegetables. Cut corn from cob and mix with hot, drained beans.

Pack hot vegetables into hot jars to within 1 inch of tops. Add 1/2 teaspoon salt to each pint, 1 teaspoon to quarts, if desired. Add boiling

water to within 1-inch of tops of jars. Run a slim, non metal tool down along the inside of each jar to release air bubbles. Add more boiling water to within 1-inch of tops.

Wipe tops and threads of jars with a damp clean cloth. Put on lids and screw bands as manufacturer directs. Process at 10 pounds pressure 1 hour for pints, 1 hour and 25 minutes for quarts. Follow manufacturer's directions for your canner.

This recipe yields ??

Comments: Combine fresh corn with green beans or lima beans. Cut the corn from the cob as in whole kernel corn and mix with an equal amount, or half s many beans. You'll need all the basic equipment for steam pressure canning. Must be processed in a steam pressure canner because of the low acid ingredients.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Canning Tomato Paste

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
8	quarts	chopped peeled, cored tomatoes (abt 48 large tomatoes)
1 1/2	cups	chopped sweet red peppers - (abt 3)
2		bay leaves
1	tablespoon	salt
1		garlic clove -- peeled-if desired

Organize and prepare ingredients, equipment, and work area. In a large preserving kettle, cook tomatoes, peppers, bay leaves, and salt for 1 hour over medium heat, stirring occasionally.

Press through a fine sieve and return to kettle. Discard seeds and bay leaves. Add garlic, if using, and continue to cook over medium to



medium-low heat, stirring frequently, until tomato mixture is thick enough to mound on a spoon, about 2 1/2 hours. Remove garlic.

Pour hot paste into hot half-pint jars to within 1/4-inch of tops. Run a slim, non metal tool down along the insides of jars to release any air bubbles. Add additional paste, if necessary, to within 1/4-inch of tops.

Wipe tops and threads of jars with damp clean cloth. Put on lids and screw bands as manufacturer directs. Process in a boiling water bath 45 minutes.

This recipe yields about 9 half-pint jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

- - - - -

Per serving: 5 Calories (kcal); trace Total Fat; (1% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 6396mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canning Tomato Puree

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
		Firm red ripe tomatoes
		Sugar -- (optional)
		Salt -- (optional)
		Canning jars (pint and 1/2-pint only)

You'll need all the basic equipment for boiling water bath canning, plus a sieve or food mill and large preserving kettle. Use 1/2 pint or 1 pint jars only. The quantity of canned tomato puree will vary greatly, depending on how long you simmer the tomatoes.

Select fresh, firm, red ripe, perfect tomatoes. Organize and prepare equipment and work area.

Dip tomatoes into boiling water for 1 or 2 minutes to loosen the skins. Then dip them in cold water. Slip off skins and cut out cores.

Cut tomatoes into chunks and place in a large preserving kettle. Cover and cook over low heat until the tomatoes are soft. Uncover and simmer over medium heat, stirring frequently, until very, very soft.

Press through a sieve or food mill, then return to kettle and simmer until the mixture is the thickness of catsup, stirring frequently.

Pour or ladle into hot 1/2-pint or pint jars to within 1/4-inch of the tops. Add 1/2 teaspoon each of sugar and salt per pint, if desired. Wipe tops and threads of jars with a damp clean cloth. Put on lids and screw bands as manufacturer directs.

Process in a boiling water bath for 30 minutes for 1/2-pints and pints.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from Vegetable Gardening Encyclopedia  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Canning Tomato Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces  
Vegetables

Amount	Measure	Ingredient	Preparation Method
10	pounds	tomatoes	peeled, cored, and chopped
3	tablespoons	vegetable or olive oil	
3	medium	onions	finely chopped
3		garlic cloves	minced
1 1/2	teaspoons	oregano leaves	crushed
2		bay leaves	
1	tablespoon	salt	
1	teaspoon	sugar	
1	teaspoon	freshly-ground black pepper	
1/2	teaspoon	crushed red pepper	(optional)

Organize and prepare ingredients, equipment, and work area. In a large preserving kettle or saucepan, heat the oil. Add onion and garlic and

cook over medium heat until tender but not brown, stirring frequently. Add all remaining ingredients and simmer about 2 hours, stirring occasionally.

Press tomato mixture through food mill, discard seeds and bay leaves. Return tomato mixture to kettle and simmer over medium-high heat until it reaches the thickness you prefer. Stir frequently.

Ladle or pour hot sauce into hot jars to within 1/4-inch of tops. Wipe tops and threads of jars with damp clean cloth. Put on lids and screw bands as manufacturer directs. Process in a boiling water bath 30 minutes.

This recipe yields about 5 half-pint jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 1023 Calories (kcal); 14g Total Fat; (10% calories from fat); 39g Protein; 227g Carbohydrate; 0mg Cholesterol; 6779mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 42 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Canning Tomatoes

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
20	pounds	ripe red or yellow tomatoes
6	teaspoons	coarse salt - (to 8)
12	teaspoons	white wine vinegar or lemon juice

Wash 8 quart jars, lids and rubber seals in hot soapy water and rinse. Place the jars and lids in boiling water for 30 seconds to sterilize them. Wash a large canner and lid and dry.

Peel and core the tomatoes and cut into halves or quarters.

For the Raw Pack method: Pack the raw tomatoes into canning jars to 1/2-inch from the top. Add 1 teaspoon salt and 2 teaspoons white wine vinegar or lemon juice to each quart of tomatoes.

For the Hot Pack method: Bring the raw tomatoes to a boil in a stainless steel pot. Then pack into jars to 1/2-inch from top. Add 1 teaspoon salt and 2 teaspoons white wine vinegar or lemon juice to each quart. Be sure the tomatoes are covered with their juice.

For either method (raw or hot-pack) be sure to wipe the necks and tops of each jar, fit with a rubber seal and lid, and seal. Fill the canner (it should be deep enough that the level of the water will be 3 to 4 inches above the tops of the sealed jars) two-thirds full with water. Place a rack inside the canner so the jars won't touch one another or the sides of the canner. Bring to a boil.

Place the jars in the rack and process raw-pack tomatoes for 50 minutes, hot-pack tomatoes for 45 minutes. Immediately remove the jars from the boiling water and let sit several inches apart on a cooling rack or kitchen towel, away from drafts until cool.

After the jars have cooled, check the seals to see that the top resists the pressure of your finger. If there is some give, chances are high that it is not properly sealed. In that case, either eat the tomatoes immediately or transfer to another sterilized jar and process again. Label the jars and store in a dry, dark place.

This recipe yields 6 to 8 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 to 8 quarts"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from The Detroit News, 08-11-1998  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Canning Vegetable Soup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Soups/Stews  
Vegetables

Amount	Measure	Ingredient	Preparation Method
2	quarts	chopped cored, peeled tomatoes (abt 12 large tomatoes)	
1 1/2	quarts	water	

1 1/2 quarts cubed peeled potatoes - (abt 6 med)  
 1 1/2 quarts sliced peeled carrots - (abt 12 med)  
 1 quart shelled lima beans  
 1 quart uncooked corn kernels - (abt 9 ears)  
 2 cups sliced celery  
 2 cups chopped onions  
 Salt

Organize and prepare ingredients, equipment, and work area. Combine all the ingredients except the salt in a large kettle, heat to boiling, and boil 5 minutes.

Pour or ladle boiling soup into hot jars to within 1-inch of tops. Add 1/4 teaspoon salt to each pint or 1/2 teaspoon to each quart. Run a slim non metal tool down along the inside of each jar to release any air bubbles. Add more boiling soup, if necessary, to bring to within 1-inch of the tops.

Wipe tops and threads of jars with a damp clean cloth. Put on lids and screw bands as manufacturer directs. Process at 10 pounds pressure, 55 minutes for pints, 1 hour and 25 minutes for quarts. Follow manufacturer's directions for your canner.

This recipe yields about 7 quarts.

Comments: You can use any combination of vegetables you like for this easy soup. Chop or dice the vegetables so pieces are about the same size. Process for the time of the vegetable that needs the longest processing.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 quarts"

- - - - -

Per serving: 160 Calories (kcal); 1g Total Fat; (4% calories from fat); 5g Protein; 36g Carbohydrate; 0mg Cholesterol; 261mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Cantaloupe Peach Jam

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount Measure Ingredient -- Preparation Method

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-----
4          cups  peeled chopped cantaloupe
4          cups  peeled chopped peaches
6          cups  sugar
1  1/4     cup   lemon juice
1          teaspoon  grated lemon rind

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Combine cantaloupe and peaches in a Dutch oven; cook over medium heat, stirring constantly, 15 minutes or until there is enough liquid to prevent fruit from sticking. Add sugar and lemon juice, stirring well. Bring to a boil stirring constantly. Reduce heat, and simmer 30 minutes or until thickened. Add lemon rind, and cook 3 additional minutes, stirring constantly. Remove from heat; skim off foam.

Pour hot jam into hot, sterilized jars, filling to 1/4-inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in a boiling-water bath 5 minutes.

This recipe yields 6 half-pint jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 4661 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1204g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cantaloupe Pickles

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
1	medium	cantaloupe	
1	quart	vinegar	
2	cups	water	
1	teaspoon	ground mace	
2		cinnamon sticks - (3" ea)	
2	tablespoons	ground cloves	
4	cups	sugar	

Peel cantaloupe and cut into 1-inch sections. Combine vinegar and water in kettle and add spices. Place cantaloupe in non-metal container and pour vinegar water over it, let stand overnight.

In morning drain cantaloupe (save brine) and bring vinegar mixture to boil. Add sugar and cantaloupe and cook until melon is transparent, about 1 hour.

Pack into hot pint jars and add boiling syrup leaving 1/2-inch headspace. Adjust lids. Process in boiling-water bath for 10 minutes.

This recipe yields 2 pints.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 pints"

- - - - -

Per serving: 3475 Calories (kcal); 5g Total Fat; (1% calories from fat); 6g Protein; 911g Carbohydrate; 0mg Cholesterol; 115mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 1/2 Fat; 57 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cantaloupe-Peach Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	chopped peeled seeded cantaloupe	-- (abt 1 large)
4	cups	chopped peeled pitted peaches	-- (abt 4 med)
6	cups	sugar	
1/4	cup	lemon juice	
1	teaspoon	grated lemon rind	

Combine cantaloupe and peaches in a Dutch oven; cook over medium heat, stirring constantly, 15 minutes or until there is enough liquid to prevent fruit from sticking.

Add sugar and lemon juice, stirring well. Bring to a boil stirring constantly. Reduce heat, and simmer 30 minutes or until thickened. Add lemon rind, and cook 3 additional minutes, stirring constantly.

Remove from heat; skim off foam. Pour hot jam into hot, sterilized jars,

filling to 1/4-inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in a boiling-water bath 5 minutes.

This recipe yields 6 half-pints.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

- - - - -

Per serving: 4661 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1204g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Caramel Spice Apple Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient	Preparation Method
4	pounds	Rome apples	
4 1/2	pounds	Granny Smith apples	
1	cup	water	
4	cups	sugar	
1	teaspoon	cinnamon	
1/2	teaspoon	cloves	
1/4	teaspoon	ginger	
2	tablespoons	lemon juice	

Wash apples and cut into pieces; combine with water in a large covered sauce pot. Cook until soft, about 30 minutes. Press through a food mill; measure 12 cups apple pulp; and return to sauce pot.

Heat 2 cups sugar in a saucepan, stirring until sugar melts and turns a rich golden brown. Carefully pour into apple pulp. Sugar will crackle and harden. Add remaining 2 cups of sugar and spices. Cook, uncovered, about 1 hour or until apple butter thickens, stirring occasionally to prevent sticking.

Stir in lemon juice. Pour hot into hot jars, leaving 1/4-inch head space. Adjust caps. Process 10 minutes in boiling water bath.



This recipe yields 6 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-21-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

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Per serving: 4946 Calories (kcal); 8g Total Fat; (1% calories from fat); 9g Protein; 1276g Carbohydrate; 0mg Cholesterol; 56mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 32 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from the "Ball Blue Book"

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cardamom Jam

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6 1/2	cups	Golden Plum pulp	
6	cups	sugar	
3/4	teaspoon	cardamom	
3	tablespoons	vanilla	
1	package	Sure-Jell Lite	

Mix the pulp, 1 cup of sugar and the pectin. Heat until it reaches a rolling boil. Add the remaining sugar and continue to stir until it reaches a rolling boil and hold it at that temperature for 1 minute.

Take the pan off the heat and stir in the cardamom and vanilla. Pour into jars leaving 1/2-inch headspace. Adjust lids. Process in boiling-water bath for 10 minutes.

This recipe yields 9 eight-ounce jars

Source:

"Arielle's Recipe Archives at <http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 half-pints"

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Per serving: 4761 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1211g Carbohydrate; 0mg Cholesterol; 12mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Carrot And Rhubarb Preserve

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Preserves

Amount	Measure	Ingredient	Preparation Method
2 1/4	pounds	carrots	-- peeled, sliced
2 1/4	pounds	rhubarb	-- thinly sliced
5	cups	sugar	-- warmed

Place carrots in a pot with enough water to cover. Bring to a boil, covered and cook till tender. Drain, reserving 1/2 cup of liquid. Puree carrots and liquid.

Transfer to large pot. Add rhubarb and sugar to pot and stir until sugar is dissolved. Bring to a slow boil and simmer gently for 20 minutes. Remove from heat and pour into warm sterile jars. Seal.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
S(Formatted for MC5):  
"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 4422 Calories (kcal); 3g Total Fat; (0% calories from fat); 16g Protein; 1126g Carbohydrate; 0mg Cholesterol; 359mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 18 Vegetable; 2 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe originally from "Jams, Pickles and Chutneys"  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Carrot Celery Pickle Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	medium	carrots -- cut 2" julienne
1 1/2	cup	celery in 1/4" diagonal slices
1	medium	onion -- chopped
1/2	cup	chopped green pepper
1		garlic clove -- minced
3/4	cup	vinegar
1/2	cup	dry white wine
2	tablespoons	sugar
2	tablespoons	salad oil
1	teaspoon	mustard seed
1	teaspoon	coriander seed -- crushed (optional)
1/4	teaspoon	salt
1	dash	freshly-ground black pepper

In a saucepan, cook carrots and celery, covered, in a small amount of boiling water about 5 minutes or until crisp tender; drain. Turn into a bowl.

Meanwhile, for marinade combine onion, green pepper, garlic, vinegar, wine, sugar, oil, mustard seed, coriander seed, salt, and dash of pepper. Bring to boiling. Pour hot vinegar mixture over carrots and celery, tossing lightly to coat.

Fill half-pint jars to 1/4-inch of top, seal, and process 15 minutes in hot water bath. Drain before serving.

This recipe yields about 6 half-pint jars of relish.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 656 Calories (kcal); 29g Total Fat; (42% calories from fat); 6g Protein; 83g Carbohydrate; 0mg Cholesterol; 648mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 8 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Carrot Relish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning

Pickles/Relishes

## Vegetables

Amount	Measure	Ingredient	Preparation Method
18		carrots	
4		green peppers	
4		red peppers	
2		onions	
	1/2 head	cabbage	
	1/2 cup	salt	
3	cups	sugar	
6	cups	vinegar	
2	tablespoons	mustard seed	
2	tablespoons	celery seed	

Chop (fine) all vegetables together. Pour salt over the vegetables and let stand for 1 hour.

Wash jars and lids and boil jars for 10 minutes.

Drain vegetables. Put vegetables and remaining ingredients into a large pot and bring to a boil.

Place in sterilized jars and seal. Cool at room temperature and check to make sure the seal is good.

This recipe yields ?? servings.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3589 Calories (kcal); 14g Total Fat; (3% calories from fat); 33g Protein; 912g Carbohydrate; 0mg Cholesterol; 51690mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 39 Vegetable; 0 Fruit; 1 1/2 Fat; 46 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Carrots

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Vegetables

Amount	Measure	Ingredient	Preparation Method
1	pound	carrots	per pint jar - (to 1 1/2" = (about 1" to 1 1/2" diameter)
		Salt	-- (optional)

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash and peel carrots. Wash again. Cut carrots into slices or leave whole. Pack tightly into hot pint jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint jar, if desired.

Carefully ladle boiling water over carrots, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 25 minutes at 10 pounds pressure. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Cassis Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	cups	fresh currant juice or fresh cranberry-apple juice or fine-quality commercially canned unprocessed juice -- strained
1	cup	cassis
2	tablespoon	lemon juice
3 1/4	cup	sugar
3	ounces	liquid pectin - (1/2 bottle)

Place fruit juice, cassis, lemon juice, and sugar in heavy saucepan over high heat. Bring to a boil, stirring constantly. Add liquid pectin and, stirring constantly, cook until mixture comes to a full, rolling boil. Boil for 1 minute. Remove from heat and skim off foam with metal spoon.

Immediately pour into hot sterilized jars and vacuum seal (hot water bath method, or can be refrigerated up to 6 weeks).

This recipe yields 4 half-pint jars

Comments: A perfect garnish for poultry and game. A gourmet replacement in all desserts, sauces, or glazes calling for currant jelly.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

- - - - -

Per serving: 3203 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 765g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 43 1/2 Other Carbohydrates

NOTES : Recipe originally from "Gourmet Preserves" by Judith Choate  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cathy Bodi's Home-Dried Tomatoes

Recipe By :Cathy Bodi; Hilliard, OH  
Serving Size : 1 Preparation Time :0:00  
Categories : Drying Preserving  
Vegetables

Amount	Measure	Ingredient	Preparation Method
12		plum tomatoes	
2	tablespoons	olive oil	
1/2	teaspoon	dried basil	
1/2	teaspoon	dried thyme	
1/2	teaspoon	salt	
1/4	teaspoon	coarse pepper	

Cut the tomatoes in half and seed them. Toss tomatoes with olive oil, basil, thyme, salt and pepper. Arrange tomatoes cut-side down on a wire rack placed on a cookie sheet. Dry at 250 degrees for 5 1/2 hours or until tomatoes are shriveled and partially dried. Let cool.

Store in a zipper-lock freezer bag for 2 months in the refrigerator, 6 months in the freezer.

This recipe yields ??

Comments: I dry the tomatoes in the oven with nothing on them -- not even the oil. They come out fine and won't alter the flavors in certain recipes. All oven temperatures vary, so keep an eye on them. I like

these better than commercially dried tomatoes because there is no need to rehydrate them.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 243 Calories (kcal); 27g Total Fat; (98% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 1067mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from Better Homes and Gardens submitted by Dispatch reader Cathy Bodi of Hilliard, Ohio (Finalist in the Great Gilroy Garlic Festival Cookoff 2000)

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cauliflower Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	quarts	cauliflower florets - (abt 3 med heads)
2	cups	sliced onion -- sliced
1	cup	red pepper cut into strips
1/4	cup	salt
2	quarts	ice cubes - (2 trays)
1	quart	white vinegar, 5% acidity
2	cups	sugar
1	tablespoon	mustard seeds
1	tablespoon	celery seeds
1	teaspoon	turmeric
1		hot red pepper

Wash cauliflower; divide into florets. Combine cauliflower, sliced onion, red pepper strips, and salt. Cover with ice and let stand 3 to 4 hours. Drain well.

Combine remaining ingredients. Bring to a boil. Add vegetables; boil 10 minutes or until vegetables are tender-crisp.

Remove hot red pepper from vegetable mixture. Pack hot vegetables into hot pint jars. Cover with boiling liquid to 1/2-inch from top of jar. Cut hot red pepper into 5 pieces and add one piece to each jar. Adjust jar lids.

Process 5 minutes in boiling water. (Start to count processing time as soon as water in canner returns to boiling.) Remove jars.

Set jars upright on a wire rack or folded towel to cool. Place them several inches apart.

This recipe yields 5 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 pints"

- - - - -

Per serving: 1669 Calories (kcal); 2g Total Fat; (1% calories from fat); 4g Protein; 424g Carbohydrate; 0mg Cholesterol; 25602mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1/2 Fat; 27 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension  
Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cayenne Pepper Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Salsa  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1 2/3	cup	vinegar	
1	cup	fresh cayenne peppers	-- washed, de-stemmed
1	large	white onion	-- chopped
6	medium	garlic cloves	
1	large	carrot	-- peeled, chopped
1	can	stewed tomatoes	- (16 oz)
1	can	tomato puree	- (16 oz)
1/2	cup	chopped fresh cilantro	
2	tablespoon	cumin	
1	tablespoon	salt	
1	tablespoon	freshly-ground black pepper	
1	teaspoon	lime juice concentrate	

Puree ingredients in a blender (it will probably take several sessions, as the volume of ingredients is more than most blenders will hold).

Put ingredients in a large saucepan and bring to a boil. Simmer for 45 to 60 minutes to reduce salsa to a thick ketchup-like consistency.

Divide salsa into clean mason jars, but leave about 1/2-inch between top of salsa and top of jar. Put on new lids and tighten the bands, but leave them slightly loose. Set jars in a large pot of boiling water (water



should be close to top of salsa). Boil for 15 to 20 minutes, remove jars, tighten bands completely and allow to cool.

This is a moderately hot recipe. You can add more peppers to make it hotter. It keeps for quite a long time on the shelf before being opened.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 203 Calories (kcal); 3g Total Fat; (10% calories from fat); 5g Protein; 52g Carbohydrate; 0mg Cholesterol; 6455mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 4 Vegetable; 0 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Celery Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	quarts	green tomatoes
1	small	cabbage head
6		red sweet peppers
3	cups	sugar
2	quarts	vinegar
1	quart	onions
1		cauliflower head
6	tablespoons	dry mustard
1	teaspoon	turmeric
		Salt

Cut tomatoes, onions, cabbage, cauliflower, and peppers into small pieces. Allow to stand in a brine, made by using 1/4 cup salt to each quart water, overnight.

Heat to boiling. Boil 15 minutes. Drain for 1 hour.

Combine mustard, sugar, and turmeric. Add to vinegar, which has been heated to boiling. Simmer, stirring constantly, until slightly thickened. Pour over vegetables. Stir until thoroughly blended. Heat to boiling.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3881 Calories (kcal); 17g Total Fat; (3% calories from fat); 63g Protein; 971g Carbohydrate; 0mg Cholesterol; 584mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 47 1/2 Vegetable; 0 Fruit; 1 Fat; 48 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cherries

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
2	pound	cherries per quart - (to 2 1/2) === EXTRA LIGHT SUGAR SYRUP === -- makes 6 cups
1 1/4	cups	sugar
5 1/2	cups	water === LIGHT SUGAR SYRUP === -- makes 6 1/2 cups
2 1/4	cups	sugar
5 1/4	cups	water === MEDIUM SUGAR SYRUP === -- makes 7 cups
3 1/4	cups	sugar
5	cups	water === HEAVY SUGAR SYRUP === -- makes 7 cups
4 1/4	cups	sugar
4 1/4	cups	water

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Raw Pack - Wash cherries; drain. Discard fruit that floats; it may contain worms. Make a light or medium syrup for sweet cherries, a medium or heavy syrup for sour cherries; keep syrup hot. Carefully ladle 1/2 cup hot syrup into hot jar. Fill jar with cherries. Gently shake jar to pack cherries closely without crushing, leaving 1/2-inch headspace.

Add hot syrup to cover cherries, if needed, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints and quarts 25 minutes in a boiling-water canner.

Hot Pack - Wash cherries; drain. Measure cherries and put in a large saucepot. Add 1/2 to 3/4 cup sugar for each quart of cherries. Cook mixture slowly until sugar dissolves and cherries are hot throughout. If cherries are unpitted, add just enough water to prevent sticking.

Carefully ladle hot cherries and juice into hot jars, leaving 1/2-inch headspace. Add boiling water or syrup to cover cherries, if needed, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 15 minutes, quarts 20 minutes, in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields ??

Comments: Pits may be left in or taken out depending upon how fruit is to be used. If pit is left in, prick each cherry with a sterilized needle to prevent bursting and shrinking. If canned without the pit, measure cherries after pit is removed.

To prepare sugar syrup: Select the type of sugar syrup for canning peaches from the following chart. Combine sugar and water in a large saucepot; bring to a boil. Reduce heat and simmer about 10 minutes. Keep sugar syrup hot while filling jars. For hot-pack method, heat cherries in syrup as directed in recipe.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 8514 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 2198g Carbohydrate; 0mg Cholesterol; 164mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 147 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry Almond Jam

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3		bags frozen sweet cherries - (12 oz ea) -- thawed, drained

3/4 cup almond liqueur  
 3 tablespoons lemon juice  
 1 package Ball 100% Natural Fruit Jell Pectin  
 4 1/2 cups sugar

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Finely chop cherries. Combine cherries, almond liqueur and lemon juice in a large saucepot. Stir in pectin. Bring to a boil, stirring frequently. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Carefully ladle hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 6 half-pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

- - - - -

Per serving: 3494 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 903g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry And Raspberry Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
               Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2 1/8	pounds	sweet cherries	
3 1/2	tablespoons	orange juice	
1 2/3	tablespoons	grated lemon rind	
1 1/8	tablespoons	grated orange rind	
1 5/8	quarts	raspberries	

4 1/4 cups sugar  
A few drops almond extract

Pit and chop cherries. Add next three ingredients. Bring to boil and cook for 10 minutes, stirring frequently. Add raspberries and sugar. Bring to a boil, stirring frequently. Boil to jam stage (15 minutes or so). Remove from heat, stir and skim for 5 minutes. Pour into hot, sterile jars and seal.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 4355 Calories (kcal); 12g Total Fat; (2% calories from fat); 18g Protein; 1096g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 15 Fruit; 0 Fat; 57 Other Carbohydrates

NOTES : Recipe originally from "Jams, Jellies and Other Preserves" by Agriculture Canada

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry And Raspberry Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
2	pounds	Bing cherries	
8	cups	raspberries	
3 1/2	cups	granulated sugar	
2	tablespoons	fresh lemon juice	

Stem and pit the cherries; you should have 4 cups. In a large bowl, stir together the cherries, raspberries and sugar. Let stand at room temperature, stirring occasionally, for 2 hours.

Pour the fruit into a wide, shallow, nonreactive saucepan and stir in the lemon juice. Cook over moderate heat, stirring occasionally, for 30 to 40 minutes until the mixture looks thickened and glazed. Remove a tablespoon of the preserves to a small saucer and chill in the freezer for 5 minutes.

Run your finger through the mixture; if it wrinkles, it is ready to jar. If it is not ready, continue cooking for 5 more minutes and repeat the test.

Sterilize four 8-ounce canning jars by washing and rinsing them in the dishwasher without detergent; keep them warm in a 250 degree oven. Pour boiling water over the jar lids to soften the rubber seals.

Ladle the hot preserves to within 1/2-inch of the rims of the jars. Wipe the rims and seal with the hot lids and metal bands. Let cool to room temperature, then refrigerate for several weeks. Or, to store longer, process in a water bath.

This recipe yields four 8-ounce jars.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 3213 Calories (kcal); 5g Total Fat; (1% calories from fat); 9g Protein; 819g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 0 Fat; 47 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Cherry Chutney

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Chutney  
Condiments Fruit

Amount	Measure	Ingredient -- Preparation Method
9	cups	coarsely-chopped pitted tart cherries -- see * Note
1	large	onion -- chopped
1	small	orange, peel and all -- chopped
2	tablespoons	minced fresh ginger
1 1/2	cups	sugar
1	cup	cider vinegar
2	tablespoons	ground cinnamon
1	teaspoon	freshly-ground black pepper
1	teaspoon	crushed red pepper flakes
1	tablespoon	coarse (kosher) salt
1/2	cup	water

\* Note: For a low-tech way to pit cherries, unfold a paper clip from the center. Depending on cherry size, insert small or large loop through the top of the cherry, loosen the pit and pull it out.

In a 5-quart (or larger) stockpot, combine all ingredients except cherries and bring to boil. Add cherries and boil gently, uncovered, stirring frequently, until thickened, about 30 to 40 minutes. Pour into sterilized canning jars and seal according to manufacturer directions.

This recipe yields 3 1/2 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 1/2 pints"

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Per serving: 1272 Calories (kcal); 1g Total Fat; (0% calories from fat); 2g Protein; 334g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 21 Other Carbohydrates

NOTES : Recipe originally from "What Mrs. Fisher Knows About Old Southern Cooking, Soups, Pickles, Preserves, Etc." by Mrs. Fisher, Abby Fisher. With Historical notes by Karen Hess (Applewood Books, \$8.95)

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry Freezer Jam

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Freezing Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1 1/2	pounds	sweet cherries	
2	tablespoons	lemon juice	
4 1/4	cups	sugar	
		Sure-Jell pectin	
3/4	cup	water	

Remove stem and pits from cherries. Finely chop in 1/8-inch pieces ending up with 2 cups of prepared cherries. Combine fruit, lemon juice and sugar in a bowl. Set aside for 10 minutes.

Mix water and the Sure-Jell together in small saucepan. Bring mixture to a boil over high heat, stirring constantly. Continue boiling for 1 minute.

Add cherry mixture. Stir constantly for 3 more minutes. Pour into freezer containers, cover with lids and allow to stand at room temperature for 24 hours. Store in freezer. After opening, store in refrigerator up to 3 weeks.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3738 Calories (kcal); 5g Total Fat; (1% calories from fat); 7g Protein; 953g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 1/2 Fruit; 0 Fat; 57 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry Honey Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	pitted tart cherries
1/2	cup	raisins
1/2	cup	honey
1/4	cup	white vinegar
1/3	cup	light brown sugar - (packed)
1/2	teaspoon	ground cinnamon
1/8	teaspoon	ground cloves
1/8	teaspoon	salt
1/2	cup	pecans -- coarsely chopped
1	tablespoon	cornstarch
1	tablespoon	cold Water

In a 2-quart saucepan, combine the first seven ingredients. Cook slowly, uncovered for 30 minutes. Stir in pecans.

Combine the cold water and cornstarch and gradually stir into cherry mixture. Cook, stirring constantly, until mixture thickens.

Refrigerate, freeze or can.

If Canning: Wash and sterilize 5 half-pint mason jars and lids. Pour hot cherry mixture into hot jars. Quickly wipe the glass rims clean of any spillage, and screw the lids on the jars. Carefully set into a large canner of boiling water. Bring back to boil, and process the relish for 30 minutes.

Start counting your time after the water has returned to a boil. Carefully remove the jars, being careful not to twist the ring caps at



this point. Allow to completely cool. Remove the rings, test your caps to be sure they have sealed. Store in cool place. Will keep indefinitely.

This recipe yields about 5 half-pints

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 1329 Calories (kcal); 38g Total Fat; (23% calories from fat); 11g Protein; 266g Carbohydrate; 0mg Cholesterol; 297mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 7 Fruit; 7 Fat; 9 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	sweet cherries	
3	cups	warmed sugar	

Stone cherries. Crush the fruit. Boil in their juice till tender, about 10 minutes. Add sugar, stir well to dissolve. Boil for another 5 to 7 minutes.

Remove from heat and let stand, covered, for 2 to 3 minutes. Stir and skim if necessary. Pour into sterile jars and seal.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 391 Calories (kcal); 5g Total Fat; (10% calories from fat); 6g Protein; 90g Carbohydrate; 0mg Cholesterol; 0mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "The Forgotten Arts"  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Cherry Jam With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	ground or finely-chopped pitted cherries (abt 3 lbs or 2 one-quart boxes of sour cherries)	
7	cups	sugar	
1	bottle	liquid pectin	

To prepare fruit. Sort and wash fully ripe cherries; remove stems and pits. Grind cherries or chop fine.

To make jam. Measure prepared cherries into a kettle. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Boil hard for 1 minute, stirring constantly.

Remove from heat and stir in the pectin. Skim off foam quickly. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields about 8 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

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Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry Jam With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	ground or finely-chopped pitted cherries (abt 3 lbs or 2 one-quart boxes of sour cherries)
1	package	powdered pectin
5	cups	sugar

To prepare fruit. Sort and wash fully ripe cherries; remove stems and pits. Grind cherries or chop fine.

To make jam. Measure prepared cherries into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.

Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; skim.

Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields 6 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 3870 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 999g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry Jelly With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	cherry juice (abt 3 lbs or 2 one-quart boxes sour cherries and 1/2 cup water)
1	package	powdered pectin
4 1/2	cups	sugar

To prepare juice. Select fully ripe cherries. Sort, wash, and remove stems; do not pit. Crush cherries, add water, cover, bring to boil on high heat. Reduce heat and simmer for 10 minutes. Extract juice.

To make jelly. Measure juice into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields about 6 eight-ounce jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 eight-ounce jars"

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Per serving: 3483 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 899g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cherry Rum Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient -- Preparation Method
4	pound	dark sweet cherries
1	pound	granulated sugar
3/4	cup	dark rum

Prepare 6 eight-ounce jars.

Wash, stem and pit cherries. In heavy saucepan, combine cherries and sugar and cook over low heat for 1 1/2 hours. Watch carefully and stir often to prevent scorching. Remove from heat, let cool 5 minutes and stir in rum.

Pack cherries into prepared jars. Cover and seal. Process in boiling water bath 5 minutes.

Store in cool dark place for 1 month before using.

This recipe yields 6 half-pints.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 2142 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 454g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 30 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Chile-Pepper Jelly

Recipe By :Jean Andrews  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1/4	cup	chopped seeded fresh chiles	-- see * Note
3/4	cup	chopped seeded bell peppers	-- (use same color as chiles)
6 1/2	cups	sugar	
1 1/2	cups	white vinegar	
1	pouch	liquid pectin - (6 oz)	
		food coloring	-- (optional)

\* Note: Any hot chile pepper can be used, but don't mix them if you want the distinct flavor of that variety.

To make jelly: In 6- to 7-quart nonreactive pan (glass, enamel or stainless steel; a non-aluminum pan), combine peppers, sugar and vinegar. Boil for 2 minutes. Cool for 5 minutes. Add pectin and 1 or 2 drops of food coloring. Bring to a rolling boil. Boil for 1 minute. (Note: Do

not exceed pectin manufacturer's recommended time.)

To process jelly: Pour into hot, sterilized jelly jars. Wipe rims with clean, damp cloth. Seal with sterilized lids and caps. Process for 5 minutes in boiling-water canner.

To store jelly: Once opened, store in the refrigerator.

This recipe yields 7 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 cups"

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Per serving: 5081 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1320g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 88 1/2 Other Carbohydrates

NOTES : Recipe from "Red Hot Peppers" by Jean Andrews, and as published in the Pioneer Planet, 07-30-2000

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chili Relish

Recipe By :Marjorie Senobe  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
6	pounds	ripe tomatoes	
3		green peppers	
3	large	onions	
6	stalks	celery	
1/8	cup	salt	
1 1/2	cups	cider vinegar	
1 1/2	cups	brown sugar	
1	teaspoon	cinnamon	
1	teaspoon	ground cloves	
1	teaspoon	dry mustard	
		Paprika	-- (optional)

Scald and skin tomatoes; cut up and cook 15 minutes and drain off juice. Using a meat grinder on medium setting, grind other vegetables, draining off juice and add to tomatoes in pot. Add salt, cider vinegar, brown sugar, cinnamon, cloves, dry mustard and a little paprika, if desired.

Stir and cook approximately 1 1/2 hours without cover until slightly

thickened. Scoop off a little of the extra juice and put in hot sterilized pint jars and seal immediately with hot lids and rings.

This recipe yields approximately 4 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

- - - - -

Per serving: 1669 Calories (kcal); 10g Total Fat; (5% calories from fat); 30g Protein; 411g Carbohydrate; 0mg Cholesterol; 13334mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 32 Vegetable; 0 Fruit; 0 Fat; 15 1/2 Other Carbohydrates

NOTES : Recipe shared by Marjorie Senobe of Crossville, and as published in the Crossville Chronicle 08-02-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chili Salsa

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Salsa

Amount	Measure	Ingredient -- Preparation Method
7	pounds	tomatoes -- chopped
1	pound	chili peppers - (to 2 lbs) -- chopped
1	pound	onions -- chopped
1	cup	vinegar or 1/2 cup bottled lemon juice
1	tablespoon	salt
1/2	teaspoon	freshly-ground black pepper

Caution: Wear rubber gloves while handling chilis, or wash hands thoroughly with soap and water before touching your face.

Wash and dry chilis. Slit the sides of the peppers and peel them, using the following method. Cover a hot burner, either gas or electric, with heavy wire mesh. Place chilis on the burner for several minutes until the skins blister. Allow the peppers to cool. Place them in a pan, and cover the pan with a damp cloth. This will make peeling the peppers easier.

After several minutes, peel each pepper. Cool, and slip off the skins. Discard the seeds, and chop the peppers. If desired, you may leave the skins on, and grind or coarsely chop the peppers.

Wash the tomatoes, and dip them in boiling water for 30 to 60 seconds or until the skins split. Dip the tomatoes in cold water, slip off the skins, and remove the cores.

Coarsely chop the tomatoes, and combine with the chopped peppers and remaining ingredients in a large kettle. Bring the mixture to a boil, and simmer it for 10 minutes.

Fill the jars, leaving 1/2 inch of headspace. Adjust the lids, and process the jars in a boiling water bath for 15 minutes.

This recipe yields about 9 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 pints"

- - - - -

Per serving: 763 Calories (kcal); 10g Total Fat; (10% calories from fat); 29g Protein; 169g Carbohydrate; 0mg Cholesterol; 6668mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 32 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe as published in the Centre Daily Times, 08-19-1998

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chili Sauce

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
13	pounds	tomatoes
1	tablespoon	dry mustard
1	pounds	celery
2		cinnamon sticks
1	quart	small onions -- chopped
2	pounds	brown sugar
3		green peppers
1/4	cup	salt
1/2	tablespoon	ground cloves
1	quart	cider vinegar

Scald, then peel tomatoes; cook 15 minutes. Drain off half of the juice. Chop remaining vegetables; add tomatoes; simmer about 90 minutes. Tie spices in cloth bag. Add bag of spices and remaining ingredients to tomato mixture. Continue cooking 90 minutes. Remove bag of spices; seal mixture in hot, sterilized jars.

This recipe yields 6 pints.



Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 5185 Calories (kcal); 22g Total Fat; (3% calories from fat); 62g Protein; 1307g Carbohydrate; 0mg Cholesterol; 26821mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 63 1/2 Vegetable; 0 Fruit; 1/2 Fat; 62 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chinese Pickled Garlic

Recipe By :Linda Ziedrich

Serving Size : 0 Preparation Time :0:00

Categories : Pickles/Relishes Refrigerator

Amount	Measure	Ingredient	Preparation Method
1	cup	peeled fresh garlic	cloves
1/2	cup	rice or white wine	vinegar
		= (or distilled white vinegar)	
1/2	teaspoon	sugar	
1/2	teaspoon	pickling salt	

Put garlic into sterile, half-pint jar. Stir together vinegar, sugar and salt; pour liquid over garlic. Cover jar tightly with a nonreactive cap.

Store in refrigerator at least one month before using garlic. It will keep well for one year in the refrigerator.

This recipe yields 1 cup.

Cook's note: I used commercially peeled garlic in this recipe. After a week, I noticed that some of the cloves had turned a blue-green color. Ziedrich said that the discoloration is harmless, and added that the cloves that discolored were probably either immature or old.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"1 half-pint"

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Per serving: 8 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 2g Carbohydrate; 0mg Cholesterol; trace Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "The Joy of Pickling" by Linda Ziedrich  
(The Common Press, 1998 - \$14.95)

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Chokecherry Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	cups	chokecherry juice	
6 1/2	cups	sugar	
2		pouches liquid fruit pectin (Certo)	
1/4	teaspoon	almond extract -- (optional)	

Pour juice into large kettle. Add sugar and stir to mix. Place over high heat and bring to a boil, stirring constantly. Stir in pectin, bring to a full rolling boil and boil hard 1 minute, stirring constantly.

Remove from heat and stir and skim for 5 minutes. Add extract. Seal in hot jars.

This recipe yields about 9 half-pints.

Comments: Almond extract gives a stronger cherry taste.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

Per serving: 5033 Calories (kcal); trace Total Fat; (0% calories from fat); 0g Protein; 1299g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 87 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

## Chokecherry Jelly II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	pounds	chokecherries (approximately)
1/4	cup	water
1	package	powdered fruit pectin - (1 3/4 oz)
4 1/2	cups	sugar

Wash the cherries and remove the stems. Place them in a large pot and crush them. Do not remove the pits. Add 1/4 cup water and bring to a boil. Reduce heat and simmer for 10 to 15 minutes. Strain cherries and all the liquid through a jelly bag.

Measure 3 1/2 cups juice and combine with pectin in a saucepan. Bring to a hard boil over high heat, stirring occasionally. Immediately add sugar and return to a full, rolling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat and skim off foam with a metal spoon. Pour at once into sterilized jars, leaving 1/2-inch headroom, and seal with sterilized lids according to manufacturer's directions.

This recipe yields about 5 half-pint jars.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 3483 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 899g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

## Chow Chow

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
4		cups chopped cabbage	
2		cups chopped onions	
2		cups chopped green peppers	
2		cups chopped green tomatoes	
	1/2	cup salt	
4		cups white vinegar	
8		cups water	
	3/4	cup sugar	
3	tablespoons	mustard seed	
2	tablespoons	celery seed	

Dissolve salt in water and pour over chopped vegetables. Let stand one hour; drain. Rinse and drain a second time to ensure that the mixture is not too salty.

Mix vegetables with sugar, spices and vinegar, simmer over low heat for 20 minutes. Bring to a boil, and then immediately pack into hot sterilized jars.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Per serving: 1125 Calories (kcal); 14g Total Fat; (9% calories from fat); 17g Protein; 270g Carbohydrate; 0mg Cholesterol; 51266mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 8 Vegetable; 0 Fruit; 2 Fat; 14 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chow Chow II

Recipe By :Peggy Husk  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient	Preparation Method
	1/2	peck green tomatoes	
1	dozen	red peppers	
1	dozen	green peppers	
1	medium	cabbage head	
10	large	onions	
3	tablespoons	salt	
3	cups	sugar	

3 cups apple cider vinegar  
 3 tablespoons mustard seed  
 1 teaspoon turmeric

Grind together the green tomatoes, red and green peppers, cabbage and onions. Put 3 tablespoons salt on top of mixture; let stand overnight and drain.

Make the brine. Combine sugar, apple cider vinegar, mustard seed and turmeric. Boil this mixture 20 minutes.

Pour hot brine over vegetable mixture that has been packed into jars. Process 10 minutes in a hot water canner.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
 S(Formatted for MC5):  
 "08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 4005 Calories (kcal); 19g Total Fat; (4% calories from fat); 60g Protein; 983g Carbohydrate; 0mg Cholesterol; 19454mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 54 Vegetable; 3 Fruit; 1 1/2 Fat; 40 Other Carbohydrates

NOTES : Recipe shared by Peggy Husk: "This is an old recipe from my mother-in-law, Edie Husk. It's written on a piece of paper without all the instructions, but those who do canning will have no problem." Published in the Crossville Chronicle, 07-26-2000  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Chow-Chow

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	pounds	green tomatoes
5	medium	green bell peppers
4	large	onions
1 1/2	tablespoons	Kerr pickling salt
3		hot peppers -- seeded, chopped
2	cups	cider vinegar, 5% acidity
1	cup	sugar
2		cinnamon sticks - (2" long)
2		bay leaves
1 1/2	teaspoons	dry mustard
1/4	teaspoon	whole cloves
1/2	cup	horseradish -- (optional)

Wash vegetables. Chop tomatoes, onions and green peppers in food processor or by hand. Sprinkle with pickling salt and mix well. Cover and refrigerate overnight. Drain well.

Tie spices in spice bag or cheesecloth. In a 6- to 8-quart saucepan, combine tomato mixture, spice bag and all remaining ingredients except horseradish. Bring to a boil over medium-high heat, stirring occasionally. Boil for 15 minutes, stirring often, to prevent sticking. Remove spices. Add horseradish.

Immediately fill hot pint jars with mixture, leaving 1/2-inch headspace. Carefully run a non-metallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tops and threads clean. Place hot lids on jars and screw bands on firmly.

Process in boiling water canner for 15 minutes.

This recipe yields 6 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 1877 Calories (kcal); 8g Total Fat; (3% calories from fat); 48g Protein; 442g Carbohydrate; 0mg Cholesterol; 530mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 43 1/2 Vegetable; 0 Fruit; 0 Fat; 14 1/2 Other Carbohydrates

NOTES : Recipe originally from the Kerr Kitchen Cookbook

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chow-Chow Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
4	cups	chopped cabbage	
3	cups	chopped cauliflower	
2	cups	chopped onions	
2	cups	chopped green tomatoes	
2	cups	chopped sweet green peppers	
1	cup	chopped sweet red peppers	
3	tablespoon	salt	
2 1/2	cups	Heinz pure vinegar	-- 5% acid
1 1/2	cups	sugar	

2           teaspoons   dry mustard  
 2           teaspoons   celery seed  
 1           teaspoon   turmeric  
 1           teaspoon   mustard seed  
       1/2       teaspoon   ginger

Combine chopped vegetables; sprinkle with salt. Let stand 4 to 6 hours in a cool place. Drain well.

Prepare home canning jars and lids according to manufacturer's instructions.

Combine vinegar, sugar, and spices; simmer 10 minutes. Add vegetables; simmer 10 minutes. Bring to boiling. Carefully ladle hot relish into hot jars, leaving 1/4-inch headspace. Adjust caps.

Process 10 minutes in a boiling water bath canner.

This recipe yields 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 1341 Calories (kcal); 4g Total Fat; (2% calories from fat); 7g Protein; 333g Carbohydrate; 0mg Cholesterol; 19206mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 1/2 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Chowchow

Recipe By       :n/a  
 Serving Size   : 0       Preparation Time :0:00  
 Categories     : Canning                               Pickles/Relishes  
                   Vegetables

Amount	Measure	Ingredient	Preparation Method
1	medium	cabbage	-- chopped, (2 qts)
6	medium	onions	-- chopped
6		green peppers	-- coarsely chopped
6		sweet red peppers	-- coarsely chopped
1	quart	chopped green tomatoes	
1/4	cup	pickling salt	
2	tablespoons	prepared mustard	
6	cups	vinegar, 5% acidity	

2 1/2 cups sugar  
 1 1/2 teaspoons ground turmeric  
 1 teaspoon ground ginger  
 2 tablespoons mustard seeds  
 1 tablespoon mixed pickling spices

Combine cabbage, onion, peppers, tomatoes, and salt in large bowl. Cover; let stand overnight. Drain.

Mix mustard with a little vinegar in kettle; add remaining vinegar, sugar, turmeric, ginger, mustard seeds, and pickling spices; simmer 20 minutes. Add vegetables; simmer 10 minutes. Immediately ladle into 7 hot, sterilized pint jars, filling to within 1/4-inch from the top. Adjust lids.

Process in boiling water 5 minutes. Start to count the processing time when water in canner returns to boiling.

Remove jars. Cool on wire racks 12 to 14 hours. Check jars for airtight seal.

This recipe yields 7 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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Per serving: 2634 Calories (kcal); 6g Total Fat; (1% calories from fat); 23g Protein; 658g Carbohydrate; 0mg Cholesterol; 447mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 25 Vegetable; 0 Fruit; 0 Fat; 33 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Christmas Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	packages	frozen whole strawberries - (20 oz ea) (or 2 1/2 qts fresh strawberries)
1	pound	fresh or frozen cranberries
5	pounds	sugar
2	pouches	liquid pectin



Grind fruit in a food processor or a grinder and place in a large kettle. Add sugar. Bring to a full rolling boil; boil for 1 minute. Stir in pectin; return to a full rolling boil. Boil for 1 minute, stirring constantly. Remove from heat, let cool for 5 minutes (skim off foam).

Pour into hot jars leaving 1/4 in head space. Adjust caps. Process for 15 minutes in a boiling water bath.

This recipe yields 14 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"14 half-pints"

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Per serving: 8785 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 2268g Carbohydrate; 0mg Cholesterol; 23mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 152 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Christmas Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
8	medium	white onions	-- chopped
6	large	green bell peppers	-- seeded, chopped
6	large	red bell peppers	-- seeded, chopped
5	cups	cider vinegar	-- divided
4 1/2	cups	sugar	
1	tablespoon	coarse salt	

To cook vegetables: In a large kettle, combine chopped onions and peppers, add 4 cups boiling water and let stand for 5 minutes, stirring once. Drain the vegetables and return to the kettle with 2 cups vinegar and 2 cups water. Bring to a boil and simmer, stirring occasionally, for 5 minutes. Drain again and return vegetables to the kettle.

To make sauce: In a saucepan, combine 3 cups vinegar with 4 1/2 cups sugar and the salt. Heat gently, stirring until the sugar is dissolved.

To combine: Pour this over the vegetables. Bring to a boil and simmer,

stirring occasionally, for 15 to 20 minutes until the syrup is slightly thickened and the vegetables are tender but have not lost their crispness.

To process: Pour into sterilized canning jars, filling to within 1/4-inch of the tops. Wipe rims with a dampened towel and seal the jars. Process in a boiling-water bath (water 2 inches above the jar tops) for 10 minutes. Remove the jars to cool and store in a cool dry place.

This recipe yields 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 pints"

- - - - -

Per serving: 4371 Calories (kcal); 4g Total Fat; (0% calories from fat); 23g Protein; 1138g Carbohydrate; 0mg Cholesterol; 5716mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 29 Vegetable; 0 Fruit; 0 Fat; 65 Other Carbohydrates

NOTES : Recipe originally from "The Wild Onion Cookbook," produced by the Northern Illinois Unit of the Herb Society of America  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chunky Homemade Tomato Ketchup

Recipe By :Sheila Buff  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Sauces

Amount	Measure	Ingredient -- Preparation Method
4	pounds	slightly overripe tomatoes -- cored, seeded, and chopped
1	large	onion -- finely chopped
2		garlic cloves -- finely chopped
2/3	cup	cider vinegar
3	tablespoons	dark brown sugar
2	teaspoons	salt
1	teaspoon	powdered mustard
1	teaspoon	ground mace
1	teaspoon	ground cinnamon
1/2	teaspoon	ground allspice
1/2	teaspoon	freshly-ground black pepper
1/2	teaspoon	ground cloves
1/4	teaspoon	cayenne

Combine all ingredients in a large saucepan. Bring to a boil, then reduce heat to moderately-low. Simmer, partially covered, for an hour. Stir often and be sure ketchup doesn't scorch. Adjust seasonings and add more

sugar or vinegar if you wish. Continue to simmer if not thickened.

Pour ketchup into three sterilized half-pint jars, leaving 1/2-inch headspace. Cover jars loosely with new, two-piece lids. Let jars stand until ketchup cools and lids are slightly indented in center. Screw jars tightly closed and store in refrigerator. Ketchup will keep well for up to 6 months.

This recipe yields 3 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 half-pints"

- - - - -

Per serving: 250 Calories (kcal); 1g Total Fat; (3% calories from fat); 2g Protein; 65g Carbohydrate; 0mg Cholesterol; 4291mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 3 1/2 Other Carbohydrates

NOTES : Recipe originally from "The Great Tomato Book" by Sheila Buff (Burfood Books, 1999)

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chunky Mustard Beans With Red Peppers

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	pounds	green and/or yellow beans
2	cups	julienne strips of sweet red peppers
1 1/2	cups	coarsely chopped onions
1	teaspoon	tumeric
1/3	cup	dry mustard
1/3	cup	all-purpose flour
1 1/2	teaspoons	salt
1 1/3	cups	brown sugar - (firmly packed)
1	cup	cold water
2	cups	white or cider vinegar
1	tablespoon	celery seeds
1 1/2	teaspoons	mustard seeds

Remove stem end from beans; cut beans into 1-inch lengths. There should be about 8 cups.

In a large pot of rapidly boiling water, cook beans, about 1/3 at a time, until tender-crunchy, about 3 minutes. As each batch cooks, transfer

immediately to large bowl of cold water to chill. Blanch peppers and onions in similar way, boiling peppers for 1 minute and onions for 2 minutes. Drain thoroughly.

In a medium bowl, blend turmeric, mustard, flour and salt into sugar. Stir in cold water to make a smooth paste. In a large heavy preserving kettle, combine vinegar and celery and mustard seeds; bring to boil. Stir in about 1 cup of spiced vinegar into mustard paste, then whisk mustard paste into spiced vinegar in saucepan. Cook over medium heat, whisking constantly until sauce is smooth. Reduce heat and simmer uncovered, for 5 minutes.

Pour drained vegetables into sauce; mix well and return to a boil. Reduce heat and simmer 4 to 5 minutes or until vegetables are tender. Ladle into hot sterilized jars leaving 1/8-inch head space. Seal. Process jars in a boiling water bath for 10 minutes for half-pint jars and 15 minutes for pint jars.

This recipe yields about 9 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

- - - - -

Per serving: 286 Calories (kcal); 9g Total Fat; (27% calories from fat); 12g Protein; 39g Carbohydrate; 0mg Cholesterol; 3217mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chunky Salsa

Recipe By :Marty Schwartz

Serving Size : 0 Preparation Time :0:00

Categories : Canning Salsa

Amount	Measure	Ingredient	Preparation Method
5	pounds	plum tomatoes	peeled, seeded, and cut up
5		sweet red peppers	cut up
5	large	onions	cut up
3		jalapeño peppers	(to 5) -- chopped
5		garlic cloves	minced
2	cans	chopped green chilies	(4 1/2 oz ea)
1	tablespoon	salt	

1/2       teaspoon ground black pepper  
 1/2       cup       balsamic vinegar  
 1/2       cup       sugar  
 1         teaspoon ground coriander  
 1         teaspoon chopped cilantro  
 1/2      teaspoon basil  
 1         tablespoon dried parsley flakes  
           = (or 2 tbsps chopped fresh parsley)  
 2         cups       ketchup

Simmer all ingredients together about an hour, until thick. Put in hot, clean jars and seal. Let cool completely; refrigerate.

This recipe yields ??

Comments: Some salsas are more like a sauce. I like mine chunky. I make this and give it as a gift. I put a jar of salsa and a bag of tortilla chips in a basket. I'm often asked for the recipe after people taste it."

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 1740 Calories (kcal); 11g Total Fat; (4% calories from fat); 37g Protein; 427g Carbohydrate; 0mg Cholesterol; 12309mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 33 1/2 Vegetable; 1/2 Fruit; 0 Fat; 15 1/2 Other Carbohydrates

NOTES : Recipe originally from Marty Schwartz as published in the Columbus Dispatch, 09-22-1999

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cinnamon Apple Rings

Recipe By       :n/a  
 Serving Size   : 0       Preparation Time :0:00  
 Categories     : Canning                               Fruit

Amount	Measure	Ingredient	Preparation Method
18		tart apples	-- cored, peeled
6	cups	sugar	
3	cups	water	
9	ounces	red cinnamon candies	
3	drops	red food color	

Cut cored, peeled apples in rings. Combine sugar, water, cinnamon candies and food color. Bring to a boil, boil 3 minutes. Add apples to syrup, cook until transparent.

Pack in hot jars. Cover with syrup. Adjust lids. Process in boiling

water bath for 25 minutes.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 6782 Calories (kcal); 2g Total Fat; (0% calories from fat); 7g Protein; 1740g Carbohydrate; 0mg Cholesterol; 83mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 17 1/2 Fruit; 0 Fat; 97 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cinnamon Spiced Peach Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient	Preparation Method
8	cups	crushed or blended sliced peaches	
4	cups	sugar	
1/8	teaspoon	salt - (to 1/4 tspn)	
1	teaspoon	cinnamon	
1/2	teaspoon	ginger	
1/2	teaspoon	allspice	

Mix peaches, sugar and salt in a large kettle. Boil rapidly, stirring constantly to prevent scorching. As the butter becomes thick, lower heat to reduce splattering. Add spices. Continue cooking until butter is thick enough to almost flake off the spoon.

Pour into hot, sterilized jars to within 1/2-inch of top and seal.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3108 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 802g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2

Other Carbohydrates

NOTES : Recipe from the National Peach Council, and as published in The Decatur Daily, 07-26-2000  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Citrus Tomato Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	quarts	peeled ripe tomatoes - (abt 5 1/2 lbs)
3		oranges
2		lemons
4		cinnamon sticks
1	tablespoon	whole cloves
6	cups	sugar
1	teaspoon	salt

Cut tomatoes into small pieces. Drain. Slice oranges and lemons very thin; quarter the slices. Tie cinnamon sticks and cloves in cheesecloth bag.

Place tomatoes in large kettle, add sugar and salt and stir until dissolved. Add oranges, lemons and spice bag. Boil mixture rapidly, stirring constantly until thick (about 50 minutes). Remove from heat; skim foam.

Pour into 1/2 pint jars and seal. Process 5 minutes in boiling water bath.

This recipe yields 9 half-pint jars. Recipe can be halved.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

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Per serving: 5015 Calories (kcal); 4g Total Fat; (0% calories from fat); 8g Protein; 1305g Carbohydrate; 0mg Cholesterol; 2178mg Sodium  
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 1/2 Fruit; 1/2 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe originally from The Detroit News 02-24-1999  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Clear Hot Pepper Jelly With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1	cup	ground bell pepper	-- including juice
2	tablespoons	coarsely-chopped jalapeño peppers	-- ground
	3/4 cup	cider vinegar	, 5% acidity
	1/2 cup	water	
1	pinch	salt	
=== FOR THE JELLY ===			
2	cups	pepper liquid	-- from above
2	tablespoons	strained lemon juice	
1		box powdered pectin	
2 1/2	cups	sugar	
2	drops	green food color	- (to 3)

Wash and remove seeds from fresh peppers, or use frozen ones. Grind or process with steel blade in food processor. Add vinegar, water, and salt and boil about 5 minutes. Cool and strain, pressing out all the juice. Measure liquid, adding water to make 2 cups total.

In a medium saucepan (about 4-quart size) add pepper juice, lemon juice, powdered pectin, and food color. Mix well. Bring quickly to a hard boil, stirring occasionally. At once add sugar, stirring well. Bring quickly to a full rolling boil (that foams near the top and cannot be stirred down). Boil one minute, stirring constantly. Remove from heat, skim off foam with a metal spoon.

Pour at once into sterilized half-pint canning jars, leaving 1/8-inch headspace. Wipe sealing edge clean with a damp cloth. Seal and process 5 minutes in boiling water. Remove jars; cool and store.

This recipe yields 2 to 3 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 to 3 half-pints"

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Per serving: 1935 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 500g Carbohydrate; 0mg Cholesterol; 142mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 33 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0



\* Exported from MasterCook \*

### Cocktail Okra

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	pounds	fresh tender okra pods
5		hot red or green peppers
5		garlic cloves -- peeled
1	quart	distilled vinegar
1/2	cup	water
6	tablespoon	pickling salt
1	tablespoon	celery seed
1	tablespoon	mustard seed

Wash okra and pack into clean jars with screw tops. Into each jar put 1 red or green hot pepper and 1 clove of garlic. Bring remaining ingredients to a boil and pour over the okra, filling the jars to overflowing. Seal while hot and let age for 2 months before using.

This recipe yields 5 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

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Per serving: 235 Calories (kcal); 5g Total Fat; (13% calories from fat); 5g Protein; 68g Carbohydrate; 0mg Cholesterol; 27mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 4 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Concord Grape Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount Measure Ingredient -- Preparation Method

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4          pounds  ripe Concord grapes
1          cup    water
7 1/2     cups    sugar
  1/4     cup    powdered pectin

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Squeeze the pulp from the grape skins into a preserving kettle, reserving the skins. Add the water to the kettle and simmer, covered, for 5 minutes. Strain the pulp to remove the seeds and return to the kettle.

Grind the reserved skins and add them to the strained pulp. Stir in the sugar and pectin and bring slowly to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and stir and skim for 5 minutes.

Ladle into hot, sterilized jars and seal immediately.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
 S(Formatted for MC5):  
 "11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

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 Per serving: 5805 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1499g Carbohydrate; 0mg Cholesterol; 22mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Concord Lime Jelly

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	pounds	concord grapes
		Grated rind and juice of 5 small limes
		Sugar -- as needed

Wash grapes, drain, and stem. Put into large kettle and crush slightly. Do not add water. Cook for about 30 minutes, stirring occasionally. Pour into flannel jelly bag and let drain for several hours. Alternately, you can use four layers of cheese cloth -- line pot with cloth, leaving large overhang over sides of pot. Pour in grapes. Pull up cheese cloth into a bag and tie over broom handle set across two chairs and let drain overnight.

Measure grape juice; bring to boil and boil rapidly for 5 minutes. Add lime rind, juice, and sugar, allowing 3/4 cup sugar to each 1 cup juice. Cook until jelly sheets from spoon. Pour into hot serilized jars, and seal.

This recipe yields 4 or 5 half-pint jars.

Source:

"Arielle's Recipe Archives at  
http://recipes.alastra.com/preserving/default.html"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 or 5 half-pints"

- - - - -

Per serving: 1238 Calories (kcal); 7g Total Fat; (4% calories from fat); 10g Protein; 307g Carbohydrate; 0mg Cholesterol; 35mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 21 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Confetti Cucumber Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	medium	to large cucumbers - (to 6)
4	medium	sweet red peppers
4	medium	green peppers
1	cup	chopped onion
2	teaspoons	turmeric
1/2	cup	pure granulated salt
1	tablespoon	mustard seed
2	teaspoon	whole cloves
2		cinnamon sticks
1	quart	vinegar
1 1/2	cups	brown sugar - (firmly packed)

Organize ingredients, equipment, and work area. Scrub cucumbers and cut off stem and blossom end. Chop cucumbers. Stem, seed, and chop peppers.

You should have 2 quarts chopped cucumbers and 2 cups of each color of chopped peppers. Combine them with onion in a large mixing bowl; sprinkle the vegetables with turmeric.

Dissolve salt in 2 quarts cold water; pour over vegetables. Let stand for

3 to 4 hours. Drain vegetables thoroughly. Cover them again with cold water and let stand another hour. Drain well.

Tie the spices in a cheesecloth bag and put in a large preserving kettle with the vinegar and sugar. Heat to boiling, then pour over the vegetables. Cover and set aside in a cool place for several hours or overnight.

Slowly heat the vegetables and syrup to boiling, then pack relish into hot jars to within 1/4-inch of tops. Run a slim, non metal tool down along insides of jars to release any air bubbles. Add additional relish, if necessary, to bring to within 1/4-inch of tops.

Wipe tops and threads of the jars with a damp clean cloth. Put on lids and screw bands as manufacturer directs. Process in a boiling water bath for 10 minutes.

This recipe yields 6 pint jars of relish.

Comments: Bright with red and green peppers, this recipe is a good way to use cucumbers that grew too big to pickle.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 606 Calories (kcal); 7g Total Fat; (8% calories from fat); 15g Protein; 163g Carbohydrate; 0mg Cholesterol; 53mg Sodium  
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 12 Vegetable; 0 Fruit; 1 Fat; 4 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cooked Strawberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	quarts	strawberries	
1/4	cup	lemon juice	
2	ounces	powdered pectin	
8 1/2	cups	sugar	
1/4	teaspoon	butter	

Wash, hull and halve berries. Crush one layer at a time and measure 5 3/4

cups into a 6-quart kettle. Stir in lemon juice. Add package of pectin and stir thoroughly to dissolve. This will take several minutes. Stir down sides of pan and crush any remaining lumps of pectin.

Place pan on high heat. Bring to a boil, stirring constantly to prevent scorching. Add sugar gradually, then butter, mixing well. Continue stirring and bring to a full rolling boil (a boil that cannot be stirred down). Boil hard exactly 4 minutes, stirring constantly to prevent scorching.

Remove jam from heat. Skim foam from top. Pour into hot, sterilized jars, wipe top and threads of jar. Apply hot lid and screw band. Twist screw band down tight. Process in boiling water bath 5 minutes. Start counting time when water comes to a boil.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 7134 Calories (kcal); 7g Total Fat; (0% calories from fat); 11g Protein; 1828g Carbohydrate; 3mg Cholesterol; 45mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 9 Fruit; 0 Fat; 114 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Corn And Pepper Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
18	medium	to large sweet corn ears
1	quart	chopped cabbage
1	cup	chopped sweet red peppers
1	cup	chopped green pepper
1	cup	chopped onion
1	cup	sugar - (to 2)
1	quart	vinegar
1	cup	water
1	tablespoon	celery seed
1	tablespoon	mustard seed
1	tablespoon	salt
1	tablespoon	dry mustard - (to 2)
2	teaspoons	turmeric -- (optional)

Wash and rinse 6 (1-pint) jars; keep them hot. Prepare the lids as the manufacturer directs.

Husk the corn and remove the silk. Cook the ears in boiling water for 5 minutes. Cut the kernels from the cob and measure them. You should have 2 quarts of kernels.

Combine the corn and all remaining ingredients in a large preserving kettle. Heat the corn to boiling over high heat, then reduce the heat and simmer 20 minutes, stirring frequently.

Ladle, while still boiling, into the hot jars to within 1/2-inch of each top. Wipe the tops and threads of the jars with a damp cloth. Put on the lids and screw bands as the manufacturer directs.

Process in a boiling water bath for 15 minutes.

This recipe yields about six (1-pint) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 329 Calories (kcal); 6g Total Fat; (11% calories from fat); 7g Protein; 89g Carbohydrate; 0mg Cholesterol; 6432mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 4 Vegetable; 0 Fruit; 1 Fat; 4 Other Carbohydrates

NOTES : Recipe originally from The Food Preserver by the editors of  
Consumer Guide

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Corn Cob Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
12		sweet corn cobs	
4	cups	water	
4	cups	sugar	
1		box fruit pectin	

Bring water with cobs, to a boil, boil for 10 minutes. Measure 3 cups liquid and strain through a cheesecloth.

Put strained fluid into a large saucepan, add pectin. Bring to rolling boil. Add sugar, bring mixture back to a boil. Simmer for 3 minutes, then skim. Add food coloring, if desired.

Pour into scalded jars and seal. Jelly will be clear and taste like apple-honey.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 36mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Corn Cob Maple Syrup

Recipe By :Grandma Anna Hoffman  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient	Preparation Method
1		peck corn cobs	
		Water	
		Brown or white sugar	

Take a peck of nice, clean corn cobs after the corn has been cut off of the cob. Put cobs in a large kettle of water, enough to cover cobs. Boil for 2 hours, then strain off juice.

Make a syrup of brown sugar for dark syrup or white sugar for light syrup: mix 1 part sugar to 2 parts corn cob juice. Cook slowly until it becomes slightly thick. Bottle tightly.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Corn Relish

Recipe By :n/a  
Serving Size : 1 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
12	ears	sweet corn	-- blanched in Boiling water -- for 1 minute
5		red peppers	-- chopped
5		green peppers	-- chopped
2		celery stalks	-- diced
2		onions	-- diced
1		cabbage head	-- shredded
2	tablespoons	flour	
2	tablespoons	salt	
1	pint	vinegar	
1	pint	water	
1	cup	sugar	
1	tablespoon	prepared mustard	
1	tablespoon	ground dry mustard	

Cut corn kernels from the cobs into a bowl. Scrape the cobs into the bowl; set aside.

Cook all peppers, celery, onions and cabbage for 15 minutes. Add corn and cook 10 minutes more. Add flour and cook until smooth.

Add salt, vinegar, water, prepared mustard, and dry mustard. Pack into hot sterilized jars, seal and process.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

- - - - -

Per serving: 2483 Calories (kcal); 19g Total Fat; (5% calories from fat); 64g Protein; 594g Carbohydrate; 0mg Cholesterol; 13425mg Sodium  
Food Exchanges: 13 1/2 Grain(Starch); 0 Lean Meat; 25 Vegetable; 0 Fruit; 0 Fat; 15 1/2 Other Carbohydrates



Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Corn Relish II

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Lists ingredients like corn, cabbage, onion, peppers, vinegar, sugar, water, and spices.

In a 6- to 8-quart sauce pot, combine all ingredients. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat to medium and cook for 15 minutes, stirring occasionally. Remove bay leaf.

Immediately fill hot pint or half-pint Ball jars with mixture, leaving 1/2-inch head space. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles.

Wipe jar tops and threads clean. Adjust two piece caps. Process pints or half-pints in boiling water canner for 15 minutes.

This recipe yields 5 to 6 pints or 10 to 12 half-pints.

Comments: A colorful, easy canning recipe.

Source:

"My Front Porch (canning archive) at http://www.flash.net/~tinyt"
S(Formatted for MC5):
"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 pints"

Per serving: 1775 Calories (kcal); 6g Total Fat; (3% calories from fat); 8g Protein; 440g Carbohydrate; 0mg Cholesterol; 34mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 1 Fat; 27

Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Corn Salad

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 18 ears corn, 1 head cabbage, 4 medium onions, 3 green peppers, 1 1/2 tablespoons pepper, 2 1/2 cups brown sugar, 1/4 cup dry mustard, 1/4 cup salt or to taste, 2 quarts vinegar.

Remove corn from the cob. Chop cabbage, onions and peppers. Add all ingredients to a large pan. Bring to a boil and simmer for 15 minutes.

Ladle into sterilized, hot jars. Seal immediately. Process in a hot water bath for 15 minutes.

This recipe yields 5 pints.

Source:

"http://www.thatsmyhome.com/pickles.htm"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

Per serving: 3417 Calories (kcal); 26g Total Fat; (6% calories from fat); 68g Protein; 850g Carbohydrate; 0mg Cholesterol; 445mg Sodium
Food Exchanges: 21 1/2 Grain(Starch); 1/2 Lean Meat; 11 Vegetable; 0 Fruit; 1/2 Fat; 31 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Corn Syrup Jelly

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	cup	fruit juice
1	cup	white corn syrup
2	tablespoons	granulated pectin

Boil fruit juice and pectin 3 minutes, then add corn syrup and boil until jelly sheets from edge of spoon. Remove from fire and pour into sterilized glasses. Seal with paraffin.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

NOTES : Recipe as published in The Capitol-Journal, 09-10-1997  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Corncob Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
12	large	corncobs
4	cups	water
1	box	powdered fruit pectin
4	cups	sugar
		Yellow fruit coloring

Cut corn kernels from cobs and reserve for another recipe. In a large kettle place corncobs and water; bring to a boil. Boil for 10 minutes. Remove and discard the cobs; strain liquid through cheesecloth. Liquid should measure 3 cups. Add additional water if necessary.

Return to the kettle and stir in pectin. Bring to a full rolling boil. Add sugar and bring back to a boil. Skim foam and add a few drops food coloring. Pour into hot jars. Cool and refrigerate until ready to use.

This recipe yields about 2 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 pints"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 36mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from "Country Woman" Magazine, Jul/Aug 1993

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Country Garden Chutney

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning

Chutney

Amount	Measure	Ingredient -- Preparation Method
4	cups	chopped peeled cored pears - (abt 3 med)
2	cups	chopped peeled turnips - (abt 2 large)
2	cups	chopped onion - (abt 2 med)
1 3/4	cups	dried currants
1	cup	chopped seeded sweet red pepper - -- (abt 2 med)
1	cup	chopped peeled cored tomatoes - -- (abt 2 large)
2	cups	brown sugar
1		hot red pepper -- finely chopped
1	tablespoon	mustard seed
2	teaspoons	turmeric
1	teaspoon	ginger
1/2	teaspoon	pepper
3	cups	cider vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all ingredients in a large saucepot. Cook slowly until thick. As mixture thickens, stir frequently to prevent sticking.

Carefully ladle hot chutney into hot jars, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than

1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 3 pints.

Comments: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

- - - - -

Per serving: 1881 Calories (kcal); 4g Total Fat; (2% calories from fat); 14g Protein; 478g Carbohydrate; 0mg Cholesterol; 137mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 12 1/2 Fruit; 1/2 Fat; 18 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Country Western Ketchup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments

Amount	Measure	Ingredient -- Preparation Method
24	pounds	ripe tomatoes
5		chile peppers -- seeded, sliced
1/4	cup	salt
2 2/3	cups	vinegar, 5% acidity
1 1/4	cups	sugar
1/2	teaspoon	ground red cayenne pepper
4	teaspoons	paprika
4	teaspoons	whole allspice
4	teaspoons	dry mustard
1	tablespoon	whole peppercorns
1	teaspoon	mustard seeds
1	tablespoon	bay leaves

Wash tomatoes. Dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water. Slip off skins and remove cores.

Quarter tomatoes into a 4-gallon stock pot or a large kettle. Add chile peppers. Bring to boil and simmer 20 minutes, uncovered. Combine spices in a spice bag and add to vinegar in a 2-quart saucepan. Bring to boil. Turn off heat and let stand until tomato mixture has been cooked 20 minutes. Then, remove spice bag and combine vinegar and tomato mixture.

Boil about 30 minutes.

Put boiled mixture through a food mill or sieve. Return to pot. Add sugar and salt, boil gently, and stir frequently until volume is reduced by one-half or until mixture rounds up on spoon without separation.

Fill hot pint jars, leaving 1/8-inch headspace. Adjust lids and process in a boiling water canner for 15 minutes.

This recipe yields 6 to 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

- - - - -

Per serving: 3104 Calories (kcal); 35g Total Fat; (8% calories from fat); 87g Protein; 716g Carbohydrate; 0mg Cholesterol; 26479mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 88 1/2 Vegetable; 0 Fruit; 1/2 Fat; 17 Other Carbohydrates

NOTES : Recipe originally from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Crab Apple Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	quarts	crab apples with stems - (abt 2 1/2 lbs)
6	cups	sugar
2		cinnamon sticks
1 1/2	tablespoons	whole allspice
1 1/2	tablespoons	whole cloves
3	cups	water
3	cups	vinegar

To prevent apples from bursting, run a large sterilized needle through each. Tie spices in a cheesecloth bag. Combine remaining ingredients in a large sauce pot. Add spices and boil 5 minutes.

Add apples, a layer at a time; cook gently until the apples are almost tender. Carefully remove apples. Repeat until all apples are cooked. Pour boiling syrup over apples. Cover and let apples stand 12 to 18 hours in a cool place.

Carefully pack apples into hot jars, leaving 1/4 inch head space.

Remove spice bag. Bring pickling liquid it to a boil. Pour hot liquid over apples, leaving 1/4 inch head space. Remove air bubbles. Adjust caps. Process pints and quarts 15 minutes in boiling water bath.

This recipe yields about 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

- - - - -

Per serving: 4848 Calories (kcal); 3g Total Fat; (0% calories from fat); 2g Protein; 1269g Carbohydrate; 0mg Cholesterol; 72mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 83 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Crab Apple-Hot Pepper Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	pounds	crab apples	
1 1/2	cups	water	
		red wine vinegar	
3 3/4	cups	granulated sugar	
1	cup	sweet green peppers	
1/3	cup	hot peppers - (to 1 cup)	-- see * Note

\* Note: Recipe recommends 1/3 cup if using fiery variety -- up to 1 cup of piquant to medium-hot peppers may be used.

Crab apple pectin gives a good set to this hot pepper jelly. Mix and match hot peppers for colour and degree of heat. Banana peppers range from piquant to medium-hot. Cherry peppers and long, skinny green chili peppers are fiery. When chopping hot peppers, wear gloves and don't touch your face or eyes.

In Dutch oven, combine apples with water. Cover and bring slowly to simmer; cook until apples are very soft. Pour into colander lined with square of dampened muslin and placed over deep bowl. Weight down with saucer and heavy can. Let stand until dripping stops. Discard pulp.

Pour collected juice into liquid measure; add enough vinegar to make 3 cups. Combine in saucepan with sugar. Bring to boil, stirring. Add peppers; boil briskly for 8 to 10 minutes or until set. (To test for set: remove pan from heat, dip cold metal spoon into liquid and hold well above steam. Turn spoon sideways and let liquid run off; when it forms two drops that run together and drip from edge of spoon, jelling point is reached.) Stir for several minutes to prevent floating peppers.

Pour jelly into hot, sterilized 8-ounce preserving jars. Seal with two-piece canning lids. Let cool and refrigerate. For long-term unrefrigerated storage, process in boiling-water bath for 5 minutes immediately after sealing jars.

This recipe yields 6 half-pint jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 2943 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 759g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 50 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Crab-Apple Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
		Crab-apples	
		Water	-- to cover
		Sugar	-- as needed

Remove stems from crab-apples, wash fruit, cut in halves. Place fruit into large saucepan, cover with water. Bring to the boil, reduce heat, simmer gently 30 to 45 minutes or until fruit is soft. Strain through cloth, measure liquid, bring to boil.

For every pint of liquid allow 3/4 pounds sugar. Boil for about 45 minutes or until mixture jells when tested on a cold saucer.

Pour into hot sterilized jars, seal.



This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Crabapple Jelly Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	crabapple juice (takes abt 3 lbs fruit, 3 cups water)	
4	cups	sugar	

To prepare juice. Select firm, crisp crabapples, about one-fourth underripe, the rest fully ripe. Sort, wash and remove stem and blossom ends; do not pare or core. Cut crabapples into small pieces. Add water, cover, and bring to boil on high heat. Reduce heat and simmer for 20 to 25 minutes, or until crabapples are soft. Extract juice.

To make jelly. Measure juice into kettle. Add sugar and stir well. Boil over high heat to 8 degrees above the boiling point of water (220 degrees) or until mixture sheets from a spoon.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers, seal and process 5 minutes in boiling water. Remove jars; cool and store.

This recipe yields 7 six-ounce glasses.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 six-ounce glasses"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Cranberry Apple Relish

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
4	cups	cleaned cranberries	-- chopped
1	pounds	apples	
2 1/2	cups	brown sugar	
1	cup	water	
1/2	teaspoon	cinnamon	
1/2	cup	chopped walnuts	

Peel, core and chop apples. Combine cranberries, apples, brown sugar and water in a large sauce pot. Simmer over medium heat for 15 minutes, stirring frequently. Stir in cinnamon and walnuts; cook 5 minutes.

Pour hot into hot jars, leaving 1/4-inch head space. Adjust caps. Process 15 minutes in boiling water bath.

This recipe yields about 5 half-pints.

#### Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

#### Yield:

"5 half-pints"

Per serving: 1992 Calories (kcal); 37g Total Fat; (15% calories from fat); 16g Protein; 425g Carbohydrate; 0mg Cholesterol; 149mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 4 Fruit; 6 Fat; 23 Other Carbohydrates

NOTES : Recipe originally from the "Ball Blue Book" by Allistra Corp.  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

## Cranberry Citrus Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Marmalades

Amount	Measure	Ingredient -- Preparation Method
1		grapefruit
1		orange
2 1/2	cups	water
3	cups	fresh cranberries
1	package	powdered fruit pectin - (1 3/4 oz)
6 1/2	cups	sugar

Remove peel from 1 grapefruit and 1 orange; scrape excess white membrane from peel. Cut peel into thin strips. In large kettle, combine peel and 2 1/2 cups water; cook, covered, over low heat until tender, 20 minutes.

Section grapefruit and orange; chop fruit. Add with 3 cups fresh cranberries to peel; simmer 10 minutes, stirring constantly. Stir in powdered fruit pectin. Bring to boil; stir in 6 1/2 cups sugar. Bring to full rolling boil; boil hard 1 minute stirring constantly.

Remove from heat and skim foam. Let stand 15 minutes, stirring occasionally. Ladle into hot sterilized glasses. Seal.

This recipe yields 4 pints.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 5308 Calories (kcal); 1g Total Fat; (0% calories from fat); 4g Protein; 1369g Carbohydrate; 0mg Cholesterol; 34mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 87 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

## Cranberry Juice

Recipe By :n/aKerr Canning Book  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Juices

Amount	Measure	Ingredient	Preparation Method
4	cups	cranberries	
4	cups	water	
2/3	cup	sugar	

Boil cranberries in water for about 15 minutes. Strain juice through cheesecloth bag. Do not squeeze bag. Put juice in kettle, add 2/3 cup sugar, stir well and bring to boiling point.

Pour into clean jars to within 1/2-inch of top of jar. Put on cap, screwing the band tight. Process in boiling water bath 10 minutes.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 702 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 181g Carbohydrate; 0mg Cholesterol; 34mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 0 Fat; 9 Other Carbohydrates

NOTES : Recipe from Kerr Canning Book  
 Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Cranberry Marmalade

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	medium	oranges	
1	medium	lemon	
1 1/2	cups	water	
1/8	teaspoon	baking soda	
1	pound	fully-ripe cranberries	
6 1/2	cups	sugar	
1/2	bottle	certo fruit pectin	

First, prepare fruit. Cut 2 medium oranges and 1 medium lemon in quarters. Remove seeds. Grind the fruit, chop fine or slice crosswise wafer thin. Add 1 1/2 cups water and 1/8 teaspoon baking soda. Simmer, covered, 20 minutes, stirring occasionally. Add 1 pound fully ripe cranberries; simmer, covered, 10 minutes. Measure 5 cups into a very large saucepan.

To the measured fruit in saucepan, add the exact amount of sugar specified in the recipe. Mix well.

Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat; at once stir in Certo. Skim off foam with metal spoon. Then stir and skim for 7 minutes to cool slightly and prevent floating fruit.

Ladle into glasses. Cover at once with 1/8-inch hot paraffin.

This recipe yields about 8 3/4 cups marmalade.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

- - - - -

Per serving: 5166 Calories (kcal); trace Total Fat; (0% calories from fat); 3g Protein; 1336g Carbohydrate; 0mg Cholesterol; 183mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe originally from Certo Cookbook

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cranberry Rum Raisin Relish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit

Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	cups	sugar
1		cinnamon stick
8		whole cloves
1/2	cup	water
12	ounces	fresh or frozen cranberries
1/2	cup	light rum
1	large	navel orange with peel -- chopped, seeded
1	package	golden raisins - (15 oz)

Combine all ingredients in medium saucepan. Bring to a boil, lower to a simmer, and cook for 12 to 15 minutes or until thickened.

Place in sterilized jars with lids and refrigerate.

This recipe yields 5 cups.

Comments: Attach a small gift tag to containers of this yummy relish,

explaining that it's delicious served alongside roast pork or turkey -- or even straight from the jar!

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 half-pints"

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Per serving: 2011 Calories (kcal); 11g Total Fat; (5% calories from fat); 4g Protein; 443g Carbohydrate; 0mg Cholesterol; 140mg Sodium  
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 27 Other Carbohydrates

NOTES : Recipe originally from New York Daily News, 11-24-1999

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cranberry-Orange Jam

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	fresh or frozen cranberries - (1 lb)
3	cups	water
3/4	cup	orange juice
1/4	cup	lemon juice
4	cups	sugar
2	pouches	liquid pectin - (3 oz ea)

Place cranberries and water in a heavy-bottomed 8- to 10-quart pan. Bring to boil over high heat; reduce heat and simmer, uncovered, until berries begin to pop (about 10 minutes). Drain well, reserving liquid. Place cranberries in blender or food processor and whirl until smooth; add enough of reserved liquid to berries to make 4 cups.

Return berry puree to pan. Stir in orange juice, lemon juice and sugar until well blended. Bring to full rolling boil over high heat, stirring constantly; then boil, stirring, 1 minute. Remove from heat and stir in pectin at all once. Skim off any foam.

Ladle hot jam into hot, sterilized half-pint jars, leaving 1/4-inch headspace. Wipe rims and threads clean; top with hot lids, then firmly screw on bands.

Process in boiling water canner 5 minutes, or omit processing and ladle jam into freezer jars or freezer containers, leaving 1/2-inch headspace; apply lids. Let stand 12 to 24 hours at room temperature; freeze or refrigerate. For best flavor, store for at least 1 week before using.

Storage time: Processed: up to 1 year. Unprocessed: up to 1 month in refrigerator, up to 1 year in freezer.

This recipe yields 6 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

- - - - -

Per serving: 3195 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 824g Carbohydrate; 0mg Cholesterol; 32mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from "Sunset Home Canning"

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cranberry-Raspberry Preserves

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
6	cups	raspberries	(3 pints)
2 1/2	cups	sugar	
3	cups	cranberries	(12 oz bag)
1/4	cup	fresh orange juice	
		Grated zest of 1 orange	

Stir together the raspberries and 1 cup of the sugar in a medium bowl and let stand for 1 hour.

Stir the cranberries and the remaining sugar together in a nonreactive shallow preserving pan and place over high heat. Stir constantly so the sugar does not burn until the cranberries begin to release juice, about 5 minutes. Continue cooking until all the cranberries have popped and the mixture is syrupy and comes to a boil. Skim off any foam that forms on top and continue to cook and stir until the mixture thickens, about 10 minutes more.

Add the raspberries and all their juice and cook for 10 minutes more Stir in the orange juice and zest. Remove a small amount of the jam to a saucer and place in the freezer for 5 minutes. If the mixture wrinkles when pushed to one side, it is ready. If not, continue cooking for 5 minutes and retest.

When the preserves are the right consistency, turn down the heat to a simmer and ladle into hot sterilized jars. Wipe the rims clean with a damp towel and seal with new lids and metal rings. Process in a hot-water bath for 5 minutes. Remove, check seals, label, and store.

This recipe yields 4 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

- - - - -

Per serving: 1963 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 506g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 33 1/2 Other Carbohydrates

NOTES : Recipe originally from "Preserving the Taste" by Edon Waycott  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Cranberry-Walnut Conserve

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Conserves

Amount	Measure	Ingredient	Preparation Method
2	pounds	cranberries	rinsed, drained
3	cups	water	
1		orange	seeded, chopped
2	large	green apples	cored, chopped
1	cup	raisins	
1	package	Ball 100% Natural Fruit Jell Pectin	
4	cups	sugar	
1	cup	chopped walnuts	
1/2	teaspoon	coriander	
1/2	teaspoon	allspice	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine cranberries and water in a large saucepot. Cook cranberries until they pop. Drain, reserving the liquid. Purée cranberries. Combine cranberry purée, reserved liquid, orange, apples and raisins. Cook mixture 10 minutes.

Stir in pectin. Bring mixture to a rolling boil. Add sugar, stirring to dissolve. Stir in walnuts and spices. Return mixture to a rolling boil.



Boil hard for 1 minute, stirring frequently.

Carefully ladle hot conserve into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about eight 12-ounce jars.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 jars"

- - - - -

Per serving: 4923 Calories (kcal); 74g Total Fat; (12% calories from fat); 41g Protein; 1092g Carbohydrate; 0mg Cholesterol; 63mg Sodium  
Food Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 18 Fruit; 12 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Crisp Bread And Butter Pickles

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	quarts	thinly sliced cucumbers
8	medium	white onions -- peeled, sliced thin
1/2	cup	pickling salt
5	cups	sugar
1 1/2	teaspoons	tumeric
1	teaspoon	celery seed
2	tablespoons	mustard seed
5	cups	cider vinegar

Mix the cucumbers and onions with the salt and 2 quarts of cracked ice and let them stand, covered with a weighted lid, for 3 hours. Drain thoroughly and put the vegetables in a large kettle. Add the sugar, spices and vinegar and bring almost to a boil, stirring often with a wooden spoon, but do not boil. Pack the pickles into hot jars and seal.

This recipe yields 7 to 8 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 to 8 pints"

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Per serving: 4486 Calories (kcal); 8g Total Fat; (1% calories from fat); 16g Protein; 1154g Carbohydrate; 0mg Cholesterol; 53mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 13 Vegetable; 0 Fruit; 1 Fat; 72 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Crisp Lime Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1	cup	pickling lime	-- see * Note
1	gallon	water	
12	small	cucumbers	-- cut 1/2" slices
6	cups	white vinegar	
3	cups	honey	
6	teaspoons	whole pickling spice	-- see * Note

\* Note: Pickling spice is sold with the spices in supermarkets. Pickling lime, which is also called calcium hydroxide, keeps pickles crisp without salt. Look for it by the canning supplies in most supermarkets.

In a large enamel, stainless steel or glass bowl, combine the pickling lime and water and stir to combine. Add the pickle slices and let stand overnight, stirring occasionally to redistribute lime. Drain, discarding lime mixture, and wash the pickles thoroughly in several changes of clean water. Place pickles in a bowl of ice water and soak for four hours, replenishing ice occasionally.

Wash jars and lids in hot, soapy water. Sterilize jars in boiling-water bath for 10 minutes. Prepare lids according to manufacturer's directions.

In a large enamel or stainless steel saucepan, combine vinegar and honey and bring to a boil.

Pack pickles slices in hot jars. Add 1 teaspoon pickling spice to each jar. Pour hot vinegar mixture over the cucumber slices, leaving 1/2-inch headspace. (Cucumber slices may float.) Put on lids and process jars for

10 minutes in a boiling-water bath. Let cool, test lids to make sure they're sealed and store in a cool, dry place.

This recipe yields 6 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

- - - - -

Per serving: 3763 Calories (kcal); 5g Total Fat; (0% calories from fat); 28g Protein; 1023g Carbohydrate; 0mg Cholesterol; 241mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 21 1/2 Vegetable; 0 Fruit; 0 Fat; 61 1/2 Other Carbohydrates

NOTES : Recipe from "Preserving Summer's Bounty," edited by Susan McClure (Rodale Press, \$14.95), and as published in the Charlotte Observer, 06-23-1998

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Crisp Zucchini Pickles Stonehouse

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
5	quarts	cubed zucchini
1	quart	sliced onion
1	large	cauliflower head -- separated flowerets
2		green peppers -- chopped
1	quart	trimmed chopped green beans = (or 1 quart sliced peeled carrots)
3		garlic cloves -- halved
1/2	cup	salt
6	cups	sugar
5 1/2	cups	vinegar
1/2	cup	water
2	tablespoons	mustard seed
2	teaspoons	celery seed
2	teaspoons	turmeric

In a large mixing bowl or crock, combine all the vegetables, including the garlic. Sprinkle them with the salt; stir and let the vegetables stand three hours. Drain well.

Combine the sugar, vinegar, water and spices in a large preserving kettle and heat to boiling. Stir in the vegetables and heat again to boiling. Pack the vegetables into clean, hot pint jars to within 1/2-inch of each

jar's top.

Pour in the hot liquid to within 1/2-inch of each top. Wipe off the tops and threads of the jars with a damp cloth. Put on prepared lids and seal as the manufacturer directs.

Process in a boiling water bath for 15 minutes.

This recipe yields about eight (1-pint) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 pints"

- - - - -

Per serving: 5219 Calories (kcal); 9g Total Fat; (1% calories from fat); 15g Protein; 1347g Carbohydrate; 0mg Cholesterol; 51219mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 10 Vegetable; 0 Fruit; 1 Fat; 85 1/2 Other Carbohydrates

NOTES : Recipe originally from The Food Preserver by the editors of Consumer Guide

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Crushed Boysenberry Jam

Recipe By :Edon Waycott  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	quarts	rinsed boysenberries - (lightly packed)
3	cups	sugar -- or to taste
3	tablespoons	lemon juice

Combine the berries, sugar and lemon juice in a large nonaluminum bowl. With a potato masher or large metal spoon, press gently on the berries to bruise and lightly crush them. This allows the juices to start exuding freely. Allow the fruit to macerate at room temperature for at least 4 hours, stirring occasionally, and as long as overnight (covered and refrigerated).

Pour the contents of the bowl into a wide, shallow saucepan (not unlined aluminum or iron) and bring to a boil over high heat. With a metal spoon or fine mesh skimmer, skim off any foam that collects on top and reduce the heat to moderate. Continue cooking the fruit mixture for 25 to 35 minutes, stirring constantly the last 10 minutes to prevent the jam from sticking to the pan.

When the bubbles begin to change from large intermittent ones to very small all-over ones, the jam is ready. The mixture should be reduced by half and will look like bubbling tar. To test whether jam is ready, remove 2 tablespoons to a small saucer and place it in the freezer for 5 minutes. Meanwhile turn off the heat under the pan. When the test amount is cool, it will wrinkle slightly when slowly pushed together with your finger. If it doesn't, continue cooking for another 5 minutes and test again. When ready, the jam will be thick but will still flow from a spoon. You can also test the jam by scooping some out in a metal spoon and then pouring it back into the pot. When the jam begins to pour out in a single sheet rather than in several different streams, it's done. The jam will thicken more while cooling.

Make sure you have clean jars and rims and fresh lids that have never been used (lids and rims can be purchased separate from jars). Dip every jar and lid (as well as any other implements that will touch the finished jam) into a large pot of boiling water for at least 3 minutes. Afterward, remove them to a baking sheet and keep them in a 250 degree oven until you are ready to use them.

When the jam is cooked, ladle it into the jars, coming within 1/4-inch of the top (a wide-mouthed canning funnel makes this easy). Wipe the threads of the jar clean and place the lid on top of the jar. Screw down the rim as tight as it will go. Place the sealed jars in boiling water to cover for 10 minutes.

Remove them to a sideboard and let them cool. You should hear a repeated "plink-plink" as the cooling jars form the vacuum that seals the lid. When the jars are cool, test each by pushing down in the center of the lid. There should be no flex in the lid. If there is, return the sealed jar to the boiling water for another round. Do not tighten the rims further. Store jams and jellies in a cool, dark place, such as a pantry.

This recipe yields 5 (8-ounce) jars.

Comments: Boysenberries are a delicious cross between a raspberry and a blackberry. They are soft and delicate like the raspberry with the distinct tartness and seeds of the blackberry, often growing to half as large as your thumb. If the seeds bother you, press about half of the finished mixture through a mesh sieve in small batches. Because this jam is not stiff, it will also pour very nicely over vanilla ice cream.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 half-pints"

- - - - -

Per serving: 2333 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 603g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe originally from Edon Waycott, author of "Preserving the Taste" (Hearst, 1993)

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Crystal Cukes

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	cucumbers -- sliced
1	cup	salt
1	gallon	water
1	teaspoon	alum
1	tablespoon	powdered ginger
2	cups	water
6	cups	sugar
1	quart	vinegar
1	tablespoon	broken cinnamon sticks
1	tablespoon	whole celery seed
1	tablespoon	whole all spice
1	tablespoon	whole cloves

Place the washed and sliced cucumbers in a brine made of the salt and gallon of water. Let stand in the brine for 8 days.

Drain. Boil cucumbers in enough water to cover the cucumbers with the alum. Drain again.

Mix the 2 cups of water, sugar and vinegar. Place broken cinnamon sticks, all spice, cloves and celery seed in a cloth sack. Place sack in vinegar mixture. Bring to a boil with occasional stirring.

Drop in cucumbers and boil until clear, transparent and tender. Pack into hot quart jars. Fill jars to top with syrup and seal.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
S(Formatted for MC5):  
"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 5029 Calories (kcal); 4g Total Fat; (0% calories from fat); 13g Protein; 1308g Carbohydrate; 0mg Cholesterol; 102522mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 10 1/2 Vegetable; 0 Fruit; 1/2 Fat; 84 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Cucumber Catsup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
8	cups	ground cucumbers
1 1/2	cups	chopped onion
1		sweet red pepper -- chopped
2	cups	sugar
1	teaspoon	cinnamon
1	teaspoon	allspice
1	teaspoon	salt
1/4	teaspoon	ground black pepper
4	cups	vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine cucumbers, onions and pepper. Add just enough water to prevent sticking, about 1/2 cup. Simmer until vegetables are tender, stirring occasionally. Add sugar, spices and vinegar. Simmer until as thick as desired, stirring occasionally.

Carefully ladle hot catsup into hot jars, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 3 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

- - - - -

Per serving: 1684 Calories (kcal); 1g Total Fat; (0% calories from fat); 4g Protein; 431g Carbohydrate; 0mg Cholesterol; 2148mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cucumber Relish

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
4		cups ground unpeeled cucumbers - (abt 4)
1		cup ground green peeper - (abt 2)
1/2		cup ground red peppers - (abt 1)
3		cups ground onions
3		cups finely-diced celery
1/4		cup salt
3 1/2		cups sugar
2		cups white vinegar
1	tablespoon	celery seed
1	tablespoon	mustard seed

Use coarse blade on grinder, combine all vegetables in large bowl, sprinkle with salt. Cover with cold water, let stand 4 hours.

Drain thoroughly in colander, press out all excess liquid. Combine sugar, vinegar, celery seed and mustard seed. Bring to a boil, stirring until sugar is dissolved. Stir in drained vegetables, simmer 10 minutes.

Pack into jars to within 1/2-inch of the top. Put on cap, screw band firmly tight. Process in boiling water bath 10 minutes.

This recipe yields 5 to 6 pints.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 pints"

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Per serving: 2854 Calories (kcal); 5g Total Fat; (1% calories from fat); 4g Protein; 734g Carbohydrate; 0mg Cholesterol; 25603mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 49 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cucumber Relish II

Recipe By :Brenda Stone



Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
5	quarts	cucumbers -- chopped fine
5		onions -- chopped fine
6		bell peppers -- chopped fine
1/3	cup	pickling salt
3	cups	vinegar
5	cups	sugar
1	teaspoon	turmeric
1	teaspoon	mustard seed
1	teaspoon	celery seed

Combine cucumbers, onions, bell peppers and pickling salt; mix well. Let stand 3 hours in ice; drain well.

Mix together vinegar, sugar, turmeric, mustard and celery seed. Bring to a hard boil. Add cucumber mixture and heat again, almost to a boil; pour into hot jars and seal.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 4676 Calories (kcal); 7g Total Fat; (1% calories from fat); 28g Protein; 1196g Carbohydrate; 0mg Cholesterol; 94mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 28 Vegetable; 0 Fruit; 1/2 Fat; 70 Other Carbohydrates

NOTES : Recipe shared by Brenda Stone, and as published in the Crossville Chronicle, 08-09-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Cucumber Relish III

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
12	large	cucumbers grated
12	large	onions grated
1/2	cup	kosher salt
		=== PICKLING MEDIUM ===
2	cups	vinegar

2 cups sugar  
 2 tablespoons red pepper flakes  
 1 tablespoon dry mustard  
 1 tablespoon turmeric

Combine first three ingredients and let set for 2 hours. Drain

Add pickling ingredients to a large pot. Heat to a boil and add the drained cucumber mixture. Cook over moderate heat for 15 minutes.

Ladle into hot, sterilized jars. Adjust lids and process in a hot water bath for 15 minutes. Remove and let cool. Check to make sure lids are sealed.

This recipe yields ??

Source:

"http://www.thatsmyhome.com/pickles.htm"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 1662 Calories (kcal); 2g Total Fat; (1% calories from fat); 2g Protein; 434g Carbohydrate; 0mg Cholesterol; 45133mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 28 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Curried Apple Chutney

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutney

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped peeled cored apples - (abt 16 med)
2	pounds	seedless raisins
4	cups	brown sugar
1	cup	chopped onion - (abt 1 med)
1	cup	chopped sweet red peppers - (abt 2 med)
2		hot red peppers -- chopped
1		garlic clove -- crushed
3	tablespoons	mustard seed
2	tablespoons	ginger
2	teaspoons	allspice
2	teaspoons	curry powder
2	teaspoons	salt
4	cups	vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to

manufacturer's instructions.

Treat fruit to prevent darkening. Rinse and drain. Combine all ingredients in a large saucepot. Simmer until thick, about 1 hour and 15 minutes, stirring frequently.

Carefully ladle hot chutney into hot jars, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 10 pints.

Comments: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"10 pints"

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Per serving: 5129 Calories (kcal); 15g Total Fat; (2% calories from fat); 39g Protein; 1308g Carbohydrate; 0mg Cholesterol; 4609mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 48 Fruit; 1 1/2 Fat; 37 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Curry Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
24	medium	cucumbers -- sliced thin
1/2	cup	pickling salt
2	quarts	water
1	teaspoon	curry powder
2 1/2	cups	vinegar
1/4	cup	prepared mustard
1	tablespoon	celery seeds

Put the cucumbers in a bowl, add the salt and water, and let stand for 5

hours. Drain and rinse the cucumbers well.

Combine the remaining ingredients and bring to a boil. Add the cucumbers and heat just to the boiling point. Pack into hot jars and seal.

This recipe yields 3 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 pints"

- - - - -

Per serving: 1100 Calories (kcal); 14g Total Fat; (9% calories from fat); 54g Protein; 242g Carbohydrate; 0mg Cholesterol; 970mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 43 Vegetable; 0 Fruit; 1/2 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Dandelion Jelly

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	quart	dandelion blossoms	
2	quarts	water	
2	tablespoons	fresh lemon juice	
1 3/4	ounces	powdered fruit pectin	
5 1/2	cups	sugar	

Pick bright, fresh dandelion blossoms and pack the quart container pretty tightly. This is going to require a lot of dandelion blossoms! Rinse quickly in cold water to remove any insects/dirt on the petals. Don't leave the blossoms in the water for very long though, as they will be a little the worse for wear.

Next, pull up a chair somewhere comfortable, as this part is going to take awhile... Snip off the stem and green collar under each blossom, so that only the petals are left. This takes about four hours!

In an enamel saucepan, boil the dandelion petals in water for 3 to 4 minutes, or a little longer, until the water takes on their color.

Cool and strain, pressing against the petals with your fingers to extract all of the dandelion juice. (Or you can cheat and line a sieve with

moistened cheesecloth and strain it that way.)

Measure out 3 cups of dandelion liquid. Add the lemon juice and fruit pectin. Stir to combine. Bring to a boil, using a large kettle. Add the sugar, stirring to mix well. Continue stirring and boil the mixture for 2 1/2 minutes.

Pour into hot sterilized jelly jars and seal. Process for five minutes in a boiling water bath.

This recipe yields 5 half-pint jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

- - - - -

Per serving: 4265 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1102g Carbohydrate; 0mg Cholesterol; 68mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 73 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Dark Cherry-Almond Conserve

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	cups	coarsely-chopped pitted Bing cherries - - - (abt 1 1/2 lbs)
1/2	cup	fresh lemon juice
1/2	cup	tart dried cherries
1/4	cup	water
1/4	teaspoon	ground allspice
1		box pectin
4	cups	sugar
1/2	teaspoon	almond extract
1/4	cup	lightly-toasted sliced almonds

Place Bing cherries, lemon juice, dried cherries, water and allspice in 6- to 8-quart, heavy-bottom saucepan. Stir in pectin. Place over high heat and bring to full rolling boil (a boil you can't stir down), stirring constantly to prevent scorching. If mixture starts to scorch, reduce heat a bit.

Stir in sugar and, as soon as full rolling boil returns, start timing and cook 4 minutes. Immediately stir in extract and toasted almonds. Remove from heat.

Fill and seal jars. Process jars in boiling water bath 10 minutes. With this method, jam will keep up to 1 year stored at room temperature.

This recipe yields 8 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 half-pints"

- - - - -

Per serving: 3131 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 810g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from the San Jose Mercury News, 08-18-1999  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Dean's Pickled Jalapeños

Recipe By :Renee Shepherd and Fran Raboff  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
20		fresh jalapeño chiles
1		large clove garlic -- peeled
1		bay leaf
2	sprigs	fresh basil or oregano - (to 3 sprigs) -- opal basil is prettiest
1 3/4	cups	distilled vinegar - (to 3 cups)

Wash chiles and cut off stems leaving the cap at the top intact. Pierce each chile with a paring knife to allow vinegar to enter the chile.

Place garlic and bay leaf in a hot sterilized quart canning jar, then pack chiles tip down into jar as tightly and uniformly as possible. Add basil or oregano sprigs when jar is half full.

Bring vinegar just to a boil and pour over chiles. Let sit 2 minutes then tap jar to release air bubbles and top off jar with vinegar to within 1/2-inch of the top. Wipe rim, seal, and immerse jar 15 minutes in a boiling water bath.

Let rest for a few days to blend flavors before opening jars and serving.

Refrigerate after opening.

This recipe yields 1 quart.

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 quart"

- - - - -

Per serving: trace Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; trace Carbohydrate; 0mg Cholesterol; trace Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "More Recipes from a Kitchen Garden", by  
Renee Shepherd and Fran Raboff, Ten Speed Press, 1995

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### December Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	pounds	prunes	
3	pounds	raisins	
3		oranges	
3	pounds	sugar	
3/4	pound	nutmeats	-- if desired

Cook prunes and remove the seeds. Pour 2 cups of water over the seeds and let stand 1 hour. Strain. Combine this liquid with that in which prunes were cooked. Add prunes, seeded raisins, sugar and oranges which have been cut in thin slices. Cook 25 minutes. Add nutmeats and cook 10 longer.

This recipe yields 16 glasses, and provides an excellent filling for a cake, or sauce over ice cream.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 12796 Calories (kcal); 13g Total Fat; (0% calories from fat); 82g

Protein; 3337g Carbohydrate; 0mg Cholesterol; 231mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 130 1/2 Fruit; 0 Fat;  
91 1/2 Other Carbohydrates

NOTES : Recipe originally from Country Cooking Magazine  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Delicious Relish - (Amish Recipe)

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped green tomatoes
3	cups	sugar
3		green peppers -- diced
3		red peppers -- diced
3	cups	vinegar
5	large	onions -- finely chopped
3	tablespoons	salt
1	tablespoon	celery seed
1	tablespoon	allspice
2	tablespoons	mustard seed
1	tablespoon	tumeric

Mix all vegetables in a large bowl. Salt and let stand 10 minutes.  
Drain.

In a large sauce pan, mix celery seed, mustard seed, tumeric, allspice,  
sugar and vinegar with vegetables. Bring to a boil. Reduce heat, bring  
to a boil a second time. Remove from heat. Fill hot sterile canning  
jars. Seal tightly.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

- - - - -

Per serving: 2971 Calories (kcal); 11g Total Fat; (3% calories from fat); 20g  
Protein; 750g Carbohydrate; 0mg Cholesterol; 19245mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 15 1/2 Vegetable; 0 Fruit; 1 1/2  
Fat; 43 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0



\* Exported from MasterCook \*

Diet Apple Jelly From Bottled Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	packages	unflavored gelatin - (2 tbspns)
1	quart	unsweetened apple juice
2	tablespoons	unsweetened lemon juice
2	tablespoons	liquid sweetener
		Food coloring -- if desired

In a saucepan, soften gelatin in apple juice and lemon juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener and food coloring. Pour into hot sterilized jars leaving 1/4-inch headspace. Seal. Store in refrigerator.

To sterilize empty jars, place them right-side up on the rack in a boiling-water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

This recipe yields about 2 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

NOTES : Recipe originally from Michigan State University Extension and  
Ball Blue Book, Ball Corporation

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Diet Peach Freezer Jam With Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	peeled peaches
3	teaspoons	liquid sweetener - (to 4)
1	tablespoon	unsweetened lemon juice
1/2	teaspoon	ascorbic acid
1	package	powdered pectin

Crush peaches in saucepan. Stir in sweetener, fruit pectin, lemon juice and ascorbic acid. Bring to a boil; ladle into freezer containers. Cover, label and freeze. Store thawed jam in the refrigerator up to 4 weeks.

This recipe yields 1 pint.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 pint"

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from the Ball Blue Book, Ball Corporation  
 Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Dill Beans

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	quarts	string beans
4	cups	vinegar
4	cups	water
1/2	cup	salt
4		garlic cloves
4		dill heads

Wash and stem string beans. Pack tightly into sterilized jars. Combine vinegar, water and salt in a sauce pan. Heat, stirring to dissolve salt. Pour over beans. Add a clove of garlic and 1 head dill per jar. Process in a hot water bath.

This recipe yields 4 quarts.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 quarts"

-----

Per serving: 696 Calories (kcal); 2g Total Fat; (1% calories from fat); 32g Protein; 186g Carbohydrate; 0mg Cholesterol; 51306mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 25 Vegetable; 0 Fruit; 0 Fat; 4 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Dill Green Beans

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	pounds	fresh green beans
10		garlic cloves -- divided
10		fresh dill sprigs -- divided
5	teaspoons	sweet red pepper flakes -- divided
5	teaspoons	pickling spice -- divided
50		black peppercorns -- divided
5		carrot sticks - (4" by 1/2") -- divided
1/4	cup	pickling salt
3	cups	white vinegar (5% acidity)
3	cups	water

Wash beans and trim ends; cut beans into lengths 1/2 inch shorter than pint jar. Cook beans in boiling water to cover 3 minutes; drain. Plunge into ice water; drain and set aside.

Place 2 garlic cloves, 2 dill sprigs, 1 teaspoon red pepper flakes, 1 teaspoon pickling spice, 10 peppercorns, and 1 carrot stick into each of five hot jars. Pack beans tightly into jars, filling to 1/2 inch from top.

Combine pickling salt, vinegar, and water; bring to a boil. Pour over beans, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling-water bath 15 minutes.

This recipe yields 5 pints.

Comments: These are perfect for party buffets or to use as "stirrers" for cocktails or festive beverages.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

- - - - -

Per serving: 103 Calories (kcal); 3g Total Fat; (24% calories from fat); 4g Protein; 18g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Dill Pickle Chips

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Appetizers Pickles/Relishes  
Snacks

Amount	Measure	Ingredient	Preparation Method
2	pints	sliced dill pickles	-- undrained
1		egg	-- beaten
1	tablespoon	all-purpose flour	
1/2	teaspoon	hot sauce	
1 1/2	cups	all-purpose flour	
2 1/2	teaspoons	ground red pepper	
1	teaspoon	garlic powder	
1/4	teaspoon	salt	
		Vegetable oil	

Drain pickles, reserving 2/3 cup pickle juice. Press pickles between paper towels to remove excess moisture.

Combine 2/3 cup pickle juice, egg, 1 tablespoon flour, and hot sauce; set aside. Combine 1 1/2 cups flour, red pepper, garlic powder, and salt; stir well. Dip pickles in reserved egg mixture; dredge in flour mixture.

Fry coated pickles in batches in hot oil (375 degrees) for 2 to 3 minutes or until golden, turning once. Drain pickle chips on paper towels. Serve immediately.

This recipe yields about 10 1/2 dozen chips.

Comments: This recipe takes advantage of pickles you may already have

canned or you may use commercial dill pickles.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 787 Calories (kcal); 6g Total Fat; (7% calories from fat); 26g Protein; 152g Carbohydrate; 187mg Cholesterol; 656mg Sodium  
Food Exchanges: 10 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Dill Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	small cucumbers
4	quarts	water
1	quart	vinegar
1	cup	salt
1		dill weed sprig -- per jar
1		garlic clove -- per jar
1	teaspoon	alum -- per jar

Let water, vinegar and salt come to a boil. Set aside. Put dill and 1 clove garlic in bottom of each jar. Prick cucumbers with fork before putting in jar. Put 1 teaspoon alum in each quart. Fill jar with brine. Seal tight and let stand until clear before using.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-24-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 139 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 58g Carbohydrate; 0mg Cholesterol; 102446mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 4 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Dill Pickles II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
		Dill -- as needed
3	tablespoons	spices
35		cucumbers - (4" to 6" long)
1 1/2	cups	salt
2	cups	vinegar
8	quarts	hot water

Wash and dry cucumbers. In stone jar, place layer of cucumbers, then dill, until all are used. Sprinkle on the spices. Make a brine of salt, water and vinegar. Pour over mixture; let set 4 weeks. Remove scum each day, then pack into jars.

Prepare fresh brine of 3/4 cup salt, 1 cup vinegar, and 4 cups water; bring to boil for 5 minutes. Pour brine over pickles. Adjust caps and seal.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 67 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 28g Carbohydrate; 0mg Cholesterol; 153714mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 Other Carbohydrates

NOTES : Recipe originally from "Kitchen Keepsakes" produced by the Berlin Sunshine Club

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Dill Slices

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	medium cucumbers - (abt 30)
3/4	cup	sugar
1/2	cup	Ball 100% Natural Canning & Pickling Salt
4	cups	cider vinegar, 5% acidity
4	cups	water
3	tablespoons	mixed pickling spices
5		bay leaves
5		garlic cloves
2 1/2	teaspoons	mustard seed
		Green or dry dill - (1 head per jar)

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash cucumbers and remove 1/16-inch from blossom end. Cut into 1/4-inch slices. Combine sugar, salt, vinegar and water in a large saucepot. Tie pickling spices in a spice bag; add spice bag to vinegar mixture and simmer 15 minutes.

Pack cucumber slices into hot jars, leaving 1/4-inch headspace. Add to each jar; one bay leaf, one garlic clove, 1/2 teaspoon mustard seed and one head of dill. Heat pickling liquid to boiling. Remove from heat.

Carefully ladle hot pickling liquid over cucumber slices, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 5 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

Per serving: 648 Calories (kcal); 3g Total Fat; (3% calories from fat); 3g Protein; 158g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 10 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Dilled Beans

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	pounds	same-size green beans
3	cups	vinegar
3	cups	water
1/3	cup	pure granulated salt
3/4	cup	dill seed - (to 1)
18	whole	black peppercorns - (to 21)

Wash and rinse the 6 to 7 (1-pint) jars; keep them hot. Prepare the lids according to manufacturer's instructions.

Wash the beans well; drain. Cut off the ends and trim the beans, if necessary, so they will stand upright in the jars. (If the beans are not the right length to fit in the jar, just trim the ends and cut them into 1- or 2-inch lengths.) Pack the beans into the hot jars. Put 2 tablespoons dill seed and 3 peppercorns into jars.

Combine all the remaining ingredients; heat to boiling. Pour the boiling brine into the jars to within 1/2-inch of each top. Wipe the tops and threads of the jars with a damp cloth. Put on the lids and screw bands.

Process in a boiling water bath for 10 minutes.

This recipe yields six or seven (1-pint) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 101 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 42g Carbohydrate; 0mg Cholesterol; 29mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 3 Other Carbohydrates

NOTES : Recipe originally from The Food Preserver by the editors of  
Consumer Guide

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

## Dilled Carrots And Celery

Recipe By :n/a



Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	pounds	carrots
1 1/2	cups	diced celery - (abt 2 stalks)
		Fresh dill or dill seed

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Wash and peel carrots. Wash again. Slice, dice or leave small carrots whole. Combine carrots and celery in a saucepot and cover with water; boil 3 minutes or until vegetables are hot throughout.

Pack hot vegetables into hot jars, leaving 1-inch headspace. Place 1 head fresh dill or 2 teaspoons dill seed in each jar. Carefully ladle boiling water over vegetables leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula.

Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met - fingertip tight. Process 30 minutes at 10 pounds pressure in a steam-pressure canner.

This recipe yields about 6 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 1042 Calories (kcal); 4g Total Fat; (3% calories from fat); 25g Protein; 246g Carbohydrate; 0mg Cholesterol; 849mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 48 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Dilled Green Beans

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
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2 fresh dill heads  
 2 long hot peppers  
 2 cloves garlic -- peeled  
 1/2 teaspoon cayenne pepper  
 1 pound small fresh green beans  
 1 1/2 cups water  
 1 cup cider vinegar  
 2 tablespoons salt

Green beans usually are processed in a pressure canner. However, pickled green beans can be processed in a hot-water bath.

Wash jars and bands in hot, soapy water. Cover lids with hot water according to package directions. Place jars on rack in a deep pot of boiling water. Let stand at least 10 minutes before using.

Remove jars from hot water with tongs or a jar lifter and stand on a dish towel. Place 1 head of dill in each jar, along with 1 hot pepper, 1 clove garlic and 1/4 teaspoon cayenne. Pack beans upright, dividing evenly between jars.

In a saucepan, bring water, vinegar and salt to boil. Pour hot mixture over beans, leaving 1/2-inch headspace. Top with lids.

Place jars on rack in deep pot of hot water. Cover and bring to boil. Process 15 minutes. Remove from water and place on dish towels, not touching. Let stand several hours or overnight. Check seals.

This recipe yields 2 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 pints"

- - - - -

Per serving: 45 Calories (kcal); trace Total Fat; (2% calories from fat); trace Protein; 17g Carbohydrate; 0mg Cholesterol; 12804mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates

NOTES : Recipe from the Old Farmer's Almanac, 1998, and as published in the Charlotte Observer, 06-29-1999

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Dilled Zucchini Sticks

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4 1/2	pounds	zucchini
3	tablespoons	pickling salt
2 1/2	cups	white vinegar
1 1/4	cups	sugar
1	teaspoon	celery seed
1	teaspoon	dill seed
1	medium	cooking onion -- thinly sliced
4		garlic cloves
4	sprigs	dill weed

Wash zucchini, retaining peel and removing ends; quarter lengthwise; cut quarters in half. Layer zucchini and salt in a large glass, stainless steel or enamel bowl; let stand 1 hour.

Fill boiling water canner with water. Place 4 clean pint mason jars in canner over high heat. Place snap lids in boiling water; boil 5 minutes to soften sealing compound.

In stainless steel or enamel saucepan, combine vinegar, sugar, celery and dill seeds; bring to a boil. Rinse zucchini in cold water; drain thoroughly, pat dry. Add zucchini and onion to pickling liquid; bring to a boil; boil 5 minutes.

Place 1 garlic clove and 1 large sprig of dill weed in a hot jar; pack zucchini and onion slices snugly in jar to within 3/4-inch of top rim. Add boiling pickling liquid to cover vegetables to within 1/2-inch of top rim. Remove air bubbles by sliding rubber spatula between glass and food; readjust head space to 1/2 inch. Wipe jar rim removing any stickiness. Center snap-lid on jar; apply screw band just until fingertip tight. Place jar in canner. Repeat for remaining vegetable and pickling liquid.

Cover canner; return water to a boil; process 10 minutes for pint jars at altitudes up to 1000 feet. Remove jars. Cool 24 hours. Check jar seals. (Sealed lids curve downward.) Remove screw bands. Wipe jars, label and store in a cool, dark place.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
 S(Formatted for MC5):  
 "11-25-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 1388 Calories (kcal); 4g Total Fat; (2% calories from fat); 26g Protein; 354g Carbohydrate; 0mg Cholesterol; 98mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 12 Vegetable; 0 Fruit; 0 Fat; 19 Other Carbohydrates

NOTES : Recipe originally from "Bernardin Guide to Home Preserving"  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Dilly Beans

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
2	pounds	green beans	trimmed
1	teaspoon	cayenne pepper	
4		garlic cloves	
4	heads	dill weed	
1/4	cup	canning (pickling) salt	
2 1/2	cups	water	
2 1/2	cups	white vinegar	

Pack beans, lengthwise, into hot jars, leaving 1/4-inch head space. For each pint, add 1/4 teaspoon cayenne, 1 clove garlic, and 1 head dill.

Combine remaining ingredients and bring to boiling. Pour boiling hot over beans, leaving 1/4-inch head space. Adjust caps. Process pints and quarts 10 minutes in boiling water bath.

This recipe yields about 4 pints or 2 quarts.

Comments: You may just use the leftover brine from your favorite dill pickles. Bring it to a boil and pour over prepared beans in hot jars. Process as above. And don't limit yourself to beans and cucumbers -- this works well for broccoli and carrots, too.

### Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 387 Calories (kcal); 2g Total Fat; (3% calories from fat); 18g Protein; 104g Carbohydrate; 0mg Cholesterol; 100mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Dilly Carrots

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

## Vegetables

Amount	Measure	Ingredient	Preparation Method
1	pound	carrots	
1/2	small	onion	-- halved
2		garlic cloves	
2	tablespoons	salt	
1/8	teaspoon	cayenne pepper	
1	tablespoon	fresh dill weed	
1	tablespoon	dill seed	
1 1/4	cups	vinegar	
1 1/4	cups	water	

Cut carrots into lengthwise slices that will fit a pint-size jar. Pack into two pint-sized jars. In each jar, also place a piece of onion, a garlic clove, 1 tablespoon of salt, 1/2 tablespoon of dill weed, 1/2 tablespoon dill seed, and a pinch of cayenne pepper.

Bring vinegar and water to a boil. Pour over carrots. Store in refrigerator, or process jars according to manufacturers' instructions.

This recipe yields 2 pints.

**Source:**

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

**Yield:**

"2 pints"

- - - - -

Per serving: 267 Calories (kcal); 2g Total Fat; (5% calories from fat); 6g Protein; 69g Carbohydrate; 0mg Cholesterol; 12948mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 9 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Dilly Pepper Beans

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Vegetables

Amount	Measure	Ingredient	Preparation Method
2	pounds	green beans	-- trimmed
1	teaspoon	cayenne pepper	
4		garlic cloves	
4	heads	dill weed	

1/4 cup canning (pickling) salt  
 2 1/2 cups water  
 2 1/2 cups white vinegar

Pack beans, lengthwise, into hot jars, leaving 1/4-inch head space. For each pint, add 1/4 teaspoon cayenne, 1 garlic clove, and 1 head dill.

Combine remaining ingredients and bring to boiling. Pour boiling hot over beans, leaving 1/4-inch head space. Adjust caps.

Process pints and quarts 10 minutes in boiling water bath.

This recipe yields about 4 pints or 2 quarts.

Comments: Or just use the leftover brine from your favorite dill pickles: Bring it to a boil and pour over prepared beans in hot jars. Process as above. And don't limit yourself to beans and cucumbers -- this works well for broccoli and carrots, too.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 387 Calories (kcal); 2g Total Fat; (3% calories from fat); 18g Protein; 104g Carbohydrate; 0mg Cholesterol; 100mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

NOTES : Recipe originally from Rec.food.recipes  
 Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Dixie Relish

Recipe By :Maybeth Wilson  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	pickling salt
2	quarts	cold water
4	cups	chopped cabbage
2	cups	chopped white onions
2	cups	chopped red bell peppers
2	cups	chopped green bell peppers
3/4	cup	sugar
1/4	cup	mustard seed
2	tablespoons	celery seed
4	cups	cider vinegar

In a large bowl, dissolve salt in water. Stir in cabbage, onions and bell peppers. Let stand at room temperature 3 hours. Drain thoroughly.

In a medium-size bowl, combine sugar, mustard and celery seeds and vinegar, stirring until sugar dissolves. Pour over vegetables. Let stand overnight.

Thoroughly wash and scald 4 (1-pint) jars. Keep hot until needed. Prepare lids as manufacturer directs.

In a large kettle, bring vegetables and liquid to boiling, stirring occasionally. Remove from heat. Immediately ladle into hot jars, leaving 1/2-inch headspace. Remove air bubbles by running a table knife inside edge of jar. Wipe jar rims; seal with hot lids and screw bands. Process 15 minutes in a simmering water bath.

This recipe yields 3 to 4 pints.

Comments: Maybeth Wilson's eye-catching relish stands out because of its bright color and crisp texture. Instead of grinding the vegetables, she chops them by hand, so each one retains its identity.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 to 4 pints"

- - - - -

Per serving: 1137 Calories (kcal); 17g Total Fat; (12% calories from fat); 19g Protein; 266g Carbohydrate; 0mg Cholesterol; 103mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 6 Vegetable; 0 Fruit; 2 1/2 Fat; 14 Other Carbohydrates

NOTES : Recipe from Maybeth Wilson was a Louisiana State Fair ribbon winner

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Double Hot Pepper Jelly

Recipe By :Vandy Bradow  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1/4	cup	finely-minced red chili peppers	
3/4	cup	finely-minced green jalapeño peppers	
6 1/2	cups	sugar	
1 1/2	cups	distilled white vinegar	

2

pouches liquid pectin - (3 oz ea)

Wear rubber or plastic gloves while cutting hot peppers and do not touch skin or eyes. To mince peppers, using a sharp knife, cut off tops and slice lengthwise. Discard seeds and white membrane. Cut lengthwise in 1/8-inch strips, then cut very fine crosswise strips.

Sterilize 8 half-pint jars; keep hot until needed. Prepare lids as manufacturer directs.

In a large kettle, combine minced peppers, sugar and vinegar. Bring to a boil. Remove from heat; let stand 5 minutes. Using a metal spoon, skim off any foam. Increase heat to high. Return kettle to heat and bring back to a full rolling boil that cannot be stirred down. Stir in pectin and boil exactly 1 minute, stirring constantly.

Remove from heat and ladle into hot jars, leaving 1/8-inch headspace. Wipe jar rims and seal with hot lids and screw bands. Invert jar 30 seconds, then stand upright to seal.

This recipe yields about 8 half-pint jars.

Variation: For a less assertive flavor, substitute sweet bell peppers for part of hot peppers.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

- - - - -

Per serving: 5031 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1299g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe originally from "Blue Ribbon Winners - America's Best State Fair Recipes" compiled by Catherine Hanley (published by Smithmark Publishers, NY, NY, 1993) This recipe is from Vandy Bradow and won a blue ribbon at the North Carolina State Fair.

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Drying Figs

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Drying Fruit

Amount Measure Ingredient -- Preparation Method  
-----  
Figs may be dried in the



oven or in the sun.

Dried figs are rich in flavor and great for snacks and for baking cookies, cakes, muffins or breads.

**TO DRY FIGS IN THE OVEN:** Select and wash fully ripe figs. Dissolve one cup of sugar in three cups of water and bring the mixture to a boil. Add the figs and simmer them for ten minutes. Remove the figs by lifting them from mixture. Drain and cool the figs and place them in a single layer on a drying rack. You can use a broiler pan rack or cake rack for a drying rack. Set your oven at its lowest temperature. A low, even temperature of 115 to 120 degrees Fahrenheit should be maintained for 10 to 20 hours. Leave the door propped open slightly so moisture can escape. If you use a gas oven, be sure that it stays lit. Dry the figs until the outsides are firm to the touch and the insides are soft with no signs of syrup when squeezed.

**TO DRY FIGS IN THE SUN:** To save energy, you may want to sun-dry your figs. Figs will dry well outside on hot, sunny days. They should dry in about two days. Bring them in each day at sundown. They will also dry well in a car parked in the sun. Wash fully ripe figs, leaving stems on. Cut the figs completely in half to the stem and turn the cut side up on the drying rack. Cover the figs with a piece of cheesecloth or nylon net to keep insects off. Put the drying rack on a table, a car or a roof in full sun. Dry until outside is leathery, but pliable. Inside should be soft, with no sign of juice.

**FOR LONGEST STORAGE LIFE:** Place the dried figs in the refrigerator or freezer in moisture-proof bags or containers. Figs can be stored at room temperature if they're completely free of juice. To store, first reheat the figs at 160 to 180 degrees Fahrenheit for 10 to 15 minutes, then place them in moisture proof containers.

If you use glass jars, heat clear jars in oven until they are dry and hot. Pack the hot figs into the hot jars and seal. When they are cool, examine the jars for signs of moisture. If you find moisture, reheat the figs and repack them in hot, dry jars. Moisture will cause mold to grow which will spoil the figs.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Fort Valley State University Extension, GA  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

## Drying Firm Berries

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Drying Fruit

Amount	Measure	Ingredient -- Preparation Method
		Blueberries, elderberries, huckleberries, or gooseberries

Crack the skins by dipping the berries in rapidly boiling water for 15 to 30 seconds, then plunge them into cold water. Remove the excess moisture and dry in a dehydrator for 12 to 24 hours. They have dried properly if they are leathery, pliable and contain no moisture when crushed.

This recipe yields ?? servings.

### Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

## Dutch Apple Pie Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	pound	tart green apples
1/2	cup	raisins
1	cup	water
1/3	cup	lemon juice
1	teaspoon	ground cinnamon
1/4	teaspoon	ground allspice
4 1/2	cups	granulated sugar
1	cup	light brown sugar - (firmly packed)
1/2	teaspoon	margarine or butter
1	pouch	Certo liquid fruit pectin

Peel, core and finely chop enough apples to measure 2 cups. Place in Dutch oven with raisins, water, lemon juice, cinnamon and allspice. Stir in sugars and margarine or butter.

Place pot over high heat and stir until it comes to a full boil. Boil hard 1 minute. Stir constantly. Remove from heat and immediately stir in pectin. Bring to full rolling boil hard for one minute, stirring constantly.

Remove from heat. Stir and skim foam for 5 minutes to prevent floating fruit. Pour quickly into sterilized jars, filling up to 1/2 inch from the rim. Seal while hot with sterilized 2 piece lids with new centers. Process 10 minutes in hot water bath.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 3728 Calories (kcal); trace Total Fat; (0% calories from fat); 3g Protein; 966g Carbohydrate; 0mg Cholesterol; 27mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Easy Chili Sauce

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Sauces

Amount	Measure	Ingredient	Preparation Method
15	pounds	tomatoes - (1 peck)	
1	bunch	celery	
3		red peppers	
12	medium	onions	
3		hot peppers	
1		green pepper	
3/4	cup	salt	
4 1/2	cups	sugar	
1	quart	white vinegar	
3	tablespoons	mixed whole spices (pepper, nutmeg, cinnamon, etc.)	

Chop all vegetables, place in a bowl, add salt and let sit overnight.

Drain vegetable well in a colander. Boil drained vegetables with vinegar, sugar and spices (placed in a cheesecloth bag) for 10 minutes.

Can in sterilized jars according to instructions on the jars.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

- - - - -

Per serving: 4308 Calories (kcal); 3g Total Fat; (0% calories from fat); 22g Protein; 1114g Carbohydrate; 0mg Cholesterol; 76853mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 27 Vegetable; 0 Fruit; 0 Fat; 64 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Easy Cranberry Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	cranberries, fresh or frozen	
1	cup	water	
2	cups	sugar	

Cook berries in water until mushy and put through sieve. Add sugar and boil 15 minutes until it jells.

Ladle into jars and process.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1548 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 400g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Easy Dill Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	dozen	pickling cucumbers -- see * Note
1	bunch	dill
1	quart	cider vinegar
8	cups	water
1	cup	pickling salt
12		garlic cloves - (to 16) -- peeled

\* Note: Pickling cucumbers are cucumbers that are not less than 3-inches long and not more than 4-inches long.

Wash the cucumbers and remove any stems. Cover with cold water and refrigerate overnight or for several hours. Pack the cucumbers into pint jars as tightly as possible. Poke in 2 sprigs of dill. Bring the cider vinegar, water, salt and garlic cloves (12 to 16 cloves depending on your taste) to a boil. Boil for 2 minutes.

Fish out the garlic cloves with a slotted spoon and put one in each jar (or to taste) while the brine cools slightly. Pour the hot brine into the jars and seal.

This recipe yields 12 pints.

#### Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - jcomiskey@krypto.net"

#### Yield:

"12 pints"

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Per serving: 1128 Calories (kcal); 10g Total Fat; (6% calories from fat); 53g Protein; 268g Carbohydrate; 0mg Cholesterol; 225mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 38 1/2 Vegetable; 0 Fruit; 0 Fat; 4 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

## Easy Summer Pickles

Recipe By :Jonathan Deutsch  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	pounds	thinly-sliced vegetables
1	large	onion -- peeled, and thinly sliced
1/4	cup	salt
2	cups	white vinegar
1 1/4	cups	sugar
2	teaspoons	yellow mustard seed
1	teaspoon	celery seed
1	teaspoon	dill seed
1	teaspoon	turmeric
1/4	teaspoon	dry mustard
1/2	teaspoon	crushed red pepper

In a very large bowl, place the vegetables and the sliced onion. Toss with salt and cover with cold water. Allow to stand for 1 hour, then drain thoroughly but do not rinse.

In a 3-quart, non-aluminum saucepan, combine vinegar, sugar and spices. Bring to a boil. Simmer 5 minutes. Pour the vinegar mixture over the vegetables, tossing to coat. Allow to stand for 2 hours.

Transfer to a non-aluminum container and chill in the refrigerator. Store for up to 1 month in brine in the refrigerator.

This recipe yields 2 quarts.

Comments: This basic pickle formula will work for nearly any summer vegetable: cucumbers, green beans, zucchini, green tomatoes, cauliflower, yellow squash, peppers, carrots, celery or a combination of a few different vegetables. The pickles will keep, in their brine, in the refrigerator for up to 1 month. If you like, you may substitute 3 tablespoons of pickling spice for the spices listed above.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 quarts"

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Per serving: 1137 Calories (kcal); 4g Total Fat; (2% calories from fat); 4g Protein; 294g Carbohydrate; 0mg Cholesterol; 25596mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 18 1/2 Other Carbohydrates

NOTES : Recipe originally from Jonathan Deutsch, a professor of nutrition and food studies at New York University as published in the New

\* Exported from MasterCook \*

### Eggplant Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Marmalades

Amount	Measure	Ingredient -- Preparation Method
2	pounds	eggplant
4	cups	sugar - (2 lbs)
4	cups	water
1	teaspoon	ground nutmeg
1 1/2	teaspoons	ground cinnamon
		Juice of 2 large lemons
		Grated rind of 1/2 lemon

Wash, peel and dice the eggplant. Barely cover with water in a preserving kettle and boil for about 10 minutes; drain and set aside. Make a syrup by combining the sugar, water, nutmeg and cinnamon and bringing them to a boil. Add the eggplant. Remove from heat, cover and allow to stand overnight.

The next day, remove the eggplant with a slotted spoon and boil the syrup for 20 minutes to thicken it. Return the eggplant to the kettle and boil for 30 to 40 minutes until the syrup sheets when dropped from a spoon (2 drops forming on the edge of the spoon, coming together and falling as 1 drop), or until a jelly thermometer reads 220 to 222 degrees. Stir in the lemon juice and grated rind. Ladle into hot, sterilized jars and seal.

To seal: Fill to within 1/2-inch head room, being sure to first wipe the rim and threads of the jars with a hot damp cloth to remove all particles of food, seeds or spices. While contents are hot, cover with a 1/8-inch layer of paraffin. When paraffin has set, add another layer of melted paraffin, tilting and rotating the jar to seal completely.

This recipe yields about 8 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 half-pints"

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Per serving: 212 Calories (kcal); 2g Total Fat; (8% calories from fat); 8g Protein; 49g Carbohydrate; 0mg Cholesterol; 52mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 9 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Eggs Pickled In White Vinegar

Recipe By :n/a  
Serving Size : 12 Preparation Time :0:00  
Categories : Canning Eggs

Amount	Measure	Ingredient	Preparation Method
12		hard-boiled eggs	
1		garlic clove	
2		hot peppers	
1 1/2	cups	white vinegar	
1	teaspoon	salt	

Have 1 quart jar sterilized with sealable lid. Peel and cool eggs. Peel and chop garlic. Combine salt and vinegar; bring to rapid boil.

While waiting, place garlic and pepper in bottom of jar. Add eggs; pour boiling vinegar into filled jar and seal. Wait 3 days and it's ready to serve.

This recipe yields 1 dozen eggs.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 85 Calories (kcal); 5g Total Fat; (55% calories from fat); 6g Protein; 3g Carbohydrate; 212mg Cholesterol; 241mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Kitchen Keepsakes" produced by the Berlin Sunshine Club

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Elderberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
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2          quarts  crushed elderberries
  1/4      cup    vinegar
6          cups   sugar

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Combine berries, vinegar, and sugar. Bring slowly to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick. As mixture thickens, stir frequently to prevent sticking.

Pour boiling hot mixture into sterilized jars. Adjust lids. Process in boiling water 5 minutes. Remove jars; cool and store.

This recipe yields 6 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 4652 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1202g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
 Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Elegant Hot Dog Relish

Recipe By :Jan Wagner

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
13	medium	cucumbers -- washed, and finely chopped
3		red bell peppers -- washed, seeded, and finely chopped
6		green bell peppers -- washed, seeded, and finely chopped
1		extra-large sweet onion -- finely chopped
1	gallon	water
1/4	cup	pickling salt
4	cups	distilled white vinegar
2	cups	water
6	cups	sugar
4	teaspoons	mustard seed
4	teaspoons	celery seed

- 1 can crushed pineapple - (15 1/4 oz)
- 2 tablespoons dry mustard
- 1 tablespoon turmeric
- 1 cup all-purpose flour

Combine vegetables in a large bowl. Mix 1 gallon water and pickling salt; pour over vegetables. Let stand overnight.

Thoroughly wash and scald 11 (1-pint) jars. Keep hot until needed. Prepare lids as manufacturer directs.

In a large kettle, bring vegetables and water to a boil. Drain vegetables thoroughly. Wash kettle; combine vegetables, vinegar, 2 cups water, sugar and mustard and celery seeds. Bring to a boil, stirring occasionally.

Meanwhile, drain pineapple juice into a glass measure, reserving fruit. In a small bowl, mix dry mustard, tumeric and flour. Using a wire whisk, slowly add pineapple juice and enough liquid from hot vegetable mixture to make a thin smooth paste. Carefully add mustard paste, a little at a time, to hot vegetable mixture, stirring constantly. Stir in reserved pineapple. Simmer until relish has thickened slightly, stirring constantly.

Remove from heat. Immediately ladle into hot jars, leaving 1/4-inch headspace. Wipe jar rims; seal with hot lids and screw bands. Process 10 minutes in a simmering water bath.

This recipe yields 11 pints.

Comments: Jan Wagner's mustardy relish is like a premium version of the commercial product.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"11 pints"

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Per serving: 6066 Calories (kcal); 18g Total Fat; (2% calories from fat); 58g Protein; 1486g Carbohydrate; 0mg Cholesterol; 260mg Sodium  
 Food Exchanges: 7 Grain(Starch); 1 Lean Meat; 35 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 80 1/2 Other Carbohydrates

NOTES : Jan Wagner of Salem, OR won an Oregon State Fair ribbon for this recipe

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Ella's Chow Chow

Recipe By :Ella Weeks  
 Serving Size : 0 Preparation Time :0:00

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped cabbage or chopped cauliflower
1	quart	chopped green tomatoes
1	pint	grated carrots
1	pint	chopped green peppers
1	quart	chopped peeled pears
1	quart	chopped onions
		=== CHOW CHOW SYRUP ===
1	quart	vinegar
1/2	cup	flour
2	cups	sugar
1	tablespoon	salt
1 1/2	tablespoons	celery seed
1	tablespoon	tumeric
1 1/2	tablespoons	dry ground mustard

In a large pot, bring syrup to a boil, and boil until thickened. Add vegetables and cook about 5 minutes until good and hot.

Pack in hot sterilized jars (pints or quarts) and seal with hot, sterilized canning lids and rims. Store canned Chow Chow on your pantry shelves for up to 1 year. Chill before serving.

Variations: Substitute any of the following vegetables: yellow summer squash; any mild pepper, such as banana peppers; fresh corn, cut from the cob.

This recipe yields about 6 quarts.

Comments: Chow-Chow was a specialty of my mother-in-law, the late Ella Weeks. When served as a condiment, its mustard base enhances the flavor of cooked, leafy green vegetables, such as collards, kale and mustard greens.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 quarts"

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Per serving: 2376 Calories (kcal); 5g Total Fat; (1% calories from fat); 21g Protein; 607g Carbohydrate; 0mg Cholesterol; 6536mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 17 1/2 Vegetable; 0 Fruit; 1/2 Fat; 30 1/2 Other Carbohydrates

NOTES : Recipe originally from "True Southern Family Recipes: The Joy of Home Cooking" by Drew W. Weeks

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

## End-Of-The-Garden Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
6	cups	distilled white vinegar	
4	cups	granulated sugar	
1 1/2	cups	water	
3	tablespoons	mixed pickling spice	
2	tablespoons	pickling salt	
3	cups	broccoli flowerets	
3	cups	cauliflower flowerets	
3	cups	carrot in 1" pieces	
3	cups	cubed unpeeled cucumber, abt 1"	
3	cups	zucchini chunks, abt 1"	
2	cups	red or green bell pepper in 1" squares	
2	medium	onions -- each cut 8 wedges	

Wash jars, lids and bands in hot water. Cover lids with hot water according to package directions. Place jars in hot water in deep stock pot with a rack. Turn off heat and let jars stand in hot water about 10 minutes or until ready to fill.

In an 8- to 10-quart saucepot, combine vinegar, sugar, water, pickling spice and salt. Bring to a boil, stirring occasionally. Boil for 4 minutes. Add vegetables, reduce heat and simmer until vegetables are hot, about 5 minutes.

Immediately fill hot jars with hot vegetable mixture, leaving 1/2-inch headspace. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tops and threads clean. Place hot lids on jars and screw bands on firmly.

Place jars in deep pot on rack. Cover and bring to boil. Process 15 minutes after water returns to boil.

This recipe yields 4 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 quarts"

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Per serving: 3318 Calories (kcal); 1g Total Fat; (0% calories from fat); 15g Protein; 845g Carbohydrate; 0mg Cholesterol; 174mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 8 1/2 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from the Heinz Successful Pickling Guide

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Evaporated Peaches

Recipe By :Shelby Reeves  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Freezing  
Fruit

Amount	Measure	Ingredient	Preparation Method
15	pounds	peaches	
5	pounds	sugar	
1	cup	vinegar	

Choose fully ripe, sound peaches. Do not peel. Wash and slice. Pour 5 pounds sugar over peaches and let sit overnight. Then add 1 cup vinegar and cook slowly until mixture cooks down and is thick. Mash with potato masher and sweeten to taste. Can add almond flavoring if you wish.

Can be canned or frozen. These taste like real dried peaches. Use as you would dried peaches for making fried pies.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 11044 Calories (kcal); 4g Total Fat; (0% calories from fat); 36g Protein; 2856g Carbohydrate; 0mg Cholesterol; 25mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 36 Fruit; 0 Fat; 153 Other Carbohydrates

NOTES : Recipe from Shelby Reeves, and as published in The Decatur Daily, 07-26-2000

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Farm Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6	cups	peeled shredded zucchini	
6	cups	sugar	

1/2 cup lemon juice  
 1 can undrained crushed pineapple - (20 oz)  
 1 package strawberry-flavored gelatin - (6 oz)

In large kettle, bring zucchini and sugar to a boil. Boil and stir constantly for 6 minutes. Add lemon juice and pineapple; cook and stir 8 minutes. Add gelatin; stir 1 minute. Remove from heat; fill jars.

This recipe yields 8 jelly jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 jelly lars"

- - - - -

Per serving: 4675 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1209g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Favorite Mustard Pickles

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
12	medium	cucumbers
6	medium	onions
6		red peppers -- seeded
2	quarts	gherkins (small cucumbers)
2	quarts	pearl onions -- peeled
2	large	cauliflower heads -- broken flowerets
1 1/2	cups	pickling salt
8	cups	sugar
8	cups	cider vinegar
1 1/2	cups	unbleached flour
1/2	cup	dry mustard
3	tablespoons	tumeric
2	tablespoons	celery salt

Finely chop or grind, through the medium blade of a food chopper, the cucumbers, onions, and red pepper, and put each ground vegetable into a separate bowl. Rinse the food chopper between each vegetable.

Also put into separate bowls, the gherkins, white onions, and the cauliflower flowerets. Sprinkle each vegetable with the salt, using about 1/4 cup to each bowl. Cover the gherkins, pickling onions, and cauliflower with cold water and let all the vegetables stand overnight.

In the morning, drain the chopped vegetables in a colander; drain the whole vegetables and dry them with a towel. Mix the vegetables in a preserving kettle, stir in the sugar and 6 cups of the vinegar, and bring the mixture to a boil.

Combine the flour, mustard, tumeric and celery salt and mix them to a smooth paste with the remaining vinegar. Stir the paste gradually into the vegetables and continue to stir until the sauce is slightly thickened. Turn the pickles into jars and seal at once.

This recipe yields 6 quarts.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 quarts"

- - - - -

Per serving: 8545 Calories (kcal); 22g Total Fat; (2% calories from fat); 81g Protein; 2141g Carbohydrate; 0mg Cholesterol; 12847mg Sodium  
Food Exchanges: 9 Grain(Starch); 1 Lean Meat; 55 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 115 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Faye's Zucchini Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
6	cups	grated zucchini	
1		sweet red pepper	-- seeded, grated
1 1/4	cups	white vinegar	
1/2	teaspoon	dry mustard	
1/2	teaspoon	ground tumeric	
1/2	teaspoon	freshly-ground black pepper	
3	cups	grated yellow onions	
3	tablespoons	coarse salt	
3	cups	sugar	
1/2	teaspoon	ground mustard	
1	teaspoon	celery seed	

Place grated vegetables in non aluminium bowl. Sprinkle on salt. Mix well, cover and let stand for 12 hours.

Rinse well by running cold water over vegetable mixture in colander. Drain thoroughly. Place vinegar, sugar, and spices in heavy saucepan over medium heat. Bring to a boil. Lower heat and cook for about 15 minutes, or until mixture begins to thicken. Immediately add vegetable mixture and cook for 30 minutes.

Remove from heat. Pour into hot sterilized jars. Vacuum seal.

This recipe yields 8 half-pint jars.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

- - - - -

Per serving: 2408 Calories (kcal); 1g Total Fat; (0% calories from fat); 2g Protein; 626g Carbohydrate; 0mg Cholesterol; 16935mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 41 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Fig And Raspberry Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Sauces

Amount	Measure	Ingredient	Preparation Method
1	quart	chopped dried figs - (abt 45)	
1	cup	orange juice	
2	pints	raspberries	
1	cup	sugar	
3	tablespoons	orange-flavored liqueur	

Prepare jars and lids. Combine figs and orange juice in food processor. Process until figs are finely chopped.

Combine fig mixture, raspberries, sugar and liqueur in large saucepot. Bring mixture to boil, stirring to dissolve sugar and distribute raspberries. Boil 5 minutes, stirring frequently.

Ladle hot sauce into hot jars, leaving 1/2-inch headspace. Adjust lids.



Process 15 minutes in boiling-water canner.

Remove from hot water and let cool. Check seals by pressing on middle of each lid. If lid doesn't bounce back, jar is sealed. If jar isn't sealed, store in refrigerator and use as soon as possible or reprocess using new lid.

This recipe yields about 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

- - - - -

Per serving: 1134 Calories (kcal); 3g Total Fat; (2% calories from fat); 6g Protein; 284g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe from Alltrista Consumer Products, and as published in the Charlotte Observer, 08-06-1997  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Fig Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped figs - (abt 5 lbs)
6	cups	sugar
3/4	cup	water
1/4	cup	lemon juice

To prepare chopped figs, cover figs with boiling water. Let stand 10 minutes. Drain, stem and chop figs.

Combine figs, sugar, and 3/4 cup water in a large sauce pot. Bring slowly to a boil, stirring until sugar dissolves. Cook rapidly until thick. Stir frequently to prevent sticking. Add lemon juice and cook 1 minute longer.

Pour hot into hot jars, leaving 1/4-inch head space. Adjust caps. Process 15 minutes in boiling water bath.

This recipe yields 5 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 pints"

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Per serving: 4659 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1204g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Fig Jam With Liquid Pectin

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	crushed figs - (abt 3 lbs figs)	
1/2	cup	lemon juice	
7 1/2	cups	sugar	
1/2	bottle	liquid pectin	

To prepare fruit. Sort and wash fully ripe figs; remove stem ends. Crush or grind fruit.

To make jam. Place crushed figs and lemon juice into a kettle. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Boil hard for 1 minute, stirring constantly.

Remove from heat. Stir in pectin. Skim off foam quickly. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields about 9 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 half-pints"

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Per serving: 5836 Calories (kcal); 0g Total Fat; (0% calories from fat); trace

Protein; 1509g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 100  
1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension  
Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Fig Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient -- Preparation Method
6	quarts	figs
8	cups	sugar
2		lemons - (to 3) -- thinly sliced
6	quarts	boiling water -- (for peeling figs)

Wash, peel, and remove stems from firm ripe figs. To peel, cover with boiling water. Let stand 5 minutes. Drain, rinse in cold water and pull off peeling.

Mix the sugar and 3 quarts water. Boil until sugar is dissolved. Add lemon slices; boil rapidly 10 minutes. Lemon slices may be removed.

Add figs, a few at a time, to the syrup so as not to stop the boiling. Cook until clear. Let stand to plump up. Pack figs into jars. Heat syrup to boiling and pour over figs. Adjust lids.

Process in boiling water for 5 minutes. Remove jars; cool and store.

This recipe yields 5 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

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Per serving: 9730 Calories (kcal); 14g Total Fat; (1% calories from fat); 35g  
Protein; 2515g Carbohydrate; 0mg Cholesterol; 234mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 62 Fruit; 0 Fat; 107  
Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension  
Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Fig-Strawberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3 1/2	cups	mashed fresh figs	-- unpeeled
3	cups	sugar	
1/4	cup	lemon juice	-- (optional)
3	packages	strawberry gelatin	- (3 oz ea)

Cook figs, sugar and lemon juice 5 to 7 minutes. Let stand overnight.

Stir in gelatin. Boil again 3 to 4 minutes, stirring occasionally. Pour quickly into jars and seal at once, or store in refrigerator if used within a month.

This recipe yields 3 pints.

#### Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

#### Yield:

"3 pints"

- - - - -

Per serving: 2337 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 605g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 40 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Four-Pepper Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
2	large	red bell peppers	-- seeded, chopped fine
2	large	green bell peppers	-- seeded, chopped fine
2	large	yellow bell peppers	-- seeded, chopped fine

2 small fresh hot chile pepper -- seeded, chopped fine  
 2 medium red onions -- finely chopped  
 1 1/3 cup white wine vinegar  
 1 cup sugar  
 1 1/2 chopped fresh coriander  
 2 teaspoons salt

Put the peppers and onions in a heavy enamel or stainless-steel saucepan. Add sufficient water to cover and bring to a boil over high heat. Boil for 1 minute, then drain well in a colander.

Return the vegetables to the pan and add the remaining ingredients. Bring the mixture to a simmer over low heat and cook for 5 minutes. Let cool, pack into hot sterilized jars and attach the lids.

Process in a boiling water bath for 5 minutes. Remove from the water and cool completely at room temperature.

This recipe yields about 3 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

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Per serving: 1133 Calories (kcal); 2g Total Fat; (1% calories from fat); 10g Protein; 292g Carbohydrate; 0mg Cholesterol; 4292mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 13 Vegetable; 0 Fruit; 0 Fat; 14 1/2 Other Carbohydrates

NOTES : Recipe originally from "An Edible Christmas (A Treasury of Recipes for the Holiday)" by Irena Chalmers

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Fourteen Day Sweet Pickles

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	pickling cucumbers - (abt 2" long)
1	cup	Ball 100% Natural Canning & Pickling Salt -- plus
1	tablespoon	Ball 100% Natural Canning & Pickling Salt -- divided
2	gallons	boiling water -- divided
5	cups	vinegar, 5% acidity
5 1/2	cups	sugar -- divided
5	sticks	cinnamon

2           teaspoons whole allspice  
1 1/2       teaspoons celery seed

Wash cucumbers. Cut cucumbers in half lengthwise. Dissolve 1 cup canning salt in 2 quarts boiling water; pour over cucumbers in a large crock or nonmetallic container. Weight cucumbers down with a plate. Place a jar filled with water on plate to keep cucumbers under brine. Let stand in a cool (68 to 72 degrees) place for 7 days, removing scum as it forms.

Eighth day: Drain; carefully pour 2 quarts boiling water over cucumbers. Let stand 24 hours.

Ninth day: Drain; carefully pour 2 quarts boiling water and 1 tablespoon canning salt over cucumbers.

Tenth day: Drain; carefully pour 2 quarts boiling water over cucumbers.

Eleventh day: Drain; combine vinegar, 4 cups sugar and spices. Heat to boiling and carefully pour over cucumbers.

For the next 2 days: Drain, retaining liquid. Heat liquid, adding 1/2 cup sugar each day. Pour over cucumbers.

Fourteenth day: Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Drain cucumbers, retaining liquid. Pack cucumbers into hot jars, leaving 1/4-inch headspace. Discard cinnamon sticks; add remaining 1/2 cup sugar to liquid. Heat to boiling.

Carefully ladle hot syrup over cucumbers, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 5 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

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Per serving: 4359 Calories (kcal); 2g Total Fat; (0% calories from fat); 2g Protein; 1127g Carbohydrate; 0mg Cholesterol; 253mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 73 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Framboise Raspberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	fresh raspberries	
3	cups	sugar	
1/4	cup	framboise	

Place all ingredients in heavy saucepan over medium heat. Bring to a boil, stirring occasionally. When mixture comes to a boil, raise heat to high and cook, stirring constantly, for about 20 minutes. As mixture begins to thicken, watch carefully to prevent sticking.

When mixture has reached a jam-like consistency, immediately remove from heat. Pour into hot sterilized jars and vacuum seal (hot water bath method, or can be refrigerated up to 6 weeks).

This recipe yields 4 half-pint jars.

Comments: The combination of the delicacy of fresh raspberries and the mellow framboise (raspberry brandy) makes a remarkable jam. Use both as a spread and as a dessert garnish.

#### Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

#### Yield:

"4 half-pints"

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Per serving: 2601 Calories (kcal); 3g Total Fat; (0% calories from fat); 5g Protein; 665g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe originally from "Gourmet Preserves" by Judith Choate  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Freezer Bread And Butter Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	cups	thinly-sliced cucumbers, 3/16" thick -- see * Note
1	cup	thinly-sliced onion
1		sweet red pepper -- thinly sliced
2	teaspoons	pickling salt
1 1/2	cups	cider vinegar
2/3	cup	sugar
1	teaspoon	mustard seeds
1/2	teaspoon	celery seeds
1/2	teaspoon	ground turmeric

\* Note: Use small pickling or English cucumbers.

Place the cucumbers, onion and sweet pepper in a large nonreactive (glass or plastic) container. Sprinkle with salt and mix well. Let stand for 3 hours, stirring occasionally. Drain. Rinse twice and drain thoroughly.

Heat the vinegar in a microwave oven for 30 seconds or warm it slightly on the stove top. Combine the vinegar, sugar, mustard seeds, celery seeds and turmeric in a small bowl, stirring until the sugar is dissolved. Pour over the vegetables and mix well.

Pack the vegetables into small freezer containers. Divide the liquid and pour it over the pickles. Seal tightly and freeze.

Store the pickles in the freezer for up to 6 months. Once thawed, use them within several days before they lose their crunch.

This recipe yields about 3 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 half-pints"

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Per serving: 607 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 163g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 10 1/2 Other Carbohydrates

NOTES : Recipe originally from "The Complete Book of Year-Round Small-Batch Preserving"

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Freezer Corn

Recipe By : n/a

Serving Size : 0 Preparation Time : 0:00

Categories : Freezing Vegetables



Amount	Measure	Ingredient	Preparation Method
15	cups	fresh corn kernals	
5	cups	ice water	
1	cup	sugar	
1/4	cup	salt	

Mix all ingredients together and freeze.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 774 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 200g Carbohydrate; 0mg Cholesterol; 25618mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe as published in The Capitol-Journal, 07-30-1997  
 Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Freezer Cucumber Pickles

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Freezing Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
7	cups	cucumbers - (abt 2 1/2 lbs)	sliced 1/8" to 1/4" thick
3	small	onions	sliced, and separated into rings
2	tablespoons	salt	
1	tablespoon	celery seeds	
2	cups	sugar	
1	cup	white vinegar (5% acidity)	

Combine first 4 ingredients in a large bowl.

Cook sugar and vinegar in a saucepan over medium heat, stirring until sugar dissolves; pour over cucumbers. Cover and chill 48 hours.

Spoon mixture into 1/2- or 1-pint jars or freezer containers; seal, label, and freeze for up to 6 months.

Thaw before serving; after thawing, use within a week.

This recipe yields 8 half-pints or 4 pints.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 1699 Calories (kcal); 2g Total Fat; (1% calories from fat); 5g Protein; 431g Carbohydrate; 0mg Cholesterol; 12814mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fruit; 1/2 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Freezer Pickled Cabbage, Coleslaw With Attitude

Recipe By :Linda Ziedrich  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pounds	shredded green cabbage
1	cup	finely-chopped seeded green bell pepper
1	cup	thinly-sliced onion
1	cup	shredded carrot
1	tablespoon	pickling salt
2	cups	sugar
1 1/2	cups	cider vinegar

In a large, nonreactive bowl, toss vegetables with salt. Allow to rest at room temperature two to three hours.

Drain vegetables, pressing out excess liquid. Combine sugar and vinegar, stirring to dissolve sugar. Pour syrup over drained vegetables and mix well.

Pack vegetables and syrup in freezer bags or rigid containers and freeze.

Presentation: Thaw pickles about eight hours in the refrigerator before serving.

This recipe yields about 2 quarts.

Cook's notes: Pickling salt is pure salt, not table salt. Table salt has additives. You can use a finely granulated sea salt (pure white) or

kosher salt.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 quarts"

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Per serving: 1651 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 433g Carbohydrate; 0mg Cholesterol; 50mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 28 Other Carbohydrates

NOTES : Recipe originally from "The Joy of Pickling" by Linda Ziedrich  
(The Common Press, 1998, \$14.95)

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Freezer Pickles

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Freezing Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3	quarts	sliced cucumbers
3	cups	chopped celery
1	large	onion -- sliced
2		green peppers -- cut in strips
1	head	cauliflower -- in bite size pieces
6	medium	carrots -- sliced
1/4	cup	salt
4	cups	sugar
6	cups	vinegar

Mix together all ingredients except for sugar and vinegar; let stand overnight. Drain. Boil sugar and vinegar. Cool. Pour over vegetables.

Freeze in plastic containers and thaw at room temperature to use. These pickles are ready to use immediately.

This recipe yields about 8 quarts.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 quarts"

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Per serving: 3858 Calories (kcal); 4g Total Fat; (0% calories from fat); 22g Protein; 1010g Carbohydrate; 0mg Cholesterol; 26134mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 23 1/2 Vegetable; 0 Fruit; 0 Fat; 59 1/2 Other Carbohydrates

NOTES : Recipe originally from "Homestyle, Canadian Classics"  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Freezer Pickles With Peppers

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
5	pounds	pickling cucumbers - (3" to 5" long)
8	cups	cold water
1	tablespoon	pickling salt
2	cups	thawed frozen pearl onions -- see * Note
2	medium	sweet green or red peppers -- cut 1" pieces
1	cup	sliced celery
3	cups	sugar
1	tablespoon	mustard seeds
2	cups	apple cider or apple cider vinegar

\* Note: Two sliced medium onions can be substituted for the pearl onions.

Wash cucumbers. Slice 1/16-inch off the blossom end. Cut cucumbers into 1-inch cubes. Measure 12 cups.

In a large bowl, combine cucumbers, water and pickling salt. Mix well. Cover and let stand 30 minutes. Drain and rinse well.

In an 8- to 10-quart saucepot, combine cucumbers, onions and remaining ingredients. Bring to a boil over medium-high heat, stirring occasionally. Boil 5 minutes.

Immediately fill freezer containers with mixture, leaving 1/2-inch head space. Wipe container rims and seal. Cool completely before placing in freezer. Pickles can be stored in freezer up to 6 months.

This recipe yields 5 to 6 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 pints"

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Per serving: 2341 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 604g Carbohydrate; 0mg Cholesterol; 167mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe originally from the Columbus Dispatch, 07-14-1999  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Freezer Slaw

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Salads/Dressings  
Vegetables

Amount	Measure	Ingredient	Preparation Method
2	pounds	cabbage	
1	large	green pepper	-- cored and seeded
3	large	carrots	-- peeled
3/4	cup	chopped onion	
1	teaspoon	salt	
2	cups	sugar	
1	teaspoon	dry mustard	
1	teaspoon	celery seed	
1	cup	vinegar	
1/2	cup	water	

Core and trim cabbage. Shred cabbage, green pepper and carrots and combine, with onion, in a large bowl. Sprinkle with salt; let stand 1 hour. Drain.

Combine sugar, dry mustard, celery seed, vinegar and water in a large saucepan. Bring to a boil; boil 3 minutes, stirring constantly to keep it from boiling over. Cool.

Pour sauce over cabbage mixture. Let stand 5 minutes. Stir well. Pack slaw into freezer containers or freezer bags. Seal, label and freeze.

This recipe yields about 5 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 pints"

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Per serving: 1994 Calories (kcal); 4g Total Fat; (1% calories from fat); 19g Protein; 504g Carbohydrate; 0mg Cholesterol; 2390mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 16 1/2 Vegetable; 0 Fruit; 0 Fat; 28 Other Carbohydrates

NOTES : Recipe from "The Ball Blue Book: Guide to Home Canning, Freezing and Dehydration" (Altrista Corp., 1995), and as published in the Charlotte Observer, 06-23-1998  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Freezer Strawberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	quart	ripe strawberries	
4	cups	sugar	
2	tablespoons	lemon juice	
1/2	bottle	liquid pectin	

Crush berries thoroughly. Place in a large bowl. Add sugar, mix well and let stand. Mix lemon juice and add Certo. Stir until all sugar crystals are dissolved. Ladle quickly into jars and leave to set, it may take 24 hours.

Store in freezer. Will keep in the fridge for 3 weeks.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3104 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 802g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Freezer Succotash

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Vegetables

Amount	Measure	Ingredient -- Preparation Method
12	ears	corn
6	cups	lima or snap beans
		butter -- (optional)
		paprika -- (optional)
		chopped parsley -- (optional)

Shuck corn and scrub off strings. Boil corn for 5 minutes. When cool enough to handle, cut kernels off cob with a sharp knife, but don't scrape. (To do this easily, stand corn on its end in a wide pan and cut downward with knife.) Steam beans until tender. Mix hot corn with approximately the same amount of beans. Season with butter, paprika and parsley if desired.

Pack into freezer boxes (leaving 1/2-inch headspace) or bags (press out air). Freeze.

To serve, thaw in the refrigerator overnight. Place in a saucepan, cover and warm over low heat until heated through, stirring occasionally.

This recipe yields 7 to 8 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 to 8 pints"

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Per serving: 929 Calories (kcal); 13g Total Fat; (10% calories from fat); 35g Protein; 205g Carbohydrate; 0mg Cholesterol; 162mg Sodium  
 Food Exchanges: 14 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from "Preserving Summer's Bounty," edited by Susan McClure (Rodale Press, \$14.95), and as published in the Charlotte Observer, 06-23-1998

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Freezing Asparagus

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Freezing Vegetables

Amount	Measure	Ingredient -- Preparation Method
		Tender asparagus stalks with compact tips

Sort asparagus according to thickness of stalk. Wash asparagus thoroughly and cut or break off and discard tough parts of stalks. Leave spears in

lengths to fit the package or cut in 2-inch lengths.

Water blanch according to thickness of stalk: Small stalks, 2 minutes; Medium stalks, 3 minutes; Large stalks, 4 minutes. Cool promptly in cold water and drain.

Pack into containers, leaving no headspace. When packing spears, alternate tips and stem ends. In containers that are wider at the top than bottom, pack asparagus with tips down. Seal, label and freeze.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0

\* Exported from MasterCook \*

### Freezing Figs

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit

Amount	Measure	Ingredient	Preparation Method
		Figs, whole or sliced	

Select tree-ripened soft-ripe fruit. Make sure figs have not become sour in the center. Sort, wash and cut off stems. Peel if desired. Slice or leave whole. Use one of the following packs:

**SYRUP PACK:** Use 50-percent syrup (1 cup water to 1 cup sugar). For a better product, add 3/4 teaspoon ascorbic acid or 1/2 cup lemon juice to each quart of syrup. Pack figs into containers and cover with cold syrup, leaving 1/2-inch headspace. Seal, label and freeze.

**UNSWEETENED PACK:** Pack into containers, leaving 1/2-inch headspace. Cover with water or not as desired. If water is used, ascorbic acid may be added to retard darkening of light-colored figs -- 3/4 teaspoon to each quart of water. Leave 1/2-inch headspace. Seal, label and freeze.

**CRUSHED:** Prepare figs as directed for freezing whole or sliced. Crush them coarsely. With 1 quart (1 1/2 pounds) fruit, mix 2/3 cup sugar. For a product of better quality, add 1/4 teaspoon ascorbic acid to each quart



of fruit. Pack figs into containers, leaving 1/2-inch headspace. Seal, label and freeze.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0

\* Exported from MasterCook \*

### Freezing Globe Artichokes

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Vegetables

Amount	Measure	Ingredient -- Preparation Method
		Globe artichokes
		Freezer bags or boxes

Select those with uniformly green color, compact globes and tightly adhering leaves. Size has little to do with quality or flavor. Remove outer bracts until light yellow or white bracts are reached. Cut off tops of bud and trim to a cone. Wash the hearts in cold water as soon as trimming is completed. Drain.

Scald 7 minutes. Cool, drain and pack in plastic freezer bags or can or freeze jars or plastic freezer boxes. Seal, label and freeze.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Freezing Lima Beans

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Beans Freezing

Amount	Measure	Ingredient	Preparation Method
-----	-----	-----	-----
		Lima Beans	

Select well-filled pods. Beans should be green but not starchy or mealy. Shell and sort according to size.

Water Blanch: Small beans, 1 minute; Medium beans, 2 minutes; Large beans, 3 minutes. Cool promptly in cold water and drain.

Pack into containers, leaving 1/2-inch headspace. Seal, label and freeze.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0

\* Exported from MasterCook \*

### French Sour Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
-----	-----	-----	-----
2	pounds	pickling cucumbers - (abt 3" long)	
3	tablespoons	pickling salt	
2	quarts	water	
3	cups	white vinegar, 5% acidity	

4 small white onions -- peeled  
4 small garlic cloves  
4 teaspoons mustard seeds

Wash cucumbers; slice 1/8-inch off each end. Place cucumbers in large bowl. Sprinkle with salt and cover with water. Let stand 24 hours; drain well.

Heat vinegar in medium saucepan to boiling.

Pack cucumbers in 4 hot, sterilized pint jars. Place 1 onion, 1 garlic clove, and 1 teaspoon mustard seeds in each jar. Pour boiling vinegar over cucumbers, filling to within 1/4-inch from the top. Adjust lids.

Process in boiling water 10 minutes. Start to count processing time when water in the canner returns to boiling.

Remove jars. Cool on wire racks 12 to 24 hours. Check jars for airtight seal.

This recipe yields 4 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 185 Calories (kcal); 1g Total Fat; (3% calories from fat); 6g Protein; 42g Carbohydrate; 0mg Cholesterol; 72mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 7 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Fresh Corn Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Pickles/Relishes Refrigerator  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
5	cups	fresh corn kernels
2	cups	finely-chopped onion
1	cup	chopped red pepper
1/2	cup	chopped green pepper
1	tablespoon	dry mustard
2	tablespoons	celery seed

1           tablespoon salt -- plus  
 1           teaspoon salt  
 1           cup dark brown sugar  
 2           cups cider vinegar

Place all ingredients in a stainless steel or enameled saucepan (do not use aluminum) and bring to a boil over high heat, stirring occasionally. Reduce heat, cover partially and simmer 20 minutes.

Ladle into hot, sterilized jars to 1/8-inch of the top. Seal.

This recipe yields makes 4 pints, and it is best stored in the refrigerator.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 1707 Calories (kcal); 11g Total Fat; (5% calories from fat); 29g Protein; 424g Carbohydrate; 0mg Cholesterol; 8664mg Sodium  
 Food Exchanges: 12 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 16 Other Carbohydrates

NOTES : Recipe originally from the Detroit News, 07-28-1999  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Frozen Corn

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Freezing Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	quarts	corn
1	quart	water
12	teaspoons	sugar
4	teaspoons	salt

Cut corn off cob and put in a large kettle. Add water, sugar and salt. Stir to mix. Bring to a boil. Turn down heat and simmer 10 minutes. Remove from heat and set kettle in ice water to cool quickly.

When cool, put corn and liquid into containers. Leave room for expansion as it freezes. Freeze.

To prepare for serving, heat in pan and drain. Add a touch of butter if desired.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 2329 Calories (kcal); 29g Total Fat; (9% calories from fat); 80g Protein; 522g Carbohydrate; 0mg Cholesterol; 8928mg Sodium  
Food Exchanges: 32 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 3 1/2 Other Carbohydrates

NOTES : Recipe as published in The Capitol-Journal, 07-30-1997  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Fruit Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Fruit Refrigerator  
Salsa

Amount	Measure	Ingredient -- Preparation Method
2	cups	chooped fresh fruit -- (mango, papaya, peaches, pineapple, or watermelon)
		Juice of 1/2 lime
1/4	cup	finely-chopped onion
1/4	cup	chopped cilantro or parsely
1	small	hot pepper -- finely chopped
1		sweet pepper -- diced
1	tablespoon	vegetable oil
1		garlic clove -- minced, (optional)
1/8	teaspoon	salt
1	tablespoon	vinegar

Toss fruit with lime juice. Mix in other ingredients, and chill for at least 30 minutes.

Serve as a condiment with anything from the grill, especially chicken or fish.

This recipe yields ?? servings.

Source:

"Canning Recipes at  
<http://home.earthlink.net/~evelynrussell/canrecipes.html>"  
S(Formatted for MC5):  
"08-20-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 177 Calories (kcal); 14g Total Fat; (66% calories from fat); 2g

Protein; 14g Carbohydrate; 0mg Cholesterol; 273mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 2 1/2 Fat; 0  
Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Garden Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3	cups	corn cut from cob - (abt 6 ears)
1 1/2	cups	white vinegar (5% acidity)
1 1/4	cups	chopped green pepper
1	cup	chopped sweet red pepper
1	cup	chopped onion
1	cup	chopped tomato
1	cup	sugar
1/2	cup	chopped zucchini
1/2	cup	chopped yellow squash
2	teaspoons	salt
2	teaspoons	mixed pickling spices
1	teaspoon	mustard seeds
1/2	teaspoon	dry mustard
1/2	teaspoon	ground ginger

Combine all ingredients in a large saucepan. Bring mixture to a boil; reduce heat, and simmer, uncovered, 20 minutes.

Pack hot mixture into hot sterilized jars, leaving 1/4 inch headspace. Remove air bubbles with nonmetal spatula, sliding it down the side of the jar between the food and the jar, pressing back gently to allow bubbles to escape. Wipe jar rims.

Cover at once with metal lids, and screw on bands. Process in boiling-water bath 10 minutes.

This recipe yields 6 half-pints.

#### Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

#### Yield:

"6 half-pints"

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Per serving: 938 Calories (kcal); 2g Total Fat; (1% calories from fat); 6g Protein; 236g Carbohydrate; 0mg Cholesterol; 4292mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Garden Relish II

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2		cucumbers
12	medium	onions
4		green peppers
2	medium	carrots
1/4	cup	salt
6	cups	granulated sugar
4	cups	apple cider vinegar
12		whole cloves
1	tablespoon	mustard seed
2	tablespoons	turmeric

Grind cucumbers, onions, peppers and carrots together until fine. Stir in salt and let set overnight. Drain well.

Mix in remaining ingredients. Place cloves and mustard seed in cloth bags. Bring to a boil and simmer gently for 30 minutes. Remove bag of spices. Spoon into the hot sterilized jars and seal.

This recipe yields about 12 pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"12 pints"

- - - - -

Per serving: 5905 Calories (kcal); 24g Total Fat; (3% calories from fat); 34g Protein; 1492g Carbohydrate; 0mg Cholesterol; 25911mg Sodium  
 Food Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 31 Vegetable; 4 Fruit; 4 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe originally from "The Best Of Amish Cooking" by Phyllis Pellman Good

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Garfield Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	pounds	plums -- pitted
4	pounds	peaches -- pitted, peeled
4	pounds	light brown sugar
1	pint	vinegar
1	tablespoon	cinnamon
1	teaspoon	cloves

Boil plums, peaches until tender very slow. Add brown sugar, vinegar, cinnamon, and cloves. Boil until thick.

Remove from heat, ladle into hot sterile jars, leaving about 1/4-inch headspace. Cap and give a 5 minute hot water bath.

This recipe yields about 5 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 pints"

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Per serving: 8453 Calories (kcal); 12g Total Fat; (1% calories from fat); 23g Protein; 2177g Carbohydrate; 0mg Cholesterol; 720mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 23 Fruit; 0 Fat; 118 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Garlic Chutney

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Chutneys

Amount	Measure	Ingredient -- Preparation Method
2	pounds	apples -- peeled, cored,



1 1/2 pints and quartered white vinegar  
 2 pounds dark brown sugar  
 1 pound raisins  
 2 garlic heads -- cloves separated,  
 peeled, and chopped fine  
 4 ounces crystallized ginger -- chopped fine  
 1 1/2 teaspoons dry mustard  
 1 teaspoon salt  
 1 tablespoon dry pepper flakes

Cook apples in vinegar until soft and mushy. Add remaining ingredients (adding only half the pepper flakes) and mix well. Cook over moderate heat about 10 minutes. Taste. If spicier taste wanted, add remaining pepper flakes. Cook 15 minutes more, stirring occasionally.

Pour into sterile jars and seal. If not sealing, store in refrigerator.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 5764 Calories (kcal); 6g Total Fat; (0% calories from fat); 17g Protein; 1413g Carbohydrate; 99mg Cholesterol; 2615mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 32 Fruit; 0 Fat; 68 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Garlic Dill Pickles

Recipe By :Larry Speakman, Ontario, Canada  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
50	small	slim cucumbers, abt 3" to 4" long
4	cups	white vinegar (no more than 5% acid)
3/4	cup	coarse salt -- not table salt
8	cups	water
		Fresh dill
		Garlic cloves -- peeled

Put cucumbers in cold water and let stand overnight. (The fresher the cucumbers are, the crisper the pickles will be. I try to pick them "today", soak them overnight, then pickle them "tomorrow".)

Drain the cukes, wipe dry and pack in sterilized jars. Put vinegar, salt and water in a saucepan and bring to boiling point. Pour over cucumbers in jars. Put one or two large sprigs of dill and one to three cloves of garlic, depending on your taste, in each jar.

Seal jars. Process the jars in a boiling water bath for about 15 minutes. Store in a cool place for about 5 or 6 weeks before using.

This recipe yields 6 to 8 quarts.

Comments: I make about 35 quarts of these dills every year, and all my friends love them! I also put half of a habanero pepper in some of my jars, to give the pickles a bit of a kick, if you like hot stuff.

If you like hot pickles and can't find habanero peppers, try Scotch Bonnet, Hot Portugal, or, as a last resort, Jalapeño, although they're not very dependable as far as heat is concerned.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 to 8 quarts"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 67737mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Garlic Dill Pickles II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
1	quart	distilled white vinegar	
3/4	cup	pickling salt	
2	quarts	water	
2/3	cup	sugar	
1 1/2	teaspoons	dill seed	
1 1/2	teaspoons	celery seed	
30		black peppercorns	
12		garlic cloves	
12	sprigs	fresh dill	
5	pounds	small pickling cucumbers	-- rinsed

Sterilize canning jars, lids and screw bands according to manufacturer's directions. Simmer vinegar, salt, water, and sugar in large non-aluminum saucepan.

In 1 sterilized jar at a time, place 1/4 teaspoon each dill and celery seed, 5 peppercorns, 2 cloves garlic, 2 sprigs fresh dill. Pack with cucumbers. Pour hot vinegar mixture into jars, leaving 1/2-inch headspace. Cover with lids; screw on bands.

Process jars for 5 minutes; water should cover jars by 1 inch. Remove jars to rack to cool. Test seals. Store in cool, dark place for at least 6 weeks.

This recipe yields ??

Source:

"http://www.thatsmyhome.com/pickles.htm"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 643 Calories (kcal); 3g Total Fat; (3% calories from fat); 7g Protein; 157g Carbohydrate; 0mg Cholesterol; 136mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1/2 Fat; 9 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Garlic Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1/2	cup	finely-chopped fresh garlic	
2	cups	white wine vinegar	
5 1/2	cups	sugar	
3	cups	water	
1	package	powdered pectin - (2 oz)	
1/4	teaspoon	butter or oil	
2	drops	food coloring -- (optional)	

Combine garlic and vinegar in a 2 quart kettle. Simmer mixture gently, uncovered, over medium heat for 15 minutes. Remove pan from heat and pour mixture into a 1 quart glass jar. Cover and let stand at room temperatures for 24 to 36 hours.

Pour flavored vinegar through a wire strainer into a bowl, pressing the garlic with the back of a spoon to squeeze out liquid. Discard any

residue. Measure the liquid and add vinegar, if needed, to make 1 cup.

Measure sugar into a dry bowl. Combine the garlic-vinegar solution and the water in a 5 or 6 quart kettle. Add pectin, stirring well. Over high heat, bring mixture to boil, stirring constantly to avoid scorching. Add sugar, and stir well. Bring mixture to a full, rolling boil. Add butter to reduce foaming. Continue stirring. Boil the mixture hard for exactly 2 minutes.

Remove pan from heat and skim off any foam. Add red, yellow or orange food coloring if desired. Pour jelly into prepared glasses. Seal according to directions on recipe folder in pectin package.

This recipe yields approximately 5 half-pints.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 4324 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1127g Carbohydrate; 0mg Cholesterol; 37mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 75 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Garlic Or Shallot Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	finely-chopped garlic or shallots
3	cups	white wine vinegar -- more or less
2	cups	water
6	cups	sugar
2	pouches	liquid pectin - (3 oz ea)

Combine garlic or shallots and 3 cups of the vinegar in a 2 to 2 1/2 quart pan over medium heat. Simmer gently, uncovered, for 15 minutes. Remove from heat and pour into a glass jar. Cover and let stand at room temperature for 24 to 36 hours; then pour through a fine strainer into a bowl, pressing garlic or shallots with the back of a spoon to squeeze out as much liquid as possible. Discard residue. Measure liquid; if necessary, add or reduce vinegar to make 2 cups.

Prepare seven 1/2-pint canning jars. In a 5- to 6-quart pan, combine flavored vinegar, water, and sugar. Bring to a rolling boil over medium-high heat. Stir in pectin and bring to a rolling boil that cannot be stirred down. Boil, stirring constantly, for 1 minute. Remove from heat and skim off foam.

Ladle hot jelly into hot, sterilized half-pint jars, leaving 1/8-inch headspace. Wipe rims and threads clean; top with hot lids, then firmly screw on bands.

Process in boiling water canner for 5 minutes. Store in a cool place for up to 2 years.

This recipe yields 7 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 half-pints"

- - - - -

Per serving: 4745 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1241g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 83 1/2 Other Carbohydrates

NOTES : Recipe originally from Sunset Gifts From Your Kitchen by the Editors of Sunset Books and Magazines  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Georgia Peach Conserve

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient -- Preparation Method
5	cups	coarsely-chopped ripe peaches
2	cups	sugar
1	medium	orange -- seeded, chopped
1/4		lemon -- seeded, chopped
1/2	cup	seedless raisins
1/2	cup	pecans -- chopped

Place peaches in a heavy enameled saucepan. Add sugar, chopped orange and juice, and chopped lemon and juice; mix to blend and let stand 1 to 2 hours. Place over low heat and cook until fruit gives off quite a bit of juice.

Bring to a boil, reduce heat, and let simmer, stirring often, until very thick. Stir in pecans and cook 5 minutes longer. Seal in hot sterilized jars.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 2190 Calories (kcal); 37g Total Fat; (14% calories from fat); 8g Protein; 484g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 5 Fruit; 7 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Gerry's Squash Pickles

Recipe By :Gerry Wright

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
20	cups	thinly-sliced squash
4		chopped onions
4	tablespoons	salt
3		sweet peppers
1		cayenne pepper -- or to taste
4	cups	sugar
2	tablespoons	turmeric
2	tablespoons	celery salt
2	tablespoons	mustard seed
2	teaspoons	powdered alum
2	cups	vinegar
2	cans	pimentos - (4 oz ea)

Slice squash, add onions and salt; mix thoroughly. Let stand for 3 hours; drain thoroughly.

Combine remaining ingredients. Heat to boiling, add squash and onions and let boil 3 minutes while stirring. Pack in sterilized jars and seal.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3633 Calories (kcal); 12g Total Fat; (2% calories from fat); 17g Protein; 912g Carbohydrate; 0mg Cholesterol; 35125mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 11 Vegetable; 0 Fruit; 2 Fat; 55 1/2 Other Carbohydrates

NOTES : Recipe originally from Gerry Wright of Crossville, as published in the Crossville Chronicle, 08-09-2000  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Giardiniera (Pretty Pickle)

Recipe By : n/a  
Serving Size : 1 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2 1/4	pounds	small carrots - (3/4" dia)
1	bunch	celery
4		capsicums (peppers)
1	large	cauliflower - (abt 2 lbs)
2 1/4	pounds	small white onions -- peeled
1	cup	salt
8 1/2	pints	cold water
4 1/4	pints	white vinegar
1/4	cup	mustard seed
2	tablespoons	celery seed
3		dried chillies
2 1/2	cups	sugar

Peel carrots, cut in half lengthwise then into 1 1/2-inch long pieces. Cut celery into similar sized pieces. Remove seeds from capsicums and cut into 3/4-inch strips, 1 1/2 inches long. Break the cauliflower into 1 1/2-inch flowerets. Dissolve the salt in cold water. Cover the vegetables with this brine and leave overnight. A clean (new) plastic bucket is a suitable container. After 12 to 18 hours drain the vegetables, rinse in cold water, and allow to drain again.

Select jars with glass or enamelled lids. Wash and rinse well, then dry in a warm oven, 215 to 220 degrees.

In a large enamel or stainless steel pan combine vinegar, mustard seed, celery seed, chillies and sugar. Boil for 3 minutes and then add the carrots and onions and boil for 5 minutes. Fill the warmed jars with hot vegetables and top up with vinegar to within 1/2-inch of rim. Close lids firmly.

This recipe yields approximately 3 quarts.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-25-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 quarts"

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Per serving: 2838 Calories (kcal); 18g Total Fat; (5% calories from fat); 24g Protein; 721g Carbohydrate; 0mg Cholesterol; 102552mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 14 Vegetable; 0 Fruit; 2 1/2 Fat; 41 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ginger Marmalade

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Marmalades

Amount	Measure	Ingredient -- Preparation Method
5		Seville oranges
1 1/2	cups	water
3	ounces	fruit pectin
1/8	teaspoon	baking soda
5	cups	sugar
8	ounces	preserved ginger -- chopped

Cut oranges into quarters; peel. Slice off any white pith from the peel then slice the rind very fine. Put the rind, water, and soda in a saucepan. Bring to a boil then reduce heat and simmer for 20 minutes.

Meanwhile, discard all white pith and seeds from the orange sections then chop the fruit. Add fruit pulp and juice to the saucepan and simmer for another 10 minutes.

Take 3 cups of the cooked mixture and pour into another large sauce-pan. Add the sugar and mix thoroughly then bring to a boil for 1 minute, stirring constantly. Remove from heat and stir in the pectin. Skim off the foam and fold in the ginger.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 4638 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 999g Carbohydrate; 198mg Cholesterol; 178mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ginger Peach Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	ripe peaches	-- peeled, cubed
1/4	cup	crystallized ginger	-- finely chopped
6	cups	sugar	
1	box	Sure-Jell fruit pectin	

Peel and pit peaches; finely chop or grind. Pour into 6- to 8-quart sauce pot; add ginger. Measure sugar and set aside. Mix fruit pectin into fruit in sauce pot. Place over high heat and stir until mixture comes to a full boil. Immediately add all sugar and stir. Bring to a full rolling boil and boil 1 minute, stirring constantly.

Remove from heat and skim off foam with metal spoon. Ladle quickly into hot jars, fill to 1/8 inch of tops. Wipe jar rims and threads. Cover with two piece lids. Screw bands tightly. Invert jars for 5 minutes, then turn upright.

After 1 hour, check seals. Or follow water bath method recommended by USDA.

This recipe yields about 8 half-pint jars.

#### Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

#### Yield:

"8 half-pints"

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Per serving: 4788 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1199g Carbohydrate; 37mg Cholesterol; 37mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 83 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Ginger Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
5	pounds	cucumbers
3	cups	lime
1/2	cup	alum
1/2		box ginger
3	pints	vinegar
		Yellow food coloring
5	pounds	sugar
1/2		box pickling spices

Remove all peeling and seeds from cucumbers and cut into strips. Mix 3 cups lime in 2 gallons water; soak 24 hours. Then wash cucumbers.

Mix 1/2 cup alum in 2 gallons water; soak 3 hours (drain, do not wash).

Mix 1/2 box or cup ginger in 2 gallons water. Soak 6 hours (drain, do not wash).

Mix 3 pints vinegar, yellow food coloring, 3 pints water, 5 pounds sugar and 1/2 box pickling spices with cucumbers. Cook 1 hour. Place in jars and seal.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 9452 Calories (kcal); 4g Total Fat; (0% calories from fat); 19g Protein; 2476g Carbohydrate; 0mg Cholesterol; 93mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 13 Vegetable; 4 Fruit; 0 Fat; 158 Other Carbohydrates

NOTES : Recipe originally from "Feeding the Flock," a cookbook put together by Georgia Baptist ministers' wives

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Ginger Rhubarb Preserves

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies  
 Preserves

Amount	Measure	Ingredient	Preparation Method
4	pounds	fresh rhubarb	
1	cup	water	
1/4	cup	lemon juice	
1	piece	fresh gingerroot, 2" long	
3	pounds	sugar	
1/2	cup	finely-chopped crystallized ginger	

Wash and trim the rhubarb. Cut into 1-inch pieces. Put rhubarb, water and lemon juice into a saucepan and bring to a boil. Peel and slightly crush the fresh ginger (in 1 piece). Add to the rhubarb. Reduce the heat and simmer until the rhubarb is soft. Remove ginger.

Add sugar and cook over low heat, stirring constantly, until the sugar is dissolved. Stir in crystallized ginger and bring to a boil. Boil rapidly for about 10 minutes or until the jam has reached the setting point.

Pour into hot clean jars and seal immediately. Let cool, then refrigerate.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 5286 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1366g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 91 1/2 Other Carbohydrates

NOTES : Recipe from "Wonderful Ways To Prepare Preserves" and as published in the Columbus Dispatch, 03-01-2000

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ginger-Grape Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	pounds	grapes	
3	tablespoons	minced fresh gingerroot	

1/3 cup water  
 3 cups granulated sugar  
 2 tablespoons fresh lemon juice

Halve and seed the grapes, then chop. There will be about 6 cups. In a Dutch oven or large saucepan, combine the grapes, gingerroot and water. Bring to a boil over medium heat; simmer, covered, for 10 minutes or until tender. Add sugar and lemon juice; stir until sugar is dissolved. Increase heat to high; boil, uncovered, stirring often, for 8 to 12 minutes or until mixture reaches jam stage. Remove from heat and skim foam from surface. Ladle into sterilized jars and seal using 2-piece lids.

To test for jam stage: Place 2 small saucers in freezer before you start. Place a teaspoon of hot jam mixture on plate and return to freezer for 2 minutes until cool. (Remove pan from heat to prevent overcooking.) If jam is thick enough, ladle into jars; if too thin, boil longer and repeat jam test.

This recipe yields about 3 1/2 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 1/2 cups"

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Per serving: 2878 Calories (kcal); 0g Total Fat; (0% calories from fat); 4g Protein; 751g Carbohydrate; 0mg Cholesterol; 23mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 1/2 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe from The World of CAPE Fruit/FBI Foods LTD., and as published in The Oak Ridger, 05-03-2000

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Gingered Holiday Chutney

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Refrigerator Chutneys

Amount	Measure	Ingredient	Preparation Method
2	cups	brown sugar - (packed)	
3/4	cup	vinegar	
1/2	teaspoon	salt	
1/4	teaspoon	ground cinnamon	
1/4	teaspoon	ground red pepper	
1		lime	
1		lemon	

1 pound fresh anjou pears -- cored, pared,  
 and coarsely chopped - (abt 3 cups)  
 1 cup chopped sweet red pepper  
 1 cup chopped green pepper  
 1 cup chopped onion  
 1 tablespoon chopped candied ginger  
 1 cup light raisins

In a saucepan combine brown sugar, vinegar, salt, cinnamon, and red pepper. Bring to boiling. Reduce heat to low and simmer, uncovered, 10 minutes. Finely shred peel from lime and lemon; squeeze juice from each.

In a large bowl combine lime and lemon peel and juices, pears, peppers, onion, and ginger. Add raisins, mixing gently. Add mixture to hot syrup. Heat to boiling; reduce heat to low and simmer, uncovered, about 1 hour or until thick.

Ladle chutney at once into hot, clean pint jars, leaving a 1/4-inch headspace. Wipe jar rims; adjust lids. Process in boiling water bath for 15 minutes (start timing when water boils). You can skip the canning procedure, and instead store the jars of chutney in the refrigerator.

This recipe yields ?? servings.

Comments: Serve as accompaniment to cooked ham, poultry, or other meat. (If chutney isn't processed in hot water bath be sure to include a note about refrigerating if giving as gifts.)

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 159 Calories (kcal); 1g Total Fat; (3% calories from fat); 4g Protein; 48g Carbohydrate; 0mg Cholesterol; 1079mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 1 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Gingered Spring Jam

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	quarts	strawberries	
1	pound	rhubarb	

2 ounces crystallized ginger -- minced  
 1/4 cup lemon juice  
 1 package pectin  
 5 1/2 cups sugar

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Crush strawberries and measure 4 cups. Finely chop rhubarb and measure 2 1/2 cups.

Combine strawberries, rhubarb, ginger and lemon juice in a large saucepot. Stir in Fruit Jell pectin. Bring mixture to a boil over high heat, stirring constantly. Add sugar. Return mixture to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Carefully ladle hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight. Process 10 minutes in a boiling-water canner. For altitude adjustment increase processing as indicated: 1,001 to 3,000 ft - 5 minutes; 3,001 to 6,000 ft - 10 minutes; 6,001 to 8,000 ft - 15 minutes; 8,001 to 10,000 ft - 20 minutes.

This recipe yields about 6 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
 S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

- - - - -

Per serving: 5084 Calories (kcal); 5g Total Fat; (0% calories from fat); 10g Protein; 1256g Carbohydrate; 49mg Cholesterol; 190mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Glazed Pears

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
6	pounds	pears - (to 7)
8	cups	water

3 cups sugar  
 1/4 cup lemon juice  
 8 whole cloves  
 3/4 cup orange marmalade  
 1 cup dried apricots

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Peel pears, cut into halves and core. Treat fruit to prevent darkening. Combine water, sugar, lemon juice and cloves in a large saucepot. Bring to a boil; reduce heat and simmer 5 minutes.

Drain pears. Cook pears one layer at a time in syrup 15 minutes, turning frequently. Remove pears from syrup. Add marmalade and dried apricots to syrup; bring to a boil and cook 1 minute. Pack hot pears into hot jars, alternating with apricots, leaving 1/2-inch headspace.

Carefully ladle hot syrup over fruit, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 25 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 3 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
 S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 quarts"

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Per serving: 3407 Calories (kcal); 11g Total Fat; (2% calories from fat); 9g Protein; 876g Carbohydrate; 0mg Cholesterol; 339mg Sodium  
 Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fruit; 2 Fat; 51 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Gooseberry Chutney

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutneys

Amount Measure Ingredient -- Preparation Method  
 -----

3 pounds gooseberries  
 1/2 pound onions  
 1 pound sugar  
 1/2 pint water  
 1/2 ounce salt  
 1 tablespoon ground ginger  
 1/2 teaspoon cayenne pepper  
 1 pint vinegar

Top and tail the berries, and chop roughly. Chop the onions finely and cook with the berries in the water until they are well softened. Add the other ingredients, and simmer until the chutney becomes thick, stirring occasionally. Bottle while hot and cover immediately. This chutney becomes more mellow in flavor the longer it is kept.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
 S(Formatted for MC5):  
 "11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 2523 Calories (kcal); 9g Total Fat; (2% calories from fat); 15g Protein; 642g Carbohydrate; 0mg Cholesterol; 5532mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 Vegetable; 9 1/2 Fruit; 0 Fat; 32 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Gooseberry Chutney II

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutneys  
 Fruit

Amount	Measure	Ingredient	Preparation Method
1	cup	brown sugar - (packed)	
1	cup	sugar	
1	cup	cider vinegar	
1/4	teaspoon	ground nutmeg	
1		cinnamon stick - (3" long)	
4		whole cloves	
4	whole	allspice	
4	cups	fresh, frozen or canned gooseberries	

In a saucepan, combine sugars, vinegar and nutmeg. Place the cinnamon, cloves and allspice in a cheesecloth bag; place in saucepan. Simmer until sugar is dissolved.



Add gooseberries; simmer, uncovered, for 20 to 30 minutes or until mixture is very thick, stirring occasionally.

Remove and discard spice bag. Store in the refrigerator. Serve the chutney with pork or ham.

This recipe yields about 2 1/4 cups.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 1/4 cups"

- - - - -

Per serving: 959 Calories (kcal); 8g Total Fat; (6% calories from fat); 3g Protein; 248g Carbohydrate; 0mg Cholesterol; 87mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 14 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Gooseberry Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/2	pounds	fully ripe gooseberries	
1	cup	water	
7	cups	sugar	
1	box	Sure-Jell fruit pectin	

First prepare the juice. Thoroughly crush, one layer at a time, or grind about 4 1/2 pounds gooseberries. Place in saucepan and add 1 cup water. Bring to a boil. Cover and simmer 10 minutes. Place in jelly cloth or bag and let drip. When dripping has almost ceased, press gently. Measure 5 1/2 cups into 6- or 8-quart saucepan.

Then make the jelly. Measure sugar and set aside. Mix fruit pectin into juice in saucepan. Place over high heat and stir until mixture comes to a full boil. Immediately add sugar and stir. Bring to a full rolling boil and boil hard 1 minute, stirring constantly.

Remove from heat and skim off foam with metal spoon. Ladle quickly into hot sterilized jars, filling to within 1/8-inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Invert jars for 5 minutes, then turn upright. After 1 hour, check seals.

This recipe yields about 8 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 cups"

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Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe as published in The Capitol-Journal, 07-30-1997

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

#### Grace Armour's Dill Pickles

Recipe By :Grace Armour

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
24		cucumbers - (3" to 4" long)
6		garlic cloves - (to 7)
6		dill flower heads - (to 7)
		Mustard seed -- as needed
		=== BRINE ===
2	cups	cider vinegar
4	cups	water
2	tablespoons	pickling salt

Wash and scrub cucumbers cutting out any imperfections. Soak in ice water two to three hours or longer.

Prepare brine. To each 1-pint-sized jar add 1 clove garlic, 1 head of dill and 1/2 teaspoon mustard seed. Place 3 to 4 cucumbers in each jar. Bring brine to a boil and keep hot while filling jars.

Pour hot brine over cucumbers to within 1/2-inch of jar tops. Adjust lids and process in a boiling water bath of 212 degrees for 15 minutes.

This recipe yields 6 or 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 67 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 28g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 Other Carbohydrates

NOTES : A family recipe from Grace Armour. Armour's recipe was the Grand Champion winner in the pickle category at the 1999 Monroe County Fair

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Gram's Zucchini Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
12	cups	chopped unpeeled zucchini (chop as fine as possible)
4	cups	chopped onions
2	cups	chopped green peppers
5	tablespoons	salt
=== VINEGAR MIXTURE ===		
2 1/2	cups	vinegar
6	cups	sugar
1	tablespoon	dry mustard
3/4	teaspoon	nutmeg
3/4	tablespoon	cornstarch
3/4	teaspoon	turmeric
1 1/4	teaspoon	celery seed
1/4	teaspoon	freshly-ground black pepper

Combine zucchini, onions, peppers, and salt in a large bowl and leave to sit overnight. Rinse ingredients in cold water the following day.

Combine vinegar mixture ingredients in a large kettle. Mix and cook on stove top until the mixture starts to thicken. Add the zucchini mixture and cook for 30 minutes boiling slowly.

Pack in hot jars and seal.

This recipe yields 6 to 8 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 to 8 pints"

- - - - -

Per serving: 5120 Calories (kcal); 4g Total Fat; (0% calories from fat); 12g Protein; 1318g Carbohydrate; 0mg Cholesterol; 32024mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 12 1/2 Vegetable; 0 Fruit; 1/2 Fat; 83 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Grand Champion Peach Jam

Recipe By : Brian Noyes  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
8	cups	chopped peeled pitted peaches -- slightly mashed = (abt 11 large peaches)
4	tablespoons	freshly-squeezed lemon juice
1 1/2	packages	powdered fruit pectin - (1.75 oz ea) = (abt 6 tbsps)
7	cups	sugar
1	tablespoon	finely-chopped crystallized ginger
1/4	teaspoon	freshly-grated ginger root -- (optional)
1/2	teaspoon	freshly-ground nutmeg
1/2	teaspoon	ground cinnamon
1	pinch	ground cloves
1	pinch	ground allspice
		Grated zest of 1/2 lemon

To prepare jars: Sterilize jars, rings and lids according to manufacturer's directions.

To make jam: In large saucepan over medium heat, bring peaches and lemon juice to a boil. Add pectin. Return mixture to a boil. Stirring constantly, slowly add sugar. Stir in crystallized ginger, fresh ginger, nutmeg, cinnamon, cloves, allspice and lemon zest. Continue to boil, stirring constantly, for 1 minute. Remove from heat. Skim foam from top of jam.

To seal jam: Carefully pour jam into sterilized jars, leaving 1/4-inch space between jam and neck of jar. Wipe rims of jar. Cover with flat lids. Screw bands on, being careful not to tighten bands too tightly. Seal jars according to manufacturer's directions.

To store: Unopened jars of jam will keep for about 1 year. It is not necessary to refrigerate jam until jars have been opened.

This recipe yields 6 pints.

Comments: I wait to make this jam until midseason when freestone peaches are available. Unlike the earlier-peaking clingstone peach, the pit of the freestone peach slides right out when you halve the fruit, and the entire jam-making process is much easier -- and quicker. I've learned that a paring knife works best for peeling. Chop the fruit roughly the size of a pair of dice.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

- - - - -

Per serving: 5422 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1400g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe originally from Brian Noyes, won first place, and was named champion of the category and grand champion of the entire division at the Arlington Virginia County Fair

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Grandma's Bread And Butter Pickles

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	quarts	sliced cucumbers
6	medium	white onions -- peeled, and cut into thin slices
1/3	cup	coarse salt
		=== SYRUP ===
3	cups	sugar
1 1/2	teaspoons	turmeric
1 1/2	teaspoons	celery seed
2	tablespoons	mustard seed
3	cups	white vinegar

Do not pare cucumbers, just wash them and cut them in thin slices. I use a crock for these, while preparing. Mix cucumbers, onion and add salt. Cover with ice. Let set overnight. You may have to add more ice. You want them to stay very cold. When ready to prepare, rinse them very well.

Syrup: Combine syrup and bring to a boil. When sugar is dissolved, add cucumbers. Heat to boiling. Pack into hot, sterilized jars. Remove air bubbles. Process for 10 minutes in a hot water bath.

This recipe yields ??

Source:

"http://www.thatsmyhome.com/pickles.htm"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3051 Calories (kcal); 11g Total Fat; (3% calories from fat); 27g Protein; 763g Carbohydrate; 0mg Cholesterol; 30159mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 19 1/2 Vegetable; 0 Fruit; 1 Fat; 43 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Grandma's Elegant Strawberry Preserves

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	quarts	firm ripe small strawberries
1/2	cup	fresh lemon juice
6 2/3	cups	sugar

Combine strawberries and sugar in a large, heavy saucepan or Dutch oven, and allow to stand for 3 to 4 hours. Over medium-low heat, bring mixture slowly to a boil, and stir until sugar is thoroughly dissolved. Add the lemon juice, and increase heat to high. Boil rapidly until strawberries are transparent and syrup is thick (about 12 minutes).

Remove from heat, and skim any foam from surface of mixture. With a slotted spoon, remove the strawberries from the syrup and place in a shallow container. Return the syrup to heat, bring to a boil and cook for 8 minutes. Pour hot syrup over strawberries. Cover container loosely with a clean towel, and allow to stand in a cool place for at least 12 and not more than 24 hours.

Skim any foam from surface. Do not stir mixture, but shake it occasionally so strawberries absorb the syrup and are distributed evenly. Pour into hot jars, leaving 1/4-inch head space. Adjust jar caps, and process for 20 minutes in boiling water.

This recipe yields about 5 half-pints.

Source:

"My Front Porch (canning archive) at http://www.flash.net/~tinyt"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:  
"5 half-pints"

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Per serving: 5190 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1343g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 89 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Grape Catsup

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Condiments

Amount	Measure	Ingredient	Preparation Method
5	pounds	Concord grapes	
1/2	cup	water	
5	cups	sugar	
2	cups	vinegar	
1	teaspoon	salt	
1/2	cup	mixed pickling spices	

Cover grapes with water. Bring to a boil. Put the softened grapes through a food mill, colander or sieve and add sugar, vinegar, and salt. Tie pickling spices in a bag and add. Simmer and stir until thick.

Remove spice bag and pour the grape mixture into hot sterilized jars. Seal and process 15 minutes in a boiling-water bath, for pints.

This recipe yields about 4 pints.

#### Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:  
"4 pints"

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Per serving: 5484 Calories (kcal); 9g Total Fat; (1% calories from fat); 13g Protein; 1411g Carbohydrate; 0mg Cholesterol; 2194mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 26 Fruit; 0 Fat; 69 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Grape Conserve

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Conserves  
 Fruit

Amount	Measure	Ingredient -- Preparation Method
4 1/2	cups	grapes with skins removed (abt 4 lbs Concord grapes)
1		orange
4	cups	sugar
1	cup	seedless raisins
1/2	teaspoon	salt
		Skins from grapes
1	cup	nuts -- chopped fine

To prepare fruit. Sort and wash grapes; remove from stems. Slip skins from grapes; save skins. Measure skinned grapes into a kettle and boil, stirring constantly, for about 10 minutes, or until seeds show. Press through a sieve to remove seeds. Chop orange fine without peeling it.

To make conserve. Add orange, sugar, raisins, and salt to sieved grapes. Boil rapidly, stirring constantly, until the mixture begins to thicken (about 10 minutes). Add grape skins and boil, stirring constantly, to 9 degrees above the boiling point of water (221 degrees), about 10 minutes. Do not overcook; the mixture will thicken more on cooling. Add nuts and stir well. Remove from heat; skim.

Fill and seal containers. Process 5 minutes in boiling water. Remove jars; cool and store.

This recipe yields 8 or 9 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 or 9 half-pints"

Per serving: 4469 Calories (kcal); 81g Total Fat; (15% calories from fat); 30g Protein; 960g Carbohydrate; 0mg Cholesterol; 1107mg Sodium  
 Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 8 1/2 Fruit; 14 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0



\* Exported from MasterCook \*

### Grape Conserves Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Conserves  
Fruit

Amount	Measure	Ingredient -- Preparation Method
4 1/2	cups	grapes with skins removed (abt 4 lbs Concord grapes)
1		orange
4	cups	sugar
1	cup	seedless raisins
1/2	teaspoon	salt
		Skins from grapes
1	cup	nuts -- chopped fine

To prepare fruit. Sort and wash grapes; remove from stems. Slip skins from grapes; save skins. Measure skinned grapes into a kettle and boil, stirring constantly, for about 10 minutes, or until seeds show. Press through a sieve to remove seeds.

Chop orange fine without peeling it.

To make conserve. Add orange, sugar, raisins, and salt to sieved grapes. Boil rapidly, stirring constantly, until the mixture begins to thicken (about 10 minutes).

Add grape skins and boil, stirring constantly, to 9 degrees above the boiling point of water (about 10 minutes). Do not overcook; the mixture will thicken more on cooling. Add nuts and stir well. Remove from heat; skim.

Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields 8 or 9 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 or 9 half-pints"

-----  
Per serving: 4469 Calories (kcal); 81g Total Fat; (15% calories from fat); 30g Protein; 960g Carbohydrate; 0mg Cholesterol; 1107mg Sodium  
Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 8 1/2 Fruit; 14 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Grape Jelly Made From Frozen Concentrated Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6 1/2	cups	sugar	
2 1/2	cups	water	
1	bottle	liquid pectin	
2 1/4	cups	frozen grape juice concentrate	-- (3 six-oz cans)

Stir sugar into water. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Boil hard for 1 minute.

Remove from heat. Stir in pectin. Add thawed concentrated grape juice and mix well. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in a boiling water bath.

This recipe yields about 10 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"10 half-pints"

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Per serving: 5031 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1299g Carbohydrate; 0mg Cholesterol; 31mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Grape Jelly With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
-----			

4 cups grape juice  
 (abt 3 1/2 lbs Concord grapes,  
 and 1/2 cup water)  
 7 cups sugar  
 1/2 bottle liquid pectin

To prepare juice. Sort, wash, and remove stems from fully ripe grapes. Crush grapes, add water, cover, and bring to boil on high heat. Reduce heat and simmer for 10 minutes. Extract juice.

To prevent formation of tartrate crystals in the jelly, let juice stand in a cool place overnight, then strain through two thicknesses of damp cheesecloth to remove crystals.

To make jelly. Measure juice into a kettle. Stir in sugar. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add pectin and heat again to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in a boiling water bath.

This recipe yields 8 or 9 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 or 9 half-pints"

- - - - -

Per serving: 6035 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 1550g Carbohydrate; 0mg Cholesterol; 44mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 10 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
 Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Grape Jelly With Powdered Pectin

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
5	cups	grape juice (abt 3 1/2 lbs Concord grapes, and 1 cup water)	

1 package powdered pectin  
7 cups sugar

To prepare juice. Sort, wash, and remove stems from fully ripe grapes. Crush grapes, add water, cover, and bring to boil on high heat. Reduce heat and simmer for 10 minutes. Extract juice.

To prevent formation of tartrate crystals in the jelly, let juice stand in a cool place overnight, then strain through two thicknesses of damp cheesecloth to remove crystals that have formed.

To make jelly. Measure juice into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and bring again to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in a boiling water bath.

This recipe yields 8 or 9 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 or 9 half-pints"

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Per serving: 6190 Calories (kcal); 1g Total Fat; (0% calories from fat); 7g Protein; 1588g Carbohydrate; 0mg Cholesterol; 52mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 12 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Grape Jelly Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	grape juice (takes abt 3 1/2 lbs Concord grapes, and 1/2 cup water)	
3	cups	sugar	

To prepare juice. Select about one-fourth underripe and three-fourths

fully ripe grapes. Sort, wash, and remove stems from grapes. Crush grapes, add water, cover and bring to boil on high heat. Reduce heat and simmer for 10 minutes. Extract juice.

To prevent formation of tartrate crystals in the jelly, let juice stand in a cool place overnight, then strain through two thicknesses of damp cheesecloth to remove crystals.

To make jelly. Measure juice into a kettle. Add sugar and stir well. Boil over high heat to 8 degrees above the boiling point of water (220 degrees), or until jelly mixture sheets from a spoon.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers, seal and process 5 minutes in boiling water. Remove jars; cool and store.

This recipe yields 5 six-ounce glasses.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 six-ounces glasses"

- - - - -

Per serving: 2939 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 751g Carbohydrate; 0mg Cholesterol; 36mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 10 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Grape Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Juice

Amount	Measure	Ingredient	Preparation Method
		Grapes	
		Water	
		Sugar	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash, crush and measure grapes. Add 1 cup water to each gallon crushed grapes. Heat grapes and water 10 minutes at 190 degrees. Do not boil. Strain juice through a damp jelly bag or several layers of cheesecloth.

For a greater yield, twist end of the bag until all juice is extracted. Let juice stand 24 hours in refrigerator.

Ladle juice from pan, being careful not to disturb sediment. Strain juice again. Measure juice; add 1 to 2 cups sugar to each gallon juice. Reheat to 190 degrees.

Carefully ladle hot juice into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints and quarts 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Grapefruit-Cranberry Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Marmalades

Amount	Measure	Ingredient	Preparation Method
4	medium	grapefruit	- (4 lbs)
1 1/2	cups	water	
2 1/2	cups	fresh cranberries	
3	cups	sugar	

Using a vegetable peeler, carefully remove rind from grapefruit; discard bitter white pith. Cut rind into julienne strips. Peel and section grapefruit; set sections aside.

Combine grapefruit rind, sections, and water in a large saucepan; bring to a boil. Reduce heat to medium, and simmer 15 minutes, stirring occasionally. Add cranberries, and cook 10 minutes. Stir in sugar; cook 30 minutes or until slightly thickened, stirring occasionally.

Pour into decorative jars or airtight containers. Store in refrigerator for up to 3 weeks. Alternately ladle into hot sterilized jars; seal. Process 10 minutes in a boiling water bath.

This recipe yields about 5 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 half-pints"

- - - - -

Per serving: 2438 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 630g Carbohydrate; 0mg Cholesterol; 19mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe originally from "Cooking Light" magazine, Jan/Feb 1995, page 130

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Grapes, Pineapple And Peaches In White Grape Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	grapes per quart - (to 1)
1/2		pineapple per quart - (to 1) -- abt 5 lbs)
3/4	pound	peaches per quart - (to 1)
		Unsweetened white grape juice

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash and drain grapes. Peel pineapple; remove "eyes" and core; cut into 1-inch chunks. Peel peaches, cut into halves and remove pits. Treat peaches to prevent darkening. Drain; rinse and drain again. Cook a small amount of each fruit together in water until hot throughout. Heat white grape juice just to a boil. Pack hot fruit into hot jars, leaving 1/2-inch headspace.

Carefully ladle hot juice over fruit, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 20 minutes, quarts 25 minutes, in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Green Beans

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient	Preparation Method
2	pounds	green beans	per quart jar
		Salt	-- (optional)

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash and rinse beans thoroughly. Remove string, trim ends and break or cut freshly gathered beans into 2-inch pieces. Place beans in a large saucepot and cover with boiling water; boil 5 minutes. Pack hot beans into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired.

Carefully ladle boiling water over beans, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 20 minutes, quarts 25 minutes, at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields ??

Comments: The processing time given applies only to young, tender pods. Beans that have almost reached the "shell-out" stage require a longer



processing time. Add 15 minutes for pints, 20 minutes for quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Green Beans Oregano

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	pounds	green beans
1	medium	onion -- sliced, and separated into rings
		White ground pepper -- as needed
		Oregano -- as needed

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash and drain beans. Remove strings and break or cut beans into 2-inch pieces. Combine green beans and onion rings in a large saucepot. Cover with boiling water and boil 5 minutes.

Pack hot green beans and onions into hot jars, leaving 1-inch headspace. Add 1/8 teaspoon of white pepper and 1/4 teaspoon oregano to each pint jar.

Carefully ladle hot cooking liquid or boiling water over beans and onions, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 20 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 6 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

- - - - -

Per serving: 785 Calories (kcal); 3g Total Fat; (2% calories from fat); 45g Protein; 180g Carbohydrate; 0mg Cholesterol; 147mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 35 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Green Chili-Pepper Jelly

Recipe By :Deborah Biggs

Serving Size : 0 Preparation Time :0:00

Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2		long green chili peppers - (abt 4")
1	medium	green bell pepper
1 1/2	cups	cider vinegar
5	cups	sugar
1	teaspoon	cayenne pepper
1/2	teaspoon	green food coloring
3	ounces	liquid pectin

Rinse, seed and chop the chili peppers and bell pepper. In an electric blender, combine one-half cup of the vinegar, chili peppers and bell pepper. Process until liquefied. Pour into a large heavy saucepan or kettle.

Use remaining cup of vinegar to rinse the blender; pour into kettle. Add sugar and cayenne pepper. Cook, stirring constantly, over moderate heat, to slowly bring mixture to boiling. Boil two minutes.

Remove from heat and skim off foam with a metal spoon. Add green food coloring. Stir in pectin, mixing well.

Pour into hot sterilized half-pint jars. Seal immediately with two-part lids. Process immediately in boiling water bath: five minutes at elevations from sea level to 1,000 feet; 10 minutes at elevations of 1,001 to 6,000 feet; and 15 minutes above 6,000 feet.

This recipe yields five half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 3958 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 1029g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 68 1/2 Other Carbohydrates

NOTES : Recipe originally from Deborah Biggs, as published in the World Herald, 08-25-1999

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Green Pepper Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
7		sweet green peppers
1		jalapeño pepper
1 1/2	cups	vinegar, 5% acidity -- divided
1 1/2	cups	apple juice
1	package	Ball 100% Natural Fruit Jell Pectin
1/2	teaspoon	salt
5	cups	sugar
		Green food coloring -- (optional)

Wash peppers; remove stems and seeds; cut into 1/2-inch pieces. Purée half of peppers and 3/4 cup vinegar in blender or food processor. Purée remaining peppers and vinegar. Combine purées in a large bowl; stir in apple juice. Cover and refrigerate overnight.

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions. Jars should be covered with water and boiled 10 minutes to sterilize.

Strain puréed mixture through a damp jelly bag or several layers of cheesecloth. Measure 4 cups juice. Add apple juice to make 4 cups, if needed. Combine juice, pectin and salt in a large saucepot. Bring to a boil over high heat, stirring constantly. Add sugar, stirring until dissolved. Return to a rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary. Add a few drops of green food coloring if desired.

Carefully ladle hot jelly into hot, sterilized jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 5 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 6 half-pints.

Caution: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

- - - - -

Per serving: 4274 Calories (kcal); 2g Total Fat; (0% calories from fat); 8g Protein; 1097g Carbohydrate; 0mg Cholesterol; 1104mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 8 1/2 Vegetable; 2 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Green Pepper Jelly II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	medium	bell peppers
3/4	cup	cider vinegar
3 1/4	cups	sugar
2	tablespoons	fresh hot pepper = (or 1 to 2 tbsps crushed dried pepper)
3	ounces	liquid fruit pectin Green food coloring

Remove seeds from pepper. Grind peppers in blender. Mix with vinegar, sugar and hot pepper. Microwave on high 5 to 10 minutes or to rolling boil. Add liquid pectin and continue microwaving on high until mixture comes to a full rolling boil again; cook for 1 minute.

Pour through strainer into bowl, spoon off foam and add a few drops of green food coloring. Pour into sterilized jars and seal. Serve on top of cream cheese with crackers or with meats and vegetables.

This recipe yields 4 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

- - - - -

Per serving: 2605 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 675g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 44 1/2 Other Carbohydrates

NOTES : Recipe originally from "Simply Scrumptious Microwaving" by Mary Ann Robinson, Rosemary Stancil and Lorela Wilkins

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Green Tomato Asian Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Refrigerator Salsa  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1		green tomato or 4 tomatillos
1	small	onion -- finely chopped
1		hot pepper -- minced
1	tablespoon	balsamic vinegar
1/4	cup	chopped flat-leaf parsley or basil
2	teaspoons	finely-minced fresh ginger root
1	teaspoon	sesame oil
1	teaspoon	sugar
1/4	teaspoon	salt
1		sweet pepper -- chopped
1		red tomato

Cut tomatoes into wedges and slice crosswise into thin slices. The tomatillos need to be cooked for best flavor. Boil them for 5 minutes, or roast them, husk on, in a medium hot frying pan, turning often, until the flesh is tender, about 10 minutes. Mix with other ingredients and chill for at least 1 hour.

Serve with fish, chicken, or noodles.

This recipe yields ?? servings.

Source:

"Canning Recipes at <http://home.earthlink.net/~evelynrussell/canrecipes.html>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

-----  
Per serving: 151 Calories (kcal); 5g Total Fat; (27% calories from fat); 3g Protein; 27g Carbohydrate; 0mg Cholesterol; 542mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Green Tomato Iceberg Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
3	cups	powdered lime	
7	pounds	green tomatoes	-- sliced
1 1/2	quarts	vinegar	
1	teaspoon	cinnamon	
1	teaspoon	allspice	
2	gallons	cold water	
5	pounds	sugar	
1	teaspoon	cloves	
1	teaspoon	ginger	
1	teaspoon	celery seed	

Combine lime and water; soak tomatoes in lime water for 24 hours. Rinse in cold water 3 times. Combine sugar and vinegar; bring to a boil. Add tomatoes and let stand overnight.

Next morning, boil mixture gently for 1 hour. Pack in sterilized jars. Cover with syrup mixture and seal.

This recipe yields 10 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"10 pints"

-----  
Per serving: 9782 Calories (kcal); 8g Total Fat; (0% calories from fat); 39g Protein; 2521g Carbohydrate; 0mg Cholesterol; 689mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 32 Vegetable; 0 Fruit; 0 Fat; 158 Other Carbohydrates

NOTES : Recipe originally from "Feeding the Flock," a cookbook put together by Georgia Baptist ministers' wives

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Green Tomato Pickles

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes
Vegetables

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows list ingredients like green tomatoes, onions, salt, peppercorns, cloves, allspice, celery seeds, mustard seeds, ground mustard, lemon, red pepper, vinegar, and brown sugar.

Thinly slice tomatoes and onions. Sprinkle 1/2 cup salt over them and let stand overnight in a crock or enamel vessel. Next morning, freshen in cold water for 1 hour.

Tie the black pepper, cloves, allspice, celery seeds, mustard seeds, and ground mustard in a cheesecloth bag. Slice the lemon and chop 2 pepper pods very fine. Drain tomatoes and onions well. Add all seasoning except 1 pepper pod to the vinegar and sugar; then add tomatoes and onions. Cook for 30 minutes, stirring gently at intervals to prevent burning. Remove spice bag.

Pack in jars and garnish with slender strips of the red pepper, placing vertically on the side of jars half-way from top to bottom. Leave 1/2-inch headspace. Adjust lids. Process 15 minutes in boiling water. Remove jars; cool and store.

This recipe yields ?? servings.

Source:

"Canning Recipes at http://ext.msstate.edu/pubs/pub220.htm"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 2751 Calories (kcal); 9g Total Fat; (2% calories from fat); 45g Protein; 688g Carbohydrate; 0mg Cholesterol; 51756mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 38 1/2 Vegetable; 0 Fruit; 1/2 Fat; 30 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension  
Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Green Tomato Pickles II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
7	pounds	green tomatoes	
3	cups	slaked lime	
2	gallons	water	
3	pints	vinegar	
5	pounds	sugar	
1	tablespoon	cinnamon	
1	tablespoon	ginger	
1	tablespoon	mace	
1	tablespoon	allspice	
1	tablespoon	cloves	

Slice 7 pounds very green tomatoes 1/8-inch thick. Soak for 24 hours in a solution of 2 gallons cold water and 3 cups slaked lime. Drain and soak in ice water to cover for 4 hours. Change water each hour.

Make syrup of 5 pounds sugar and 3 pints vinegar. Pour hot syrup over tomatoes. Let stand overnight, then boil the whole works for one hour. Put bag containing all spices in the mixture to boil. Put in sterilized jars and seal while hot.

This recipe yields 9 to 10 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 to 10 pints"

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Per serving: 9848 Calories (kcal); 10g Total Fat; (0% calories from fat); 40g Protein; 2535g Carbohydrate; 0mg Cholesterol; 706mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 32 Vegetable; 0 Fruit; 1 Fat; 158 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*



Green Tomato Pickles With Onions

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	gallon	sliced tomatoes - (16 cups)
2	cups	sliced onions
1/4	cup	canning or pickling salt
4	cups	vinegar, 5% acidity
3	cups	brown sugar
1	tablespoon	whole cloves
1	tablespoon	allspice
1	tablespoon	celery seed
1	tablespoon	mustard seed

Slice tomatoes and onions thin. Sprinkle with 1/4 cup salt and let stand 4 to 6 hours. Drain.

Heat and stir sugar into vinegar until dissolved. Tie cloves, allspice, celery and mustard seed in a cheesecloth or spice bag. Add to vinegar with tomatoes and onions. Bring to boil, reduce heat and simmer 30 minutes, stirring as needed to prevent scorching. Tomatoes should be tender and transparent when properly cooked.

Remove spice bags. Fill jars and cover with vinegar solution. Leave 1/2-inch headspace. Adjust lids and process in boiling waterbath canner; 10 minutes for pints, 15 minutes for quarts.

This recipe yields about 9 pints.

Comments: Processing times are for altitudes of 1,000 feet or less. In higher altitudes, add 5 minutes at 1,001-3,000 feet; 10 minutes at 3,001-6,000 feet; or 15 minutes above 6,000 feet.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 pints"

Per serving: 1838 Calories (kcal); 7g Total Fat; (3% calories from fat); 7g Protein; 458g Carbohydrate; 0mg Cholesterol; 208mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1 Fat; 28 Other Carbohydrates

NOTES : Recipe from "Canning Foods: Fruits, Vegetables, Pickles, Jellies," a publication of the Cumberland County University of Tennessee Agricultural Extension Service, and as published in the Crossville Chronicle 08-02-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Green Tomato Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
6		red sweet peppers
2	pounds	green tomatoes
2	pounds	sweet onions
1	small	cabbage head
3		sweet green peppers
1/4	cup	pickling salt
3 1/2	cups	sugar
2	cups	apple cider vinegar
1	cup	water
1	tablespoon	mustard seed
1	tablespoon	ground turmeric
2	tablespoons	celery seed

Coarsely grind all vegetables in blender or food processor. Mix vegetables with salt. Cover and let stand 12 to 18 hours.

Drain vegetables and rinse. Mix vegetables and remaining ingredients. Heat to boiling; reduce heat. Simmer, uncovered, for 3 minutes.

Pack mixture in hot jars, leaving 1/4-inch head space; seal. Process 10 minutes in a boiling water bath.

This recipe yields 5 to 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 to 6 pints"

-----  
Per serving: 3756 Calories (kcal); 13g Total Fat; (2% calories from fat); 42g Protein; 930g Carbohydrate; 0mg Cholesterol; 356mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 34 Vegetable; 2 Fruit; 1 Fat; 47 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Green Tomato Relish II

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
22	medium	green tomatoes -- cored, and chopped finely
2	cups	onions -- chopped finely
6		green peppers -- chopped finely
1 1/2	quarts	vinegar
3 1/2	cups	sugar
1/4	cup	salt
1 1/2	teaspoons	allspice
1 1/2	teaspoons	cinnamon
3	teaspoons	celery seeds
1/4	cup	mustard seeds

Place tomatoes, onions, peppers and 1 quart vinegar in large, heavy kettle. Bring to boil; boil gently for 30 minutes, stirring frequently.

Drain off liquid. Add 1/2 quart vinegar, sugar, salt and spices. Simmer 3 minutes, until mixture begins to thicken and flavors are mingled. Pack into hot, sterilized jars and fill to within 1/2-inch of top. Seal at once with two piece tops.

This recipe yields 6 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

-----  
 Per serving: 4217 Calories (kcal); 12g Total Fat; (2% calories from fat); 59g Protein; 1067g Carbohydrate; 0mg Cholesterol; 26154mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 51 1/2 Vegetable; 0 Fruit; 1/2 Fat; 52 1/2 Other Carbohydrates

NOTES : Recipe from "Parma's Heritage Cookbook: Project 2001 Edition"  
 Parma Area Historical Society, and as published in the Cleveland Sun News, 05-28-1998

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Green Tomato Relish III

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	quarts	chopped peeled cored green tomatoes - - - (abt 32 med)
2	quarts	chopped cabbage - (abt 1 large head)
2	cups	chopped sweet green peppers - - - (abt 4 small)
1	cup	chopped onion
1/2	cup	salt
5 1/2	cups	brown sugar
2	tablespoons	mustard seed
1	tablespoon	celery seed
1	tablespoon	prepared horseradish
4 1/2	cups	vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Sprinkle salt over vegetables and mix thoroughly; let stand 3 to 4 hours. Drain; rinse and drain thoroughly. Combine sugar, spices, horseradish and vinegar; simmer 15 minutes. Add vegetables and bring to a boil.

Pack hot relish into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 7 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

Per serving: 3197 Calories (kcal); 8g Total Fat; (2% calories from fat); 9g Protein; 802g Carbohydrate; 0mg Cholesterol; 51535mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat; 51 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Green Tomato Sweet Relish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning

Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
12	large	green tomatoes -- quartered
6		green bell peppers -- quartered
2		red bell peppers -- quartered
3	large	onions -- quartered
2	teaspoons	pickling salt
4	cups	sugar
3	cups	cider vinegar (5% acidity)
2	teaspoons	ground turmeric
1	jar	prepared mustard - (6 oz)

Process first 4 ingredients, a few at a time, in a food processor until ground. Transfer to a large nonaluminum bowl; sprinkle with pickling salt, and let stand 3 to 4 hours. Drain.

Combine sugar, vinegar, and turmeric in a large Dutch oven; cook over medium heat, stirring constantly, until sugar dissolves. Add vegetables, and bring to a boil. Stir in mustard, and cook, stirring constantly, until thickened.

Pack into hot jars, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling-water bath 15 minutes.

This recipe yields 7 (12-ounce) jars.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 (12 oz) jars"

-----  
 Per serving: 4013 Calories (kcal); 7g Total Fat; (1% calories from fat); 38g Protein; 1002g Carbohydrate; 0mg Cholesterol; 319mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 37 1/2 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Guava Jelly

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount Measure Ingredient -- Preparation Method

-----  
2 1/4 pounds guavas  
2 cardamom seeds -- (optional)  
Sugar -- as needed

Remove the blossom end from the fruits, then slice them into a large pan. If you have cardamom seeds, crush a couple and toss them in, too. Add water just to cover, bring to a boil and continue boiling, gently, for 10 to 15 minutes. Strain the contents of the pan through a fine strainer and then through a jelly bag -- don't squeeze the bag, just let the juice drip through.

Measure the juice with a cup measure. For each cup of juice you will need just over a cup of sugar.

Put the juice back in the pan, heat it and let it boil for a few minutes, then add the sugar and boil vigorously until setting point is reached (about 10 to 15 minutes).

Put in jars, seal, and process in a boiling-water bath for 10 minutes.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

-----  
Per serving: 417 Calories (kcal); 5g Total Fat; (9% calories from fat); 7g Protein; 97g Carbohydrate; 0mg Cholesterol; 25mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Habanero Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	large	orange bell peppers
5		habaneros chiles - (to 10)
1 1/2	cups	white distilled vinegar
7	cups	sugar
1	package	liquid fruit pectin

Remove stems, seeds, and membranes from bell peppers. Remove stems from

habaneros (and seeds too, if you want to take the trouble, but if you do you run the risk of removing membranes, too, which will reduce hotness of the end product).

Put bell peppers, habaneros, and the vinegar in a blender and process until smooth. Combine pepper-vinegar puree and all the sugar in a non-corrosive pan. Bring to a boil, reduce heat to a simmer, and cook for 20 minutes.

Remove from heat and strain through cheesecloth into another pan. Add pectin and bring to a full rolling boil while stirring. Boil about one minute, remove from heat and ladle into sterile jars.

This recipe yields about 7 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 half-pints"

- - - - -

Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe originally from <http://www.pepperfool.com/>  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Habenero Pepper Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient	Preparation Method
12		habenero peppers	-- stemmed, chopped
1	tablespoon	vegetable oil	
1/2	cup	chopped carrots	
1/2	cup	chopped onion	
1/2	cup	distilled vinegar	
2		garlic cloves	-- minced
1/4	cup	lime juice	

Saute the onion and garlic in oil until soft; add the carrots with a small amount of water. Bring to a boil, reduce heat and simmer until carrots are soft.

Place the mixture and raw chilies into a blender and puree until smooth. Don't cook the peppers, since cooking reduces flavor of the Habeneros.

Combine the puree with vinegar and lime juice, then simmer for 5 minutes and seal in sterilized bottles.

This recipe yields 2 half-pints.

Heat index: Sauce is 9 on a scale of 1-10.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 half-pints"

- - - - -

Per serving: 221 Calories (kcal); 14g Total Fat; (50% calories from fat); 2g Protein; 28g Carbohydrate; 0mg Cholesterol; 28mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hamburger Dill Chips

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	pounds	pickling cucumbers - (abt 4" long)
4 1/2	cups	water
1	quart	white vinegar, 5% acidity
6	tablespoons	pickling salt
16	heads	fresh dill
4	teaspoons	mustard seeds
16		peppercorns

Wash cucumbers; slice 1/8-inch off each end. Cut cucumbers into 1/4-inch crosswise slices.

Combine water, vinegar, and salt in large saucepan; bring to boiling.

Pack cucumbers in 8 hot pint jars. Add 2 dill heads, 1/2 teaspoon mustard seeds, and 2 peppercorns to each jar. Pour boiling liquid over cucumbers, filling to within 1/4-inch from the top. Adjust lids.

Process in boiling water bath 15 minutes. Start to count processing time as soon as jars are placed into actively boiling water.



Remove jars. Cool on wire racks 12 to 24 hours. Check jars for airtight seals.

This recipe yields 8 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

- - - - -

Per serving: 64 Calories (kcal); 1g Total Fat; (17% calories from fat); 5g Protein; 11g Carbohydrate; 0mg Cholesterol; 119mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hamburger Relish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3	quarts	chopped peeled cored tomatoes - (abt 18)
3	cups	chopped celery
2	cups	chopped onions
1		sweet red pepper -- chopped
1/4	cup	Ball 100% Natural Canning & Pickling Salt
3	cups	brown sugar
1/3	cup	mustard seed
1	teaspoon	cinnamon
3/4	teaspoon	allspice
3/4	teaspoon	cloves
1	quart	vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine tomatoes, celery, onions, pepper and salt in a large saucepot. Let stand 2 hours. Add sugar, spices and vinegar to chopped vegetables; cook until thickened, about 45 minutes.

Carefully ladle hot relish into hot jars, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 7 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

- - - - -

Per serving: 2142 Calories (kcal); 19g Total Fat; (7% calories from fat); 23g Protein; 496g Carbohydrate; 0mg Cholesterol; 503mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 9 Vegetable; 0 Fruit; 2 1/2 Fat; 28 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Heavenly Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	medium	oranges	
1		lemon	
1	pinch	baking soda	
6	medium	pears	
6	medium	peaches	
6	medium	apples	
		Sugar	-- as needed

Note: This recipe does not require pectin.

Grind unpeeled oranges and lemons in a food processor or grinder; transfer to a large kettle. Add baking soda; simmer for 10 minutes.

Peel remaining fruit; grind then crush it. Add to orange mixture; measure and return to kettle.

Add sugar equal to the amount of fruit. Boil until thick, about 30 minutes. Pour it into hot jars, leaving 1/4-inch head space. Adjust caps.

Process for 20 minutes in a boiling hot water bath.

This recipe yields about 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 pints"

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Per serving: 1464 Calories (kcal); 8g Total Fat; (4% calories from fat); 13g Protein; 379g Carbohydrate; 0mg Cholesterol; 80mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 24 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from Taste Of Home's Country Cooking Recipe Collection

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Helen Ruth's Sand Plum Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	pounds	ripe sand plums
1	pound	underripe sand plums
1	cup	water
1	package	powdered pectin
7	cups	sugar

Wash and pick over the plums; do not pit or peel. Crush them in the bottom of a large enameled kettle with the 1 cup of water, bring to a boil, simmer for 15 minutes. Crush again with a vegetable masher as the fruit softens.

Strain through a jelly bag; add a little water to bring the measure up to 5 cups of juice. Return juice to the kettle, reserving 1 cup in which to mix the pectin; combine pectin and reserved juice and bring to a full boil, stirring constantly. Add the sugar, continue stirring, and boil hard for 2 minutes.

Remove from heat, skim, and immediately pour into hot sterile half-pint jars, leaving 1/4-inch headspace. Cap and give a 5 minute hot water bath.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Herbed Tomato Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Juice

Amount	Measure	Ingredient -- Preparation Method
25	pounds	ripe tomatoes Bottled lemon juice or citric acid -- as needed Fresh dill/ parsley or basil -- to taste

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash tomatoes; drain. Peel, core and cut into small pieces. Simmer tomatoes in a large saucepot until soft. Press tomatoes through a sieve or food mill, discard seeds. Heat juice 5 minutes at 190 degrees. Do not boil. Add 2 tablespoons bottled lemon juice or 1/2 teaspoon citric acid to each quart jar.

Carefully ladle hot juice into hot jars, leaving 1/4-inch headspace. Add a sprig of fresh herbs to each quart jar. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 45 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 6 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 quarts"

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Per serving: 2169 Calories (kcal); 34g Total Fat; (11% calories from fat); 87g Protein; 479g Carbohydrate; 0mg Cholesterol; 930mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 92 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Home-Style Pear Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
9	pounds	Bartlett pears -- peeled, cored and sliced
1	cup	water
3/4	cup	sugar
2	tablespoons	lemon juice
1	teaspoon	ground cinnamon - (to 2) -- (optional)

Combine pears, water and lemon juice in a heavy bottomed 8-quart pan. Bring to a boil, stirring often. Reduce heat, cover and simmer until soft, stirring often (about 30 minutes). Add sugar and cinnamon, bring to a boil. If too chunky put it thru a food mill.

Fill prepared hot jars with hot sauce, leaving 1/2-inch headspace. Gently run a narrow nonmetallic spatula between sauce and jars to release air bubbles. Wipe rims clean; top with hot lids, then firmly screw on bands.

Process in boiling water bath for 15 minutes for pints, 20 minutes for quarts.

This recipe yields 4 pints or 2 quarts.

Comments: This sauce is a wonderful gift for the holidays. Some years I give them all away and have none for myself. Also you may want to change the amount of sugar depending on your taste.

Source:

"Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

- - - - -

Per serving: 2806 Calories (kcal); 15g Total Fat; (4% calories from fat); 15g Protein; 720g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 38 Fruit; 0 Fat; 10 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Homemade Catsup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	cup	white vinegar
1		cinnamon stick - (1 1/2" long) -- broken
1 1/2	teaspoons	whole cloves
1	teaspoon	celery seed
8	pounds	tomatoes - (abt 24 med)
1/2	cup	chopped onion
1/4	teaspoon	ground red pepper
1 1/2	cups	brown sugar - (packed)
1/4	cup	lemon juice
2	teaspoons	salt

In a small saucepan combine vinegar, cinnamon, cloves, celery seed. Bring to boiling. Remove from heat, transfer to bowl, set aside.

Wash tomatoes. Remove stem ends and cores (no need to peel). Cut into quarters and place in colander to drain; discard liquid. Place tomatoes in 8- to 10-quart Dutch oven or kettle. Add onion and pepper. Bring to boiling; cook, uncovered for 15 minutes, stirring often.

Press tomato mixture through food mill or sieve; discard seeds and skins. Return pureed mixture to kettle, stir in brown sugar. Heat to boiling; reduce heat. Boil gently, uncovered for 1 1/2 to 2 hours or until reduced by half, stirring occasionally.

Strain vinegar mixture into tomato mixture; discard spices. Add lemon juice and salt. Simmer, uncovered, about 30 minutes or to desired consistency, stirring often.

Ladle catsup into hot, clean half-pint canning jars, leaving 1/8-inch headspace. Wipe jar rims; adjust lids. Process jars in a boiling-water canner for 15 minutes. Remove jars from canner; cool on racks.

This recipe yields 4 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

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Per serving: 98 Calories (kcal); 1g Total Fat; (8% calories from fat); 2g Protein;

29g Carbohydrate; 0mg Cholesterol; 4280mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 1  
Other Carbohydrates

NOTES : Recipe originally from Better Homes and Gardens' "Canning and  
Preserving Recipes" (Meredith. \$12.95)  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Homemade Pickling Spice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	mustard Seed
1	teaspoon	ground ginger
1	tablespoon	whole allspice
1	teaspoon	dried red pepper flakes
2	tablespoons	coriander seeds
1		bay leaf -- crumbled
2		whole cloves
1		cinnamon stick - (2" long)

Combine all ingredients and store in an airtight jar or container. Use in  
favorite pickle recipes.

This recipe yields 1/3 cup.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1/3 cup"

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Per serving: 184 Calories (kcal); 11g Total Fat; (44% calories from fat); 8g  
Protein; 23g Carbohydrate; 0mg Cholesterol; 37mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0  
Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Homemade Sauerkraut

Recipe By :n/a

Serving Size : 1 Preparation Time :0:00  
Categories : Vegetables

Amount	Measure	Ingredient	Preparation Method
2	pounds	green cabbage	-- shredded
2	tablespoons	coarse salt	
1	teaspoon	sugar	

Toss the cabbage, salt and sugar together in a large bowl. Let sit at room temperature for 1 hour, or until the cabbage has released a lot of water. If there is not enough brine, the sauerkraut will go bad before it ferments.

Place the cabbage in a large glass or glazed earthenware jar or canister, first squeezing the liquid from each handful back into the bowl. After you've added all the sauerkraut, push it down with your fist to make it more compact. Then pour in enough brine to cover the cabbage by at least 1 inch. Insert a small plate, large enough to cover all the cabbage, inside the jar to keep the cabbage submerged. Drape the canister with a cloth and let sit at room temperature for 2 to 4 weeks.

Check the plate after a couple of days. If it's floating on the brine, place another plate on top of the first to create more weight. It's ready when it tastes like sauerkraut.

This recipe yields about 5 cups.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 cups"

- - - - -

Per serving: 16 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; 11280mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Homemade Sun-Dried Tomatoes In Olive Oil

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Drying Refrigerator  
Vegetables

Amount	Measure	Ingredient	Preparation Method
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6 pounds ripe Roma (Italian plum) tomatoes  
Olive oil, as needed

The easiest way to set up your tomato-drying is to line baking sheets with racks used for cooling baked goods. Cut tomatoes in half lengthwise almost all way down, leaving 2 halves attached at very end. Open 2 halves like book and place each, cut-side up, on racks.

Bake at 200 degrees about 7 hours until tomatoes are reduced to 1/4 their original size, and are dark red and shriveled but not hard. Remove racks from oven and let tomatoes cool 1 hour.

Pack into 3 pint jars. Cover completely with olive oil. Seal jars. Let marinate in refrigerator at least 6 weeks before using.

This recipe yields 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe as published in the Baltimore Sun 08-02-2000  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

Homemade Sun-Dried Tomatoes In Wine-And-Herb Marinade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Drying Refrigerator  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	pounds	ripe Roma (Italian plum) tomatoes
2	cups	olive oil -- more if needed
2	cups	dry red wine
2	tablespoons	minced fresh shallots
1	tablespoon	salt
2	teaspoons	dried thyme
2	teaspoons	dried oregano

Cut tomatoes in half lengthwise, almost all way down, leaving 2 halves attached at very end. Open 2 halves like book and place each, cut side up, on racks.

Bake at 200 degrees about 7 hours until tomatoes are reduced to 1/4 their original size, and are dark red and shriveled but not hard. Remove racks from oven and let tomatoes cool 1 hour. Pack into 3 pint jars.

In large bowl, combine oil, wine, shallots, salt, thyme and oregano. Pour over tomatoes, covering completely. Add extra olive oil if needed. Marinate in refrigerator overnight before using.

This recipe yields 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

- - - - -

Per serving: 4176 Calories (kcal); 433g Total Fat; (98% calories from fat); 1g Protein; 12g Carbohydrate; 0mg Cholesterol; 6699mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 86 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe as published in the Baltimore Sun, 08-02-2000  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Homemade V-8 juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Juices  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
15	pounds	fully ripe tomatoes -- chopped
2	cups	chopped celery
3	large	onions -- chopped
3		garlic cloves -- mashed
2	teaspoons	salt
3/4	teaspoon	freshly-ground black pepper
2	teaspoons	prepared horseradish
1/3	cup	lemon juice
		Worcestershire sauce -- to taste
1/4	cup	sugar -- or to taste

Over medium-high heat bring the vegetables to a boil and boil gently for about 20 minutes. In a covered blender (food processor) add a portion at a time; process until smooth. Strain and discard pulp.

Add seasonings and bring to just under boiling, if canning, or chill and freeze.

This recipe yields about 6 quarts.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 quarts"

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Per serving: 396 Calories (kcal); 1g Total Fat; (1% calories from fat); 7g Protein; 98g Carbohydrate; 0mg Cholesterol; 4516mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 7 1/2 Vegetable; 1/2 Fruit; 0 Fat; 3 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Homestyle Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Refrigerator Salsa  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	salt
1		onion -- chopped
2		garlic cloves -- minced
1	tablespoon	oil
1/2	cup	beer
1	teaspoon	ground cumin
1		green pepper -- diced
3		tomatoes - (to 4) -- peeled and diced
1/2	cup	chopped cilantro or flat parsely
2		sweet/hot peppers -- finely chopped
		Additional hot peppers or pepper sauce -- to taste

In a medium saucepan, saute onion in oil for 2 minutes, or until slightly softened. Add remaining ingredients except cilantro or parsley, and barely bring to a boil. Remove from heat. Stir in cilantro or parsley. Allow to cool for 30 minutes.

Serve chilled or at room temperature. Add a squeeze of fresh lime juice, if desired.

This recipe yields ?? servings.

Source:

"Canning Recipes at <http://home.earthlink.net/~evelynrussell/canrecipes.html>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 260 Calories (kcal); 14g Total Fat; (53% calories from fat); 3g Protein; 24g Carbohydrate; 0mg Cholesterol; 1082mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Honey Orange Slices

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient	Preparation Method
4	large	oranges	halved, sliced, end pieces discarded
		Water	as needed
1 1/4	cups	sugar	
1 1/4	cups	honey	
		Juice from 1 large lemon	
3		cinnamon sticks	
1 1/2	teaspoons	whole cloves	
1 1/2	teaspoons	whole allspice	

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Place orange slices in a medium saucepot and cover with water. Bring to a boil, reduce heat. Simmer until peel is tender, about 30 minutes. Drain. Combine sugar, honey and lemon juice; bring to a boil. Add orange slices and spices tied in a spice bag. Simmer 40 minutes. Discard spice bag.

Pack hot orange slices into hot jars leaving 1/4-inch headspace. Carefully ladle hot syrup over orange slices, leaving 1/4-inch headspace. Remove air bubbles with nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight. Process 10 minutes in a boiling-water canner.

This recipe yields about 3 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 half-pints"

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Per serving: 2619 Calories (kcal); 3g Total Fat; (0% calories from fat); 8g Protein; 695g Carbohydrate; 0mg Cholesterol; 38mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 1/2 Fruit; 1/2 Fat; 40 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Horseradish Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	cups	granulated sugar	
1/2	cup	prepared horseradish	
1/2	cup	apple cider vinegar	
6	ounces	liquid pectin	

In a large saucepan, combine sugar, horseradish and vinegar over medium heat. Cook, stirring constantly, until sugar dissolves and mixture comes to a boil. Stir in pectin. Boil 1 minute, stirring constantly.

Remove from heat. Skim foam from top of jelly. Pour into sterilized jars and seal.

This recipe yields about 3 half-pints of jelly.

Comments: Delicious with meat or cream cheese/crackers.

#### Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

#### Yield:

"3 half-pints"

Per serving: 2396 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 620g Carbohydrate; 0mg Cholesterol; 384mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 41 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

## Horseradish Jelly II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	cup	grated fresh horseradish
1	cup	white wine vinegar
1/4	teaspoon	minced fresh sage
3 1/4	cups	sugar
1		pouch Certo liquid pectin - (3 oz)

Place horseradish, vinegar, sage, and sugar in heavy saucepan. Cook over high heat, stirring constantly, until mixture comes to a hard boil. Add fruit pectin and bring to a full boil, stirring constantly. Boil for 1 minute.

Remove from heat and skim off foam with metal spoon. Immediately pour into prepared jars, seal and process in boiling water bath 5 minutes.

This recipe yields 4 half-pint jars.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 2549 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 664g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 44 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

## Horseradish Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Condiments Refrigerator

Amount	Measure	Ingredient -- Preparation Method
1	cup	grated horseradish
1/2	cup	white vinegar, 5% acidity
1/4	teaspoon	salt

Wash horseradish roots thoroughly and remove the brown, outer skin. You may find a vegetable peeler useful in removing the outer skin. Grate or cut the roots into small cubes and put through a food chopper or a blender.

Combine ingredients. Pack into clean jars. Seal tightly. Store in refrigerator.

This recipe yields about 1 cup.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"1 cup"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 533mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Hot And Sweet Pickled Peppers

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	pounds	hot peppers
6		garlic cloves
3	cups	sugar
2 2/3	cups	white vinegar, 5% acidity
2 2/3	cups	water
3 3/4	teaspoons	pickling salt

Wash peppers and slice into rings. You can remove core and seeds or leave them intact. In a large saucepan, combine sugar, vinegar, water and pickling salt. Bring to a boil. Add sliced peppers and return to a boil. Remove from heat.

Place a clove of garlic in each hot, sterilized pint jar. Use tongs to immediately fill jars with hot peppers. Fill jars with remaining liquid leaving 1/2-inch head space. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles.

Wipe jar tops and threads clean. Place hot lids on jars and screw bands on firmly. Process in boiling water bath for 5 minutes.

This recipe yields ?? servings.

Source:

"Canning Recipes at  
<http://home.earthlink.net/~evelynrussell/canrecipes.html>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3144 Calories (kcal); 4g Total Fat; (1% calories from fat); 41g Protein; 793g Carbohydrate; 0mg Cholesterol; 167mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 37 Vegetable; 0 Fruit; 0 Fat; 40 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hot Dog Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3		carrots -- pared
3		sweet red peppers -- cored and seeded
2	quarts	chopped cucumbers
2	quart	green tomatoes -- peeled
2	quarts	chopped pared onions
1/2	cup	salt
2	tablespoons	mixed pickling spices
3	cups	sugar
1/2	teaspoon	cayenne pepper
1 1/2	cups	cider vinegar, 5% acidity

Chop or grind carrots, peppers, cucumbers, tomatoes, and onions. Sprinkle with salt and let stand overnight in the refrigerator. Drain.

Tie spices loosely in a clean, thin, white cloth and add to vegetables. Simmer 30 to 45 minutes, stirring frequently to prevent sticking. Remove spice bag. Add sugar, cayenne pepper, and vinegar; simmer 5 to 10 minutes.

Pour hot relish into clean, hot pint jars; seal with properly prepared lids. Process in a pressure canner at 10 pounds pressure for 10 minutes. Remove jars; cool and store.

This recipe yields 8 to 10 pints.



Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 to 10 pints"

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Per serving: 2987 Calories (kcal); 6g Total Fat; (1% calories from fat); 29g Protein; 745g Carbohydrate; 0mg Cholesterol; 51458mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 27 1/2 Vegetable; 0 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hot Pepper Jelly

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
8		red chile peppers -- (habaneros or jalapeños can be used instead of chiles)
3		red bell peppers
6	cups	sugar
1 1/2	cups	vinegar
6	ounces	liquid pectin

In food processor combine peppers. Process until pureed. Transfer to large saucepan along with sugar and vinegar. Bring to a boil and cook 3 to 5 minutes. Longer cooking seems to give a better color. Remove from heat and let stand 5 minutes.

Stir in pectin. Mix well. Pour into hot sterilized jars and process in hot water bath 5 to 7 minutes.

This recipe yields ?? servings.

Source:

"Canning Recipes at <http://home.earthlink.net/~evelynrussell/canrecipes.html>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 4791 Calories (kcal); 1g Total Fat; (0% calories from fat); 3g Protein; 1243g Carbohydrate; 0mg Cholesterol; 23mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 0 Fat; 82

Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Hot Pepper-Apple Preserves

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Fruit
Jams/Jellies

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 5 cups sugar, 2 cups water, 8 large tart apples -- chopped, 15 jalapeño peppers -- chopped.

Pour sugar into a heavy 5-quart pot; stir in water until well blended. Bring mixture to a boil over high heat, stirring often. Reduce heat to medium and cook, uncovered, for 10 to 15 minutes.

Pare and core apples; cut into small chunks, to make about 8 cups. Slice thinly or chop the peppers. Add apples, and peppers to sugar-water mixture. Cook (boiling gently) over medium heat, stirring occasionally, for 35 to 40 minutes or until preserve is thickened and apples are translucent. Meanwhile, prepare 6 half-pint canning jars.

Fill jars to within 1/8-inch of rim. Wipe clean and place lids and rings on screwing on as tight as comfortable. Let cool on a towel out of a draft; then press lids with your finger. If they stay down, they're sealed. Label and store in a cool, dark area. If not sealed, store in refrigerator.

This recipe yields 6 half pints.

Source:

"Lynn Thomas on the Food Forum BB at http://food.bb.prodigy.net/"
S(Formatted for MC6):
"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

Per serving: 4430 Calories (kcal); 2g Total Fat; (0% calories from fat); 6g Protein; 1138g Carbohydrate; 0mg Cholesterol; 48mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 7 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe originally from http://www.pepperfool.com/
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Hot Pickle Mix

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
6	pounds	zucchini -- cut 1/2" chunks
2 1/2	cups	peeled pickling onions (abt 1 lb)
2	cups	carrots in 1/2" slices - (abt 4 large)
2	cups	celery in 1/2" slices
2	cups	sweet yellow peppers in 1/2" dice - - (abt 2 med)
2	cups	sweet red peppers in 1/2" dice - - (abt 2 med)
1	cup	sweet green peppers in 1/2" dice - - (abt 1 med)
1 1/2	cups	Ball 100% Natural Canning & Pickling Salt
4	quarts	water -- plus
2	cups	water -- divided
10		jalapeño peppers
3/4	cup	sugar
2	tablespoons	prepared horseradish
2	cloves	garlic
10	cups	vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine zucchini, onions, carrots, celery, sweet yellow, red and green peppers in a large container. Dissolve salt in 4 quarts of water. Pour salt water mixture over vegetables and let stand 1 hour.

Cut 3 to 4 slits in each jalapeño pepper; set aside. Combine remaining ingredients; simmer 15 minutes. Remove garlic. Drain vegetables; rinse and drain thoroughly.

Pack vegetables, except jalapeño peppers, into hot jars, leaving 1/4-inch headspace. Add 1 jalapeño pepper to each jar.

Carefully ladle hot liquid over vegetables, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 10 pints.

Caution: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"10 pints"

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Per serving: 1008 Calories (kcal); 5g Total Fat; (3% calories from fat); 32g Protein; 238g Carbohydrate; 0mg Cholesterol; 304mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 15 Vegetable; 0 Fruit; 0 Fat; 10 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hot Pickled Okra

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3 1/2	pounds	small okra pods
3	cups	water
3	cup	vinegar
1/3	cup	canning salt
2	teaspoons	dill seed
4		garlic cloves
2	small	hot red peppers -- cut in half (if you like it real hot, increase number of peppers)

Carefully trim stems off okra, being careful not to cut the pod; set aside.

Combine water, vinegar, salt and dill seed; bring to a boil.

Pack okra into hot jars, leaving 1/4-inch head space. Put 1 garlic clove and 1/2 pepper (or more) into each jar. Ladle hot liquid over okra, leaving 1/4-inch headspace. Remove air bubbles.

Adjust two piece caps. Process 15 minutes in boiling water canner.

This recipe yields about 4 pints.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 132 Calories (kcal); 1g Total Fat; (2% calories from fat); 1g Protein; 49g Carbohydrate; 0mg Cholesterol; 31mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 3 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hot Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	dozen	hot peppers
1	teaspoon	salt
1		clove
1	dozen	pickling onions or shallots
6		raw carrot strips - (2" long)
6		string beans strips - (2" long) -- (optional)
		Vinegar -- as needed

Cut each pepper into strips of four lengthwise. Place in wide mouth jar. Add onions, carrots, beans, clove and salt. Then pour vinegar to cover ingredients filling it to the top. Seal and allow to stand for at least 24 hours and use as required.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 237 Calories (kcal); 2g Total Fat; (7% calories from fat); 11g Protein; 55g Carbohydrate; 0mg Cholesterol; 2186mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 9 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hot Squash Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
7	pints	diced squash - (abt 4 lbs)
2	cups	diced green bell peppers
1	quart	diced celery - (1 lg bn)
1	cup	diced onion
4	cups	vinegar, 5% acidity
1 1/2	cups	sugar
2	tablespoons	salt
2	teaspoons	celery seeds
3	medium	hot peppers - (to 4) -- see * Note
2	tablespoons	powdered mustard
1	teaspoon	turmeric

\* Note: You may substitute 1/4 to 1/2 teaspoon crushed red pepper to each pint of vegetables for hot peppers; start with 1/4 teaspoon and add as desired.

Prepare vegetables, discarding leaves from celery. Combine peppers, celery, and onion with vinegar, sugar, salt, celery seeds, and 3 pods of hot pepper. Heat mixture to boiling; boil 5 minutes. Stir in squash, mustard, and turmeric; return to boiling and count 5 minutes.

Spoon into clean pint jars; adjust lids. Process 15 minutes in boiling water. Begin counting time as soon as all jars are in boiling water. Remove jars; cool and store.

This recipe yields ?? servings.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 1327 Calories (kcal); 2g Total Fat; (1% calories from fat); 5g Protein; 336g Carbohydrate; 0mg Cholesterol; 12812mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 1/2 Vegetable; 0 Fruit; 0 Fat; 20 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Hot-Sweet Cucumber Pickles

Recipe By :Drew W. Weeks  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
-----		
=== SOAKING SOLUTION ===		
1	gallon	water
7 1/2	pounds	cucumbers -- sliced
1	cup	pickling lime
=== PICKLING MIXTURE ===		
2	quarts	vinegar
4 1/2	pounds	sugar - (9 cups)
1/2		box pickling spices
1	tablespoon	salt

Day 1: Soak cucumbers in soaking solution of water and lime for 24 hours, making sure all cucumber slices are covered. Place plate on top and weight with a heavy, clean object, such as a gallon of water.

Day 2: Remove cucumbers, wash well until water is clear. Soak in clear water for 3 hours. Drain and wash again and place in the pickling mixture solution and leave over night.

Day 3: After soaking cucumbers over night, pour pickling mixture into large cooking pot. Bring to boil. Add cucumbers and bring to boil again. Boil 35 minutes. Seal in hot sterilized pint canning jars. Chill before serving.

This recipe yields 8 to 12 pint jars.

Comments: A sweet, crunchy pickle with a slight tangy bite! This pickle takes 3 days from start to finish; however, total time spent in the kitchen is less than an hour per day.

House Specilty Appetizer: Serve chilled, drained pickle slices in bowl. Serve a bowl of sliced Summer Sausage and a bowl of crackers. To assemble, each guest places a sausage slice on a cracker and tops with a pickle slice. Eat and enjoy!

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 to 12 pints"

-----

Per serving: 698 Calories (kcal); 4g Total Fat; (4% calories from fat); 23g Protein; 204g Carbohydrate; 0mg Cholesterol; 6594mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 20 Vegetable; 0 Fruit; 0 Fat; 7 1/2 Other Carbohydrates

NOTES : Recipe originally from "True Southern Family Recipes: The Joy of Home Cooking" by Drew W. Weeks  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

How To Can Tomatoes

Recipe By :Jonathan Deutsch  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	Tomatoes salt -- per pint

To can tomatoes, you will need a large covered kettle that is deep enough to cover pint jars with two inches of water, pint jars with rims and bands (sold in stores such as WalMart) and a good supply of firm, red tomatoes. The jars should be washed in hot soapy water, rinsed well and placed in hot water until ready to use. Prepare the lids as directed by the manufacturer.

Wash and drain enough ripe tomatoes for one load in your kettle. Put them into a wire basket. Dip them into boiling water for 30 seconds to loosen the skins, then dip into cold water. Slip off the skins. Cut out the cores and trim away green spots. Pack the tomatoes into the hot, clean jars.

Press to fill spaces with any juice that accumulates. You should leave about 1/2-inch of space at the tops of the jars. Add 1/2 teaspoon salt per pint. Run a spatula between the tomatoes and the jars to release air bubbles.

Wipe the rims and the threads of the jars with a damp cloth. Add the lids, rubber-side down, and screw bands tightly. Stand the filled jars on a rack in hot water in the kettle. Add hot water to cover the jars by 2 inches. Put the cover on the kettle.

Heat the water to a steady, gentle boil. Cook for 35 minutes. Allow the jars to cool in the water, then remove them from the kettle. After cooling them for 12 hours, test each seal: The lids should be slightly depressed in the center and should not move when pressed. Remove the bands and store jars in a cool place.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 1066mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

NOTES : Recipe originally from Jonathan Deutsch, a professor of nutrition  
and food studies at New York University, as published in the New  
York Daily News, 08-30-2000  
Nutr. Assoc. : 0 0



\* Exported from MasterCook \*

### Icicle Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	quarts	cucumbers - (abt 4 med)
1	medium	onion -- sliced
2	tablespoons	salt
1 1/2	cups	sugar
1/2	cup	vinegar

Score cucumbers lengthwise with tines of fork then slice. Layer cucumber and onion in a large container. Salt each layer. Let stand for two hours. Drain and squeeze out juice.

Boil sugar and vinegar until sugar dissolves. Pour over squeezed pickles and onions. Freeze; will keep indefinitely. Serve frozen. Refrigerate after thawing.

This recipe yields 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 pints"

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Per serving: 1220 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 316g Carbohydrate; 0mg Cholesterol; 12798mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 20 1/2 Other Carbohydrates

NOTES : Recipe as published in the The Capitol-Journal 07-02-1997

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Icicle Pickles II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
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3 pounds pickling cucumbers  
 6 small onions - (to 7) -- peeled, quartered  
 6 celery pieces - (to 7)  
 1 tablespoon mustard seed  
 4 cups white vinegar  
 2 1/2 cups granulated sugar  
 1/4 cup pickling salt  
 1 cup water

Wash cucumbers, cut lengthwise into eighths. Soak in ice water 3 hours. Drain, pack into clean jars. Add 1 onion, 1 piece celery and 1/2 teaspoon mustard seed to each jar.

Combine vinegar and remaining ingredients, heat to boiling. Pour vinegar solution over cucumbers to within 1/2-inch of top, making sure vinegar solution covers cucumbers. Cap each jar at once.

Process 10 minutes in boiling water bath.

This recipe yields 6 to 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 to 7 pints"

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Per serving: 2294 Calories (kcal); 5g Total Fat; (1% calories from fat); 12g Protein; 597g Carbohydrate; 0mg Cholesterol; 49mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 1/2 Fat; 37 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Italian Seasoned Tomato Sauce

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
10	pounds	tomatoes
3		onions -- finely chopped
4		garlic cloves -- minced
3	tablespoons	olive oil
1	tablespoon	basil
1	tablespoon	oregano
1	tablespoon	Italian seasoning
1	tablespoon	salt

- 1           teaspoon crushed red pepper
- 1           teaspoon ground black pepper
- 1           teaspoon sugar
- Bottled lemon juice or citric acid -- as needed

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash tomatoes; drain. Peel, core and cut into small pieces; set aside. Sauté onions and garlic in olive oil in a large saucepot. Add tomatoes and seasonings. Simmer about 2 hours, stirring occasionally.

Press mixture through a sieve or food mill; discard seeds. Cook pulp in a large, uncovered saucepot over medium-high heat until sauce thickens, stirring to prevent sticking. Add 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid to each pint jar.

Carefully ladle hot sauce into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 35 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

- - - - -

Per serving: 1425 Calories (kcal); 55g Total Fat; (30% calories from fat); 41g Protein; 237g Carbohydrate; 0mg Cholesterol; 6784mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 42 1/2 Vegetable; 0 Fruit; 8 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Jalapeño Jelly

Recipe By :Judith Choate  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	jalapeño or serrano peppers

2 medium green bell peppers -- seeded, sliced  
 1 1/2 cups distilled white vinegar  
 6 1/2 cups sugar  
 1 bottle liquid pectin - (6 oz)  
 1 tablespoon dried red pepper flakes  
 Green food coloring -- (optional)

Place jalapeño peppers, green peppers, and vinegar in bowl of food processor. Using metal blade and quick on and off turns, finely grind peppers. Scrape pepper mixture into heavy saucepan. Stir in sugar. Cook over high heat, stirring constantly, until liquid comes to a full, rolling boil. Boil for 10 minutes.

Remove from heat. Stir in liquid pectin, red pepper flakes, and 2 to 3 drops food coloring, if desired. Immediately pour into hot sterilized jars and vacuum seal. (Hot water bath method, or may be refrigerated up to 6 weeks).

This recipe yields 4 half-pint jars.

Comments: Generally used as an hors d'oeuvre with cream cheese on water biscuits. You can also use it as a glaze for meats, game, and poultry or as an accompaniment to meats or game.

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 5095 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 1314g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe originally from "Gourmet Preserves" by Judith Choate  
 Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Jalapeño Pepper Jelly

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
6	cups	sugar
1/4	cup	ground jalapeño peppers
1 1/2	cups	chopped green bell peppers
1	bottle	Certo

1 1/2 cups white vinegar  
Red or green food coloring -- (optional)

Combine jalapeño, green peppers and vinegar in a blender. Pour this into the sugar and dissolve. Boil for 8 minutes. Let it cool for 10 minutes.

Add Certo (some red or green food coloring would be nice right about now) and pour into jars. Seal with paraffin.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"

S(Formatted for MC5):

"11-19-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

- - - - -

Per serving: 4755 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 1234g Carbohydrate; 0mg Cholesterol; 20mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 82 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Jalapeño Pepper Jelly II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	fresh jalapeño peppers or 1 1/2 cups chopped seeded jalapeño peppers
3/4	pound	bell peppers or 2 cups chopped seeded bell peppers
6 1/2	cups	sugar
1 1/2	cups	apple cider vinegar
1	bottle	liquid pectin - (6 oz) Green food coloring -- (optional)

Remove all seeds from peppers and chop coarsely. Put peppers and vinegar in blender and puree.

Mix pepper, vinegar, and sugar. Bring mixture to boil and boil for 5 minutes. Add bottle of pectin and a few drops of green food coloring, if desired. Bring to rolling boil for one minute.

Pour into hot, sterilized jars and seal. Process in hot water bath for 5 to 7 minutes.

This recipe yields ?? servings.

Comments: Serve this jelly with beef, lamb, or with cream chese and crackers.

Source:

"Canning Recipes at  
<http://home.earthlink.net/~evelynrussell/canrecipes.html>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 5157 Calories (kcal); 1g Total Fat; (0% calories from fat); 2g Protein; 1338g Carbohydrate; 0mg Cholesterol; 22mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1 1/2 Fruit; 0 Fat; 87 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Jalapeño Peppers

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
		Jalapeño peppers	
1	cup	vinegar	
1/4	cup	olive oil	
1/4	cup	water	
1	teaspoon	salt	
1	teaspoon	pickling spices.	

Wash peppers and pack tightly into jars. Combine remaining ingredients. Heat to boiling and pour over peppers to cover completely. Leave 1-inch headspace. Adjust lids.

Process pints 10 minutes in boiling water. Remove jars; cool and store.

This recipe yields ?? servings.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 511 Calories (kcal); 54g Total Fat; (89% calories from fat); 0g Protein; 14g Carbohydrate; 0mg Cholesterol; 2136mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 11 Fat; 1 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Jalapeño Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Salsa

Amount	Measure	Ingredient -- Preparation Method
3	cups	chopped peeled cored tomatoes
3	cups	chopped jalapeño peppers
1	cup	chopped onion
6		garlic cloves -- minced
2	tablespoons	minced cilantro
2	teaspoons	oregano
1 1/2	teaspoons	salt
1/2	teaspoon	cumin
1	cup	cider vinegar

Combine all ingredients in large saucepot. Bring mixture to a boil. Reduce heat. Simmer for 10 minutes.

Ladle hot salsa into hot, sterilized jars, leaving 1/4-inch head space. Adjust 2-piece caps.

Process for 15 minutes in boiling-water canner.

This recipe yields about 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 pints"

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Per serving: 215 Calories (kcal); 2g Total Fat; (8% calories from fat); 7g Protein; 52g Carbohydrate; 0mg Cholesterol; 3213mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

NOTES : Recipe originally from "The Ball Blue Book"

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Jan's Fabulous Apricot Preserves

Recipe By :Jan Roberts-Dominguez  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	pounds	ripe apricots	
1/3	cup	strained fresh lemon juice	
6	cups	granulated sugar	
2	teaspoons	butter	

Blanch half the apricots in batches by placing them in boiling water for about 15 seconds, then removing them with a slotted spoon and dropping them into a bowl of cold water and ice. Drain the apricots, strip off their skins and quarter them.

Halve and quarter the remaining apricots, skins and all, discarding the pits. (If you prefer, you could leave the apricots unpeeled; I believe that leaving half with the skins on makes a nice balance in flavor and texture.)

Combine the apricots and lemon juice in a non-aluminum bowl and mix them gently with a rubber spatula to distribute the lemon juice. Add the sugar and mix again.

Set the mixture aside for a several hours (as long as two days in the refrigerator), stirring gently a few times. Most of the sugar will be dissolved at this point, and the entire mixture will appear quite juicy.

When ready to proceed with the recipe, wash 7 half-pint jars. Keep hot until needed. Prepare lids as manufacturer directs. Transfer the apricot mixture to a large pot and set the pot over medium heat. Add the butter and bring the mixture to a boil, then adjust the heat and simmer, uncovered, for 15 minutes, stirring fairly constantly to keep from scorching. Quite a bit of foam is produced and should be skimmed off with a spoon.

Now you have to use a bit of judgment. After 15 minutes, if the surface of the jam begins to look very "glisteny," and the bubbles seem thick and shiny, remove from heat. Otherwise, give the mixture up to 5 more minutes. Remove from heat and skim additional foam, if necessary. Let the preserves sit about 3 minutes, stirring occasionally.

Ladle into 1 hot jar at a time, leaving 1/4-inch head space. Wipe rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Process in a boiling-water canner for 10 minutes (15 minutes from 1,000 to 6,000 feet; 20 minutes above 6,000 feet).

This recipe yields 7 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"



Yield:  
"7 half-pints"

- - - - -

Per serving: 4712 Calories (kcal); 8g Total Fat; (1% calories from fat); trace Protein; 1199g Carbohydrate; 21mg Cholesterol; 90mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe from Jan Roberts-Dominguez, and as published in The Oregonian, 07-18-2000  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Jan's Quick Baby Garlic Dills

Recipe By :Jan Roberts-Dominguez  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	quart	small pickling cucumbers
2		fresh dill heads or sprigs = (or 2 tbsps dill seeds)
1		fresh hot pepper -- halved = (or heaping 1/4 tspn dried hot pepper)
6		garlic cloves -- halved
1		bay leaf
2	teaspoons	pickling salt
1	cup	white vinegar, 5% acidity
		Boiling water

Wash 1 quart, 2 pint or 4 half-pint jars. Keep hot until needed. Prepare lids as manufacturer directs.

Thoroughly wash cucumbers, gently scrub off blossom ends (if you don't remove the blossom end, the pickles may become soft during aging).

Pack the hot jars with the cucumbers. Add the dill heads, hot pepper, garlic cloves, bay leaf, and pickling salt. Remember to reduce the salt accordingly if using pints or half pints.

Pour 1 cup vinegar into each quart jar (1/2 cup for pints; 1/4 cup for half pints). Fill to 1/2- inch of the top with boiling water. Wipe jar rim with clean cloth, attach lid. Fill and close remaining jars. Process by either low-temperature pasteurization or boiling-water method.

Low-temperature pasteurization: Place jars in canner half-filled with warm water (120 to 140 degrees). Then, add hot water to a level 1 inch above jars. Heat the water enough to maintain 180 to 185 degrees for 30 minutes (for altitudes of 1,000 to 3,000 feet, process 35 minutes; from 3,000 to 6,000 feet, 40 minutes; above 6,000 feet, 45 minutes). Check water temperature with a candy or jelly thermometer; it should be at least

180 degrees during the entire processing time. Temperatures higher than 185 degrees may cause unnecessary softening of pickles.

Boiling-water canner: For pints, process in a boiling-water canner for 10 minutes; at 1,000 to 6,000 feet, 15 minutes; above 6,000 feet, 20 minutes. For quarts, process for 15 minutes; at 1,000 to 6,000 feet, 20 minutes; above 6,000 feet, 25 minutes.

This recipe yields 1 quart.

Comments: These are one of my favorite pickles, especially now that I use even more garlic than I used to. Apparently they've become other people's favorites, because every season I get numerous requests for the recipe. They're simple to make, and deliciously foolproof. Because the basic directions yield 1 quart, this is an ideal recipe for home gardeners who would like to handle the batches of pickling cukes that never seem to ripen in very large numbers on any given day. The above ingredient amounts are for 1 quart of pickles. To increase, multiply ingredients by the number of quarts desired, up to 7 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 quart"

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Per serving: 27 Calories (kcal); trace Total Fat; (1% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 3mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from Jan Roberts-Dominguez, as published in The Oregonian 08-15-2000  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Jan's Refrigerator Garlic Dills

Recipe By :Jan Roberts-Dominguez  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Refrigerator

Amount	Measure	Ingredient	Preparation Method
4	quarts	pickling cucumbers	-- rinsed well
16	large	garlic cloves	-- peeled, sliced
4		fresh dill heads	-- halved
1/2	teaspoon	dried red pepper flakes	-- more or less
=== BRINE ===			
1	quart	cider vinegar	
1	quart	water	
1/4	cup	pickling spices	

1/3 cup pickling salt  
2 tablespoons granulated sugar  
1/2 teaspoon ground turmeric  
1 cup chopped fresh dill heads  
16 whole garlic cloves -- peeled, sliced

Note: Do not use aluminum or iron cookware for this recipe. The acids in the ingredients could react with the metal, giving the food an off-taste.

Wash 4 quart or 8 pint jars. Keep hot until needed. Prepare lids as manufacturer directs.

Pack the cucumbers into the jars, leaving 1/2-inch head space. Divide the sliced pieces of garlic and halved heads of fresh dill among the jars. Add a pinch (about 1/8 teaspoon) of the dried red pepper flakes to each jar.

To make the brine: Combine vinegar, water, pickling spices, salt, sugar, turmeric and 1 cup chopped fresh dill in a pot (see note). Bring to a boil, then reduce heat and simmer for 5 minutes.

Put 4 cloves of garlic into each jar. Strain off the seasonings from the brine then ladle the hot brine into 1 jar at a time, leaving 1/4-inch head space. Wipe jar rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Let cool to room temperature, then store in the refrigerator.

The pickles are ready to use after 3 to 4 days of aging, but they will continue to improve for several weeks. They keep, refrigerated, for about 1 year.

For storage at room temperature: Process the filled jars in a boiling-water canner 10 minutes for pints, 15 minutes for quarts (15 minutes for pints, 20 minutes for quarts at 1,000 to 6,000 feet; 20 minutes for pints, 25 minutes for quarts above 6,000 feet).

This recipe yields 4 quarts or 8 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

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Per serving: 625 Calories (kcal); 3g Total Fat; (3% calories from fat); 19g Protein; 166g Carbohydrate; 0mg Cholesterol; 93mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 15 1/2 Vegetable; 0 Fruit; 0 Fat; 5 1/2 Other Carbohydrates

NOTES : Recipe is an adaptation of Greg Higgins' "Damn Good Dills"  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Jessica's Sweet Pepper Relish

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient	Preparation Method
13	cups	diced multicolored peppers	
6	cups	diced onions	
3	cups	cider vinegar	
2 1/2	cups	sugar	
1	tablespoon	salt	
2	teaspoons	mustard seed	
1	teaspoon	celery seed	

In a large pot, combine all ingredients. Bring to a boil, cover and simmer for 20 minutes. Pour hot mixture into hot, sterilized, canning jars, leaving 1/4-inch space. Adjust lids.

Process for 15 minutes in a boiling-water bath.

This recipe yields 7 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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 Per serving: 2443 Calories (kcal); 4g Total Fat; (1% calories from fat); 13g Protein; 628g Carbohydrate; 0mg Cholesterol; 6440mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 14 1/2 Vegetable; 0 Fruit; 1/2 Fat; 36 1/2 Other Carbohydrates

NOTES : Recipe originally from David Winsberg, Happy Quail Farms in East Palo Alto,CA, as published in the San Jose Mercury News, 05-16-2001

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Jo's Pickled Garlic

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
1	cup	wine vinegar	
1 1/2	cups	water	

1           tablespoon regular Mrs. Dash seasoning  
 1/8           cup kosher salt  
 1/2           cup sugar  
 5           cups garlic cloves - (to 6 cups) -- peeled, and  
                   cut to uniform size, if necessary  
                   Rosemary -- to taste  
                   Oregano -- to taste

Boil vinegar, water, seasoning, salt and sugar together for 5 minutes. In hot, sterilized jars, place a pinch each of rosemary and oregano. Jars can be kept hot in the oven, at 225 degrees, after sterilizing.

Add garlic cloves (half at a time) to the boiling brine for about 1 minute, then place cloves in jars. Bring brine to a boil again and fill jars 1/2-inch from the top. To release air pockets in jars, insert knife blade in center and all sides; add brine, if needed, and seal. Wait about a week to allow garlic to pickle.

This recipe yields 5 to 6 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
 S(Formatted for MC5):  
 "08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 half-pints"

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Per serving: 421 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 114g Carbohydrate; 0mg Cholesterol; 11294mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 7 1/2 Other Carbohydrates

NOTES : Recipe as publised in Tulsa World, 08-05-1998  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Jodi Johnson's Cucumber Relish

Recipe By :Jodi Johnson  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	cucumbers - (abt 20 med)
1/4	cup	pure granulated salt
6		carrots
4		onions
2		green peppers
1	cup	chopped pimienta
4	cups	sugar
3	cups	vinegar
1	teaspoon	mustard seed

1           teaspoon   celery seed  
1           teaspoon   turmeric

Grind the cucumbers. Mix them with salt and let them stand for 3 hours.  
Drain well.

Grind the carrots, onions and peppers together. Mix them with the drained cucumbers and all the remaining ingredients in large preserving kettle; heat to boiling. Simmer 20 minutes.

Ladle the relish into clean, hot pint jars to within 1/2-inch of each top. Wipe off the tops and threads of the jars. Put on prepared lids and seal as the manufacturer directs.

Process in a boiling water bath for 10 minutes.

This recipe yields about 8 (1-pint) jars.

Comments: This relish, by Jodi Johnson, won a blue ribbon at the Red River Valley Fair in North Dakota.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-13-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

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Per serving: 3648 Calories (kcal); 4g Total Fat; (0% calories from fat); 13g Protein; 942g Carbohydrate; 0mg Cholesterol; 189mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 17 1/2 Vegetable; 0 Fruit; 1/2 Fat; 56 1/2 Other Carbohydrates

NOTES : Recipe originally from The Food Preserver by the editors of Consumer Guide

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Julie's Corn Relish

Recipe By        :n/a  
Serving Size    : 0       Preparation Time :0:00  
Categories      : Canning                               Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
1	tablespoon	cornstarch	
1	teaspoon	turmeric	
1	cup	cider vinegar	
2		green bell peppers	-- seeded, diced
2		red bell peppers	-- seeded, diced
1	large	cucumber	-- peeled, diced
3	cups	fresh corn kernels	

4 celery stalks -- diced  
 1 1/4 cups sugar  
 1 teaspoon mustard seeds  
 1 dash curry powder

In a large pot, blend cornstarch and turmeric with 1 tablespoon of the vinegar. Add the rest of the vinegar, and mix in remaining ingredients. Bring to a boil, then lower heat, simmering slowly for one hour.

Pour into hot sterilized jars and seal with hot sterilized lids and rings -- following manufacturer's directions -- and seal.

This recipe yields 6 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

- - - - -

Per serving: 1667 Calories (kcal); 6g Total Fat; (2% calories from fat); 23g Protein; 420g Carbohydrate; 0mg Cholesterol; 176mg Sodium  
 Food Exchanges: 7 1/2 Grain(Starch); 0 Lean Meat; 8 Vegetable; 0 Fruit; 0 Fat; 17 1/2 Other Carbohydrates

NOTES : Recipe originally from WTAE; Pittsburgh, PA  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Key West Pineapple Relish

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	peeled cored ripe pineapple -- coarsely chopped
2	cups	sugar
1 1/2	cups	tarragon vinegar
2	pieces	cinnamon stick - (2" ea)
2	teaspoons	whole cloves

Coarsely crush cinnamon and wrap in cheesecloth with the cloves. Combine all ingredients in a 2- to 3-quart non-reactive saucepan and bring to a boil, stirring with a wooden spoon to dissolve the sugar.

Reduce the heat to moderate and, stirring from time to time, cook uncovered for about 30 minutes or until pineapple is translucent and mixture is thick enough to hold its shape.

Discard spices and ladle into sterilized jars or serve immediately.

This recipe yields 2 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 cups"

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Per serving: 1613 Calories (kcal); 1g Total Fat; (0% calories from fat); trace Protein; 424g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 28 Other Carbohydrates

NOTES : Recipe as published in the Pittsburgh Post-Gazette, 04-27-2000

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Kirby Pickles

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning

Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	cups	white vinegar
2	cups	dry white wine
3/4	cup	salt
1/2	cup	sugar
4		dill flowers or sprigs
2	tablespoons	caraway seeds
1	teaspoon	red pepper flakes
8		garlic cloves -- peeled, and thinly sliced
18		firm Kirby cucumbers -- well washed

In a large enamel-lined pot, combine vinegar, wine, salt, sugar, dill, caraway seeds, red pepper flakes and garlic. Add 4 quarts of water. Place over high heat, and bring to a boil. Immediately turn off heat, and allow mixture to steep for 30 minutes.

Place cucumbers in a very large glass or plastic bowl. Pour vinegar mixture over the cucumbers, and submerge them by placing a plate on them (make sure no air is trapped beneath). Weight plate down with a glass or ceramic pot.

Allow mixture to cool, and refrigerate for at least three days before using.

This recipe yields 18 pickles.



Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"18 pickles"

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Per serving: 856 Calories (kcal); 2g Total Fat; (2% calories from fat); 5g Protein; 147g Carbohydrate; 0mg Cholesterol; 76777mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat; 8 1/2 Other Carbohydrates

NOTES : Recipe originally from Contra Costa Times

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Kiwi Jam

Recipe By :n/a

Serving Size : 1 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	cups	chopped kiwi
1	package	powdered pectin
1	cup	unsweetened pineapple juice
4	cups	sugar

Combine kiwi, pectin, and pineapple juice in large pot. Bring to a boil, stirring constantly. Add sugar, stirring until dissolved. Return to a rolling boil. Boil 1 minute, stirring constantly.

Remove from heat. Ladle into hot jars, leaving 1/4 inch head space. Adjust lids. Process 10 minutes in boiling water canner.

This recipe yields 8 jelly jars or 4 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 3236 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 834g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Kosher Dill Pickles Tante Elka

Recipe By :Molly Goldberg  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
36		firm small kirbys
6	tablespoons	kosher salt
12		garlic cloves -- peeled
2	tablespoons	pickling spices
12		fresh dill sprigs

Scrub the kirbys and pack them in an upright position in glass jars. Divide the salt, garlic, pickling spice and dill among the jars.

Fill each jar to overflowing with water. Seal the jars. Store in a cool, dark place at least 10 days before using.

Pickles are ready when brine starts to get cloudy. Chill before serving. Pickles should be consumed within six weeks.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

-----  
Per serving: 54 Calories (kcal); trace Total Fat; (1% calories from fat); 2g Protein; 12g Carbohydrate; 0mg Cholesterol; 33846mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Molly Goldberg Jewish Cookbook"  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Lavender Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount Measure Ingredient -- Preparation Method

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2 1/4      cups  bottled apple juice
1          cup   lavender flowers
3 1/2      cups  sugar
1/2       bottle liquid pectin - (4 oz)

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Place apple juice and lavender in a saucepan and bring to a boil. Cover and remove from the heat. Let stand for 15 minutes and strain.

Return 2 cups of this juice to the heat, add the sugar, and stirring constantly, bring to a full boil. Stir in the liquid pectin and bring to a rolling boil for 1 minute, stirring constantly. Remove from the heat, skim off the foam, and pour into jelly glasses and seal.

This recipe yields about 5 medium glasses.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 medium glasses"

-----

Per serving: 2709 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 699g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 47 Other Carbohydrates

NOTES : Recipe from "The Forgotten Art of Flower Cookery"

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Le Prads' Onion Pickles

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	gallon	boiling onions
1/2	cup	salt
5	cups	sugar
5	cups	vinegar
2	teaspoons	celery seed
2	teaspoons	turmeric
1	teaspoon	ground mustard

Soak onions (which have been chopped) in ice for 2 hours. Take 1/2 cup salt and sprinkle among onions in ice water. Drain well.

Make syrup of sugar, vinegar, celery seed, turmeric and mustard. Let syrup come to a boil. Add onions and let come to a boil. Pack in jars

and seal at once.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 5046 Calories (kcal); 6g Total Fat; (0% calories from fat); 31g Protein; 1296g Carbohydrate; 0mg Cholesterol; 51268mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 38 1/2 Vegetable; 0 Fruit; 1/2 Fat; 72 Other Carbohydrates

NOTES : Recipe originally from "Feeding the Flock," a cookbook put together by Georgia Baptist ministers' wives

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Leek Compote

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	pounds	young leeks
		Butter -- for greasing pan
1/2	cup	olive oil
2	teaspoons	salt
2	teaspoons	granulated sugar

Preheat your oven to 350 degrees. Clean the leeks (watch out for the sand), get rid of the tough green parts and the roots, and cut the leeks into 1/4-inch slices.

Butter a pan, spread the leeks out about an inch thick in the bottom of the pan, drizzle the oil on them, and sprinkle with the salt and sugar. Roast them in the oven until they're a creamy gold about 45 minutes to an hour.

Remove them from the oven and let cool. Spoon into dry, sterilized jars with lids. Cover and store in the fridge and they'll last about two weeks.

This recipe yields 2 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:  
"2 pints"

-----  
Per serving: 987 Calories (kcal); 108g Total Fat; (96% calories from fat); 0g Protein; 8g Carbohydrate; 0mg Cholesterol; 4264mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 21 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Lemon Marmalade

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Marmalades

Amount	Measure	Ingredient	Preparation Method
3	pounds	Meyer lemons or other lemons	
8	cups	granulated sugar - (to 10 cups)	

Slice the lemons as thin as possible. Discard ends. Remove all seeds and tie them in a square of doubled cheesecloth. Put lemons and seed bag in a nonreactive bowl with enough water to cover. Let stand overnight. Measure the lemons and water into a wide, shallow, nonreactive pan. Add an equal volume of sugar and cook over low heat until sugar is dissolved.

Raise heat to medium-high and cook, stirring frequently and skimming off the foam as it rises, until temperature reaches 220 degrees, about 1/2 hour. Remove marmalade from heat. To test for consistency, drop a little marmalade on a saucer and put the saucer into the freezer until marmalade is cold, about 5 minutes. Tip the saucer: the marmalade should just barely run. If too thin, return marmalade to medium-high heat and cook, testing often, until it has reached the right consistency.

Put marmalade into hot, sterilized pint or half-pint jars. Store in refrigerator up to 1 month or, for longer storage, seal according to reliable canning instructions.

This recipe yields 4 to 5 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 to 5 pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Cook's Magazine", Nov 1987  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Lemon Marmalade II

Recipe By :Jeanne Lesem  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Marmalades

Amount	Measure	Ingredient	Preparation Method
1		lemon - (4 to 5 oz)	
1 1/2	cups	water	
		Sugar, as needed	

To make lemon stock: Cut lemon in half from stem end to blossom end. With cut-sides down, slice as thin as possible. Discard end pieces and seeds. (Note: Should yield about 2/3 cup, packed.) Place lemon slices and water in small bowl. Cover. Let stand for 12 to 24 hours at room temperature.

Transfer to 1 1/2-quart saucepan. Boil, uncovered, for 15 minutes, or until peel is tender and translucent and pulp is breaking up. (Note: At this stage, you may refrigerate or freeze for later use.)

To make marmalade: Measure lemon stock. Pour into 1 1/2- or 2-quart saucepan. Stir in equal volume of sugar. Bring quickly to a boil. Boil rapidly for 12 to 15 minutes, or until gel tests done. Skim, if necessary. Stir for 2 or 3 minutes to cool mixture slightly and prevent peel from floating to top.

Pour into refrigerator storage container (hot and sterilized, if glass). Seal. Cool. Label. Refrigerate for 1 to 2 weeks for flavor to mellow.

This recipe yields about 10 ounces.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"10 ounces"

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from "Preserving Today" by Jeanne Lesem, and as published  
in the Pioneer Planet, 02-13-2000  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Lime Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Marmalades

Amount	Measure	Ingredient	Preparation Method
2	pounds	limes	
2		lemons	
8	cups	water - (approximately)	
6	cups	sugar - (approximately)	

Choose fruit that has not been waxed. Place fruit in a large kettle and add water just to cover. Bring to a boil and simmer until fruit can be pierced with a fork. Remove fruit, reserving water in which it was boiled.

Cool fruit, cut lengthwise into quarters, remove seeds, and slice as thinly as possible. Return fruit, along with any accumulated juices, to water and measure into large kettle.

For every one cup of liquid, add 3/4 cup sugar. Bring to a boil and boil quickly until mixture reaches jelly stage (220 degrees on candy thermometer).

Pour into sterilized half-pint or pint jars, seal and process according to jar manufacturer's instructions.

This recipe yields 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

- - - - -

Per serving: 252 Calories (kcal); 2g Total Fat; (3% calories from fat); 7g Protein; 93g Carbohydrate; 0mg Cholesterol; 19mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Lime-Mint Freezer Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	pickling cucumbers
3	tablespoons	pickling salt
1/2	cup	sliced onion
1	small	red bell pepper -- cored, seeded, and cut into 2" long matchsticks
		Grated zest of 1 lime
2		garlic cloves -- minced
1/4	cup	minced fresh mint leaves
1 1/2	cups	sugar
1 1/2	cups	distilled white vinegar

Gently wash cucumbers and thinly slice, discarding a slice from both ends of each cucumber. You should have about 8 cups. In a large, nonreactive bowl, toss cucumber slices with salt. Let stand two to three hours. Drain.

In a large nonreactive bowl, stir together remaining ingredients. Pour over cucumbers and stir well. Cover and refrigerate eight to 10 hours.

Pack mixture and syrup in freezer bags or rigid containers and freeze.

Presentation: Thaw in refrigerator eight hours before serving.

This recipe yields 4 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

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Per serving: 1367 Calories (kcal); 2g Total Fat; (1% calories from fat); 10g Protein; 345g Carbohydrate; 0mg Cholesterol; 30mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 8 Vegetable; 0 Fruit; 0 Fat; 20 Other Carbohydrates

NOTES : Recipe originally from "The Joy of Pickling" by Linda Ziedrich  
(The Common Press, 1998, \$14.95)

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*



## Maple Pickled Beets And Onions

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pounds	small white boiling onions - (1") -- unpeeled
30	small	beets - (1 1/2" to 2") -- stems trimmed to 1" = (abt 5 lbs with greens)
3	cups	cider vinegar
1 1/2	cups	pure maple syrup (dark amber)
1 1/2	cups	water
2	teaspoons	canning salt
6	whole	star anise
6	slices	peeled fresh ginger, 1/4" thick

Sterilize jars and lids: Wash 6 (1 pint) jars, lids, and screw bands in hot soapy water, then rinse well. Dry screw bands. Put jars and lids on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Heat water until an instant-read thermometer registers 180 degrees. Do not let boil. Keep jars submerged in hot water, covered, until ready to use.

Cook onions in a large pot of boiling water until almost tender, about 5 minutes. Transfer with a slotted spoon to a bowl, reserving cooking water. When cool enough to handle, trim root ends from onions, keeping onions intact, then slip off skins. Halve onions lengthwise.

Add beets to water in pot and boil until almost tender, about 25 minutes. Drain and, when cool enough to handle, slip off stems and skins. Halve beets lengthwise (quarter if large).

Bring vinegar, syrup, water, salt, star anise, and ginger to a boil in a 3-quart saucepan, then simmer, uncovered, 10 minutes.

Drain jars upside down on a clean kitchen towel 1 minute, then invert. Fill jars with beets and onions. Remove star anise and ginger slices from pickling liquid and tuck 1 of each into side of each jar. Fill jars with pickling liquid, leaving 1/4-inch of space at top, then run a thin knife between vegetables and jar to eliminate air bubbles.

Seal, process, and store filled jars: Wipe off rims of filled jars with a clean, damp kitchen towel, then firmly screw on lids with screw bands. Put sealed jars on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Bring to a boil, covered. Boil for 20 minutes (for 1/2-pint jars), then transfer with tongs to a towel-lined surface to cool.

Jars will seal (if you hear a ping, that signals that the vacuum formed at the top of the jar has made the lid concave) and preserves will thicken as they cool. After jars have cooled 12 to 24 hours, press center of each lid to check that it's concave, then remove screw band and try to lift off lid with your fingertips. If you can't, the lid has a good seal.

Let beets and onions stand in jars at least 1 week for flavors to develop.

This recipe yields 6 (1-pint) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 236 Calories (kcal); 6g Total Fat; (17% calories from fat); 7g Protein; 63g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 3 Other Carbohydrates

NOTES : Recipe originally from Gourmet Magazine, July 2001

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Maraschino Cherries

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Fruit

Amount	Measure	Ingredient -- Preparation Method
5	pounds	sweet cherries -- pitted (Bing or Royal Anne cherries)
4	pounds	sugar
2	teaspoons	red food coloring
4	teaspoons	almond extract
1	tablespoon	lemon juice

Put cherries and sugar into a large saucepan, stir gently until juices begin to form, and cook slowly until thick. Remove from heat and add food coloring, almond extract and lemon juice.

Cook 10 to 15 minutes longer, then pack hot in sterilized jars. Seal with sterilized lids and rings. Process in boiling water bath 20 minutes. Cool, test the seal (the jars are completely sealed if the lid is concave), store in a cool dark place to preserve the rich color.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 8526 Calories (kcal); 18g Total Fat; (1% calories from fat); 24g Protein; 2152g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 21 Fruit; 0 Fat; 121 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Master Recipe For Freezer Jam

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Freezing Fruit  
                    Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	prepared fruit such as blueberries, strawberries, raspberries, blackberries, or sour cherries	
2	cups	sugar	
2	tablespoons	lemon juice	
1	package	powdered pectin	
1/2	cup	cold water	

Wash and dry fruit. Pit, if necessary. Chop. Crush in large bowl using potato masher. Add sugar and lemon juice. Stir to combine. (Note: If using sour cherries, increase sugar to 3 cups.) Let stand for 30 minutes.

In small saucepan, stir pectin into cold water. Bring to a full boil. Cook for 1 minute. Pour into fruit mixture. Stir for 3 minutes, or until well combined and cooled.

Ladle jam into hot, sterilized jars. Wipe rims. Seal with lids. Let stand at room temperature for 24 hours. Place in freezer for up to 1 year. Defrost. Store in the refrigerator.

This recipe yields 5 half-pint jars.

#### Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

#### Yield:

"5 half-pints"

Per serving: 1556 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 402g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe from "The Yellow Farmhouse Cookbook" and as published in the Pioneer Planet, 07-11-1999

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Mesquite Bean Jelly

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Jams/Jellies

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 1/2 bushel mesquite beans, 2 cups tart plum juice or 1 cup lemon juice, 1 box jelling agent, 7 1/2 cups sugar.

Pick half bushel of mesquite beans without bug holes. Select beans that are succulent, yet mature enough to have red tinge on the pods. Wash the beans and snap into small pieces. Add plum or lemon juices. Cook 1 hour in 3 to 4 quarts of water. Drain the juice and save.

Place 5 cups of juice in a pan, bring to a boil and add jelling agent while stirring vigorously. Bring the mixture to a boil that cannot be stirred down; then add sugar and cook 5 more minutes.

Pour into jelly glasses or jars and allow to cool.

This recipe yields ?? servings.

Source:
"Arielle's Recipe Archives at
http://recipes.alastra.com/preserving/default.html"
S(Formatted for MC5):
"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 5805 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1499g Carbohydrate; 0mg Cholesterol; 15mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Mexican Taco Sauce

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped peeled cored tomatoes - - - (abt 12 large)
1 1/2	cups	chopped hot red peppers - (abt 24 large)
4	cups	vinegar, 5% acidity -- divided
1	cup	sugar
1	tablespoon	salt
2	tablespoons	mixed pickling spices
2	teaspoons	oregano
1	teaspoon	chili powder
1		garlic clove -- minced

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine tomatoes, peppers and 2 cups vinegar in a large saucepot; cook until tomatoes are soft. Press through a sieve or food mill. Return tomato puree to large saucepot. Add sugar and salt.

Tie spices and garlic in a spice bag; add to tomato mixture. Simmer until thick, about 30 minutes, stirring frequently. Add remaining 2 cups vinegar to sauce. Simmer until thick, about 30 minutes, stirring frequently. Remove spice bag.

Carefully ladle hot sauce into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about four 8-ounce jars.

Caution: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

Per serving: 795 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 204g Carbohydrate; 0mg Cholesterol; 6423mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Mild Chili Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Freezing  
Sauces

Amount	Measure	Ingredient -- Preparation Method
12		red ripe tomatoes -- peeled
6	medium	onions -- chopped
6		green peppers -- chopped
3		red sweet peppers -- chopped
1		cinnamon stick - (3" long)
1	teaspoon	whole cloves
1	teaspoon	whole allspice
1	tablespoon	salt
1	pint	cider vinegar, 5% acidity
1	cup	sugar

To peel tomatoes, dip them in boiling water, then quickly in cold water to loosen skins. Peel.

Finely chop raw tomatoes, onions, and peppers. Tie cinnamon, cloves, and allspice into a clean white cloth to make a spice bag. Add spice bag to tomatoes, onions, and peppers and simmer for 30 to 40 minutes. Remove spice bag. Add salt, vinegar, and sugar to tomato mixture; boil rapidly for 5 minutes.

Pour hot chili sauce into clean, hot pint jars. Seal with properly prepared canning lids. Process in boiling water for 15 minutes. Remove jars; cool and store.

To freeze, cool quickly by lowering container of chili sauce into sink of ice water. Pack sauce into moisture-vapor-proof, rigid containers, leaving 1-inch of headspace, and freeze at 0 degrees or lower.

This recipe yields 2 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 pints"

-----  
Per serving: 1535 Calories (kcal); 8g Total Fat; (4% calories from fat); 27g Protein; 372g Carbohydrate; 0mg Cholesterol; 6569mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 30 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Mild Picante Sauce

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Sauces

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 3 1/2 pounds tomatoes -- chopped, 1/2 cup chopped onion, 1/2 cup chopped green bell pepper, 1/4 cup chopped seeded jalapeño pepper, 3/4 cup white vinegar (5% acidity), 1 can tomato sauce - (15 oz), 1 teaspoon garlic salt.

Combine all ingredients in a large nonaluminum Dutch oven; bring to a boil over medium-high heat, stirring often. Reduce heat, and simmer, stirring often, 40 minutes or until thickened.

Pour into hot jars, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process 15 minutes in boiling-water bath.

This recipe yields 8 half-pints.

Source:

"Countryplace Recipe Archive at
http://www.progressivefarmer.com/countryplace"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

Per serving: 358 Calories (kcal); 5g Total Fat; (10% calories from fat); 14g Protein; 80g Carbohydrate; 0mg Cholesterol; 2184mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 15 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Mint Jelly

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Jams/Jellies

Amount Measure Ingredient -- Preparation Method

```

-----
1          cup  mint leaves - (firmly-packed)
  1/2      cup  boiling water
4          cups apple juice
2          tablespoons lemon juice
3          cups  sugar
           Green food coloring -- (optional)

```

Put mint leaves in a bowl; cover with boiling water. Let stand 1 hour. Squeeze juice from mint leaves and discard leaves.

Wash canning jars and lids with hot, soapy water and rinse well. Place jars in boiling water in a deep pot with a rack on the bottom. Boil for 10 minutes. Turn off heat and let stand in hot water until ready to fill. Cover jar lids with boiling water and let stand 10 minutes.

Combine 1/2 cup of the mint-flavored water in a large saucepan with apple juice and lemon juice. Bring to a boil over high heat. Add sugar, stirring until dissolved. Boil over high heat, stirring constantly, until jelly mixture reaches 220 degrees on a candy thermometer or until it sheets when poured from a spoon. Remove from heat. Skim foam if necessary. Stir in a few drops of green food coloring, if desired.

Ladle hot jelly into hot jars, leaving 1/4-inch headspace. Add two-piece lids and adjust. Process in boiling water for 5 minutes. Let stand until completely cool, then test seal (lids should sound solid when tapped.)

This recipe yields 4 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 2796 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g
Protein; 718g Carbohydrate; 0mg Cholesterol; 40mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 0 Fat; 40
Other Carbohydrates

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NOTES : Recipe adapted from "The Ball Blue Book," (Altrista, 1995), and as published in the Charlotte Observer, 07-07-1998

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Mint Jelly With Liquid Pectin

```

Recipe By      :n/a
Serving Size   : 0      Preparation Time :0:00
Categories     : Canning      Jams/Jellies

```

```

Amount Measure      Ingredient -- Preparation Method

```



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-----
1          cup  chopped mint leaves and tender stems
1          cup  water
  1/2      cup  cider vinegar
3 1/2     cups  sugar
5         drops green food coloring
  1/2     bottle liquid pectin

```

To prepare mint. Wash and chop mint. Pack solidly in a cup.

To make jelly. Measure mint into a kettle. Add vinegar, water, and sugar; stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down.

Add food coloring and pectin; heat again to a full rolling boil. Boil hard for 1/2 minute.

Remove from heat. Skim. Strain through two thicknesses of damp cheesecloth. Pour jelly immediately into hot sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in a boiling water bath.

This recipe yields 3 or 4 eight-ounce jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 or 4 eight-ounce jars"

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Per serving: 2726 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g
Protein; 706g Carbohydrate; 0mg Cholesterol; 15mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 47 1/2
Other Carbohydrates

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NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension  
Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Mint Syrup

Recipe By :Viviane Bichech Miner  
Serving Size : 0 Preparation Time :0:00  
Categories : Refrigerator Sauces

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Amount  Measure      Ingredient -- Preparation Method
-----  -
8        cups          fresh mint leaves -- chopped
2 1/2    cups          boiling water
8        cups          sugar
3        cups          water
                        green food coloring

```

3           tablespoons   mint essential oil -- or mint extract

Place chopped mint leaves in a crock or deep bowl; add boiling water. Place a flat dish over the leaves and weight it down. Allow to stand overnight.

Bring sugar and 3 cups water to a boil and cook 10 to 15 minutes. Meanwhile, squeeze the juice from the mint leaves; add mint juice to the syrup, bring to a boil, cook 5 minutes and remove from heat.

Discard leaves. Add green food color to make the syrup a bright green. Add the mint oil and stir. Pour into sterile bottles. Refrigerate. Syrup is ready to use. Dilute with cold water or sparkling water.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 6511 Calories (kcal); 0g Total Fat; (0% calories from fat); 22g Protein; 1656g Carbohydrate; 0mg Cholesterol; 272mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 7 Vegetable; 0 Fruit; 0 Fat; 107 Other Carbohydrates

NOTES : Recipe originally from the Sabbath chapter in "From My Grandmother's Kitchen: a Sephardic Cookbook" by Viviane Bichech Miner

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Mint-Pineapple Jam With Liquid Pectin

Recipe By       :n/a  
Serving Size   : 0       Preparation Time :0:00  
Categories     : Canning                               Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1		can crushed pineapple - (20 oz)
3/4	cup	water
1/4	cup	lemon juice
7 1/2	cups	sugar
1	bottle	liquid pectin
1/2	teaspoon	mint extract
		Few drops green coloring

Place crushed pineapple in a kettle. Add water, lemon juice, and sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Boil hard for 1 minute, stirring constantly.

Remove from heat; add pectin, flavor extract, and coloring. Skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields 9 or 10 half-pint jars.

Variation: Use 10 drops oil of spearmint instead of extract.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 or 10 half-pints"

- - - - -

Per serving: 5820 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1504g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Minted Peach Chutney

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Chutneys Refrigerator

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	peaches -- peeled, pitted, and chopped
1/2	cup	chopped red or green pepper
2	tablespoons	finely-chopped onion
2		garlic cloves -- minced
1	tablespoon	minced fresh or 1 tspn dried mint leaves
1/3	cup	sugar or NutraSweet Spoonful -- (to 1/2 cup)

Heat all ingredients, except sugar (NutraSweet), to boiling in large saucepan; reduce heat to low and simmer, uncovered, until mixture is thickened, about 30 minutes.

Cool; stir in sugar (NutraSweet). Store in refrigerator. Serve chutney with grilled or broiled lamb, pork and chicken.

This recipe yields 2 cups.

Source:

"Arielle's Recipe Archives at <http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):  
"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"2 cups"

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Per serving: 380 Calories (kcal); 1g Total Fat; (1% calories from fat); 6g Protein; 98g Carbohydrate; 0mg Cholesterol; 1mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 6 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Mixed Berry Jam

Recipe By :Anne Gardon  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	large	firm green apples
2	cups	firm blueberries
2	cups	firm strawberries
2	cups	firm raspberries or blackberries
		White granulated sugar -- as needed
		Juice of 2 lemons

Peel, core and grate the apples. Hull the berries. Weigh the prepared fruit and for every pound of fruit, measure 1 1/2 cups of sugar.

Place the fruit and sugar in a large, wide saucepan over medium heat. Stir gently until the sugar dissolves, add the lemon juice, then bring the mixture to a boil over high heat and cook until setting point is reached, about 40 to 60 minutes.

Ladle the jam into warmed, sterilized jars and seal.

This recipe yields about 6 cups.

Source:  
"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"6 half-pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other

Carbohydrates

NOTES : Recipe originally from "Preserving for All Seasons" by Anne Gardon (Firefly Books, \$24.95)  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Mixed Citrus Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Marmalades

Amount	Measure	Ingredient -- Preparation Method
4 1/2	quarts	water -- divided
1 1/2	cups	thinly-sliced grapefruit rind
1/2	cup	thinly-sliced orange rind
1 1/2	cups	chopped grapefruit sections
3/4	cup	chopped orange sections
1/2	cup	thinly-sliced lemon
2 1/2	cups	sugar

Combine 1 1/2 quarts water, grapefruit rind, and orange rind in a large Dutch oven; bring to a boil. Boil, uncovered 5 minutes; drain. Repeat procedure.

Combine remaining 1 1/2 quarts water, boiled rind, chopped fruit, and lemon slices; bring to a boil, and boil 5 minutes. Cover and let stand 12 to 18 hours in a cool place.

Uncover; bring mixture to a boil, and boil 35 to 40 minutes or until rind is tender. Add sugar to fruit and liquid. Stir well; bring mixture to a boil, and boil until mixture registers 220 degrees on a candy thermometer, stirring frequently.

Pour marmalade into hot sterilized jars, leaving 1/2-inch head space; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling water bath 10 minutes.

this recipe yields 3 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 half-pints"

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Per serving: 1935 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 500g Carbohydrate; 0mg Cholesterol; 133mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 33 1/2

Other Carbohydrates

NOTES : Recipe originally from "Southern Living" magazine  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Mixed Fruit Jelly With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	cups	cranberry juice (abt 1 lb cranberries and 2 cups water)	
2	cups	quince juice (abt 2 lbs quince and 4 cups water)	
1	cup	apple juice (abt 3/4 lb apples and 3/4 cup water)	
7 1/2	cups	sugar	
1/2	bottle	liquid pectin	

To prepare fruit. Sort and wash fully ripe cranberries. Add water, cover, and bring to a boil on high heat. Reduce heat and simmer for 20 minutes. Extract juice.

Sort and wash quince. Remove stem and blossom ends; do not pare or core. Slice very thin or cut into small pieces. Add water, cover, and bring to a boil on high heat. Reduce heat and simmer for 25 minutes. Extract juice.

Sort and wash apples. Remove stem and blossom ends; do not pare or core. Cut into small pieces. Add water, cover, and bring to a boil on high heat. Reduce heat and simmer 20 minutes. Extract juice.

Note: These juices may be prepared when the fruits are in season and then frozen or canned until the jelly is made.

To make jelly. Measure juices into a kettle. Stir in sugar. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add pectin and return to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields 9 or 10 eight-ounce jars.

Source:  
"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"  
S(Formatted for MC5):  
"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:

"9 or 10 eight-ounce jars"

- - - - -

Per serving: 6210 Calories (kcal); 1g Total Fat; (0% calories from fat); trace Protein; 1600g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 1/2 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Mixed Fruit Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	cups	Sour cherries	
3	cups	Fresh apricots	
2	cups	Red raspberries	
7	cups	Sugar	

Wash and seed cherries. Drop the apricots into boiling water for a few seconds, remove skins and seeds. Cut into quarters. Wash the berries. Mix the fruit and sugar together and cook quickly, until fruits are clear and tender. Seal in hot jars.

This recipe yields ??

Source:  
"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 5682 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 1464g Carbohydrate; 0mg Cholesterol; 65mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe originally from "Pennsylvania Dutch Cooking" (Yorkraft, Inc, 1960)  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Mixed Vegetables

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
7	cups	sliced carrots
7	cups	cut whole kernel corn
7	cups	shelled lima beans
6	cups	cubed zucchini
1	cup	chopped sweet red pepper

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine vegetables in a large saucepot; add water to cover. Boil vegetables 5 minutes. Pack hot vegetables and liquid into hot jars, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 55 minutes, quarts 85 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 14 pints or 7 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"14 pints"

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 Per serving: 367 Calories (kcal); 2g Total Fat; (3% calories from fat); 9g Protein; 87g Carbohydrate; 0mg Cholesterol; 299mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 17 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Mom's Bread-And-Butter Pickles

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
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7 1/2 pounds cucumbers - (abt 12 med)  
 2 pounds small white onions - (abt 5 or 6)  
 1/2 cup salt -- plus  
 1 tablespoon salt  
 === SYRUP ===  
 2 cups white vinegar  
 2 cups sugar  
 1 tablespoon whole mustard seeds  
 1 teaspoon celery seed  
 1 teaspoon whole black pepper  
 1 teaspoon salt  
 1 teaspoon ground ginger  
 1 teaspoon ground turmeric

Cut cucumbers and onions into 1/8-inch slices, placing each into separate bowls. Sprinkle 1/2 cup salt over the cucumbers and 1 tablespoon of salt over the onions. Leave in the bowls for an hour, tossing with a fork at least once during that time. After the soaking period, rinse each with cold water and drain well.

Place syrup ingredients in a large kettle, stirring to blend, then add cucumbers and onions. Cook over medium high heat until syrup boils. This takes about 10 minutes. Once the mixture comes to a boil, remove from heat and spoon onions and cucumbers into sterilized pint jars. Cover with the hot syrup. Spoon off any surface air bubbles and seal.

Process in a boiling-water canner for 10 to 15 minutes.

This recipe yields about 10 pints.

Comments: If you use waxed cucumbers, take care to wash them well, since you won't peel them.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"10 pints"

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Per serving: 1638 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 432g Carbohydrate; 0mg Cholesterol; 59701mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 28 1/2 Other Carbohydrates

NOTES : Recipe originally from the mother of Sue Ann Ferguson of Union City, CA, as published in the San Jose Mercury News, 08-11-1999  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Mom's Canned Peaches

Recipe By : Sam Gugino and Tony Tantillo  
 Serving Size : 0 Preparation Time : 0:00

Categories : Canning

Fruit

Amount	Measure	Ingredient -- Preparation Method
6	pounds	firm ripe peaches
2	cups	sugar
3		one-quart canning jars with new lids

Bring kettle or deep pot filled with a few quarts of water to boil. Drop in peaches in 2 batches for about 1 minute. Remove from hot water and let stand until cool enough to handle. Cut peaches in half along seam, remove pits, peel and drop halves into bowl of cold water. Save 3 peach pits.

In bowl or plastic bucket, combine sugar and 5 cups water until sugar dissolves.

Put a peach pit in bottom of each jar and add peach halves, hollow sides down, until each jar is filled to within 1/2-inch of top. Add sugar water.

Screw on tops of jars tightly, then release tops about 1/4-turn (to allow rubber lids to expand during cooking). Fit wire rack into kettle, or tie together extra canning jar bands to fit inside. Place jars on rack and fill kettle with enough tepid water to cover jars. (If jars are too loose they may rattle around during cooking; wrap dish towels around them so they don't smash.)

Cover kettle and bring water to boil. Boil gently for 15 minutes. Remove jars and tighten lids with dish towel. Let cool on stack of newspapers or dish towels for 48 hours.

This recipe yields 3 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 quarts"

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Per serving: 1548 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 400g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe from "Eat Fresh, Stay Healthy" by Sam Gugino and Tony Tantillo (Macmillan, \$25). Gugino, whose mother made these, says to use freestones to make it easier to cut up the peaches. Recipe as published in the Charlotte Observer, 07-01-1997

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Mulberry Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	pounds	ripe mulberries	
1/2	cup	lemon juice	
7	cups	sugar	
1	bottle	liquid pectin	

Put berries in saucepan and crush. Heat gently until juice starts to flow. Then, simmer covered, for 15 minutes. Put into jelly cloth or bag and squeeze out the juice.

Measure out 3 cups of juice into a very large saucepan. Add sugar and lemon juice, mix well. Put over high heat and bring to a boil, stirring constantly. At once stir in the pectin. Then, bring to a rolling boil and boil hard for 1 minute, stirring constantly.

Remove from heat skim off the foam, with a metal spoon. Pour quickly into hot sterilized jars and then seal.

This recipe yields about 8 half-pint jars.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

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Per serving: 5449 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1409g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Mulberry Jelly

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	pounds	ripe mulberries	

1/2 cup fresh lemon juice -- strained  
 7 cups sugar  
 1 bottle liquid pectin

Put mulberries in saucepan and crush. Heat gently until juice starts to flow, then simmer, covered, for 15 minutes. Put in jelly cloth or bag, and squeeze out juice.

Measure 3 cups into a very large saucepan. Add lemon juice and sugar, and mix well. Put over high heat and bring to boil, stirring constantly. At once stir in pectin.

Important. Bring to a full rolling boil and boil hard for 1 minute, stirring constantly.

Remove from heat, skim off foam with metal spoon, and pour quickly into hot sterilized jars. Seal.

This recipe yields about 8 half-pint jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
 S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

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Per serving: 5449 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1409g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Mulled Blackberry Vinegar

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Condiments  
 Fruit Vinegars

Amount	Measure	Ingredient -- Preparation Method
4	cups	blackberries
4	cups	cider vinegar, 5% acidity
1	tablespoon	cloves
1	tablespoon	allspice
2	sticks	cinnamon -- broken

Combine blackberries and 1 cup cider vinegar in a glass bowl. Lightly crush blackberries. Add remaining cider vinegar and spices to the

mixture. Cover bowl with waxed paper or plastic wrap and secure. Let vinegar steep in a cool, dark place for 4 weeks, stirring every 2 to 3 days.

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Strain vinegar through several layers of cheesecloth. Heat vinegar to a simmer; do not boil. Carefully ladle hot vinegar into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each 1,000 feet elevation.

This recipe yields about 3 pints.

Comments: One-quartered cup, washed, fresh berries may be added to each jar before filling with flavored vinegar. Process according to instructions.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

-----

Per serving: 372 Calories (kcal); 5g Total Fat; (9% calories from fat); 5g Protein; 93g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Muscadine Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	quarts	Muscadine grapes	stemmed, washed
3	cups	sugar	(to 4 cups)

Squeeze the pulp out of the hulls, keeping pulp and hulls in separate containers. Chop hulls if desired, and place in a pan with about 1/2 cup water. Simmer until tender (about 15 minutes); stir occasionally and add more water if needed to prevent sticking. In another saucepan, cook pulp until softened. Press pulp through a sieve or food mill to remove seeds.

Combine pulp and hulls in a larger pan; add 3/4 cup sugar for each cup of fruit. Bring slowly to a boil and boil for about 15 to 20 minutes, or until thickened. Stir as the mixture thickens to prevent sticking. Note: You can also test for jelling by removing the pan from the heat and chilling a dab of it.

Pour immediately into hot, sterilized jars, leaving 1/4-inch head space. Carefully wipe residue from jar mouths with a paper towel moistened with boiled water and cover with seals and rings. Process in a boiling water bath for 15 minutes.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Muscadine Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
7	cups	sugar	
4	cups	muscadine juice	
2	teaspoons	lemon juice	
1		box Sure-Jell	

Measure 7 cups sugar and set aside. Put 4 cups muscadine juice and 2 teaspoon lemon juice in large saucepan. Mix in 1 box Sure-Jell. Bring to a boil stirring constantly. Add sugar. Bring to a full rolling boil and boil hard for 1 minute, stirring constantly.

Remove from heat. Skim off foam with metal spoon. Pour at once into prepared jars.

This recipe yields 8 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"8 half-pints"

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Per serving: 5421 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : "Putting Food By" by Janet Greene, Ruth Hertzberg and Beatrice Vaughan, and as published in the Charlotte Observer, 08-06-1997  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Muscadine-Habanero Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
6	pounds	ripe muscadines
2		ripe habanero chiles -- stemmed
1		Santa Rosa or Friar plum -- seeded, for pectin
5	cups	granulated sugar
2	cups	water

In a heavy saucepan, combine the muscadines, chiles, plum, sugar, and water Slightly crush the muscadines with a potato masher. Boil for 30 to 40 minutes until thickened to a heavy syrup consistency.

Remove from heat. Strain and press the pulp through the strainer with a rubber spatula into a bowl. Discard the seed mixture.

Pour the hot jam into mason jars and seal. Keep refrigerated for several months or hot water bath and store on the shelf.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

-----  
Per serving: 3870 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 999g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe originally from Chile-Heads Recipe Collection at  
http://chileheads.netimages.com/recipe/index.html  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Mustard Pickled Vegetables

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	quarts	tiny cucumbers
2	quarts	small white pearl onion
2	quarts	halved string beans
2	quarts	coarsely-chopped green tomatoes
2	heads	fresh cauliflower -- cut in flowerets
6		sweet peppers -- chopped
1	small	cabbage head -- shredded
		=== SEASONINGS ===
1	ounce	turmeric
1/2	teaspoon	whole cloves
2/3	cup	dry mustard
1 1/2	cups	brown sugar
2	tablespoons	mustard seed
1	tablespoon	allspice
		Cider vinegar -- to cover
1/2	cup	flour -- mixed with
		Water -- to make a paste

Mix all vegetables and sprinkle with salt. Let stand 24 hours and drain off brine.

Place vegetables in a large heavy pot, add all other ingredients except flour and water and boil for 15 minutes. Add flour paste, and boil 5 minutes longer or until vegetables are tender but not mushy. Remove from heat, seal in sterilized jars while mixture is still piping hot.

This recipe yields ??

Source:

"Morten's Recipe Collection at http://sunsite.auc.dk/recipes"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 1907 Calories (kcal); 28g Total Fat; (12% calories from fat); 48g Protein; 396g Carbohydrate; 0mg Cholesterol; 285mg Sodium  
Food Exchanges: 6 Grain(Starch); 2 Lean Meat; 16 Vegetable; 0 Fruit; 3 Fat; 14 Other Carbohydrates



Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Mustard Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Pickles/Relishes Refrigerator

Amount	Measure	Ingredient	Preparation Method
1	quart	pickling cucumbers	
4	tablespoons	sugar	
2	tablespoons	salt	
2	tablespoons	ground mustard	

Cucumbers should not be more than four inches long. Wash cucumbers and pack as many as possible into jar. Add spices, then fill up jar with cold vinegar. Screw the jar lid on air tight.

After six weeks they are ready for the table and are delicious. These will keep several years if kept in a cool place.

This recipe yields 1 quart.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 quart"

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Per serving: 255 Calories (kcal); 1g Total Fat; (1% calories from fat); 3g Protein; 63g Carbohydrate; 0mg Cholesterol; 12800mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 3 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Mustard Pickles II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
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1 1/2 pounds cucumbers - (3" to 4") -- cut 1/2" slices  
 1 quart green tomato wedges - (abt 6 med)  
 3 cups cauliflowerets  
 3 cups chopped green bell peppers  
 3 cups chopped red bell peppers  
 2 cups peeled pickling onions  
 1 cup canning salt  
 4 quarts water -- plus  
   1/2 cup water -- divided  
 1 1/2 cups sugar  
   1/2 cup flour  
 1 tablespoon turmeric  
   1/2 cup prepared mustard  
 5 cups vinegar

To marinate vegetables: In a large bowl, combine vegetables -- cucumbers, tomatoes, cauliflowerets, peppers and onions. Dissolve salt in 4 quarts water. Pour salt water over vegetables; let stand 12 to 18 hours in a cool place. Drain; rinse and drain thoroughly.

To cook vegetables: Combine sugar, flour and turmeric in a large saucepot. Gradually add 1/2 cup water, stirring until smooth. Stir in mustard and vinegar. Cook until sauce coats spoon and mixture thickens. Add vegetables; simmer 15 minutes.

To preserve: Pack hot pickles and liquid into hot jars, leaving 1/4-inch head space. Remove air bubbles. Adjust two-piece caps. Process pints and quarts 10 minutes in a boiling-water canner.

This recipe yields about 8 pints or 4 quarts.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

- - - - -

Per serving: 1912 Calories (kcal); 8g Total Fat; (3% calories from fat); 20g Protein; 488g Carbohydrate; 0mg Cholesterol; 1656mg Sodium  
 Food Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 9 Vegetable; 0 Fruit; 1/2 Fat; 25 1/2 Other Carbohydrates

NOTES : Recipe originally from The Ball Blue Book

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Mustard Pickles III

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1		cauliflower head - (abt 2 lbs) -- small flowerets
1		cabbage head - (abt 2 lbs) -- coarsely chopped
1	bunch	celery -- coarsely chopped
1	quart	coarsely-chopped green tomatoes
1	quart	coarsely-chopped cucumbers
1	quart	chopped onions
3		sweet red peppers -- chopped
1	gallon	water
1	cup	pure granulated salt
3	cups	sugar
1	cup	flour
1	cup	vinegar
6	cups	white or cider vinegar
1	pint	water
2	tablespoons	celery seed
2	tablespoons	mustard seed
1	tablespoon	turmeric

Put all vegetables in a large bowl or container. Combine the 1 gallon water and salt and stir until salt dissolves. Pour salt water mixture over vegetables and let stand overnight.

The next morning, drain vegetables well. Organize and prepare ingredients, equipment, and work space.

In preserving kettle, stir sugar and flour together, then mix in the 1 cup vinegar until smooth. Stir in all remaining ingredients except vegetables and heat to boiling. (Here is where you can divide this mixture and the vegetable mixture in halves.)

Add drained vegetables. Heat to boiling, then lower the heat and simmer 20 minutes, stirring frequently.

Ladle relish into clean, hot, pint jars to within 1/4-inch of tops. Run a slim, non metal tool down along the insides of jars to release any air bubbles. Add additional relish, if necessary, to bring to within 1/4-inch of tops.

Wipe off tops and threads of jars with a damp clean cloth. Put on lids and screw bands as manufacturer directs.

Process in a boiling water bath for 20 minutes.

Also known as Dutch Salad, this recipe yields about thirteen 1 pint jars.

Comments: Unless you have an enormous cauldron, you may need to simmer the vegetables, vinegar, and spices in two batches, cooking about 3 quarts chopped vegetables and about 5 cups vinegar spice mixture for each batch. You will also need a large mixing bowl and the basic equipment for boiling water bath canning.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"13 pints"

- - - - -

Per serving: 3336 Calories (kcal); 13g Total Fat; (3% calories from fat); 32g Protein; 806g Carbohydrate; 0mg Cholesterol; 224mg Sodium  
Food Exchanges: 7 1/2 Grain(Starch); 1 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 41 Other Carbohydrates

NOTES : Recipe originally from Vegetable Gardening Encyclopedia  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### My Favorite Tomato Relish

Recipe By :Franklin Gordon  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	gallons	sliced cored peeled tomatoes
6		bell peppers -- seeded, sliced
6	medium	onions -- sliced
6		jalapeño peppers
1	cup	salt
6	cups	sugar
1	quart	vinegar
1 1/2	tablespoons	celery seed
1		box mustard seed - (2 oz)

Finely chop or grind tomatoes, peppers, onions and jalapeños in a food processor (in several batches). In large bowl, mix vegetables and salt well. Place in a cheesecloth bag, fold down the top and hang on a clothesline overnight to drain.

The next morning, empty contents of bag into a large container and add sugar, vinegar, celery seed and mustard seed. Mix well and let stand 2 hours.

Divide mixture into pint jars, leaving 1/2-inch of head space. Wipe jar tops and threads clean. Place hot lids on jars and screw hot bands on firmly.

Process 6 to 8 minutes in a pressure canner under 10 pounds pressure, according to manufacturer's instructions.

This recipe yields about 8 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 pints"

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Per serving: 5285 Calories (kcal); 5g Total Fat; (0% calories from fat); 17g Protein; 1367g Carbohydrate; 0mg Cholesterol; 102393mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 18 Vegetable; 0 Fruit; 1/2 Fat; 84 Other Carbohydrates

NOTES : Recipe originally from Franklin Gordon of King, won first-place in the Other Vegetable Relish subcategory and the Judge's Choice winner in the Relish category at the Dixie Classic Fair, as published in the Winston-Salem Journal, 10-06-1999

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Nectarine And Rose Geranium Jam

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	pounds	sliced nectarines	
1 3/4	cups	sugar	
1/2	teaspoon	lemon juice	
3		rose geranium sprigs	

Bring nectarines and sugar to boil in large, flat pan, stirring constantly. Cook over medium-high heat until sugar is transparent and fruit is softened. Add lemon juice and stir well. Pour into large, flat dish and cool overnight.

Next day, ladle nectarine mixture into large saucepan and bring rapidly to boil, stirring frequently. Cook until liquid begins to fall away from metal spoon in thin sheet, rather than steady stream, about 5 minutes.

Place rose geranium sprig in bottom of each of 3 sterilized 1/2-pint glass canning jars. Fill jars with jam, leaving about 1/2-inch head space. Fasten with new lids and place in boiling water bath for 10 minutes.

Remove and cool. Check lids by pressing down in center. Lid should not spring back; if lid springs back, return to water bath for 5 more minutes. Tighten lids and wipe clean. Store in cool, dark place.

This recipe yields about 2 cups or 2 to 3 (1/2-pint jars).

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 to 3 half-pints"

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Per serving: 1800 Calories (kcal); 4g Total Fat; (1% calories from fat); 8g Protein; 457g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 1/2 Fruit; 0 Fat; 23 1/2 Other Carbohydrates

NOTES : Recipe originally from Contra Costa Times  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Nectarine Mustard

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Condiments Refrigerator

Amount	Measure	Ingredient	Preparation Method
2	cups	diced peeled nectarines	(abt 3lbs)
1	cup	dry mustard	
2 1/2	cups	water	
4 1/2	tablespoons	grated orange zest	
1 1/2	cups	cider vinegar	
1	tablespoon	salt	
		Juice of 1/2 lemon	

In a pan, fry nectarines, stirring constantly, for 3 or four minutes over medium heat. Reduce heat and simmer for about five more minutes. Add remaining ingredients except lemon juice and simmer over low heat until thick about 1 1/2 hours. Stir occasionally and then more often as it thickens. When done it will be like yogurt (consistency-wise I mean).

Remove from heat and stir in lemon juice. Let cool and put into sterilized jars. Covered tightly and refrigerated, it should last about three months.

This recipe yields 3 half-pints

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 half-pints"

Per serving: 376 Calories (kcal); 21g Total Fat; (45% calories from fat); 21g Protein; 36g Carbohydrate; 0mg Cholesterol; 6420mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Nectarine Preserves With Basil

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	sugar
1/4	cup	fresh lemon juice
1/4	cup	water
1	cup	fresh basil sprigs
8	small	basil sprigs
5	pounds	nectarines or peaches -- peeled, each cut into 8 wedges
1	package	lower-sugar powdered pectin - (1 3/4 oz) -- plus
2	tablespoons	lower-sugar powdered pectin
		=== SPECIAL EQUIPMENT ===
		Candy thermometer

Sterilize jars and lids: Wash 8 (1/2 pint) jars, lids, and screw bands in hot soapy water, then rinse well. Dry screw bands. Put jars and lids on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Heat water until an instant-read thermometer registers 180 degrees. Do not let boil. Keep jars submerged in hot water, covered, until ready to use.

Bring sugar, lemon juice, water, and 1 cup basil to a boil in a 5- to 6-quart heavy pot, stirring, until sugar is dissolved. Simmer over moderately-low heat until thick and syrupy, about 25 minutes. Discard basil with a slotted spoon.

Add nectarines to syrup and bring to a rolling boil over moderately-high heat, then boil, uncovered, stirring frequently, 5 minutes. Remove from heat and transfer nectarines with slotted spoon to a sieve set over a bowl to catch juice. Drain nectarines 5 minutes, then add juice from bowl to juice in pot.

Drain jars upside down on a clean kitchen towel 1 minute, then invert. Divide nectarines among jars with slotted spoon. Tuck a fresh basil sprig into side of each jar.

Return juice in pot to a rolling boil, skimming off any foam. Continue to boil until juice registers 220 to 224 degrees on thermometer, 7 to 10 minutes. Gradually add pectin, whisking constantly. Return juice to a rolling boil, then boil, skimming off any foam, 1 minute.

Ladle juice into jars, leaving 1/4-inch of space at top, then run a thin knife between fruit and jar to eliminate air bubbles.

Seal, process, and store filled jars: Wipe off rims of filled jars with a clean, damp kitchen towel, then firmly screw on lids with screw bands. Put sealed jars on a rack in a boiling-water canner or an 8- to 10-quart

deep pot and add enough water to cover by 2 inches. Bring to a boil, covered. Boil for 10 minutes (for 1/2-pint jars), then transfer with tongs to a towel-lined surface to cool.

Jars will seal (if you hear a ping, that signals that the vacuum formed at the top of the jar has made the lid concave) and preserves will thicken as they cool. After jars have cooled 12 to 24 hours, press center of each lid to check that it's concave, then remove screw band and try to lift off lid with your fingertips. If you can't, the lid has a good seal.

Let preserves stand in jars at least 1 day for flavors to develop.

This recipe yields 7 or 8 (1/2-pint) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 or 8 half-pints"

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Per serving: 3111 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 804g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from Gourmet Magazine, July 2001  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### No-Cook Georgia Peachberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	cup	raspberries	-- crushed
1	cup	coarsely chopped peaches	
3 3/4	cups	sugar	
2	tablespoons	lemon juice	
3	ounces	liquid pectin	

Measure prepared fruits into a large bowl. Add sugar to fruit and mix well. Let stand 10 minutes. Stir in Certo liquid fruit pectin and lemon juice. Continue to stir for 3 minutes until most of the sugar is dissolved.

Pour into clean jars or plastic containers. Cover tightly with lids and let stand at room temperature until set (may take 24 hours). Store in freezer or for 3 weeks in refrigerator.



This recipe yields 4 1/2 cups.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 cups"

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Per serving: 2972 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 766g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 50 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Okra Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	pounds	small okra pods
12		garlic cloves -- halved lengthwise
6	small	fresh hot peppers
6		fresh dillweed sprigs
6		fresh tarragon sprigs
3	cups	water
3	cups	white vinegar (5% acidity)
3	1/3 cup	pickling salt
3	tablespoons	sugar
1	tablespoon	crushed red pepper

Pack half of okra tightly into 1-pint hot, sterilized jars. Place 4 garlic pieces, 1 pepper, a sprig of dillweed and a sprig of tarragon in each jar with okra. Pack remaining okra in jars, leaving 1/4 inch headspace.

Combine water and remaining ingredients in a medium saucepan; bring to a boil. Pour boiling vinegar mixture over okra, leaving 1/4 inch headspace. Remove air bubbles with nonmetal spatula, sliding it down the side of the jar between the food and the jar, pressing back gently to allow bubbles to escape. Wipe jar rims.

Cover at once with metal lids, and screw on bands. Process in boiling-water bath 10 minutes.

This recipe yields 6 pints.

Comments: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned. Do not touch your eyes.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 200 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 50g Carbohydrate; 0mg Cholesterol; 29mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Old-Fashioned White Zinfandel Jelly

Recipe By :Antoinette Jucha  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	cups	white zinfandel wine
3	cups	granulated sugar
1	pouch	liquid pectin - (3 oz)

Boil wine and sugar for 5 minutes until all the sugar is melted. Remove from heat, and add the entire pouch (3 ounces) of pectin. Stir and pour into sterilized jars and seal. Process in water-bath canner for 5 minutes. Cover and let cool overnight.

This recipe yields ??

Comments: I was taught these recipes by my mother and do not know the actual sources. I do know they turn out great every time.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 2322 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 599g Carbohydrate; 0mg Cholesterol; 6mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe originally from Antoinette Jucha, certified master canner, as published in the Pittsburgh Post-Gazette, 06-28-2001

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Old-Time Pear Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6	pounds	pears	
10	cups	sugar	
4	tablespoons	lemon juice	

Peel and dice pears. Put in dishpan and cover with sugar. Let set overnight.

The next day, add lemon juice and bring to a rapid boil. Turn heat to low and let slow cook 5 to 6 hours, till it turns light brown. Bring back to a boil and quickly ladle into jars and seal. For a no-fail seal, invert jars for 5 minutes.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 9234 Calories (kcal); 10g Total Fat; (0% calories from fat); 10g Protein; 2382g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 25 1/2 Fruit; 0 Fat; 134 Other Carbohydrates

NOTES : Recipe originally from "Kitchen Keepsakes" produced by the Berlin Sunshine Club

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Onion And Pepper Pickles

Recipe By :Oded Schwartz  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	onions
2		red peppers -- see * Note
2		yellow peppers
6	tablespoons	canning pickling salt -- divided
4	cups	white wine vinegar or cider vinegar
1/2	cup	sugar
2	tablespoons	dried mint
2	tablespoons	paprika
1	tablespoon	dry dill seed

\* Note: For a more colorful final product, you can also use a mixture of red, yellow and orange peppers.

Slice onions and peppers into thin rings. Put the sliced onions and red and yellow peppers in a glass bowl and sprinkle with 4 tablespoons of the salt. Mix well, cover with a clean cloth and let stand for two hours.

Drain off liquid accumulated in the bottom of the bowl, then rinse the vegetables under cold running water and drain again.

Put the vinegar, sugar, mint, paprika, dill seed and remaining 2 teaspoons salt in a noncorrosive saucepan. Bring to a boil; reduce heat and simmer for five minutes.

Pack the vegetables into four hot, sterilized pint jars. Pour in the boiling vinegar mixture, making sure all the vegetables are completely covered. Poke with a wooden skewer to be sure there are no air pockets, then seal.

Allow to cool on countertop. Refrigerate. The pickles will be ready to eat in about one week but improve with age.

This recipe yields 4 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

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 Per serving: 944 Calories (kcal); 4g Total Fat; (3% calories from fat); 18g Protein; 226g Carbohydrate; 0mg Cholesterol; 46mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 21 Vegetable; 0 Fruit; 1/2 Fat; 6 1/2 Other Carbohydrates

NOTES : Recipe from "Preserving" by Oded Schwartz (DK Publishing), and as published in the Contra Costa Times

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Onion Relish

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes
Vegetables

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 24 sweet red peppers (not the hot ones), 7 medium sweet onions (yellow or white), 3 cups sugar, 3 cups vinegar, 2 tablespoons salt, 1 jalapeño pepper - (to 2) -- sliced finely

Slice peppers and onions; dump all ingrediants in a large pot; bring to boil reduce heat simmer for about 30 minutes.

Pour into jars with 1/2-inch of headspace. Process in a water bath 15 minutes (half pints) 25 minutes for pints.

This recipe yields ?? servings.

Comments: Excellent on fried potatoes.

Source:

"Canning recipes at http://www.mountain-breeze.com/canning/index.html"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 2423 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 642g Carbohydrate; 0mg Cholesterol; 12803mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 43 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Opal's Apple Butter

Recipe By :Opal Huddleston
Serving Size : 0 Preparation Time :0:00
Categories : Butters/Spreads Canning
Fruit

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 8 cups apple sauce, 6 1/2 cups sugar, 1/2 cup apple cider vinegar, 2/3 cup cinnamon (Red Hots) candies

Mix ingredients and bring to a boil. Cook for 20 minutes, stirring constantly. Wash jars; heat jars in oven. Fill with apple butter and seal.

This recipe yields ??

Comments: It congeals if you cook it long enough, and you can just slice it. Because this apple butter gets hot and there is 20 minutes of continuous stirring time, I recommend wearing gloves when making this recipe. I have a thick pair of men's socks, with the toes cut out, which I put on my arms for extra protection because this apple butter does a lot of popping.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 5048 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1306g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe originally from Opal Huddleston of Crossville, as published in the Crossville Chronicle, 08-16-2000  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Orange Jelly Made From Frozen Concentrated Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3 1/4	cups	sugar	
1	cup	water	
3	tablespoons	lemon juice	
1/2	bottle	liquid pectin	
3/4	cup	frozen orange juice concentrate	-- (1 six-oz can)

Stir the sugar into the water. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add lemon juice. Boil hard for 1 minute.

Remove from heat. Stir in pectin. Add thawed concentrated orange juice and mix well. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in a boiling water bath.

This recipe yields 4 or 5 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"  
S(Formatted for MC5):  
"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"4 or 5 half-pints"

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Per serving: 2866 Calories (kcal); trace Total Fat; (0% calories from fat); 5g Protein; 735g Carbohydrate; 0mg Cholesterol; 20mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fruit; 0 Fat; 43 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Orange Lemon Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Marmalades

Amount	Measure	Ingredient	Preparation Method
4		oranges	
2		lemons	
2 1/2	cups	water	
1/8	teaspoon	baking soda	
1	package	Ball 100% Natural Fruit Jell Pectin	
6	cups	sugar	
1/4	teaspoon	nutmeg	

Prepare Ball brand or Kerr brand jars and closures according to instructions found in Canning Basics.

Remove peel from oranges and lemons, reserve fruit. Scrape off white pith and discard. Thinly slice peel. In a medium saucepot, combine orange and lemon peel, water and baking soda. Bring to a boil, reduce heat and simmer, covered, 20 minutes. Remove seeds and any white membrane from oranges and lemons. Finely chop fruit. Add fruit to peel and return to a boil. Reduce heat and simmer, covered, 10 minutes.

Measure five cups of prepared fruit. Combine prepared fruit and pectin in a large saucepot. Bring to a rolling boil. Stir in sugar and nutmeg; return to a rolling boil. Boil hard 1 minute, stirring constantly.

Remove from heat. Skim foam if necessary. Stir for five minutes. Ladle hot marmalade into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight. Process 10 minutes in a boiling-water canner.

This recipe yields about 6 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

- - - - -

Per serving: 4917 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 1273g Carbohydrate; 0mg Cholesterol; 191mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Orange Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Marmalades

Amount	Measure	Ingredient	Preparation Method
4	medium	oranges	
1	medium	lemon	
3	cups	sugar	

Cut the fruit in half and squeeze out the juice. Reserve the juice. Cut the hollowed-out shells in half again. Pull out and discard all the tough interior membranes.

Put the rinds in a pot, cover with a lot of water, bring to a boil and simmer until tender, about 20 to 25 minutes. If using particularly tough-skinned lemons, it may be necessary to remove the orange peels first and cook the lemon peel another 5 to 10 minutes. Drain in a colander and discard the liquid.

Slice the rind thin or chop in a food processor. Combine the rind with the juice and measure out 3 cups of the fruit mixture into a large, heavy pot. Add 3 cups sugar. Bring to a full, rolling boil; boil uncovered, until the mixture jells (222 degrees on a candy thermometer). To test the thickness, ladle a small portion onto a plate and place in the freezer for a minute or two. Check the thickness when cool.

Ladle marmalade into five or six hot, clean half-pint jars, leaving a 1/4-inch head space. Wipe jar rims, adjust lids. Process in boiling water bath for 15 minutes (start timing when water boils). If for any reason, one of the lids doesn't pop down properly during canning, just store that jar in the refrigerator.

This recipe yields 5 to 6 half-pints.



Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 to 6 half-pints"

- - - - -

Per serving: 2580 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 667g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe as published in the Fresno Bee, 01-28-1998

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Orange Marmalade II

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4		oranges	-- see * Note
2		lemons	
2 1/2	cups	water	
1/8	teaspoon	baking soda	
1	package	Ball 100% Natural Fruit Jell Pectin	
6	cups	sugar	
1/4	teaspoon	nutmeg	

\* Note: To get the slightly sweet, slightly bitter taste of a traditional orange marmalade, use a variety with a more sour taste, such as a Seville.

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Remove peel from oranges and lemons, reserve fruit. Scrape off white pith and discard. Thinly slice peel. In a medium saucepot, combine orange and lemon peel, water and baking soda. Bring to a boil, reduce heat and simmer, covered, 20 minutes.

Remove seeds and any white membrane from oranges and lemons. Finely chop fruit. Add fruit to peel and return to a boil. Reduce heat and simmer, covered, 10 minutes. Measure five cups of prepared fruit.

Combine prepared fruit and pectin in a large saucepot. Bring to a rolling boil. Stir in sugar and nutmeg; return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary. Stir for five minutes.

Carefully ladle hot marmalade into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 6 half-pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 4917 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 1273g Carbohydrate; 0mg Cholesterol; 191mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Orange Marmalade Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Marmalades

Amount	Measure	Ingredient	Preparation Method
3/4	cup	grapefruit peel	-- (1/2 grapefruit)
3/4	cup	orange peel	-- (1 orange)
1/3	cup	lemon peel	-- (1 lemon)
1	quart	cold water	
		Pulp of 1 grapefruit	
		Pulp of 4 medium-sized oranges	
1/3	cup	lemon juice	
2	cups	boiling water	
3	cups	sugar	

To prepare fruit. Wash and peel fruit. Cut peel into thin strips. Add cold water and simmer in a covered pan until tender (about 30 minutes). Drain.

Remove seeds and membrane from peeled fruit. Cut fruit into small pieces.

To make marmalade. Add boiling water to peel and fruit. Add sugar and boil rapidly to 9 degrees above the boiling point of water (about 20

minutes), stirring frequently. Remove from heat; skim.

Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields 3 or 4 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 or 4 half-pints"

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Per serving: 2433 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 630g Carbohydrate; 0mg Cholesterol; 54mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Orange-Grapefruit Jelly Made From Frozen Concentrate

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3 1/4	cups	sugar	
1	cup	water	
3	tablespoons	lemon juice	
1/2	bottle	liquid pectin	
1	can	frozen concentrated orange-grapefruit juice -- (6 oz)	

Stir sugar into water. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add lemon juice. Boil hard for 1 minute.

Remove from heat. Stir in pectin. Add thawed, concentrated orange-grapefruit juice and mix well.

Pour immediately into hot containers, seal and process 5 minutes in a boiling water. Remove jars; cool and store.

This recipe yields 5 six-ounce glasses.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):  
"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"5 six-ounce glasses"

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Per serving: 2527 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 653g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 43 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Orange-Lemon-Grapefruit Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Marmalades

Amount	Measure	Ingredient	Preparation Method
1		grapefruit	thin-skinned
2	large	navel oranges	
1	large	lemon	thin-skinned
12	cups	water	
8	cups	sugar	

Peel grapefruit; scrape white pulp from rind and discard pulp. Cut yellow rind into very thin strips. Cut grapefruit into sections (removing membrane). Prepare oranges and lemon in same way, and remove any seeds.

Combine fruits and rinds in water; let stand all night. Boil 10 minutes; set aside to cool. Stir in sugar. Boil again, stirring frequently over low heat until jelly test is satisfactory or until candy thermometer reads 218 degrees.

Pour into sterile jars and cover with paraffin.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 6408 Calories (kcal); 1g Total Fat; (0% calories from fat); 5g Protein; 1656g Carbohydrate; 0mg Cholesterol; 106mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 0 Fat; 107 Other Carbohydrates

NOTES : Recipe as published in the Crossville Chronicle, 05-03-2000  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Oven-Candied Summer Tomatoes

Recipe By :Lynne Rossetto Kasper  
Serving Size : 4 Preparation Time :0:00  
Categories : Drying Preserving  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	ripe medium-size tomatoes
1	cup	robust extra-virgin olive oil
		Salt

Preheat the oven to 400 degrees. Core the tomatoes and halve vertically. Do not seed. Leave small tomatoes in halves; cut slightly larger tomatoes into 4 wedges, medium ones into 6 and large into 8. In half-sheet pan, or two 2 1/2-quart shallow metal baking pans (not glass or enameled metal), arrange the tomato wedges cut-side up, about 1/2- to 1-inch apart. Coat the tomatoes with the olive oil. Sprinkle with the salt.

Bake 30 minutes, then lower the heat to 350 degrees and bake another 30 minutes. Turn the heat down to 300 degrees and bake 30 minutes more or until edges are slightly darkened. If edges are not yet colored, turn the heat down to 250 degrees and bake another 10 to 15 minutes. Remove the tomatoes from the oven. Cool 20 minutes. Transfer to shallow glass or china dish and pour their oil over them. Let mellow, uncovered, at room temperature 4 to 6 hours.

Layer the tomatoes in a storage container, pouring in their oil, and refrigerate, covered, for up to 6 days. Or freeze the tomatoes in sealed, plastic containers for up to 3 months.

Serve at room temperature.

This recipe yields 16 to 32 pieces, depending on the size of your tomatoes, which Kasper says serves 4 to 8.

Testing notes: Please use only the best-quality ingredients; invest in a good olive oil and use sea salt for a wonderful mineral taste. My tomatoes did need that extra baking time at 250 degrees, about 20 minutes of it, actually, to achieve that lacy, crusty edge. Remember, do not serve these tomatoes cold. Kasper recommends serving these tomatoes atop pasta; I tossed them, chopped, with a handful of olives, also chopped, over linguine and found the dish divine. I also served them on an antipasto platter to many swoons.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "The Italian Country Table" by Lynne Rossetto Kasper, as published in the Asbury Park Press, 09-06-2000  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Oven-Dried Plum Tomatoes

Recipe By :Lynne Rossetto Kasper  
Serving Size : 0 Preparation Time :0:00  
Categories : Drying Preserving  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
		Firm ripe plum tomatoes
		Sea salt
		Ancho chile powder
		= (or other chile powder or no chile powder at all)
		Extra-virgin olive oil
		Fresh basil leaves -- small ones
		Fresh mint leaves -- small ones
		Garlic cloves -- cut in slivers

Note: You don't need precise amounts or measurements to make this recipe. Start with a couple pounds of plum tomatoes and use accents in a proportion that suits your own taste.

Preheat oven to lowest possible setting above warm, which typically is about 170 degrees.

Wash tomatoes and cut them into halves or quarters, depending on their size. Most get cut into quarters. You want them to be fairly uniform in size.

Place cut-side up on heavy-duty baking sheet. Sprinkle with the sea salt and the ancho chile powder. (I happen to like the smoky kick of ancho chile powder. If you don't, or you simply want some other flavoring, try finely crushed dried oregano and fennel or, for a spirited change, a little garam masala or curry powder.)

Place tomatoes in the preheated oven and let them dry slowly for 8 hours. Do this overnight, while you sleep, and awaken to a wonderful-smelling kitchen. The tomatoes are done when they've lost their excess moisture, but aren't leathery-dry. Remove immediately from oven and let cool.

Into glass canning jars, pour a little olive oil, enough to cover bottom of the jar. Place a leaf of basil and mint (or use just one herb), then layer several wedges of the cooled tomatoes. Slip in a couple slivers of

garlic. Film with olive oil. Keep repeating the process until jar is almost filled to the top. Place a sprig of basil or mint on top, cover with olive oil and seal with lid. Refrigerate immediately, but bring to room temperature before eating. These tomatoes keep, refrigerated, for up to one month.

This recipe yields ??

Comments: You can slice these tomatoes and toss them with pasta, serve them as part of an antipasto platter, put them in sandwiches and wraps, use them in hearty salads, mix them with beans and olives for a savory stew or just eat them as is.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "The Italian Country Table" by Lynne Rossetto Kasper, as published in the Asbury Park Press, 09-06-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Oven-Dried Tomatoes

Recipe By :Eddie Perkins  
Serving Size : 0 Preparation Time :0:00  
Categories : Drying Vegetables

Amount	Measure	Ingredient -- Preparation Method
2		Tomatoes -- seeded
5		garlic cloves -- peeled
5		fresh basil sprigs
1	cup	white vinegar
		Extra-virgin olive oil -- as needed
		Coarse salt -- to taste
		Freshly-ground black pepper -- to taste

Cut tomatoes into quarters or eighths depending on the size. Place tomatoes close together on a cookie sheet. Spray lightly with olive oil or nonstick spray. Sprinkle on salt and pepper to taste.

Put the tomatoes in a 160 degree oven, with the door cracked open, for 12 hours. The tomatoes should be leathery but not mushy.

In a large jar, combine the vinegar, whole garlic cloves and fresh basil.

Pack the tomatoes in the jar and fill with extra-virgin olive oil.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 43 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 16g Carbohydrate; 0mg Cholesterol; 3mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates

NOTES : Recipe from Eddie Perkins, of Perkins Produce in Boulder, CO and as published in the Denver Post, 08-18-1999

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Oven-Dried Tomatoes In Oil

Recipe By :Joel Patraker and Joan Schwartz  
Serving Size : 0 Preparation Time :0:00  
Categories : Drying Refrigerator  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pounds	cored ripe plum tomatoes -- halved lengthwise
1	teaspoon	kosher salt
2	cups	extra virgin olive oil
2	large	fresh thyme sprigs
1		fresh rosemary sprig -- cut in half
2		fresh sage leaves - (to 3)
3	medium	garlic cloves -- cut in half

Place the tomatoes on a baking sheet and sprinkle with the salt. Let rest for 30 minutes. Preheat the oven to 250 degrees.

Pat the tomatoes dry and put them in the oven. Let them oven-dry for 5 to 6 hours, until they are dried but still slightly plump. They should not be leathery.

Place the tomatoes in a jar or bowl with the olive oil, herbs and garlic. Cover and refrigerate overnight and up to 2 weeks.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3835 Calories (kcal); 432g Total Fat; (99% calories from fat); 1g Protein; 3g Carbohydrate; 0mg Cholesterol; 1882mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 86 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe from "The Greenmarket Cookbook," by Joel Patraker and Joan Schwartz (Viking, 2000), and as published in the Charlotte Observer, 05-30-2000

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Oven-Roasted Tomatoes

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Drying Preserving  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pints	cherry or grape tomatoes = (plum tomatoes may also be used)
2	tablespoons	olive oil Salt -- to taste Freshly-ground black pepper -- to taste

Preheat oven to 250 degrees. In large bowl, toss tomatoes with oil and season with salt and pepper to taste. Line baking sheet with rack and place tomatoes on rack.

Roast tomatoes for 6 hours, until they look like big, red, juicy raisins.

This recipe yields 1 pint.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 pint"

Per serving: 239 Calories (kcal); 27g Total Fat; (100% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; trace Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from Newsday, 08-30-2000

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Papaya Chutney

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutneys  
 Fruit

Amount	Measure	Ingredient -- Preparation Method
2	medium	papayas
6		firm bananas
3	cups	brown sugar
1	pound	seedless raisins
2	cups	white wine vinegar
2		whole cloves
4	tablespoons	salt
2 1/2	cups	crushed pineapple
1	teaspoon	ground allspice
6		garlic cloves -- mashed
1	cup	almonds or macadamia nuts -- blanched
4	tablespoons	dried red chilies -- ground

Pare the papayas and cut into pieces. Simmer sugar and vinegar together for about 20 minutes to form a syrup. Add the salt and all other ingredients. Simmer in a heavy kettle, stirring constantly, for about 1 hour, or until papaya is soft and the mixture is as thick as jam.

Seal in hot sterilized jars. Let stand for some days before using.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 3752 Calories (kcal); 6g Total Fat; (1% calories from fat); 23g Protein; 984g Carbohydrate; 0mg Cholesterol; 25870mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 34 Fruit; 1/2 Fat; 30 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Parsley Apple Jelly

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
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2 pounds tart apples or crab apples -- peeled, quartered, and seeded  
 1 tablespoon rice wine vinegar  
 1 bunch parsley -- plus  
 1 cup minced parsley  
 3 cups sugar  
 2 teaspoons lemon zest

Cover apples with 5 cups cold water, bring to a boil and simmer until soft, about 15 minutes. Pour mixture into jelly bag or several layers of cheesecloth lining a fine mesh strainer. Set over container and allow to strain overnight. You should have about 3 cups of juice.

Preheat oven to 350 degrees. Place the sugar on a tray and warm in the oven for five minutes. Bring the apple juice to a boil. Add the vinegar and parsley bunch and simmer for 10 minutes. Slowly add the warm sugar, stirring until completely dissolved.

Simmer jelly until it reaches 219 on a candy thermometer, about 1 1/2 hours. Strain. Cool to room temperature. Stir in the minced parsley and lemon zest. Pour into jelly jars and seal.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 2370 Calories (kcal); 1g Total Fat; (0% calories from fat); 4g Protein; 609g Carbohydrate; 0mg Cholesterol; 74mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 40 1/2 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Parsley Jelly

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	large	parsley bunches
3	quarts	water
5	cups	sugar
2	teaspoons	grated lemon peel
1 1/2	cups	lime juice
1		pouch liquid pectin
		Green food coloring -- (optional)

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Combine parsley and water in a large saucepot. Simmer covered, about 20 minutes. Strain. Return parsley juice to a large saucepot; boil until reduced to 3 cups.

Add sugar, stirring to dissolve. Stir in lemon peel and lime juice. Bring to a boil. Stir in Fruit Jell(r) liquid pectin. Bring to a rolling boil. Boil hard for 1 minute. Remove from heat. Add green food coloring if desired.

Skim foam if necessary. Carefully ladle hot jelly into hot, sterilized jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight. Process 5 minutes in a boiling-water canner.

For altitude adjustment increase processing as indicated: 1,001 to 3,000 ft - 5 minutes; 3,001 to 6,000 ft - 10 minutes; 6,001 to 8,000 ft - 15 minutes; 8,001 to 10,000 ft - 20 minutes.

This recipe yields about 5 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 half-pints"

- - - - -

Per serving: 3972 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 1033g Carbohydrate; 0mg Cholesterol; 99mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Parthy's Homemade Bread And Butter Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
8	pounds	pickling cucumbers
6	medium	onions (white and red Bermuda) -- sliced
2		green peppers -- sliced
4		garlic cloves

1/3 cup sea salt  
 6 cups cracked ice or ice cubes  
 5 cups sugar  
 1 1/2 teaspoons turmeric  
 1 1/2 teaspoons celery seed  
 3 tablespoons mustard seed  
 3 cups cider vinegar

Leave skin on cucumber and slice between 1/4-inch and 1/2-inch thick. Add onions, peppers, whole garlic cloves and salt. Mix in 6 cups cracked ice or ice cubes. Let stand for 3 hours and drain well.

In a large kettle, combine all other ingredients. Add cucumber mixture and heat just to boiling point. Seal in hot sterilized jars and seal with hot sterilized lids and rings -- according to manufacturer's directions.

This recipe yields 8 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 pints"

- - - - -

Per serving: 4693 Calories (kcal); 16g Total Fat; (2% calories from fat); 36g Protein; 1173g Carbohydrate; 0mg Cholesterol; 30182mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 21 Vegetable; 0 Fruit; 1 1/2 Fat; 70 Other Carbohydrates

NOTES : Recipe originally from WTAE; Pittsburgh, PA  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Passionfruit Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
24		passionfruit
5	cups	cold water
1	cup	water
1		lemon
5	cups	sugar

Wash fruit well. Scoop out the pulp from the passionfruit and retain. Take half the passionsfruit shells and put with the first measure of water into a bowl and leave to stand overnight. Bring to the boil with the water and boil for about 30 minutes, or until inside of shells are tender. Scoop out this pulp and discard the thin paper skin that remains.

Discard the cooking water.

Chop or mash the pulp and put into jam pan with fruitpulp and seeds. Add the second measure of water and bring to the boil. Add the juice of the lemon. Add sugar and boil briskly until the jam will set when tested.

Allow to cool 10 minutes before pouring into hot, dry jars. Seal when cold.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 4301 Calories (kcal); 3g Total Fat; (0% calories from fat); 10g Protein; 1106g Carbohydrate; 0mg Cholesterol; 175mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Pawpaw (or Mango or Kiwifruit) And Chili Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	black peppercorns
1/2	teaspoon	pimentos
3 1/3	pounds	pawpaw or other fruit -- peeled, chopped
2	large	apples -- peeled, chopped
1	pound	tomatoes - (abt 4 med) -- peeled, chopped
2	cups	sugar
3	cups	white wine vinegar
2	teaspoons	sea salt
3		bullet chilies - (to 6) -- chopped
2	teaspoons	grated fresh ginger
		Finely-chopped coriander roots from 1 bunch coriander

Tie peppercorns and pimentos into a muslim bag (bouquet garni) and combine with all the other ingredients in a large saucepan. Stir over the heat without boiling until the sugar has dissolved. Bring to the boil and simmer uncovered for about 1 1/2 hours or until mixture is thick. Discard muslin bag. Pour into hot sterilized jars and seal.

This recipe yields about 5 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 half-pints"

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Per serving: 1819 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 486g Carbohydrate; 0mg Cholesterol; 3773mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 0 Fat; 29 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Peach Almond Jam

Recipe By :n/a

Serving Size : 1 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	pounds	peaches
1/2	cup	almonds -- chopped
1	pouch	liquid fruit pectin
1/4	cup	fresh lemon juice
7	cups	sugar - (3 lbs)
1/4	teaspoon	almond extract

Peel and pit peaches and grind or chop until very fine. Measure 4 cups prepared fruit into a 6- to 8-quart saucepan. Stir in lemon juice and almonds. Thoroughly stir in sugar.

Place over high heat and bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and immediately stir in liquid fruit pectin and almond extract. Skim off foam with metal spoon.

Ladle into clean, hot (8-ounce) jelly jars, filling to within one-fourth inch of top. Clean rims of jars and adjust caps, according to manufacturer's directions. Process 5 minutes in boiling water bath.

This recipe yields about 8 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:  
"8 pints"

- - - - -

Per serving: 880 Calories (kcal); 38g Total Fat; (35% calories from fat); 22g Protein; 135g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 7 1/2 Fruit; 6 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Peach Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient	Preparation Method
3 1/2	pounds	peaches	
1 3/4	cups	granulated white sugar	
1	tablespoon	lemon juice	
1/4	teaspoon	almond flavoring	

Place peaches in boiling water 2 at a time for 30 seconds to one minute. Remove from water and peel. Remove pits. Grind or mash peaches, then combine with other ingredients in a large saucepan. Bring to a boil on medium heat, stirring often. Boil, again stirring often, for about one hour and fifteen minutes until thickened. A spoonful on a chilled saucer should remain smooth with no watery sign.

Fill hot sterilized jars to within 1/4-inch from the top and seal.

This recipe yields 2 half-pints and one smaller jar.

#### Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:  
"2 half-pints"

- - - - -

Per serving: 523 Calories (kcal); 1g Total Fat; (1% calories from fat); 8g Protein; 135g Carbohydrate; 0mg Cholesterol; trace Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 8 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0



\* Exported from MasterCook \*

### Peach Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	pounds	fresh peaches
1	package	powdered pectin - (1 3/4 oz)
2	tablespoons	lemon juice
5	cups	sugar
1/2	teaspoon	whole allspice

Peel, pit, and coarsely mash peaches to measure 4 cups.

Combine peaches, pectin, and lemon juice in a Dutch oven; bring to a boil over high heat, stirring constantly. Stir in sugar and allspice; return to a boil, and cook 1 minute, stirring constantly. Remove from heat; skim off foam.

Pour into hot sterilized jars, filling to 1/4 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling-water bath 5 minutes.

This recipe yields 6 half-pints.

#### Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

#### Yield:

"6 half-pints"

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Per serving: 4323 Calories (kcal); 1g Total Fat; (0% calories from fat); 7g Protein; 1116g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Peach Jam With Brown Sugar And Rum

Recipe By :Helen Witty  
Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
              Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6	cups	coarsely-chopped peeled peaches	-- (abt 4 lbs)
2	cups	light brown sugar	- (packed)
6	tablespoons	strained fresh lemon juice	
3/4	cup	dark rum	-- preferably Jamaican
2	cups	granulated sugar	

In a large bowl, combine peaches with the brown sugar, lemon juice and about half of the rum, stirring to mix. Cover and let stand at room temperature six hours or overnight.

Wash jars and lids in hot, soapy water. Sterilize jars for 10 minutes in a boiling-water bath, then leave in hot water until ready to fill. Prepare lids according to manufacturer's directions.

Pour the fruit mixture into a large saucepan or Dutch oven. Bring to a boil over medium-high heat. Cover the pan, reduce heat and cook the mixture until the peach chunks begin to look translucent, 15 to 20 minutes; stir occasionally to prevent sticking. If the jam becomes too thick and threatens to scorch before the fruit is done, add 2 to 3 tablespoons of water. Add the granulated sugar, increase heat to medium-high and cook rapidly, stirring almost constantly, until a spoonful placed on a chilled saucer and refrigerated for a few minutes wrinkles instead of runs when the saucer is tilted. (Take jam off the heat while doing this. If using a candy thermometer, this should happen at about 220 degrees.) Add remaining rum and stir the jam (it will boil up when you add the rum) for 2 minutes over the heat.

Ladle boiling-hot jam into hot, prepared jars, leaving 1/4-inch headspace. Top with lids and process for 15 minutes in a boiling-water bath. Cool jars completely on a dish towel before labeling and storing.

This recipe yields about 6 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

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Per serving: 1933 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 400g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe from "The Good Stuff Cookbook," by Helen Witty (Workman, \$24.95, 1997), and as published in the Charlotte Observer, 06-23-1998

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Peach Jam With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4 1/4	cups	crushed peaches	
1/4	cup	lemon juice	
7	cups	sugar	
1/2	bottle	liquid pectin	

To prepare fruit. Sort and wash ripe peaches. Remove stems, skins, and pits. Crush peaches.

To make jam. Measure crushed peaches into a kettle. Add lemon juice and sugar. Stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over entire surface. Boil hard for 1 minute, stirring constantly.

Remove from heat and stir in pectin. Skim. Fill and seal containers. Process for 5 minutes in boiling water. Remove jars; cool and store.

This recipe yields 8 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

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Per serving: 5433 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1404g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Peach Jam With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
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3 3/4      cups  crushed peaches -- (abt 3 lbs peaches)
  1/2      cup   lemon juice
1          package powdered pectin
5          cups  sugar

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To prepare fruit. Sort and wash fully ripe peaches. Remove stems, skins, and pits. Crush peaches.

To make jam. Measure crushed peaches into a kettle. Add lemon juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat; skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields about 6 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 3901 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1010g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
 Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Peach Marmalade

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Marmalades

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Amount Measure      Ingredient -- Preparation Method
-----
6          large    peaches -- see * Note
2          oranges
1          small   lemon or 1/2 large lemon
          Sugar -- as needed

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\* Note: This recipe requires really good peaches. Don't use those hard things in the grocery store.

Peel and pit peaches. (Dunk the peaches in boiling water for about 15 seconds, then plunge them into ice water, and the peel will slide right off, reducing waste.) With a fine grater, remove JUST the orange and yellow parts of the orange and lemon rinds, not any of the white stuff underneath. Then peel and seed oranges and lemon.

Chop the peaches to about the size of dice. Chop the oranges and lemon half very fine, then mash. (If you choose to just throw them in a blender or food processor we promise not to tell anyone.)

Mix all the fruits, including the grated rinds, together and measure or weigh them, and add an equal amount of sugar. Cover and let stand all day or overnight. When ready to can, boil fruit and sugar and pack into sterilized jars and seal tightly.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 376 Calories (kcal); 1g Total Fat; (1% calories from fat); 7g Protein; 96g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 6 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Peach Melba Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2 1/2	cups	peach juice	
1	cup	raspberry juice	
1/4	cup	lemon juice	
7 1/2	cups	sugar	
2	pouches	Certo liquid pectin	

Combine juices and sugar in large saucepot or kettle, bring to boil over high heat, stir in both pouches pectin and bring to full boil, boil hard 1 minute.

Remove from heat, skim foam and pour into hot sterilized half-pint jars. Seal with 2-piece metal lid and ring, process in boiling water bath 5 minutes.

This recipe yields 9 half-pint jars.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

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Per serving: 6255 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 1616g Carbohydrate; 0mg Cholesterol; 86mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 1/2 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Peach Nectar

Recipe By :n/aKerr Canning Book  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Juices

Amount	Measure	Ingredient	Preparation Method
4	cups	peaches	
4	cups	water	
		Sugar, as needed	

Select sound, ripe fruit. Peel and crush. Combine 4 cups fruit with 4 cups water and heat slowly to simmering. Press through colander, then through fine sieve.

To each cup of the fruit pulp and juice, add 1/2 cup of sugar. Bring to simmering temperature. Stir until sugar is well dissolved.

Pour into clean jars to within 1/2-inch of top of jar. Put on cap, screwing the band tight. Process in boiling water bath for 10 minutes.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 291 Calories (kcal); 1g Total Fat; (1% calories from fat); 5g Protein; 75g Carbohydrate; 0mg Cholesterol; 28mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Kerr Canning Book  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Peach Or Pear Chutney

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Chutney

Amount	Measure	Ingredient -- Preparation Method
4	quarts	finely-chopped peeled pitted peaches or pears - (abt 20 med)
1	cup	raisins
1	cup	chopped onion - (abt 1 med)
2	cups	brown sugar - (to 3)
1/4	cup	mustard seed
2	tablespoons	ground ginger
2	teaspoons	salt
1		garlic clove -- (optional), minced
1		hot red pepper -- finely chopped
5	cups	vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all ingredients in a large saucepot. Cook slowly until thick, about 40 minutes. Stir frequently to prevent sticking.

Carefully ladle hot chutney into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 7 pints.

Caution: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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Per serving: 687 Calories (kcal); 14g Total Fat; (16% calories from fat); 17g Protein; 139g Carbohydrate; 0mg Cholesterol; 4287mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 7 1/2 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Peach Pickles

Recipe By :Shelby Reeves  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
2	cups	washed small peaches	-- do not peel
1	cup	sugar	
1	cup	water	
1	cup	vinegar	
1/4	cup	pickling spice (wrapped in cheesecloth)	

Put all ingredients in a large pan. Bring to boil and cook until peaches are tender. Can as usual.

This recipe yields approximately 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 pints"

Per serving: 808 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 214g Carbohydrate; 0mg Cholesterol; 12mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 14 1/2 Other Carbohydrates

NOTES : Recipe from Shelby Reeves, and as published in The Decatur Daily, 07-26-2000

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Peach Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Preserves



Amount	Measure	Ingredient -- Preparation Method
4	pounds	peaches -- peeled, pitted, and thinly sliced
1	package	Ball 100% Natural Fruit Jell Pectin
2	tablespoons	lemon juice
7	cups	sugar

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Measure 4 cups sliced peaches. Combine peaches, Fruit Jell pectin and lemon juice in a large saucepot. Bring to a rolling boil, stirring occasionally. Add sugar, stirring to dissolve. Return to a rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Carefully ladle hot preserves into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about nine 8-ounce jars.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

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Per serving: 6019 Calories (kcal); 1g Total Fat; (0% calories from fat); 10g Protein; 1554g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 10 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Peach-Ginger Marmalade

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount Measure Ingredient -- Preparation Method

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-----
1          lemon - (4 to 5 oz)
  1/2      cup sugar
  1/4      cup water
  1/4      cup minced fresh ginger
2         cups finely-chopped peeled firm ripe peaches
2         jars orange marmalade - (18 oz ea)

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Rinse and thinly slice lemon, discarding end slices and seeds; coarsely chop lemon. In a 5- to 6-quart pan, combine pieces and juice with sugar, water, and minced ginger. Boil over high heat, stirring often to prevent scorching, until liquid is almost gone, about 5 minutes.

Remove from heat and add peaches and orange marmalade; set unwashed empty jars and lids aside. Return pan to high heat and stir until marmalade is melted. Boil, stirring often, until marmalade is firm enough (Test For Firmness: Lift a spoonful of the boiling jam or marmalade from pan; tilt the spoon and pour jam back into pan. When two distinct drops form on the spoon edge and then flow over together, the mixture will be thick enough to spread when cool.), about 15 minutes.

To seal: When the preserves meet the firmness test, remove from heat and ladle hot mixture into unwashed jars to within 1/4-inch of rims; pour any extra preserves into a small bowl or jar. Wipe jar rims clean and screw lids snugly into place. Let stand until cool, about 6 hours.

To store: Serve unsealed preserves warm or cool; chill airtight up to several months or until any mold develops (if it does, spoon it off, but discard jam if moldy flavor is pervasive). Chill sealed jars up to 1 year.

This recipe yields about 4 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 387 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g
Protein; 100g Carbohydrate; 0mg Cholesterol; 3mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 6 1/2
Other Carbohydrates

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NOTES : Recipe originally from Sunset Magazine, September 2000

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Peach-Orange Marmalade Without Added Pectin

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Recipe By      :n/a
Serving Size   : 0      Preparation Time :0:00
Categories     : Canning      Fruit

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## Marmalades

Amount	Measure	Ingredient	Preparation Method
5	cups	finely-chopped or ground peaches	-- (abt 4 lbs peaches)
1	cup	finely-chopped or ground oranges	-- (abt 2 med oranges)
		Peel of 1 orange	-- shredded very fine
2	tablespoons	lemon juice	
6	cups	sugar	

To prepare fruit. Sort and wash fully ripe peaches. Finely chop or grind the peaches.

Remove peel, white portion, and seeds from oranges. Finely chop or grind the pulp.

To make marmalade. Measure the prepared fruit into a kettle. Add remaining ingredients and stir well. Boil rapidly, stirring constantly, to 9 degrees above the boiling point of water, or until the mixture thickens.

Remove from heat; skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields 6 or 7 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 or 7 half-pints"

- - - - -

Per serving: 4652 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1201g Carbohydrate; 0mg Cholesterol; 12mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

## Peach-Pineapple Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
5	pounds	peaches	- (abt 10 large)
2	cans	crushed pineapple	- (8 1/2 oz ea) -- do not drain

1/3 cup bottled lemon juice  
 5 cups sugar  
 1 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 1/4 teaspoon mace

Peel, pit and large dice peaches. Put cut peaches into water containing ascorbic acid so that peaches won't darken, until all peaches are cut up. Rinse peaches and put into heavy saucepan. Add undrained pineapple, lemon juice, sugar and spices. Bring to a boil, dissolving sugar. Turn head down and cook at a slow boil until preserves are thick and translucent.

Remove from heat, removing any foam with a metal spoon. Ladle into hot jars, clean rims, seal. Process in water bath canner for 10 minutes.

This recipe yields 5 to 6 pints

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 pints"

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Per serving: 3901 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 1007g Carbohydrate; 0mg Cholesterol; 28mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Peach-Pineapple Spread

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Butters/Spreads Canning  
 Fruit

Amount	Measure	Ingredient	Preparation Method
4	cups	drained peach pulp	-- procedure below
2	cups	drained unsweetened crushed pineapple	
1/4	cup	bottled lemon juice	
2	cups	sugar	-- (optional)

Note: This recipe may be made with any combination of peaches, nectarines, apricots and plums. This recipe may also be made without sugar or with as little as 2 cups. Nonnutritive sweeteners may be added; however, the sweetening power of aspartame may be lost within 3 to 4 weeks.

Thoroughly wash 4 to 6 pounds of firm, ripe peaches. Drain well. Peel and remove pits. Grind fruit flesh with a medium or coarse blade, or crush with a fork (do not use a blender). Place ground or crushed fruit in a 2-quart saucepan. Heat slowly to release juice, stirring constantly, until fruit is tender.

Place cooked fruit in a jelly bag or strainer lined with four layers of cheesecloth. Allow juice to drip about 15 minutes. Save the juice for jelly or other uses. Measure 4 cups of drained fruit pulp for making spread.

Combine the 4 cups of pulp, pineapple, and lemon juice in a 4-quart saucepan. Add up to 2 cups of sugar, if desired, and mix well. Heat and boil gently for 10 to 15 minutes, stirring enough to prevent sticking.

Fill hot jars quickly, leaving 1/4-inch headspace. Adjust lids and process 15 minutes in a boiling-water canner..

This recipe yields 5 to 6 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 half-pints"

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Per serving: 1561 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 404g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe originally from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Peaches

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient	Preparation Method
2	pounds	peaches per quart - (to 3)	=== EXTRA LIGHT SUGAR SYRUP - (6 cups) ===
1 1/4	cups	sugar	
5 1/2	cups	water	=== LIGHT SUGAR SYRUP - (6 1/2 cups) ===
2 1/4	cups	sugar	
5 1/4	cups	water	=== MEDIUM SUGAR SYRUP - (7 cups) ===
3 1/4	cups	sugar	

5 cups water  
=== HEAVY SUGAR SYRUP - (7 cups) ===  
4 1/4 cups sugar  
4 1/4 cups water

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

To prepare peaches: Wash peaches; dip in boiling water 30 to 60 seconds; immediately dip in cold water. Slip off peel. Cut in half; pit and scrape cavity to remove red fibers. (The fibers are likely to turn a brownish color during storage.)

Cling peaches are easier to cut into halves if a pitting spoon is used to loosen the pulp from the pit. Push the spoon through pulp from the stem end to the end of the pit, cutting pulp from the pit. If a pitting spoon is not available, use a knife to cut through to the pit; begin at stem end and follow crease to blossom end; continue cutting on opposite side. After cutting, hold a peach half in each hand and twist in opposite directions to separate halves.

Raw Pack - Peel peaches; cut in half and pit. Treat fruit to prevent darkening. Make a sugar syrup; keep syrup hot. Drain peaches. Pack peaches cavity-side down, layers overlapping, into hot jars, leaving 1/2-inch headspace.

Carefully ladle hot syrup over peaches, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 25 minutes, quarts 30 minutes, in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

Hot Pack - Peel peaches; cut in half and pit. Treat fruit to prevent darkening. Make a sugar syrup. Drain peaches. Cook peaches one layer at a time in syrup until peaches are hot throughout. Pack hot peaches into hot jars, leaving 1/2-inch headspace.

Carefully ladle hot syrup over peaches, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 20 minutes, quarts 25 minutes, in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

To prepare sugar syrup: Select the type of sugar syrup desired for canning peaches. Combine sugar and water in a large saucepot; bring to a boil. Reduce heat and simmer about 10 minutes. Keep sugar syrup hot while filling jars. For hot-pack method, heat peaches in syrup as directed in recipe.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 8514 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 2198g Carbohydrate; 0mg Cholesterol; 164mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 147 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pear Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning

Amount	Measure	Ingredient	Preparation Method
7	pounds	medium pears	quartered, cored
4	cups	sugar	
1	teaspoon	grated orange peel	
1/2	teaspoon	ground nutmeg	
1/3	cup	orange juice	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Cook pears until soft, adding only enough water to prevent sticking (about 1/2 cup). Press through sieve or food mill. Measure 2 quarts pulp; combine with sugar in a large saucepot, stirring to dissolve sugar. Add remaining ingredients, cook until thick enough to round up on a spoon. As mixture thickens, stir frequently to prevent sticking.

Carefully ladle hot butter into hot jars, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 3141 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 809g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Pear Preserves

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
1 1/2	cups	sugar	
3	cups	water	
8	medium	pears - (to 10, about 3 lbs before preparing)	
1 1/2	cups	sugar	
1		lemon -- thinly sliced, if desired	

Combine 1 1/2 cups sugar and water; cook rapidly 2 minutes. Add diced pears and boil slowly for 15 minutes. Add remaining sugar and lemon. Stir until sugar dissolves. Cook rapidly until fruit is clear, about 25 minutes. Cover and let stand for 12 to 24 hours in a cool place.

Pack fruit into hot jars, leaving 1/4 inch headspace. Adjust caps. Process in boiling water for 5 minutes. Remove jars; cool and store.

This recipe yields 5 half-pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 2334 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 606g Carbohydrate; 0mg Cholesterol; 29mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0



\* Exported from MasterCook \*

Pear Relish

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Fruit
Pickles/Relishes

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Lists ingredients like ground pears, onions, peppers, celery, vinegar, salt, mustard, allspice, cloves, cinnamon, turmeric, and sugar.

Quarter pears and onions and place in blender on "chop." Do the same with red, green and hot peppers and celery. Mix all together with remaining ingredients in large crockpot. Stir on low for 15 minutes. Jar and seal.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at http://food.bb.prodigy.net/"
S(Formatted for MC6):
"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 3911 Calories (kcal); 5g Total Fat; (1% calories from fat); 17g Protein; 1041g Carbohydrate; 0mg Cholesterol; 5487mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 19 Vegetable; 0 Fruit; 1/2 Fat; 61 1/2 Other Carbohydrates

NOTES : Recipe originally from "Feeding the Flock," a cookbook put together by Georgia Baptist ministers' wives
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Pear-Apple Jam

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
              Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	cups	finely-chopped peeled cored pears	-- (abt 2 lbs)
1	cup	finely-chopped peeled cored apples	
6 1/2	cups	sugar	
1/4	teaspoon	ground cinnamon	
1/3	cup	bottled lemon juice	
6	ounces	liquid pectin	

Crush apples and pears in a large saucepan and stir in cinnamon. Thoroughly mix sugar and lemon juice with fruits and bring to a boil over high heat, stirring constantly. Immediately stir in pectin. Bring to a full rolling boil and boil hard 1 minute, stirring constantly.

Remove from heat, quickly skim off foam, and fill hot, sterile jars leaving 1/4-inch headspace. Adjust lids and process in a boiling water bath for 5 minutes.

To sterilize empty jars, place them right side up on the rack in a boiling-water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

This recipe yields about 7 to 8 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 to 8 half-pints"

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Per serving: 5050 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1304g Carbohydrate; 0mg Cholesterol; 30mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pearl Onion Pickles

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes  
              Vegetables

Amount Measure Ingredient -- Preparation Method

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4          quarts  tiny onions
              Boiling water -- as needed
1          cup    salt
2          cups   sugar
2          tablespoons prepared horseradish
3          tablespoons mustard seeds - (to 4 tbsps)
2          quarts white vinegar, 5% acidity
7          small  bay leaves
7          small  hot red peppers

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Select fresh, tender onions. Cover with boiling water and let stand for 2 minutes. Drain; dip at once into cold water and peel. Sprinkle onions with salt and add cold water to cover (about 2 quarts water to 1 cup salt). Let stand at least 12 hours or overnight. Drain off salt water; rinse and drain thoroughly.

Combine sugar, horseradish, mustard seeds, and vinegar. Simmer 15 minutes.

Pack onions into jars, leaving 1/2-inch headspace. To each jar, add 1 bay leaf and 1 pepper. Pour boiling hot vinegar mixture over onions. Adjust lids. Process pints 10 minutes in boiling water. Remove jars; cool and store.

This recipe yields 7 pints.

Comments: You may substitute 3 1/2 tablespoons of mixed pickling spices for the horseradish and mustard seeds.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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Per serving: 1565 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 403g Carbohydrate; 0mg Cholesterol; 102419mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pears In Brandy

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
3	pounds	firm ripe pears
1/2	cup	superfine sugar
2	cups	brandy

Peel, quarter and core the pears. If the fruits are small, halve and core them. Put the pear pieces and sugar into a saucepan with just enough water to cover. Cover the pan and simmer 30 minutes, until the pears are tender and the sugar has dissolved. Allow the pears to cool, then transfer to sterilized jars, using a slotted spoon.

Boil the pear cooking juice over high heat until it has thickened and reduced to a scant 1 cup. Pour it over the pears. Pour in the brandy to within 1 inch of the top. Seal the jars and label. Keep in a cool dark place for at least 1 month before using to allow the flavors to develop.

This recipe yields about 3 3/4 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 3/4 cups"

Per serving: 1090 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 5mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe submitted by Dispatch reader Dorothy Anson of Worthington, Ohio, and as published in the Columbus Dispatch, 03-01-2000

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Peas And Carrots With Chives

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	pound	peas (in pods) per pint jar
1	pound	carrots per pint jar
		Salt -- (optional)
		Fresh chives

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash, drain and shell peas. Wash and drain again. Wash and peel carrots;

wash again. Cut carrots into 1/2-inch slices. Combine peas and carrots in a large saucepot. Cover with boiling water and boil 5 minutes.

Pack hot vegetables in hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint jar. Place 1 tablespoon snipped chives in each pint jar.

Carefully ladle hot cooking liquid or boiling water over vegetables, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints for 40 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Pepper Jelly With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	large	sweet green or red peppers -- seeded and chopped
1	small	hot red pepper -- seeded and chopped
6 1/2	cups	sugar
1 1/2	cups	cider vinegar, 5% acidity
1	bottle	liquid pectin - (6 oz)
		Green or red food coloring -- see * Note

\* Note: Green or red jelly can be made. If green is desired, use sweet green peppers and green food coloring. If red jelly is desired, use sweet red peppers and red food coloring.

Combine peppers, sugar, and vinegar in a heavy kettle. Heat to boiling.

Boil 10 minutes.

Remove from heat, and allow to stand for 15 minutes. Return to heat and boil 2 minutes. Remove from heat.

Strain out chopped peppers. Stir in pectin. Stir, skimming if necessary, 5 minutes. Tint a pale green or red with several drops of food coloring. Pour jelly immediately into hot sterilized jars, seal and process 5 minutes in boiling water. Remove jars; cool and store.

This recipe yields 9 eight-ounce glasses.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 eight-ounce glasses"

- - - - -

Per serving: 5031 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1299g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pepper-Onion Relish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped green bell peppers - (abt 10 peppers, cored and seeded)
2	quarts	chopped red bell peppers - (abt 10 peppers, cored and seeded)
1 1/2	cups	chopped onion - (abt 1 1/2 med onions)
2		hot red peppers -- finely chopped
4	teaspoons	mixed pickling spices
1 1/2	cups	sugar
4	teaspoons	salt
3 1/2	cups	vinegar

Cover vegetables with boiling water; let stand 5 minutes. Drain; cover again with boiling water, and let stand 10 minutes. Drain.

Tie pickling spices in a spice bag or cheesecloth. In a large pot,

combine spice bag, sugar, salt and vinegar; simmer 15 minutes. Add drained vegetables; simmer 10 minutes. Remove spice bag. Bring mixture to a boil.

Pack hot relish into hot sterilized jars, leaving 1/4 inch headspace. Remove air bubbles with nonmetal spatula, sliding it down the side of the jar between the food and the jar, pressing back gently to allow bubbles to escape. Wipe jar rims.

Cover at once with metal lids, and screw on bands. Process in boiling-water bath 15 minutes. Let cool completely.

This recipe yields about 6 pints.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 1279 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 349g Carbohydrate; 0mg Cholesterol; 8538mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 23 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pepper-Onion Relish II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	cups	chopped onions - (abt 4 med)
1 1/2	cups	chopped red peppers - (abt 1 1/2 med)
1 1/2	cups	chopped green peppers - (abt 1 1/2 med)
3	teaspoons	salt
1	quart	vinegar, 5% acidity
2	tablespoons	liquid non-sugar sweetener

Prepare Ball brand or Kerr brand jars and closures according to instructions found in Canning Basics.

Combine all ingredients, except non-sugar sweetener, in a large saucepot. Bring mixture to a boil; cook until vegetables are tender and the mixture is slightly thickened. Remove from heat. Stir in non-sugar sweetener.

Carefully ladle hot relish into hot jars, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 5 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 6395mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Peppered Corn

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	pounds	corn (in husks) per quart jar - (to 6) Chopped sweet green pepper -- as needed chopped sweet red pepper -- as needed

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Husk corn and remove silk; wash. Cut corn from cob. Measure corn. Place corn in a large saucepot. Add 1 tablespoon green pepper, 1 tablespoon red pepper and 1 cup boiling water to each pint of corn or 2 tablespoons green pepper, 2 tablespoons red pepper and 2 cups boiling water to each quart of corn. Bring to a boil; reduce heat and simmer 5 minutes.

Pack hot corn and liquid into hot jars leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.



Process pints 55 minutes, quarts 1 hour and 25 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Persimmon Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	pounds	persimmons
7	cups	sugar
2		lemons -- juice only
6	ounces	liquid pectin

Wash, peel and seed the persimmons; then mash them. Place persimmon pulp in a preserving kettle, add the sugar and lemon juice and mix well. Bring slowly to a boil over high heat until sugar has dissolved, stirring frequently. Boil hard for 1 minute, then remove the kettle from the heat and stir in the liquid pectin.

Skim thoroughly with a metal spoon. Ladle into hot sterilized jars and seal immediately.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 6860 Calories (kcal); 5g Total Fat; (0% calories from fat); 10g Protein; 1785g Carbohydrate; 0mg Cholesterol; 29mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 25 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Persimmon Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3 1/2	pounds	ripe persimmons	(to 4 lbs)
2	cups	water	
3	tablespoons	lemon juice	
1	package	powdered pectin	
1	cup	honey	

Wash fruit, remove blossom ends. Put in 6- to 8-quart non reactive pot. Add water. Bring to boil. Mash persimmons. Reduce heat and simmer 10 minutes. Remove from heat. Use food mill or strainer to remove pits.

Measure 3 cups of pulp. Stir in lemon juice and pectin. Bring to boil and add honey all at once. Bring to full rolling boil and boil 1 to 2 minutes, stirring constantly.

Jar, seal and process in boiling-water bath for 5 minutes.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 1042 Calories (kcal); 0g Total Fat; (0% calories from fat); 1g Protein; 283g Carbohydrate; 0mg Cholesterol; 28mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 18 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Pickle Sticks -- Sweet

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
8	pounds	pickling cucumbers - (3" to 4")
1/3	cup	canning or pickling salt
4 1/2	cups	sugar
3 1/2	cups	vinegar, 5% acidity
2	teaspoons	celery seed
1	tablespoon	whole allspice
2	tablespoons	mustard seed

These pickles may be canned as either strips or slices.

Wash cucumbers and cut off blossomed end. Slice or cut into strips.  
 Sprinkle with 1/3 cup salt. Cover with 2 inches of crushed or cubed ice.  
 Refrigerate 3 to 4 hours. Add more ice as needed.

Drain well. Combine sugar, vinegar, celery seed, allspice and mustard  
 seed in a 6-quart kettle. Heat to boiling.

**Hot Pack:** Add cucumbers and heat slowly until vinegar solution returns to  
 boil. Stir occasionally to make sure mixture heats evenly. Fill sterile  
 jars with cucumbers and cover with vinegar solution, leaving 1/2-inch  
 headspace. Adjust lids. Process in boiling waterbath canner; 5 minutes  
 for pints or quarts.

**Raw Pack:** Fill jars, leaving 1/2-inch headspace. Add hot vinegar  
 solution, leaving 1/2-inch headspace. Adjust lids and process in a  
 boiling waterbath; 10 minutes for pints or 15 minutes for quarts. (Add 5  
 minutes at altitudes of 1,001-3,000 feet; 10 minutes at 3,001-6,000 feet;  
 or 15 minutes above 6,000 feet.)

Store jars of processed pickles 4 to 5 weeks to develop ideal flavor.

This recipe yields 7 to 9 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 to 9 pints"

Per serving: 3605 Calories (kcal); 8g Total Fat; (1% calories from fat); 6g  
 Protein; 909g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 60  
 1/2 Other Carbohydrates

NOTES : Recipe from "Canning Foods: Fruits, Vegetables, Pickles, Jellies,"  
 a publication of the Cumberland County University of Tennessee  
 Agricultural Extension Service, and as published in the Crossville

Chronicle, 08-02-2000  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Pickled Asparagus

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	pounds	fresh asparagus -- per pint jar
1	teaspoon	dill weed -- per pint jar
2	teaspoons	pickling salt -- per pint jar
1		garlic clove -- per pint jar
		White vinegar -- as needed
		Boiling water -- as needed

Makes 1 jar, easily multiplied. Takes about 2 pounds per jar.

Wash asparagus and snap off tough ends. Wash pint jar and prepare lids. Trim stalks of asparagus to fit jar leaving 1/2-inch headspace. Add to jar 1 teaspoon dill weed, 2 teaspoons pickling salt, and 1 garlic clove.

Pack jar with asparagus (tops up). Fill jar halfway with white vinegar then fill with boiling water leaving 1/2-inch headspace. Seal and adjust lid. Process in boiling water bath canner for 10 minutes. Let them sit for 6 weeks to develop flavor.

This recipe yields 1 pint.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 pint"

-----  
Per serving: 216 Calories (kcal); 2g Total Fat; (6% calories from fat); 21g Protein; 43g Carbohydrate; 0mg Cholesterol; 21mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 8 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Blue ribbon top of class entry at the Skamania County Fair, Stevenson, WA for 1997 & 1998

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

## Pickled Beets

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
3	quarts	small beets - (abt 30)	
2	medium	onions sliced thin	
3	cups	water	
3	cups	white vinegar	
3	cups	sugar	
3	tablespoons	pickling spices	

To cook beets, leave about 1 inch of the stem attached. Cover with water and bring to a boil. Cook until they are just tender. Drain and rinse with cold water to stop the cooking. Peel and slice.

Add onions, water, vinegar, sugar and pickling spices to a pan. Bring to a boil. Add sliced beets and simmer for 15 minutes.

Pack beets in hot, sterilized jars, leaving 1/4 inch headspace. Make sure all the beets are covered with the liquid.

Process the beets in a hot water bath for 30 minutes.

This recipe yields 6 pints.

Source:

"<http://www.thatsmyhome.com/pickles.htm>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

- - - - -

Per serving: 2423 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 642g Carbohydrate; 0mg Cholesterol; 35mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 43 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

## Pickled Brussel Sprouts

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
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Brussels sprouts
Salt -- for soaking
Water -- for soaking
1 fresh dill head - per pint jar
1 fresh garlic clove - per pint jar
1/4 teaspoon crushed dried red pepper - per pint jar
5 cups vinegar
5 cups water
1/2 cup pickling salt -- less 1 tbspn

```

To prepare sprouts, soak for 10 minutes in a cold brine of 1 tablespoon salt to 4 cups water to drive out any bugs. Rinse well. Trim and/or peel to uniform 1-inch diameter and cut an x in the core to allow brine to penetrate.

Into each pint jar place 1 whole dill head, 1 clove fresh garlic, 1/4 teaspoon crushed dried red pepper. Prepare brine of 5 cups vinegar, 5 cups water, 1/2 cup less 1 tablespoon pickling salt and bring to boil, keeping hot.

Pack spices into jars, then pack sprouts tightly into jars to within 3/4-inch from the top. Add boiling brine leaving 1/2-inch headspace. Remove any trapped air with non-metallic utensil, add lid and band. Process in a boiling water bath for 10 minutes.

Recipe also works for dilly beans. I often do dilly beans with a mixture of green and yellow beans, very pretty together.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 168 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g
Protein; 71g Carbohydrate; 0mg Cholesterol; 48mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 5 Other
Carbohydrates

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Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Brussels Sprouts

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Recipe By      :n/a
Serving Size   : 0      Preparation Time :0:00
Categories     : Canning      Pickles/Relishes
                Vegetables

```

Amount Measure Ingredient -- Preparation Method

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-----
40          medium Brussels sprouts
2           sprigs fresh dill
1           sprig fresh cilantro
6           fresh garlic cloves
2           jalapeño peppers -- quartered lengthwise
1           habanero pepper -- quartered
2           tablespoons dry mustard
2           tablespoons cumin powder
1           tablespoon turmeric
4           tablespoons sea salt
4           cups white wine vinegar

```

Bring 4 cups of water to boil in large sauce pan. Add Brussels sprouts, peppers, and garlic. Remove from heat, cover, and allow to stand for 10 minutes. Drain well and place into large jars.

Bring vinegar to boil in large sauce pan. Add dill, cilantro, dry mustard, cumin, turmeric, and salt. Remove from heat, cover, and allow to stand for 5 minutes.

Quickly fill the jars to the brim with the hot liquid and seal tightly. Place jars into pantry or other cool, dark storage area and allow two weeks before use. Refrigerate after opening.

This recipe yields ?? servings.

Comments: These pickled Brussels sprouts are excellent in a Bloody Mary or Martini!

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 587 Calories (kcal); 8g Total Fat; (9% calories from fat); 32g
Protein; 139g Carbohydrate; 0mg Cholesterol; 22794mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 1 Fat;
4 Other Carbohydrates

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Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Calico Vegetables

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Recipe By      :n/a
Serving Size   : 0      Preparation Time :0:00
Categories     : Canning                               Pickles/Relishes

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Amount Measure      Ingredient -- Preparation Method
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6 cups cauliflowerets  
 1 cup peeled pickling onions  
 2 cups chopped green peppers  
 2 cups sliced carrots  
 1/4 cup pickling salt  
 1 quart vinegar  
 1/2 cups sugar  
 2 tablespoons mustard seed  
 2 tablespoons celery seed  
 2 tablespoons hot pepper sauce

Combine all vegetables and salt in a large mixing bowl. Cover with ice; let stand for 3 hours. Drain vegetables; rinse well.

Combine vinegar, sugar, mustard seed, celery seed and hot pepper sauce in large saucepan. Bring to boil; add vegetables and simmer 5 to 7 minutes.

Pack hot into jars, leaving 1/4-inch headspace. Remove air bubbles. Screw on caps. Process 10 minutes in boiling water bath.

This recipe yields ??

Source:

"http://www.thatsmyhome.com/pickles.htm"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 866 Calories (kcal); 11g Total Fat; (9% calories from fat); 13g Protein; 214g Carbohydrate; 0mg Cholesterol; 864mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 8 Vegetable; 0 Fruit; 1 1/2 Fat; 10 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Carrots

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient	Preparation Method
2	cups	carrots	
1	cup	vinegar	
1/2	cup	sugar	
1/4	cup	water	
1/2	tablespoon	pickling spice	

Scrape carrots and cut into thin strips lengthwise. Place in a pint jar. Boil the vinegar, sugar, spice for 10 minutes and pour over carrots. Seal. Process in boiling-water bath for 10 minutes.



This recipe yields 1 pint.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 pint"

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Per serving: 546 Calories (kcal); 1g Total Fat; (2% calories from fat); 3g Protein; 142g Carbohydrate; 0mg Cholesterol; 97mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fruit; 0 Fat; 7 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Cauliflower

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	large	cauliflower heads
2	cups	pearl onions
1	cup	pickling salt
1	cup	sugar
3	cups	white vinegar
2	tablespoons	mustard seeds
1	tablespoon	celery seeds
1	small	hot pepper

Wash the cauliflower and break into flowerets. Scald, cool, and peel the onions. Mix the vegetables with the salt, add just enough water to cover, and let stand about 18 hours.

Drain, rinse in cold water, and drain again. Dissolve the sugar in the vinegar, add the seeds and hot pepper and bring to a boil. Add the vegetables and simmer for 10 minutes, or until the vegetables are barely tender.

Pack the vegetables into hot jars, fill the jars with the boiling-hot liquid and seal.

This recipe yields 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"  
Yield:  
"4 pints"

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Per serving: 1011 Calories (kcal); 2g Total Fat; (1% calories from fat); 5g Protein; 270g Carbohydrate; 0mg Cholesterol; 823mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fruit; 1/2 Fat; 16 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Cauliflower And Carrots

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	medium	cauliflower heads - (1 1/2 lbs ea)
4	tablespoons	salt -- divided
4	cups	sliced carrots
1	quart	white vinegar
1	cup	sugar
1/2	cup	dried minced onion
2	tablespoons	mustard seeds
2	teaspoons	ground turmeric
4	whole	peppercorns

Trim cauliflower and cut into florets (you'll have about 4 quarts). Place cauliflower in a large bowl. Add 2 tablespoons salt. In another bowl, combine carrots with remaining salt. Cover both bowls and let stand 2 hours. Rinse each thoroughly and drain.

Combine vinegar, sugar, minced onion, mustard seeds, turmeric and peppercorns in a very large saucepan; bring to a boil. Add carrots; return to a boil. Reduce heat and simmer, covered, for 5 minutes. Add cauliflower and return to a boil. Reduce heat and simmer, covered, until vegetables are crisp-tender, 6 to 8 minutes.

Pack hot vegetables into hot, clean jars and fill jars with boiling liquid. Let cool, then refrigerate.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1135 Calories (kcal); 1g Total Fat; (0% calories from fat); 5g Protein; 309g Carbohydrate; 0mg Cholesterol; 25765mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 10 Vegetable; 0 Fruit; 0 Fat; 17 Other Carbohydrates

NOTES : Recipe from "Quick and Delicious Canning, Pickling and Preserving", and as published in the Columbus Dispatch, 06-21-2000  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Cauliflower II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	pounds	cauliflower florets
12		onions -- peeled and sliced
1/4	cup	salt
1		dried hot red pepper -- seeds removed
1/2	teaspoon	whole cloves
3/4	cup	sugar
1	teaspoon	ground turmeric
2	teaspoons	whole mustard seed
1	teaspoon	whole celery seed
1 1/2	cups	white vinegar
1 1/2	cups	water

Salt to taste the vegetables and let stand overnight. On the next day rinse them with cold water several times.

Place the red pepper and cloves in a cheesecloth bag. Combine with the remaining ingredients and boil for 5 minutes. Add the vegetables and cook just until they begin to loose their crispness about 5 to 10 minutes. Do not overcook.

Discard the bag of red pepper and cloves and pack the pickles into hot, sterilized jars. Fill the jars with the liquid and seal. Process 15 minutes in a boiling-water bath.

This recipe yields 7 pints.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

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 Per serving: 1144 Calories (kcal); 2g Total Fat; (1% calories from fat); 15g Protein; 287g Carbohydrate; 0mg Cholesterol; 25639mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 20 Vegetable; 0 Fruit; 0 Fat; 11 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Pickled Cauliflower III

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	quarts	cauliflower flowerets - (2 lg heads)
1 1/2	cups	peeled pickling onions
1/4	cup	canning salt
2	cups	sugar
2	tablespoons	mustard seed
1	tablespoon	celery seed
1	teaspoon	turmeric
1	quart	vinegar
1		hot red pepper -- (optional)

Combine cauliflowerets, onions and salt. Cover with ice; let stand 2 to 3 hours. Drain; rinse and drain thoroughly.

Combine sugar, mustard seed, celery seed, turmeric and vinegar in large saucepot. Cut two small slits in hot red pepper. Add pepper to vinegar mix, if desired. Bring to boil. Add cauliflowerets and onions; return to boil. Reduce heat and simmer 5 minutes.

Remove hot pepper. Pack hot vegetables and liquid into hot jars, leaving 1/4-inch headspace. Adjust lids. Process 10 minutes in boiling-water canner.

This recipe yields about 5 pints.

Source:  
 "Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>  
 S(Formatted for MC5):  
 "08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"  
 Yield:  
 "5 pints"

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 Per serving: 1821 Calories (kcal); 8g Total Fat; (3% calories from fat); 7g Protein; 468g Carbohydrate; 0mg Cholesterol; 26mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 30

1/2 Other Carbohydrates

NOTES : Recipe from the Ball Blue Book  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Pickled Daikon

Recipe By :Kathleen Mayes and Sandra Gottfried  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	large	daikon radish - (abt 1 lb) -- peeled
3	large	carrots -- peeled
1	large	cucumber
4		celery ribs
8		scallions
4	ounces	fresh ginger root -- peeled
1	large	green bell pepper -- seeded
1/2	large	red bell pepper -- seeded
1/2	large	yellow bell pepper -- seeded
1	package	enoki mushrooms - (3-1/2 oz) === PICKLING LIQUID ===
3	cups	granulated sugar
3	cups	white vinegar
1 1/2	cups	water
1	teaspoon	salt

In a large bowl, cut the daikon, carrots and cucumber into matchstick-sized pieces. Thinly slice the celery, scallions and ginger root. Dice the bell peppers into 1/2-inch pieces. Clean the mushrooms and pull them apart.

Half-fill a large soup pot with water and bring it to a boil over high heat. Add the vegetables to the boiling water. Immediately remove the pot from the heat and let the vegetables stand in the hot water for 2 minutes, uncovered. Drain the vegetables well. Place the vegetables in sterilized jars.

Pour hot pickling liquid over the vegetables to cover them. Screw lids tightly on the jars and refrigerate them about a week before serving the vegetables.

Pickling liquid: Combine all the ingredients in a medium saucepan. Cook over medium heat until the liquid comes to a boil. Remove the pot from the heat and ladle the hot liquid immediately over the vegetables in the prepared jars.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 2761 Calories (kcal); 2g Total Fat; (0% calories from fat); 12g Protein; 719g Carbohydrate; 0mg Cholesterol; 2415mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 15 Vegetable; 0 Fruit; 0 Fat; 43 Other Carbohydrates

NOTES : Recipe from "Roots: A Vegetarian Bounty," by Kathleen Mayes and Sandra Gottfried (Woodbridge Press), and as published in the Contra Costa Times

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Dilled Beans

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Beans Canning  
Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	fresh tender green or yellow beans -- (5" to 6" long)
8		fresh dill heads - (to 16)
8		garlic cloves -- (optional)
1/2	cup	canning or pickling salt
4	cups	white vinegar, 5% acidity
4	cups	water
1	teaspoon	hot red pepper flakes -- (optional)

Wash and trim ends from beans and cut to 4-inch lengths. In each hot sterile pint jar, place 1 to 2 dill heads, and if desired, 1 clove of garlic. Place whole beans upright in jars, leaving 1/2-inch headspace. Trim beans to ensure proper fit, if necessary.

Combine salt, vinegar, water and pepper flakes (if desired). Bring to a boil. Add hot solution to beans, leaving 1/2-inch headspace. Adjust lids and process for 10 minutes in a boiling-water bath.

To sterilize empty jars, place them right side up on the rack in a boiling-water canner. Fill the canner and jars with hot (not boiling) water to 1 inch above the tops of the jars. Boil 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil 1 additional minute for each additional 1,000 feet elevation. Remove and drain hot sterilized jars one at a time as filled.

This recipe yields about 8 pints

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 pints"

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Per serving: 36 Calories (kcal); trace Total Fat; (1% calories from fat); 2g Protein; 8g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Figs

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
6	quarts	figs with skins on - (8 lbs)	
1/4	cup	salt	
		=== SYRUP ===	
5	pounds	sugar	
1	cup	vinegar (not homemade)	
2	pints	water or less	
4	teaspoons	whole allspice	
4	teaspoons	whole cloves	
2	sticks	cinnamon	

Figs: Place figs in large canning pot. Sprinkle with 1/4 cup salt. Pour boiling water over figs and salt and bring to boil. Let set 5 minutes. Drain.

Syrup: Combine sugar, vinegar, water and spices in a large saucepan. Bring to boil. Pour over figs in canning pot and simmer 30 minutes. Put lid on pot and let stand overnight in a cool place.

Next day simmer for 30 minutes or less. Let stand overnight again in a cool place. On the third night bring to boil. Put figs and hot syrup into hot, sterilized jars. Seal with new two-piece lids and process 15 minutes in a boiling-water canner, following jar manufacturer's directions.

This recipe yields 10 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"10 pints"

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Per serving: 8849 Calories (kcal); 2g Total Fat; (0% calories from fat); 1g Protein; 2284g Carbohydrate; 0mg Cholesterol; 25628mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 152 Other Carbohydrates

NOTES : Recipe as published in the Contra Costa Times  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Garlic

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	pounds	large garlic heads
1/3	pound	fresh ginger -- peeled, and thinly sliced
1	cup	coarse salt
7		dried red chilies
2	cups	white wine vinegar
1	cup	dry white wine
2 1/2	tablespoons	mustard seed

Combine garlic in large saucepan with enough water to cover. Place over medium-high heat and bring to a boil. Let boil for 2 minutes; drain thoroughly.

When cool enough to handle, peel each clove without crushing. Transfer to a non-metallic bowl. Add ginger and salt with enough water to cover; refrigerate for 2 days.

Drain garlic mixture and rinse thoroughly in cold water; drain again. Pack ginger and garlic evenly into 7 clean, hot half-pint jars to 1/2-inch from the top. Add 1 chili to each jar.

Combine vinegar, wine and mustard seed in medium saucepan and bring to a rapid boil over high heat. Ladle enough hot brine into 1 jar to cover garlic mixture. Run a plastic knife or spatula between mixture and jar to release any air bubbles. Clean rim and threads of jar with damp cloth. Seal with new, scalded, very hot lid.

Repeat with remaining jars. Transfer jars to gently simmering water bath (180 to 190 degrees) and process for 10 minutes. Let cool on a rack. Check seals. Store in cool, dry place.

This recipe yields 7 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:



"7 half-pints"

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Per serving: 464 Calories (kcal); 9g Total Fat; (22% calories from fat); 10g Protein; 63g Carbohydrate; 0mg Cholesterol; 90277mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 1 Fat; 2 Other Carbohydrates

NOTES : Recipe as published in Tulsa World, 08-05-1998  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Grapes

Recipe By :n/a  
Serving Size : 1 Preparation Time :0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
		Firm ripe grapes in bunches -- washed
		Sugar -- as needed
		Vinegar -- as needed

Do not remove stems. Pack in sterilized jars. Care must be used to avoid crushing the grapes.

Make a syrup, using 3 cups sugar to 2 cups vinegar. Boil mixture 5 minutes. Pour hot syrup over grapes. Seal.

These grapes, if stored in a dark place, will retain their color. They may be used for garnishing.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Pickled Green Onions

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes
Vegetables

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include ingredients like sugar, water, white vinegar, salt, food coloring, and sliced onions.

In a saucepan, combine sugar, water, vinegar and salt and bring to a boil, stirring occasionally. Cool. Add a few drops of green and yellow food coloring to syrup to make an attractive green color.

In a one-quart container combine onions, mustard seed and celery seed. Pour syrup over all. Cover container and let stand over night. Add more onions to fill container. Refrigerate for 2 or 3 days before serving. Onions will keep in refrigerator for up to 3 weeks.

This recipe yields ??

Source:

"My Front Porch (canning archive) at http://www.flash.net/~tinyt"
S(Formatted for MC5):
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 1373 Calories (kcal); 2g Total Fat; (0% calories from fat); 6g Protein; 351g Carbohydrate; 0mg Cholesterol; 555mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 7 Vegetable; 0 Fruit; 0 Fat; 21 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Pickled Hot Peppers

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes
Vegetables

Table header for Pickled Hot Peppers: Amount, Measure, Ingredient, Preparation Method

2 pounds hot peppers - (3" to 5" long)  
 Boiling water  
 2 1/2 cups distilled white vinegar  
 2 1/2 cups water  
 1 cup granulated sugar  
 8 garlic cloves  
 2 teaspoons pickling salt

Wash peppers thoroughly. Cut off stem end only, trimming longer peppers to fit jar, if necessary. Place peppers in bowl; cover with boiling water. Let stand 5 minutes; drain.

Combine vinegar, water and sugar in saucepan; heat to boiling, then simmer 5 minutes. Pack peppers in clean, hot jars. To each jar add 2 cloves garlic and 1/2 teaspoon salt.

Pour simmering liquid over peppers to within 1/2-inch of top making sure vinegar solution covers peppers. Cap each jar at once. Process 10 minutes in boiling water bath for 5 to 7 minutes.

Source:

"Canning Recipes at  
<http://home.earthlink.net/~evelynrussell/canrecipes.html>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 810 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 208g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Mushrooms

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
1/2	cups	lemon juice	
1	quart	water	
6	cups	small button mushrooms	
1	teaspoon	salt	
2	cups	white distilled vinegar	
1/2	teaspoon	dried oregano	
1/2	teaspoon	dried basil	
2		bay leaves -- broken in half	

2 garlic cloves  
 1 1/2 cups olive oil

Combine lemon juice and water in a large saucepan. Add mushrooms and salt and bring to a boil. Simmer 5 minutes. Drain and pour vinegar over. Cover and let stand 10 to 12 hours.

Drain mushrooms and reserve vinegar. Place mushrooms in sterilized half-pint jars. Divide herbs into 4 portions and add to jars. Cover with olive oil. Process in boiling water bath 20 minutes.

Vinegar can be used one more time pickling mushrooms or use in salad dressings or cooking.

This recipe yields 4 half-pints.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

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Per serving: 2908 Calories (kcal); 324g Total Fat; (98% calories from fat); 1g Protein; 14g Carbohydrate; 0mg Cholesterol; 2163mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 65 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Pickled Okra

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
3 1/2	pounds	small okra pods	
3	cups	vinegar	
1/3	cup	pickling salt	
2	teaspoons	dillseed	
4	cloves	garlic	
2	small	hot red peppers	-- cut in half

Trim stems off okra, being careful not to cut pods; set aside. Combine 3 cups water, vinegar, salt and dillseed; bring to boil.

Pack okra into hot jars, leaving 1/4-inch head space. Put 1 garlic clove and 1/2 pepper in each jar. Ladle hot liquid over okra, leaving 1/4-inch head space. Remove air bubbles with a chopstick or nonmetal spatula.

Adjust lids. Process 15 minutes in boiling water canner.

Remove jars immediately and let sit on counter until cool. Press middle of each cap; if it does not bounce back, jar is sealed. If it does pop back, either store jar in refrigerator and eat soon or reprocess with new cap.

This recipe yields 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

- - - - -

Per serving: 119 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 46g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 3 Other Carbohydrates

NOTES : Recipe originally from the "Ball Blue Book," published by Alltrista Corp.

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Okra II

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	pounds	okra -- whole
6		hot red or green peppers
6		garlic cloves
1	quart	vinegar, 5% acidity
1 1/3	cups	water
1/2	cup	salt
1	tablespoon	mustard seeds

Wash okra. Trim stems; do not cut into pods. Pack okra into clean, hot pint jars; add hot pepper and garlic clove to each jar.

Bring remaining ingredients to a boil. Cover okra with hot liquid, filling to 1/2-inch from top. Adjust jar lids.

Process 10 minutes in boiling water. (Start to count processing time as soon as water in canner returns to boiling.) Remove jars.

Set jars upright on a wire rack or folded towel to cool. Place them

several inches apart.

This recipe yields 6 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 544 Calories (kcal); 1g Total Fat; (2% calories from fat); 28g Protein; 110g Carbohydrate; 0mg Cholesterol; 51282mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 21 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

#### Pickled Peach Slices

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
4	pounds	peaches	
15	ounces	white wine vinegar	
6		dried red chilies	
1	teaspoon	cloves	
1	teaspoon	allspice berries	
1		cinnamon stick - (4" long)	
1 1/2	pounds	brown sugar	

Scald, stone and slice the peaches. Put the vinegar into the pan with the remaining ingredients. Stir over a low heat to dissolve the sugar. Bring the vinegar to a boil. Cover and simmer for 15 minutes.

Put in the peaches and simmer uncovered for 2 minutes. Lift out the peaches with a slotted spoon and place them in warmed pickling jars. Boil the vinegar for 10 minutes to thicken it. Pour the vinegar over the peach slices. Cover immediately and seal. Let stand for 3 weeks before using.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3226 Calories (kcal); 2g Total Fat; (0% calories from fat); 10g Protein; 844g Carbohydrate; 0mg Cholesterol; 277mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 9 1/2 Fruit; 0 Fat; 45 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Peaches

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
3	quarts	sugar	
2	quarts	vinegar, 5% acidity	
7	pieces	cinnamon stick - (ea 2" long)	
2	tablespoons	whole cloves	
16	pounds	small or medium peaches - (abt 11 qts)	

Combine sugar, vinegar, stick cinnamon, and cloves. (Cloves may be put in a clean cloth, tied with a string, and removed after cooking, if not desired in packed product.) Bring to a boil and let simmer covered, about 30 minutes.

Wash peaches and remove skins; dip fruit in boiling water for 1 minute, then quickly in cold water for easy peeling. To prevent pared peaches from darkening during preparation, immediately put them into cold water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before using.

Add peaches to the boiling syrup, enough for 2 to 3 quarts at a time, and heat for about 5 minutes. Pack hot peaches into clean, hot jars. Continue heating in syrup and packing peaches into jars. Add 1 piece of stick cinnamon and 2 to 3 whole cloves (if desired) to each jar. Cover peaches with boiling syrup to 1/2-inch of top of jar. Adjust jar lids.

Process in boiling water for 20 minutes (start to count processing time after water in canner returns to boiling). Remove jars; set jars upright, several inches apart on a wire rack to cool.

This recipe yields 7 quarts.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 quarts"

- - - - -

Per serving: 9331 Calories (kcal); 3g Total Fat; (0% calories from fat); 1g Protein; 2406g Carbohydrate; 0mg Cholesterol; 56mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 161 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Pears

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
8	pounds	pears - (abt 48 med) -- peeled, cored, and sliced
3		cinnamon sticks
1	tablespoon	whole cloves
1	tablespoon	whole allspice
6	cups	sugar
4	cups	water
3	cups	vinegar, 5% acidity

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Treat fruit to prevent darkening. Tie spices in a spice bag. Combine spice bag, sugar, water and vinegar in a large saucepot. Bring to a boil, reduce heat and simmer 5 minutes.

Drain pears. Cook pears in syrup one layer at a time until tender but not soft. Carefully remove pears. Repeat until all pears are cooked.

Pack pears into hot jars, leaving 1/4-inch headspace. A stick of cinnamon and a few whole allspice may be added to each jar. Remove spice bag from syrup. Bring syrup to a boil.

Carefully ladle hot syrup over pears, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about six 8-ounce jars.



Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

- - - - -

Per serving: 4772 Calories (kcal); 3g Total Fat; (0% calories from fat); 2g Protein; 1235g Carbohydrate; 0mg Cholesterol; 67mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Peppers

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning

Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	jalapeño peppers
1 1/2	pounds	banana peppers
1/4	pound	serrano peppers
6	cups	vinegar
3		garlic cloves -- crushed

Leave peppers whole or cut into 1-inch pieces. Combine peppers. Place vinegar, 2 cups water and garlic in large pan. Bring mixture to boil; reduce heat and simmer 5 minutes. Discard garlic.

Pack peppers into hot jars, leaving 1/4-inch head space. Ladle hot pickling liquid over peppers, leaving 1/4-inch head space. Remove air bubbles with a chopstick or nonmetal spatula. Adjust lids. Process pints 10 minutes in boiling water canner.

Remove jars immediately and let sit on counter until cool. Press middle of each cap; if it does not bounce back, jar is sealed. If it does pop back, either store jar in refrigerator and eat soon or reprocess with new lid.

This recipe yields 5 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 pints"

-----  
Per serving: 526 Calories (kcal); 5g Total Fat; (6% calories from fat); 17g Protein; 149g Carbohydrate; 0mg Cholesterol; 104mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 12 Vegetable; 0 Fruit; 1/2 Fat; 6 Other Carbohydrates

NOTES : Recipe originally from the "Ball Blue Book," published by Alltrista Corp.  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Red Onions

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Pickles/Relishes Refrigerator  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1	cup	cider vinegar	
1	cup	water	
3	tablespoons	brown sugar	
1	teaspoon	salt	
1	teaspoon	whole peppercorns	
4	medium	red onions	-- very thinly sliced

Fill a tea kettle with water and bring to a boil. Combine vinegar, water, sugar, salt and peppercorns in a medium-sized bowl and stir until the sugar is dissolved.

Place the onion slices in a colander in the sink and slowly pour all the boiling water over them. They will wilt slightly. Drain well and transfer to the waiting marinade. Cover and let marinate for several hours either in the fridge or at room temperature.

Keep in the refrigerator and use as needed. Also can be used in antipastos or on top of pizza. They keep for a very long time.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 379 Calories (kcal); 1g Total Fat; (2% calories from fat); 7g Protein; 96g Carbohydrate; 0mg Cholesterol; 2171mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 9 1/2 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Pickled Red Sweet Peppers

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Rows include 1 dozen red sweet peppers, 4 cups distilled white vinegar, and 2 cups sugar.

Wash and seed peppers and cut into 1/2-inch strips. Boil vinegar and sugar together for 5 minutes. Pack peppers into hot clean jars, add boiling vinegar solution to within 1/2-inch of the top of the jar. Seal. Process in boiling water bath for 10 minutes.

This recipe yields ??

Comments: You can vary the peppers and use a mixture of red, green, yellow.

Source:
"My Front Porch (canning archive) at http://www.flash.net/~tinyt"
S(Formatted for MC5):
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 1548 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 400g Carbohydrate; 0mg Cholesterol; 4mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Pickled Snap Beans

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Row includes 3 pounds tender snap beans.

1 1/2 cups water  
 1 1/2 cups white or cider vinegar  
 1/2 cup sugar  
 2 teaspoons salt  
 3 red hot peppers  
 1 1/2 teaspoons dried dill seed  
 5 garlic cloves -- chopped

Wash the beans thoroughly and snap off the ends. Cook them in the water until just crisp tender.

Meanwhile, simmer covered in a 2-quart saucepan the vinegar, sugar, salt, red peppers and dill seed. Add the beans with the water in which they were cooked and simmer, covered, fifteen minutes.

Continue simmering while packing one sterilized jar after another with the beans. Divide the raw garlic among the jars and pour the vinegar mixture over the beans. Fill the jars to 1/8-inch from the top. Seal at once and process in BWB canner for 10 minutes. Store in a cool, dry place.

This recipe yields 5 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

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Per serving: 409 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 105g Carbohydrate; 0mg Cholesterol; 4278mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 6 1/2 Other Carbohydrates

NOTES : Recipe originally from "An Herb and Spice Cook Book", by Craig Claiborne, copyright 1963

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Three-Bean Salad

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Beans Canning  
 Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	green or yellow beans
1 1/2	cups	drained canned red kidney beans
1	cup	drained canned garbanzo beans
1/2	cup	thinly-sliced peeled onion
1/2	cup	thinly-sliced trimmed celery

1/2 cup sliced green peppers  
 1/2 cup white vinegar, 5% acidity  
 1/4 cup bottled lemon juice  
 3/4 cup sugar  
 1/4 cup oil  
 1/2 teaspoon canning or pickling salt  
 1 1/4 cups water

Wash and snap off ends of fresh beans. Cut or snap into 1- to 2-inch pieces. Blanch 3 minutes and cool immediately. Rinse kidney beans with tap water and drain again. Prepare and measure all other vegetables.

Combine vinegar, lemon juice, sugar and water and bring to a boil. Remove from heat. Add oil and salt and mix well. Add beans, onions, celery and green pepper to solution and bring to a simmer. Marinate 12 to 14 hours in refrigerator, then heat entire mixture to a boil.

Fill hot, clean jars with solids. Add hot liquid, leaving 1/2-inch headspace. Adjust lids and process for 15 minutes in a boiling-water bath.

This recipe yields about 5 to 6 half-pints

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 half-pints"

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Per serving: 1075 Calories (kcal); 55g Total Fat; (44% calories from fat); trace Protein; 154g Carbohydrate; 0mg Cholesterol; 23mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 11 Fat; 10 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Turnip

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
5	quarts	water	-- boiled then cooled to room temperature
4	tablespoons	salt	
1	large	pickling jar	-- or any large jar with a tight fitting lid
5	medium	turnips	-- scrubbed, trimmed,

1 medium and quartered  
beet -- scrubbed, trimmed,  
peeled and sliced in 1/2" thick slices

Put the water in the pickling jar. Stir the salt into the water until completely dissolved. Place the turnip and beet slices in the salt water. Let pickle for about 3 to 4 weeks. Taste before discarding water.

When ready to serve, remove from salt water, drip dry, and present in a deep dish. Leave pickled turnips in salt water until ready to eat.

This recipe yields ??

Comments: This is a controversial type of pickle. You either love it, or hate it. It is colored deep purple by the addition of a small amount of beets. It is particularly good served before dinner as an appetizer, or with dinner.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 200 Calories (kcal); 1g Total Fat; (3% calories from fat); 7g Protein; 46g Carbohydrate; 0mg Cholesterol; 26195mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 9 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled White Onions

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3	pounds	tiny white onions
2	tablespoons	coarse salt
		water
3	cups	white vinegar
1/2	cup	sugar
1/2	teaspoon	whole cloves -- tied in a bag
6		dried red pepper pods
6	Small	bay leaves

Soak onions with one tablespoon salt for 2 hours in water to cover. Remove onions, peel. Soak 48 hours in water to cover, adding the remaining salt. Drain and rinse.

Bring to a boil the vinegar, one cup water, sugar and cloves. Add onions and boil 3 to 5 minutes. Remove bag.

Ladle into hot sterilized jars, covering onions with boiling vinegar mixture. Add a pepper pod and bay leaf to each jar. Seal at once. Process in BWB canner for 10 minutes. Let stand six weeks before using.

This recipe yields 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

- - - - -

Per serving: 493 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 143g Carbohydrate; 0mg Cholesterol; 11291mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 9 1/2 Other Carbohydrates

NOTES : Recipe originally from "An Herb and Spice Cook Book", by Craig Claiborne, copyright 1963

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Yellow Squash

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
8	cups	thinly sliced yellow squash - (abt 3 lbs)
2	quarts	water
2/3	cup	pickling salt
3	cups	sugar
2	cups	white vinegar (5% acidity)
1	tablespoon	celery seeds
1	tablespoon	mustard seeds
2	cups	chopped green bell pepper - (abt 1/2 lb)
2	cups	thinly sliced onion - (abt 2 lbs)
1	jar	diced pimiento - (4 oz) -- drained

Place squash in a large nonaluminum container. Combine water and pickling salt, stirring until the salt dissolves; pour over squash. Cover and let stand for 1 hour. Drain well.

Combine sugar and next 3 ingredients in a Dutch oven. Add squash, green pepper, and remaining ingredients; bring to a boil. Remove from heat, and

pack into hot jars, filling to 1/2 inch from top. Cover with hot vinegar syrup, filling to 1/2 inch from top.

Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling-water bath 15 minutes.

This recipe yields 4 pints.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 2347 Calories (kcal); 2g Total Fat; (0% calories from fat); 1g Protein; 602g Carbohydrate; 0mg Cholesterol; 73mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 40 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pickled Zucchini

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
8		onions -- thinly sliced
1	gallon	zucchini in 1/2" slices
3		green peppers -- finely chopped
1/2	cup	salt
5	cups	cider vinegar
5	cups	sugar
1 1/2	teaspoons	turmeric
2	tablespoons	mustard seed
2	teaspoons	celery seeds
1		cinnamon stick -- broken 4 pieces

In a large crock, layer the vegetables and salt. Weight it down and let stand in refrigerator 6 hours. Drain the vegetables, rinse them and drain again.

Put the remaining ingredients in a large kettle and bring to a boil. Simmer for 10 minutes, then add the vegetables and remove from heat immediately.

Turn into hot, sterilized jars and seal. Process 5 minutes.



This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 4638 Calories (kcal); 10g Total Fat; (1% calories from fat); 20g Protein; 1191g Carbohydrate; 0mg Cholesterol; 51229mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 17 Vegetable; 0 Fruit; 1 1/2 Fat; 72 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pineapple Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	medium	peeled cored pineapple	cut into chunks
1/4	cup	lemon juice	
7	cups	sugar	
1	pouch	liquid pectin	(6 oz)

Grind pineapple chunks in blender or food processor. In strainer, drain about 2 hours to extract 3/4 cup pineapple juice.

In saucepan combine pulp (about 2 1/2 to 3 cups), 3/4 cup pineapple juice, lemon juice and sugar. Bring to full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and stir in pectin. Stir and skim 5 minutes to prevent fruit from floating.

Pour into hot sterilized glasses, leaving 1/8-inch head space. Wipe sealing edge of jars. Adjust lids and sterilize in boiling water bath 5 minutes. Cool. Test for seals and store.

This recipe yields 9 six-ounce glasses.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 six-ounce glasses"

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Per serving: 5433 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1404g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Pineapple Jam With Liquid Pectin

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	can	crushed pineapple	(20 oz)
3	tablespoons	lemon juice	
3 1/4	cups	sugar	
1/2	bottle	liquid pectin	

Combine pineapple and lemon juice in a kettle. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Boil hard for 1 minute, stirring constantly.

Remove from heat; stir in pectin. Skim. Let stand for 5 minutes.

Pour into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields 4 or 5 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 or 5 half-pints"

Per serving: 2527 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 653g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 43 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

## Pineapple Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Juices

Amount	Measure	Ingredient	Preparation Method
1	large	pineapple	
		Water	-- as needed

Remove peel from 1 large pineapple, grind, put into kettle with water to barely cover and boil rapidly 10 minutes. Strain juice through cheesecloth bag.

Pour juice into clean jars to within 1/2 inch of top of jar. Put on cap, screwing the band tight. Process in boiling water bath for 10 minutes.

This recipe yields ?? servings.

### Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 231 Calories (kcal); 2g Total Fat; (7% calories from fat); 2g Protein; 58g Carbohydrate; 0mg Cholesterol; 5mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Kerr Canning Book  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

## Pineapple Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
		Fresh pineapple	
		Granulated sugar	-- as needed

Pare the pineapple and remove the eyes. Shred with a silver fork or cut into small pieces, discarding the core.

Place pineapple in a preserving kettle and add 3/4 as much sugar as pineapple. Allow mixture to stand until a syrup is formed. Cook the mixture slowly until the pineapple becomes transparent.

Transfer mixture to hot Ball canning jars, fill with boiling syrup and seal immediately.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Pineapple Preserves II

Recipe By :Antoinette Jucha  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	cans	crushed pineapple in its own juice-	(20 oz ea)
4	cups	granulated sugar	

Bring pineapple and sugar to a boil in a large saucepan and cook for 20 minutes, stirring constantly until thickened or until the temperature reaches 200 degrees -- jelly stage -- on a thermometer.

Pour immediately into hot, sterilized jars and process in water-bath canner for 5 minutes. Place jars on a clean towel. Cover with towel to prevent drafts, and let cool for 24 hours.

This recipe yields ??

Comments: I was taught these recipes by my mother and do not know the actual sources. I do know they turn out great every time.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from Antoinette Jucha, certified master canner, as published in the Pittsburgh Post-Gazette, 06-28-2001

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

Plum Jam With Liquid Pectin

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Fruit
Jams/Jellies

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 4 1/2 cups crushed plums - (abt 2 1/2 lbs plums), 7 1/2 cups sugar, 1/2 bottle liquid pectin.

To prepare fruit. Sort fully ripe plums, wash, cut into pieces, and remove pits. If flesh clings tightly to pits, cook plums slowly in a small amount of water for a few minutes until they are softened, then remove pits. Crush fruit.

To make jam. Measure crushed plums into a kettle. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add pectin; bring again to full boil. Boil hard 1 minute.

Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields about 8 half-pint jars.

Source:

"Canning Recipes at http://ext.msstate.edu/pubs/pub220.htm"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

Per serving: 5805 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1499g Carbohydrate; 0mg Cholesterol; 15mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Plum Jam With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6	cups	crushed plums (abt 3 1/2 lbs plums)	
1	package	powdered pectin	
8	cups	sugar	

To prepare fruit. Sort fully ripe plums, wash, cut into pieces, and remove pits. If flesh clings tightly to pits, cook plums slowly in a small amount of water for a few minutes until they are softened, then remove pits. Crush fruit.

To make jam. Measure crushed plums into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute.

Remove from heat; skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields about 9 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

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Per serving: 6192 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1598g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 107 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Plum Jelly With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
4	cups	plum juice (abt 4 1/2 lbs plums and 1/2 cup water)
7 1/2	cups	sugar
1/2	bottle	liquid pectin

To prepare juice. Sort and wash fully ripe plums and cut in pieces; do not peel or pit. Crush fruit, add water, cover, and bring to boil over high heat. Reduce heat and simmer for 10 minutes. Extract juice.

To make jelly. Measure juice into a kettle. Stir in sugar. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add pectin; bring again to full rolling boil. Boil hard 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in a boiling water bath.

This recipe yields 7 or 8 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 or 8 half-pints"

Per serving: 5805 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1499g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Plum Jelly With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
5	cups	plum juice (abt 4 1/2 lbs plums and 1 cup water)
1	package	powdered pectin
7	cups	sugar

To prepare juice. Sort and wash fully ripe plums and cut in pieces; do

not peel or pit. Crush fruit, add water, cover, and bring to boil on high heat. Reduce heat and simmer for 10 minutes. Extract juice.

To make jelly. Measure juice into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields 7 or 8 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 or 8 half-pints"

- - - - -

Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Plum Jelly Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	plum juice (takes abt 3 1/2 lbs plums, 1 1/2 cups water)	
3	cups	sugar	

To prepare juice. Select about one-fourth underripe and three-fourths ripe plums. Sort, wash, and cut into pieces; do not peel or pit. Crush fruit, add water, cover and bring to boil on high heat. Reduce heat; simmer 15 to 20 minutes, or until fruit is soft. Extract juice.

To make jelly. Measure juice into a kettle. Add sugar and stir well. Boil over high heat to 8 degrees above the boiling point of water, or until mixture sheets from spoon.



Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers, seal and process.

This recipe yields 5 six-ounce glasses.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 six-ounce glases"

- - - - -

Per serving: 2322 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 599g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Plums In White Grape Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
8	pounds	plums - (to 10)
3	cups	white grape juice
1	cup	water

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash plums. Pierce skins with a sterilized needle to prevent fruit from bursting. Combine white grape juice and water; heat syrup to boiling. Add plums, not more than two layers at a time. Cook plums two minutes. Remove pan from heat and cover. Let stand 20 to 30 minutes.

Pack hot plums into hot jars, leaving 1/2-inch headspace. Reheat syrup to boiling.

Carefully ladle hot syrup over plums, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 25 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 quarts"

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Per serving: 510 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 126g Carbohydrate; 0mg Cholesterol; 67mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 8 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Potatoes - White Or Irish

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	potatoes per quart jar - (to 3) -- see * Note Salt -- (optional)

\* Note: Select freshly dug potatoes of uniform size and color.

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash and peel potatoes. Wash again. Leave small potatoes whole; cut large potatoes into quarters. Cover potatoes with water; boil 10 minutes. Drain.

Pack hot potatoes into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint, 1 teaspoon salt to each quart, if desired.

Carefully ladle boiling water over potatoes, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 35 minutes, quarts 40 minutes, at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Praline Syrup

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning

Sauces

Amount	Measure	Ingredient	Preparation Method
2	cups	dark corn syrup	
1/3	cup	dark brown sugar	
1/2	cup	water	
1	cup	pecan pieces	
1/2	teaspoon	vanilla	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine corn syrup, brown sugar, and water in a saucepot. Bring to a boil; boil one minute. Reduce heat; stir in pecans and vanilla; simmer 5 minutes.

Carefully ladle hot syrup into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 half-pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 2132 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 574g Carbohydrate; 0mg Cholesterol; 1049mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 37 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Preserved Fruit Bowl

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
6	large	apples -- cored, peeled, and halved
6		Bartlett pears -- peeled, halved, and cored
1		fresh pineapple -- peeled, cored, and cut into spears
2	cups	seedless grapes
		Peel from 1 lemon
6	cups	sugar
5 1/2	cups	water
2/3	cup	orange-flavored liqueur

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Treat fruit to prevent darkening. Rinse and drain. Combine sugar and water in a large saucepot. Bring to a boil; remove from heat. Stir in liqueur.

Place apples, pears, pineapple spears, and grapes, one layer at a time, in the syrup. Simmer fruit in the syrup 5 minutes. Pack hot fruit and a strip of lemon peel in hot jars, leaving 1/4-inch headspace.

Carefully ladle hot syrup over fruit, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 20 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 3 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"3 quarts"

-----  
Per serving: 6147 Calories (kcal); 9g Total Fat; (1% calories from fat); 10g Protein; 1584g Carbohydrate; 0mg Cholesterol; 85mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 25 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Preserved Kumquats

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
1 1/2	cups	granulated sugar	
1 1/2	cups	water	
1	quart	kumquats	

Week or so ahead: Boil sugar and water together 5 minutes; cool. Meanwhile, wash kumquats; cut small cross in blossom (smooth) end of each. Place in cooled syrup. Cover; bring to boil; simmer 1 hour, or until clear. Do not remove cover at end of cooking time or fruit will shrink. Remove covered saucepan from heat; cool (with cover on) to room temperature.

Pack in hot sterilized jars; cover with syrup; seal. Or refrigerate.

This recipe yields ??

Comments: Nice as a relish for poultry or meat. Or serve as dessert, with cheese and crackers or cookies. Or serve on vanilla ice cream.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 1715 Calories (kcal); trace Total Fat; (0% calories from fat); 8g Protein; 444g Carbohydrate; 0mg Cholesterol; 66mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 9 1/2 Fruit; 0 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Preserved Lemons Or Limes

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Fruit

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Row 1: 1/2 dozen lemons (or a mixture of lemons and limes). Row 2: Salt -- as needed. Row 3: Paprika -- as needed. Row 4: Vegetable or very light olive oil -- as needed.

Place lemons (or mix of lemons and limes) in freezing compartment overnight. The next day scrub and slice them. Sprinkle with salt and leave in a colander to drain and soften. This can take several hours or longer depending on the weather. Arrange the slices in layers in a glass jar, sprinkling each layer with paprika. Cover completely with oil. They are ready in about a month when they are soft and a beautiful warm golden color. Store in a cool, dry place.

This recipe yields 6 preserved lemons.

For an alternative method of preserving lemons: Take as many lemons or limes as you wish to preserve. Stud each with 6 cloves. Pierce the skins with a skewer to save your thumbs. Place in a glass jar and cover completely with oil or white vinegar. Keep cool. They will be ready in 3 to 4 weeks.

Salt-Preserved Lemons: Scrub the wax off of the lemons or use unwaxed and merely wash them. Dry thoroughly. Slice the lemon lengthwise into quarters, but not all the way to the bottom. The quarters should still be joined. Place in a large clean dry glass/glazed ceramic jar and pack salt around and in the lemons. It takes a fair amount of salt so don't be stingy. Make certain they are covered by salt and cap the jar. Leave in the fridge or on a shelf in a cool place for at least two weeks, four weeks seems to be ideal but various people do it various ways.

Source:

"My Front Porch (canning archive) at http://www.flash.net/~tinyt"
S(Formatted for MCS):
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 70 Calories (kcal); 1g Total Fat; (5% calories from fat); 4g Protein; 37g Carbohydrate; 0mg Cholesterol; 10mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Prickly Pear Cactus And Cranberry Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1 1/4	cups	cactus fruit juice	
1 1/4	cups	cranberry juice	
1/2	cup	lemon juice	
1	package	pectin	
5	cups	granulated sugar	

Singe cactus fruit to remove the spines from the fruit. Cut fruit up and just barely cover with water. Bring to boil and simmer for 10 minutes. Run the juice through some cheesecloth and save the juice.

Measure prepared juice and lemon juice into a 6- or 8-quart saucepan. Measure sugar into separate bowl, and set aside.

Add 1 package of pectin to fruit juice and mix thoroughly. Bring to a rapid boil over high heat, constantly stirring to prevent scorching. When full rolling boil, add sugar and mix well. Bring to full rolling boil and continue to boil for 2 minutes.

Remove from heat. Skim off any foam. Fill hot jars and quickly cover with lids and screw bands tightly. Process the filled jars in boiling water for 15 minutes.

Turn jars on lids (upside down) for 5 minutes and then turn upright. After 1 hour check to see that all have sealed.

This recipe yields ?? servings.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 4274 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 1109g Carbohydrate; 0mg Cholesterol; 137mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 1/2 Fruit; 0 Fat; 70 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Prize Winning Piccalilli

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
12	medium	green tomatoes - (to 16)
3	medium	sweet red peppers
3	medium	green peppers
2	large	onions - (to 3)
2	pounds	cabbage
1/3	cup	salt
3 1/2	cups	vinegar
1 1/2	cups	brown sugar
2	tablespoons	whole mixed pickling spice
2		cinnamon sticks
1	tablespoon	whole cloves
4	whole	allspice
1/2	teaspoon	ground ginger
1/2	teaspoon	ground nutmeg

Stem tomatoes; stem and seed peppers. Peel and cut onions into quarters. Cut cabbage into chunks. Put all vegetables through coarse blade of food grinder or chop coarsely.

In large mixing bowl, combine vegetables and salt. Set bowl aside and let stand several hours or overnight.

Line a large sieve or colander with cheesecloth and pour in the vegetables. Drain well, then lift edges of the cheesecloth and squeeze to press out the liquid.

Organize ingredients, equipment, and work space. Combine vinegar and sugar in large preserving kettle. Tie whole spices in a cheesecloth bag and add to the kettle. Stir in ground spices. Heat to boiling. Add drained vegetables and heat to boiling. Reduce heat and simmer about 30 minutes, or until vegetables begin to get juicy.

Remove the spice bag. Ladle into hot jars to within 1/4-inch of tops. Run a slim, non metal tool down along the insides of jars to release any air bubbles. Add additional relish, if necessary, to fill to within 1/4-inch of tops.

Wipe tops and threads of jars with a damp clean cloth. Put on lids and screw bands as manufacturer directs. Process in a boiling water bath for 10 minutes.

This recipe yields 4 pints.

Comments: The sweet and sour taste of this relish makes it a favorite for hot dogs or company roasts.



Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

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Per serving: 1520 Calories (kcal); 9g Total Fat; (4% calories from fat); 22g Protein; 401g Carbohydrate; 0mg Cholesterol; 34420mg Sodium  
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 16 Vegetable; 0 Fruit; 1 Fat; 17 1/2 Other Carbohydrates

NOTES : Recipe originally from "Vegetable Gardening Encyclopedia"

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pumpkin Butter

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Butters/Spreads Canning

Amount	Measure	Ingredient -- Preparation Method
3	cups	mashed cooked or canned pumpkin
2	cups	sugar
1/2	teaspoon	ground cinnamon
1/4	teaspoon	ground cloves
1/2	teaspoon	lemon juice

Combine all ingredients in a medium saucepan; stir well. Bring to a boil; reduce heat, and simmer, uncovered for 30 minutes until mixture is smooth and thickened.

Quickly pour pumpkin butter mixture into hot jars, filling to 1/4-inch from top. Wipe jar rims clean. Place lids with bands on and process in a boiling water bath 15 minutes.

This recipe yields 4 half pints.

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 1553 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 401g Carbohydrate; 0mg Cholesterol; 6mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 27 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Pumpkin Butter II

Recipe By :Martha Stewart  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Refrigerator

Amount	Measure	Ingredient -- Preparation Method
2	pounds	sugar pumpkin -- peeled, seeded, and cut into 2" chunks
1/2	cup	dark brown sugar - (packed)
3/4	teaspoon	ground cinnamon
1/4	teaspoon	ground nutmeg
1	teaspoon	freshly-grated ginger
2	tablespoons	freshly-squeezed lemon juice -- strained

To roast pumpkin: Heat oven to 350 degrees. Place pumpkin in roasting pan. Cover tightly with foil. Bake for 45 minutes, or until pumpkin is very tender.

To make butter: Transfer pumpkin pieces to bowl of food processor. Process until smooth. Place pureed pumpkin in medium saucepan. Cook over medium-low heat, stirring often, for 25 minutes, or until very thick.

Add brown sugar, cinnamon, nutmeg, ginger and lemon juice. Cook for 5 minutes, or until sugar is dissolved. Cool. Serve or store in refrigerator up to 1 week.

This recipe yields 2 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 half-pints"

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Per serving: 8 Calories (kcal); trace Total Fat; (25% calories from fat); trace Protein; 2g Carbohydrate; 0mg Cholesterol; 1mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from Martha Stewart Living Magazine, October 1999

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Pure Raspberry Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
4	cups	raspberries	
4	cups	sugar	

Wash the berries and pick off the blossom ends, being careful not to crush the berries. Place berries and sugar in alternate layers in an open saucepan. Let them stand overnight to draw out the juice.

Next day place over low heat and bring slowly to a boil. Continue boiling on medium heat until the syrup is thick. Pour hot into sterilized glasses or small jars.

This recipe yields about 4 half-pint jars or glasses of preserve. Do not double recipe.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 3344 Calories (kcal); 3g Total Fat; (0% calories from fat); 5g Protein; 858g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Purple Basil And Orange Jelly

Recipe By :Helen Witty  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1 1/2	cups	packed purple basil leaves	-- see * Note
		Peel of 1 medium orange	-- cut in 1" strips

6		whole cloves
1 2/3	cups	strained fresh orange juice
1/2	cup	red wine vinegar
4	cups	granulated sugar
1		pouch liquid pectin - (3 oz)

\* Note: Purple basil is also known as dark opal basil. You may also include the tender stems and flower buds.

Wash basil and dry in paper towels. Finely chop by hand or in food processor. Immediately put basil into a large saucepan, and use the bottom of a glass to crush leaves. Twist each strip of orange peel over the basil to extract the oil that will fly out in droplets, then drop each strip of peel into the pan. Add the cloves, orange juice and red wine vinegar.

Set the pan over medium heat and heat the ingredients just to the boiling point, stirring the mixture once or twice. Remove the pan from the heat, cover it, and let it stand at least 15 minutes, but preferably for 30 minutes.

Meanwhile, wash 4 half-pint jars. Keep hot until needed. Prepare lids as manufacturer directs.

Pour the mixture into a fine sieve set over a bowl and press on the solids to extract as much flavor as possible. Measure 1 3/4 cups of the liquid into a pot. Discard the solids.

Add the sugar to the liquid and heat the mixture to boiling over medium-high heat. As soon as it reaches a hard boil (a boil that can't be stirred down), stir in the liquid pectin. When the jelly mixture again reaches a full, hard boil, boil for another 1 minute exactly. Remove the jelly from the heat.

Skim off foam and then ladle hot jelly into 1 hot jar at a time, leaving 1/4-inch head space. Wipe jar rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Process in a boiling-water canner for 10 minutes (15 minutes at 1,000 to 3,000; 20 minutes at 3,000 to 6,000 feet; 25 minutes above 6,000 feet).

This recipe yields about 4 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

- - - - -

Per serving: 3241 Calories (kcal); 8g Total Fat; (2% calories from fat); 2g Protein; 830g Carbohydrate; 0mg Cholesterol; 105mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 54 Other Carbohydrates

NOTES : Recipe adapted from "Fancy Pantry" by Helen Witty, and as published in The Oregonian, 06-13-2000

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Purple Pea Hull Jelly

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Jams/Jellies
Vegetables

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Rows include 4 cups juice from cooked pea hulls, 5 cups sugar, and 1 package Sure-Jell.

Wash pea hulls well. Use as many as you wish. Cover with water. Boil until tender. Drain juice through cheesecloth.

Add Sure-Jell to measured juice. Bring to a boil. Add sugar and bring to a boil that can't be stirred down. Boil 10 minutes.

Pour into hot jars and seal. Seems to be pretty simple.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at http://www.flash.net/~tinyt"
S(Formatted for MC5):
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 3870 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 999g Carbohydrate; 0mg Cholesterol; 10mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Quick Dill Pickles

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes
Vegetables

Table with 4 columns: Amount, Measure, Ingredient, Preparation Method. Row includes 4 pounds four-inch pickling cucumbers -- (abt 32 to 40) (can be packed whole, as strips, or as slices)

1/3 cup canning or pickling salt  
 4 cups water  
 2 1/2 cups vinegar -- 5% acidity  
 24 peppercorns - (to 32)  
 1/2 cup dill seeds  
 (or 12 to 16 heads fresh dill weed)

Wash cucumbers. Cut 1/16-inch slice off blossom ends. Slice or strip if desired. Place in bowl and cover with 2 inches of crushed or cubed ice. Refrigerate 3 to 4 hours.

Drain cucumbers. Combine salt, water, and vinegar, and heat to boiling. Pack cucumbers in sterilized pint jars, leaving 1-inch headspace. Add 4 peppercorns and 1 tablespoon dill seeds or 2 heads fresh dill weed to each jar.

Pour vinegar solution over cucumbers, leaving 1/2-inch headspace. Adjust lids. Process 10 minutes in boiling water. Remove jars; cool and store.

This recipe yields 6 to 8 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 to 8 pints"

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Per serving: 84 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 35g Carbohydrate; 0mg Cholesterol; 34mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Quick Grape Juice

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Juices

Amount	Measure	Ingredient	Preparation Method
1	cup	Concord grapes	
1/2	cup	sugar	
		Water	-- as needed

Wash one cup Concord grapes, put into clean quart jar, add 1/2 cup sugar, fill to within 1/2 inch of top of jar with boiling water. Put on cap, screwing the band tight. Process 10 minutes in boiling water bath.

This recipe yields 1 quart.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"1 quart"

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Per serving: 501 Calories (kcal); 1g Total Fat; (1% calories from fat); 1g Protein; 128g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 6 1/2 Other Carbohydrates

NOTES : Recipe from Kerr Canning Book

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Quick Pickled Beets

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Pickles/Relishes Refrigerator  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
5	small	or 3 large beets
1	large	white or yellow onion
1 1/4	cups	white vinegar - (10 oz)
3/4	cup	canola (vegetable) oil
		Salt -- to taste
		Freshly-ground black pepper -- to taste
1		clean quart-size glass jar

Cook the beets and slip them out of their skins. Slice into 1/4-inch rounds and set aside. Peel and slice onion into 1/4-inch rounds.

Layer beets and onion in jar, alternating beet/onion/beet/onion, sprinkling salt and pepper between layers. When layers have reached top of jar, pour oil and vinegar over. Cap tightly and store in refrigerator -- they will keep for months.

This recipe yields ??

Comments: Beautiful served in a glass bowl at the dinner table, also make a very nice snack with fresh bread (like rye) and a glass of beer. Serve hot, quartered beets for dinner garnished with 2 tablespoons of crumbled blue cheese and a tablespoon of toasted walnuts. (That amount serves 2 to 3.) The flavors are wonderfully complementary.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Quince Jelly

Recipe By :Susan Hermmann Loomis  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
5	large	quinces - (10 oz ea)	
8 1/2	cups	sugar - (3 1/2 lbs)	
1	tablespoon	freshly-squeezed lemon juices - (to 2) -- see * Note	

\* Note: The lemon juice is really only necessary if the quince jelly doesn't "take" within the allotted time.

Prepare six 8-ounce jelly jars. Rub the quinces briskly with a towel to remove any down on the skin, if there is any. (Don't peel them; the skin is important for the jelly.) Cut the quinces in half, then using a melon ball maker, remove the white core and the seeds, and reserve them. Tie the seeds and the cores together in a piece of cheesecloth.

Place the fruit and the seed bundle in a large heavy stock pot. Add water to cover by about 1 inch so the quinces are floating slightly but not wallowing. Cover, bring to a boil over medium-high heat, then reduce the heat so the liquid is simmering merrily.

Cook, partially covered so very little liquid evaporates, until the quinces can be pierced easily with a metal skewer, 25 to 40 minutes depending on the fruit. While the quinces are cooking, press on the seed bundle often to extract the pectin. Drain, reserving the liquid and the seed bundle.

Measure out 6 1/4 cups liquid and return it and the seed bundle to the pot. Add the sugar, stir, and bring to a boil over medium-high heat. Reduce the heat so the liquid is boiling steadily but not wildly, and cook, stirring and pressing on the bag of seeds, until the liquid thickens, anywhere from 10 to 25 minutes. (To test for consistency, drizzle some jelly on a cold plate, place it in the refrigerator for 1 to 2 minutes, and then check to see if it has thickened enough that it won't run all over the plate. If it is still very runny, continue cooking until



it thickens to your liking.) If the liquid hasn't jelled within 30 minutes, stir in 1 to 2 tablespoons lemon juice and cook until it jells, an additional 5 to 10 minutes.

Remove the jelly from the heat and strain it, if necessary, so it is perfectly clear. Ladle the jelly into the sterilized jars and seal according to manufacturer's instructions.

This recipe yields 6 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

NOTES : Recipe from "French Farmhouse Cookbook" by Susan Hermmann Loomis,  
1996

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Quince Jelly Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3 3/4	cups	quince juice (abt 3 1/2 lbs quince and 7 cups water)	
1/3	cup	lemon juice	
3	cups	sugar	

To prepare juice. Select about one-fourth underripe and three-fourths fully ripe quince. Sort, wash, and remove stems and blossom ends; do not pare or core. Slice quince very thin or cut into small pieces. Add water, cover, and bring to boil on high heat. Reduce heat and simmer for 25 minutes. Extract juice.

To make jelly. Measure quince juice into a kettle. Add lemon juice and sugar and stir well. Boil over high heat to 8 degrees above the boiling point of water, or until jelly mixture sheets from a spoon.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields about 4 eight-ounce jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 eight-ounce jarss"

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Per serving: 2342 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 606g Carbohydrate; 0mg Cholesterol; 7mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Quince Syrup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Sauces

Amount	Measure	Ingredient	Preparation Method
2	large	quinces - (abt 2 lbs)	
4	cups	sugar	
4	cups	water	
1/2	cup	lime juice	

Quarter quinces and remove cores. Do not peel. Wash and pat dry. Process in juicer. Bring sugar and water to boil. Add quince juice and lime juice. Boil 30 minutes over medium heat until syrup thickens.

Alternately: Tie quince in cheesecloth and cook in 2 cups water over medium heat for 30 to 40 minutes. Add 2 cups water and 2 cups sugar, and cook over medium heat for 30 minutes. (Note: Only half the amount of sugar is used here. Taste it to see if you need more.) Squeeze and remove cheesecloth and add lime juice.

Remove from heat and allow to cool. Pour syrup in clean dry bottle and cork and store in the refrigerator.

To serve, mix well 1 part syrup with 3 parts water. Serve chilled over ice.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3129 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 810g Carbohydrate; 0mg Cholesterol; 38mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Raw-Pack Peaches In Light Syrup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
2	pounds	peaches per quart - (to 3 lbs)
2 1/4	cups	Sugar
5 1/4	cups	Water
		Fruit protector -- such as Fruit Fresh

Wash jars and bands in hot, soapy water. Cover lids with hot water according to package directions. Place jars on rack in deep pot of boiling water. Turn off heat and let jars stands in hot water 10 minutes or until ready to fill.

To prepare peaches: Wash peaches; dip in boiling water for 30 seconds, then drop in ice water to loosen skins. Remove skins. Cut in half; remove pits and scrape away the red fibers around the pit, which can darken during storage. Place peaches in prepared fruit protector according to package directions.

Combine sugar and water in a saucepan and bring to a boil until sugar is dissolved. Keep syrup hot. Drain peaches. Pack peach halves, cut-side down, into hot jars, leaving 1/2-inch headspace. Ladle hot syrup over peaches, leaving 1/2-inch headspace. Remove air bubbles with a nonmetallic spatula.

Wipe jar rims and threads. Place lids and bands on jars. Place jars on rack in deep stockpot of water. Cover, bring to a boil and process 25 minutes for pints, 30 minutes for quarts. Remove jars from hot water and place, not touching, on dish towel. Cool several hours or overnight. Test seals before storing.

This recipe yields ?? servings.

Source:  
"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 1742 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 450g Carbohydrate; 0mg Cholesterol; 42mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 30 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation, and as published in the Charlotte Observer, 06-29-1999  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Red Onion Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
7	cups	prepared red onions - (2 1/2 lbs)
1 1/2	cups	apple juice
1/2	cup	red wine vinegar
2	teaspoons	rubbed sage
1	teaspoon	freshly-ground black pepper
4	cups	granulated sugar
1/2	cup	light brown sugar - (firmly packed)
1	box	Sure-Jell light pectin
1/2	teaspoon	butter or margarine

Peel, quarter and thinly slice red onions. Measure 7 cups into a large, heavy-bottomed saucepan. Add apple juice, vinegar, sage, and pepper; mix thoroughly.

Measure sugars into separate bowls. Mix 1/4 cup granulated sugar from measured amount with pectin in small bowl. Stir pectin-sugar mixture into onion mixture in saucepot. Add butter. Place over high heat; bring to a full rolling boil, stirring constantly. Immediately stir in remaining sugars. Bring to a full rolling boil and boil 5 minutes, stirring constantly.

Remove from heat. Skim off foam and ladle into pint or half-pint jars, leaving 1/4-inch headspace. Process in boiling water canner 10 minutes.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3305 Calories (kcal); 2g Total Fat; (0% calories from fat); trace Protein; 850g Carbohydrate; 5mg Cholesterol; 40mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 1/2 Fat; 54 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Red Onion Marmalade

Recipe By :Betty Sims  
Serving Size : 0 Preparation Time :0:00  
Categories : Marmalades Refrigerator  
Vegetables

Amount	Measure	Ingredient	Preparation Method
2	large	red onions	thinly sliced
3	tablespoons	brown sugar	
3/4	cup	dry red wine	
3	tablespoons	balsamic vinegar	
		Salt	to taste
		Freshly-ground black pepper	to taste

Combine the onions and brown sugar in a saucepan. Cook over medium heat for 20 to 30 minutes or until the onions begin to caramelize and turn golden brown, stirring frequently.

Stir in the red wine and balsamic vinegar. Bring to a boil over medium-high heat; reduce heat. Cook over low heat for 15 minutes or until most of the liquid has been absorbed, stirring frequently. Season with salt and pepper.

Chill, covered, in the refrigerator for up to 3 weeks. Serve at room temperature.

This recipe yields 1 cup.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"1 cup"

Per serving: 358 Calories (kcal); 1g Total Fat; (1% calories from fat); 4g Protein; 60g Carbohydrate; 0mg Cholesterol; 134mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates

NOTES : Recipe from "Southern Scrumptious" by Betty Sims, and as published in The Decatur Daily, 12-08-1999

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Red Pepper Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
12	medium	or 8 large sweet red peppers -- stems, seeds removed
2	cups	chopped onions
2	cups	white vinegar
3	cups	honey
4	teaspoons	salt
1		lemon -- sliced, seeded
4	teaspoons	whole allspice
1/2	teaspoon	ground ginger

Cover and peppers with boiling water and let stand for 5 minutes; drain. Repeat and drain well. Chop coarsely in a food processor. The mixture should measure 4 to 5 cups.

In an enamel or stainless steel saucepan, combine peppers, onions, vinegar, honey, salt and lemon. Tie allspice and ginger in a cheesecloth bag and add to mixture. Bring to a boil. Reduce heat slightly and continue to boil for 30 minutes, stirring occasionally. Cover, refrigerate and let stand 6 hours or overnight.

Wash jars and lids in hot, soapy water. Sterilize jars in boiling water for 10 minutes; leave in hot water. Prepare lids according to manufacturer's directions.

Bring relish mixture to a boil in a large saucepan and simmer for 10 minutes. Remove and discard lemon slices and cheesecloth bag.

Ladle hot relish into hot jars leaving 1/4-inch headspace. Seal with lids and process for 10 minutes in a boiling-water bath.

This recipe yields 6 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-22-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

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Per serving: 3295 Calories (kcal); 1g Total Fat; (0% calories from fat); 7g Protein; 901g Carbohydrate; 0mg Cholesterol; 8584mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 1/2 Fruit; 0 Fat; 58 Other Carbohydrates

NOTES : Recipe from "Preserving Summer's Bounty" edited by Susan McClure (Rodale Press, \$14.95), and as published in the Charlotte Observer 06-23-1998  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Red Raspberry Freezer Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	cups	raspberries	finely mashed
6	cups	sugar	
1	package	powdered pectin	
1	cup	water	

Combine berries and sugar. Let stand about 20 minutes, stirring occasionally.

Combine pectin and water in a small saucepan. Bring to a boil; boil 1 minute stirring constantly. Add pectin to fruit mixture; stir 3 minutes.

Pour into canning or freeze jars, leaving 1/2-inch head space. Adjust caps. Let stand until set, up to 24 hours. Freeze.

This recipe yields about 9 half pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 half-pints"

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Per serving: 4830 Calories (kcal); 2g Total Fat; (0% calories from fat); 3g Protein; 1243g Carbohydrate; 0mg Cholesterol; 19mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Red Raspberry Honey Vinegar

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00

Categories : Canning Condiments  
Vinegars

Amount	Measure	Ingredient	Preparation Method
4	cups	red raspberries	
4	cups	white wine vinegar	-- divided
1/4	cup	sugar	
1/4	cup	honey	

Combine red raspberries and 1 cup white wine vinegar in a glass bowl. Lightly crush raspberries. Stir remaining white wine vinegar, sugar, and honey into mixture. Cover bowl with waxed paper or plastic wrap and secure. Let vinegar steep in a cool, dark place for 4 weeks, stirring every 2 to 3 days.

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Strain vinegar through several layers of damp cheesecloth. Heat vinegar to a simmer; do not boil.

Carefully ladle hot vinegar into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 3 pints.

Comments: One-quarter cup washed, fresh raspberries may be added to each jar before filling with flavored vinegar. Process according to instructions.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

-----  
Per serving: 586 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 176g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 12 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Reduced-Sodium Sliced Sweet Pickles



Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	cucumbers - (3" to 4")
5 2/3	cups	white vinegar, 5% acidity -- divided
1	tablespoon	Ball 100% Natural Canning & Pickling Salt
1	tablespoon	mustard seed
3 1/2	cups	sugar -- divided
1	tablespoon	whole allspice
2 1/4	teaspoons	celery seed

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash cucumbers and remove 1/16-inch from blossom end. Cut into 1/4-inch slices, set aside.

Combine 1 quart white vinegar, 1 tablespoon canning salt, 1 tablespoon mustard seed and 1/2 cup sugar. Bring mixture to a simmer and add cucumber slices. Simmer until cucumbers change from bright to dull green, about 5 to 7 minutes; drain.

Combine 1 2/3 cup vinegar, 3 cups sugar, 1 tablespoon whole allspice and 2 1/4 teaspoons celery seed. Bring mixture to a boil. Pack cucumber slices into hot jars, leaving 1/4-inch headspace.

Carefully ladle hot pickling liquid over cucumbers, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
 S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

- - - - -

Per serving: 2781 Calories (kcal); 4g Total Fat; (1% calories from fat); 4g Protein; 705g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 47 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Rhubarb And Orange Butter

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Butters/Spreads Canning
Fruit

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. It lists 3 pounds of rhubarb, 3 cups of granulated sugar, and orange peel/juice.

Place the rhubarb in a large saucepan with the orange peel and juice. Cover pan and simmer gently for about 15 minutes, or until rhubarb is soft. Remove from the heat and beat well to puree. Add the sugar and stir until it dissolves. Continue cooking to a thick consistency by one of the following methods:

Stove-top method (stirring required): Stir frequently over medium to medium-low heat, until thick and creamy.

Oven method (no stirring required): Scrape the puree into a baking dish and bake, uncovered, in a 275 degree oven until thickened, about 1 hour.

Unprocessed, the fruit butter will keep up to 1 month in the refrigerator, up to 1 year in the freezer.

For long-term storage at room temperature: Wash 7 half-pint jars and fill with hot water until needed. Prepare lids as manufacturer directs.

Ladle the hot fruit butter into 1 hot jar at a time, leaving 1/4-inch head space. Wipe jar rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Process in a boiling-water canner for 10 minutes (15 minutes at 1,000 to 6,000 feet; 20 minutes above 6,000 feet).

This recipe yields 7 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at http://food.bb.prodigy.net/"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 half-pints"

- - - - -

Per serving: 2537 Calories (kcal); 2g Total Fat; (0% calories from fat); 9g Protein; 646g Carbohydrate; 0mg Cholesterol; 47mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe as published in The Oregonian,05-16-2000  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Rhubarb Apricot Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	cups	dried apricots	
6	cups	rhubarb	-- cooked
8	cups	sugar	

Soak apricots overnight. In the morning cut in half and add the cooked rhubarb. Place all in a kettle, adding the sugar and cook at medium heat for 20 to 30 minutes or until desired thickness.

Pour into hot jars and seal.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

- - - - -

Per serving: 6964 Calories (kcal); 3g Total Fat; (0% calories from fat); 16g Protein; 1792g Carbohydrate; 0mg Cholesterol; 71mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 13 Fruit; 0 Fat; 107 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Rhubarb Chutney

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Chutneys

Amount	Measure	Ingredient	Preparation Method
4	cups	coarsely-diced rhubarb	- (abt 1 lb)
2	cups	brown sugar	- (firmly packed)
1/2	cup	lemon juice	
1/2	cup	cider vinegar	

- 2 tart apples -- peeled, and coarsely diced
- 1 cup raisins
- 3 tablespoons minced fresh ginger
- 10 black peppercorns
- 4 whole cloves

Place the rhubarb, sugar, lemon juice and vinegar in a heavy saucepan. Bring to a simmer and add the apples, raisins, ginger, peppercorns and cloves. Bring the mixture back to a boil and continue simmering for about 20 minutes, or until the rhubarb is tender and the chutney slightly thickened. At this point, the chutney can be spooned into clean jars and stored in the refrigerator for many months.

For pantry storage: Wash 4 half-pint jars and fill with hot water until needed. Prepare lids as manufacturer directs. When the chutney has cooked, spoon the hot mixture into 1 hot jar at a time, leaving 1/4-inch head space. Wipe jar rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Process in a boiling-water canner for 15 minutes (20 minutes at 1,000 to 6,000 feet; 25 minutes above 6,000 feet).

This recipe yields 4 half-pints.

Comments: This relish studded with spices and raisins can dress up a simple roast chicken or duck, a pot roast, brisket or even grilled fish. It will keep for several months in the refrigerator, or it can be processed in a boiling-water canner for even longer storage on the pantry shelf.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 693 Calories (kcal); 6g Total Fat; (6% calories from fat); 8g Protein; 181g Carbohydrate; 0mg Cholesterol; 90mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 10 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Recipe adapted from "The New York Times Passover Cookbook" and as published in The Oregonian, 05-16-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Rhubarb Chutney II

Recipe By :Joan Bestwick  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutney  
 Fruit

Amount Measure Ingredient -- Preparation Method

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-----
3          cups  chopped fresh rhubarb
2          cups  finely-chopped onion
2          cups  brown sugar - (packed)
2          cups  vinegar
1          tablespoon salt
1          teaspoon ground allspice

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In a heavy, medium saucepan, stir together all ingredients and bring to a boil. Reduce heat and simmer covered for 30 to 40 minutes or until thick, stirring occasionally.

This recipe can also be processed by placing in sterile hot jars, hot water bath for 10 minutes.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

-----

Per serving: 72 Calories (kcal); trace Total Fat; (1% calories from fat); trace Protein; 30g Carbohydrate; 0mg Cholesterol; 6401mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 Other Carbohydrates

NOTES : Recipe originally from "Life's Little Rhubarb Cookbook: 101 Rhubarb Recipes" By Joan Bestwick, (Published by Avery Color Studios - \$11.95)

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Rhubarb Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
7	cups	rhubarb	in 1/2" pieces
4	cups	sugar	
1/2	pound	candy orange slices	-- cut in large pieces

Add sugar to rhubarb and cook until sauce is thick. Add candy slices, and cook two to three minutes longer.

Put into sterilized jars.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Rhubarb Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
5	cups	sugar	
5	cups	rhubarb	-- heaping
1	can	crushed pineapple	-- medium size
1	package	gelatin, large	-- (strawberry, cranberry or wild raspberry flavor)

Cook the sugar, rhubarb and crushed pineapple together for 20 minutes until the mixture comes to a boil. Remove from heat and add the gelatin. Mix well, fill in jars and seal with paraffin.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 4148 Calories (kcal); 1g Total Fat; (0% calories from fat); 6g Protein; 1066g Carbohydrate; 0mg Cholesterol; 37mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe as published in the Lisbon Morning Journal  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Rhubarb Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Juices

Amount	Measure	Ingredient	Preparation Method
6	cups	diced rhubarb	
12	cups	water	
1	cup	sugar	

Fill boiling water canner with water. Place 6 clean pint mason jars in canner. Cover, bring water to a boil; boil 10 minutes to sterilize jars at altitudes up to 1,000 feet.

Wash, trim and dice rhubarb, but do not peel. In a large stainless steel or enamel saucepan, combine rhubarb and water. Bring to a boil; reduce heat; simmer 10 minutes or until rhubarb is soft.

Strain through a dampened cheesecloth lined strainer or jelly bag. Rinse saucepan thoroughly and return juice to it; add sugar. Bring to a boil; stirring until sugar is dissolved.

Ladle hot juice into a hot sterilized jar to within 1/4-inch of top rim (head space). Wipe jar rim removing any stickiness. Center lid on jar; apply screw band just until fingertip tight. Place jar in canner. Repeat for remaining juice. Cover canner; return water to a boil; process 5 minutes at altitudes up to 1,000 feet.

Remove jars. Cool 24 hours. Check jar seals. (Sealed lids curve downward.) Remove screw bands. Wipe jars, label and store in a cool, dark place.

To serve: Carefully pour juice from jar leaving any sediment behind. Dilute concentrate with equal portions of water or club soda. Try mixing it with gingerale and raspberry juice to make a sparkling punch.

This recipe yields about 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

-----  
Per serving: 928 Calories (kcal); 1g Total Fat; (1% calories from fat); 7g Protein; 233g Carbohydrate; 0mg Cholesterol; 117mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

## Rhubarb-Orange Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2		oranges	
2 1/2	pounds	rhubarb	-- diced
1	package	Ball 100% Natural Fruit Jell Pectin	
6	cups	sugar	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Squeeze juice from oranges. Reserve peel of one-half orange; set aside. Measure juice, add water if needed to make one cup. Remove white pith from reserved peel. Cut peel into thin slivers.

Combine orange juice, orange peel, and rhubarb in a large saucepot. Simmer covered about 3 minutes, or until rhubarb is tender. Add Fruit Jell. Return to a rolling boil. Add sugar, stirring to dissolve. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Carefully ladle hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields seven 8-ounce jars.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 half-pints"

-----  
Per serving: 4946 Calories (kcal); 2g Total Fat; (0% calories from fat); 10g Protein; 1268g Carbohydrate; 0mg Cholesterol; 46mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*



## Rhubarb-Pineapple Freezer Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
5	cups	chopped fresh rhubarb
1	cup	undrained crushed pineapple
4	cups	sugar
1	package	strawberry gelatin -- (4-serving size)

Combine rhubarb, pineapple and sugar. Bring to a boil; boil 4 minutes. Add dry gelatin. Let cool. Fill jars, seal according to manufacturer's directions and freeze.

This recipe yields ?? servings.

### Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe as published in the Columbus Dispatch, 09-01-1999  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

## Rhubarb-Strawberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	quart	fresh strawberries
1	pound	rhubarb
1/4	cup	water
6 1/2	cups	sugar
3	ounces	liquid pectin

Remove caps from strawberries. Crush berries, one layer at a time. Trim (do not peel) rhubarb. Thinly slice or chop stalks. Add water. Cover and simmer 2 minutes or until soft. Add to the prepared strawberries.

Measure 3 1/2 cups of prepared fruit. If it measures slightly less, add water. Place measured fruit in a 6- or 8-quart saucepan. Measure sugar exactly and set aside. Open liquid pectin and set the pouch upright in a cup. Stir sugar into prepared fruit. The saucepan must be no more than one-third full to allow for a full rolling boil. Bring to a full rolling boil over high heat. Boil hard 1 minute, stirring constantly. Remove from heat. Stir in pectin at once. Quickly skim off foam with a large metal spoon.

Immediately ladle into hot jars, leaving 1/4-inch space at top. With a damp cloth, wipe jar rims and threads clean. Cover jars with hot canning lids. Screw bands on firmly. Place jars in a boiling water bath, carefully setting jars on rack in canner of boiling water. Cover canner and return water to a boil; boil 5 minutes.

Remove jars from canner and let cool. Check seals and store in a cool, dry place.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 5280 Calories (kcal); 3g Total Fat; (0% calories from fat); 6g Protein; 1355g Carbohydrate; 0mg Cholesterol; 34mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 87 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Rhubarb-Strawberry Jam With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	cup	cooked red-stalked rhubarb (abt 1 lb rhubarb and 1/4 cup water)
2 1/2	cups	crushed strawberries (abt 1 1/2 one-quart boxes)
6 1/2	cups	sugar
1/2	bottle	liquid pectin

To prepare fruit. Wash rhubarb and slice thin or chop; do not peel. Add water, cover, and simmer until rhubarb is tender (about 1 minute).

Sort and wash fully ripe strawberries; remove stems and caps. Crush

berries.

To make jam. Measure prepared rhubarb and strawberries into a kettle. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Boil hard for 1 minute, stirring constantly.

Remove from heat and stir in pectin. Skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields 7 or 8 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 or 8 half-pints"

- - - - -

Per serving: 5031 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1299g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Rich Crockpot Apple Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Crockpot Fruit

Amount	Measure	Ingredient	Preparation Method
4	pounds	cooking apples	
2	cups	cider	
3	cups	granulated sugar	
2	teaspoons	ground cinnamon	
1	teaspoon	ground cloves	
1/8	teaspoon	ground allspice	

Stem and quarter apples; do not peel. Cook apples and cider, covered, in crock pot on LOW for 10 hours. Add sugar and spices and continue cooking for 1 hour.

Pour into hot sterilized jars. Store in a cool dry place. Or, pour into freezer containers and freeze.

This recipe yields 10 six-ounce jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"10 six-ounce jars"

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Per serving: 2342 Calories (kcal); 1g Total Fat; (0% calories from fat); trace Protein; 605g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 40 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ripe Cucumber Pickles

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	quarts	cut-up peeled seeded ripe cucumber
3	cups	chopped onion
4	cups	vinegar
1 1/2	cups	sugar
1	teaspoon	curry powder
1/2	teaspoon	freshly-ground black pepper
1/2	teaspoon	turmeric
		Cayenne pepper -- to taste
1	tablespoon	dry mustard

Arrange cucumbers in crocks in layers, sprinkling layers with salt. Let stand overnight, then drain thoroughly.

Add onion, vinegar and sugar. Mix spices and add. Simmer gently, stirring occasionally, until cucumbers and onions are soft. Seal in sterile jars.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1508 Calories (kcal); 2g Total Fat; (1% calories from fat); 7g Protein; 400g Carbohydrate; 0mg Cholesterol; 29mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 7 Vegetable; 0 Fruit; 0 Fat; 24 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ripe Tomato Jam

Recipe By :Florence Taft Eaton, Concord, MA  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient	Preparation Method
4	pounds	medium-ripe tomatoes	
4	cups	sugar	
1	teaspoon	whole cloves	
1/2	tablespoon	broken stick cinnamon	
2	cups	vinegar	
1/2	teaspoon	whole allspice	

Scald, peel, and quarter tomatoes. Place in preserving kettle. Add sugar, vinegar, cloves, allspice, and cinnamon. The spices may be tied in a loose muslin bag. Simmer, stirring frequently, until thick.

Ladle into hot jars, leaving about 1/4-inch space at top. Wipe jar rims and threads clean. Cover jars with hot canning lids. Screw bands on firmly. Place jars in a boiling water bath. Cover canner and return water to a boil; boil 5 minutes.

Remove jars from canner and let cool. Check seals and store in a cool, dry place.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 3170 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 829g Carbohydrate; 0mg Cholesterol; 18mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 55 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ripe Tomato Ketchup

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Condiments  
 Sauces Vegetables

Amount	Measure	Ingredient -- Preparation Method
12	large	ripe tomatoes
6		sweet green peppers -- chopped
2		pods cayenne pepper - (to 3)
3/4	cup	sugar
1	teaspoon	canning salt
1	cup	water
6		onions -- chopped
1	cup	cider vinegar

Bring a large pan of water to a boil. Drop tomatoes in the boiling water for approximately 2 minutes. Remove to a pan of ice water. The skins will slip off easily.

Chop the tomatoes, peppers and onions. Stir in the remaining ingredients and cook until all are tender. Cook over medium to medium-high heat. Put the mixture into clean, sterilized pint jars and seal.

This recipe yields 10 to 12 pints.

Comments: Good served with white beans and on hamburgers.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"10 to 12 pints"

Per serving: 1368 Calories (kcal); 7g Total Fat; (4% calories from fat); 26g Protein; 335g Carbohydrate; 0mg Cholesterol; 178mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 30 Vegetable; 0 Fruit; 0 Fat; 11 Other Carbohydrates

NOTES : Recipe as published in The Decatur Daily, 08-02-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ripe Tomato Relish

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
24		ripe tomatoes -- peeled, chopped
6		sweet peppers -- chopped
6		hot peppers -- chopped
8		onions -- chopped
2 1/2	cups	sugar
1/4	teaspoon	allspice
1	pint	vinegar
3	teaspoons	salt
2	teaspoons	celery salt
1/2	teaspoon	cinnamon
1/4	teaspoon	cloves

Combine all ingredients, cook, stirring often, until thick (4 to 5 hours).  
Put into sterile jars and seal.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 3275 Calories (kcal); 14g Total Fat; (3% calories from fat); 48g Protein; 815g Carbohydrate; 0mg Cholesterol; 9900mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 52 Vegetable; 0 Fruit; 0 Fat; 35 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Scuppernong Grape Butter

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning  
Fruit

Amount	Measure	Ingredient -- Preparation Method
5	pounds	scuppernong grapes
5	cups	sugar
2	teaspoons	ground cloves
2	teaspoons	ground mace
2	teaspoons	ground cinnamon

Wash grapes; drain and remove stems. Plunge grapes into rapidly boiling water to cover; boil 2 minutes. Drain well.

Slip off grape skins and grind or chop skins finely, reserving pulp; set aside.

Place pulp in a heavy saucepan; cook over medium heat 10 minutes or until seeds begin to separate from pulp. Press pulp through a sieve to remove seeds; discard seeds.

Return pulp to saucepan; add reserved skins and remaining ingredients. Cook over medium-low heat, stirring constantly, 30 minutes or until mixture thickens.

Quickly ladle butter into hot sterilized jars, leaving 1/4-inch headspace. Cover at once with metal lids and screw bands tight. Process in boiling water bath 5 minutes.

This recipe yields 8 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

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Per serving: 3913 Calories (kcal); 2g Total Fat; (0% calories from fat); 1g Protein; 1007g Carbohydrate; 0mg Cholesterol; 25mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Sherried Pear And Cranberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies Refrigerator

Amount	Measure	Ingredient	Preparation Method
1 1/2	cups	fresh or frozen cranberries	- (abt 1/2 lb)
4		ripe pears	- (to 5) -- abt 2 lbs
5	cups	granulated sugar	
1/2	cup	water	
1/4	cup	sherry	
1	package	Certo Crystals Fruit Pectin	

Place cranberries in a food processor and whirl, using an on-and-off motion, until coarsely ground. Turn into a large bowl.

Peel, core and finely chop pears. They should measure about 2 cups. (Do



not chop in food processor; they will turn to mush.) Add chopped pears to cranberries. Stir in sugar until well mixed. Let stand for 10 minutes.

Combine water, sherry and fruit pectin crystals in a small saucepan. Bring to a boil and boil for 1 minute, stirring constantly. Stir into fruit mixture. Continue stirring for 3 minutes. (There will be a few sugar crystals remaining.)

Immediately pour into jars. Cover at once with tight lids. Let stand at room temperature until set. It may take up to 24 hours. Then, store in the refrigerator or freezer. Jam will keep well in the refrigerator for up to 3 weeks or in the freezer for several months.

This recipe yields 6 1/2 cups.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 1/2 cups"

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Per serving: 3953 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 1004g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 67 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Short-Brined Dill Pickles

Recipe By :Linda Ziedrich  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
12	pounds	pickling cucumbers - (3" to 5")
1 1/2	cups	pickling salt
2	quarts	water -- divided
7 1/3	cups	cider vinegar or distilled white vinegar
1/4	cup	sugar
16		garlic cloves -- peeled, sliced
24		dill heads
32		black peppercorns
8	small	dried chile peppers -- (optional)
24		grape leaves - (to 32) or 48 to 64 sour cherry leaves -- (optional)

Gently wash the cucumbers and remove the blossom ends. Halve or quarter

the cucumbers lengthwise or leave them whole, as you prefer.

In a large bowl or crock, dissolve 3/4 cup pickling salt in 2 gallons of water. Add the cucumbers and let them stand in the brine for 8 to 12 hours. Drain the cucumbers. If you like less salty pickles, rinse and drain well again.

Place mason jar screw bands and lids in hot water. In a nonreactive pot, bring to a boil the remaining 3/4 cup pickling salt, the remaining 2 quarts water, the vinegar and the sugar, stirring to dissolve the salt and sugar.

While the mixture heats, divide the garlic, dill, peppercorns and, if you are using them, the chile peppers and grape or cherry leaves, among 8 quart or 16 pint mason jars. Pack equal portions of the cucumbers into each jar.

Pour the hot vinegar mix over the cucumbers, leaving a 1/2-inch head space. Close the jars with hot lids and screw bands. Process the jars in a boiling-water bath 10 minutes for pint jars, 15 minutes for quart jars.

Remove and cool. Store the jars in a cool, dry, dark place for at least 1 month before eating the pickles.

This recipe yields 8 quarts or 16 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"16 pints"

- - - - -

Per serving: 270 Calories (kcal); trace Total Fat; (0% calories from fat); 3g Protein; 67g Carbohydrate; 0mg Cholesterol; 66mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 0 Fat; 3 1/2 Other Carbohydrates

NOTES : Recipe from "The Joy of Pickling" by Linda Ziedrich (Harvard Common Press, \$14.95), and as published in the Detroit Free Press, 07-26-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Special Blackberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
6	cups	blackberries	

1/2 cup water  
 6 cups sugar  
 3/4 cup orange juice - (to 1 cup)  
 3 tablespoons lemon juice - (to 4 tbsps)  
 1 tablespoon grated orange peel

Cook the berries with water until they are heated through. Rub through sieve and add sugar, fruit juices and grated peel. Cook over low heat until thick. Seal in hot, sterilized glasses.

This recipe yields 6 six-ounce jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
 S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 six-ounce jars"

- - - - -

Per serving: 5099 Calories (kcal); 3g Total Fat; (0% calories from fat); 6g Protein; 1311g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 Fruit; 0 Fat; 80 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Apple Rings

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
12	pounds	firm tart apples -- see * Note
12	cups	sugar
6	cups	water
1 1/4	cups	white vinegar, 5% acidity
3	tablespoons	whole cloves
3/4	cup	red hot cinnamon candies or 8 cinnamon sticks and 1 tspn of red food coloring -- (optional)

\* Note: Maximum diameter, 2 1/2 inches.

Wash apples. To prevent discoloration, peel and slice one apple at a time. Immediately cut crosswise into 1/2-inch slices, remove core area with a melon baller, and immerse in ascorbic acid solution (use one teaspoon of powdered ascorbic acid per gallon of cold water).

To make flavored syrup, combine sugar, water, vinegar, cloves, cinnamon candies, or cinnamon sticks and food coloring in a 6-quart saucepan. Stir, heat to boil, and simmer 3 minutes. Drain apples, add to hot syrup, and cook 5 minutes.

Fill hot jars (preferably wide-mouth) with apple rings and hot flavored syrup, leaving 1/2-inch headspace. Adjust lids and process for 10 minutes in a boiling-water bath.

This recipe yields about 8 to 9 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 to 9 pints"

- - - - -

Per serving: 9352 Calories (kcal); 4g Total Fat; (0% calories from fat); 1g Protein; 2410g Carbohydrate; 0mg Cholesterol; 115mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 161 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Beets, Green Beans, Or Carrots

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1/4	teaspoon	salt	
3/4	teaspoon	allspice	
3/4	teaspoon	cloves	
1/4	stick	cinnamon	
1/4	piece	mace	
1 1/2	teaspoon	celery seeds	
2	cups	cider vinegar, 5% acidity	
1	cup	sugar	
2	pints	green beans, beets, or carrots	

Tie salt and spices in thin cloth bag. Boil vinegar, sugar, and spices for 15 minutes. Boil a quart jar for 15 minutes. Remove jar from water and pour in spiced vinegar mixture. Adjust the lid; set aside for 2 weeks.

Remove the spice bag. Cook fresh beans, beets, or carrots (about 2 pints) until tender, but firm. Cool. Peel beets. (You can use canned vegetables and omit this step.)

Heat the spiced vinegar and add 1/2 cup of the liquid in which the vegetables were cooked. Add vegetable and simmer for 15 minutes. Pack into hot jars, being sure the spiced vinegar covers the vegetables. Remove air bubbles.

Adjust lids and process 10 minutes in boiling water. Remove jars; cool and store.

This recipe yields 2 1/2 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 1/2 pints"

- - - - -

Per serving: 807 Calories (kcal); 2g Total Fat; (1% calories from fat); 1g Protein; 205g Carbohydrate; 0mg Cholesterol; 547mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Blackberry Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	blackberries	
1/2	teaspoon	cinnamon	
1/4	teaspoon	nutmeg	
1/4	teaspoon	mace	
1/8	teaspoon	cloves	
		Sugar, s needed	

In a saucepan mix together all ingredients except sugar. Cook the berries over low heat, stirring and crushing them with a spoon, until they are soft. Pour the mixture through a jelly bag, without squeezing the bag, and measure it.

For each cup of juice stir in one cup of sugar and cook the syrup over low heat until a little jells when dropped on a cold plate. Pour the jelly into hot sterilized glasses and seal.

This recipe yields ?? servings.

Comments: May be served as an accompaniment to roast meats and poultry.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 309 Calories (kcal); 3g Total Fat; (7% calories from fat); 4g Protein; 75g Carbohydrate; 0mg Cholesterol; 1mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Gourmet Magazine, June 1967

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Blueberry Jam

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	cups	fresh or frozen thawed blueberries	
1	tablespoon	lemon juice	
3 1/2	cups	sugar	
1	teaspoon	cinnamon	
1/4	teaspoon	cloves	
1/4	teaspoon	allspice	
1	pouch	liquid pectin - (3 oz)	

Remove any stems from berries. Crush fruit (1 layer at a time). Measure 2 1/2 cups, packed solidly. If necessary, add water to make up amount.

Pour into large pot. Add lemon juice, sugar, and spices, mixing well. Bring to a full boil (a boil that cannot be stirred down) and boil, stirring for 1 minute.

Remove from heat stir in pectin and immediately ladle into hot jars.

This recipe yields about 4 jelly jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 jelly jars"

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Per serving: 2722 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 703g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 47 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Blueberry-Peach Jam Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	chopped or ground peaches - (abt 4 lbs peaches)	
4	cups	blueberries - (abt 1 qt fresh blueberries or 2 10-oz pkgs unsweetened frozen berries)	
2	tablespoons	lemon juice	
1/2	cup	water	
5 1/2	cups	sugar	
1	stick	cinnamon	
1/2	teaspoon	salt	
1/2	teaspoon	whole clove	
1/4	teaspoon	whole allspice	

To prepare fruit. Sort and wash fully ripe peaches; peel and remove pits. Chop or grind peaches.

Sort, wash, and remove any stems from fresh blueberries. Thaw frozen berries.

To make jam. Measure fruits into a kettle; add lemon juice and water. Cover, bring to a boil, and simmer for 10 minutes, stirring occasionally.

Add sugar and salt; stir well. Add spices tied in cheesecloth. Boil rapidly, stirring constantly, to 9 degrees above the boiling point of water (221 degrees) or until the mixture thickens.

Remove from heat; take out spices. Skim. Fill and seal containers. Process 5 minutes in boiling water. Remove jars; cool and store.

This recipe yields 6 or 7 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 or 7 half-pints"

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Per serving: 4286 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1108g Carbohydrate; 0mg Cholesterol; 1085mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 73 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Cantaloupe

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient	Preparation Method
4	medium	cantaloupes	
3	quarts	water	
2	teaspoons	alum	
4	cups	sugar	
2	cups	white vinegar	
1	cup	water	
4		cinnamon sticks - (3" ea)	
1	tablespoon	whole cloves	
1	tablespoon	whole allspice	

Cut melons lengthwise into eighths. Remove seeds, peel and cut each section into 1/2-inch pieces. Combine water and alum; pour over melon and cover. Let stand overnight. Drain.

In deep pot, mix sugar, vinegar, water and spices tied in a cheesecloth bag. Add melon, cover and boil 15 minutes. Remove spice bag. Pack melon pieces tightly into hot sterilized jars. Pour boiling syrup over melon, to within 1/8-inch from top, making sure melon is covered. Seal at once.

This recipe yields 5 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 pints"

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Per serving: 3957 Calories (kcal); 7g Total Fat; (1% calories from fat); 20g Protein; 1016g Carbohydrate; 0mg Cholesterol; 320mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 11 Fruit; 1/2 Fat; 55 1/2 Other Carbohydrates



NOTES : Recipe as published in The Capitol-Journal, 07-16-1997  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Crab Apples

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient -- Preparation Method
5	pounds	crab apples
4 1/2	cups	apple vinegar, 5% acidity
3 3/4	cups	water
7 1/2	cups	sugar
4	teaspoons	whole cloves
4	sticks	cinnamon
6	pieces	fresh ginger root - (1/2" ea)

Remove blossom petals and wash apples, but leave stems attached. Puncture the skin of each apple four times with an ice pick or toothpick.

Mix vinegar, water and sugar and bring to a boil. Add spices tied in a spice bag or cheesecloth. Using a blancher basket or sieve, immerse 1/3 of the apples at a time in the boiling vinegar/syrup solution for 2 minutes. Place cooked apples and spice bag in a clean 1- or 2- gallon crock and add hot syrup. Cover and let stand overnight.

Remove spice bag, drain syrup into a large saucepan and reheat to boiling. Fill pint jars with apples and hot syrup, leaving 1/2-inch headspace. Adjust lids and process for 20 minutes in a boiling-water bath.

This recipe yields about 9 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 pints"

-----  
Per serving: 5904 Calories (kcal); 3g Total Fat; (0% calories from fat); 2g Protein; 1526g Carbohydrate; 0mg Cholesterol; 70mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 100 1/2 Other Carbohydrates

NOTES : Recipe from Michigan State University Extension  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Spiced Loquats

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Fruit

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 4 pounds partially ripe loquats, 1 cup boiling water, 1 lemon -- sliced, 1 cup vinegar, 1 tablespoon whole cloves, 3 cinnamon sticks, 4 cups sugar, 1/2 teaspoon salt.

Wash loquats, remove seeds and measure 2 quarts. Steam in the boiling water for 3 minutes to prevent shriveling. Add remaining ingredients and boil 10 minutes. Let stand overnight.

Bring to a boil again, and cook until syrup is thick. Pour into hot sterilized jars, and seal.

This recipe yields about 5 half-pint jars.

Source:

"My Front Porch (canning archive) at http://www.flash.net/~tinyt"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 3269 Calories (kcal); 3g Total Fat; (0% calories from fat); 3g Protein; 856g Carbohydrate; 0mg Cholesterol; 1112mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 54 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Spiced Orange Jelly With Powdered Pectin

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Fruit
Jams/Jellies

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method.

2 cups orange juice -- (abt 5 med oranges)  
 1/3 cup lemon juice -- (abt 2 med lemons)  
 2/3 cup water  
 1 package powdered pectin  
 2 tablespoons finely-chopped orange peel  
 1 teaspoon whole allspice  
 1/2 teaspoon whole cloves  
 4 pieces cinnamon stick - (ea 2" long)  
 3 1/2 cups sugar

Mix orange juice, lemon juice, and water in a large saucepan. Stir in pectin. Place orange peel, allspice, cloves, and cinnamon sticks loosely in a clean white cloth, tie with a string, and add fruit mixture.

Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute.

Remove from heat. Remove spice bag and skim off foam quickly. Pour jelly immediately into hot sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields 4 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 2956 Calories (kcal); 1g Total Fat; (0% calories from fat); 4g Protein; 759g Carbohydrate; 0mg Cholesterol; 20mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 47 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Peach Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
3	pounds	fully ripe peaches
2	tablespoons	fresh lemon juice
1	teaspoon	fruit protector -- (optional)
1/2	teaspoon	ground allspice

1/2       teaspoon   cinnamon  
 1/2       teaspoon   cloves  
 5 1/2       cups       sugar  
 1           box       fruit pectin  
 1/2       teaspoon   margarine or butter

Peel, pit and finely chop peaches. Measure 4 cups into 6- or 8 quart sauce pot. Stir in lemon juice, fruit protector and spices. Measure sugar into separate bowl. (Scrape excess sugar from cup with spatula to level for exact measure.) Stir fruit pectin into fruit in sauce pot. Add margarine. Bring to full rolling boil on high heat, stirring constantly. Quickly stir in all sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly.

Remove from heat. Skim off any foam with metal spoon. Ladle quickly into hot sterilized jars, filling to within 1/8-inch of tops. Wipe jar rims and threads. Cover with two piece lids. Screw bands tightly. Invert jars 5 minutes, then turn upright. After jars are cool, check seals. Or follow water bath method recommended by USDA.

This recipe yields about 7 half-pint jars.

Comments: Great as a glaze for roasted poultry or pork. Great as a sauce -- just heat and serve.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 half-pints"

- - - - -

Per serving: 4274 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 1104g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 73 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Pumpkin Pecan Butter

Recipe By       :n/a  
 Serving Size   : 0       Preparation Time :0:00  
 Categories     : Butters/Spreads                   Canning  
                   Fruit

Amount	Measure	Ingredient	Preparation Method
3 1/2	cups	canned pumpkin	
1	cup	toasted chopped pecans	
1	tablespoon	pumpkin pie spice	

4 1/2 cups sugar  
 1 box Sure-Jell dry pectin - (2 oz)  
 1/2 teaspoon margarine or butter

Measure pumpkin, pecans and pumpkin pie spice into 6- or 8-quart saucepot. Prepare jars. Keep lids hot until ready to fill jars.

Measure sugar into separate bowl. Stir fruit pectin into pumpkin mixture in saucepot. Add margarine. Bring mixture to full rolling boil on high heat, stirring constantly. Quickly stir in all sugar. Return to full rolling boil, and boil exactly 1 minute, stirring constantly.

Remove from heat. Skim off any foam with metal spoon. Ladle quickly into prepared jars, filling to within 1/4-inch of tops. Wipe jar rims and threads. Cover with lids. Screw on bands. Process in a water bath canner (180 to 190 degrees) for 15 minutes. After jars are cool, check seals.

This recipe yields 5 half-pint jars.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 3794 Calories (kcal); 3g Total Fat; (0% calories from fat); 10g Protein; 972g Carbohydrate; 0mg Cholesterol; 55mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Rhubarb

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Butters/Spreads Canning  
 Condiments

Amount	Measure	Ingredient	Preparation Method
10	cups	diced fresh or frozen rhubarb	
4 1/2	cups	sugar	
1	cup	cider vinegar	
2	teaspoons	ground cinnamon	
1/2	teaspoon	ground cloves - (to 1 tspn)	
1/2	teaspoon	ground allspice - (to 1 tspn)	

In a large Dutch oven or kettle, combine all ingredients. Bring to a

rapid boil; reduce heat and simmer for 60 to 70 minutes.

Pour into pint jars and refrigerate. Serve as a glaze for ham or spread on biscuits.

This recipe yields about 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

- - - - -

Per serving: 3528 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 917g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 61 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Tart Gooseberries

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
2	quarts	gooseberries	
4 1/2	cups	brown sugar	
1	cup	cider vinegar	
1		cinnamon stick - (2" long)	
8		cloves	
1/4	teaspoon	ground nutmeg	
2	whole	allspice	

Wash berries, remove stems and blossom ends. Place sugar, vinegar, and spices together in a large pot, add 1/2 cup of water and boil for 5 minutes. Add gooseberries and simmer for 30 to 40 minutes.

When the berries are tender and the syrup is thick, turn into hot sterile jars and seal. Place jars in a boiling water bath. Cover canner and return water to a boil; boil 5 minutes.

Remove jars from canner and let cool. Check seals and store in a cool, dry place.

This recipe yields ?? servings.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3220 Calories (kcal); 19g Total Fat; (4% calories from fat); 14g Protein; 812g Carbohydrate; 0mg Cholesterol; 406mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 8 1/2 Fruit; 2 1/2 Fat; 42 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spiced Tomato Soup

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning

Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
4	quarts	chopped peeled cored tomatoes
3 1/2	cups	chopped onions
2 1/2	cups	chopped celery
2	cups	chopped sweet red peppers
1	cup	sliced carrots
7		bay leaves
1	tablespoon	whole cloves
1		garlic clove
1	cup	brown sugar
2	teaspoons	salt

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine tomatoes, onions, celery, peppers, carrots, bay leaves, cloves and garlic in a large saucepot. Simmer until soft. Press through a sieve or food mill. Add sugar and salt. Cook over medium heat 15 minutes.

Carefully ladle hot soup into hot jars, leaving 1-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 20 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 4 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"4 pints"

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Per serving: 886 Calories (kcal); 3g Total Fat; (2% calories from fat); 11g Protein; 218g Carbohydrate; 0mg Cholesterol; 4657mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 1/2 Fat; 9 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spicy Chili Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient -- Preparation Method
4	quarts	chopped peeled cored tomatoes - - (abt 24 large)
1 1/2	cups	chopped sweet green peppers - (abt 3 med)
2	cups	chopped onions - (abt 2 med)
1 1/2	cups	cider vinegar, 5% acidity
1 1/2	cups	sugar
1	tablespoon	salt
1	tablespoon	celery seed
1	teaspoon	ginger
1	teaspoon	cinnamon
1	teaspoon	allspice
1	teaspoon	cloves

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all ingredients in a large saucepot. Bring to boiling; simmer until desired consistency, about 1 to 2 hours. Stir frequently to prevent sticking.

Carefully ladle hot sauce into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 6 pints.

Comments: Chili sauce is not a bright red color because ground spices are



used.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

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Per serving: 1211 Calories (kcal); 2g Total Fat; (1% calories from fat); 2g Protein; 308g Carbohydrate; 0mg Cholesterol; 6417mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spicy Eggs

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Eggs Pickles/Relishes  
Refrigerator

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	apple cider
1	cup	white vinegar, 5% acidity
2	teaspoons	salt
1	teaspoon	pickling spice
1		garlic clove -- peeled
1/2		onion -- sliced
1/2	teaspoon	mustard seeds
1	dozen	medium-sized hard-cooked eggs -- peeled

Combine all ingredients except eggs. Heat mixture to near boiling and simmer for 5 minutes. Place hard-cooked eggs in a quart jar. Pour hot mixture over eggs. Cover and refrigerate to season. Allow 2 to 8 weeks for eggs to season.

Drain before serving. Store in refrigerator.

This recipe yields 1 quart.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"  
S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"1 quart"

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Per serving: 210 Calories (kcal); 1g Total Fat; (4% calories from fat); 1g Protein; 50g Carbohydrate; 0mg Cholesterol; 4278mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 3 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spicy Kumquat Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Crockpot  
Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
2	cups	kumquats - (abt 10 oz)	-- sliced crosswise
1/2	cup	dried apple chips	
2	tablespoons	thinly-sliced crystallized ginger	
3/4	cup	brown sugar	
2	tablespoons	honey	
1/4	teaspoon	ground allspice	
2	tablespoons	cider vinegar	
1/4	cup	golden raisins	
1/4	teaspoon	dried red pepper flakes	
1/2	cup	coarsely-chopped dried apricots	

In 1-quart crock pot, combine all ingredients. Cover and cook on LOW for 8 to 9 hours. Cool; serve as an accompaniment to pork or chicken.

This recipe yields about 2 half-pints.

Comments: This recipe is designed for a 1-quart Crockette crock pot. If you want to double or triple the recipe and cook it in a larger crock pot, make sure the pot is half full.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 half-pints"

- - - - -

Per serving: 668 Calories (kcal); trace Total Fat; (0% calories from fat); 2g Protein; 176g Carbohydrate; 0mg Cholesterol; 50mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 0 Fat; 9 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spicy Pickled Okra

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	pounds	okra -- whole
6		hot red or green peppers
6		garlic cloves
1	quart	vinegar, 5% acidity
1 1/3	cups	water
1/2	cup	salt
1	tablespoon	mustard seeds

Wash okra. Trim stems; do not cut into pods. Pack okra into clean, hot pint jars; add hot pepper and garlic clove to each jar.

Bring remaining ingredients to a boil. Cover okra with hot liquid, filling to 1/2-inch from top. Adjust jar lids.

Process 10 minutes in boiling water. (Start to count processing time as soon as water in canner returns to boiling.) Remove jars.

Set jars upright on a wire rack or folded towel to cool. Place them several inches apart.

This recipe yields 6 pints.

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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 Per serving: 544 Calories (kcal); 1g Total Fat; (2% calories from fat); 28g Protein; 110g Carbohydrate; 0mg Cholesterol; 51282mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 21 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spicy Tomato Salsa

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Salsa

Amount	Measure	Ingredient -- Preparation Method
6	pounds	tomatoes - (abt 12 large)
9		dried hot chilies
15		garlic cloves
3	cups	diced red onions
6		jalapeño chilies -- seeded, diced
1 1/2	cups	chopped cilantro - (tightly packed)
1	tablespoon	salt
3/4	teaspoon	dried red chili flakes
3/4	cup	red wine vinegar

Peel, seed and dice tomatoes into 1/4-inch size pieces. Remove seeds from dried chilies; place chilies in small bowl. Wear rubber gloves to protect hands. Pour boiling water over chilies just to cover. Secure plastic wrap over bowl and allow peppers to steep for 15 minutes. Drain half the water from chilies. Puree chilies and remaining water in blender for 1 minute or until smooth. Peel and mince garlic.

Combine all ingredients in a large saucepot. Bring mixture to a boil. Reduce heat and simmer 10 minutes or so until mixture has thickened. Ladle hot salsa into hot jars, leaving 1/4-inch headspace.

Remove air bubbles with a wooden spoon. Put on lids, then tighten bands. Process 15 minutes in a boiling water canner.

This recipe yields about 6 pints.

Suggestion: Add 1 tablespoon olive oil to one pint of salsa before serving.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
 S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

-----  
 Per serving: 274 Calories (kcal); 1g Total Fat; (2% calories from fat); 8g Protein; 67g Carbohydrate; 0mg Cholesterol; 6419mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 10 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Recipe as published in The Capitol-Journal, 08-13-1997  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Spicy-Tart Cherry Chutney

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Chutneys Fruit  
 Refrigerator

Amount	Measure	Ingredient -- Preparation Method
1		navel orange
3	cups	fresh or frozen pitted tart cherries
1	cup	chopped onions
1/2	cup	chopped green bell pepper
1/2	cup	chopped red bell pepper
1/3	cup	brown sugar - (packed)
1/4	cup	balsamic vinegar
2	teaspoons	minced peeled ginger
1/4	teaspoon	hot red pepper flakes
1/2	teaspoon	ground cardamom
1/2	teaspoon	dried mint -- crumbled
1/4	teaspoon	ground allspice
1/2	teaspoon	salt

With vegetable peeler, remove 2 (2-inch) strips orange zest and cut into fine julienne strips. Reserve orange for another use.

In heavy saucepan, stir together orange zest, cherries, onions, bell peppers, brown sugar, vinegar, ginger, red pepper flakes, cardamom, mint, allspice and salt. Bring to boil. Simmer, stirring occasionally (stir more frequently toward end of cooking), until thickened and syrupy, about 50 minutes.

Cool chutney. When covered and refrigerated, chutney will keep 3 weeks.

This recipe yields about 1 1/2 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 1/2 cups"

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Per serving: 114 Calories (kcal); 1g Total Fat; (4% calories from fat); 3g Protein; 28g Carbohydrate; 0mg Cholesterol; 1075mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe adapted from Gourmet magazine, and as published in the Baltimore Sun, 07-05-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Squash Pickles

Recipe By :Della Tate

Serving Size : 1 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	salt
3	cups	water
8	cups	thinly-sliced yellow squash
2 1/2	cups	sugar
2	cups	white vinegar
2	teaspoons	mustard seed
2		onions -- sliced
2		green bell peppers -- sliced
1	jar	pimentos - (4 oz) -- drained

Mix salt with water. Submerge yellow squash in the salt water in a crock or large jar and let set 3 hours; drain.

Mix sugar and white vinegar; add mustard seed and bring to a boil. Add the onions, bell peppers and pimentos. Return to boil. Remove from heat and cool or, if canning, put in pint jars while hot and seal. For eating, store in refrigerator.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 2185 Calories (kcal); 3g Total Fat; (1% calories from fat); 7g Protein; 565g Carbohydrate; 0mg Cholesterol; 68257mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 Vegetable; 0 Fruit; 1/2 Fat; 35 1/2 Other Carbohydrates

NOTES : Recipe shared by Della Tate, and as published in the Crossville Chronicle, 07-26-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Squash Pickles II

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
8	cups	sliced squash
3	quarts	water
2/3	cup	salt
3	cups	sugar

2 cups vinegar  
 2 tablespoons mustard seed  
 2 cups chopped bell pepper  
 2 cups chopped red pepper  
 2 cups chopped onion

Soak squash in 3 quarts water and 2/3 cups salt for 1 hour. Drain.

Bring sugar, vinegar and mustard seed to a boil. Add squash and bring to a boil, Add chopped peppers and onions to the hot squash mixture and bring to a boil. Simmer for minutes.

Pack into hot, sterilized jars, cover with hot syrup and seal. Process in a hot water bath for 10 minutes. Remove and cool. Check the seals and store in a dry, dark place.

This recipe yields ??

Source:

"http://www.thatsmyhome.com/pickles.htm"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 2615 Calories (kcal); 7g Total Fat; (2% calories from fat); 9g Protein; 663g Carbohydrate; 0mg Cholesterol; 68321mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 1 Fat; 42 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

State Fair Favorite Dill Pickles

Recipe By :Lillie Crowley  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	1/2 cup	Washed cucumbers to fill a quart jar (about 5 to 7, depending on size)
1	1/2 cup	clean quart jar -- warmed
1	1/2 cup	vinegar, 9% acidity
1		garlic clove - (to 2)
1		Dill leaves or flower heads
1		(or 1 tspn dill seed or pickling spice)
1	teaspoon	crab boil -- (optional), can be substituted for dill
1	tablespoon	canning pickling salt
1	teaspoon	sugar
		Jalapeño or cayenne pepper -- (optional)
		boiling water -- a few cups

Cook's note: This recipe also works for carrot sticks, green beans or a medley of vegetables. Red and green bell peppers look wonderful on a relish tray at Christmas time. If you can't find a 9-percent vinegar, you may substitute a lower percentage, such as 6 or 7.

If you're using large cucumbers, cut into spears or sticks. Pack the cucumbers in warm jar. Add vinegar and remaining ingredients except boiling water. Finish filling jar with boiling water, leaving about 1/2-inch of head space. Remove air bubbles.

If you are going to store the jars in the refrigerator, seal and allow to cool before refrigerating. If you are going to store the jars on shelves, process them in a water bath for about 15 minutes.

To tell when pickles are done processing, use tongs to pull a jar out of the water and check the color. When the pickles have lost their green, natural color and are the color of green olives, they're ready.

Remove jars from water and place on a towel over a countertop, allowing space between jars so air can circulate. Do not cover with a cloth. When lids are cool to touch, check seals. If improperly sealed, store pickles in refrigerator and eat as soon as possible. If seals are fine, allow jars to cool 24 hours before storing in a cool, dark place.

This recipe yields 1 quart.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"1 quart"

- - - - -

Per serving: 16 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 4g Carbohydrate; 0mg Cholesterol; trace Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Recipe from Lillie Crowley, and as published in the Contra Costa Times

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Stewed Tomatoes

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	quarts	chopped peeled cored tomatoes - - (abt 24 large)



1 cup chopped celery - (abt 1 stalk)  
 1/2 cup chopped onion - (abt 1/2 med)  
 1/4 cup chopped green pepper - (abt 1/4 med)  
 1 tablespoon sugar  
 2 teaspoons salt

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all ingredients in a large saucepot. Cover; cook 10 minutes, stirring to prevent sticking.

Carefully ladle hot vegetables into hot jars, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 15 minutes, quarts 20 minutes, at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 7 pints or 3 quarts.

Allistra Corporation's recipe archive at <http://www.homecanning.com/>

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

- - - - -

Per serving: 48 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 12g Carbohydrate; 0mg Cholesterol; 4264mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Strawberry Balm Syrup

Recipe By :Emelie Tolley and Chris Mead  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Condiments  
 Sauces

Amount	Measure	Ingredient -- Preparation Method
2	pints	strawberries
3	cups	sugar - (approximately)
10		fresh lemon balm sprigs

Wash and hull the strawberries, place in a bowl, and crush with the back of a wooden spoon or a potato masher. Line a medium bowl with cheesecloth, pour the crushed strawberries and their juice into the cloth, then gather up the corners and squeeze until all the juice has been extracted.

Weigh the juice, then combine it with an equal amount of sugar and the lemon balm in a non-aluminum saucepan. Bring to a boil and boil it for 5 minutes.

Remove from the heat, skim any foam from the top, and let cool. Discard the lemon balm before bottling. Store in the refrigerator.

This recipe yields 1 to 2 half-pints.

Comments: Delicious with ice cream, waffles, or in a drink. Try making it with lemon verbena or lemon thyme, too. To make a drink, put several tablespoons in bottom of glass, add cold or sparkling water and ice.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 to 2 half-pints"

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Per serving: 177 Calories (kcal); 2g Total Fat; (9% calories from fat); 3g Protein; 41g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "The Herbal Pantry" by Emelie Tolley and Chris Mead

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Strawberry Grapefruit Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Juice

Amount	Measure	Ingredient	Preparation Method
4	quarts	strawberries	
6	medium	pink grapefruit	
1 1/2	cups	sugar - (to 2)	
1	quart	water	

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine strawberry puree and grapefruit juice in a large saucepot. Add

sugar, stirring to dissolve. Add water. Heat to 165 degrees, stirring occasionally. Do not boil. Remove from heat. Skim foam if necessary. To remove seeds, carefully strain hot juice through a damp jelly bag or several layers of cheesecloth.

Carefully ladle hot juice into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 30 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 5 quarts.

Comments: Honey may be substituted for sugar, adjusting for personal taste. Frozen grapefruit juice may be substituted for fresh juice. If juice is too thick, it may be thinned with additional water.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 quarts"

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Per serving: 1200 Calories (kcal); 9g Total Fat; (6% calories from fat); 23g Protein; 289g Carbohydrate; 0mg Cholesterol; 52mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 19 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Strawberry Jam With Liquid Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	crushed strawberries	(abt 2 one-quart boxes strawberries)
7	cups	sugar	
1/2	bottle	liquid pectin	

To prepare fruit. Select large, firm, tart strawberries. Wash and drain berries; remove caps.

To make preserves. Combine prepared fruit and sugar in alternate layers

and let stand for 8 to 10 hours or overnight in the refrigerator or other cool place.

Heat the fruit mixture to boiling, stirring gently. Boil rapidly, stirring as needed to prevent sticking. Cook to 9 degrees above the boiling point of water, or until the sirup is somewhat thick (about 15 or 20 minutes).

Remove from heat and stir in pectin; skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields about 4 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Strawberry Jam With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
5 1/2	cups	crushed strawberries (abt 3 one-quart boxes strawberries)	
1	package	powdered pectin	
8	cups	sugar	

To prepare fruit. Sort and wash fully ripe strawberries; remove stems and caps. Crush berries.

To make jam. Measure crushed strawberries into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat; skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields 9 or 10 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"9 or 10 half-pints"

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Per serving: 6192 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1598g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 107 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Strawberry Jam Without Added Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	crushed strawberries	
4	cups	sugar	

To prepare fruit. Sort and wash berries; remove stems and caps. Crush the berries.

To make jam. Measure crushed strawberries into a kettle. Add sugar and stir well. Boil rapidly, stirring constantly, to 9 degrees above the boiling point of water (221 degrees), or until the mixture thickens. Remove from heat; skim.

Fill and seal containers. Process for 5 minutes in boiling water. Remove jars, cool and store.

This recipe yields 4 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Strawberry Jelly With Liquid Pectin

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit  
                  Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
4	cups	strawberry juice (abt 3 one-quart boxes berries)	
7 1/2	cups	sugar	
1	bottle	liquid pectin	

To prepare juice. Sort and wash fully ripe berries; remove any stems or caps. Crush berries and extract juice.

To make jelly. Measure juice into a kettle. Stir in sugar. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add pectin and heat again to a full rolling boil. Boil hard for 1 minute.

Remove from heat; skim off foam quickly. Pour jelly immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in a boiling water bath.

This recipe yields 8 or 9 half-pint jars.

Source:  
"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"  
S(Formatted for MC5):  
"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"  
Yield:  
"8 or 9 half-pints"

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Per serving: 5805 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1499g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 100 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Strawberry Jelly With Powdered Pectin

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
6	cups	crushed strawberries (abt 3 one-quart boxes berries)
1	package	powdered pectin
8 1/2	cups	sugar

To prepare fruit. Sort and wash fully ripe berries; remove any stems or caps. Crush berries. If they are very seedy, put part or all of them through a sieve or food mill.

To make jam. Measure crushed berries into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface.

Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; skim.

Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal and process 5 minutes in boiling water bath.

This recipe yields 11 or 12 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"11 or 12 half-pints"

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Per serving: 6579 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1698g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 114 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Strawberry Preserves

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Preserves

Amount	Measure	Ingredient	Preparation Method
6	cups	prepared strawberries	
4 1/2	cups	sugar	

To prepare fruit. Select large, firm, tart strawberries. Wash and drain berries; remove caps.

To make preserves. Combine prepared fruit and sugar in alternate layers and let stand for 8 to 10 hours or overnight in the refrigerator or other cool place.

Heat fruit mixture to boiling, stirring gently. Boil rapidly, stirring as needed to prevent sticking. Cook to 9 degrees above the boiling point of water (221 degrees), or until the syrup is somewhat thick (about 15 to 20 minutes). Remove from heat; skim.

Fill jars and adjust lids. Process in boiling water for 5 minutes. Remove jars; cool and store.

This recipe yields 4 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 3483 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 899g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
 Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Strawberry Syrup

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Sauces

Amount	Measure	Ingredient	Preparation Method
2 1/2	quarts	strawberries	-- crushed



1 lemon peel strip, 2" long  
 3 cups water -- divided  
 2 1/2 cups sugar  
 3 1/2 cups corn syrup  
 2 tablespoons lemon juice

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Combine strawberries, lemon peel and 1 1/2 cups water in medium saucepot. Simmer 5 minutes. Strain mixture through a damp jelly bag or several layers of cheesecloth. Combine sugar and 1 1/2 cups water in a medium saucepot; bring to 260 degrees (adjust for altitude). Add strawberry juice, corn syrup and lemon juice to sugar syrup. Boil 4 minutes.

Carefully ladle hot syrup into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight. Process 10 minutes in a boiling-water canner.

This recipe yields about 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

- - - - -

Per serving: 5623 Calories (kcal); 5g Total Fat; (0% calories from fat); 9g Protein; 1485g Carbohydrate; 0mg Cholesterol; 1430mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 7 1/2 Fruit; 0 Fat; 92 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Strawberry-Fig Jam

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	pounds	figs
1	cup	granulated sugar
1	package	strawberry-flavored gelatin - (3 oz)

Boil 4 (8-ounce) glass jam jars and their 2-part metal lids and screw tops for 5 minutes. Leave in hot water until ready to use.

Coarsely chop the figs and combine with the sugar in a heavy saucepan. Cook over medium heat for 2 to 3 minutes, stirring constantly, until the sugar is completely dissolved. Lower the heat and gradually mix in the gelatin, stirring constantly, and cook 15 minutes.

Fill the hot, sterilized jars with the jam, leaving 1/4-inch head room. Remove any air bubbles by running a knife around the inside of the jars. Wipe jar rims clean and cover with metal lids and screw bands.

Store in refrigerator or process in hot water bath 5 minutes.

This recipe yields 4 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 1439 Calories (kcal); 3g Total Fat; (1% calories from fat); 7g Protein; 372g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 11 1/2 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe originally from Newsday, 09-15-1999  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Strawberry-Rhubarb Freezer Jam

Recipe By :Yvonne Turnbull  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit  
Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1 1/2	cups	prepared strawberries	
1 1/2	cups	prepared rhubarb	
1/4	cup	lemon juice	
1		box powdered pectin	
2	cups	honey	

Wash and coarsely grind strawberries and rhubarb. Measure fruit and lemon juice into a 2-quart bowl. Stir well. Slowly add the pectin, stirring vigorously. Let stand 30 minutes, stirring occasionally. Add honey and mix well.

Ladle jam into hot, clean half- or 1-pint freezer containers, leaving 1/2-inch head space. Cover and store in the freezer. The jam will keep 2 to 3 weeks in the refrigerator after opening.

This recipe yields 5 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 half-pints"

- - - - -

Per serving: 2076 Calories (kcal); 0g Total Fat; (0% calories from fat); 2g Protein; 564g Carbohydrate; 0mg Cholesterol; 28mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 37 1/2 Other Carbohydrates

NOTES : Recipe originally from "The Living Cookbook" by Yvonne Turnbull  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Strawberry-Rhubarb Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	quart	fully ripe strawberries
1	pound	fully ripe rhubarb
1/2	cup	water
6 1/2	cups	sugar
1/2	teaspoon	margarine or butter
1		pouch Certo Fruit Pectin

Boil jars on rack in large pot of water 10 minutes. Place flat lids in saucepan with water. Bring to a boil. Remove from heat. Let jars and lids stand in hot water until ready to fill. Drain well before filling.

Stem and thoroughly crush strawberries, 1 layer at a time. Measure 2 1/4 cups into 6- or 8-quart saucepot. Finely chop rhubarb; do not peel.

Place in 2-quart saucepan. Add 1/2 cup water. Bring to boil. Reduce heat; cover and simmer 2 minutes or until rhubarb is soft. Measure 1 3/4 cups into saucepot. Mix sugar thoroughly into fruit in saucepot. Add margarine. Bring mixture to full rolling boil on high heat, stirring constantly. Quickly stir in fruit pectin. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

Ladle quickly into prepared jars, filling to within 1/8-inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Invert jars 5 minutes, then turn upright. After jars are cool, check seals. (Or follow water-bath method recommended by USDA.)

This recipe yields 8 (1-cup) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 half-pints"

- - - - -

Per serving: 5031 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1299g Carbohydrate; 0mg Cholesterol; 17mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 87 Other Carbohydrates

NOTES : Recipe originally from the Salt Lake Tribune, 08-10-1999

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Succotash

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
5		ears	sweet corn - (to 6)
3			green peppers -- chopped
3/4	cup		chopped sweet red peppers
1	cup		chopped peeled ripe cucumber
1	cup		lima beans
1/2	cup		diced celery
1	cup		chopped onion
3	cups		chopped seeded ripe tomato
1 1/2	cups		vinegar
1	cup		sugar
2 1/2	teaspoon		salt
1	teaspoon		mustard seed
3/4	teaspoon		turmeric
2	teaspoon		celery seed
1/4	teaspoon		dry mustard

Wash and drain vegetables, cut corn from cob and scrape cob. Combine all vegetables except tomatoes. Turn into colander to drain, add tomato. Combine with remaining ingredients in 3-quart pot. Heat to boiling. Reduce heat and simmer 40 minutes, until vegetables are just tender. Pour into hot sterilized jars and seal.

This recipe yields approximately 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 1635 Calories (kcal); 5g Total Fat; (2% calories from fat); 46g Protein; 377g Carbohydrate; 0mg Cholesterol; 5439mg Sodium  
Food Exchanges: 7 1/2 Grain(Starch); 2 1/2 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 1/2 Fat; 15 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sugarless Pineapple Raspberry Apricot Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	cups	unsweetened pineapple juice
12	ounces	fresh red raspberries
6	ounces	dried apricots -- finely chopped

To make jam: In deep, heavy, nonreactive 4-quart saucepan, combine juice, half of raspberries and all apricot pieces. Simmer over medium-low heat for 10 minutes, or until almost all liquid has evaporated. Add remaining raspberries. Reduce heat. Cover pan. Stew gently for 5 minutes. Gently shake pan to determine moisture level, but do not stir. Mixture is ready when, again, almost all moisture is evaporated, in about 5 minutes.

To process jam: Fill hot, sterilized jars to within 1/8-inch of rim, taking care to keep soft, whole raspberries intact. Wipe rims clean. Attach new lids. Screw caps on tightly. Process in boiling-water bath, submerged by 1 inch, for 10 minutes.

This recipe yields 3 cups.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 half-pints"

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Per serving: 685 Calories (kcal); 1g Total Fat; (1% calories from fat); 8g Protein; 174g Carbohydrate; 0mg Cholesterol; 22mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 11 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from "Gourmet Preserves Chez Madelaine" as published in the Pioneer Planet, 09-03-2000  
Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Sugarless Strawberry Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	quarts	fresh or frozen strawberries
1	package	no-sugar-needed pectin - (1 3/4 oz)
4	tablespoons	Equal for Recipes or 40 packets Equal sweetener or 1 2/3 cups Equal Spoonful

Mash strawberries to make 4 cups pulp. Combine strawberries and pectin in large saucepan. Let stand 10 minutes, stirring frequently. Cook and stir over medium heat until mixture comes to a boil. Cook and stir 1 minute more.

Remove from heat; stir in Equal. Skim off foam, if necessary. Immediately fill containers, leaving 1/2-inch headspace. Seal and let stand at room temperature several hours or until set. Store up to 2 weeks in refrigerator or 6 months in freezer.

This recipe yields 4 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 half-pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe as published in the Crossville Chronicle, 05-03-2000  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Sugarless Triple-Berry Jam Using Equal

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Fruit

Jams/Jellies

Refrigerator

Amount	Measure	Ingredient -- Preparation Method
4	cups	fresh strawberries or frozen unsweetened strawberries -- thawed
2	cups	fresh raspberries or frozen unsweetened raspberries -- thawed
1	cup	fresh blueberries or frozen unsweetened blueberries -- thawed
1	package	no-sugar-needed pectin - (1 3/4 oz)
2	tablespoons	Equal for Recipes = (or 20 packets Equal sweetener or 3/4 cup plus 4 teaspoons Equal Spoonful)

To make jam: Mash strawberries, raspberries and blueberries, by hand or with food processor, to make 4 cups pulp. Stir in pectin. Let mixture stand for 10 minutes, stirring frequently.

Transfer to large saucepan. Cook, stirring, over medium heat until mixture comes to a boil. Cook, stirring, for 1 minute more. Remove from heat. Stir in Equal. Skim off foam, if necessary.

To fill jars: Immediately fill containers, leaving 1/2-inch head space. Seal. Let stand at room temperature for several hours, or until firm. Store up to 2 weeks in refrigerator or 6 months in freezer.

This recipe yields 8 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe originally from the Pioneer Planet, 09-03-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Summer Garden In A Jar

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	cups	sliced carrots
4	cups	green beans in 1" pieces
10	cups	cauliflower flowerettes (small pieces)
2		onions -- cut into thin rings
4	cups	sweet green bell pepper in 1" pieces
6	cups	sweet red bell pepper in 1" pieces
2	cups	pickling salt
12	cups	water
12	cups	white vinegar
2	cups	sugar
1	tablespoon	black peppercorns
2	teaspoons	coriander seeds
1/3	cup	celery seeds
1/3	cup	mustard seeds
2	tablespoons	turmeric
1	cup	pitted black olives
30		dried cayenne peppers

In a preserving kettle, combine carrots, beans, cauliflower, onions, celery, green bell peppers and red bell peppers. Sprinkle with salt and mix well with your hands; add water. Cover with a plate and let stand for at least 8 hours but the best results come when left overnight. Stir periodically. (Do it whenever you think of it).

The next morning, drain and rinse under cold running water. This should be done about three times. After the last rinse, let drain thoroughly in a large colander for 1 hour.

In a kettle, combine vinegar, sugar and spices tied in a cheesecloth bag. Bring to a boil and let boil 5 minutes. Add the drained vegetables and olives. Bring to a boil and simmer uncovered for 10 minutes at the most. (Make sure that this is just simmering or else the veggies will be cooked too much and taste terrible -- all soft and mushy and ugly! The veggies should be just crisp-tender.)

Pack the veggies into hot, sterile jars; ladle liquid over the veggies, leaving 1\8-inch headspace. Distribute the spices from the bag evenly between the jars. I usually add two dried cayenne peppers to each pint at this time. You may add as many of whatever kind you would like, in place of the cayennes. Up until now, all the dried chiles I could get in quantity was cayennes, so that is what I used.

Seal immediately and tighten lids finger-tight. Process in boiling water bath for 10 minutes for pints or 20 minutes for quarts. When done, remove from the water and cool on counter. When cold, label, date and store in a cool, dry, dark place. Let stand for 6 weeks before using.

This recipe yields 20 pints or 10 quarts.

Comments: Though this may seem like a lot of pickle, we use it as a vegetable for light lunches or buffets. Serve this with a thick slice of homemade bread and butter and a slab of cheese -- nothing better! Those who eat meat can serve it with whatever type you wish. It goes with everything!

If you want to make the jars really pretty, try soaking and cooking the



veggies seperately. Pour some of the prepared pickling liquid over each type of veggie seperately, then simmer them. Layer them in the jars, keeping each type seperate. Make sure that you distribute the colors in pleasing layers.

You then pour the liquid over veggies in the jars as per recipe. I usually use quarts for this, because it looks so much nicer. This takes some extra time, but the results are worth it.

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"20 pints"

- - - - -

Per serving: 2640 Calories (kcal); 27g Total Fat; (7% calories from fat); 18g Protein; 683g Carbohydrate; 0mg Cholesterol; 1545mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 13 Vegetable; 1/2 Fruit; 4 1/2 Fat; 38 1/2 Other Carbohydrates

Nutr. Assoc. : 0

\* Exported from MasterCook \*

### Summer Harvest Sweet Pickles

Recipe By :Jane Dora Asbury  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3	quarts	large cucumbers in 3/16"-thk slices
1	quart	combination of vegetables -- see * Note
6	cups	sliced onions
1		garlic clove -- finely crushed
1/3	cup	pickling salt
6	cups	ice cubes (crushed is better)
		=== SYRUP ===
5	cups	sugar
4 1/4	cups	white vinegar, 5% acidity
1 1/2	teaspoons	turmeric
1 1/2	teaspoons	celery seed
2	tablespoons	mustard seed

\* Note: Use a combination of 1/2-inch thick slices of quartered, or smaller, seeded yellow squash, zucchini, green pepper slices, red pepper slices and green cherry tomatoes or green salad tomatoes (if green tomatoes are larger than 1-inch in diameter, halve them).

Rinse and drain vegetables. Place in large plastic or stainless or enamel

container. Stir in pickling salt. Cover with ice and let set 3 to 4 hours.

Combine syrup ingredients in large stock pot and boil 10 minutes. Drain vegetables; add to boiling syrup and heat to the boil. Fill hot canning jars with boiling vegetables and syrup. Adjust 2-piece lids.

Process in water bath (212 degrees) for 10 minutes. Count processing time as soon as the water in the water bath returns to the boil.

This recipe yields 8 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 pints"

- - - - -

Per serving: 4266 Calories (kcal); 9g Total Fat; (1% calories from fat); 15g Protein; 1071g Carbohydrate; 0mg Cholesterol; 39mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 10 1/2 Vegetable; 0 Fruit; 1 Fat; 67 Other Carbohydrates

NOTES : Recipe originally from Jane Dora Asbury of Caryville, retired home economics teacher, as published in The News-Sentinel, 08-09-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Summer Squash Bread And Butter Pickles

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	small yellow squash and green zucchini -- scrubbed, and cut into 1/4"-thk rounds - (12 cups)
2	large	onions -- cut crosswise into 1/4"-thk slices
1/4	cup	canning salt -- plus
1 1/2	teaspoons	canning salt
1	quart	crushed ice
2 1/4	cups	cider vinegar
1	cup	pure maple syrup (dark amber)
3/4	cup	water
1	tablespoon	mustard seeds
1	teaspoon	whole allspice
1/2	teaspoon	celery seeds
6		fresh red chiles, 4" to 5" long -- such as Holland red hot finger peppers

Toss together yellow squash, zucchini, and onions with 1/4 cup canning salt and crushed ice in a large bowl. Press a plate directly onto vegetables and place a 5-pound weight on top (a bag of sugar in a sealed plastic bag works well). Let stand at room temperature 4 hours.

Sterilize jars and lids: Wash 6 (1 pint) jars, lids, and screw bands in hot soapy water, then rinse well. Dry screw bands. Put jars and lids on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Heat water until an instant-read thermometer registers 180 degrees. Do not let boil. Keep jars submerged in hot water, covered, until ready to use.

Bring vinegar, syrup, water, mustard seeds, allspice, celery seeds, and remaining 1 1/2 teaspoons canning salt to a boil in a 3-quart saucepan, then simmer, uncovered, 10 minutes.

Cut a lengthwise slit in each chile (don't cut all the way through), then add chiles to pickling liquid and continue to simmer 1 minute.

Drain jars upside down on a clean kitchen towel 1 minute, then invert.

Drain vegetables in a colander set over a bowl to catch liquid, then pack into jars, tucking a chile pepper into side of each jar. Fill jars with pickling liquid, leaving 1/4-inch of space at top, then run a thin knife between vegetables and jar to eliminate air bubbles.

Seal, process, and store filled jars: Wipe off rims of filled jars with a clean, damp kitchen towel, then firmly screw on lids with screw bands. Put sealed jars on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Bring to a boil, covered. Boil for 20 minutes (for 1/2-pint jars), then transfer with tongs to a towel-lined surface to cool.

Jars will seal (if you hear a ping, that signals that the vacuum formed at the top of the jar has made the lid concave) and preserves will thicken as they cool. After jars have cooled 12 to 24 hours, press center of each lid to check that it's concave, then remove screw band and try to lift off lid with your fingertips. If you can't, the lid has a good seal.

Let pickles stand in jars at least 1 week for flavors to develop.

This recipe yields 6 (1-pint) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 pints"

- - - - -

Per serving: 163 Calories (kcal); 1g Total Fat; (2% calories from fat); 3g Protein; 51g Carbohydrate; 0mg Cholesterol; 46mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 0 Fat; 2 Other Carbohydrates

NOTES : Recipe originally from Gourmet Magazine, July 2001

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Summer Squash Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
8	cups	thinly-sliced summer squash
2	cups	thinly-sliced onion
4		bell peppers -- sliced
4	tablespoons	salt
1	cup	vinegar
2	tablespoons	celery seed
2	tablespoons	mustard seed
3	cups	sugar

Combine squash, onion and peppers; sprinkle with salt. Cover with ice; let stand 1 hour. Drain off liquid; mix remaining ingredients in large saucepan, bring to a hard boil, add squash mixture, bring to another hard boil. Fill jars and seal.

This recipe yields 4 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 pints"

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Per serving: 2640 Calories (kcal); 11g Total Fat; (3% calories from fat); 12g Protein; 657g Carbohydrate; 0mg Cholesterol; 25620mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 5 Vegetable; 0 Fruit; 1 1/2 Fat; 41 Other Carbohydrates

NOTES : Recipe shared by Anne Wyatt: "This is a really good one" from a recipe book of Telephone Pioneers of America, and as published in the Crossville Chronicle, 07-26-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Summer Squash Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
10	cups	chopped zucchini and yellow summer squash (abt 10 to 12 medium-size squash)
1	medium	onion -- chopped
1	medium	red bell pepper -- chopped
1	medium	green bell pepper -- chopped
2	cups	Heinz apple cider or apple cider flavored vinegar
2 1/2	cups	granulated sugar
2	teaspoons	mustard seed
2	teaspoons	celery seed
2	teaspoons	ground cinnamon
2	teaspoons	turmeric
1	teaspoon	pickling salt

In a 6- to 8-quart sauce pot, combine all ingredients. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and simmer for 10 minutes or until thickened, stirring frequently.

Immediately fill hot pint or half-pint Ball jars with mixture, leaving 1/2-inch head space. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tops and threads clean. Adjust two piece caps. Process pints or half-pints in boiling water canner for 15 minutes.

This recipe yields 5 to 6 pints or 10 to 12 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 to 6 pints"

- - - - -

Per serving: 2121 Calories (kcal); 4g Total Fat; (1% calories from fat); 7g Protein; 535g Carbohydrate; 0mg Cholesterol; 23mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 1/2 Fat; 33 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet 'n' Sour Pickles

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
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1 jar dill pickles  
1 cup sugar

These are wonderfully easy, and everyone loves them! Buy an inexpensive jar of dill pickles. Drain the brine and dispose. Cut the dill pickles into chunky slices (about 1/2-inch thick.) Put them back into the jar, and cover with a cup of sugar.

Turn the jar every day for a week. New 'syrup' will form, and your pickles will be crisp and delicious! People swear they're homemade.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 786 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 202g Carbohydrate; 0mg Cholesterol; 835mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Sweet And Sour Pepper Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	cups	finely-chopped sweet green peppers -- (abt 4 medium)
1	cup	finely-chopped banana peppers -- (abt 6 large)
3	cups	chopped green cooking apples -- (abt 3 large)
2	cups	chopped cabbage -- (1/2 small head)
2	tablespoons	salt
3	cups	cider vinegar, 5% acidity
3	cups	sugar
1	teaspoon	mustard seed
1		hot red pepper -- (optional)

Note: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Combine sweet and banana peppers, apples, cabbage and salt. Let stand 2

hours. Drain well. Combine vinegar, sugar and mustard seed in a large saucepot. Cut two small slits in hot red pepper and add to vinegar mixture, if desired. Bring to a boil; reduce heat. Add drained pepper mixture and simmer about 10 minutes. Remove hot red pepper.

Pack hot relish into hot jars, leaving 1/4-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met - fingertip tight. Process 10 minutes in a boiling-water canner.

This recipe yields about 7 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):

"08-25-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 half-pints"

- - - - -

Per serving: 2340 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 601g Carbohydrate; 0mg Cholesterol; 12796mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 40 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Basil Jelly

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1 1/2	cups	unblemished basil leaves - (light packed)	rinsed, drained,
			and coarsely torn, including some unopened flower heads, if available
2	cups	water	
2	tablespoons	mild white wine or rice vinegar	
1	pinch	salt	
3 1/2	cups	sugar	
1/2	bottle	liquid pectin - (6 oz size)	

Chop basil in food processor, put in large saucepan, crush it well using the bottom of a glass or bottle. Add the water, bring slowly to a boil and boil for 30 seconds. Remove from heat, cover and let stand for 15 minutes.

Strain 1 1/2 cup of the basil liquid through a sieve into a saucepan. Add

the vinegar, salt and sugar and bring to a hard boil, stirring. When the boil can't be stirred down, add the pectin. Return to a hard boil and boil for exactly 1 minute, then remove from heat.

Skim off the foam and pour jelly into hot, sterilized jelly glasses, leaving 1/2-inch of headspace, or straight sided half-pint canning jars (1/8-inch headspace). Seal at once with melted paraffin or sterilized 2 piece lids.

This recipe yields 4 half-pint jars or 5 six-ounce glasses + a taster.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 2709 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 699g Carbohydrate; 0mg Cholesterol; 154mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 47 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Dills

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	pounds	pickling cucumbers - (abt 3" to 5" long)
6	cups	vinegar, 5% acidity
6	cups	sugar
6	tablespoons	pickling salt
1 1/2	teaspoons	celery seeds
1 1/2	teaspoons	mustard seeds
2	large	onions -- thinly sliced
16	heads	fresh dill

Wash cucumbers; slice 1/8-inch off each end. Cut cucumbers in 1/4-inch crosswise slices.

Combine vinegar, sugar, salt, celery, and mustard seeds in large kettle. Bring mixture to boiling.

Place 2 slices onion and 1 dill head in each of 8 hot pint jars. Pack cucumber slices into jars. Place 1 slice onion and 1 head dill on top.



Pour boiling liquid over cucumbers, filling to within 1/4-inch from the top. Adjust lids.

Process in boiling water 15 minutes. Start to count processing time as soon as jars are placed into actively boiling water.

Remove jars. Cool on wire racks 12 to 24 hours. Check jars for airtight seal.

This recipe yields 8 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 pints"

- - - - -

Per serving: 4801 Calories (kcal); 3g Total Fat; (0% calories from fat); 8g Protein; 1229g Carbohydrate; 0mg Cholesterol; 111mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 Vegetable; 0 Fruit; 1/2 Fat; 80 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Freezer Pickles

Recipe By :Lynn Thomas  
Serving Size : 0 Preparation Time :0:00  
Categories : Freezing Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
3	cups	thinly-sliced onion	
1	cup	cider vinegar	
2	cups	sugar	
1	teaspoon	salt	
2	teaspoons	mustard seeds	
1	teaspoon	celery seeds	
7	cups	medium-sliced cucumber slices	

Combine cider vinegar, sugar, salt, mustard seeds and celery seeds in a saucepan. Heat, stirring constantly, until sugar is dissolved and the mixture is just at the boiling point. Set aside to cool slightly.

Meanwhile, peel and slice cucumbers and onions and combine in a large, non-reactive bowl. Pour vinegar mixture over cucumber mixture and stir well to coat. Refrigerate about 12 hours and then pack in freezer containers.

This recipe yields ?? servings.

Comments: I combined two recipes, one from Susan Burgess and one that I found in the Columbus Dispatch, to come up with this recipe. Excellent pickles, sweet and tasty."

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1590 Calories (kcal); 1g Total Fat; (0% calories from fat); trace Protein; 415g Carbohydrate; 0mg Cholesterol; 2142mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 28 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Gherkin Pickles

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
7	pounds	cucumbers - (1 1/2" long or less)
1/2	cup	canning or pickling salt
8	cups	sugar
6	cups	vinegar 5% acidity
3/4	teaspoon	turmeric
2	teaspoons	celery seeds
2	teaspoons	whole mixed pickling spice
2		cinnamon sticks
1/2	teaspoon	fennel -- (optional)
2	teaspoons	vanilla -- (optional)

Wash cucumbers. Cut 1/16-inch slice off blossom end and discard, but leave 1/4-inch of stem attached. Place cucumbers in large container and cover with boiling water.

Six to 8 hours later, and on the second day, drain and cover with fresh boiling water. On the third day, drain and prick cucumbers with a table fork.

Combine and bring to boil 3 cups vinegar, 3 cups sugar, turmeric, and spices. Pour over cucumbers. Six to 8 hours later, drain and save the pickling syrup. Add another 2 cups each of sugar and vinegar and reheat to boil. Pour over pickles.

On the fourth day, drain and save syrup. Add another 2 cups sugar and 1

cup vinegar. Heat to boil and pour over pickles. Drain and save pickling syrup 6 to 8 hours later.

Add 1 cup sugar and 2 teaspoons vanilla and heat to boil. Fill sterile pint jars with pickles and cover with hot syrup, leaving a 1/2-inch head space. Adjust lids and process.

This recipe yields 6 to 7 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 to 7 pints"

- - - - -

Per serving: 6311 Calories (kcal); 2g Total Fat; (0% calories from fat); 2g Protein; 1626g Carbohydrate; 0mg Cholesterol; 31mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 107 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Gherkins

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
5	quarts	cucumbers - (1 1/2" to 3" long)
1/2	cup	pure granulated salt
8	cups	sugar
6	cups	vinegar, 5% acidity
3/4	teaspoon	turmeric
2	teaspoons	celery seeds
2	teaspoons	whole mixed pickling spice
8	pieces	cinnamon stick - (ea 1" long)
1/2	teaspoon	fennel -- (optional)
2	teaspoons	vanilla

First Day:

Morning -- Wash cucumbers thoroughly; scrub with vegetable brush. Drain cucumbers; place in large container and cover with boiling water.

Afternoon (6 to 8 hours later) -- Drain; cover with fresh, boiling water.

Second Day:

Morning -- Drain; cover with fresh, boiling water.

Afternoon -- Drain; add salt; cover with fresh, boiling water.

Third Day:

Morning -- Drain; prick cucumbers in several places with table fork. Make syrup of 3 cups of the sugar and 3 cups of the vinegar; add turmeric and spices. Heat to boiling and pour over cucumbers. (Cucumbers will be partially covered at this point.)

Afternoon -- Drain syrup into pan; add 2 cups of the sugar and 2 cups of the vinegar to syrup. Heat to boiling and pour over pickles.

Fourth Day:

Morning -- Drain syrup into pan; add 2 cups of the sugar and 1 cup of the vinegar to syrup. Heat to boiling and pour over pickles.

Afternoon -- Drain syrup into pan; add remaining 1 cup sugar and the vanilla to syrup; heat to boiling. Pack pickles into clean, hot pint jars and cover with boiling syrup to 1/2-inch of top of jar. Adjust jar lids.

Process for 5 minutes in boiling water (start to count processing time as soon as water returns to boiling). Remove jars. Set jars upright, several inches apart, on a wire rack to cool.

This recipe yields 7 to 8 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 to 8 pints"

- - - - -

Per serving: 6240 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 1604g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 107 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet Jalapeño Pickle Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
1 1/2	quarts	finely-chopped jalapeños	
1	quart	finely-chopped cucumber	

2 large onions -- finely chopped  
 1/4 cup salt -- plus  
 2 tablespoons salt  
 5 1/4 cups sugar  
 3 cups cider vinegar  
 4 teaspoons pickling spice

Combine jalapeños, cucumbers, onion, and the 1/4 cup plus 2 tablespoons of salt in a large glass or ceramic bowl; cover with cold water and let stand for 2 hours. Drain thoroughly, pressing on the vegetable to remove excess liquid.

Combine the sugar and vinegar in a large pot; tie the pickling spices in cheesecloth and add to the liquid. Bring to a boil and simmer for 15 minutes. Add the vegetables and simmer for 10 minutes. Remove spice bag.

Pack into hot jars and process for 10 minutes in a boiling water bath.

This recipe yields ?? servings.

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 4288 Calories (kcal); 3g Total Fat; (0% calories from fat); 4g Protein; 1115g Carbohydrate; 0mg Cholesterol; 38399mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1/2 Fat; 73 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Onion And Apple Chutney

Recipe By :Rosemary Moon  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutneys  
 Fruit Vegetables

Amount	Measure	Ingredient -- Preparation Method
3 1/4	pounds	sweet onions -- chopped
3 1/4	pounds	cooking apples -- peeled, cored, and diced
3	cups	golden raisins
		Grated rind of 2 lemons
		Juice of 2 lemons
3 3/4	cups	brown sugar
2 1/2	cups	distilled malt vinegar

Place all ingredients in a large cooking pot or preserving pot and heat gently until the sugar has dissolved, stirring all the time. Bring to a boil, and allow to simmer for 30 to 40 minutes or until thickened and all the liquid is absorbed.

Preheat oven to 350 degrees. Meanwhile, scrub preserving jars in hot, soapy water, then rinse thoroughly. Heat the jars in oven for 15 minutes.

Pour chutney mixture into jars immediately, seal and label. This chutney does not need to mature; and it will keep well for about a year.

This recipe yields about 4 pounds.

Comments: Serve on cheese or turkey sandwiches or with meat casseroles.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pounds"

- - - - -

Per serving: 4044 Calories (kcal); 4g Total Fat; (0% calories from fat); 32g Protein; 1037g Carbohydrate; 0mg Cholesterol; 311mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 20 Vegetable; 26 Fruit; 0 Fat; 35 Other Carbohydrates

NOTES : Recipe adapted from "Onions, Onions, Onions" by Rosemary Moon, and as published in the Baltimore Sun, 03-22-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Onion Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
6	large	onions	peeled
2	large	red bell peppers	seeded
2	cups	apple cider vinegar	
3	cups	dark brown sugar	(packed)
1 1/2	tablespoons	kosher salt	
1/2	teaspoon	cumin seeds	

Using a food processor, coarsely chop the onions and peppers. Process only two at a time, otherwise they turn into paste.

Mix all the ingredients in a large, heavy stockpot and cook over medium heat together until onions begin to become translucent, about 15 minutes.

Prepare 8 half-pint jars, lids and rings according to manufacturer's instructions. Spoon the relish into the jars, filling to 1/2-inch from rim. Clean the rims and seal according to manufacturer's instructions. Process sealed jars in boiling water for 10 minutes.

This recipe yields 8 half-pints.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"8 half-pints"

- - - - -

Per serving: 382 Calories (kcal); 1g Total Fat; (2% calories from fat); 10g Protein; 101g Carbohydrate; 0mg Cholesterol; 8489mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 12 1/2 Vegetable; 2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Party Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Pickles/Relishes Refrigerator  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	quart	commercial dill pickles
1	quart	commercial sour pickles
4	cups	sugar
2	tablespoons	whole allspice
2		or more garlic cloves -- sliced

Drain pickles and slice (or buy sliced hamburger dills). Put in 2 1/2-quart jar. Add alternate layers of pickles and mixture made from the sugar, allspice and garlic.

These pickles will make their own syrup. Store in refrigerator.

This recipe yields 2 1/2 quarts.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 1/2 quarts"

- - - - -

Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Pepper Relish

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
13	cups	diced multicolored peppers
6	cups	diced onions
3	cups	cider vinegar
2 1/2	cups	sugar
1	tablespoon	salt
2	tablespoons	mustard seed
1	tablespoon	celery seed

Combine all ingredients in a large pot. Bring to a boil, cover and simmer for 20 minutes.

Pour into hot, sterilized jars, leaving 1/4 inch headspace. Adjust lids. Process for 15 minutes in a hot water bath.

This recipe yields 7 pints.

Source:

"<http://www.thatsmyhome.com/pickles.htm>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 pints"

- - - - -

Per serving: 2530 Calories (kcal); 10g Total Fat; (3% calories from fat); 18g Protein; 635g Carbohydrate; 0mg Cholesterol; 6447mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 14 1/2 Vegetable; 0 Fruit; 1 Fat; 36 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*



## Sweet Pickle Chips

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
6	pounds	small cucumbers
1	large	sweet red pepper -- chopped
1		onion -- sliced, and separated into rings
2		garlic cloves
3/4	cup	pickling salt
2	quarts	crushed ice
4	cups	sugar
3 1/2	cups	vinegar (5% acidity)
2	tablespoons	mustard seeds

Wash cucumbers; trim ends. Cut the cucumbers into 1/4-inch slices. Combine cucumber slices, red pepper, onion and garlic in a large bowl; add salt, and stir well.

Pack crushed ice over cucumbers; cover and let stand 24 hours. Drain well.

Rinse cucumber mixture several times in cold water; drain well. Remove and discard garlic. Pack cucumber mixture into hot sterilized jars, leaving 1/4 inch headspace.

Combine sugar, vinegar, and mustard seeds in a large saucepan; bring to a boil. Pour over cucumber mixture in jars, leaving 1/4 inch headspace. Remove air bubbles with non-metal spatula, sliding it down the side of the jar between the food and the jar, pressing back gently to allow bubbles to escape. Wipe jar rims.

Cover at once with metal lids, and screw on bands. Process in boiling-water bath 15 minutes. Let cool completely.

This recipe yields 8 pints.

### Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

### Yield:

"8 pints"

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Per serving: 3179 Calories (kcal); trace Total Fat; (0% calories from fat); 3g Protein; 818g Carbohydrate; 0mg Cholesterol; 69mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet Pickle Chips II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	small pickling cucumbers
		=== BRINING SOLUTION ===
1	quart	distilled white vinegar
3	tablespoons	pickling salt
1	tablespoon	mustard seed
1/2	cup	sugar
		=== CANNING SYRUP ===
1 2/3	cups	distilled white vinegar
3	cups	sugar
1	tablespoon	whole allspice
2 1/4	teaspoons	celery seed

Wash cucumbers, remove any blemishes, nip off stems and blossom ends and cut crosswise into 1/4-inch-thick slices.

In large enameled or stainless steel kettle, mix together ingredients for brining solution and add cut cucumbers. Cover and simmer until cucumbers change from bright to dull green (about 5 to 7 minutes). Meanwhile, combine canning syrup ingredients in enameled kettle and bring to boil.

Drain cucumber slices and pack them, still piping hot, in hot 1-pint canning jars. Cover them with very hot syrup, leaving 1/2-inch headroom. Run a chopstick or nonmetal spatula around insides of jars to remove air bubbles. Adjust lids. Pack and add hot syrup to 1 jar at a time, returning syrup kettle to low heat between filling and capping each jar, so syrup doesn't cool.

Process filled and capped jars in hot water bath for 10 minutes. Remove jars immediately and let sit on counter until cool. Press middle of each cap; if it does not bounce back, jar is sealed. If it does pop back, either store jar in refrigerator and eat soon, or reprocess with new cap.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 2781 Calories (kcal); 4g Total Fat; (1% calories from fat); 4g Protein; 705g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 47 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet Pickle Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
5	cups	ground cucumbers	
3	cups	ground onion	
3	cups	ground celery	
2		green bell peppers	-- ground
2		hot peppers (red cayenne)	-- ground
3/4	cup	salt	-- dissolved in
1 1/2	quarts	water	
		=== PICKLING MIXTURE ===	
1	quart	vinegar	
3	cups	sugar	
2	teaspoons	mustard seed	
2	tablespoons	celery seed	

Run the cucumbers, onions, and celery through a food grinder and measure. Run the bell peppers and hot peppers through the grinder together. Mix all the vegetables together and let them stand overnight in the salt water. Drain well.

Combine pickling mixture ingredients in a kettle. Bring to a boil. Add the drained vegetables, and bring back to a boil. Simmer ten minutes. Seal in hot sterile jars.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 2607 Calories (kcal); 6g Total Fat; (1% calories from fat); 6g Protein; 679g Carbohydrate; 0mg Cholesterol; 76825mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 1 Fat; 44 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet Pickle Sticks

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
6	pints	prepared cucumber sticks
3 3/4	cups	vinegar
3	cups	sugar - (to 6 cups)
3	tablespoons	salt
4 1/2	teaspoons	celery seed
4 1/2	teaspoons	tumeric
3/4	teaspoon	mustard seed

Use fresh, firm medium cukes. Wash and cut into sticks. Pour boiling water over them and let them stand 4 to 5 hours.

Drain and pack solidly into sterilized jars. Make the solution, and boil 5 minutes. Pour hot over cukes to within 1/2-inch of top of jar. Seal. Process in hot water bath for 5 minutes.

This recipe yields 6 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 177 Calories (kcal); 3g Total Fat; (10% calories from fat); 2g Protein; 58g Carbohydrate; 0mg Cholesterol; 19210mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 3 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet Pickle Sticks In A Crock

Recipe By :Glenn A. Welch  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	gallon	cucumbers - (3" long)
2	cups	pure granulated salt
1	gallon	boiling water
1	gallon	boiling water
1	gallon	boiling water
1	tablespoon	alum
16	cups	sugar - (6 lbs)
2	quarts	vinegar
1/2	cup	mixed pickling spice

Wash the cucumbers well and put them in a large crock (at least 3 gallons). Pour the salt over them; then pour the first gallon of boiling water over the cucumbers. Cover and set them aside in a cool place for one week.

Drain off the brine. Pour on the second gallon of boiling water and let them stand overnight. Drain. Stir the alum into the last gallon of boiling water and pour it over the cucumbers. Let them stand overnight. Drain.

Heat the sugar, vinegar and spices together and pour them over the pickles. Let them stand overnight. Drain and reserve the syrup and heat it to boiling. Pack the pickles in clean, hot quart jars to within 1/2-inch of each top.

Pour in the boiling syrup to within 1/2-inch of each top. If necessary, run a slim nonmetal tool down the sides of the jars to release any air bubbles; add additional syrup, if necessary. Wipe off the tops and threads of the jars with a damp cloth. Put on prepared lids and seal as the manufacturer directs. Process in a boiling water bath for five minutes. Chill before serving.

The recipe yields about 4 quart jars.

Comments: According to The Food Preserver, Glenn A. Welch of Bozeman, Montana, took the pickle sweepstakes at the Montana Winter Fair with this recipe. Mrs. George Sanders, who lives in Illinois, halfway across the country from Welch, has a prize-winning variation. She uses small whole cucumbers (stuck with a fork so syrup can soak in) or chunks of larger cucumbers. If you own large crocks and a really big kettle you can double this recipe.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 quarts"

- - - - -

Per serving: 269 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 113g Carbohydrate; 0mg Cholesterol; 360mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 7 1/2 Other Carbohydrates

NOTES : Recipe originally from The Food Preserver by the editors of  
Consumer Guide  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet Spaghetti Sauce

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Sauces

Amount	Measure	Ingredient	Preparation Method
5	cups	chopped green bell peppers	
10	cups	chopped onion	
1/2	cup	minced garlic	
1	cup	vegetable oil	
11 1/2	pounds	tomatoes -- peeled and chopped	
4	cans	tomato paste - (12 oz ea)	
3/4	cup	sugar - (to 1 cup)	
1/4	cup	salt	
2	tablespoons	dried oregano	
2	teaspoons	dried basil	
1	tablespoon	lemon juice	

Cook first 3 ingredients in oil in a 12-quart stock pot over medium-high heat, stirring constantly, until tender.

Add tomatoes and next 5 ingredients; bring to a boil. Reduce heat and simmer, stirring occasionally, 30 minutes or until thickened. Remove from heat; stir in lemon juice.

Pour into hot jars, filling to 1 inch from top for quarts and 1/2 inch from top for pints. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.

Process in pressure canner at 10 pounds pressure (240 degrees). Process pints 20 minutes and quarts 25 minutes.

This recipe yields 7 quarts or 15 pints.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"7 quarts"

-----  
Per serving: 3870 Calories (kcal); 239g Total Fat; (51% calories from fat); 71g Protein; 437g Carbohydrate; 0mg Cholesterol; 26084mg Sodium

Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 78 Vegetable; 0 Fruit; 44 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Sweet Tomato Relish

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
3 3/4	pounds	tomatoes -- chopped
2 1/2	cups	white vinegar (5% acidity)
2	tablespoons	pickling salt
1	cup	brown sugar - (firmly packed)
1	cup	chopped seeded jalapeño peppers
3 1/2	cups	chopped green bell pepper
1 1/2	cups	chopped onion

Combine all ingredients in a large nonaluminum Dutch oven; bring to a boil over medium-high heat, stirring constantly. Reduce heat, and simmer 2 hours, stirring occasionally.

Pack relish into hot jars, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.

Process in boiling-water bath 15 minutes; serve at room temperature or chilled with hot dogs, corn, peas, or greens.

This recipe yields 9 pints.

Source:

"Countryplace Recipe Archive at  
<http://www.progressivefarmer.com/countryplace>"

S(Formatted for MC5):

"11-22-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"9 pints"

-----  
Per serving: 557 Calories (kcal); 6g Total Fat; (8% calories from fat); 20g Protein; 126g Carbohydrate; 0mg Cholesterol; 157mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 22 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Sweet Woodruff Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
5	cups	apple wine - (to 5 1/2 cups)	
3	cups	sweet woodruff - (packed)	
5	cups	sugar	
6	ounces	liquid fruit pectin	

Heat 2 cups of apple wine to just below boiling. Pour over well bruised sweet woodruff. Cover and let steep no longer than 24 hours.

Strain and add more wine to make 5 cups. Place the wine and sugar in a large nonreactive kettle and bring to a boil, stirring until sugar is dissolved. Add pectin and return to a full boil. Boil, stirring constantly, for one full minute.

Remove from heat, skim, and pour into hot sterilized jars. Wipe rims and seal. Process in boiling water bath for 15 minutes. Cool and check for airtight seal.

This recipe yields about 6 half-pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

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Per serving: 3870 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 999g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe from the St. Louis Herb Society Cookbook, (Walsworth Publishing Company, 1994)

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Sweet-Tart Peach Melba Spread

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Butters/Spreads Canning



Amount	Measure	Ingredient -- Preparation Method
2	cups	crushed peeled pitted peaches
2	cups	crushed red raspberries
1	cup	water
1	teaspoon	lemon juice
1	package	Ball 100% Natural Fruit Jell No Sugar Needed Pectin
1 1/2	cups	sugar

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine peaches, raspberries, water and lemon juice in a large saucepot. Gradually stir in pectin. Bring mixture to a boil, stirring constantly. Add sugar and return to a rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Carefully ladle hot spread into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about five 8-ounce jars.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 half-pints"

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Per serving: 1162 Calories (kcal); 0g Total Fat; (0% calories from fat); trace Protein; 300g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tall Grass Corn Relish

Recipe By : Bert Greene  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount Measure Ingredient -- Preparation Method

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-----
5          cups  corn kernels
5          cups  finely-shredded cabbage
3          cups  chopped onions
2 1/2     cups  chopped seeded red bell pepper -- (abt 3 medium)
1         cup   chopped seeded green bell pepper -- (abt 1 large)
1         quart  cider vinegar
1 1/2     cups  dark brown sugar - (packed)
  1/4     cup   dry mustard
2         tablespoons salt
1         tablespoon celery seeds

```

Combine all the ingredients in a large heavy pot. Slowly heat to a boil while stirring. Reduce the heat and simmer, uncovered, stirring occasionally, 1 hour.

Using a slotted spoon, pack the vegetables into sterilized pint jars, leaving 1 inch at the top. Add the hot syrup to each jar to cover. Seal. Process in a hot water bath for 15 minutes.

This recipe yields 5 to 6 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"5 to 6 pints"

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Per serving: 1079 Calories (kcal); 11g Total Fat; (7% calories from fat); 34g
Protein; 265g Carbohydrate; 0mg Cholesterol; 12866mg Sodium
Food Exchanges: 11 Grain(Starch); 1/2 Lean Meat; 7 Vegetable; 0 Fruit; 1 Fat; 4
Other Carbohydrates

```

NOTES : Recipe from "Greene on Greens," by Bert Greene (Worlana  
Publishing, New York, 1984, \$15.95), and as published in the  
Contra Costa Times

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Teena's Pumpkin Butter

Recipe By :Ernestina Parziale  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Crockpot

```

Amount  Measure      Ingredient -- Preparation Method
-----
12      cups          cubed fresh pumpkin
3       cups          sugar
1       cup          brown sugar - (packed)
1       teaspoon     cinnamon
  1/2   teaspoon     ground ginger

```

1/4       teaspoon   nutmeg  
 1           pinch       ground cloves  
 3         tablespoons   cider vinegar

Place pumpkin in food processor and process to the smallest bits possible.  
 Place processed pumpkin in crockpot with sugars and cover. Cook on HIGH setting for 4 hours.

Remove cover and add spices. Cook 4 hours more, uncovered. Add 3 tablespoons cider vinegar and continue to cook for 4 hours more, uncovered.

Allow butter to cool a bit and then pour into food processor. Process until pureed. Keep some out for immediate use and freeze the rest.

Spoon into sterile 1/2-pint wide-mouthed freezer jars; cap. Or, if not freezing, process in hot water bath 10 minutes for 1/2 pints and 15 minutes for pints.

This recipe yields 5 pints.

Comments: It is not necessary to pre-cook the pumpkin with this recipe. Fruit butters make excellent gifts. Crockpot cover is used only during the first 4 hours

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 pints"

- - - - -

Per serving: 2341 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 605g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 40 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Ten Bean Soup

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Soups/Stews

Amount	Measure	Ingredient	Preparation Method
1/2	cup	black beans	
1/2	cup	kidney beans	
1/2	cup	navy beans	
1/2	cup	pinto beans	

1/2 cup Great Northern beans  
 1/4 cup blackeye peas  
 1/4 cup chick peas  
 1/4 cup split peas  
 1/4 cup lentils  
 1/2 cup fresh-cut green beans  
 2 bay leaves  
 1 tablespoon tarragon  
 1 tablespoon summer savory  
 Salt -- to taste  
 Ground black pepper -- to taste

Combine all dried beans and cover with cold water. Soak in a cool place, about 12 to 18 hours.

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Drain dried beans. Cover dried beans with water by 2 inches in a large saucepot. Add green beans, bay leaves and spices. Bring to a boil; boil 30 minutes. Remove bay leaves.

Pack hot soup into hot jars, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 1 hour and 30 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 6 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 quarts"

-----

Per serving: 1969 Calories (kcal); 7g Total Fat; (3% calories from fat); 133g Protein; 357g Carbohydrate; 0mg Cholesterol; 79mg Sodium  
 Food Exchanges: 23 1/2 Grain(Starch); 8 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Three Citrus Marmalade

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Fruit

## Marmalades

Amount	Measure	Ingredient -- Preparation Method
1	medium	pink grapefruit
1	medium	orange
1		lime
3 1/2	cups	water
1/8	teaspoon	baking soda
5	cups	sugar
1		box Sure-Jell fruit pectin
1/2	teaspoon	butter or margarine

Boil jars on a rack in a large pot filled with water for 10 minutes. Place flat lids in a saucepan with water. Bring to a boil; remove from heat. Let jars and lids stand in hot water until ready to fill. Drain well before filling.

Remove and discard colored and white parts of peel from grapefruit. Finely chop the fruit, reserving any juice; set aside.

Removed colored part of peel from half of the orange using a vegetable peeler. Cut into thin slivers; place in a 4-quart saucepan. Removed colored part of peel from half of the lime. Cut into thin slivers, add to the saucepan. Remove and discard remaining colored and white parts of peel from the lime. Finely chop the fruit to make 4 cups, reserving any juice and set aside.

Add 3 1/2 cups water and baking soda to saucepan. Bring to a boil. Reduce heat; cover and simmer 20 minutes. Add prepared fruit; cover and simmer 10 minutes. Measure 4 cups into a 6-quart or 8-quart saucepan.

Measure sugar into a separate bowl. (Scrape extra sugar from cup with spatula to level for exact measure.) Stir pectin into fruit in saucepan. Add butter. Place over high heat; bring to full rolling boil, stirring constantly. Remove from heat; skim off foam with a metal spoon.

Ladle quickly into prepared jars, filling to 1/8-inch of the tops. Wipe jar rims and threads. Cover with two-piece lids and screw on bands tightly. Process the jars by placing them in a large pot with enough water to cover the tops of the jars by at least 1 inch. Boil for five minutes. After jars cool, check seals.

This recipe yields about 7 one-cup jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"7 one-cup jars"

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Per serving: 4051 Calories (kcal); 2g Total Fat; (0% calories from fat); 3g Protein; 1042g Carbohydrate; 5mg Cholesterol; 213mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 1/2 Fat; 67 Other Carbohydrates

NOTES : Recipe as published in The Capitol-Journal, 12-10-1997  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Three Day Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Preserves

Amount	Measure	Ingredient -- Preparation Method
5		sour oranges
1		grapefruit
		Water, as needed
		Granulated sugar -- as needed

First day: Cut sour oranges and grapefruit in half and remove the seeds. Cut the pulp and rind in slices. Measure. Add 3 times as much water as fruit. Let the mixture stand.

Second day: Boil the mixture for 20 minutes at a hard boil. Set aside for the next day.

Third day: Measure the mixture and measure an equal amount of sugar. Boil the fruit for 20 minutes, and add sugar all at once. Stir. Boil 35 minutes or until a little jells on a cold saucer. Seal with paraffin while hot.

This recipe yields ??

Source:

"Morten's Recipe Collection at <http://sunsite.auc.dk/recipes>"  
S(Formatted for MC5):  
"11-19-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 76 Calories (kcal); trace Total Fat; (2% calories from fat); 1g Protein; 19g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Tomatillo Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00

Categories : Canning

Salsa

Amount	Measure	Ingredient -- Preparation Method
5 1/2	cups	chopped cored husked tomatillos - -- (abt 2 lbs)
1	cup	chopped onion
1	cup	chopped green chilies
4		garlic cloves -- minced
2	tablespoons	minced cilantro
2	teaspoons	cumin
	1/2 teaspoon	salt
	1/2 teaspoon	red pepper
1	cup	vinegar, 5% acidity
4	tablespoons	lime juice

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all ingredients in a large saucepot. Bring mixture to a boil; reduce heat and simmer 10 minutes.

Carefully ladle hot salsa into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 half-pints.

Caution: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

-----  
Per serving: 111 Calories (kcal); 1g Total Fat; (8% calories from fat); 4g Protein; 25g Carbohydrate; 0mg Cholesterol; 1081mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Tomato And Apple Chutney

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Chutney

Amount	Measure	Ingredient -- Preparation Method
1		cinnamon stick - (3" long)
1	teaspoon	black peppercorns
1/2	teaspoon	coriander seeds
6		whole cloves
3	pounds	ripe tomatoes -- peeled, seeded, and coarsely chopped
2		Granny Smith apples -- peeled, cored, and cut into 1/2" pieces
1	cup	golden raisins
2		garlic cloves -- minced
1		fresh serrano chile -- minced
1	tablespoon	finely-chopped peeled fresh ginger
1	cup	cider vinegar
1/2	cup	fresh orange juice
1/3	cup	fresh lime juice
1	cup	light brown sugar - (packed)
1	teaspoon	salt
1	teaspoon	cumin seeds
1/2	teaspoon	mustard seeds

Sterilize jars and lids: Wash 5 (1/2-pint) jars, lids, and screw bands in hot soapy water, then rinse well. Dry screw bands. Put jars and lids on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Heat water until an instant-read thermometer registers 180 degrees. Do not let boil. Keep jars submerged in hot water, covered, until ready to use.

Tie cinnamon stick, peppercorns, coriander seeds, and cloves in a cheesecloth bag and put in a 5- to 6-quart heavy pot. Stir in remaining ingredients and bring to a rolling boil over moderate heat. Reduce heat and simmer, uncovered, stirring frequently, until thick, about 1 1/4 hours. Discard cheesecloth bag.

Drain jars upside down on a clean kitchen towel 1 minute, then invert. Ladle chutney into jars, leaving 1/4-inch of space at top, then run a thin knife between chutney and jar to eliminate air bubbles.

Seal, process, and store filled jars: Wipe off rims of filled jars with a clean, damp kitchen towel, then firmly screw on lids with screw bands. Put sealed jars on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Bring to a boil, covered. Boil for 10 minutes (for 1/2-pint jars), then transfer with tongs to a towel-lined surface to cool.

Jars will seal (if you hear a ping, that signals that the vacuum formed at the top of the jar has made the lid concave) and preserves will thicken as they cool. After jars have cooled 12 to 24 hours, press center of each lid to check that it's concave, then remove screw band and try to lift off lid with your fingertips. If you can't, the lid has a good seal.

Let chutney stand in jars at least 1 month for flavors to develop. Try



this with grilled shrimp or fish, or on grilled chicken or cheese sandwiches.

This recipe yields 4 to 5 (1/2-pint) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 to 5 half-pints"

- - - - -

Per serving: 1149 Calories (kcal); 14g Total Fat; (9% calories from fat); 22g Protein; 285g Carbohydrate; 0mg Cholesterol; 2373mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 11 1/2 Vegetable; 12 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

NOTES : Recipe originally from Gourmet Magazine, July 2001

Nutr. Assoc. : 0

\* Exported from MasterCook \*

### Tomato Bisque

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
20	pounds	tomatoes - (abt 3 doz large) -- cored, and coarsely chopped
2	tablespoons	celery seed
2	tablespoons	whole allspice
1	tablespoon	dried tarragon
4		garlic cloves -- crushed
1	cup	sugar -- or to taste
1/2	cup	lemon juice -- plus
2	tablespoons	lemon juice
2	tablespoons	salt

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Simmer tomatoes about 30 minutes in a large covered saucepot. Press tomatoes through a sieve or food mill. Return tomato puree to saucepot.

Combine celery seed, allspice, tarragon and garlic in a spice bag. Add spice bag, sugar, lemon juice and salt to saucepot. Simmer, covered, for 20 minutes. Remove spice bag.

Carefully ladle hot bisque into hot jars, leaving 1/2-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met

-- fingertip tight.

Process quarts 45 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 5 quarts.

To serve: Heat bisque and top with grated parmesan cheese or sour cream.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"5 quarts"

- - - - -

Per serving: 895 Calories (kcal); 4g Total Fat; (3% calories from fat); 5g Protein; 225g Carbohydrate; 0mg Cholesterol; 12819mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fruit; 1/2 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Catsup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Condiments  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
8	quarts	tomatoes
1		cinnamon stick - (2" long)
8	medium	onions
1	tablespoon	whole peppercorns
2	long	red peppers
1/2	teaspoon	dry mustard
3/4	cup	brown sugar
1/2		garlic clove
1	tablespoon	whole allspice
1/2		bay leaf
1	tablespoon	whole cloves
2	cups	cider vinegar
1	tablespoon	whole mace
1	tablespoon	celery seed

Wash the tomatoes and cut into pieces. Slice and add the onions. Remove the seeds and membranes from the long red peppers (not Bell peppers) and add. Simmer until soft.

Rub mixture through a food mill. Add the brown sugar. Form a bag and put the allspice, cloves, mace, celery seed, peppercorns, stick cinnamon, dry mustard, garlic and bay leaves in it. Tie the bag very tightly and add to the tomato sauce. Boil, stirring often until the volume is reduced by half. Remove and discard the spice bag and add the vinegar. Reduce heat and simmer the catsup for another 10 minutes.

Pour into well-sterilized jars, leaving about 1/4-inch of headroom. Seal and process for 15 minutes in a boiling water bath. Store in a dry, cool location.

This recipe yields 20 half-pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"20 half-pints"

- - - - -

Per serving: 2138 Calories (kcal); 24g Total Fat; (8% calories from fat); 63g Protein; 500g Carbohydrate; 0mg Cholesterol; 624mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 67 Vegetable; 0 Fruit; 1/2 Fat; 9 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Catsup II

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Condiments  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	quarts	ripe tomatoes - (measure after removing skins, seeds, core, and any green parts)
3		cinnamon stick - (3" long)
2	teaspoons	mustard seeds
3	teaspoons	celery seeds
1	teaspoon	whole cloves
3/4	cup	finely-chopped onion
1	large	garlic clove -- chopped (optional)
1	cup	cider vinegar, 5% acidity
1/2	cup	sugar
1 1/4	teaspoons	salt
1	teaspoon	paprika
1/8	teaspoon	cayenne pepper -- or to taste

Simmer tomatoes for about 20 minutes and press through a colander, food

mill, or a fine sieve to remove seeds. If you have a blender, blend cooked tomatoes before straining to get more pulp. Heat strained tomato pulp to a boil and continue boiling until the volume is reduced by about half. Stir often to prevent sticking and scorching.

Place cinnamon stick, mustard seeds, celery seeds, and whole cloves on a thin, clean white cloth. Tie cloth to make spice bag. Add spice bag to boiling pulp and simmer for 30 to 40 minutes. Remove bag. Tie onion and garlic, if used, in a thin cloth bag and add to pulp when you add spices. Cook for 20 minutes and remove this bag.

Add the mixture of vinegar, sugar, salt, paprika, and cayenne pepper to the tomato-spice mixture. Boil rapidly, stirring constantly, from 5 to no more than 10 minutes.

Pour hot catsup into clean, hot pint jars, leaving 1-inch headspace. Seal with properly prepared canning lids. Process in pressure canner at 10 pounds pressure for 10 minutes.

This recipe yields 2 pints.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-18-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"2 pints"

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Per serving: 431 Calories (kcal); 2g Total Fat; (4% calories from fat); 2g Protein; 106g Carbohydrate; 0mg Cholesterol; 2683mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 6 1/2 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Citrus Salsa

Recipe By :Cree Sherman

Serving Size : 0 Preparation Time :0:00

Categories : Canning Salsa

Amount	Measure	Ingredient	Preparation Method
15	cups	diced peeled seeded ripe tomatoes	
4	cups	chopped onions - (abt 4 large)	
2	cups	lemon juice	
2	tablespoons	canned chipotle pepper puree	
1/2	cup	chopped fresh cilantro	
1/4	cup	minced garlic	
1	tablespoon	kosher salt	

1/2 cup sugar -- or more to taste  
8 whole oranges -- peeled, sectioned,  
and juiced - see \* Note

\* Note: To peel and section an orange, first remove the peel and pith (the bitter white portion beneath the skin), using a small serrated or paring knife. Section the orange by cutting into each section and lifting out the segment. Squeeze the juice from the remainder of the orange over the sections to keep them moist.

To make salsa: In large stock pot, combine tomatoes, onions, lemon juice, pepper, cilantro, garlic, sugar and salt. Bring to a boil. Reduce heat. Boil gently for 20 to 30 minutes. Taste. If salsa is too spicy, add more sugar. Stir in oranges and juice. Return to a boil. Cook 5 minutes longer.

To can salsa: Immediately ladle salsa into hot, sterilized 4-ounce canning jars, leaving 1/4-inch head space. Adjust lids. Process in boiling-water canner for 30 minutes.

This recipe yields 24 four-ounce jars.

Comments: If you don't want to pull out the canning equipment, make only a small batch and keep it in the fridge for up to a week.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"24 four-ounce jars"

- - - - -

Per serving: 1054 Calories (kcal); 1g Total Fat; (1% calories from fat); 14g Protein; 276g Carbohydrate; 0mg Cholesterol; 5656mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 10 Fruit; 0 Fat; 6 1/2 Other Carbohydrates

NOTES : Recipe originally from Cree Sherman, a culinary-arts instructor at the Disney Institute in Florida, as published in the Pioneer Planet, 08-06-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	pounds	paste tomatoes	-- peeled
2	tablespoon	olive oil	

1 dash sesame oil  
 1/4 teaspoon turmeric  
 1 pinch ground ginger  
 Liberal pinch freshly-ground black pepper  
 1 teaspoon cinnamon  
 1 small onion -- grated  
 2 tablespoons honey  
 Drizzle olive oil

Fry the spices (except cinnamon) in the oils. Add 1 cup water and bring to a boil. Simmer with no lid for 10 minutes. Add the tomatoes and onions and cook 30 minutes to reduce. Add cinnamon.

When a spoon scraped across the pan leaves a path, it is thick enough. Stir in honey and a bit more olive oil, heating a bit to thicken again.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 423 Calories (kcal); 28g Total Fat; (56% calories from fat); 2g Protein; 47g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Jam With Ginger And Coriander

Recipe By :Helen Witty  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
5	pounds	firm ripe tomatoes
2	large	lemons
1	tablespoon	very finely-minced fresh ginger
1/2	teaspoon	salt
5	cups	sugar
1	tablespoon	freshly-ground coriander

Prepare jars and lids by washing in hot, soapy water, then sterilizing jars in boiling water for 10 minutes. Leave jars in hot water. Prepare lids according to manufacturer's instructions.

Dip the tomatoes, a few at a time, in boiling water for 10 seconds and

then drop into ice water. Skin the tomatoes and cut out the stem ends and hard cores. Over a strainer set over a bowl, squeeze out the seeds. Discard the seeds; save the juice. Chop tomatoes coarsely and put tomatoes and reserved juice into a large saucepan or Dutch oven.

Grate the lemon zest (colored part, not the white pith) and add 2 teaspoons to the tomatoes. Squeeze the lemons, strain the juice and add 6 tablespoons of the juice to the tomatoes. Add the ginger and salt.

Bring the mixture to a boil over medium-high heat, stirring occasionally, then lower heat and simmer, uncovered, stirring occasionally, until tomato pieces are soft, about 15 minutes. Stir in the sugar. Raise the heat to medium-high and cook the jam, stirring almost constantly, until a candy thermometer reads 219 degrees (slightly under the "done" temperature for jam), or until a small amount spooned onto a saucer sets quickly when chilled. (Remove pan from heat while testing.) When the jam is done, stir in the coriander and remove from heat.

Ladle hot jam into hot jars, leaving 1/4-inch headspace. Cover with lids and process for 15 minutes in a boiling-water bath. Cool jars on a dish towel before labeling and storing.

This recipe yields 4 to 6 (1/2-pint) jars.

Comments: Yes, it sounds really weird. But it tastes really good. This would be handy to have around for hors d'oeuvres.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"4 to 6 half-pints"

- - - - -

Per serving: 3893 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 1011g Carbohydrate; 0mg Cholesterol; 1079mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe originally from "The Good Stuff Cookbook," by Helen Witty (Workman, \$24.95, 1997)

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies  
Vegetables

Amount	Measure	Ingredient	Preparation Method
7	pounds	ripe tomatoes	

- 2 cups vinegar
- 1 tablespoon whole cloves
- 3 cinnamon sticks
- 3 tablespoons sugar

Scald and peel ripe tomatoes. Cook 45 minutes (add no water) stirring often to prevent burning and sticking. Strain through a sieve discarding the juice and saving the pulp.

In a saucepan combine vinegar and spices tied in a spice bag. Boil for 20 minutes. Remove spice bag and add sugar and tomato pulp to vinegar. Cook slowly for 6 to 7 hours or until thick and sticky.

Pour into sterile jars. Process in hot water bath for 10 to 15 minutes.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 948 Calories (kcal); 12g Total Fat; (9% calories from fat); 26g Protein; 236g Carbohydrate; 0mg Cholesterol; 292mg Sodium  
 Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 26 Vegetable; 0 Fruit; 1/2 Fat; 4 1/2 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation  
 Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Juice

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Juices  
 Vegetables

Amount	Measure	Ingredient	Preparation Method
		Tomatoes	
		Canning jars	

Select firm, ripe tomatoes. Wash, scald, peel and cut in fourths or smaller pieces. Simmer until softened. Stir occasionally to prevent scorching. Put through sieve fine enough to remove seeds.

Bring juice to boiling and pour immediately into clean jars, filling to within 1/4-inch of top of jar. Put on cap, screwing the band tight. Process in water bath for 10 minutes.

This recipe yields ?? servings.

Source:



"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-25-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

NOTES : Recipe from Kerr Canning Book  
Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Tomato Marmalade

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Marmalades  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	quarts	tomatoes - (12 cups after cutting)
2		oranges
2		lemons
10	cups	sugar
2	tablespoons	whole cloves
6	tablespoons	broken cinnamon stick

Remove peel from tomatoes and cut in small pieces. Slice oranges and lemons very thin and quarter the slices. Pour off juice from the tomatoes. Add sugar. Stir until the sugar is dissolved. Add oranges, lemons, and spices which have been tied loosely in cheesecloth bag.

Place mixture over high heat and boil rapidly, stirring often. Cook until clear and thick (about 50 minutes). Pour into sterilized jars to within 1/2-inch of top. Put on cap, screw band firmly tight. Process in boiling water bath 10 minutes.

This recipe yields 8 half-pint jars.

#### Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

#### Yield:

"8 half-pints"

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Per serving: 7929 Calories (kcal); 3g Total Fat; (0% calories from fat); 5g  
Protein; 2049g Carbohydrate; 0mg Cholesterol; 56mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 1/2 Fat;

134 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

Tomato Onion Relish "Hot Stuff"

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Pickles/Relishes
Refrigerator

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 6 medium ripe tomatoes, 3 large yellow or white onions, 1/3 cup apple cider vinegar, 1/3 cup hot water, 3 tablespoons sugar, 1/2 teaspoon salt, 1/4 teaspoon black pepper, 1/4 teaspoon red pepper.

Peel tomatoes and cut into "quarter size" pieces. Peel onions and cut cross ways into thin slices. Add to tomatoes. Combine vinegar mixture and add. Start cooking and continue over medium heat. Stir as it heats to break up onion slices and to keep from sticking to pan. As it heats, add salt and pepper and stir easily. You can taste the juice and if you want it hotter with pepper, add some. Be careful of red pepper. Cook until onions seem tender, turn yellowish. Don't over-cook -- about 30 to 35 minutes. As soon as it cools some, put into glass jars. Seal and keep in refrigerator.

This recipe yields ??

Source:
"My Front Porch (canning archive) at http://www.flash.net/~tinyt"
S(Formatted for MC5):
"11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 145 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 37g Carbohydrate; 0mg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Tomato Preserves

Recipe By :n/a
Serving Size : 0 Preparation Time :0:00
Categories : Canning Preserves
Vegetables

Table with 4 columns: Amount, Measure, Ingredient, and Preparation Method. Rows include: 1 1/2 quarts peeled small yellow, green, or red tomatoes - (abt 2 lbs); 1 tablespoon mixed pickling spices; 1 piece ginger root - (1/2" long); 4 cups sugar; 1 cup thinly-slicked lemons - (abt 2 med); 3/4 cup water.

Wash and drain tomatoes. Do not core tomatoes.

Tie spices and ginger root in a bag. Combine spice bag, sugar, lemon and water in a large saucepan. Simmer 15 minutes.

Add tomatoes; cook gently until tomatoes become transparent, stirring frequently to prevent sticking. Remove from heat. Cover and let stand 12 to 18 hours in a cool place.

Remove spice bag. Remove tomatoes and lemon from syrup. Boil syrup 2 to 3 minutes or longer to thicken. Return tomatoes and lemon to syrup; boil 1 minute. Remove from heat. Skim foam if necessary.

Ladle hot preserves into hot jars, leaving 1/4-inch headspace. Adjust two-piece caps. Process 20 minutes in a boiling-water canner.

This recipe yields about 6 half-pints.

Source:

"Canning recipes at http://www.mountain-breeze.com/canning/index.html"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 half-pints"

Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 13mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
5	pounds	firm red or yellow tomatoes
5	pounds	sugar
1		lemon -- sliced thin
1		small piece ginger root = (or 1 tspn ground ginger)

Peel and cut up tomatoes. Place in large pot. Add sugar and lemon. Simmer slowly, stirring frequently, for 45 minutes, or until thick. Remove ginger root, if used.

Pour into hot, sterilized canning jars. Immerse in boiling-water bath. Process for 20 minutes.

This recipe yields about 4 (6-ounce) jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 six-ounce jars"

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Per serving: 8797 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 2274g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 152 Other Carbohydrates

NOTES : Recipe originally from the 1972 Farm Journal "Country Cookbook"  
 Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato Soup

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Soups/Stews  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
7	quarts	tomatoes -- chopped
4	cups	chopped celery - (abt 7 stalks)
3	cups	chopped onions
1	small	or 1/2 large green pepper -- chopped (use more if you like peppers)
7	cloves	garlic or 3 large elephant garlic cloves -- chopped

- 7 sprigs fresh parsley -- chopped  
(or 3 tbsps dried parsley)
- 6 bay leaves  
(or 1/2 tspn ground bay leaf)
- 5 whole cloves  
(or 1/4 tspn ground cloves)
- 4 tablespoon salt
- 1 cup very hot water
- 3/4 cup butter or margarine
- 1 1/2 cups flour
- 1 1/2 cups sugar
- 2 tablespoons paprika
- 3 tablespoons lemon juice

Combine first 8 ingredients in large kettle over low fire and cook till all vegetables are tender (about 30 minutes). Remove from fire and put through sieve or food mill. Return to kettle to bring up to a boil.

Meanwhile melt butter in hot water, add sugar, flour, salt and paprika. Beat into a paste, add slowly to kettle, stirring to blend. Add lemon juice and stir all until blended.

Bring up to a bubble, lower heat and ladle into hot sterilized pint jars, adjust 2 piece lids and process in pressure canner for 60 minutes at 10 pounds pressure. Adjust pressure for altitude if necessary.

To serve, add equal amount of water or milk.

This recipe yields 16 to 17 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-26-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"16 to 17 pints"

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Per serving: 4615 Calories (kcal); 169g Total Fat; (30% calories from fat); 86g Protein; 777g Carbohydrate; 373mg Cholesterol; 27781mg Sodium  
 Food Exchanges: 11 Grain(Starch); 0 Lean Meat; 57 1/2 Vegetable; 1/2 Fruit; 29 Fat; 20 Other Carbohydrates

Nutr. Assoc. : 0

\* Exported from MasterCook \*

### Tomato Wedges And Zucchini

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	quarts	quartered peeled cored tomatoes - -- (abt 14 lbs)
2	quarts	sliced zucchini - (abt 2 1/2 lbs)
2	quarts	onion rings - (abt 1 lb)
2	cups	water
2	teaspoons	basil
2	teaspoons	oregano
1/2	teaspoon	thyme

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all ingredients in a large saucepot; bring mixture to a boil. Reduce heat and simmer 5 minutes. Pack hot vegetables into hot jars, leaving 1-inch headspace.

Carefully ladle hot cooking liquid over vegetables, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 40 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 6 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

Per serving: 19 Calories (kcal); trace Total Fat; (17% calories from fat); 1g Protein; 4g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tomato-Pear Chutney

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Chutney

Amount	Measure	Ingredient -- Preparation Method
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2 1/2 cups quartered fresh or canned tomatoes  
 2 1/2 cups diced fresh or canned pears  
 1/2 cup seedless white raisins  
 1/2 cup chopped green pepper  
 1/2 cup chopped onion  
 1 cup sugar  
 1/2 cup white vinegar, 5% acidity  
 1 teaspoon salt  
 1/2 teaspoon ground ginger  
 1/2 teaspoon dry mustard  
 1/8 teaspoon cayenne pepper  
 1/4 cup chopped canned pimiento

When fresh tomatoes and pears are used, remove skins; include syrup when using canned pears.

Combine all ingredients except pimiento. Bring to a boil; boil gently, stirring frequently, until mixture is thickened and reduced about one-half in volume (about 45 minutes), stirring occasionally. Add pimiento and boil another 3 minutes.

Pack boiling-hot chutney into clean, hot jars, filling to the top. Seal tightly. Store in refrigerator.

This recipe yields 4 jars (1/2 pint each).

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

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Per serving: 832 Calories (kcal); 1g Total Fat; (0% calories from fat); 2g Protein; 212g Carbohydrate; 0mg Cholesterol; 2138mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

NOTES : Recipe originally from Michigan State University Extension

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Tomatoes - Whole, Halved Or Quartered (Packed In Own Juice)

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	tomatoes per quart - (to 3 1/2)
		Bottled lemon juice or citric acid
		Salt -- (optional)

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

To prepare tomatoes: Wash tomatoes; dip in boiling water 30 to 60 seconds; immediately dip in cold water. Slip off skins; trim away any green areas; cut out core. Leave tomatoes whole or cut into halves or quarters.

Add 2 tablespoons bottled lemon juice or 1/2 teaspoon citric acid to each quart jar. Add 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid to each pint jar. Pack tomatoes into hot jars until space between tomatoes fills with juice, leaving 1/2-inch headspace. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired.

Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints and quarts 1 hour and 25 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

Tomatoes - Whole, Halved Or Quartered (Packed In Water)

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	tomatoes per quart - (to 3 1/2)
		Bottled lemon juice or citric acid
		Salt -- (optional)

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.



To prepare tomatoes: Wash tomatoes; dip in boiling water 30 to 60 seconds; immediately dip in cold water. Slip off skins; trim away any green areas; cut out core. Leave tomatoes whole or cut into halves or quarters.

Raw Pack - Prepare tomatoes. Add 2 tablespoons bottled lemon juice or 1/2 teaspoon citric acid to each quart jar. Add 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid to each pint jar. Pack tomatoes into hot jars, leaving 1/2-inch headspace.

Carefully ladle hot water over tomatoes, leaving 1/2-inch headspace. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 40 minutes, quarts 45 minutes, in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

Hot Pack - Prepare tomatoes. Place tomatoes in a large saucepot; add enough water to cover tomatoes. Boil gently 5 minutes, stirring to prevent sticking. Add 2 tablespoons bottled lemon juice or 1/2 teaspoon citric acid to each quart jar. Add 1 tablespoon bottled lemon juice or 1/4 teaspoon citric acid to each pint jar. Pack hot tomatoes into hot jars, leaving 1/2-inch headspace.

Carefully ladle hot cooking liquid over tomatoes, leaving 1/2-inch headspace. Add 1 teaspoon salt to each quart jar, 1/2 teaspoon to each pint jar, if desired. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 40 minutes, quarts 45 minutes, in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"  
S(Formatted for MC6):  
"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

- - - - -

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Tomatoes And Okra With Garlic

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient	Preparation Method
4	pounds	tomatoes	peeled
3	pounds	okra	
6		garlic cloves	peeled

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine tomatoes and okra in a large saucepot. Cover with boiling water; bring mixture to a boil. Reduce heat and simmer 5 minutes. Pack hot vegetables into hot jars, leaving 1-inch headspace. Add 1 garlic clove to each jar.

Carefully ladle hot cooking liquid over vegetables, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 30 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 6 pints.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 891 Calories (kcal); 7g Total Fat; (6% calories from fat); 42g Protein; 186g Carbohydrate; 0mg Cholesterol; 261mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 36 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Traditional Chutney

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Chutneys  
 Fruit

Amount	Measure	Ingredient -- Preparation Method
4		cups sliced peeled ripe mango
1/2	cup	chopped seeded lime
1	cup	chopped onion
1/2	cup	grated fresh ginger
3		garlic cloves -- peeled and minced
3/4	cup	white raisins
2	cups	light brown sugar
1	cup	apple cider vinegar
1/4	cup	fresh orange juice
1/4	cup	fresh lemon juice
1	tablespoon	mustard seed
1	teaspoon	crushed red pepper
1	teaspoon	ground cinnamon
1/4	teaspoon	ground cloves

Place all ingredients in heavy pot over medium heat. Bring to a boil. Lower heat and simmer for about 20 minutes, stirring frequently. Remove from heat, cover, and let stand for about 12 hours.

Again bring to a boil, lower heat and cook for 15 minutes, stirring frequently. Ladle into hot sterilized jars; seal. Process for 15 minutes in boiling water bath.

This recipe yields 4 half-pints.

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

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 Per serving: 1302 Calories (kcal); 4g Total Fat; (2% calories from fat); 6g Protein; 331g Carbohydrate; 0mg Cholesterol; 126mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 2 Fruit; 1/2 Fat; 18 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Traditional Salsa

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Salsa

Amount	Measure	Ingredient -- Preparation Method
7	cups	diced seeded peeled cored tomatoes - - (abt 5 lbs)
6		green onions -- sliced
2		jalapeño peppers -- diced
4		garlic cloves -- minced
2	tablespoons	minced cilantro
2	teaspoons	salt
1/2	cup	vinegar, 5% acidity
2	tablespoons	lime juice
4	drops	hot pepper sauce

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all ingredients in a large saucepot. Bring mixture to a boil. Reduce heat and simmer 15 minutes.

Carefully ladle hot salsa into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process 15 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about 4 pints.

Caution: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

Per serving: 64 Calories (kcal); trace Total Fat; (4% calories from fat); 3g Protein; 15g Carbohydrate; 0mg Cholesterol; 4291mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Triple Berry Jam

Recipe By : n/a  
 Serving Size : 0 Preparation Time : 0:00  
 Categories : Canning Fruit

## Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	pints	ripe strawberries	
1 1/2	pints	ripe red raspberries	
1	pint	ripe blackberries	
7	cups	sugar	
1	package	powdered fruit pectin - (1.75 oz)	-- such as SureJell
1/2	teaspoon	margarine or butter	

Gently rinse fruit and drain. Remove stems.

Thoroughly crush strawberries, one layer at a time. Measure 2 1/2 cups into a six- or eight-quart saucepan. Thoroughly crush raspberries, one layer at a time. Measure 1 1/2 cups into saucepan. Thoroughly crush blackberries, one layer at a time. Measure one cup into saucepan.

Measure sugar into separate bowl. Stir fruit pectin into fruit in saucepan. Add margarine (to prevent foaming). Bring mixture to full rolling boil on high heat, stirring constantly. Quickly stir in all sugar. Return to full rolling boil and boil exactly one minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

Quickly ladle into hot sterilized half-pint (8-ounce) jars, filling to within one-eighth inch of tops. Wipe jar rims and threads. Cover with two-piece lids, tightening bands with fingertips. Process in boiling water bath: five minutes at elevations from sea level to 1,000 feet; 10 minutes at elevations of 1,001 to 6,000 feet; and 15 minutes above 6,000 feet.

This recipe yields 8 half-pint jars.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 half-pints"

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Per serving: 5418 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 1399g Carbohydrate; 0mg Cholesterol; 14mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 94 Other Carbohydrates

NOTES : Recipe originally from Kraft Foods as published in the World Herald, 08-25-1999

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

## Tropical Sauce

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Canning Fruit  
Sauces

Amount	Measure	Ingredient -- Preparation Method
1	quart	strawberries -- chopped
3		ripe peeled pitted mangos -- chopped
2		kiwi fruit -- peeled, chopped
2	cups	sugar
1/2	cup	orange marmalade
2	tablespoons	orange liqueur
2	tablespoons	cherry brandy

Follow manufacturer's directions for preparing home canning jars and two-piece vacuum caps.

Combine all ingredients in a large saucepot. Bring mixture to a boil; reduce heat. Simmer until sugar dissolves, stirring constantly. Remove from heat. Skim foam if necessary.

Carefully ladle hot sauce into hot jars, leaving 1/2-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight. Process 20 minutes in a boiling-water canner.

This recipe yields about 3 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"3 pints"

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Per serving: 2396 Calories (kcal); 3g Total Fat; (1% calories from fat); 5g Protein; 579g Carbohydrate; 0mg Cholesterol; 107mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fruit; 0 Fat; 34 Other Carbohydrates

NOTES : Recipe originally from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### True Canned Salsa

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Salsa  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
5	pounds	tomatoes
1	pound	green peppers

1/3 pound jalapeños  
 1 pound onions  
 1 cup vinegar, 5% acidity  
 3 teaspoons salt  
 1/2 teaspoon freshly-ground black pepper

Stem and seed peppers and jalapeños. Chop peppers. Peel and chop onions. Peel and coarsely chop tomatoes (drain). Combine ingredients in a large saucepan and bring to boil. Reduce heat and simmer for 10 minutes.

Fill jars, (pints) leaving 1/2-inch headspace. Adjust lids and process for 20 minutes in a waterbath canner.

This recipe yields 6 to 8 pints.

Comments: For a milder salsa, or to adjust for differences in peppers, a mixture of hot and mild peppers may be used. I've made this with straight Jalapeño, (fairly hot) or with straight Anaheims (mild). We always drain the tomatoes some to get rid of some of the liquid. We use it instead of canned tomatoes in hotdishes, swiss steak, soups etc.

Source:

"Canning Recipes at  
<http://www.pepperfool.com/recipes/canned.htm#brandy>"

S(Formatted for MC5):

"08-20-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 to 8 pints"

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Per serving: 731 Calories (kcal); 9g Total Fat; (9% calories from fat); 27g Protein; 163g Carbohydrate; 0mg Cholesterol; 6602mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 30 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Tutti-Fruitti Jam With Powdered Pectin

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
3	cups	chopped or ground pears	-- (abt 2 lbs pears)
1	large	orange	
3/4	cup	drained crushed pineapple	
1/4	cup	chopped maraschino cherries	-- (3-oz bottle)
1/4	cup	lemon juice	
1	package	powdered pectin	
5	cups	sugar	

To prepare fruit. Sort and wash ripe pears; pare and core. Chop or grind the pears.

Peel orange, remove seeds, and chop or grind pulp.

To make jam. Measure chopped pears into a kettle. Add orange, pineapple, cherries, and lemon juice. Stir in pectin. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat; skim. Pour immediately into hot, sterile canning jars to 1/4-inch from top. Seal, and process 5 minutes in boiling water bath.

This recipe yields 6 or 7 half-pint jars.

Source:

"Canning Recipes at <http://ext.msstate.edu/pubs/pub220.htm>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 or 7 half-pints"

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Per serving: 3947 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 1020g Carbohydrate; 0mg Cholesterol; 11mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 0 Fat; 67 Other Carbohydrates

NOTES : Recipe distributed by Melissa Mixon, Ph.D., R.D., L.D., Extension Home Economics Leader and Human Nutrition Specialist

Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Twice Berried Jam

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	quart	stemmed strawberries
1 1/2	pints	raspberries
2	tablespoons	fresh lemon juice
1	tablespoon	grated lemon peel
1	package	Ball 100% Natural Fruit Jell No Sugar Needed Pectin

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Wash and crush strawberries. Measure 2 cups; set aside. Wash



raspberries. Measure 1 cup whole raspberries; set aside. Crush remaining raspberries and measure 1 cup.

In a large saucepot, combine berries, lemon juice and lemon peel. Gradually stir pectin into fruit mixture using a whisk or fork to prevent lumping. Stir constantly to dissolve pectin. Bring mixture to a full boil over high heat, stirring constantly to prevent scorching. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Carefully ladle hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until resistance is met -- fingertip tight.

Process 10 minutes in a boiling-water canner. At elevations higher than 1,000 feet, boil 2 additional minutes for each additional 1,000 feet elevation.

This recipe yields about four 8-ounce jars.

Comments: Sugar may be added when fruit and pectin mixture comes to a full boil. Boil hard 1 minute, stirring constantly. If using a non-sugar sweetener, boil fruit and pectin mixture 1 minute, stirring constantly. Remove from heat and stir in non-sugar sweetener.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 half-pints"

- - - - -

Per serving: 198 Calories (kcal); 2g Total Fat; (8% calories from fat); 4g Protein; 47g Carbohydrate; 0mg Cholesterol; 1mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0

\* Exported from MasterCook \*

### Uncooked Grape Juice

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Juices

Amount	Measure	Ingredient	Preparation Method
2	cups	Concord grapes	
1	cup	granulated sugar	
1	pint	boiling water	- (about)

Place 2 cups washed and stemmed grapes in a sterilized one-quart jar. Add 1 cup sugar, and fill to overflowing with boiling water. Seal jar immediately, then shake jar enough to dissolve sugar.

Allow juice to stand 4 to 6 weeks, until liquid is a clear red. Chill when you want to use, and strain off grapes.

This recipe yields 1 quart.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"1 quart"

- - - - -

Per serving: 1001 Calories (kcal); 1g Total Fat; (1% calories from fat); 2g Protein; 256g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fruit; 0 Fat; 13 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0

\* Exported from MasterCook \*

### Vanilla Extract

Recipe By :n/a

Serving Size : 0 Preparation Time :0:00

Categories : Condiments

Amount	Measure	Ingredient	Preparation Method
2	cups	vodka	
5		vanilla beans	-- cut 1" pieces

Combine vodka and vanilla beans in a jar with a tight fitting lid. Cover the jar and let it stand 6 to 8 weeks. (The vodka mixture will turn amber colored after a day or two.) After half the vanilla extract is used, add more vodka to cover the beans. The flavor in the beans is gone when the vodka no longer turns to a dark color.

This recipe yields 2 cups.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"2 cups"

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Per serving: 1027 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 4mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Vegetable Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	quart	small green tomatoes
4		red bell peppers
2	quarts	small cucumbers
1	head	cauliflower
1	quart	small pickling onions
2	cups	salt
1	gallon	cold water
1	cup	all purpose flour
6	tablespoons	dry mustard
		Sugar -- (no amount listed)
2	teaspoons	celery seed
1	tablespoon	turmeric
		Distilled white vinegar -- as needed

Cut tomatoes, peppers, cucumbers, and cauliflower in medium-size pieces.  
Add onions.

Make brine of salt and water and pour over vegetables, let stand 24 hours.  
Heat just to scalding point, then drain.

Mix flour, mustard, sugar, celery seed, and turmeric with enough cold vinegar to make 2 quarts in all. Cook until thickened, stirring constantly.

Add pickles. Heat thoroughly and pour into sterilized, hot jars and seal.  
Process 10 minutes.

This recipe yields 4 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"4 pints"

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Per serving: 317 Calories (kcal); 11g Total Fat; (27% calories from fat); 15g Protein; 48g Carbohydrate; 0mg Cholesterol; 204806mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 6 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Vegetable Soup

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
2	quarts	chopped peeled cored tomatoes - - (abt 12 large)
1 1/2	quarts	cubed peeled potatoes - (abt 6 med)
1 1/2	quarts	carrots in 3/4" slices - (abt 12 med)
1	quart	green lima beans
1	quart	cut corn - (abt 9 ears) -- uncooked
2	cups	celery in 1" slices - (abt 4 stalks)
2	cups	chopped onions - (abt 2 med)
1 1/2	quarts	water
		Salt -- to taste
		Ground black pepper -- to taste

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Combine all vegetables in a large saucepot. Add water; boil 5 minutes. Season with salt and pepper, if desired.

Carefully ladle hot soup into hot jars, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 1 hour, quarts 1 hour and 15 minutes, at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields about 14 pints or 7 quarts.

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"14 pints"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein;  
 0g Carbohydrate; 0mg Cholesterol; 43mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other  
 Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Vidalia Onion Relish

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
2	cups	chopped Vidalia onions
2	cups	chopped cabbage
2	cups	chopped green peppers
2	cups	chopped red peppers
1/2	cup	salt
2	cups	sugar
2	cups	vinegar
1	tablespoon	celery seed
1	tablespoon	mustard seed

Wash and chop vegetables. Dissolve salt in water and pour over vegetables. Let stand overnight (12 hours). Drain and rinse. Cover with fresh water and let stand 1 hour.

Dissolve sugar in vinegar, add spices and bring to a boil. Add drained vegetables and simmer 15 minutes. Bring to a full boil. Pack into sterilized jars and process in water bath 15 minutes.

This recipe yields 3 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>  
 S(Formatted for MC5):  
 "11-26-1999 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"3 pints"

Per serving: 1774 Calories (kcal); 5g Total Fat; (2% calories from fat); 7g  
 Protein; 454g Carbohydrate; 0mg Cholesterol; 51186mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat;  
 28 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Vidalia Onion Relish II

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	medium	Vidalia onions -- chopped fine
2	cups	shredded cabbage - (abt 1/2 med head)
1/4	cup	salt
1	quart	water
1/2	cup	brown sugar
2	cups	cider vinegar
1	tablespoon	dried mustard powder
1/8	tablespoon	turmeric
1/2	cup	water
1/4	cup	all-purpose flour
2	teaspoons	celery seed
2	teaspoons	mustard seed

Chop onions and shred cabbage into a large glass or crockery bowl. Do not use a metal bowl. Dissolve salt in 1 quart of water and pour over vegetable mix. Cover and let soak overnight.

In the morning, turn vegetables into a large colander and drain.

In a large pot, dissolve brown sugar in cider vinegar. Mix mustard powder and turmeric with 1/2 cup water; add flour, mixing to make a thick paste with no lumps. Add to vinegar-brown sugar mixture; stir to blend, again making sure there are no lumps. Add celery and mustard seed and bring to a boil over medium-high heat, stirring to prevent sticking. The mixture will thicken as it comes to a boil. When it boils, add cabbage and onion and continue to boil and stir for 5 minutes. Mixture is very pungent.

Put in sterile jars, close with sterile lids and put in a boiling water bath for 15 minutes to seal.

This recipe yields about 1 1/2 quarts.

Source:

"Arielle's Recipe Archives at  
<http://recipes.alastra.com/preserving/default.html>"

S(Formatted for MC5):

"08-23-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"1 1/2 quarts"

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Per serving: 669 Calories (kcal); 4g Total Fat; (5% calories from fat); 11g Protein; 164g Carbohydrate; 0mg Cholesterol; 25666mg Sodium  
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 1/2 Fat;

6 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Violet Jam

Recipe By :Sharon Snodgress  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient	Preparation Method
1	cup	violet blossoms	(tightly packed)
1 1/2	cups	water	
		Juice of 1 lemon	
2 1/2	cups	sugar	
1	package	powdered pectin	

Place violets in food processor. Add 3/4 cup of water and lemon juice. Blend to coarse paste, add sugar, blend until dissolved.

In a pan, heat 3/4 cup of water, stir in pectin. Boil hard for 1 minute. Add to blender, mix for about 1 minute. Pour jam into small jars and seal. Store in freezer.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 1935 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 500g Carbohydrate; 0mg Cholesterol; 16mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 33 1/2 Other Carbohydrates

NOTES : Recipe from Brown County resident Sharon Snodgress, and as published in the Hoosier Times, 05-03-2000

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Violet Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1	cup	violet flowers - (packed) -- stems removed
		Juice of 1 lemon or 1/2 cup orange juice
1 1/4	cups	water -- divided
1/2	cup	liquid pectin or 1 pkg powdered pectin

Blend violet blossoms, lemon and 1/2 cup water in food processor or blender, forming a paste. Boil pectin and 3/4 cup water for one minute, then add to blender.

Pack into jars and store in the freezer.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-24-2000 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Recipe from Alltrista Corporation

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Virginia's Apple Butter

Recipe By :Virginia Rowell  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Butters/Spreads Canning  
 Fruit

Amount	Measure	Ingredient -- Preparation Method
4	cups	homemade applesauce -- see * Note
2 1/2	cups	brown sugar
1/2	cup	vinegar
1/4	teaspoon	ground cloves
1	teaspoon	cinnamon -- or more

\* Note: To make homemade applesauce, cook a large pot of apples until soft; mash well to make 4 cups of applesauce.

In a 2-quart casserole dish, combine all ingredients. Bake, uncovered, at 350 degrees for 2 1/2 hours, until thick. Stir occasionally with a wooden spoon.

Put in jars and seal at once.

This recipe yields ??



Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 1387 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 362g Carbohydrate; 0mg Cholesterol; 145mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 23 1/2 Other Carbohydrates

NOTES : Recipe originally from Virginia Rowell of Crossville as published in the Crossville Chronicle 08-16-2000  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Watermelon Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
1	large	watermelon	
7	cups	sugar	-- (3 1/2 lbs)
1/2	teaspoon	oil of cinnamon	
1/2	teaspoon	oil of clove	
1	pint	cider vinegar	- (2 cups)

Peel and cut into chunks the rind of one large watermelon. Cover with boiling water and cook until tender (can put a toothpick in it), but not mushy -- maybe a half hour? Drain well.

Make a syrup of sugar, oils, and vinegar. Bring it to a boil and pour over well-drained rinds in a non-metal bowl.

Let stand 24 hours; drain off syrup and re-heat it and pour over the rinds again; let stand 24 hours.

On the 3rd day, heat the rinds in the syrup and put in hot jars and seal.

This recipe yields 6 to 8 pints.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 to 8 pints"

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Per serving: 6864 Calories (kcal); 19g Total Fat; (2% calories from fat); 28g Protein; 1723g Carbohydrate; 0mg Cholesterol; 104mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 22 1/2 Fruit; 0 Fat; 94 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

Watermelon Rind Pickle

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Fruit  
 Pickles/Relishes

Amount	Measure	Ingredient	Preparation Method
7	pounds	watermelon rind	peeled
2 1/2	quarts	water	
1/3	cup	salt	
6 1/2	cups	brown sugar	
2	cups	vinegar	
1	cup	water	
1	tablespoon	whole cloves	
2		cinnamon sticks	
2		lemons	

Pare off the outer green from watermelon rind and cut in 1-inch squares. Put in large bowl and pour over them the salt and water mixed. Let soak for three days. Drain and let stand in fresh water for one hour.

Make a syrup of sugar, vinegar, water and spices. Cut the lemon (rind and all) paper thin. Put melon and lemon into hot syrup and boil until watermelon is clear. Seal in jars.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
 S(Formatted for MC5):  
 "11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 3727 Calories (kcal); 3g Total Fat; (0% calories from fat); 3g Protein; 983g Carbohydrate; 0mg Cholesterol; 34584mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 62 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

West Virginia Pickalli

Recipe By :Charlottie Bell Ward  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1		peck green tomatoes - (12 lbs)
10		green peppers
10		red peppers (sweet pimento)
5	large	onions - (to 6)
1		crook of vinegar (1 quart)
7	cups	sugar
1	tablespoon	cinnamon
1	tablespoon	allspice
1/2	cup	salt
1	cup	mustard seeds
3	tablespoons	celery seeds

Just before the killing frost, gather in the vegetables. Chop these finely and add to your largest kettle with large crook of vinegar (2 quarts). Cook 20 minutes and then pour off (drain) the liquids. (You can discard the liquids).

Back in the kettle put it and add the 1 quart vinegar and spices. Just to boiling (get very hot) and put down in sterile jars (pack into very hot, clean jars, and seal.

This recipe yields 12 pints. (Try half pints or the tall pint jars -- looks better for gifts in these.)

Source:

"Canning recipes at <http://www.mountain-breeze.com/canning/index.html>"

S(Formatted for MC5):

"08-19-2000 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"12 pints"

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Per serving: 5849 Calories (kcal); 8g Total Fat; (1% calories from fat); 15g Protein; 1493g Carbohydrate; 0mg Cholesterol; 51236mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 12 Vegetable; 0 Fruit; 1 Fat; 94 Other Carbohydrates

NOTES : Recipe originally from Charlottie Bell Ward - 1882, and in her handwritin'; modern conversions added by her great-granddaughter  
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Whole Cherry Preserves

Recipe By :Georgeanne Brennan  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Preserves

Amount	Measure	Ingredient	Preparation Method
2	pounds	ripe sweet cherries such as Bing or Lambert	
3 1/2	cups	granulated sugar	
2	cups	water	
1		star anise	
2	tablespoons	honey	

Note: Cherries are naturally low in pectin; in order for them to gel when cooked with only sugar or honey, they must be simmered long and slow over very low heat. But it's an exquisite recipe, worthy of your time and money. During cooking, the cherries become profoundly sweet and chewy, and every spoonful tastes like fruit and sun reduced to a single flavor.

Discard any blemished cherries. Remove and discard the stems from the cherries. Remove the pits. With some varieties, this can be done by simply squeezing the fruit until the pit pops out, leaving the cherry whole. However, other varieties have more tenacious pits and require the use of a cherry pitter. Another method is to slit the cherry open with a knife and pick out the pit. Set the pitted cherries aside.

Put the sugar and water in a large, heavy-bottomed, non-reactive pot. Let stand, stirring occasionally, until the sugar dissolves, 5 or 10 minutes. Add the star anise and simmer over low heat, stirring from time to time, for 15 minutes. Remove the star anise and stir in the pitted cherries and the honey. Raise the heat and bring to a boil. Then again reduce the heat to low and simmer for about 1 3/4 hours, increasing the heat to medium-low after about 1 1/2 hours. Be careful the preserves do not scorch.

Meanwhile, wash 8 half-pint or 4 pint jars. Keep hot until needed. Prepare lids as manufacturer directs.

After the first 45 minutes of cooking the preserves, begin to test for the gel point with your thermometer. Take off the heat when the thermometer reads 220 degrees at sea level to 1,000 feet (218 degrees at 1,000 feet; 216 degrees at 2,000 feet; 214 degrees at 3,000 feet; 212 degrees at 4,000 feet; 211 degrees at 5,000 feet; 209 degrees at 6,000 feet; 207 degrees at 7,000 feet; 205 degrees at 8,000 feet).

Ladle the hot preserves into 1 hot jar at a time, leaving 1/4-inch head space. Wipe jar rim with a clean, damp cloth. Attach lid. Fill and close remaining jars. Process pints or half pints in a boiling-water canner for 10 minutes (15 minutes at 1,000 to 6,000 feet; 20 minutes above 6,000 feet).

This recipe yields about 4 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC5):  
"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:  
"4 pints"

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Per serving: 2860 Calories (kcal); 1g Total Fat; (0% calories from fat); 1g Protein; 738g Carbohydrate; 0mg Cholesterol; 24mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 49 Other Carbohydrates

NOTES : Recipe adapted from "The Glass Pantry" by Georgeanne Brennan, and as published in The Oregonian, 07-18-2000  
Nutr. Assoc. : 0 0 0 0 0

\* Exported from MasterCook \*

### Whole Kernel Corn - Hot And Raw Packs

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	pounds	corn (in husks) per quart jar - (to 6) Salt -- (optional)

Prepare Ball brand or Kerr brand jars and closures according to manufacturer's instructions.

Hot Pack - Husk corn and remove silk; wash. Cut corn from cob. Measure corn. Place corn in a large saucepot. For each quart of corn add 2 cups water. Bring to a boil; reduce heat and simmer 5 minutes.

Pack hot corn and liquid into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint or 1 teaspoon salt to each quart, if desired. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 55 minutes, quarts 1 hour and 25 minutes at 10 pound pressure in a steam-pressure canner. For elevations higher than 1,000 feet, increase pressure accordingly following cooker manufacturer's recommendation.

Raw Pack - Husk corn and remove silk; wash. Cut corn from cob. Loosely pack corn into hot jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to each pint or 1 teaspoon salt to each quart, if desired.

Carefully ladle boiling water over corn, leaving 1-inch headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly just until a point of resistance is met -- fingertip tight.

Process pints 55 minutes, quarts 1 hour and 25 minutes at 10 pounds pressure in a steam-pressure canner. For elevations higher than 1,000

feet, increase pressure accordingly following cooker manufacturer's recommendation.

This recipe yields ??

Source:

"Allistra Corporation's recipe archive at <http://www.homecanning.com/>"

S(Formatted for MC6):

"07-12-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 0 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0

\* Exported from MasterCook \*

### Wild Grape Jelly

Recipe By :Charlotte Bringle Clarke  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit  
Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	water
1	quart	wild grapes
4	cups	sugar
1	bottle	liquid pectin - (6 oz)

Add water to cleaned grapes (half of them underripe), crush and simmer for about 15 minutes. Strain through a cheesecloth or jelly bag. Let the juice sit overnight in a crock or bowl to settle out crystals.

For each 4 cups of juice, add 4 cups of sugar and follow the instructions on a liquid pectin bottle or boil the jelly until the juice first drips off the spoon, then comes off in sheets (the "jelly test"), at which point the jelly is done.

This recipe yields 6 cups.

Comments: The skin of wild grapes is too tough and the seeds are too large to make jam, but the grapes work well for jelly.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"6 half-pints"

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Per serving: 3096 Calories (kcal); 0g Total Fat; (0% calories from fat); 0g Protein; 799g Carbohydrate; 0mg Cholesterol; 10mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 53 1/2 Other Carbohydrates

NOTES : Recipe originally from "Edible and Useful Plants of California" by Charlotte Bringle Clarke, (University of California Press, \$13.95)  
Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

### Wilderness Apple Pie Filling

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Fruit

Amount	Measure	Ingredient	Preparation Method
4 1/2	cups	sugar	
1	cup	cornstarch	
2	teaspoons	cinnamon	
1/4	teaspoon	nutmeg	
1	tablespoon	salt	
10	cups	water	
7	quarts	sliced peeled cored apples	

Cook all of the above together until thick. Then add 3 tablespoons of lemon juice. Remove from heat and add sliced apples. Stir until all apples are covered with sauce.

Fill quart jars within 1/2-inch of the top. Seal with new canning lids and process in a hot water bath for 20 minutes. Start timing after water has come to a boil. Can be used in any recipe that calls for canned apple pie filling.

This recipe yields ??

Source:  
"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3986 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 1020g Carbohydrate; 0mg Cholesterol; 6488mg Sodium  
Food Exchanges: 8 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

NOTES : Recipe originally from The Capitol-Journal, 10-29-1997  
Nutr. Assoc. : 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Wine Jelly

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Jams/Jellies

Amount	Measure	Ingredient -- Preparation Method
2	envelopes	unflavored gelatin
1/2	cup	cold water
2	cups	strained fruit juice = (grape, cranberry or raspberry)
3/4	cup	sugar - (to 1)
1	pinch	salt
1	pint	Madeira, red burgundy wine or sherry
		Juice of 2 lemons -- strained
		Fresh fruit rolled in confectioners' sugar -- (optional), garnish

Place a metal mold into refrigerator to chill. Dissolve gelatin in 1/2 cup cold water and let stand until softened.

In saucepan, bring fruit juice to boil. Remove from heat add dissolved gelatin, sugar to taste and salt. Let cool. Stir in wine and lemon juice.

Pour into chilled mold. Refrigerate at least 2 hours or until set. Unmold and serve chilled, decorated with fresh fruit, if desired.

This recipe yields ??

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
S(Formatted for MC6):  
"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Per serving: 648 Calories (kcal); 0g Total Fat; (0% calories from fat); 13g Protein; 154g Carbohydrate; 0mg Cholesterol; 569mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 10 Other Carbohydrates

NOTES : Recipe was attributed to Jefferson in the "The First Ladies Cook Book" (Parents Magazine Press, 1966)

Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Wonderful Watermelon Pickles

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Fruit



## Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
16	cups	cubed watermelon rind
3/4	cup	pickling salt
1	gallon	water
6	cups	granulated sugar
4	cups	white vinegar
2	cups	light brown sugar - (firmly packed)
2		lemons -- sliced thin
1	tablespoon	whole cloves
1	tablespoon	whole allspice
4		cinnamon sticks -- broken in half
1/4	teaspoon	mustard seeds

Day No. 1: Cut the watermelon rind into manageable chunks. Scrape all the remaining red watermelon meat from the inside of the rind. Peel off the hard green skin of the outer rind with a small knife. (It's not difficult, but it takes a while.) Cube rind into bite-size pieces. In a large bowl, dissolve salt in the water. Transfer cubes to the salted water. Find an out-of-the-way corner of your kitchen for the bowl and then weight the rind down with a plate to keep it submerged. Soak the cubes for about 24 hours.

Day No. 2: Combine remaining ingredients in a large saucepan and bring them to a boil, simmering the syrup for about 5 minutes. While the syrup simmers, drain the cubes, rinse and drain again. Rinse the bowl the cubes were soaking in and return the cubes to the bowl. Pour the hot syrup over the rind, return the bowl to its original resting place, cover it lightly and let rind soak for another 24 hours.

Day No. 3: Sterilize canning jars according to manufacturer's directions. Pour the cubes and syrup into a large pan and bring the mixture to a boil. With a slotted spoon, pack the cubes lightly into the prepared jars, dividing the lemon slices and spices equally among the jars. Pour the syrup over the cubes, covering them but leaving about 1/2-inch head space. Seal. Process the jars in a boiling water bath for 10 minutes. Allow the pickles to sit for at least 1 week (preferably several) before serving.

This recipe yields about 8 pints.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

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Per serving: 4965 Calories (kcal); 3g Total Fat; (0% calories from fat); 4g Protein; 1315g Carbohydrate; 0mg Cholesterol; 169mg Sodium  
 Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 84 Other Carbohydrates

NOTES : Recipe originally from the Columbus Dispatch, 09-08-1999

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Yellow Tomato Preserves

Recipe By :n/a  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Preserves

Amount	Measure	Ingredient -- Preparation Method
1	pound	ripe yellow tomatoes
1	pound	sugar
2	ounces	preserved Canton ginger
2		lemons

Cover tomatoes with boiling water and skins can easily be removed. Add sugar and let set over night. In the morning pour off the syrup and boil until quite thick. Skim off the foam, then add the tomatoes, ginger, and lemons, which have been sliced and parboiled. Cook until tomatoes have clarified appearance.

This recipe yields ??

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"  
S(Formatted for MC5):  
"11-23-1999 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 1780 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 466g Carbohydrate; 0mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 30 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0

\* Exported from MasterCook \*

Zucchini (Or Cucumber) Relish

Recipe By :Marjorie Senobe  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
10	cups	sliced zucchini or cucumbers
4	cups	quartered onion
2	large	red peppers

2 large green peppers  
 2 large carrots for color -- (optional)  
 2 1/2 cups vinegar  
 4 1/2 cups sugar  
 1 teaspoon turmeric  
 1 teaspoon celery seed  
 1/3 cup mustard seed

Grind zucchini or cucumbers, onions, peppers and carrots (if used). Mix well and drain off excess juice. Add 1/3 cup pickling salt. Mix well and let stand overnight. Drain and rinse well the next morning.

In a large pot, add vinegar, sugar, turmeric, celery and mustard seed. Bring to a boil; add vegetables and bring to a low boil and simmer for 30 minutes.

Place in hot, sterilized jars and seal immediately.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"  
 S(Formatted for MC5):  
 "08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3992 Calories (kcal); 19g Total Fat; (4% calories from fat); 20g Protein; 988g Carbohydrate; 0mg Cholesterol; 32mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 5 Vegetable; 0 Fruit; 2 1/2 Fat; 62 1/2 Other Carbohydrates

NOTES : Recipe shared by Marjorie Senobe of Crossville, and as published in the Crossville Chronicle, 08-02-2000  
 Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Zucchini And Yellow Squash Pickles

Recipe By :n/a  
 Serving Size : 0 Preparation Time :0:00  
 Categories : Canning Pickles/Relishes  
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	cups	sliced yellow squash
6	cups	sliced zucchini
2	cups	sliced onions
1	tablespoon	pickling salt
3	cups	white vinegar, 5% acidity
4 1/2	cups	sugar
1		green pepper -- diced
2	teaspoons	celery seed
2	teaspoons	mustard seeds

Combine first three ingredients in a large bowl; sprinkle with salt and let stand 1 hour. Drain and pack in hot jars.

Bring vinegar and next four ingredients to a boil in a large saucepan. Pour hot mixture into jars. Remove air bubbles. Seal with lid and process in boiling water bath for 20 minutes.

This recipe yields ?? servings

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - jcomiskey@krypto.net"

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Per serving: 3864 Calories (kcal); 4g Total Fat; (0% calories from fat); 20g Protein; 980g Carbohydrate; 0mg Cholesterol; 62mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 14 1/2 Vegetable; 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates

NOTES : Recipe as published in the Crossville Chronicle, 07-26-2000  
Nutr. Assoc. : 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Zucchini Pickle Slices

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes

Amount	Measure	Ingredient -- Preparation Method
1	quart	cider vinegar
2	quarts	sugar
1/2	cup	salt
1	tablespoon	celery seed
2	teaspoons	mustard seed
1/2	teaspoon	ground turmeric
5	pounds	zucchini -- sliced 1/2" thick
1 1/2	pounds	onions -- peeled, and sliced very thin

Combine vinegar, sugar, salt, celery seed, mustard seed and turmeric in a kettle. Bring to boiling, stirring until sugar is dissolved. Remove from heat. Stir in sliced zucchini and onions. Cover; let stand 1 hour.

Heat zucchini mixture to boiling. Reduce heat; simmer, uncovered, 3 minutes. Remove from heat. With a slotted spoon, immediately ladle zucchini and onion slices into hot sterilized jars, completing one jar at a time. Fill with vinegar mixture to within 1/2-inch of top, covering vegetables completely. Seal jars immediately, following manufacturer's directions. Cool and store.

This recipe yields about 8 pints of pickles.

Source:

"My Front Porch (canning archive) at <http://www.flash.net/~tinyt>"

S(Formatted for MC5):

"11-23-1999 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

Yield:

"8 pints"

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Per serving: 6926 Calories (kcal); 8g Total Fat; (0% calories from fat); 35g Protein; 1776g Carbohydrate; 0mg Cholesterol; 51280mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 20 Vegetable; 0 Fruit; 1/2 Fat; 111 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Zucchini Pimento Relish

Recipe By :Della Tate

Serving Size : 0 Preparation Time :0:00

Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
10	cups	grated zucchini
5	tablespoons	salt
4	cups	chopped onion
1		green pepper -- chopped
1		red pepper -- chopped (or 1 small can pimentos)
2 1/2	cups	vinegar
4	cups	sugar
1	teaspoon	turmeric
1	teaspoon	nutmeg
1	teaspoon	celery seed

Can use yellow squash also, or with the zucchini.

Combine grated zucchini with salt; cover and let sit in refrigerator overnight. Drain and rinse. Add onion and peppers.

Mix vinegar, sugar, turmeric, nutmeg and celery seed; mix and bring to a boil, 2 to 3 minutes. Put in pint jars and seal.

This recipe yields ?? servings.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 3515 Calories (kcal); 3g Total Fat; (0% calories from fat); 10g Protein; 908g Carbohydrate; 0mg Cholesterol; 32018mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 12 Vegetable; 0 Fruit; 1/2 Fat; 56 Other Carbohydrates

NOTES : Recipe shared by Della Tate, and as published in the Crossville Chronicle, 08-02-2000

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Zucchini Relish

Recipe By : n/a  
Serving Size : 0 Preparation Time : 0:00  
Categories : Canning Pickles/Relishes  
Vegetables

Amount	Measure	Ingredient	Preparation Method
10	cups	grated zucchini	
4	cups	chopped onion	
2		green peppers	-- grated
5	tablespoons	canning salt	
2 1/2	cups	white vinegar	
5	cups	sugar	
2	teaspoons	dry mustard	
2	teaspoons	celery seed	
2	teaspoons	turmeric	
1	tablespoon	cornstarch	
1/2	teaspoon	freshly-ground black pepper	

Use only fresh, firm medium-sized zucchini. Wash and dry, but do not peel. Grate removing large seeds. Mix zucchini, onions, green pepper and canning salt. Let sit overnight.

Drain and rinse mixture in cold water. Put mixture in large kettle. Add vinegar and remaining ingredients. Bring to a rolling boil. Cook for 10 minutes.

Pack in hot sterilized pint jars. Cover with sterilized lids and hot water process for 20 minutes. Ready to eat right away, but it's better if it ages a few days.

This recipe yields ?? servings.

Source:

"Charles Pearl on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC5):

"08-21-2000 by Joe Comiskey - [jcomiskey@krypto.net](mailto:jcomiskey@krypto.net)"

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Per serving: 4338 Calories (kcal); 4g Total Fat; (0% calories from fat); 11g Protein; 1117g Carbohydrate; 0mg Cholesterol; 49mg Sodium

Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 12 Vegetable; 0 Fruit; 1/2 Fat; 69  
1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Zydeco Green Beans

Recipe By :Linda Ziedrich  
Serving Size : 0 Preparation Time :0:00  
Categories : Canning Pickles/Relishes  
Refrigerator Vegetables

Amount	Measure	Ingredient -- Preparation Method
6		garlic cloves -- sliced
6	teaspoons	yellow mustard seeds
3	pounds	haricots verts -- trimmed to 4"
6	small	fresh or dried chilies - (to 12)
6		dill heads = (or 6 sprigs baby dill)
3 1/2	cups	white wine vinegar
3 1/2	cups	water
2	tablespoons	pickling salt

Into each of six sterile pint mason jars, put 1 sliced garlic clove and 1 teaspoon mustard seeds. Pack beans vertically into jar, adding 1 to 2 chilies, and, if you like, dill.

In a nonreactive saucepan, bring vinegar, water and salt to a boil. Pour hot liquid over beans, covering them completely. Close jars and refrigerate at least one month before eating. Keep refrigerated.

This recipe yields 6 pints.

Comments: Haricots verts are very slender French green beans. You can substitute other young, tender, very thin green beans. Dill heads are the matured tops of dill that contain the seeds. Use jalapeño chilies for a milder version or serrano for a spicier version. Use caution when handling fresh chilies, being careful not to touch face or eyes and washing carefully afterward.

Source:

"Lynn Thomas on the Food Forum BB at <http://food.bb.prodigy.net/>"

S(Formatted for MC6):

"07-14-2001 by Joe Comiskey - jcomiskey@krypto.net"

Yield:

"6 pints"

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Per serving: 144 Calories (kcal); trace Total Fat; (0% calories from fat); 1g Protein; 55g Carbohydrate; 0mg Cholesterol; 36mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 3 1/2

Other Carbohydrates

NOTES : Recipe originally from "The Joy of Pickling" by Linda Ziedrich  
(The Common Press, 1998, \$14.95)

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0