



Boiling Water Canning Step-by-Step

Equipment

The majority of popular home-canned foods – jam and jellies, pickles, fruits, tomatoes, etc. – can be prepared and preserved using utensils you are likely to already have in your kitchen.

- **Boiling Water Canner** is simply a large, deep saucepan with a lid and a rack. The pot should be 3 inches deeper than the height of the jars. This allows space for the jars to be covered by at least 1 inch of water, while leaving room for the water to boil rapidly.
- **The rack** lifts the jars off the bottom of the pot, keeping the glass away from direct heat and allowing the water to heat the entire jar.
- **Canning Jars** Use authentic glass canning jars. They have a unique threaded neck designed to engage with home canning screw bands. Keened to withstand rigors of boiling water canner. Can be re-used. No chips or cracks
- **Lids and Screw Bands**
- **Jar Lifter**
- **Wide-Mouth Funnel**
- **Magnetic Wand**
- **Nonmetallic Spatula**

Boiling-Water Heat Processing

- 1) **CLEAN** jars and lids – wash jars, lids and screw bands in hot soapy water. Rinse well and drain. Not necessary to dry. Inspect jars for nicks, cracks and chips.
- 2) **HEAT** jars – place rack in the bottom of canner, then place the required number of jars on the rack. When using 8-ounce jars or smaller, add water to the jars and canner until it reaches the top of the jars. For pint and larger jars, add water to the jars and canner until the jars are two-thirds full. Cover the canner and bring the water to a simmer over medium heat. It is not necessary to boil jars. Heat processing destroys any microorganisms.

- 3) **PREPARE** the lids – Set screw bands aside – they do not require heating. Place the lids in a small saucepan, cover with water and bring to a simmer. Do not boil. Keep lids hot until ready to use.
- 4) **PREPARE** the recipe.
- 5) **FILL** the jars.
 - a) Working with one jar at a time, remove a jar from the canner, pouring the hot water back into the canner. If using, place funnel in jar. Ladle prepared food into hot jar, leaving the amount of headspace specified in the recipe. *Headspace is the space between the top of the jar and the top of the food.*
 - b) Slide in a nonmetallic utensil, down between the food and the inside of the jar two or three times to release the air bubbles. *Air is not your friend. Failure to remove air bubbles can cause seal failure and will influence the color and storage quality of preserved product.*
 - c) Adjust headspace, if necessary, by adding hot food and/or liquid. With clean damp cloth wipe jar rim and threads. *Particles of food that remain on the rim of the jar can prevent formation of vacuum seal.*
 - d) Using a magnetic or nonmetallic utensil, lift hot lid from water and place on jar. Then place screw band on jar. With your fingers, screw band down until resistance is met, then increase to finger-tip tight. Do not use a tool or excessive force to tighten the screw bands. Over-tightening screw bands can prevent jars from venting and can lead to seal failure. Return jar to rack in the hot water-filled canner.
- 6) **HEAT-PROCESS** the filled jars. When all of the jars are filled and in the canner, adjust the water level so it covers the jars by at least one inch. Cover the canner and bring water to a full rolling boil over high heat. Once the water is boiling hard and continuously, begin counting the processing time specified in the recipe. The rapid boil must continue for the duration of the processing time.
- 7) **COOL** the jars.
 - a) At the end of the processing time, turn off the heat and remove the canner lid. Let the canner cool for 5 minutes. This short standing time allows the pressure inside the jars to stabilize and reduces the likelihood of liquid loss that could otherwise occur when the jars are moved.
 - i) After 5 minutes, remove the jars, lifting them out of hot water without tilting. Do not dry lids or jars at this time. You don't want to disturb the lids while the seal is being formed. Place jars upright on a towel in a draft-free place and let cool, undisturbed for 24 hours.
- 8) **REMOVE** screw bands, wipe jars and store in cool dark place.