

The image features a glass jar in the background, filled with a variety of pickled vegetables including sliced cucumbers, carrots, and tomatoes. In the foreground, a white plate is filled with a similar assortment of pickled vegetables, including a whole cherry tomato, sliced cucumbers, and carrots. A silver fork with a wooden handle is placed on the left side of the plate. Fresh green basil leaves are scattered around the plate and jar. The overall scene is brightly lit, highlighting the vibrant colors of the pickled ingredients.

Preserves and Canning

Birgit Rademacker

SILVERBACK



Preserves and Canning

Enjoy Fresh Fruits and Vegetables Anytime

> Author: Birgit Rademacker | Photos: Michael Brauner



Contents

Theory

- ▶ 4 Basic Canning Recipe
- 5 Equipment—Practical Aids
- ▶ 6 Preserving with Sugar
- 7 Basic Recipes—From Juice to Jelly
- ▶ 8 Preserving—Preserving with Vinegar, Oil, Salt, or Alcohol
- 9 Ingredients—Canning Spices
- 10 Basic Recipes—Spicy Preserves



Recipes

- 12 Fruits—Savory and Sweet:
Fruity delights for all tastes and all occasions, from sweet, favorite jam classics to unusual, new and delicious chutney and salsa variations
- 36 Vegetables—Savory and Sweet:
Canned delicacies for buffets, with grilled foods, as appetizers, as snacks, as well as sweet, surprisingly elegant creations from vegetables and fruits

Appendix

60 Index

62 Credits

- ▶ 64 **10 Tips for Success:
Guaranteed Perfect
Canning and Preserving**



There are Many Things You Just Can't Buy

The craving for homemade delicacies “like grandma used to make” lives on. Learn how easy it is to make fine preserves from fruits and vegetables. This book provides the perfect introduction to various canning methods and reveals the amazing potential hidden in every type of fruit and vegetable. Discover squash in the form of ketchup or jam, applesauce with maple syrup, and delicately tart pear rowanberry jelly. Try out these recipes and invent new variations. You'll discover how fun it is—and why homemade just tastes better!

This One



NFCB-KHF-165P

Copyrighted material

Apple Compote

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 1 lemon
 - 4½ lb apples
 - ½ cup raisins
 - 1 vanilla bean
 - 1¼ cups sugar
 - 2 cups apple wine
- Keeps for: 6–12 months

1 | Wash jars thoroughly and rinse with very hot water. Dry upside-down on a clean cloth.

2 | Squeeze juice from lemon. Peel apples, cut into quarters, remove cores, and cut quarters into wedges. Drizzle with lemon juice and place apples and raisins in jars.

3 | Slit open vanilla bean. Boil 2 cups water, vanilla bean, and sugar until the sugar dissolves. Pour in apple wine.

4 | Fill jars with liquid to within 1 inch of the top, seal, and preserve by applying one of the methods below for 25 minutes. Let cool in the pot or oven.

➤ **Important:** The preserving time starts when the water in the pot simmers, or the water in the oven reaches the specified temperature.



1 *In the oven: Line a broiler pan with a cloth and place jars on top. Pour in ½–1 inch water. Place in the oven and set the temperature to 250°F (verify with an oven thermometer).*

2 *In a canning pot: Line the pot with a cloth and place jars on top, making sure they aren't touching one another. Add water to within 1 inch of the lids. Bring water to a boil, cover, and simmer gently.*

3 *In a pressure cooker: Fill with 2 inches water. Place jars in a steamer insert inside the pot and heat to cooking speed. This reduces the cooking time by one-third.*

Practical Aids



Zester, vegetable slicer: The zester is a quick and easy way to grate the rind from citrus fruits. A vegetable slicer with different blades is practical for fruits and vegetables.



Measuring cups, scale: Make sure your measuring cups also allow you to read small amounts (as low as $\frac{1}{2}$ cup). A cocktail jigger is good for very small amounts. Make sure your scale is highly sensitive with a clear display.



Colander, strainer, clothes for juicing: Essential tools include a large colander for draining, fine- and coarse-mesh strainers for straining fruits and vegetables, and cotton straining clothes for juicing.



Jars: Screw-top jelly jars with intact lids are ideal for jams, jellies, and canned vegetables. For preserving, jars must have two-piece, coated screw-on lids or glass lids with rubber rings, and a bail-wire clamp.



Canning funnels: To fill jars with liquid, a normal funnel is sufficient. For chunkier preparations, a special funnel with a larger opening is available that fits well on the tops of jars.



Pitters: These practical gadgets facilitate the tedious job of pitting cherries and plums. Handheld devices are good for small quantities, whereas tabletop devices are recommended for large quantities.

Preserving with Sugar

Sugar serves both to flavor and preserve. The particular type of sugar has a significant effect on the color and flavor of the canned product.

1 | Cane sugar and beet sugar

Cane sugar is derived from sugar cane and beet sugar comes from sugar beets. The extraction process is very similar for both. Both are chopped and pressed and the juice is reduced to dark-brown syrup. The raw sugar is cleaned several times and crystallized to produce granulated sugar.



1 Sugar preserves fruits in jams and jellies.

2 | Honey

Honey is available in various colors, consistencies, and very different flavor directions, depending on where the nectar was gathered.

3 | Maple syrup

This is a Canadian specialty produced from the sap of North American sugar maples and has a caramel-like flavor.

4 | Gelling sugar

This type comprises sugar combined with apple pectin and citric acid. It's available in different ratios:

► **1:1** = 2 lb gelling sugar is added to 2 lb fruit. The advantage it has over normal sugar is that the cooking time is much shorter, helping the fruit to retain its color and flavor. The high sugar content means the products keep for one to two years.

► **2:1 and 3:1** = the ratio of fruit to sugar can be reduced to 2:1 or 3:1. The products are then fruitier and not as sweet, but the lower sugar content means they keep only for about six months.

► **Pectins** are the natural gelling and thickening agents found in the plant cells of most fruits. Fruits contain the largest amount of pectins just before they're fully ripe. Apples, quinces, currants, and gooseberries all contain a lot of natural pectin. Figs, cherries, peaches, and pineapple contain very little.

► **Gelling agents** are composed of pectins and citric acid. Like gelling sugar, they're available in different concentrations (e.g., 1:1, 2:1, 3:1) and are mixed with sugar at the specified ratio.

From Juice to Jelly



Juicing

In a pot, combine 2–6 lb rinsed and chopped fruit with $\frac{1}{2}$ to 2 cups water, bring to a boil, and simmer over low heat for 10–20 minutes (for berries, only 5 minutes). Pour into a colander lined with a cloth and let drain for one to two hours. Squeeze fruit lightly.

Steam juicer: A special pot into which a fruit basket and juice container are inserted.

Electric juicer: Raw pressed juices do not gel as well because they contain so little pectin from the fruits.

Concentrated Pear and Apple Juice

Rinse 5 $\frac{1}{2}$ lb pears or apples and cut into quarters. Combine with 2 cups apple juice, $\frac{1}{2}$ teaspoon ground allspice, and 1 cinnamon stick, bring to a boil and simmer over low heat for one hour until mushy.

Line a colander with a cloth and add fruit in batches, letting the juice drain out. Reduce juice and 2–3 tablespoons lemon juice uncovered until syrupy.

Transfer to sterilized jelly jars and seal. Ideal as a sweetener or spread.

Elderflower Syrup

In a large, sealable container, combine 3 cups white wine, $\frac{1}{3}$ cup water, and 1 teaspoon citric acid.

Rinse 4 organic lemons and slice. Add lemon slices and 15–20 elderflowers to wine. Refrigerate for 5 days, stirring occasionally. Pour liquid through a strainer and into a pot.

Add 3.3 lb (about 7 cups) sugar and reduce for 10 minutes until the mixture becomes a light syrup. Transfer to bottles and seal immediately. Syrup keeps for at least 6 months.

Elderflower Jelly

Combine 4 cups elderflower liquid and 2 cups gelling sugar (2:1). Bring to a boil and boil hard for 4 minutes. Transfer to sterilized jelly jars and seal.

Orange Campari Jelly

Combine 5 cups fresh squeezed or not-from-concentrate orange juice and 2 cups gelling sugar (3:1). Bring to a boil and boil hard for 4 minutes. Add $\frac{1}{2}$ cup Campari or another bitter liqueur. Transfer to sterilized jelly jars and seal immediately.

Preserving with Vinegar, Salt, Oil, or Alcohol

1 | Vinegar

... is an ancient seasoning and preservative. You can use red-wine, white-wine, fruit, or apple cider vinegar without added seasonings. Vinegar preserves because of its high acid content, which inhibits the development of bacteria that cause food to spoil. Vinegar should contain 5–7 percent acetic acid. Pickled vegetables will stay crunchier if you cover them with cold vinegar liquid.



1 *Marinate fresh herbs in wine vinegar for 10 days, then pour into a jar.*

2 | Salt

... helps foods keep longer because it kills or deactivates bacteria by osmosis. Use either normal cooking salt without additives or sea salt.

Foods can be preserved in dry salt or in a brine.

Pickles and pickled vegetables are often soaked in salt water for 12–24 hours before processing. The vegetables soak up the salt water and remain firmer when pickled.

3 | Oil

The preserving of (primarily) vegetables by marinating them in oil is especially common in the Mediterranean region. Airtight (i.e., completely covered by oil) vegetables keep several months. As a rule, they're first blanched in a light vinegar liquid (1 cup vinegar to 4 cups water + 2 tablespoons salt) or salt water for several minutes and thoroughly



2 *When topping up with oil, make sure air bubbles do not form.*

dried before being transferred to the jars. It's important to remove any air bubbles that formed when the oil was added. You can also cook vegetables directly in oil at a low temperature (about 150°F) for 10–20 minutes, depending on their consistency, and then transfer them to jars.

4 | Alcohol

... is an ideal preservative because microorganisms can't survive in high-proof alcohol. Fruits can be preserved with plain alcohol or alcohol mixed with sugar or syrup and spices. You can use vodka, gin, fruit brandies, cognac, or other hard liquors, as long as they contain at least 40 percent vol. alcohol.

Canning Spices



Ginger: The root of the plant is used fresh, dried and ground into powder, or candied and preserved in syrup. It has a very intense, hot, sweetish flavor. Ginger is suitable for sweet and savory recipes.



Vanilla: Vanilla beans are the fermented pods from a tropical orchid variety. They have a sweet and unique fragrance and flavor. The pulp is the part used, although the pods can also be boiled along with it.



Cinnamon, cloves, cardamom: Very aromatic spices that can be used individually or combined, whole, or ground. They go especially well with fall and winter fruits and give savory recipes a Middle-Eastern tone.



Allspice & pepper: Allspice has a slightly spicy and aromatic flavor similar to cloves (which is why it's also called clove pepper). Suitable for sweet and savory dishes. Peppercorns are used whole, crushed, or ground.



Chile peppers: Chile peppers are available fresh or dried with different degrees of hotness, but can also be purchased ground or as pepper flakes. For pickled foods, savory and fruity sauces, and chutneys and vegetables.



Mustard seeds, ground mustard: The typical mustard flavor and sharpness come from the mustard oil content. Whole seeds are used to preserve cucumbers and vegetables, whereas ground mustard is used for sauces and chutneys.

Spicy Preserves



Herb Paste

Rinse $\frac{1}{3}$ cup herbs such as chervil, wild garlic or basil, pat dry, and chop coarsely.

In a blender, purée with 1 teaspoon sea salt and $\frac{1}{2}$ cup oil. Transfer to small, very dark glass jars and seal well. Store in a cool, dark place. The paste keeps for about 6 months.

Use: As a base for pesto, sauces, and soups.

Wild-Garlic Tomato Paste

Place $\frac{1}{4}$ cup dried tomatoes in boiling water, remove from heat, and let stand for 10 minutes. Drain, squeeze out liquid, and chop leaves coarsely. Rinse $\frac{1}{2}$ cup wild garlic, pat dry, remove stems, and chop coarsely. Purée with 1 teaspoon salt and $\frac{1}{2}$ cup olive oil. Add tomatoes and continue mixing but don't purée. Transfer paste to jars and keep in a cool, dark place.

Paste keeps for 3–4 months.

Use: Spread and pasta sauce.

Chile Basil

Makes 1 jar (about 1 cup): Rinse 1 bunch Thai basil, remove leaves, and dry. Slit open 10 fresh chile peppers, remove seeds and stems, and cut into strips. Peel 5 cloves garlic and cut into tiny slices.

Heat $\frac{2}{3}$ cup olive oil. Add basil, chile peppers and garlic, and simmer gently over low heat for 5 minutes. Stir in 2 teaspoons salt, transfer to a jar, and seal. Let stand for 1 week.

Keeps for 3–6 months.

Use: As seasoning for stir-fried dishes.

Seasoning Oils

Heat 2 cups oil. Place in a bottle with spices. Let stand for 1–3 weeks in a cool, dark place. Put through a strainer and transfer to clean bottles.

Keeps for about 6 months.

► **Garlic Oil:** Cut 5 cloves garlic into matchsticks and add to oil along with 4 dried, crumbled chile peppers.

► **Citrus Oil:** Add lemon or orange peel and 1 tablespoon crushed coriander seeds to oil.

► **Herb Oil:** Add 5–6 rosemary or thyme sprigs or $\frac{1}{4}$ cup basil leaves to oil.



Flavoring Vinegar

Heat 4 cups white or red wine vinegar and the other ingredients. Transfer to bottles. After 2–3 weeks, put through a strainer and transfer to bottles. Keeps for one year.

Lemon Vinegar: Add organic, sliced lemons, and 1 teaspoon salt to vinegar.

Raspberry Juice: Combine 2 cups, plus 2 tablespoons mashed raspberries and 5 basil leaves with vinegar.

Spicy Vinegar: Add 1 teaspoon allspice berries, 1 teaspoon whole cloves, 1 tablespoon peppercorns, and 2 dried chile peppers.



Savory Fruits

Peel 1 walnut-sized piece of ginger and slice. Combine with $\frac{2}{3}$ cup vinegar, $\frac{2}{3}$ cup red wine, $1\frac{1}{4}$ cups sugar, 2–3 cinnamon sticks and 1 chile pepper, and boil for 3 minutes. Clean 2 lb fruit (e.g., apples, pears, plums, peaches), peel, cut into bite-sized pieces, and let stand in the liquid for 3 minutes. Remove and transfer to sterilized jars.

Reduce liquid for 5 minutes over high heat, pour over fruit, and seal jars immediately.

➤ Serve with game, duck, goose, and fondue.



Liqueur

Combine 4 cups homemade juice (see page 7), 2 cups sugar, and aromatic spices as desired (e.g., vanilla beans, star anise, cinnamon, etc.), bring to a boil, and let stand for 24 hours. Add 2 cups vodka or another neutral hard liquor.

Transfer liqueur to bottles and let stand for 60 days.



Rum Pot

Clean nice, fully ripe fruits of the season (e.g., strawberries, cherries, apricots, Mirabelle plums, peeled peaches, melons, plums, grapes) and cut into bite-sized pieces. Combine fruits with very fine sugar at a ratio of 2 to 1. Refrigerate until the sugar has dissolved. Transfer to a clay or ceramic pot with a lid and top up with rum (54 percent vol. alcohol). The fruit must be covered. Let each type of fruit marinate for 10 days before adding the next type.

Fruits — Sweet and Savory

The fruits of the season taste sweet or savory as compote, in syrup, in spiced liquids, as jam, jelly, chutney, or liqueur. They're not only suitable as spreads on bread but are also ideal for fine desserts and savory side dishes.

- | | | | |
|----|-----------------------------|----|--------------------------|
| 13 | Strawberry Jam | 24 | Cherry Compote |
| 13 | Uncooked Raspberry Jam | 24 | Sour Cherry Jam |
| 14 | Apple Jelly | 26 | Chestnuts in Lemon Syrup |
| 14 | Applesauce with Maple Syrup | 26 | Walnut Aperitif |
| 16 | Apricot Tomato Chutney | 29 | Cranberry Mango Jam |
| 16 | Apricots in Tea Syrup | 29 | Mango Cranberry Chutney |
| 18 | Pear Rooibus Jelly | 30 | Quince Orange Jam |
| 18 | Saffron Pears | 30 | Pickled Quinces |
| 21 | Red and Black Currant Jelly | 32 | Rowanberry Sauce |
| 21 | Currant Melon Jam | 32 | Rowanberry Pear Jelly |
| 22 | Kiwi Pineapple Salsa | 34 | Plum Walnut Jam |
| 22 | Blackberry Jam | 34 | Red Wine Plums |



Quick Recipes

Strawberry Jam

MAKES 6 JARS (ABOUT 1 CUP EACH)

➤ 2 lb strawberries | 2 cups gelling sugar
(2:1) | 1 tsp citric acid | 1 vanilla bean

1 | Rinse fruit, drain well, clean, and cut in half. In a wide pot, combine fruit with sugar and citric acid.

2 | Slit open vanilla bean and scrape out pulp. Add pulp and bean to strawberries. Bring to a boil and boil hard for 4 minutes. Let stand for 3 minutes and then transfer to sterilized jelly jars.

Keeps for: 6 months

Uncooked Raspberry Jam

MAKES 4 JARS (ABOUT 1 CUP EACH)

➤ 2 cups raspberries | 2 cups fine sugar |
1 tsp citric acid

1 | Sort raspberries. In a blender, purée raspberries, sugar, and citric acid for 15–20 minutes until the sugar has dissolved.

2 | Transfer to sterilized jelly jars, seal, and refrigerate.

Keeps for: 2–3 months

Elegant | Fruity

Apple Jelly

MAKES 5 JARS
(ABOUT 1 CUP EACH)

► **1 lemon**

2¼ cups homemade apple juice (recipe on page 7)

1¾ cups hard cider

1¾ cups gelling sugar (2:1)

1 tsp dried lavender flowers (from a pharmacy)

⌚ Prep time: 15 minutes

► Calories per jar: About 430

► Keeps for: 6 months

1 | Squeeze juice from lemons and combine with apple juice and cider. Add gelling sugar and lavender flowers and bring to a boil. Boil hard for 4 minutes.

2 | Put through a strainer, transfer to sterilized jelly jars, and seal immediately.

► Variations:

Savory Apple Jelly

Instead of lavender flowers, boil with 6–8 crushed juniper berries or 1 tablespoon pickled green peppercorns or red chile

peppers cut into rings. Transfer to jars with spices. Excellent served with cold meat and cheese.

Apple Elderberry Jelly

Combine 2¼ cups apple juice, 1¼ cups elderberry juice and 1⅓ cups gelling sugar (3:1). Peel 1 walnut-sized piece ginger and slice. Squeeze juice from 1 lemon and add. Bring to a boil and boil hard for 3 minutes while stirring. Remove ginger. Transfer to jars and seal immediately.

Easy | Fast

Applesauce with Maple Syrup

MAKES 4 JARS
(ABOUT 1⅔ CUPS EACH)

► **4 lb tart apples**

6 tbs lemon juice

1 vanilla bean

¾ cup apple wine (may substitute apple juice)

5 tbs maple syrup

⌚ Prep time: 30 minutes

► Calories per jar: About 310

► Keeps for: 6 months

1 | Rinse apples, peel, cut into pieces, and remove cores. Combine with lemon juice.

2 | Slit open vanilla bean and scrape out pulp. Combine vanilla bean, pulp, apple wine and apples, cover, and bring to a boil. Stew over medium heat for 15–20 minutes until soft.

3 | Remove bean and put fruit through a strainer. Bring purée back to a boil and stir in maple syrup. Transfer immediately to sterilized jelly jars and seal.

► Variation:

Savory Applesauce

Prepare 4 lb apples and boil with 2 cups apple juice until it becomes a purée. Put through a strainer and return to the pot. Add juice from 1 lemon, ¾ cup sugar, ½ teaspoon ground cloves, and 1 teaspoon allspice. Reduce for 30 minutes while stirring. Transfer to sterilized jelly jars and seal immediately. Delicious as a spicy-sweet bread spread, or with goose and duck.



Savory

Apricot Tomato Chutney

MAKES 3 JARS
(ABOUT ¾ CUP EACH)

- ½ cup dried apricots
- 2 cups beefsteak tomatoes
- 1 small chile pepper
- 1 onion
- ¼ cup dried tomatoes
- ½ cup wine vinegar
- 1½ tsp salt
- ½ tsp ground allspice
- 1 tsp tamarind extract (Asian market)
- ½ cup cane sugar

🕒 Prep time: 1 hour

- Calories per jar: About 270
- Keeps for: 12 months

1 | Dice apricots. Pour boiling water over tomatoes, let stand for 1 minute, peel, and dice. Slit open chile pepper and remove seeds. Peel onion and mince chile pepper and onion. Finely chop dried tomatoes.

2 | In a pot, combine prepared ingredients with vinegar, salt, allspice, tamarind extract and sugar, and bring to a boil.

Reduce over low heat for 30 minutes, while stirring occasionally until thick. Transfer to sterilized jelly jars and seal immediately.

➤ Variation:

Apricot Jam

Dice 3 cups fresh pitted apricots and ½ cup dried apricots. Combine with ½ cup Muscat wine, juice from 1 lemon and 1 slit-open vanilla bean, and simmer for 10 minutes. Add 2 cups gelling sugar (2:1) and boil hard for 4 minutes while stirring. Transfer to sterilized jelly jars and seal immediately.

Middle-Eastern | Fruity Apricots in Tea Syrup

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 2¼ lb apricots
- 1 vanilla bean
- 3 cups black tea
- ½ cup sugar
- 1 tsp rosewater (Turkish or health food market)

🕒 Prep time: 25 minutes

🕒 Sterilization time:
20 minutes

- Calories per jar: About 200
- Keeps for: 6 months

1 | Pour boiling water over apricots and let stand for 3 minutes. Peel apricots, cut in half, and remove pits.

2 | Slit open vanilla bean and bring to a boil with tea and sugar. Remove vanilla bean, add rosewater, and let cool.

3 | Transfer apricots to jars. Pour in syrup and sterilize in the oven or a large pot for 20 minutes (see page 4).

Serve apricots as desert with vanilla sauce, yogurt sauce, or ice cream.

- **Variation from dried apricots:** From the specified ingredients, make a vanilla tea syrup and add 1¾ cups dried apricots. Bring to a boil and simmer for 30 minutes over low heat. Transfer to sterilized jelly jars and seal immediately.



Delicately Bitter |
Unusual

Pear Rooibus Jelly

MAKES 5 JARS
(ABOUT 1 CUP EACH)

- 1¾ cups pears
- 1 walnut-sized piece fresh ginger
- 3 cups rooibus tea (may substitute black tea)
- 1 tsp citric acid
- 2 cups gelling sugar (2:1)

- ⌚ Prep time: 30 minutes
- Calories per jar: About 430
- Keeps for: 6 months

1 | Peel pears, remove cores, and dice. Peel ginger and dice very finely.

2 | Combine rooibus tea, ginger, pears, citric acid and sugar, bring to a boil, and boil hard for 4 minutes.

3 | Let stand for 3 minutes, then transfer to sterilized jelly jars, and seal immediately.

- Variation:
This jelly is also delicious if you use vanilla or cloves in place of the ginger.

Elegant Dessert | Exotic

Saffron Pears

MAKES 3 JARS
(ABOUT 1 CUP EACH)

- 1 walnut-sized piece fresh ginger
- 1 organic lemon
- 2 vanilla beans
- 1 cup sugar
- 1 small jar saffron threads (0.2 g)
- 2 lb pears
- 1 tsp citric acid

- ⌚ Prep time: 35 minutes
- Calories per jar: About 480
- Keeps for: 6 months

1 | Peel ginger and slice. Using a zester, grate off lemon zest and squeeze out juice.

2 | Slit open vanilla beans. Combine 4 cups water, sugar, saffron, lemon zest, ginger and vanilla beans, bring to a boil, and reduce for 15 minutes.

3 | Rinse pears, cut into quarters, peel and remove cores, and stems. Add pears, lemon juice, and citric acid to the saffron syrup and simmer gently for 5–8 minutes.

4 | Transfer pears to sterilized jars. Return syrup to a boil, pour into jars, and seal immediately. Delicious served with vanilla ice cream and strawberries.

- Variation:
Spicy Pears

Combine 1 cup white wine vinegar, ½ cup water, ½ cup sugar, 1 cinnamon stick, 1 small jar saffron (0.2 g), 3 star anise, and 2 dried chile peppers. Bring to a boil and simmer for 10 minutes. In the meantime, rinse 3 large, firm pears. Using a sharp knife or bread slicer, cut whole pears, including peel and seeds, into ⅛-inch thick slices. Add pears to liquid and simmer for 2 minutes. Transfer to sterilized jelly jars and seal immediately. These pears go well with Middle-Eastern appetizers and grilled meat.





Aromatic | Fruity

Red and Black Currant Jelly

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 2 cups red currants
- 2 cups black currants
- 2 vanilla beans
- 2 cups gelling sugar (2:1)
- ¼ cup lime juice

- ⌚ Prep time: 30 minutes
- ⌚ Draining time: 1 hour
- Calories per jar: About 590
- Keeps for: 6 months

1 | Rinse berries, place in 1¼ cups water, and bring to a boil. Simmer over low heat for 10 minutes while mashing. Line a colander with a gauze cloth and drain fruit for 1 hour.

2 | Slit open vanilla beans, scrape out pulp. Measure out juice and add lime juice and water until you have 4 cups liquid. Add sugar, bring to a boil, and boil hard for 4 minutes. Let stand for 3 minutes. Transfer to sterilized jelly jars and seal.

➤ Variation:

Berry Jelly

Process 1 cup each of red currants, black currants, gooseberries, and raspberries. Drain juice and add lemon juice, ½ cup elderflower syrup, and water until you have 6 cups liquid. Add vanilla and 2 cups gelling sugar (3:1) and boil to make jelly.

Summery | Fresh

Currant Melon Jam

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 2 cups red currants
- 1 cantaloupe
- 2 cups cane sugar
- 1 packet gelling agent (2:1)
- 1 tsp citric acid

- ⌚ Prep time: 30 minutes
- ⌚ Draining time: 1 hour
- Calories per jar: About 610
- Keeps for: 6 months

1 | Rinse currants, place in ½ cup water and bring to a boil. Simmer over low heat for 10 minutes. Line a

colander with a gauze cloth, pour in fruit, let drain for 1 hour, and squeeze gently.

2 | Cut cantaloupe away from the rind and cut into cubes. Pour currant juice into a measuring cup and add cantaloupe pieces until you have 5 cups. Using a hand blender, partially purée cantaloupe.

3 | Combine sugar, gelling agent and citric acid, and add to juice. Bring to a boil and boil hard for 4 minutes while stirring. Let stand for 3 minutes.

4 | Transfer to sterilized jelly jars, seal, and stand upside-down for 5 minutes.

➤ Variation:

Currant Tomato Jam

Peel 2 cups plum tomatoes and dice finely. Combine 2½ cups currant juice, juice from 1 lemon, and 2 cups gelling sugar (2:1). Bring to a boil while stirring and boil hard for 4 minutes.

Kiwi Pineapple Salsa

MAKES 4 JARS
(ABOUT $\frac{3}{4}$ CUP EACH)

- $1\frac{3}{4}$ cups kiwi
- $1\frac{3}{4}$ cups pineapple
- 3 limes (about $\frac{1}{2}$ cup juice)
- 1 red chile pepper
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup white wine vinegar
- 1 tsp ginger
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{2}$ cup gelling sugar (2:1)

- ⌚ Prep time: 35 minutes
- Calories per jar: About 260
- Keeps for: 6 months

1 | Cut kiwis in half. Spoon fruit out of the peels and purée. Peel pineapple, remove hard core, and dice. Squeeze juice from limes. Cut chile pepper into rings and remove seeds.

2 | Heat honey, lime juice and pineapple, and simmer for 3 minutes. Stir in puréed kiwi, chile, vinegar, ginger, cloves, and sugar. Boil hard for 3 minutes. Transfer to sterilized jelly jars and seal immediately.

- Goes well served with grilled meat and cold roasts.
- Variation:

Kiwi Pineapple Jam

Cut $1\frac{3}{4}$ cups peeled kiwis and $1\frac{3}{4}$ cups pineapple into small pieces. Combine fruit with $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ cup grapefruit juice, and 2 cups gelling sugar (2:1). Bring to a boil and boil hard for 4 minutes while stirring. Stir in 4 tablespoons white rum and transfer to jars.

With Red Wine | Fast Blackberry Jam

MAKES 4 JARS
(ABOUT $\frac{3}{4}$ CUP EACH)

- $3\frac{1}{4}$ cups blackberries
- 1 cup red wine
- 1 cinnamon stick
- 2 cups gelling sugar (2:1)

- ⌚ Prep time: 20 minutes
- Calories per jar: About 630
- Keeps for: 6 months

1 | Sort blackberries, combine with red wine and cinnamon, and bring to a boil. Stir in gelling sugar, boil hard for 4 minutes, and let stand for 3 minutes.

2 | Transfer to sterilized jelly jars and seal immediately.

TIP

You can also combine blackberries with other fruits like apples, pears, raspberries, or peaches.

- Variation:

Blackberry Citrus Jelly

Place $3\frac{1}{4}$ cups blackberries in 1 cup water and boil for 10 minutes. Drain juice and combine with the juice of 2 lemons and orange juice until you have 4 cups liquid. Combine juice, 1 cinnamon stick, and 2 cups gelling sugar (2:1), bring to a boil and boil hard for 4 minutes. Transfer to sterilized jelly jars.



Finely Tart | Dessert Cherry Compote

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- ▶ 2 lb sour cherries
- ½ organic lemon
- 1 vanilla bean
- ½ cup sugar
- ½ cup gelling sugar (1:1)

- ⌚ Prep time: 30 minutes
- ▶ Calories per jar: About 360
- ▶ Keeps for: 12 months

1 | Rinse cherries, cut stems to ¼-inch long (do not remove stems because the cherries lose too much juice). Using a zester, grate off lemon zest and squeeze out juice. Slit open vanilla bean.

2 | Place cherries and lemon zest in jars. Combine sugar, gelling sugar, 2 cups water, lemon juice and vanilla bean, and bring to a boil.

3 | Transfer syrup to jars and seal. Sterilize in a canning pot or in the oven for 20 minutes.

▶ Variation:

Savory Sweet Cherries

Remove pits from 2 lb sweet cherries and transfer to jars. Combine 1¼ cups vinegar, ¾ cup water, 1¼ cups sugar, juice, and peel from 1 organic orange, 1 cinnamon stick, 3 whole cloves and 5 allspice berries, and simmer for 10 minutes. Put through a strainer, add to cherries in the jars, and sterilize as described above.

Vodka Cherries

Rinse 2 cups sweet cherries, pierce several times, and remove stems. Transfer cherries to jars. Dissolve ⅓ cup sugar in ⅔ cup water and combine with ½ cup cherry liqueur or cherry brandy and 2 cups vodka. Pour into glasses and marinate for 2–3 weeks.

Summery | Aromatic Sour Cherry Jam

MAKES 5 JARS
(ABOUT 1 CUP EACH)

- ▶ 1 lemon
- 1 cup raspberries
- ¾ cups sour cherries
- 1 cup currant juice
- 2 tbs vanilla
- 1¾ cups gelling sugar (3:1)
- 4 tbs orange liqueur (optional)

- ⌚ Prep time: 30 minutes
- ▶ Calories per jar: About 480
- ▶ Keeps for: 6 months

1 | Squeeze juice from lemon. Sort raspberries. Rinse cherries and remove pits, saving any juice. Combine cherries and cherry juice, currant juice, raspberries, vanilla and sugar, and bring to a boil. Boil hard for 4 minutes.

2 | Stir in orange liqueur if desired. Let stand for 3 minutes. Transfer to sterilized jelly jars and seal immediately.



Takes More Time |
Sophisticated

Chestnuts in Lemon Syrup

MAKES 2 JARS
(ABOUT 2 CUPS EACH)

- 3¼ cups chestnuts
- 2 organic lemons
- ¾ cup sugar

⌚ Prep time: 1 hour

- Calories per jar:
About 1090
- Keeps for: 6 months

1 | Cut an X into the surface of the chestnuts and boil in a generous amount of water for 20 minutes until cooked but still firm. Drain and remove shells and brown skins.

2 | Using a vegetable peeler, remove a thin layer of peel from the lemons and squeeze out juice. Combine juice, peel, sugar and 2 cups water, and reduce for 5–10 minutes to form a light syrup.

3 | Transfer chestnuts to sterilized jelly jars, pour in hot syrup, and seal immediately.

➤ Goes with: Fruit desserts

➤ Variations:

“Dried” Chestnuts

Prepare and peel chestnuts as described above. Place in canning jars, seal and sterilize in a canning pot or in the oven for 20 minutes.

Try these chestnuts with sweet and savory dishes.

French Specialty

Walnut Aperitif

MAKES 1 GALLON LIQUEUR

- 3¼ cups green walnuts
- ¾ cup sugar
- 3 qt, plus ½ cup red wine
- 2 cups vodka

⌚ Prep time: 30 minutes

⌚ Fermenting time: 60 days

- Calories per 1/2 cup:
About 160
- Keeps for: 1 year

1 | With a sturdy knife, cut walnuts still in the shells into quarters. In a large glass container, dissolve sugar in red wine. Add vodka and walnuts and cover container loosely with a cloth.

2 | Let stand for 60 days at room temperature.

3 | Pour liqueur through a strainer, transfer to sterilized bottles, and seal.

TIP

The walnuts for this recipe must be harvested in June before the shells begin to harden.

➤ Variation:

Green Walnuts in Syrup

Rinse ⅓ cup green walnuts, cut ½ inch off the tops and bottoms, and pierce all around with a fork. Place in a bowl, cover with water, and soak for 2 weeks, changing water daily. Drain walnuts and blanch in boiling water for 3 minutes. Drain. Remove zest from 4 lemons and squeeze out juice. Combine lemon zest, lemon juice, 6 cups water, 6⅔ cups sugar (or 3.31 lb), 5 whole cloves and 10 allspice berries, and boil until it forms a syrup. Add walnuts and boil for 20 minutes. Transfer to sterilized jelly jars and seal. Try with salads, pâtés, cheese, and desserts.





Easy | Autumnal

Cranberry Mango Jam

MAKES 5 JARS
(ABOUT 1 CUP EACH)

- 2 cups cranberries
- 2 ripe mangos
(1¾ cups each)
- 1 organic orange
- 2 tbs vanilla
- 2 cups gelling sugar (2:1)

- ⌚ Prep time: 40 minutes
- Calories per jar: About 520
- Keeps for: 6 months

1 | Rinse cranberries and sort. Peel mangos, cut fruit away from pits, and dice. Using a zester, remove zest from orange peel and squeeze out juice.

2 | Combine all these ingredients with vanilla and bring to a boil. Simmer for 5 minutes and crush berries slightly.

3 | Stir in gelling sugar, return to a boil, and boil hard for 4 minutes. Let stand for 3 minutes, transfer to sterilized jelly jars, and seal immediately.

➤ Variation:

Spicy Cranberries

Rinse 2 cups cranberries, drain, and sort. Combine with ½ cup cherry juice and boil for 10 minutes. Stir in 1 cup gelling sugar (3:1) and ½ teaspoon each of ground cloves, cinnamon, and allspice. Bring to a boil and boil hard for 4 minutes while stirring. Season to taste with cayenne pepper. Transfer to sterilized jelly jars and seal immediately. Delicious with game, lamb, or cheese.

Savory | Exotic

Mango Cranberry Chutney

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 2 mangos
- 1 red onion
- 1 walnut-sized piece fresh ginger
- 2 red chile peppers
- 1 cup cranberries
- 1 cup brown sugar
- ½ cup white wine vinegar
- 1 tsp salt
- ½ tsp allspice
- ¼ tsp cloves

⌚ Prep time: 50 minutes

- Calories per jar: About 360
- Keeps for: 6 months

1 | Peel mangos, cut fruit away from pits, and dice. Peel onion and ginger and dice finely. Slit open chile peppers, cut into strips, and remove seeds. Rinse and sort cranberries.

2 | Combine prepared ingredients with sugar, vinegar, and spices. Bring to a boil over medium heat and reduce over medium heat for 30 minutes until thick.

3 | Transfer to sterilized jelly jars and seal immediately.

- Serve with roast meat as a side dish, Middle-Asian or Indian dishes, and can also be used to refine sauces.

Tart and Fruity

Quince Orange Jam

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 1 organic orange
- 1 vanilla bean
- 2 cups orange juice
- 4 cardamom pods
- 2 cups quinces
- 1 cup gelling sugar (3:1)
- 1 tsp citric acid

- 🕒 Prep time: 45 minutes
- Calories per jar: About 330
- Keeps for: 3-4 months

1 | Grate off a thin layer of peel from half of orange and squeeze out juice from the whole orange. Slit open vanilla bean. In a saucepan, combine orange peel, juice, vanilla bean, 1 cup orange juice, and cardamom.

2 | Wipe quinces with a cloth, rinse, cut into quarters, peel, and remove cores. Dice quarters and add to orange juice. Bring to a boil and boil for 10 minutes until soft.

3 | Remove orange peel, vanilla bean, and cardamom capsules. Purée quinces finely in a blender. Combine purée, remaining orange juice, and enough water to make 4 cups. Add gelling sugar and citric acid. Bring to a boil and boil hard for 4 minutes. Transfer to sterilized jelly jars and seal immediately.

- About Ingredients:

Quinces

This fruit is available in the form of pink-fleshed apple quinces and lighter-fleshed, more aromatic, juicier pear quinces. Before processing, wipe the fuzz off the peel. Quinces have a relatively hard flesh and are always cooked before further processing. They combine well with apples and pears, and are excellent with cranberries and citrus fruits. Their high pectin content means that they gel extremely well.

Sweet-and-Sour | Easy Pickled Quinces

MAKES 2 JARS
(ABOUT 1 CUP EACH)

- 1 walnut-sized piece fresh ginger
- 1 cup white wine vinegar
- 1 cup sugar
- 3 cinnamon sticks
- 10 whole cloves
- 2 lb quinces

- 🕒 Prep time: 45 minutes
- Calories per jar: About 660
- Keeps for: 6 months

1 | Peel ginger and dice finely. In a pot, combine ginger, vinegar, 2 cups water, sugar, cinnamon, and cloves.

2 | Wipe quinces with a cloth, rinse, cut into quarters, peel, remove cores, and cut quarters into narrow wedges. Immediately place quinces in the liquid so they won't discolor.

3 | Bring to a boil and boil for 10 minutes until softer but still firm. Transfer to sterilized jelly jars and seal.

- Goes well with game or cold roasts.



Copyrighted material

Bittersweet | Savory Rowanberry Sauce

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 1 cup rowanberries
- 2 cups apples
- ½ cup white wine
- 1 red chile pepper
- 1 organic lemon
- 1 organic orange
- 1 cup sugar

- ⌚ Prep time: 45 minutes
- Calories per jar: About 360
- Keeps for: 6 months

1 | Rinse rowanberries and remove stems. Rinse apples, cut into quarters, and remove cores.

2 | Combine berries, apples and ½ cup white wine, and boil for 15 minutes until very soft. Put through a strainer. Slit open chile pepper, remove seeds, and cut into strips. Rinse lemon and orange, remove zest with a zester, and squeeze out juice.

3 | Combine juice, zest, chile pepper, sugar and puréed

fruit, and bring to a boil. Reduce for 5 minutes while stirring. Transfer to sterilized jelly jars and seal immediately.

- Goes well served with cheese or cold roast.

Bittersweet | Autumnal Rowanberry Pear Jelly

MAKES 5 JARS
(ABOUT 1 CUP EACH)

- 2 cups rowanberries
- 2 lb pears
- 2 vanilla beans
- 2 cups gelling sugar (2:1)
- 1 tsp citric acid

- ⌚ Prep time: 45 minutes
- ⌚ Draining time: 12 hours
- Calories per jar: About 520
- Keeps for: 6 months

1 | Rinse rowanberries and remove stems. Rinse pears, cut into quarters, and remove the cores.

2 | Combine berries, pears and ¼ cups water, and boil for 15 minutes until very soft. Place in a colander lined with gauze and drain overnight. Squeeze out slightly.

3 | Measure out 4 cups juice (add a little water or white wine if necessary). Slit open vanilla bean, scrape out pulp, and combine with sugar and citric acid. Bring juice and sugar to a boil and boil hard for 3 minutes. Transfer to sterilized jelly jars and seal immediately.

- About Ingredients:

Rowanberries

Rowanberries are the red berries of the Mountain Ash, harvested in late fall. They taste tart to bitter. Picking them after the first frost or freezing them before processing mitigates the tartness—although this flavor is delightful in conjunction with other fruits. Rowanberries can be processed into juice, jam, jelly and sauces, and are excellent combined with apples, pears, quinces, and citrus fruits.



Copyrighted material

Fruity | Has a Bite Plum Walnut Jam

MAKES 6 JARS
(ABOUT 1 CUP EACH)

- 2 lb plums
- 1 ¼ cups orange juice
- 1 stick cinnamon
- 1 organic orange
- 1 organic lemon
- 1 ½ cups sugar
- 3 envelopes gelatin (3:1)
- ½ cup walnuts

- ⌚ Prep time: 45 minutes
- Calories per jar: About 440
- Keeps for: 6 months

1 | Rinse plums and remove seeds. Simmer with orange juice and cinnamon for 15 minutes.

2 | Using a zester, remove zest from orange and lemon, and squeeze out juice. Combine sugar and gelatin.

3 | Coarsely chop walnuts and combine with orange and lemon zest and juice, sugar, and plums. Bring to a boil and boil hard for 3–4 minutes. Remove from

heat and let stand for 3 minutes. Transfer to sterilized jelly jars and seal immediately.

➤ Variation:

Plum Sauce with Oranges

Rinse 3 lb ripe plums, remove pits, and chop coarsely. In a large casserole dish, combine plums, ¼ cup cane sugar, peel and juice from 2 organic oranges, and 2 cinnamon sticks. Bake in the oven at 350°F for 1 to 1 ½ hours until the purée thickens. Remove cinnamon sticks, transfer hot sauce to sterilized jelly jars, and seal immediately.

Sweet-and-Sour | Takes More Time

Red Wine Plums

MAKES 4 JARS
(ABOUT 1 ¾ CUPS EACH)

- 2 lb plums
- 2 cups red wine
- ½ cup red wine vinegar
- 1 ¾ cups brown cane sugar
- 1 cinnamon stick
- 1 vanilla bean
- 1 dried chile pepper

- ⌚ Prep time: 45 minutes
- ⌚ Marinating time: 24 hours
- Calories per jar: About 590
- Keeps for: 6 months

1 | Rinse plums and pierce on all sides. Bring remaining ingredients to a boil, pour over fruit, and marinate for 24 hours.

2 | Add plums to syrup, bring to a boil, and continue boiling until the peels start to split. Remove fruit and transfer to sterilized jelly jars.

3 | Reduce liquid for 10–15 minutes. Pour over fruit, covering it completely, and seal immediately. Let stand for 2 weeks before using.

- Goes well with roast game or lamb, boiled beef, and cheese as well as with chocolate desserts.



Vegetables—Savory and Sweet

These days, most vegetables are available year round. During their high season, however, they're especially aromatic and inexpensive. At these times, it's worth buying twice as much so you can preserve some and stretch the pleasure out over the rest of the year.

- | | | | |
|----|------------------------------|----|----------------------------|
| 37 | Sweet-and-Sour Chile Peppers | 48 | Spicy Bell Pepper Sauce |
| 37 | Garlic in Oil | 48 | Bell Peppers in Spiced Oil |
| 38 | Balsamic Vinegar Zucchini | 51 | Lemon Mushrooms |
| 38 | Stuffed Eggplant | 51 | Chanterelles in Olive Oil |
| 40 | Summer Vegetables | 52 | Strawberry Rhubarb Jam |
| 40 | Mustard Vegetables | 52 | Rhubarb Chutney |
| 42 | Dill Pickles | 54 | Pickled Beets |
| 42 | Cucumber Pineapple Relish | 54 | Beet Compote |
| 45 | Squash Ketchup | 56 | Tomato Sauce |
| 45 | Squash Plum Jam | 56 | Dried Tomatoes |
| 46 | Carrot Almond Dip | 58 | Port Wine Shallots |
| 46 | Savory Carrots | 58 | Onion Mustard Sauce |
| 46 | Carrot Citrus Jam | | |



Quick Recipes

Sweet-and-Sour Chile Peppers

MAKES 2 JARS (ABOUT 2 CUPS EACH)

➤ 3¼ cups mild red and green chile peppers | 2 sprigs rosemary | 2 cloves garlic | 2/3 cup vinegar | 1/4 cup sugar | Salt | 1 tbs black peppercorns | 2 dried chile peppers

1 | Rinse chile peppers and rosemary. Peel garlic. Combine vinegar, 1½ cups water, sugar, 2 teaspoons salt, peppercorns, garlic, rosemary, and chile peppers, bring to a boil and simmer for 5 minutes.

2 | Cook chile peppers in this liquid for 3 minutes until al dente. Transfer to sterilized jelly jars. Return liquid to a boil, pour into jars, and seal immediately.

Keeps for: 6 months

Garlic in Oil

MAKES 3 JARS (ABOUT 3/4 CUP EACH)

➤ 2 cups garlic | 1 tsp coriander seeds | 2 dried chile peppers | 3/4 cup olive oil

1 | Separate garlic cloves from the garlic bulb. Crush unpeeled cloves slightly with a wide knife blade until the peel splits.

2 | Coarsely crush coriander seeds and chile peppers in a mortar, combine in a saucepan with oil, and heat slightly. Add garlic cloves to oil and cook over very low heat for 20 minutes; do not brown. Transfer to sterilized jelly jars and seal immediately.

Keeps for: 3–4 months

Easy | Antipasti

Balsamic Vinegar Zucchini

MAKES 3 JARS
(ABOUT 2 CUPS EACH)

- 2 lb zucchini
- 3 cloves garlic
- 6 stalks thyme
- ½ cup white balsamic vinegar
- 1¾ cups olive oil
- Black pepper
- Coarse sea salt

- 🕒 Prep time: 20 minutes
- 🕒 Baking time: 20 minutes
- Calories per jar: About 870
- Keeps for: 2–3 months

1 | Preheat oven to 400°F. Rinse zucchini, clean, and cut lengthwise into quarters. Peel garlic and cut into matchsticks. Rinse thyme.

2 | Distribute zucchini on a baking sheet, drizzle with ½ cup balsamic vinegar and ½ cup olive oil, and season with salt and pepper. Bake in the oven (middle rack) for 10 minutes, then turn up temperature to 475°F and

switch on the broiler. Continue baking until the zucchini is lightly browned.

3 | Transfer to sterilized jelly jars. Combine liquid from baking sheet with remaining olive oil, thyme and garlic, and pour into the jars. If the zucchini is not completely covered; add a little olive oil. Seal and let stand for several days.

- Goes with appetizer buffets and grilled foods

Spicy | Egyptian Specialty

Stuffed Eggplant

MAKES 2 JARS
(ABOUT 1¾ CUPS EACH)

- 2 cups small eggplants
- Salt
- 4 cloves garlic
- 3 small chile peppers
- 2 tsp coarse sea salt
- ½ tsp fenugreek seeds
- 1 tsp cumin
- ½ tsp aniseed
- 3 cardamom pods
- 1 cup olive oil

- 🕒 Prep time: 40 minutes
- Calories per jar: About 800
- Keeps for: 6 months

1 | Remove stems from eggplants and score each one lengthwise 2–3 times.

2 | Gently simmer eggplant in salted water for 15 minutes. Use a small pan lid to keep the eggplant submerged in the water.

3 | Peel and chop garlic. Slit open chile peppers, remove seeds, and cut into strips. Combine with sea salt and crush in a mortar.

4 | Drain eggplants and let cool. In a small saucepan, roast vegetables until they give off an aroma. Add oil and heat slightly.

5 | Fill the slits in the eggplants with the garlic mixture. In sterilized jars, layer eggplants and cover with oil and spices. Seal jars and let stand for 1–2 weeks.

- Goes with curries and Middle-Eastern appetizers.



**Mediterranean |
For a Buffet**

Summer Vegetables

MAKES 3 JARS
(ABOUT 2 CUPS EACH)

- 2 green bell peppers
- 2 cups tomatoes
- $\frac{3}{4}$ cup mushrooms
- 1 red chile pepper
- 2 zucchinis
- 1 cup chopped green onions
- 3 sprigs rosemary
- 10 basil leaves
- 3 cloves garlic
- 1 cup olive oil
- 2 tbs white wine vinegar
- 2 tbs coarse sea salt
- 1 tsp sugar

- ⌚ Prep time: 40 minutes
- ⌚ Baking time: 20 minutes
- Calories per jar: About 540
- Keeps for: 3 months

1 | Rinse and clean vegetables. Cut up bell peppers. Cut tomatoes and mushrooms into quarters. Slit open chile pepper, remove seeds, and cut into strips. Cut zucchini into matchsticks. Cut up onions diagonally.

2 | Preheat oven to 400°F. Rinse rosemary and basil. Peel garlic and cut into matchsticks. Place vegetables and herbs on a baking sheet. Combine $\frac{1}{4}$ cup olive oil with vinegar, toss with vegetables, and season with salt and pepper. Bake in the oven (middle rack) for 30 minutes.

3 | Transfer vegetables to sterilized jelly jars, top up with olive oil, and seal.

- Goes well served with grilled or roast meat.

Savory Side Dish | Classic Mustard Vegetables

MAKES 4 JARS
(ABOUT 2 CUPS EACH)

- 3 lb vegetables (e.g., carrot sticks, cauliflower florets, celery, red bell pepper, diced zucchini, cherry tomatoes, shallots)
- Salt
- 4 tbs mustard seeds
- 2 cups white wine vinegar
- 2 in horseradish root
- $\frac{2}{3}$ cup Dijon mustard
- 2 tsp turmeric
- $\frac{3}{4}$ cup sugar
- 1 tbs cornstarch

- ⌚ Prep time: 50 minutes
- ⌚ Marinating time: 12 hours
- Calories per jar: About 330
- Keeps for: 3 months

1 | Clean vegetables and cut into bite-sized pieces. Cover with water and mix with 4 tablespoons salt. Refrigerate for 12 hours.

2 | Soften mustard seeds in 1 cup vinegar for 10 minutes, then bring to a boil. Drain vegetables, rinse, and drain. Blanch in salted water in batches until al dente, setting aside the water. Peel horseradish and shave into thin slices.

3 | In a large pot, combine mustard, turmeric, sugar, 3 teaspoons salt, $\frac{3}{4}$ cup vegetable water and mustard seeds. Bring to a boil and season to taste with remaining vinegar, salt, and sugar. Stir in cornstarch. Add vegetables and horseradish and bring to a boil. Transfer to sterilized jelly jars and seal immediately.

- Goes with roast beef, cold roast, and cheese.



Easy | Fast Dill Pickles

MAKES 3 JARS
(ABOUT 2 CUPS EACH)

- ▶ 2 cups small, thin cucumbers
- 1½ tbs salt
- ¼ cup white balsamic vinegar
- 1½ tbs white wine vinegar
- 1 cup sugar
- ½ tbs black peppercorns
- 1 tbs mustard seeds
- 1 bunch dill

- ⌚ Prep time: 30 minutes
- ▶ Calories per jar: About 360
- ▶ Keeps for: 6 months

1 | Peel cucumbers, cut in half lengthwise, and scrape out seeds. Cut the halves into ¾-inch slices.

2 | Combine 4 cups water, salt, balsamic vinegar, white wine vinegar, sugar, peppercorns and mustard seeds, and bring to a boil. Add cucumbers, return to a boil, and simmer for 5 minutes. Chop dill finely and add.

3 | Transfer cucumbers and liquid to sterilized jelly jars, seal, and let stand for 2–3 days before using.

▶ Variation:

Sweet Pickles

Thoroughly brush 4 lb cucumbers under running water and pierce on all sides with a fork. Transfer to a bowl, sprinkle with 5 tablespoons salt, cover with water, and let stand for 2 hours. Peel ¾ cup small onions, and cut larger onions in half.

Peel a 2-inch long piece of horseradish and 1 clove garlic and slice. Rinse 1 stalk rosemary and 1 stalk thyme and pat dry.

Remove cucumbers from saltwater, rinse, and pat dry. Combine cucumbers, onions, horseradish, garlic, herbs, 5 dill clusters, and ½ teaspoon peppercorns in sterilized canning jars.

Combine 2 cups vinegar, 3 cups water, 2½ tablespoons salt and ⅓ cup sugar, bring to a boil, and pour over cucumbers so they are completely covered. Seal jars and let stand for 4 weeks.

Fruity and Savory Cucumber Pineapple Relish

MAKES 3 JARS
(ABOUT ¾ CUP EACH)

- ▶ 1¾ cups cucumbers
- ¾ cup onions
- 1¾ cups pineapples
- 2 tsp green peppercorns (freeze-dried)
- 3 tsp salt
- ½ cup honey
- ½ cup white wine vinegar
- 1 tsp coriander
- 2 tsp ground mustard
- 1 tsp turmeric
- ¼ cup olive oil

- ⌚ Prep time: 40 minutes
- ▶ Calories per jar: About 280
- ▶ Keeps for: 6 months

1 | Peel cucumbers, cut in half lengthwise, scrape out seeds, and grate coarsely. Peel onions and chop finely. Peel pineapple, remove core, and cut into small cubes. Crush peppercorns.

2 | Combine prepared ingredients with salt, honey, vinegar and spices, and bring to a boil. Simmer for 10 minutes. Stir in olive oil. Transfer to sterilized jelly jars and seal.





Fruity and Spicy | Aromatic

Squash Ketchup

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- ▶ 1¾ lb kabocha squash (1¼ lb cleaned)
- 2 cups tomatoes
- 1¾ cups onions
- 3 cloves garlic
- 1 walnut-sized piece fresh ginger
- 2 tsp curry
- 1 tsp chili powder
- ½ cup cane sugar
- 2 tsp salt
- ½ cup white wine vinegar

- ⌚ Prep time: 30 minutes
- ⌚ Cooking time: 45 minutes
- ▶ Calories per jar: About 170
- ▶ Keeps for: 3 months

1 | Peel squash, remove seeds, and dice. Rinse tomatoes, cut into quarters, and remove cores. Peel onions, garlic and ginger, and chop.

2 | Combine prepared ingredients with spices and vinegar. Cover with ½ cup water and simmer for 45 minutes.

3 | Purée mixture in a blender and return to the pot. Season generously to taste with chili powder, salt, and sugar. Return to a boil, transfer to sterilized jelly jars, and seal immediately.

- ▶ Goes with grilled foods, cold pork roast, roast beef, and roast lamb.

TIP

This ketchup is a wonderful change from tomato ketchup. Children love it, too, but for them, use less or no chili powder.

Fruity | Autumnal

Squash Plum Jam

MAKES 5 JARS
(ABOUT 1¾ CUPS EACH)

- ▶ 2 cups red plums
- 2/3 lb kabocha squash (cleaned weight)
- 2 cups orange juice
- 1 vanilla bean
- 2 tsp ground ginger
- 2 cups gelling sugar (2:1)

⌚ Prep time: 45 minutes

- ▶ Calories per jar: About 490
- ▶ Keeps for: 6 months

1 | Rinse plums and cut away from pits in wedges. Peel squash, remove seeds, and grate coarsely. Slit open vanilla bean and scrape out pulp.

2 | Combine prepared ingredients with vanilla bean and orange juice and simmer for 15 minutes. Stir in ginger and gelling sugar and boil hard for 4 minutes. Let stand for 3 minutes. Transfer to sterilized jelly jars and seal immediately.

- ▶ Variation:

Squash Orange Jam

Instead of plums, use the flesh of 2 oranges. Replace ginger with ground cloves or coriander.

Spicy | Middle-Eastern Carrot Almond Dip

MAKES 3 JARS
(ABOUT ¾ CUP EACH)

- 2 cups carrots
- 1 tart apple (about 1 cup)
- 3½ tbs fresh ginger
- 1 tsp fennel seeds
- ½ cup white wine vinegar
- ¾ cup honey
- 1 tsp coriander
- 1 tbs salt
- 1 tbs Tabasco sauce
- ¼ cup ground almonds

- ⌚ Prep time: 50 minutes
- Calories per jar: About 400
- Keeps for: 1 year

1 | Peel carrots and slice. Peel apple, remove core, and dice. Peel ginger and chop finely. Combine all ingredients except Tabasco and almonds with ½ cup water and bring to a boil.

2 | Simmer carrots for 15 minutes, then purée in a blender. Return to the saucepan and reheat. Stir in almonds and Tabasco. Transfer to sterilized jelly jars and seal.

Middle-Eastern | For a Buffet Savory Carrots

MAKES 2 JARS
(ABOUT 2 CUPS EACH)

- 2 lb carrots
- 2 tbs salt
- 5 dried chile peppers
- 3 tbs sugar
- ½ cup white wine vinegar
- 2 tbs mustard seeds
- 1 tsp cumin
- 2 tsp turmeric
- 2¼ cups olive oil

- ⌚ Prep time: 30 minutes
- Calories per jar: About 400
- Keeps for: 3 months

1 | Peel carrots and cut lengthwise into quarters. Combine 4 cups water, salt, chile peppers, sugar and vinegar, and bring to a boil. Add carrots and blanch for 3–5 minutes. Drain.

2 | Crush mustard seeds and cumin in a mortar. Heat oil and stir in spices. Transfer carrots to sterilized jelly jars, add oil, and seal.

- Goes with meat, pâtés, or cheese.

Fruity | Elegant Carrot Citrus Jam

MAKES 5 JARS
(ABOUT 1 CUP EACH)

- 1 cup carrots
- 1 organic lemon
- 1 grapefruit
- 2 cups orange juice
- 1 envelope gelatin for 2 lb fruit
- 1½ cups sugar
- ¼ cup dry vermouth (e.g., Noilly Prat)

- ⌚ Prep time: 30 minutes
- Calories per jar: About 400
- Keeps for: 6 months

1 | Peel carrots and grate coarsely. Using a zester, remove zest from lemon peel. Squeeze juice from lemon and grapefruit. Add orange juice until you have 3¼ cups juice. Stir in gelatin and sugar.

2 | Combine juice, carrots and sugar, bring to a boil, and boil hard for 4 minutes. Add vermouth and let stand for 3 minutes. Then transfer to sterilized jelly jars and seal immediately.



Spicy | Asian

Spicy Bell Pepper Sauce

MAKES 3 JARS
(ABOUT 1 CUP EACH)

- 2 cups red bell peppers
- 2/3 cup chile peppers
- 2 onions
- 4 cloves garlic
- 2/3 cup olive oil
- 3 anchovy fillets
- 4 limes
- 2 tsp tamarind extract
(Asian market)
- 3 tbs cane sugar
- 1/4 cup fish sauce
(Asian market)

- ⌚ Prep time: 40 minutes
- Calories per jar: About 500
- Keeps for: 6 months

1 | Rinse bell peppers and chile peppers, clean, remove seeds and interiors, and chop coarsely. Peel onions and garlic and cut into pieces. Combine all these ingredients and oil in a blender and purée finely. Rinse anchovy fillets, pat dry, and chop finely.

2 | Squeeze juice from limes and measure out 1/4 cup juice.

Transfer purée to a saucepan and add tamarind extract, sugar, fish sauce, lime juice, and anchovies. Bring to a boil while stirring and simmer for 15 minutes. Transfer to sterilized jelly jars and seal immediately.

- Goes well with grilled foods and cold roasts; can also be used to refine sauces.

Aromatic | For a Buffet

Bell Peppers in Spiced Oil

MAKES 2 JARS
(ABOUT 1 3/4 CUPS EACH)

- 2 lb red bell peppers
- 1 1/4 cups olive oil
- 5 anchovy fillets
- 1 cup white wine vinegar
- 2 tbs small capers

- ⌚ Prep time: 1 hour
- Calories per jar: About 1030
- Keeps for: 1–2 months

1 | Preheat oven broiler to the highest setting. Rinse bell peppers, cut into quarters, and clean. Place quarters on a baking sheet and broil in the oven until the peel is

black and blistered. Cover with a damp cloth and let cool slightly, then peel.

2 | In the meantime, heat oil. Rinse anchovies, pat dry, chop, and simmer in oil while stirring until they disintegrate.

3 | Combine vinegar and 1 cup water and bring to a boil. Add bell peppers, return to a boil, and blanch for 1 minute. Remove and drain on paper towels. (Refrigerate vinegar and use for salad dressings.)

4 | In sterilized jelly jars, arrange bell peppers and capers in alternating layers, adding a little oil with each layer. Finish by pouring on oil, making sure no air pockets form. Seal jars and marinate for at least 1 week. These peppers make a delicious appetizer, are great on sandwiches, and as a side dish with grilled foods.





Easy | For a Buffet

Lemon Mushrooms

MAKES 2 JARS
(ABOUT 2 CUPS EACH)

- 2 lb oyster mushrooms
- 4 cloves garlic
- 3 organic lemons
- ½ cup white wine vinegar
- ¼ cup olive oil
- 4 bay leaves
- 1 tbs sea salt
- 1 tbs sugar
- 2 tsp fennel seeds

- ⌚ Prep time: 40 minutes
- Calories per jar: About 390
- Keeps for: 6 months

1 | Clean oyster mushrooms and cut into strips. Peel garlic and cut into matchsticks. Rinse lemon, wipe dry, and remove long, thin, spiral-shaped strips from the peels of 2 lemons. Squeeze juice from lemons.

2 | Combine vinegar, oil, 1¾ cups water, juice, lemon peel, and all spices, bring to a boil and simmer for 3 minutes. Add mushrooms and cook for 10 minutes. Remove

lemon peel. Transfer to sterilized jelly jars and seal.

- Variation:

Port Wine Mushrooms with Dried Tomatoes

Combine 1¾ cups balsamic vinegar, 1¼ cups port wine, ¼ cup olive oil, 1 teaspoon black peppercorns, 5 peeled garlic cloves, 4 sprigs thyme and 3 teaspoons salt, and simmer for 5 minutes.

Clean 2 cups small mushrooms, cutting in half if necessary, combine with ¼ cup dried tomatoes (not the type in oil), and cook in liquid for 5 minutes. Transfer to sterilized jelly jars and seal immediately.

Sophisticated |
For Company

Chanterelles in Olive Oil

MAKES 4 JARS
(ABOUT 1 CUP EACH)

- 2 cups chanterelle mushrooms
- 5 cloves garlic
- 4 sprigs rosemary
- 2¼ cups white wine vinegar
- 1 tsp peppercorns
- 3 tsp salt

Olive oil for topping up jars (about 1¾ cups)

- ⌚ Prep time: 35 minutes
- Calories per jar: About 650
- Keeps for: 3–4 months

1 | Clean chanterelles and cut into coarse pieces. Peel garlic and cut into matchsticks. Rinse rosemary.

2 | Combine vinegar, ⅔ cup water, all spices and salt, bring to a boil, and simmer for 3 minutes. Add mushrooms and cook for 3 minutes.

3 | Remove mushrooms and transfer mushrooms and garlic to sterilized jelly jars. Top up with oil and seal immediately.

- Variation:

Marinated Porcini

Clean smallest possible porcini mushrooms, cut in half or quarters, and process like chanterelles. Instead of rosemary, use three fresh bay leaves.

TIP Use mushroom oil in dressings for Mediterranean green and vegetable salads.

Classic | Delicately Tart

Strawberry Rhubarb Jam

MAKES 6 JARS
(ABOUT 1 CUP EACH)

- 2 cups rhubarb
- 2 cups strawberries
- 1 vanilla bean
- 1 organic lemon
- 2 cups gelling sugar (2:1)

- ⌚ Prep time: 30 minutes
- Calories per jar: About 370
- Keeps for: 6 months

1 | Rinse rhubarb, trim ends, and strip long fibers from stalks. Cut into pieces. Rinse strawberries, remove stems, and cut in half. Slit open vanilla bean and scrape out pulp. Remove a very thin layer of lemon peel and squeeze out juice.

2 | In a pot, combine all prepared ingredients with gelling sugar. Bring to a boil and boil hard for 4 minutes. Remove vanilla bean and lemon peel. Let stand for 3 minutes, then transfer to sterilized jelly jars, and seal.

➤ Variation:

Rhubarb Riesling Jelly

Combine and boil fruits as described above without sugar and lemon juice. Line a colander with a cloth, pour in fruit, and drain for several hours. Top up juice with Riesling until you have 4 cups of liquid. Add lemon juice and 2 cups gelling sugar (2:1) and boil hard for 4 minutes. Transfer to jars as described above.

Sweet and Savory |
For Gourmets

Rhubarb Chutney

MAKES 3 JARS
(ABOUT ¾ CUP EACH)

- ½ cup dried apricots
- 2 cups rhubarb
- 1 orange
- 1 red chile pepper
- 1 tsp dried, ground orange peel
- 1 tsp ground mustard
- 1¼ cups wine vinegar
- 1 cup cane sugar
- 1 stick cinnamon
- 5 allspice berries

- ⌚ Prep time: 1 hour
- ⌚ Soaking time: 12 hours
- Calories per jar: About 440
- Keeps for: 6 months

1 | Pour 2 cups boiling water over apricots and soak overnight.

2 | Chop apricots finely. Rinse rhubarb, clean, and cut into small pieces. Squeeze juice from orange. Slit open chile pepper, remove seeds and interiors, and cut into fine rings.

3 | In a wide pot, combine all prepared ingredients with orange peel, ground mustard, vinegar, sugar, cinnamon and allspice berries, and bring to a boil. Simmer over low heat for 45 minutes while stirring frequently until the chutney is thick and syrupy. Be careful, because it burns easily toward the end. Transfer to sterilized jelly jars and seal.

- Goes well with grilled meat and, especially, with hard cheese.



Savory | Classic Pickled Beets

MAKES 3 JARS
(ABOUT 2 CUPS EACH)

- 3¼ cups beets
- 2 cups apple cider vinegar
- 1 tsp allspice berries
- 1 tsp black peppercorns
- 2 tsp juniper berries
- 2 tsp salt
- 2 tbs sugar
- ¼ cup fresh horseradish root
- ¼ cup raisins

- ⌚ Prep time: 30 minutes
- ⌚ Cooking time: 40 minutes
- Calories per jar: About 200
- Keeps for: 3 months

1 | Boil unpeeled beets for 30–40 minutes without letting them become too soft. Combine vinegar, 1 cup water, allspice, pepper, juniper berries, salt and sugar, and bring to a boil. Peel horseradish and cut into thin slices.

2 | Drain beets, peel, and cut into slices the thickness of a finger. Combine beets, horseradish and raisins, and transfer to sterilized jelly jars.

Return vinegar liquid to a boil and pour through a strainer. Pour into jars and seal immediately.

- Goes well with cold roast and smoked foods.

Savory | Easy Beet Compote

MAKES 3 JARS
(ABOUT 1 CUP EACH)

- 1 cup beets
- Salt
- 1 tart apple (about ¾ cup)
- 3 cloves garlic
- ¼ cup raisins
- ¾ cup red wine vinegar
- ½ cup apple juice
- ½ cup brown sugar
- 1 tsp cayenne pepper

- ⌚ Prep time: 30 minutes
- ⌚ Cooking time: 40 minutes
- Calories per jar: About 260
- Keeps for: 6 months

1 | Boil beets for in salted water for 30–40 minutes until tender. In the meantime, rinse apple, peel, cut into quarters, remove cores, and dice apple quarters. Peel garlic and cut into

matchsticks. Combine with the other ingredients.

2 | Drain beets, rinse under cold water, peel, and grate coarsely. Combine with other ingredients, bring to a boil, and reduce for 15 minutes while stirring until thick. Transfer to sterilized jelly jars and seal immediately. This compote goes with meat, grilled foods, dark roasts, or cheese.

- Variation:

Beet Compote with Mint

Cook and grate 1 cup beets. Finely chop 1 onion and braise in a little oil until translucent. Add beets. Using a zester, remove zest from 1 organic orange and squeeze out juice. Add zest and juice to beets and season with salt and pepper. Reduce while stirring until thick. Finally, stir in finely chopped leaves from 2–3 mint sprigs and return to a boil. Transfer to jars and seal immediately.



Classic | Easy

Tomato Sauce

MAKES 2 JARS
(ABOUT 2 CUPS EACH)

- 2 lb tomatoes
- 2 onions
- 4 cloves garlic
- 1 bunch basil
- ¼ cup olive oil
- Salt
- Freshly ground black pepper
- 2 tbs balsamic vinegar

- ⌚ Prep time: 50 minutes
- Calories per jar: About 200
- Keeps for: 2–3 months

1 | Pour boiling water over tomatoes and let stand for 2 minutes. Peel, cut into quarters, and remove cores. Peel onions and garlic and chop finely. Rinse basil and remove leaves.

2 | In a large pot, heat olive oil and braise onions and garlic until translucent. Add tomatoes and simmer for 20 minutes until the sauce thickens.

3 | Add basil and simmer for 5 minutes. Season to taste with salt, pepper, and balsamic vinegar. Transfer to sterilized jelly jars and seal.

- Goes with pasta as a quick pasta sauce, but also with steak and grilled meat or fish.

➤ Variations:

Alla Pizzaiola

Instead of basil, use oregano. Add and simmer with 1 chopped chile pepper and ½ cup pitted black olives.

With Capers and Anchovies

Instead of basil, stir in 1 tablespoon thyme leaves, 2 tablespoons small capers, and 1 tablespoon chopped anchovy fillets. Instead of vinegar, season to taste with lemon juice.

Takes More Time |
Aromatic

Dried Tomatoes

MAKES 2 JARS
(ABOUT 1 CUP EACH)

- 2 lb plum tomatoes
- Coarse sea salt
- Freshly ground pepper

- 1 tsp sugar
- 2 tsp dried oregano
- ¾ cup olive oil

- ⌚ Prep time: 15 minutes
- ⌚ Baking time: 2–3 hours
- Calories per jar: About 650
- Keeps for: 2–3 months

1 | Rinse tomatoes, cut into quarters, and remove seeds. Line 2 baking sheets lined with aluminum foil. Distribute tomatoes on baking sheets and season with salt, pepper, sugar, and oregano.

2 | Dry tomatoes in the oven at 225°F for 2–3 hours, leaving the oven door cracked open. Remove and let cool. Layer in sterilized jelly jars, cover with oil, and seal. These tomatoes are delicious drained as an appetizer on toasted white bread or with cream cheese or ricotta cheese.



Tangy | For a Buffet

Port Wine Shallots

MAKES 2 JARS
(ABOUT 2 CUPS EACH)

- 3¼ cups shallots (may substitute small onions)
- ¼ cup olive oil
- ¼ cup sugar
- ½ cup vinegar
- ¾ cup red wine
- ¾ cup port wine
- 3 bay leaves
- 4 dried chile peppers
- 2 tsp salt

- ⌚ Prep time: 20 minutes
- Calories per jar: About 640
- Keeps for: 6 months

1 | Peel shallots. Heat olive oil and brown shallots. Add sugar and continue sautéing while stirring until it caramelizes.

2 | Add shallots, vinegar, red wine, port wine, bay leaves and chile peppers, and simmer for 10 minutes, without letting the shallots become too soft. Transfer to sterilized jelly jars and seal.

- Variation:

Pickled Onions

Peel 3¼ cups small onions. Combine 2 cups white wine vinegar, 1 cup sugar, ¾ cup water, 2 teaspoons salt, 2 teaspoons mustard seeds and 1 tablespoon coriander seeds, and bring to a boil. Blanch onions in marinade for 3 minutes, then transfer to sterilized jelly jars. Return marinade to a boil, beat in ¼ cup olive oil, and pour into jars. Seal immediately and let stand for at least 2 weeks. Excellent with cold roasts, hard cheese, or blue cheese.

Easy | Spicy

Onion Mustard Sauce

MAKES 3 JARS
(ABOUT ¾ CUP EACH)

- 2 cups onions
- 1 organic orange
- ¾ cup white wine vinegar
- ½ cup honey
- 2 tsp salt
- 5 tbs ground mustard

- ⌚ Prep time: 30 minutes
- Calories per jar: About 170
- Keeps for: 6 months

1 | Peel onions and dice coarsely. Using a zester, remove zest from orange peel and squeeze out juice.

2 | In a saucepan, heat vinegar, honey, and orange juice. Add onions and simmer for 5–10 minutes until tender. Purée mixture in a blender.

3 | Return onions to the saucepan and bring to a boil. Stir in salt and ground mustard. When the ground mustard expands, gradually stir in orange juice, making sure the sauce remains thick. Transfer to sterilized jelly jars and seal.

- Goes with cold roasts, fish, or cheese.



A

Alcohol [8](#)
Allspice [9](#)
Almond carrot dip [46](#)

Apple

compote [4](#)
jelly [14](#)
juice and pear, concentrated [7](#)
sauce, savory [14](#)
sauce with maple syrup [14](#)
savory jelly [14](#)

Apricot

jam [16](#)
tomato chutney [16](#)

B

Balsamic vinegar zucchini [38](#)
Basil, chile [10](#)

Beet(s)

compote [54](#)
compote with mint [54](#)
pickled [54](#)

Bell pepper(s)

in spiced oil [48](#)
spicy sauce [48](#)

Blackberry

citrus jelly [22](#)
jam [22](#)

C

Canning spices [9](#)
Cardamom [9](#)

Carrot(s)

almond dip [46](#)
citrus jam [46](#)
savory [46](#)

Chanterelles in olive oil [51](#)

Cherry(ies)

compote [24](#)
savory sweet [24](#)
sour jam [24](#)
vodka [24](#)

Chestnuts in lemon syrup [26](#)

Chile

basil [10](#)
peppers [9](#)
sweet-and-sour peppers [37](#)

Chutney

apricot tomato [16](#)
mango cranberry [29](#)
rhubarb [52](#)

Cinnamon [9](#)

Citrus

blackberry jam [22](#)
carrot jam [46](#)

Cloves [9](#)

Compote

apple [4](#)
beet [54](#)
beet with mint [54](#)
cherry [24](#)

Concentrated pear and
apple juice [7](#)

Cranberry

mango chutney [29](#)
mango jam [29](#)

Cucumber pineapple relish [42](#)

Currant

melon jam [21](#)
red and black jelly [21](#)
tomato jam [21](#)

D/E

Dip, carrot almond [46](#)
Eggplant, stuffed [38](#)

Elderflower

jelly [7](#)
syrup [7](#)

Equipment [5](#)

F/G

Fruits, savory [11](#)

Garlic

in oil [37](#)
wild- tomato paste [10](#)

Gelling sugar [6](#)

Ginger [9](#)

H

Herb paste [10](#)
Honey [6](#)

J

Jam

apricot [16](#)
blackberry [22](#)
blackberry citrus [22](#)
carrot citrus [46](#)
cranberry mango [29](#)
currant melon [21](#)
currant tomato [21](#)
plum walnut [34](#)
quince jam [30](#)
raspberry, uncooked [13](#)
sour cherry [24](#)
squash orange [45](#)
squash plum [45](#)
strawberry [13](#)
strawberry rhubarb [52](#)

Jelly

apple [14](#)
berry [21](#)
elderflower [7](#)
orange compare [7](#)
pear rooibus [18](#)
red and black currant [21](#)
rhubarb Riesling [52](#)
rowanberry pear [32](#)
savory apple [14](#)
Juice, concentrated pear
and apple [7](#)
Juicing [7](#)

K/L

Ketchup, squash [45](#)
Kiwi pineapple salsa [22](#)

Lemon

chestnuts in syrup [26](#)
mushrooms [51](#)
Liqueur [11](#)

M

Mango

cranberry chutney [29](#)
cranberry jam [29](#)

Maple

syrup [6](#)
syrup with applesauce [14](#)
Melon currant jam [21](#)

Mint, beet compote with [54](#)

Mushrooms

chanterelles in olive oil [51](#)

lemon [51](#)

marinated porcini [51](#)

port wine with dried

tomatoes [51](#)

Mustard

onion sauce [58](#)

seeds [9](#)

vegetables [40](#)

O

Oil(s)

about [8](#)

bell peppers in spiced [48](#)

garlic in [37](#)

seasoning [10](#)

Onion(s)

mustard sauce [58](#)

pickled [58](#)

Orange(s)

campari jelly [2](#)

plum sauce with [34](#)

quince jam [30](#)

squash jam [45](#)

P

Paste

herb [10](#)

wild-garlic tomato [10](#)

Pear(s)

and apple juice, concentrated [2](#)

rooibus jelly [18](#)

rowanberry jelly [32](#)

saffron [18](#)

spicy [18](#)

Pepper [9](#)

Pickled

beets [54](#)

onions [58](#)

quinces [30](#)

Pickles

dill [42](#)

sweet [42](#)

Pineapple

cucumber relish [42](#)

kiwi salsa [22](#)

Plum(s)

red wine [34](#)

sauce with oranges [34](#)

squash jam [45](#)

walnut jam [34](#)

Porcini, marinated [51](#)

Preserves, spicy [10–11](#)

Preserving [6–7, 8](#)

Q

Quince(s)

about [30](#)

orange jam [30](#)

pickled [30](#)

R

Raspberry jam, uncooked [13](#)

Relish, cucumber pineapple [42](#)

Rowanberry(ies)

about [32](#)

pear jelly [32](#)

sauce [32](#)

Rhubarb

chutney [52](#)

Riesling jelly [52](#)

strawberry jam [52](#)

Rum pot [11](#)

S

Saffron pears [18](#)

Salsa kiwi pineapple [22](#)

Salt [8](#)

Sauce

onion mustard [58](#)

plum with oranges [34](#)

rowanberry [32](#)

spicy bell pepper [48](#)

tomato [56](#)

Shallots, port wine [58](#)

Squash

ketchup [45](#)

orange jam [45](#)

plum jam [45](#)

Strawberry

jam [13](#)

rhubarb jam [52](#)

Sugar

beet [6](#)

cane [6](#)

gelling [6](#)

Syrup

apricots in tea [16](#)

chestnuts in lemon [26](#)

elderflower [2](#)

maple [6](#)

maple with applesauce [14](#)

T

Tea syrup in apricots [16](#)

Tomato(es)

apricot chutney [16](#)

currant jam [21](#)

dried [56](#)

paste, wild-garlic [10](#)

port wine mushrooms

with dried [51](#)

sauce [56](#)

V

Vanilla [9](#)

Vegetables

mustard [40](#)

summer [40](#)

Vinegar

about [8](#)

balsamic zucchini [38](#)

flavoring [11](#)

W/Z

Walnut(s)

aperitif [26](#)

green in syrup [26](#)

plum jam [34](#)

Wine

port, mushrooms with

dried tomatoes [51](#)

port, shallots [58](#)

red plums [34](#)

Zucchini, balsamic vinegar [38](#)

CREDITS

The Author

For many years, Birgit Rademacker has been managing editor for cookbooks. She is a passionate cook herself and has already published a book on country cooking. In her latest book, this canning expert has chosen to publish her personal, best recipes, tips, and tricks.

The Photographer

After completing his studies at a photography school, Michael Brauner worked as an assistant to renowned photographers in Europe before striking out on his own in 1984. His unique, atmospheric style, coming out of his studio, is highly valued by advertising firms and book publishers.

Photo Credits

Cover photo: Jörn Rynio,
Hamburg

All others: Michael Brauner

Acknowledgments

A special thanks for the kind support of the Leifheit Company, who provided the “canning tools” and jars for photo shoots.

ABBREVIATIONS

lb = pound
oz = ounce
qt = quart
tsp = teaspoon
tbs = tablespoon

Published originally under the title *Einmachen: Genuss fürs ganze Jahr* © 2004 Gräfe und Unzer Verlag GmbH, Munich. English translation for the U.S. market © 2005 Silverback Books, Inc.

All rights reserved. No part of this book may be reproduced in any form without the written permission of the publisher.

Program director: Doris Birk
Managing editor: Birgit Rademacker, Lisa Tooker (US)

Translator: Christie Tam

Editor: Susanne Klug,
Stefani Poziombka

Reader: Bettina Bartz

Layout, typography and design: Independent Medien Design, Munich

Typesetting: Verlagssatz

Lingner

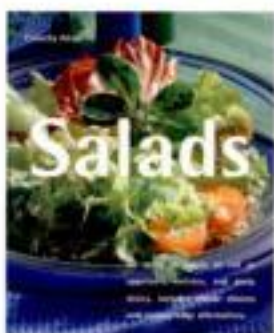
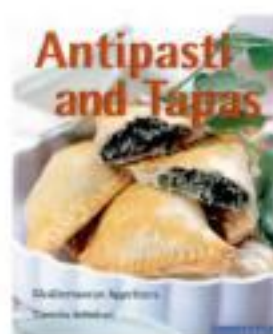
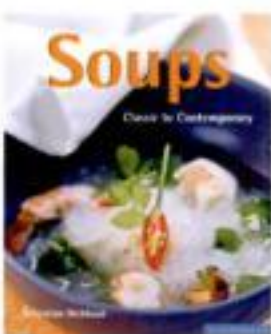
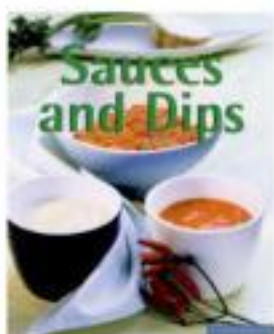
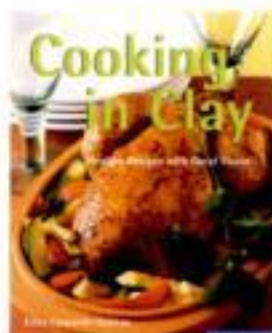
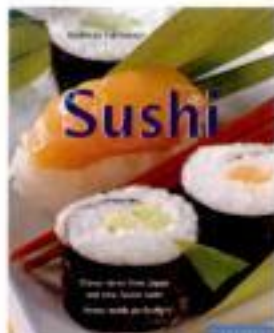
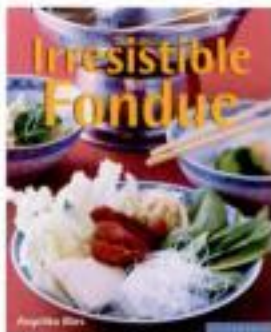
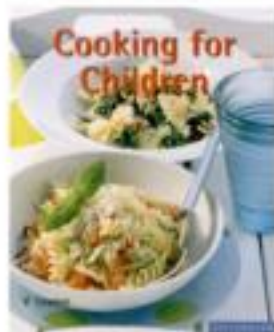
Production: Gloria Pall and
Patty Holden (US)

Reproduction: Repro
Ludwig, Zell am See

ISBN 1-59637-041-6

Printed in China

Enjoy Other Quick & Easy Books



FRUITS AND VEGETABLES

- Use fresh, fully ripe seasonal fruits and vegetables.
- Overripe, partially spoiled or withered ingredients are unsuitable.

Guaranteed Perfect Canning and Preserves

PREPARING JARS

- Check jars for cracks and chipped rims.
- Wash jars thoroughly, then sterilize in the oven at 225°F for 5–10 minutes or in the microwave at the highest setting for 2 minutes.
- Dented lids on screw-top jars no longer provide an airtight seal, but you can buy new lids separately.

FOAM FORMATION WHILE REDUCING

- Be sure to skim off the foam, because the tiny bubbles are an ideal breeding ground for bacteria, thus shortening the shelf life.
- Adding a little fat prevents or reduces foam formation.



GELLING TEST

- This is very important if you use fruits that are very ripe or low in pectin.
- Before transferring to jars, place a dollop of the hot fruit mixture on a cold saucer. If it gels, it's ready for jars.
- If it remains runny, stir a packet of citric acid into the fruit mixture and return it to a boil.

Copyrighted material

▶ LEMON JUICE

- ▶ Lemon juice and citric acid intensify the natural acidity and unique flavor of fruits.
- ▶ This acidity promotes gelling in jams and jellies.

▶ CLEAR JELLY

- ▶ Schedule sufficient time for juicing. Do not squeeze fruit or squeeze only slightly, otherwise the juice will be cloudy.
- ▶ When boiling jelly, skim off the foam.

10 Tips for Success

▶ TRANSFERRING TO JARS

- ▶ Before transferring to jars, let jams stand in the pot for 5 minutes so the fruit pieces won't rise to the top of the jars later on.

▶ JAMS WITH ALCOHOL

- ▶ When adding alcohol to refine the flavor, always wait till the end of the cooking process.
- ▶ Alcohol interferes with gelling, because it reacts with the pectin and halts its effects.

▶ TRANSFERRING TO JARS

- ▶ Remove air bubbles from the fruit mixture with a spoon.
- ▶ Fill jars to the very top; the less oxygen in the jar, the longer the shelf life.
- ▶ Stand sealed jars upside-down for 5 minutes. This will make the seal especially tight.

▶ CHUTNEY

- ▶ You know chutney is sufficiently reduced when a line drawn with a wooden spoon across the bottom of the pot remains visible for a short time.
- ▶ Chutney won't turn as dark if you add the sugar last.

Preserves and Canning

Enjoy Fresh Fruits and Vegetables Anytime

Are you longing for your grandma's homemade jam but don't have the recipe? Fear not. You can enjoy ripe strawberries and fresh squash all-year round—and it's easy and fun! Learn the ABCs of canning and preserving and how to take fruits and vegetables—some sweet, some savory—from the vine to your pantry and, finally, enjoy on your table. With this book, you'll learn how to can Applesauce, Red Wine Plums, and a colorful jumble of Mustard Vegetables. With helpful tips on spices and flavorings with vinegar, you'll find everything you need for canning and preserving success.



- > **Introduction:** The ABCs of preserves and canning
- > **Basic Recipe:** How to flavor vinegar
- > **Equipment:** Everything you need for preserves and canning

U.S. \$8.95



Copyrighted material