

The
Complete Guide
— to —
**PRESSURE
CANNING**

BONUS CHAPTER

FRUIT

— ❁ **DIANE DEVEREAUX** ❁ —
The Canning Diva®



BONUS CHAPTER

PRESSURE CANNING FRUIT

THINK WATER BATH CANNING is the only way to preserve fresh fruit? Think again! Pressure canning fruit actually takes less time and yields more jars of home-canned fruit, sauces, and chutneys. Here, you'll find basic instructions for pressure canning whole fruits in water, syrup, and even booze, as well as nine recipes to stock in your pantry year-round.

Trust me: In early spring, when you're pining after warmer weather, nothing is better than Vanilla Bean Peaches (page 13) with a scoop of ice cream. And then there's home-made applesauce (four different flavors) and chutneys that are great as sweet snacks, side dishes, and meal enhancers throughout the year.

Pressure Canning vs. Water Bathing Fruit

Some may argue that it takes longer to pressure can fruits, and that, by doing so, you render them mushy and much more muted in color. The misconception is that you must process fruits at the same pressure and time as you would vegetables. We have been conditioned to think that everything must be processed at 10 PSI. I can understand why many would fear the outcome if they exposed fruit to 240°F for any length of time. I certainly don't want my peaches looking like orange mashed potatoes. Gross!

Thankfully, pressure canners offer other temperature ranges. At 5 PSI, we are only increasing the temperature to 227°F, which is 15°F above boiling water temperature. It is hot enough to kill harmful bacteria in acidic foods and allows us to decrease the processing time. This is huge for those of us who want to retain as much nutritional value in our home-canned foods as possible. In the end, because we are exposing fruit to heat for less time, we retain nutrients and essential vitamins that are typically lost due to excessive heat exposure.

But doesn't it take longer to pressure can fruits? Not necessarily.

Let's take peaches, for example. It takes 30 minutes to process raw-packed peaches in a water bath at 212°F. On the other hand, it takes only 10 minutes to process raw-packed peaches in a pressure canner at 227°F. Let's break it down:

START-UP TIME

When using a water bath, we must cover the filled jars with 2 inches of water because we rely on the temperature of the water to kill harmful bacteria within the food. It takes upwards of 25 to 30 minutes to get a canner full of quarts covered in 2 inches of water to a full rolling boil. When using a pressure canner, it takes less than 10 minutes to get 3 quarts of water to boil, and then 10 minutes to vent. At start-up, we have already saved more than 10 minutes using a pressure canner.

PROCESSING TIME

To safely process peaches in a water bath, we must keep them at a full rolling boil for 30 minutes. In a pressure canner, we can reduce the processing time to 10 minutes. We have now cut processing time down by 20 minutes.

COOL DOWN TIME

Once a water bath is complete, we shut off the burner and let the canner rest for 5 to 10 minutes to avoid interrupting the vacuum process and

STRAWBERRIES AND HIGH HEAT DON'T MIX

When delicate strawberries are exposed to high heat for too long, they lose their gorgeous red color and often turn brown—and they can easily get scorched if left unattended while cooking on a high heat setting. When making traditional strawberry jam, if the jam does not thicken while stirring and is exposed to high heat for longer than 10 minutes, it breaks down and often becomes brown while sitting on your pantry shelf. Because a pressure canner exceeds boiling water temperatures, it accelerates the destruction of this precious berry's color and integrity, transforming it into brown mush. For this reason, pressure canning strawberries is not recommended.

to allow the foods to calm down and contract. When processing fruit in a pressure canner, we must let the pressure return to 0 PSI, which takes 10 to 15 minutes, and then another 5 minutes to let the food rest before removing the jars from the canner. In this step, we credit saving time to the water bather and lose roughly 10 minutes when pressure canning.

OVERALL TIME SAVINGS

In total, when you add the start-up and processing time savings and subtract the time lost in cool down, you ultimately save 10 minutes using a pressure canner. Further, by processing peaches for 20 minutes less, we maintain the integrity of the peach and lose less nutrients by decreasing processing time by 30 percent.

WHY I PRESSURE CAN FRUITS

Here are reasons why I choose to use a pressure canner over a water bather to can fruits:

1. It takes less time to heat 3 quarts of water in a pressure canner and vent for 10 minutes than it does to bring a water bather full of quart jars covered in 2 inches of water.
2. I can double-stack my pints, yielding 16 to 18 pints in one pressure canner versus only fitting 8 to 9 pints in a water bather.
3. I am exposing my fruit to a slightly higher temperature for less time, therefore retaining more nutrients in my food.
4. I made the financial investment when purchasing a pressure canner, I might as well use it and get my money's worth!

Now that's not to say I pressure can everything, because the reality is we will always have two methods of processing.

Here are instances when a water bather is preferable:

- Strawberries, for instance, can barely handle 212°F let alone higher heat without turning brown and mushy.
- Fermented and pickled foods do not handle 212°F well, and stay crisp longer when pasteurized at 180°F to 185°F for 30 minutes.
- If processing time only differs slightly between the two appliances, I will likely choose the path of least resistance and water bathe.

Preparing Fruit for Canning

Regardless of the type of fruits you are preserving, always select the highest-quality, being sure not to use overripened, damaged, diseased, moldy, or bruised fruit. All fruits should be washed and rinsed before prepping. Make your own cleaning solution by mixing together 1 cup of distilled white vinegar and 1 gallon of water; this will kill bacteria and mold, especially on soft-skinned fruits like peaches.

CITRIC ACID BATH

The same enzymes that cause fruits to ripen also cause them to brown after they are cut and peeled. To keep your fruit from turning brown during preparation, create a citric acid bath, using ½ cup of bottled lemon juice for every 8 cups of water. Set a bowl of this solution next to your cutting board, and drop in the fruit pieces as soon as they are peeled and chopped according to the recipe instructions. When you're ready to pack the jars, simply strain the fruit in a colander and shake off the excess citric acid water, then pack into jars according to the recipe. There is no need to rinse the fruit again, as the minute amount of lemon juice will not be detected in the finished product.

BLANCHING AND PEELING

Many fruits are better preserved without their skins. Hand peeling is not always practical, so blanching the fruit is recommended. Here is a quick guide to blanching fruit, like peaches or plums, to remove the skin:

1. Fill a large stockpot halfway with water and bring it to a rolling boil.
2. Using a paring knife, score a 1-inch “X” into the bottom of each piece of fruit.
3. Fill your sink, or a large bowl, with ice water.
4. Working in small batches, carefully lower the scored fruit into the boiling water using a blanching basket or slotted spoon. Let the water come back to a boil and blanch the fruit until the skin starts to crack, 40 to 60 seconds. Remove the individual fruit using a slotted spoon or by lifting the blanching basket, and immediately place the fruit in ice cold water.
5. When the fruit is cool enough to handle, remove it from the ice water and peel off the skin, starting with the “X” at the bottom of each piece.

SIMPLE SYRUP

Simple syrup is a delicious way to enhance the flavor and maintain the vibrant color of fruit when canning. A heavier syrup contains more sugar and less water, while a very light syrup uses more water and a limited amount of sugar. Of course, if you must watch your sugar intake and are on a low-glycemic diet, there are other options: agave nectar, honey, and maple syrup can all be used to make syrup for canning, or you can use an unsweetened natural fruit juice like apple, pineapple, or grape juice. If you use fruit juice, adding water is not necessary. You’ll need roughly 1½ cups of syrup or juice per quart jar to cover the fruit, and ¾ cup to 1 cup to cover the fruit in pint jars.

Use this handy chart and the instructions that follow to create a simple syrup with your desired level of sweetness:

SIMPLE SYRUP FOR CANNING FRUIT			
SYRUP TYPE	SUGAR	WATER	APPROX. YIELD
Super-Light	½ cup	5 cups	5½ cups
Very-Light	1¼ cups	5½ cups	6½ cups
Light	2½ cups	5½ cups	6¾ cups
Medium	3½ cups	5 cups	7⅓ cups
Heavy	4½ cups	4½ cups	7½ cups

To make simple syrup with sugar (for measurements, refer to the chart on page 4):

Combine the above-mentioned sugar and water in a deep pot or medium saucepan and bring the mixture to a boil over medium heat, stirring constantly to make sure the sugar is fully dissolved. As soon as it begins to boil, reduce the heat to low and simmer for 1 minute, then remove the pot from the heat. Cover the pot to keep the syrup warm while you fill your jars.

To make simple syrup with sweeteners like honey, agave nectar, or maple syrup:

Combine 4 cups of water and 2 cups of sweetener in a deep pot or medium saucepan and bring to a boil over medium heat. Boil for 1 minute, then remove the pot from the heat. Cover to keep the syrup warm while you fill your jars. This makes about 6 cups of syrup.

DRUNKEN FRUITS

Spirits such as rum, brandy, and various flavored liqueurs can bring out the full flavor of fruit. Drunken fruits are useful in cooking, making cocktails, glazing meats, and topping desserts like cheesecake and ice cream. The syrup made for drunken fruits is thicker and resembles that of heavy syrup. To make syrup for drunken fruits, follow the instructions for simple syrup on this page, using 1 cup of sugar and 2 cups of water.

To make drunken fruits, pack the prepared fruit in half-pint jars, keeping a 1 inch headspace. Add liquor using the chart below, then cover the fruit with the syrup keeping a ½ inch of headspace. Remove any air bubbles and add additional syrup if necessary to maintain the ½ inch of headspace. Wipe each jar rim with a washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten. Process the drunken fruit for the same time and PSI as you would regular fruit in syrup (see page 6).

DRUNKEN FRUIT SYRUP CHART			
FRUIT	AMOUNT OF PREPARED FRUIT	LIQUOR	LIQUOR AMOUNT PER HALF-PINT JAR
Apricots	4 cups	Dark Rum, Brandy, or Amaretto Liqueur	1½ teaspoons
Blueberries	12 cups	Orange Liqueur	1½ teaspoons
Cherries	5 cups	Cherry Brandy or Amaretto Liqueur	1½ teaspoons
Pears	9 cups	Dark Rum or Cognac	1½ teaspoons
Peaches	7 cups	Drambuie or Raspberry Liqueur	1½ teaspoons

FRUIT PROCESSING CHART

FRUIT TYPE	APPROX. QUANTITY	APPROX. YIELD	STYLE OF PACK
Apples, sliced	13 pounds	9 pints	Raw and Hot
	21 pounds	7 quarts	Raw and Hot
Apricots, halved and sliced	10 pounds	9 pints	Raw and Hot
	16 pounds	7 quarts	Raw and Hot
Blueberries, Elderberries, and Mulberries	8 pounds	9 pints	Raw and Hot
	12 pounds	7 quarts	Raw and Hot
Cherries, pitted	11 pounds	9 pints	Raw and Hot
	18 pounds	7 quarts	Raw and Hot
Nectarines, halved and sliced	11 pounds	9 pints	Raw and Hot
	18 pounds	7 quarts	Raw and Hot
Pears, halved	11 pounds	9 pints	Raw and Hot
	18 pounds	7 quarts	Raw and Hot
Plums, halved or whole let soak in syrup 30 min before packing	9 pounds	9 pints	Raw and Hot
	14 pounds	7 quarts	Raw and Hot
Rhubarb, chopped	7 pounds	9 pints	Raw and Hot
	11 pounds	7 quarts	Raw and Hot
Pineapple, chopped	13 pounds	9 pints	Raw and Hot
	21 pounds	7 quarts	Raw and Hot

JAR SIZE	JAR HEADSPACE	PROCESS TIME	PSI DIAL GAUGE*	PSI WEIGHTED GAUGE*
Pints	½ inch	8 min	6 PSI	5 PSI
Quarts	½ inch	8 min	6 PSI	5 PSI
Pints	½ inch	10 min	6 PSI	5 PSI
Quarts	½ inch	10 min	6 PSI	5 PSI
Pints	½ inch	8 min	6 PSI	5 PSI
Quarts	½ inch	8 min	6 PSI	5 PSI
Pints	½ inch	8 min	6 PSI	5 PSI
Quarts	½ inch	10 min	6 PSI	5 PSI
Pints	½ inch	10 min	6 PSI	5 PSI
Quarts	½ inch	10 min	6 PSI	5 PSI
Pints	½ inch	10 min	6 PSI	5 PSI
Quarts	½ inch	10 min	6 PSI	5 PSI
Pints	½ inch	10 min	6 PSI	5 PSI
Quarts	½ inch	10 min	6 PSI	5 PSI
Pints	½ inch	8 min	6 PSI	5 PSI
Quarts	½ inch	8 min	6 PSI	5 PSI
Pints	½ inch	8 min	6 PSI	5 PSI
Quarts	½ inch	8 min	6 PSI	5 PSI

* For elevations above 1,000 feet, check the Pressure Canning Altitude Chart on page 8 to safely increase PSI.

Whole Fruits, Chutneys, and Sauces

Now that you've learned the basics of how to preserve fruits in syrup or juice, it's time to get creative! Here, I've rounded up my favorite pressure-canned fruit recipes—from applesauce (four different flavors!) and Sweet-and-Sour Pineapple to a variety of chutneys that are as delicious on ice cream as they are mixed with rice. For the following pressure canning recipes, the sugar used is for flavor only, so adding less sugar or eliminating sugar altogether is a safe option for home canners.

ADJUSTING FOR ALTITUDE

It takes longer for water to boil at a higher altitude because the air pressure is lower. Further, water evaporates faster but gases expand more. For those of you living in higher altitudes, chances are you have already learned to adjust your cooking and baking recipes. When pressure canning, the total processing time per recipe remains the same but the pounds of pressure must be adjusted based on the number of feet you are above sea level. Use this simple chart to make adjustments for either a dial-gauge or weighted-gauge pressure canner.

PRESSURE CANNING ALTITUDE CHART		
Altitude in Feet	Dial-Gauge Canner	Weighted-Gauge Canner
0-1000	10	10
1001-2000	11	15
2001-4000	12	15
4001-6000	13	15
6001-8000	14	15
8001-10,000	15	15

SWEET-AND-SOUR PINEAPPLE

MAKES APPROXIMATELY 8 PINTS OR 16 HALF-PINTS

PREP: 20 MIN • COOK: 5 MIN • CANNER: 40 MIN • PROCESSING: 10 MIN/8 MIN • TOTAL: 1 HR 15 MIN/1 HR 13 MIN

Use this amazing sweet-and-sour pineapple sauce to brighten up an otherwise dull meal. Here are a few of my favorites: Mix with chicken or pork and serve on a bed of white or brown rice. For a hearty meal, steam broccoli florets and toss together with the meat of your choice. Add 3 tablespoons to your couscous. Heat a half-pint jar and use it as a dipping sauce for chicken tenders or eggrolls. The possibilities are endless.

1½ cups pineapple juice

⅔ cup rice or apple cider vinegar

⅔ cup packed brown sugar

¼ cup ketchup

2 tablespoons soy sauce

2 large pineapples, cut into 1-inch chunks (8 cups)

12 medium peaches, peeled and cut into 1-inch chunks (6 cups)

1. In a large bowl, whisk together the pineapple juice, vinegar, brown sugar, ketchup, and soy sauce. Set aside.
2. In a deep saucepan, combine the pineapple and peaches and mix well. Add the sweet-and-sour sauce to the pan and mix well. Heat the mixture over medium heat, stirring frequently to avoid scorching. Once the mixture starts to bubble, about 5 minutes, remove from the heat.

3. Ladle the hot sweet-and-sour pineapple into hot jars leaving ½ inch of headspace. Remove any air bubbles and add additional sauce if necessary to maintain the ½ inch of headspace.
4. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
5. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process pints for 10 minutes and half-pints for 8 minutes.

Ingredient Tip: For a darker colored and deeper flavored sauce, use dark brown sugar and swap out the soy sauce with an equal amount of blackstrap molasses.

NATURALLY FLAVORED APPLESAUCE

MAKES APPROXIMATELY 4 QUARTS OR 8 PINTS

PREP: 25 MIN • COOK: 30 MIN • CANNER: 40 MIN • PROCESSING: 10 MIN/8 MIN • TOTAL: 1 HR 45 MIN/1 HR 43 MIN

This delicious spin on a traditional favorite gives you and your family a healthy alternative to store-bought flavored applesauce. Your kids will love the fun colors each fruit produces in these four easy-to-make options. Naturally sweet apples like Golden Delicious and Fuji apples give this sauce the perfect sweetness. If you prefer a tarter applesauce, use Jonathan or Granny Smith.

Blueberry Applesauce

12 pounds apples, cored and quartered

5 cups blueberries

4 cups water

Cinnamon Applesauce

12 pounds apples, cored and quartered

3 tablespoons ground cinnamon

4 cups water

Pear Applesauce

12 pounds apples, cored and quartered

5 pounds pears, peeled, cored, and sliced

4 cups water

Strawberry Applesauce

12 pounds apples, cored and quartered

7 cups strawberries, hulled and halved

4 cups water

For each option above:

1 to 3 cups granulated sugar or 1½ cups agave nectar (optional)

1. For each option, in a large stockpot combine the quartered apples and fruit, or cinnamon, and water. Bring to a boil over medium-high heat. Reduce the heat and simmer while stirring frequently to avoid scorching. Simmer for 15 to 20 minutes or until the apple mixture is tender. Remove from the heat and let cool for about 5 minutes.
2. Working in batches, transfer the apple mixture to a food mill or food processor and purée to make a smooth applesauce. You may also press the apple mixture through a straining sieve or chinois.
3. Return the applesauce to a clean stockpot. If using sugar or agave, add it now and mix well. On medium heat, bring the applesauce to a boil, stirring frequently to avoid scorching. Boil for 2 minutes, then remove from the heat.
4. Ladle the hot applesauce into hot jars leaving ½ inch of headspace. Remove any air bubbles and add additional applesauce if necessary to maintain the ½ inch of headspace.
5. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.

6. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process quart jars for 10 minutes and pint jars for 8 minutes.

Ingredient Tip: For this recipe, you need roughly 12 large apples or 24 medium apples. I do not peel my apples because I want to retain the nutrients from the skin, and I like how it colors my apple-sauce. Peeling your apples is a preference, so if you prefer to peel your apples, feel free to do so. Be sure to place peeled and quartered apples in a citric acid bath prior to cooking. Make a citric acid bath by filling a bowl with $\frac{1}{2}$ cup of bottled lemon juice to every 8 cups of water.

CINNAMON APPLE RINGS

MAKES APPROXIMATELY 10 WIDEMOUTHED PINTS

PREP: 25 MIN • COOK: 5 MIN • CANNER: 40 MIN • PROCESSING: 10 MIN/8 MIN • TOTAL: 1 HR 20 MIN/1 HR 18 MIN

We love using these gorgeous apple rings on cheese plates and relish trays, and as a simple dessert with a scoop of vanilla ice cream. Save any remaining syrup for making cocktails, especially old-fashioned. Jars of apple rings make gorgeous gifts.

10 pounds apples, peeled, cored, and cut into ¼-inch-thick rings (20 medium)

Citric Acid Bath (see page 3)

3½ cups water

5 cups granulated sugar

2 cinnamon sticks

6 teaspoons cinnamon imperials candy

Red food coloring (optional)

1. As apples are sliced, place them immediately into the citric acid bath to avoid browning.
2. In a deep saucepan, create a syrup by mixing the water, sugar, and cinnamon sticks. Over medium-high heat, bring the syrup to boil, stirring constantly to dissolve sugar granules. Boil for 1 minute, then remove from heat and cover.
3. Using warm jars, place 1 teaspoon of cinnamon imperials into each jar. With your hands or tongs, remove several apple rings from the citric acid bath and raw pack into a warm jar, stacking the apple rings inside the jar, leaving ½ inch of headspace.

4. When one jar is filled with apple rings, ladle the hot syrup over the apples to cover completely and maintain ½ inch of headspace. Repeat this step, one jar at a time, to prevent the apples from browning.
5. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
6. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process quart jars for 10 minutes and pint jars for 8 minutes.

Ingredient Tip: When selecting apples, be sure their circumference is not greater than the diameter of a widemouthed pint jar. Also, use firm apples like Jonagold, Honeycrisp, Braeburn, Mutsu, Winesap, Pink Lady, or Granny Smith, so that the apple rings keep their shape during long-term storage. These are the same apples you want to use when making apple pie filling because they truly keep their shape best when exposed to heat.

VANILLA BEAN PEACHES

MAKES APPROXIMATELY 5 QUARTS OR 10 PINTS

PREP: 25 MIN • COOK: 10 MIN • CANNER: 40 MIN • PROCESSING: 10 MIN • TOTAL: 1 HR 25 MIN

Peaches are a treasure trove of minerals like calcium, potassium, magnesium, iron, manganese, phosphorous, zinc, and copper. They make excellent snacks, as they are low in calories, contain no saturated fat or cholesterol, and are a good source of dietary fiber. Vanilla beans are loaded with antioxidants, which boost the immune system, decrease body stress, and encourage faster recovery from injuries or illnesses. Enjoy this power pairing of peaches and vanilla beans—oh, and they are quite delicious, too!

8 cups water

5 cups sugar

2 cups unsweetened apple juice

10 pounds peaches, peeled, pitted, and either sliced
1 inch thick or halved (12 large or 25 medium)

5 vanilla beans

1. In a stockpot, combine the water, sugar, and apple juice. Whisk together for 20 seconds, or until sugar is dissolved, then set aside.
2. Add the peaches to the stockpot with the syrup mixture as you cut them. When all the peaches are in the stockpot, place the pot over medium-high heat and bring to a boil, stirring the peaches to avoid scorching. Boil for 5 minutes. Remove from the heat.

3. Place a full vanilla bean in each hot quart jar, and ½ vanilla bean in each hot pint jar. Using a slotted spoon, hot pack the peaches in the jars, leaving 1 inch of headspace. Layer the halves cut-side down and pack the slices as tightly as you can without breaking them. Use the air bubble remover tool to press and move the peaches into position.
4. Ladle the hot syrup over the peaches, keeping ½ inch of headspace. Remove any air bubbles and add additional syrup if necessary to maintain the ½ inch of headspace.
5. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
6. Place the jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process quart jars and pints for 10 minutes.

Ingredient Tip: If the medium syrup is too sweet for you, feel free to use a lighter syrup from the chart on page 4. Be sure to create enough syrup to fully submerge the fruit in the jars.

GOLDEN CURRY APPLE CHUTNEY

MAKES APPROXIMATELY 10 PINTS OR 20 HALF-PINTS

PREP: 25 MIN • COOK: 40 MIN • CANNER: 40 MIN • PROCESSING: 8 MIN • TOTAL: 1 HR 53 MIN

This golden chutney embodies Indian flavors with hints of ginger and allspice, and is especially delicious with chicken or pork. Add a few tablespoons of chutney to create flavorful side dishes like tangy steamed vegetables or decadent couscous.

4 cups distilled white vinegar
8 medium apples, peeled, cored, and chopped (8 cups)
5½ cups golden raisins
4 cups granulated sugar
2 medium onions, chopped (1 cup)
1 medium red bell pepper, seeded and chopped (1 cup)
3 tablespoons mustard seeds
2 tablespoons ground ginger
2 teaspoons ground allspice
2 teaspoons yellow curry powder
2 teaspoons coarse sea salt
2 jalapeño peppers, finely chopped
2 garlic cloves, finely chopped

1. Pour the white vinegar into a large stainless steel stockpot. As you are prepping your apples, place them in the vinegar, giving them a quick stir so the vinegar coats the apples and prevents them from browning.
2. Add the golden raisins, sugar, onions, and red pepper to the stockpot with the apples. Bring to a boil over medium-high heat, stirring frequently. Reduce the heat and simmer for 30 minutes. Add the mustard seeds, ginger, allspice, curry powder, salt, jalapeños, and

garlic. Simmer for an additional 5 minutes, stirring frequently. Remove from the heat and let stand for 5 minutes.

3. Ladle the hot chutney into hot jars leaving ½ inch of headspace. Remove any air bubbles and add additional chutney if necessary to maintain the ½ inch of headspace.
4. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
5. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process pints and half-pints for 8 minutes.

Ingredient Tip: For a darker colored chutney, use apple cider vinegar instead of white vinegar and use dark raisins rather than golden raisins. Also, you may use raw sugar or brown sugar. The dark colors of each of these produces a lovely dark brown hue.

CRANBERRY CHUTNEY

MAKES APPROXIMATELY 10 PINTS OR 20 HALF-PINTS

PREP: 25 MIN • COOK: 40 MIN • CANNER: 40 MIN • PROCESSING: 8 MIN • TOTAL: 1 HR 53 MIN

This deep-pink chutney pairs well with pork, chicken, ham, and turkey. Mix a half-pint jar into one quart of Fall Pot Roast (page 180 in the book) when heating on the stove top. Looking for a fun appetizer? Heat 1 pint of chutney atop 16 ounces of Brie cheese and serve with crackers.

4 cups distilled white vinegar
8 medium apples, peeled, cored, and chopped (8 cups)
5 cups dried cranberries
2 cups granulated sugar
¼ cup agave nectar
2 medium onions, chopped (1 cup)
1 medium red bell pepper, seeded and chopped (1 cup)
3 tablespoons mustard seeds
2 tablespoons ground ginger
2 teaspoons ground allspice
2 teaspoons coarse sea salt
1 jalapeño pepper, finely chopped
1 garlic clove, finely chopped

1. In a large stainless steel stockpot, add the white vinegar. As you are prepping your apples, place them in the vinegar, giving them a quick stir so the vinegar coats the apples and prevents them from browning.
2. Add the dried cranberries, sugar, agave, onions, and red pepper to the stockpot with the apples. Bring to a boil over medium-high heat, stirring frequently. Reduce the heat and simmer for 30 minutes. Add the mustard seeds, ginger, allspice, salt, jalapeño, and garlic. Simmer for

an additional 5 minutes, stirring frequently. Remove from the heat and let stand for 5 minutes.

3. Ladle the hot chutney into hot jars leaving ½ inch of headspace. Remove any air bubbles and add additional chutney if necessary to maintain the ½ inch of headspace.
4. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
5. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process pints and half-pints for 8 minutes.

Ingredient Tip: Want to try fresh cranberries in your chutney? No problem. Replace the 5 cups dried cranberries with 6½ cups fresh cranberries. Place fresh cranberries in a stockpot and add 4 cups water, ½ cup orange juice, and ½ cup sugar. Bring to a boil, then reduce heat and cover. Simmer for 15 minutes or until the cranberries have burst open, stirring often. Set aside. Add to recipe at the same time as dried cranberries, above.

PLUM CHUTNEY

MAKES APPROXIMATELY 8 PINTS OR 16 HALF-PINTS

PREP: 25 MIN • COOK: 40 MIN • CANNER: 40 MIN • PROCESSING: 8 MIN • TOTAL: 1 HR 53 MIN

Serve this chutney with beef or pork tenderloin, or use it as an unexpected condiment on burger night. Pan-fry 8 chicken thighs, mix in a pint of plum chutney, and serve over basmati rice. Talk about amazing! The uses are as vast as your imagination, so feel free to get creative with this one, especially if you modify the heat or flavor using the ingredient tip.

20 medium plums, peeled, pitted, and chopped (10 cups)

2 cups packed brown sugar

2 cups apple cider vinegar

2 cups raisins

1 cup finely chopped yellow onion

2 teaspoons minced fresh ginger

2 tablespoons mustard seeds

½ teaspoon coarse sea salt

1 garlic clove, minced

1. In a large stainless steel stockpot, add the plums, brown sugar, vinegar, raisins, onion, and ginger. Bring to a boil over medium-high heat, stirring frequently. Reduce the heat and simmer for 30 minutes. Add the mustard seeds, salt, and garlic. Simmer for an additional 5 minutes, stirring frequently. Remove from the heat and let stand for 5 minutes.

2. Ladle the hot chutney into hot jars leaving ½ inch of headspace. Remove any air bubbles and add additional chutney if necessary to maintain the ½ inch of headspace.
3. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
4. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process pints and half-pints for 8 minutes.

Ingredient Tip: Some people prefer their chutney to have a bit of heat. You may add a kick to plum chutney by adding ½ teaspoon cayenne pepper. If you prefer a warmer tone versus heat, feel free to add 1 teaspoon ground allspice and ¼ teaspoon ground cloves to your plum chutney.

RHUBARB APPLE CHUTNEY

MAKES APPROXIMATELY 10 PINTS OR 20 HALF-PINTS

PREP: 25 MIN • COOK: 40 MIN • CANNER: 40 MIN • PROCESSING: 8 MIN • TOTAL: 1 HR 53 MIN

Rhubarb may be a seasonal fruit, but its uses are for every season. Rhubarb apple chutney has a sweet-tart flavor with robust, warm tones, making it the perfect filling for crêpes or pastries. Try it as a hearty base for a pear tarte tatin. It is also delicious with pork or as a condiment on a cheese tray along with crackers and apple wedges.

10 medium apples, peeled, cored, and diced (10 cups)

8 rhubarb stalks, cut into 1-inch dice (8 cups)

5 cups granulated sugar

2 cups dried cranberries

Zest and juice of 2 lemons

2 teaspoons ground cinnamon

2 teaspoons ground nutmeg

1. In a large stainless steel stockpot, combine the apples, rhubarb, and sugar. On medium heat, bring to a boil and simmer, stirring frequently, for 15 minutes. Add the cranberries, lemon zest and juice, cinnamon, and nutmeg. Reduce the heat and simmer for 10 minutes to reduce the liquid. Remove from the heat.
2. Ladle the hot chutney into hot jars leaving ½ inch of headspace. Remove any air bubbles and add additional chutney if necessary to maintain the ½ inch of headspace.

3. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
4. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process pints and half-pints for 8 minutes.

Ingredient Tip: There are a variety of apples grown every season. For this chutney, be sure to pick a sweet or semi-sweet apple to work well with the tartness of the rhubarb. Some of my favorites are Spartan, Golden Delicious, or Jonagold.

SAVORY CHERRY CHUTNEY

MAKES APPROXIMATELY 10 PINTS OR 20 HALF-PINTS

PREP: 10 MIN • COOK: 15 MIN • CANNER: 40 MIN • PROCESSING : 8 MIN • TOTAL: 1 HR 13 MIN

Use this delicious chutney on any cheese and meat tray, and wow your guests with its amazing array of flavors. Caramelized onions and the warmth of allspice give this chutney depth, while the cherries provide sweetness. My favorite way to use this chutney is to stuff four chicken breasts with a mixture of ½ cup of shaved Parmesan cheese and 1 pint of savory cherry chutney, then bake.

3 tablespoons agave nectar

1 large sweet onion, halved and then sliced thin (1½ cups)

½ teaspoon coarse sea salt

¼ teaspoon ground black pepper

1 cup balsamic vinegar

10 cups pitted and chopped sweet cherries

2 large apples, peeled, cored, and finely chopped (2 cups)

1½ cups raisins

½ cup lightly packed brown sugar

1 tablespoon mustard seeds

1 teaspoon ground allspice

1. Using a skillet on medium-high heat, heat the agave nectar. Add the onion, salt, and pepper. Sauté the onion slowly. If the onions are cooking too fast, reduce heat to medium. Caramelize the onions to a nice brown color, about 8 to 10 minutes. In a large stockpot, add the caramelized onions. Deglaze the skillet by adding balsamic vinegar and heating on high heat, scraping any drippings off the bottom of the skillet, about 3 minutes.

2. Add the deglazed drippings to the onions in the stockpot. Add the cherries, apples, raisins, brown sugar, mustard seeds, and allspice. Mix well and bring to a boil over medium-high heat, stirring often to avoid scorching. Boil gently for 5 minutes, then remove from the heat.
3. Ladle the hot chutney into hot jars leaving ½ inch of headspace. Remove any air bubbles and add additional chutney if necessary to maintain the ½ inch of headspace.
4. Wipe the rim of each jar with a warm washcloth dipped in distilled white vinegar. Place a lid and ring on each jar and hand tighten.
5. Place jars in the pressure canner, lock the pressure canner lid, and bring to a boil on high heat. Let the canner vent for 10 minutes. Close the vent and continue heating to achieve 6 PSI for a dial gauge and 5 PSI for a weighted gauge. Process pints and half-pints for 8 minutes.

Ingredient Tip: Want to change the flavor from sweet to tart? Replace sweet cherries with pitted tart cherries and enjoy the difference in flavor. There is still enough sweetness from the caramelized onions and brown sugar to offset the tartness of the cherry, but enough tartness to tickle a different taste bud.