

OUR FIRST PRESSURE CAN



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- Pressure canner
- Your chosen jars, lids, seals
- Scales
- Spoon
- Colander
- Small bowl
- Tool, chopstick, knife - to remove air bubbles
- Wide mouth funnel
- Cloth or kitchen paper

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie

BEAN CHART

TYPE OF BEAN	g/500ml JAR	oz/500ml jar
CHICKPEAS	135g	5oz
PINTO BEANS	90g	3oz
CANNELLINI BEANS	90g	3oz
KIDNEY BEANS	90g	3oz
LENTILS	45g	2oz
SPLIT PEAS	60g	2.5oz
BLACK BEANS	135g	5oz
HARICOT BEAN	135g	5oz
BUTTER BEAN	90g	3oz

METHOD

Pressure Canning dried beans is one of the most useful things that you can make

Forget all that soaking and rinsing - use the table overleaf to get the correct weight of each type of bean for the 500ml jar - double the amounts if using a 1000ml jar

Rinse the beans and drain. Put some water into a large bowl, put the beans in the water and any that float or are shrivelled, discard. Drain the beans again

Put the right weight into your jar and cover with hot water leaving 2.5cms/1 inch of headspace

Remove any air bubbles

Ideally you should use soft water for the beans to become soft during processing.

If you live in a hardwater area use ratio of 4.5 litres/ 8 pints water, mix in 3 tablespoons salt and use to top up the beans or add 1 teaspoon salt to each jar

Wipe the rims of the jars and the seals with vinegar, apply the seals and rings

Stack the jars in your canner, lock the lid and bring to the boil. Vent for 10 mins. Start timing once up to pressure

All of the beans, whatever type, are processed at 10 PSI for 1 hour 15 minutes for 500ml jars, 1 hour 30 mins for 1000ml jars so it is easy to make a mixed load in one session.

Use to make recipes like cassoulet, chilli, extending traditional family recipes to feed hungry hoards or use a mix of beans drained and dressed with olive oil, vinegar and herbs on their own with salad leaves or topped with tuna for great healthy lunch in double quick time!