

FRESH GREEN GARDEN SAUCE



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- chopping board
- knife
- ladle
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals
- large pan
-

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

INGREDIENTS

<input checked="" type="checkbox"/> courgette	4-5	
<input checked="" type="checkbox"/> green beans	500g	16oz
<input checked="" type="checkbox"/> onions, medium	2	
<input checked="" type="checkbox"/> celery, stalks	2	
<input checked="" type="checkbox"/> mushrooms	250g	8oz
<input checked="" type="checkbox"/> green peppers	2	
<input checked="" type="checkbox"/> spinach	250g	8oz
<input checked="" type="checkbox"/> parsley, chopped	3 tablespoons	
<input checked="" type="checkbox"/> fresh basil, chopped	4 tablespoons	
<input checked="" type="checkbox"/> oregano, fresh or dried	2 tablespoons or 1 tsp	
<input checked="" type="checkbox"/> garlic cloves	5	
<input checked="" type="checkbox"/> sea salt	2 teaspoons	
<input checked="" type="checkbox"/> black pepper	half teaspoons	
<input checked="" type="checkbox"/> hot water or stock		
<input checked="" type="checkbox"/> demerara sugar	125g	4oz



METHOD

BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised
Canner prepped with water

WORKSHOP

Wash, and prep all produce – either chop very finely or use a stick blender before jarring, or put through a goblet processor.

If using mushrooms just chop finely, do not process

Turn on heat under canner

Put everything except the sugar into a big pan with enough stock to keep the contents from sticking. Cook together for around 5–10 minutes until hot. Add the sugar and stir until dissolved.

Use the stick processor or your preferred method to achieve a finely chopped appearance.

Fill your jars, leaving 3cms.1 inch headspace, Top up jars with hot water or stock

Remove air bubbles!

Wipe the rims of the jars and the seals with vinegar and seal the jars

Place in the canner and add the remaining vinegar to the water

Close the canner and heat on high. Vent for 10 minutes

Apply the weight and bring the pressure to 10lbs psi

Process for 60mins for 500ml/1 pint jars and 70 mins for 1000ml/1 quart