

BASIC MINCE MIX



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- chopping board
- knife
- measuring jug
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals
- frying pan
- large bowl or plate

TIPS:

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

METHOD

BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised

Canner prepped with water

Peel and chop any vegetables you are using

Make stock, if using

WORKSHOP

For plain mince mix - add a **small** amount of oil to your pan and fry the chopped onion until translucent. Put to one side while you dry-fry the mince to just colour - no need to cook thoroughly. Add to the onions as you complete each batch.

Fill your jars as per below, topping up with hot stock

If you are making my mix, on the last batch add the bacon, garlic and mushrooms to cook quickly

Return the mince and onions to the pan and mix thoroughly, add the herbs and a small amount of pepper, if liked

Place into your jars allowing for the 3cms/1 inch headspace

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 75mins for 500ml/1 pint jars and 90 mins for 1000ml/1 quart