

PRESSURE CAN SUMMMER VEGETABLES



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- Sharp knife
 - Chopping board
 - Pressure Canner
 - Large saucepan or bowl
 - Large mixing spoon
 - Wide mouth funnel
 - Ladle
 - Small bowl and kitchen paper
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- Jars, Lids & Labels

The recipe makes makes approx 2 x 750g/20oz canning jars
Don't forget lids to fit your jars and some labels

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

- Seasoning as liked
- A selection of early Summer vegetables - potatoes, peas, green beans, carrots, asparagus
- Sea salt
- Water
- A small amount of white vinegar - one tablespoon approx.



METHOD

Place your chosen jars in a low oven to warm

Prep all of your vegetable selection to be of roughly the same size

Blanch each group of vegetables in boiling water one type at a time for 30 seconds. Plunge into a bowl of cold water to arrest the cooking

Pack into the jars in layers for mixed vegetables or as neatly as possible if just one variety

Place the canner onto the hob with 3 litres/6 pints hot water

Add one teaspoon of sea salt to each jar

Top up the jars with boiling water to leave 2.5cms/half an inch of headspace

Remove any air bubbles then wipe the rim of the jar with a small amount of the vinegar using the kitchen paper

Apply the lids and seals as appropriate and place in the canner

Add the remaining vinegar to the water in the canner (which stops scaling from the water marking the jars)

Fit the lid of the canner and increase the heat until steam can be seen coming from the vent pipe

Set your timer for 10 mins. When the time is up, fit the pressure regulating valve. Wait for the lock to pop up locking the canner

For more delicious recipes and inspiration visit

<https://recipes.rosiemakesjam.com>

METHOD

When the gauge registers 10lbs psi start timing - set your timer for 60 minutes

Turn off the heat and remove canner from heat source

Allow to de-pressurise and cool then open the canner and lift out the jars

Next day, check the seals, remove any screw bands if used, then label and store

How convenient to come in from work and not have to set to to peel and chop vegetables!

Use the right sized jar for your family - the method here will suit 2 adults

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