

# VEGETABLES



**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
- jelly bag

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

- Carrots
- Green beans
- Florence fennel
- Celery
- Mushrooms
- Asparagus
- Peas
- Sea salt

\* Please note that mushrooms need longer processing so either buy enough to fill the canner as a separate batch or save for another day so they can 'piggy-back' with something else

\*\* In 'the season' if you are processing a lot of beans they can be timed at 20mins for 500ml and 25 mins for 1000ml



# METHOD

## BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised

Canner prepped with water

## WORKSHOP

Wash, peel and chop all produce - except mushrooms

Mushrooms need to be washed, twice, with a change of water

Put your large pan on to heat up, half filled with water

Have another bowl or pan ready with cold water, ideally with ice cubes in it

We will blanch each vegetable type by placing in the jelly bag, immersing in the hot water and then transferring to the cold water

Turn on heat under canner

Fill your jars, leaving 3cms.1 inch headspace, Add half a teaspoon of sea salt, if liked

Top up jars with hot water

## 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 30mins for 500ml/1 pint jars and 35 mins for 1000ml/1 quart