

PRESSURE CANNED SPRING SOUP



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- Large pan
 - Spatula
 - Sharp knife
 - Chopping board
 - Pressure Canner
 - Jug
 - Wide mouth funnel
 - Ladle
 - Small bowl and kitchen paper
 - Spoon
- Jars, Lids & Labels

The recipe makes makes approx 4 x 500g/16oz 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

- | | | | |
|-------------------------------------|-----------------------------|---------------|---------|
| <input checked="" type="checkbox"/> | Asparagus | 1kg | 32oz |
| <input checked="" type="checkbox"/> | Petit Pois, fresh or frozen | 500g | 16oz |
| <input checked="" type="checkbox"/> | Shallots or onions | 4 small | |
| <input checked="" type="checkbox"/> | Stock, vegetable | 1000ml | 2 pints |
| <input checked="" type="checkbox"/> | Garlic | 2 | |
| <input checked="" type="checkbox"/> | Olive Oil | 2 tablespoons | |
| <input checked="" type="checkbox"/> | Seasoning | | |

A small amount of white vinegar – one tablespoon approx.

Truly the first, special ingredient of Spring – and what a start to the season.

All of the instructions in the Method on the next page will be explained fully and always ask questions if you are unsure



METHOD

Place your chosen jars in a low oven to warm

Snap off the tops from the woody ends of the asparagus

Chop the shallots finely and crush the garlic

Make up the stock with hot water

Place the oil into the pan with the onions and garlic and cook until transparent

Add the peas, asparagus and stock and cook until heated through and tender

Process using a stick blender or goblet food blender until smooth

Fill the jars as per the instructions overleaf, and process as directed.

The soup will keep for at least one year, and possibly much longer.

To serve: Add some cream as liked or serve drizzled with olive oil and a grating of parmesan and some good crusty bread

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<https://recipes.rosiemakesjam.com>

METHOD

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

Fill the jars to within 3cms/1 inch of the rim

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 or three part weight. Wait for the lock to pop up locking the canner

Once the weight is rocking start timing and process for 60 mins at 10 psi

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

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