

Canning and freezing

Canning

Canning procedure

Fruits	162
General Directions	160
Jams and Jellies	176
Meat, Poultry, Fish	174
Pickles	166
Pressure Canning	170
Vegetables	169
Water-Bath Canning	160-161

Condiments

Chili Sauce	168
Tomato Catsup	168

Fruits

Apple Butter	164
Apple-Cherry Juice	165
Apple Pie Filling	164
Apricot Nectar	165
Apricot-Orange Butter	164
Canned Fruit Yield	162
Fruit Bowl	164
Grape Juice Concentrate	165
Minted Pears	165
Pineapple Spears	164

Strawberry Syrup	165
Whole Cranberry Sauce	165

Jams and Jellies

Apple-Peach Conserve	180
Apricot Jam	179
Apricot-Pineapple Jam	177
Blueberry Marmalade	180
Cherry-Strawberry Jam	178
Cinnamon-Apple Jelly	177
Cran-Pineapple Jelly	177
Double Berry Jam	178
Frozen Strawberry Jam	178
Gingered Rhubarb Jam	179
Grape Conserve	180
Kumquat Marmalade	180
Mint-Apple Jelly	177
Mint or Basil Jelly	177
Orange Marmalade	180
Peach Conserve	180
Peach-Plum Jam	178
Peach-Rum Jam	178
Plum Conserve	180

Plum Jam	179
Raspberry-Rhubarb Jam	179
Spiced Grape Jam	179
Strawberry Jam	178

Meat, Poultry, Fish

Chicken a la King	175
Homemade Mincemeat	175
Italian Meat Sauce	175

Pickles and Relishes

Corn Relish	168
Crisp Pickle Slices	166
Dill Pickles	167
Dilly Green Tomatoes	168
Kosher Dill Pickles	167
Mustard Pickles	167
Sauerkraut	169
Spiced Peaches	168
Sweet Pickles	166
Sweet-Sour Pickles	167
Vegetable Relish	167
Watermelon Pickles	167

Vegetables

Beans in Tomato Sauce	172
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Canned

Vegetables (Contd.)

Cabbage Borsch	173
Canned Tomatoes	169
Canned Vegetable	
Yield	172
Mixed Vegetables	173
Sauerkraut	169
Succotash	172
Tomato Juice	169
Tropical Beets	173
Vegetable Soup	173

Freezing

Baked Goods 188-189

Dairy Products, Eggs . 187

Freezing procedure

Cooked Food	188
Fruits	181
Meat, Fish, Poultry	186
Packaging	186
Vegetables	184

Fruits 181-183

Frozen Fruit Yield . . . 181

Main Dishes 190

Meat, Fish,

Poultry 186-187

Freezing prepared
meat dishes 190

Packaging 186

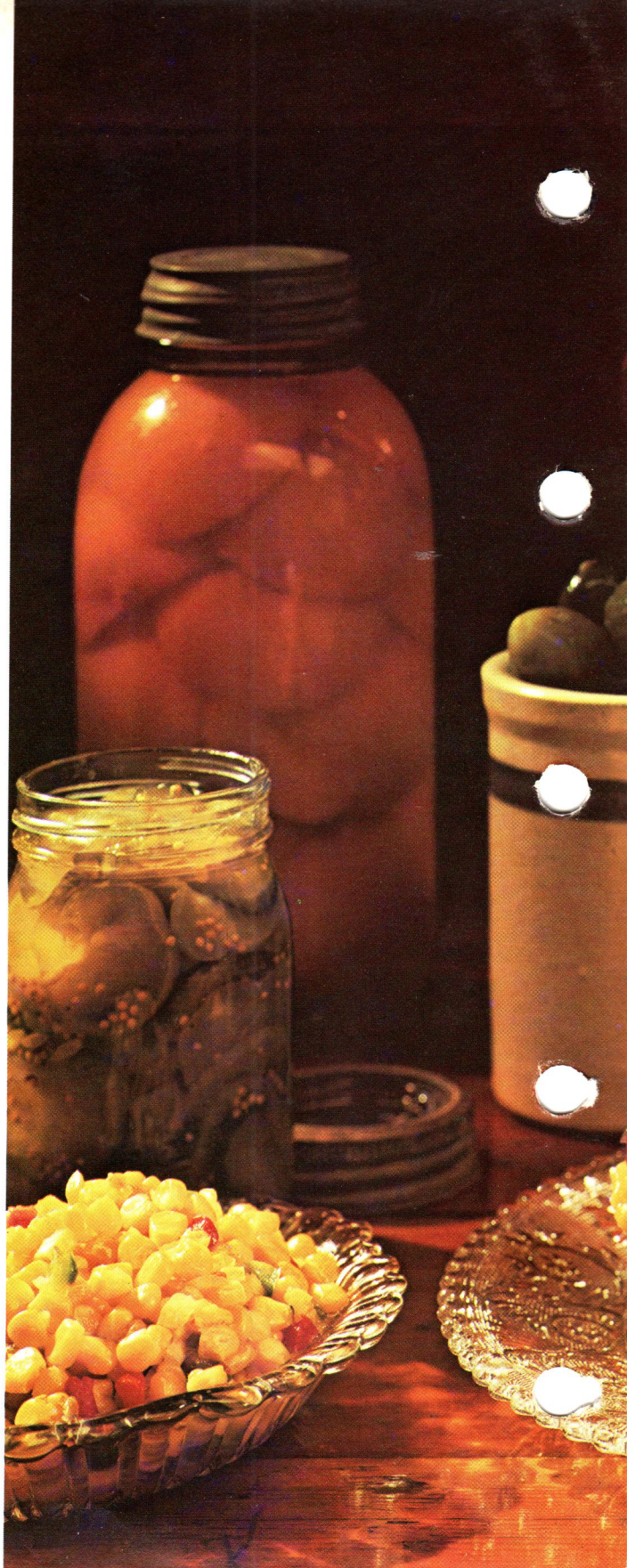
Sandwiches 190

Soups and Stews 190

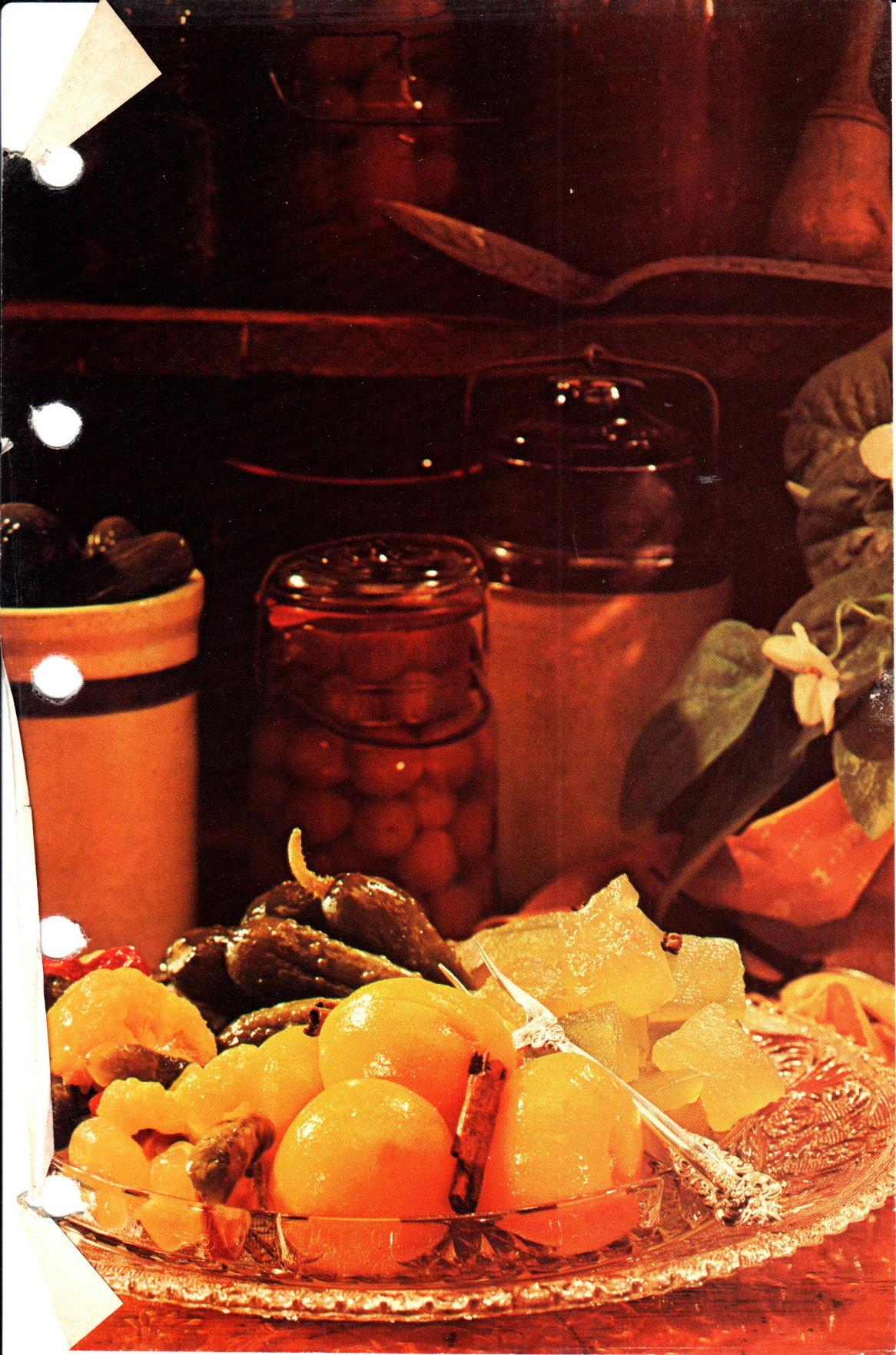
Vegetables 184-185

Freezing prepared
vegetable dishes 190

Frozen Vegetable
Yield 184



*Homemade pickles
from left: Corn
Relish, Crisp Pickle
Slices, Dill Pickles.
On the relish plate:
Spiced Peaches,
Watermelon Pickles,
Sweet Pickles, and
Mustard Pickles.*





CANNING

Home canning is one of the easiest and most satisfying ways to ensure having your favorite fruits, vegetables, and meats year-round. Canning halts spoilage of fresh foods by heating the food in sealed containers. The heat destroys the troublesome organisms and the sealed containers prevent recontamination.

Jars and lids: Use only standard mason jars and the lids designed to fit them. Jars and lids must be flawless. Discard jars with chips or cracks. Always use new self-sealing lids or rubber rings.

Wash jars and lids, except those with sealing compound, in sudsy water and rinse thoroughly. Then, pour boiling water over the jars and allow them to stand in hot water until ready to fill. Follow the manufacturer's directions for washing flat metal lids with sealing compound.

The flat metal lid with sealing compound and metal screw band is the most popular type of cap for home-canned products. This lid is self-sealing. Do not tighten the band after processing.

Follow the manufacturer's directions for washing and sealing rubber rings and porcelain-lined zinc caps.

Canners: For canning to be effective, you must have the proper combination of temperature and time. While 212° in the boiling water bath is sufficient to destroy harmful organisms in high-acid foods, you must process low-acid foods at 240° to achieve the same result. In order to do this you'll need a pressure canner for low-acid foods such as vegetables, meats, and fish (see page 170).

Altitude correction

For water bath, add 1 minute to processing for each 1,000 feet above sea level when the time specified is 20 minutes or less. Add 2 minutes to processing for each 1,000 feet above sea level if the time called for is more than 20 minutes.

Filling the jars: For most foods, you may use either raw-pack or hot-pack method.

Raw Pack: Pack the uncooked food into containers. Add boiling syrup or water.

Hot Pack: Partially cook food before packing, then add boiling liquid.

The following steps apply to both raw pack and hot pack:

1. Pack foods into hot jars, leaving the headspace—room at the top—specified for each product. Shake jars gently.

2. Ladle boiling liquid over the food, leaving the specified headspace.

3. Gently work blade of spatula or knife around inside filled jar to eliminate air bubbles. Add more boiling liquid if needed.

4. Wipe off rim of jar with a damp cloth. Bits of food or syrup on the rim could prevent a perfect seal after processing.

5. Prepare lids following manufacturer's directions. For flat metal lid, place compound side down. Add metal band and screw down until it is firm and tight.

6. Transfer filled jar to canner. Complete filling, covering, and placing each jar in canner before filling another.

Testing for seal: To test jar with flat lid, press center of lid on cooled jar. If the dip in lid holds, jar is sealed. Other types of caps won't leak when jar is tipped. If jar isn't sealed, check for flaws, repack, and reprocess with a new lid the full length of time. Or, refrigerate food and serve it within a day or two.

Storing jars: Remove screw bands from flat metal lids. Label with contents and date. Store in cool, dry, dark place.

Detecting spoilage: Leakage, patches of mold, foamy or murky appearance, bulging lids, and off-odor are signs of spoilage. If the canned food doesn't look or smell right, don't use it. Boil meats and vegetables, except tomatoes, uncovered, at least 10 minutes (20 minutes for corn and spinach) before tasting or using.

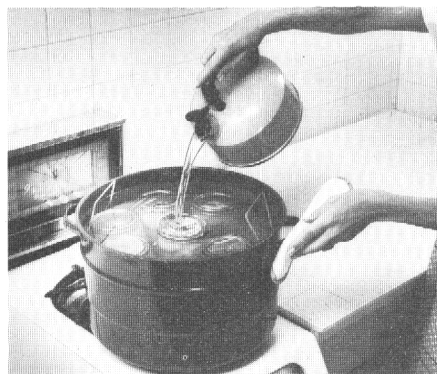
WATER-BATH CANNING

Water-bath canning is recommended for most fruits; the high-acid vegetables such as tomatoes and ripe pimiento peppers; sauerkraut; and all pickles and relishes. Use either a raw-pack or a hot-pack method.

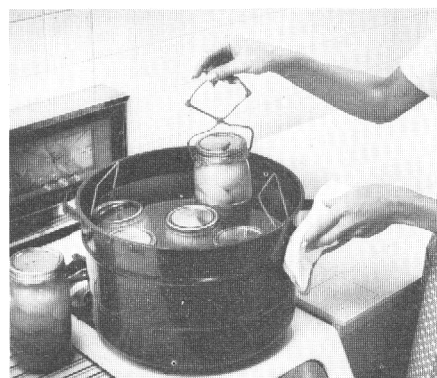
1. Set water-bath canner containing a rack on kitchen range. Fill with 4 to 5



Have water heating in canner on range. As each jar is filled and closed, place on canner rack, using jar lifter or tongs.



Add hot water to bring level in canner 1 or 2 inches over tops of jars. Cover canner; heat water to a brisk rolling boil.



When processing time is up, transfer hot jars to rack to cool. Area should be draft-free. Allow air to circulate around jars.

inches water, cover, and start heating water over high heat. Also, start heating additional water in a teakettle to use to fill canner after jars are in place.

2. Prepare the sugar syrup if it is to be used (see page 163). Keep syrup warm but not boiling till ready to fill jars.

3. Prepare fruits or vegetables to be canned following recipe directions.

4. Refer to directions on opposite page when you are ready to fill jars.

5. When the water in the canner is hot, fill each jar and place on rack in canner. Make sure jars do not touch. Replace the cover on canner each time you add a jar.

6. When the last jar has been added, check water level in the canner. Using the boiling water that was heated in teakettle, fill canner so water is 1 to 2 inches over tops of jars. Place cover on canner. Heat water to a brisk rolling boil.

7. Now, start counting the processing time given in recipe. (Some pickle recipes will start timing as soon as jars are placed in water.) Make altitude adjustment, if needed (see opposite page).

8. Adjust heat under canner so water boils gently during entire processing time. Add boiling water from teakettle if water level drops. If the water stops boiling when you add water, stop counting processing time, turn up heat, and wait for a full boil before resuming counting.

9. When processing time is up, turn heat off under canner. Remove hot jars with a jar lifter or long-handled tongs.



A dip in the lid identifies a sealed jar. You may also tap the lid with a metal spoon and listen for a ringing sound.



CANNING FRUITS

CANNING PROCEDURE

Most fruits may be canned in two ways: raw pack (cold) or hot pack (precooked).

1. Wash jars; rinse. Wash caps according to manufacturer's directions. Place jars in hot water till ready to use—no need to sterilize jars; processing does that. Place water-bath canner on heat with 4 to 5 inches water. Cover; start heating on high heat.

2. Prepare fruit following directions given in chart or recipe.

3. Pack fruit into jars using raw or hot pack method. Use syrup to suit sweetness of the fruit and your taste.

Raw pack: (May be used for all fruits except apples and applesauce.) Pack fruit firmly into jars. Leave ½-inch headspace at top of jar. Pour in boiling syrup, still leaving ½-inch headspace.

Hot pack: (May be used for all fruits.) Precook fruit in syrup according to directions in chart on opposite page. Pack boiling hot fruit loosely into jars, leaving ½-inch headspace. Cover with boiling syrup, still leaving ½-inch headspace.

4. Chase out air bubbles from filled jars by working blade of knife down sides of jars. Add more liquid if needed, but keep the original headspace.

5. Adjust jar caps: For self-sealing caps, wipe sealing edge of jar with clean cloth to remove food particles; put flat metal lid on jar with sealing compound next to glass and screw band tight. Fit wet rubber ring on jar with zinc caps; wipe jar rim and ring with clean cloth; partially seal by screwing zinc caps down firmly, then turn caps back ¼ inch.

6. Lower jars on rack into water bath canner (see photos on page 161). Be sure jars do not touch. Cover. Count time when water comes to rolling boil. Keep boiling gently during entire processing time. Add more *boiling* water if needed to keep jars covered. Process for time on opposite page. Note altitude and water bath instructions, pages 160 and 161.

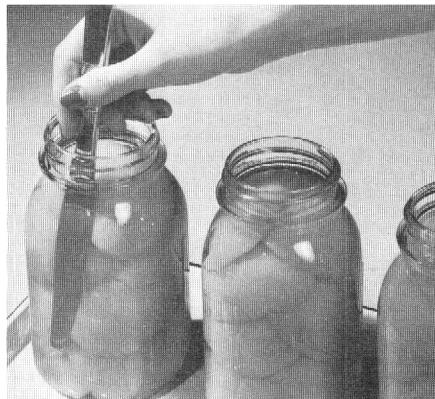
7. Follow instructions for sealing and cooling on pages 160 and 161.

- Choose fresh, firm fruits for canning.
- Sort fruits according to size and ripeness—they cook more evenly that way.
- Wash fruits thoroughly under running water or through several changes of water.
- Handle fruits gently to avoid bruising.
- Use ascorbic acid color keeper to treat fruits that darken easily during preparation. It's found at the grocer's and is the same product used in freezing fruits.

CANNED FRUIT YIELD

Generally, for 1 quart canned fruit use the following amount fresh fruit as purchased:

Fruit	Pounds
Apples	2½ to 3
Berries, except strawberries	1½ to 3
Cherries (if canned unpitted)	2 to 2½
Peaches	2 to 3
Pears	2 to 3
Plums	1½ to 2½



Work blade of knife down sides of jar to chase out air bubbles. This keeps liquid above fruit—no dark spots on top. Note ½-inch headspace between fruit-liquid mixture and top of jar for proper sealing. Overlap peach halves hollow side down for pretty effect and best use of jar space.

Fruit	Preparation of Fruit Thin Syrup—2 cups sugar to 4 cups water. Yield 5 cups. Medium Syrup—3 cups sugar to 4 cups water. Yield 5½ cups. Heavy Syrup—4¾ cups sugar to 4 cups water. Yield 6½ cups. (Boil sugar and water together 5 minutes. Skim if needed. Figure ½ to 1½ cups sugar for each quart jar.)	Water bath in minutes (pints)	Water bath in minutes (quarts)
Apples	<p><i>Hot Pack:</i> Wash, pare, core, and cut in pieces. While preparing, treat to prevent darkening with ascorbic acid color keeper following package directions for fresh-cut fruit. Boil in syrup or water 5 minutes. Pack hot; cover with boiling syrup or water leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p> <p><i>Applesauce:</i> Prepare sauce; heat to simmering; pack hot into hot jars leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p>	15	20
Apricots Peaches Pears	<p><i>Raw Pack:</i> Wash and peel fruit (dip peaches and apricots in boiling water, then in cold water for easier peeling) or omit peeling apricots, if desired. Halve or slice; pit or core. While preparing, use ascorbic acid color keeper following package directions for fresh-cut fruit. Pack into hot jars; cover with boiling syrup leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p> <p><i>Hot Pack:</i> Prepare as above. Heat through in syrup. Pack hot into hot jars; cover with boiling syrup leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p>	25	30
Berries (except strawberries)	<p><i>Raw Pack:</i> Use for raspberries, other soft berries. Wash fruit; drain. Fill hot jars. Cover with boiling syrup leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p> <p><i>Hot Pack:</i> Use for firm berries. Wash; drain. Add ½ cup sugar to each quart berries. Bring to boil in covered pan; shake pan to keep berries from sticking. Pack hot into hot jars leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p>	10	15
Cherries	<p><i>Raw Pack:</i> Wash, stem, and pit, if desired. Fill hot jars. Cover with boiling syrup leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p> <p><i>Hot Pack:</i> Wash; remove pits, if desired. Add ½ cup sugar to each quart fruit. Add a little water only to unpitted cherries. Cover; bring to boiling. Pack hot into hot jars leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p>	20	25
Plums	<p><i>Raw Pack:</i> Wash; prick skins if canning whole fruit. Halve and pit freestone plums, if desired. Pack into hot jars. Cover with boiling syrup leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p> <p><i>Hot Pack:</i> Prepare as above. Bring to boil in syrup. Pack hot into hot jars; add boiling syrup leaving ½-inch headspace. Adjust lids; process in boiling water bath.</p>	20	25
Rhubarb	Wash; cut rhubarb into ½-inch pieces. Pack into hot jars, leaving ½-inch headspace. Cover with boiling thin syrup, leaving ½-inch headspace. Adjust lids; process in boiling water bath.	10	10
Fruit juices	Wash fruit; pit, if desired. Crush fruit; heat to simmering; strain through cheesecloth bag. Add sugar, if desired (1 cup per gallon of juice). Heat to simmering. Fill hot jars with hot juice leaving ½-inch headspace. Adjust lids; process in boiling water bath.	5	5

APPLE BUTTER

- 6 pounds tart apples**
- 6 cups cider or apple juice**
- 3 cups sugar**
- 2 teaspoons ground cinnamon**
- ½ teaspoon ground cloves**

Core and quarter unpared apples. In 4- to 6-quart kettle, combine apples and cider. Cook about 30 minutes, or till soft. Pass through food mill. Boil gently 30 minutes; stir often. Add sugar and spices. Cook and stir over low heat till sugar dissolves. Boil gently, stirring frequently, till of desired thickness. Ladle hot butter into hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath (half-pints) 10 minutes. Makes 8 half-pints.

APRICOT-ORANGE BUTTER

- 2 pounds apricots**
- 1½ cups sugar**
- ¾ cup honey**
- 3 tablespoons frozen orange juice concentrate, thawed**

Pit and slice apricots; measure 6 cups. Cook apricots in ½ cup water, covered, 5 to 10 minutes, or till soft. Press through food mill; measure 3 cups. In 4- to 6-quart kettle or Dutch oven, combine apricot puree, sugar, and honey. Bring to full boil; reduce heat and simmer gently, stirring constantly, 12 to 15 minutes. Stir in orange juice concentrate. Pour into hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath (half-pints) 10 minutes. Makes 4 half pints.

PINEAPPLE SPEARS

Prepare Medium Syrup (see page 163); keep hot but not boiling. Wash two 4½-pound pineapples thoroughly. Remove crowns. Pare pineapples; remove eyes. Quarter; remove core. Cut fruit in spears that are ½-inch shorter than pint jars.

In 4- to 6-quart kettle, bring spears and syrup to boiling. Boil about 7 minutes. Pack hot fruit into hot pint jars. Cover with boiling syrup; leave ½-inch headspace. Adjust lids. Process in boiling water bath (pints) 30 minutes. Makes 3 pints.

FRUIT BOWL

- 5 cups Thin Syrup (page 163)**
- 2 3-pound pineapples**
- 2 pounds seedless green grapes**
- 2 pounds fully ripe apricots**
- Ascorbic acid color keeper**

Prepare syrup; keep hot but not boiling. Wash pineapples. Remove crowns. Slice and pare pineapples; remove eyes and core from each slice. Cut pineapple into chunks. Wash and drain grapes. Remove stems. Wash and drain apricots; halve and pit. While preparing apricots, add ascorbic acid color keeper.

Simmer pineapple chunks in hot syrup 5 to 10 minutes, or till almost tender. Add apricots and grapes; simmer fruit about 5 minutes, or till heated through. Pack hot fruit into hot jars, leaving 1-inch headspace. Cover with boiling syrup, leaving ½-inch headspace. Adjust lids. Process fruit in boiling water bath (pints) 20 minutes; (quarts) 25 minutes. Makes 8 pints.

Before serving: If desired, add ¼ cup maraschino cherry halves to each pint fruit mixture. Chill thoroughly.

APPLE PIE FILLING

- 4½ cups sugar**
- 1 cup cornstarch**
- 2 teaspoons ground cinnamon**
- ¼ teaspoon ground nutmeg**
- 3 tablespoons lemon juice**
- 2 or 3 drops yellow food coloring**
- 5½ to 6 pounds tart apples**
pared, cored, and sliced

In large saucepan, blend first 4 ingredients and 1 teaspoon salt. Stir in 10 cups water; cook and stir till thickened and bubbly. Add lemon juice and food coloring. Pack apples into hot jars, leaving 1-inch headspace. Fill with hot syrup, leaving ½-inch headspace. (Use spatula to help distribute syrup.) Adjust lids. Process in boiling water bath (pints) 15 minutes; (quarts) 20 minutes. Makes 6 quarts.

Before serving: Prepare pastry for a 2-crust 8- or 9-inch pie. Line pie plate with pastry; add 1 quart apple pie filling. Adjust top crust, cutting slits for escape of steam; seal. Bake at 400° for 50 minutes.

APPLE-CHERRY JUICE

3 pounds apples
4 cups tart red cherries
½ cup sugar

Wash and core apples. Wash and pit cherries. Grind fruit through food chopper, using a fine blade. In a 4- to 6-quart kettle or Dutch oven, bring fruit and 3 cups water to boiling, stirring occasionally. Reduce heat; cook slowly about 10 minutes. Strain through clean muslin or several thicknesses of cheesecloth. Let juice stand 1 to 2 hours to let sediment settle.

Pour off juice. Add sugar and a few drops red food coloring to juice; heat. Pour hot juice into hot jars; leave ½-inch headspace. Adjust lids. Process in boiling water bath (pints) 15 minutes. Makes 3 pints.

**GRAPE JUICE
CONCENTRATE**

6 pounds Concord grapes
1½ cups sugar

Wash grapes; remove from stems. Measure 14 cups grapes. Combine grapes and 2 cups water in 6-quart kettle; cover. Heat to boiling; cook slowly about 30 minutes, or until very tender. Remove from heat; strain through muslin or cheesecloth. Let juice stand 24 hours in refrigerator. Strain again. Combine grape juice and sugar in large kettle; heat to boiling. Pour hot juice into hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath (pints) 10 minutes. Makes 3 pints.

Before serving: Dilute grape juice concentrate with water to taste; chill well.

WHOLE CRANBERRY SAUCE

Combine 6¾ cups sugar and 6 cups water in an 8- to 10-quart kettle or Dutch oven; stir to dissolve sugar. Heat mixture to boiling; boil 5 minutes. Add 3 pounds (12 cups) fresh cranberries; cook about 5 minutes, or till skins pop. Remove from heat. Pack hot cranberry sauce into hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath (pints) 5 minutes. Makes 6 pints.

APRICOT NECTAR

2 pounds apricots
5 cups water
1 cup sugar

Pit and slice apricots; measure 6 cups fruit. In 8- to 10-quart kettle or Dutch oven, combine apricots and water. Cook 5 to 10 minutes, or till soft. Press apricots through food mill. Measure about 7 cups puree; add sugar. Heat and stir till sugar is dissolved and mixture is heated through. Pour hot juice into hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath (pints or quarts) 10 minutes. Makes 4 pints.

Before serving: Chill and shake well.

STRAWBERRY SYRUP

Wash and hull 6 pints strawberries. Put strawberries in blender container to mash; blend thoroughly. In 8- to 10-quart kettle or Dutch oven, combine strawberries and 7 cups sugar. Heat to full boil; reduce heat. Boil gently 10 minutes. Strain juice through jelly bag; drain several hours or overnight. Return juice to kettle and heat. Pour hot syrup into hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath (half-pints) 10 minutes. Makes 5 to 6 half-pints.

MINTED PEARS

**5 cups Thin Syrup (see
page 163)**
7 pounds pears
Ascorbic acid color keeper
⅔ cup green creme de menthe
Green food coloring
(optional)

Prepare syrup; keep hot but not boiling. Wash, pare, halve, and core pears. While preparing fruit, add color keeper. In 4- to 6-quart kettle or Dutch oven, stir creme de menthe into syrup. Add food coloring, if desired. Add pears; heat 2 to 3 minutes. Pack hot pears into hot jars, leaving ½-inch headspace. Cover with hot syrup, leaving ½-inch headspace. Adjust lids. Process in boiling water bath (pints) 25 minutes; (quarts) 30 minutes. Makes 7 pints.



PICKLES

- Use *unwaxed* cucumbers for pickling; remove all blossoms.
- Use pure granulated pickling salt. *Or*, substitute *uniodized* table salt.
- Choose a high-grade cider vinegar for all but light pickles—use white vinegar for them. Acidity of vinegar should be 4 to 6 percent (40 to 60 grain).
- Do not use copper, brass, galvanized, or iron utensils for making pickles.
- Common causes of poor products: Shriveling is produced by too strong a salt, sugar, or vinegar solution, overcooking, or overprocessing. Too little salt or acid, insufficient processing, or poor sealing causes soft pickles. Hollow pickles are due to not-fresh cucumbers.

CANNING PROCEDURE

1. Wash jars; rinse. Wash caps according to manufacturer's directions. Place jars in hot water till ready to use—no need to sterilize; processing does that. Place water bath canner on heat with 4 to 5 inches water.

2. Prepare pickles according to recipes on the following pages.

3. Fill hot jars firmly, but be sure the liquid fills in around product. Leave ½-inch headspace between food-liquid mixture and top of jar. Remove air bubbles from filled jars by working blade of knife down sides of jars. Add more liquid, if needed, but keep the same headspace.

4. Adjust jar caps: For self-sealing caps, wipe sealing edge of jar with clean cloth to remove food particles; put flat metal lid on jar with sealing compound next to glass and screw band tight. Fit wet rubber ring on jar with zinc caps; wipe jar rim and ring with clean cloth; partially seal by screwing zinc caps down firmly, then turning the caps back ¼ inch.

5. Process immediately in boiling water bath (see instructions, pages 160 and 161) using times indicated in recipes. Note high altitude changes, page 160.

6. For sealing and cooling, follow instructions on pages 160 and 161.

SWEET PICKLES

Select 9½ pounds of 3- to 4-inch cucumbers (about 150). Wash and cover cucumbers with hot salt brine made from 1 cup granulated pickling salt to each 2 quarts water. Cool; cover with large plate or lid with weight atop to keep cucumbers in brine. Let stand for 7 days.

Drain; cover with hot water; let stand 24 hours. Drain; again cover with hot water; let stand 24 hours. Drain; split cucumbers. Combine 12 cups sugar, 8 cups cider vinegar, 1½ teaspoons celery seed, 8 sticks stick cinnamon, and 1 cup prepared horseradish. Bring to boil; slowly pour over cucumbers. Drain syrup from cucumbers each morning for 4 days; reheat and slowly pour over cucumbers. Let cool in syrup before covering.

The last morning, remove cinnamon and bring cucumbers and syrup to boil. Pack cucumbers and syrup into hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath for 5 minutes (start counting time after water returns to boiling). Makes about 13 pints.

CRISP PICKLE SLICES

(*bread-and-butter type*)

- 4 quarts sliced unpared medium cucumbers**
- 6 medium white onions, sliced (6 cups)**
- 2 green peppers, sliced (1⅓ cups)**
- 3 cloves garlic**
- ⅓ cup granulated pickling salt**
- 5 cups sugar**
- 3 cups cider vinegar**
- 1½ teaspoons turmeric**
- 1½ teaspoons celery seed**
- 2 tablespoons mustard seed**

Combine cucumber, onion, green pepper, and whole garlic cloves. Add salt; cover with cracked ice; mix thoroughly. Let stand 3 hours; drain well. Remove garlic. Combine remaining ingredients; pour over cucumber mixture. Bring to boil.

Fill hot jars, leaving ½-inch headspace; adjust lids. Process in boiling water bath for 5 minutes (start timing when water returns to boiling). Makes 8 pints.

DILL PICKLES

For each quart:

- ½ pound 4-inch cucumbers (5-6)**
- 3 or 4 heads fresh dill**
- 1 teaspoon mustard seed**
- 2 cups water**
- 1 cup cider vinegar**
- 1 tablespoon granulated pickling salt**

Scrub cucumbers; pack loosely in hot quart jars, leaving ½-inch headspace. For each quart, add dill and mustard seed. Make a brine by combining water, vinegar, and salt. Bring to boiling. Slowly pour hot brine over cucumbers, leaving ½-inch headspace. Adjust lids. Process in boiling water bath for 20 minutes (start timing as soon as jars are placed in water).

Kosher Dill Pickles: Follow recipe above *except* omit mustard seed; add 1 clove garlic and 1 small piece hot red pepper (optional) to each quart. Prepare a brine using 2¼ cups water, ¾ cup vinegar, and 1 tablespoon pickling salt. Bring to boiling. Slowly pour hot brine over cucumbers. Process as above.

WATERMELON PICKLES

- 2 pounds watermelon rind**
- ¼ cup granulated pickling salt**
- 2 cups sugar**
- 1 cup white vinegar**
- 1 tablespoon broken stick cinnamon**
- 1½ teaspoons whole cloves**
- ½ lemon, thinly sliced**

Trim dark green and pink parts from rind; cut in 1-inch cubes. Measure 7 cups. Soak overnight in solution of salt and 1 quart water (it may take more to cover). Drain; rinse watermelon rind; cover with cold water. Cook till just tender.

Meanwhile, combine sugar, vinegar, 1 cup water, and spices. Simmer 10 minutes; strain. Add (drained) rind, lemon, and, if desired, 5 maraschino cherries, halved. Simmer till rind is clear; fill hot jars with rind and syrup, leaving ½-inch headspace. Adjust lids; process in boiling water bath 5 minutes (start timing when water returns to boil). Makes 2½ pints.

SWEET-SOUR PICKLES

Wash 3½ pounds 2½-inch cucumbers (about 50). Dissolve ½ cup granulated pickling salt in 4 cups boiling water; pour over cucumbers. Let stand in liquid till cool; drain. Combine 1½ quarts cider vinegar, 3 cups sugar, 2 cups water, and 1 tablespoon mixed pickling spices; bring to boil. Slowly pour over cucumbers; let stand 24 hours. Bring cucumbers and syrup to boil; pack in hot jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath for 5 minutes, (start timing when water returns to boil). Makes 5 pints.

MUSTARD PICKLES

Break 1 large head cauliflower in flowerets. Cut 1 quart small green tomatoes in wedges, 3 green peppers in strips, and 1½ pounds 2-inch cucumbers in halves lengthwise. Peel 3 cups pickling onions. Combine washed vegetables; cover with a mixture of 1 cup granulated pickling salt and 4 cups water; let stand in cool place overnight.

Drain; cover with boiling water; let stand 10 minutes; drain. Combine 2 cups sugar, 1 cup all-purpose flour, ½ cup dry mustard, 1 tablespoon turmeric, 5 cups cider vinegar, and 5 cups water. Cook and stir till thick and bubbly. Add vegetables; cook till tender. Fill hot jars, leaving ½-inch headspace; adjust lids. Process in boiling water bath for 5 minutes (time when water returns to boil). Makes 10 pints.

VEGETABLE RELISH

Wash vegetables to be used. Using coarse blade, grind 12 green peppers (5 cups), 7 large onions (4 cups), 1 medium head cabbage (4 cups), 10 green tomatoes (4 cups), and 6 sweet red peppers (1½ cups).

Sprinkle with ½ cup granulated pickling salt; let stand overnight. Rinse and drain. Combine 6 cups sugar, 2 tablespoons mustard seed, 1 tablespoon celery seed, 1½ teaspoons turmeric, 4 cups cider vinegar, and 2 cups water. Pour over vegetables. Bring to boil; boil gently 5 minutes.

Fill hot jars, leaving ½-inch headspace; adjust lids. Process in boiling water bath 5 minutes (start timing when water returns to boil). Makes 9 pints.

CORN RELISH

Capture the flavor of fresh corn in a jar—

Husk 16 to 20 ears fresh corn. Cook in boiling water 5 minutes; plunge into cold water. Drain; cut corn from cobs (8 cups cut corn). Do not scrape cobs.

Combine 4 cups chopped celery, 2 cups chopped sweet red pepper, 2 cups chopped green pepper, 1 cup chopped onion, 2 cups each sugar, vinegar, and water, 2 tablespoons salt, and 2 teaspoons celery seed in a large saucepan. Bring to boil; boil, uncovered, 5 minutes; stir occasionally.

Blend $\frac{1}{4}$ cup all-purpose flour, 2 tablespoons dry mustard, and 1 teaspoon turmeric with $\frac{1}{2}$ cup cold water. Add along with corn to boiling mixture. Return to boiling; cook and stir 5 minutes.

Pack loosely while boiling hot into hot pint jars, leaving $\frac{1}{2}$ -inch headspace. Adjust jar lids. Process in boiling water bath 15 minutes (count time when water returns to boil). Makes 7 pints.

DILLY GREEN TOMATOES

Wash 5 pounds small, firm, green tomatoes; slice tomatoes $\frac{1}{4}$ inch thick. Pack loosely into hot quart jars, leaving $\frac{1}{2}$ -inch headspace. To each quart add: 3 or 4 heads fresh dill or 2 tablespoons dillseed, 1 clove garlic, and 1 whole clove. Combine 1 quart vinegar, 1 quart water, and $\frac{1}{3}$ cup granulated pickling salt. Bring to boil; slowly pour boiling liquid over tomatoes, leaving $\frac{1}{2}$ -inch headspace. Adjust lids. Process in boiling water bath 20 minutes (start timing as soon as jars are placed in water). Makes 5 quarts.

SPICED PEACHES

Combine 5 cups sugar, 2 cups water, 1 cup vinegar, 12 inches stick cinnamon, broken, and 2 teaspoons whole cloves. Heat to boiling. Into syrup drop enough small peeled peaches to fill 2 or 3 pints.

Heat peaches in syrup about 5 minutes. Pack hot fruit in hot pint jars; add syrup, leaving $\frac{1}{2}$ -inch headspace; adjust lids. Process in boiling water bath 20 minutes (count time after water returns to boil). Seven pounds fruit yields about 9 pints.

CHILI SAUCE

- 1 peck (12 to 14 pounds) tomatoes
- 1 pound (about 2 bunches) celery, chopped (about 4 cups)
- 1 quart small onions, ground (about $2\frac{1}{2}$ cups)
- 3 green peppers, ground (about $2\frac{1}{2}$ cups)
- 6 inches stick cinnamon
- $1\frac{1}{2}$ teaspoons ground cloves
- 1 tablespoon dry mustard
- 2 pounds brown sugar ($4\frac{1}{2}$ cups)
- 1 quart cider vinegar

Scald tomatoes; peel, core, and slice in chunks into large kettle. Cook 15 minutes; drain off *half* (about 6 cups) the juice (use for drinking or cooking). Add celery, onion, and green pepper; simmer about $1\frac{1}{2}$ hours. Tie cinnamon in cloth; add with remaining ingredients and $\frac{1}{4}$ cup salt. Continue cooking $1\frac{1}{2}$ hours. Remove cinnamon. Fill hot pint jars, leaving $\frac{1}{2}$ -inch headspace; adjust lids. Process in boiling water bath 5 minutes (start timing when water returns to boil). Makes 9 pints.

TOMATO CATSUP

In small saucepan, combine $1\frac{1}{2}$ teaspoons whole cloves, $1\frac{1}{2}$ inches broken stick cinnamon, 1 teaspoon celery seed, and 1 cup white vinegar. Cover; bring to boil. Remove from heat; let stand.

Wash, core, and quarter 8 pounds (25 medium) tomatoes into large kettle. Add 1 medium onion, chopped, and $\frac{1}{4}$ teaspoon cayenne. Bring to boil; cook 15 minutes stirring occasionally. Put tomatoes through food mill or a coarse sieve.

Add 1 cup sugar to tomato juice. Bring to boil, then *simmer* briskly $1\frac{1}{2}$ to 2 hours, or till mixture is reduced by half (measure depth with ruler at start and end).

Strain spiced vinegar mixture into tomato mixture; discard spices. Add 4 teaspoons salt. Simmer about 30 minutes, or till of desired consistency. Stir often.

Fill hot pint jars, leaving $\frac{1}{2}$ -inch headspace; adjust lids. Process in boiling water bath 5 minutes (count time after water returns to boil). Makes 2 pints.

CANNING VEGETABLES

With the exception of tomatoes, vegetables do not have natural acidity. This means that you must process them in a pressure canner to destroy the heat-resistant bacteria, which could cause food poisoning. This rule applies to all low-acid vegetables except those made into pickles, relishes, and sauerkraut. These foods are prepared with vinegar and/or brine, which makes water-bath canning a safe way to process them.

CANNED TOMATOES

To loosen skins, dip tomatoes in boiling water $\frac{1}{2}$ minute; dip quickly in cold water. Cut out stem ends and peel. Follow either raw or hot pack method.

Raw pack: Pack tomatoes in hot jars, pressing gently to fill spaces. Leave $\frac{1}{2}$ -inch headspace. Add no water. Add 1 teaspoon lemon juice to each quart or $\frac{1}{2}$ teaspoon to each pint. Add $\frac{1}{2}$ teaspoon salt to each quart or $\frac{1}{4}$ teaspoon to each pint. Adjust lids. Process in boiling water bath (pints) 35 minutes; (quarts) 45 minutes.

Hot pack: Quarter peeled tomatoes. Bring to boiling, stirring constantly but gently. Pack hot tomatoes into hot jars, leaving $\frac{1}{2}$ -inch headspace. Add 1 teaspoon lemon juice to each quart or $\frac{1}{2}$ teaspoon to each pint. Add $\frac{1}{2}$ teaspoon salt to each quart or $\frac{1}{4}$ teaspoon to each pint. Adjust lids. Process in boiling water bath (pints or quarts) 10 minutes.

TOMATO JUICE

Thoroughly wash tomatoes; remove stem ends and cut tomatoes in pieces. Slowly cook tomatoes, covered, about 15 minutes, or until soft. Stir often to prevent sticking. Press through food mill or sieve to extract juice. Return juice to kettle. Add 1 teaspoon lemon juice for each quart or $\frac{1}{2}$ teaspoon for each pint. Add $\frac{1}{2}$ teaspoon salt for each quart or $\frac{1}{4}$ teaspoon for each pint. Bring to boiling. Pour hot juice into hot jars, leaving $\frac{1}{2}$ -inch headspace. Adjust lids. Process in boiling water bath (pints) 10 minutes; (quarts) 15 minutes.

SAUERKRAUT

Use 5 pounds fully matured cabbage. Wash, quarter, core, and finely shred. Sprinkle with $3\frac{1}{2}$ tablespoons salt; mix well. Let stand 30 to 60 minutes. Firmly pack into room-temperature jars; leave 2-inch headspace. Fill with cold water; leave $\frac{1}{2}$ -inch headspace. Adjust lids; screw band tight. Place jars on jelly-roll pan to catch brine that overflows. Keep cabbage covered with brine. If necessary, open jars and add more brine made by dissolving $1\frac{1}{2}$ tablespoons salt in 1 quart water.

Sauerkraut is ready to can in 6 to 8 weeks. Clean rims of jars; replace lids if sealer appears damaged; screw band tight. Set in water bath canner filled with cold water (should extend 2 inches above jars). Bring slowly to boiling. Process (pints or quarts) 30 minutes. Makes 7 pints.

CANNING PROCEDURE (LOW-ACID VEGETABLES)

1. Wash jars and lids (see page 160).
2. Wash and trim vegetables as directed.
3. Pack into jars, using either method:

Raw pack: You can pack asparagus, lima and green beans, carrots, corn, and peas by this method. Pack firmly into hot jars (loosely pack limas, corn, and peas). Leave $\frac{1}{2}$ -inch headspace (1 inch for limas, corn—both whole kernel and cream-style—and peas). Pour boiling water into jars, leaving the headspace specified.

Hot pack: You can pack any vegetable by this method. Precook for time indicated. Pack boiling vegetables loosely into hot jars, leaving $\frac{1}{2}$ -inch headspace (1 inch for limas, corn, peas, and sweet potatoes). Pour boiling cooking liquid or water into jars; leave the headspace specified.

4. Remove air bubbles by working knife down sides, keeping liquid above food. Add liquid, if needed; leave headspace.
5. Add the amount of salt specified.
6. Adjust jar caps (pages 160 and 162).
7. Process immediately in pressure canner (see page 170). Note high altitude changes (page 173). Check seal (page 160).



On canners with the spring-dial gauge, wait until the indicator returns to zero before removing the pressure regulator.



On canners with a weight gauge, let canner cool before nudging the gauge gently. If no steam is visible, lift off gauge.



Carefully unlatch the cover of the canner. Lift cover so that it opens away from you to avoid a blast of hot steam.

PRESSURE CANNING

Pressure canning is absolutely necessary for processing garden vegetables, including corn, beans of all kinds, carrots, beets, and greens, plus all meats, poultry, and fish. Remember to boil these foods at least 10 minutes before tasting or serving (20 minutes for corn or spinach).

1. Well before canning day, read instruction booklet packed with canner. Have spring-dial gauge checked for accuracy (check with your county Extension Service for nearest testing location).

2. Assemble canner and basket. Set canner on kitchen range and add 2 or 3 inches boiling water. Turn heat on low.

3. Prepare vegetables or meats.

4. Refer to directions on page 160 when you are ready to fill the jars.

5. As each jar is filled, place it in the canner. Be sure jars do not touch.

6. Cover and lock canner. Turn heat up to high. When steam starts to come from the open vent or pet cock, reduce heat so steam flows freely at moderate rate. Let steam flow steadily for 10 minutes.

7. Close vent; bring up pressure. Refer to your manual for specific instructions.

8. Turn heat up to high, maintain heat till you reach 10 pounds pressure. Then, adjust heat to maintain a constant pressure. If pressure drops, stop counting processing time till pressure is regained.

9. Count processing time from the moment 10 pounds pressure is reached.

10. Remove canner from heat and set it out of drafts on a wire rack or wooden board. Allow pressure to return to normal of its own accord. This will take 20 to 25 minutes. Do not run water over canner.

11. Pressure is down when dial gauge registers zero and the safety plug is normal, or when no steam is visible when weight gauge is nudged gently. Remove regulators or open pet cock and unlatch cover of canner. Lift cover away from you.

12. If food is still boiling vigorously in jars, wait a few minutes before removing jars. Cool jars 2 to 3 inches apart on wooden board in draft-free area.

Pressure cookers may be used to process pints if pan has accurate gauge and operates at 10 pounds pressure. Allow 20 minutes longer than time in pressure canner.

Vegetables	<p style="text-align: center;">Preparation of Vegetables</p> <p>Precook; pack into jar with hot cooking water to ½ inch from top unless otherwise specified; add ½ teaspoon salt to each quart. Or pack raw into jars; cover with boiling water leaving the amount of headspace specified; add ½ teaspoon salt to each quart.</p>	<p style="text-align: center;">Pressure canner minutes at 10 lbs. (Pints)</p>	<p style="text-align: center;">Pressure canner minutes at 10 lbs. (Quarts)</p>
Asparagus	<p>Wash; trim off scales and tough ends; cut in 1-inch pieces. <i>Hot pack:</i> Cook in boiling water 3 minutes; pack hot. Add salt, boiling cooking liquid; leave ½-inch headspace. Adjust lids; process. <i>Raw pack:</i> Pack tightly into jars; add salt; cover with boiling water. Leave ½-inch headspace; adjust lids; process.</p>	25	30
Beans Green and Wax	<p>Wash; trim ends; cut in 1-inch pieces. <i>Hot pack:</i> Cook 5 minutes in boiling water. Pack hot; add salt, hot cooking liquid; leave ½-inch headspace. Adjust lids; process. <i>Raw pack:</i> Pack in jars; add salt; cover with boiling water. Leave ½-inch headspace; adjust lids; process.</p>	20	25
Beans Lima	<p><i>Hot pack:</i> Shell and wash young beans; cover with boiling water; bring to boil. Pack loosely to 1 inch from top of jar. Add salt and boiling water; leave 1-inch headspace; adjust lids; process. <i>Raw pack:</i> Shell and wash young beans; pack lima beans loosely to 1 inch from top of pint jar; 1 inch from top of quart jar. Add salt and boiling water; leave 1-inch headspace; adjust lids; process.</p>	40	50
Beets	<p>Wash, leaving on root and 1 inch of tops. Cover with boiling water; precook about 15 minutes. Slip off skins and trim; cube or slice large beets. Pack hot. Add salt and boiling water. Leave ½-inch headspace. Adjust lids; process.</p>	30	35
Carrots	<p><i>Hot pack:</i> Wash and pare; slice or dice. Cover with boiling water and bring to boil. Pack hot; add salt and boiling cooking liquid. Leave ½-inch headspace. Adjust lids, process. <i>Raw pack:</i> Wash; pare; slice or dice. Pack tightly into jars; add salt, boiling water. Leave ½-inch headspace, adjust lids; process.</p>	25	30
Corn Whole kernel	<p>Cut corn from cob; do not scrape cob. <i>Hot pack:</i> Add 2 cups boiling water per 1 quart of corn; bring to boil. Pack hot corn loosely. Add salt and boiling hot cooking liquid leaving 1-inch headspace. Adjust lids; process. <i>Raw pack:</i> Pack corn loosely to 1 inch from top. Add salt. Cover with boiling water leaving 1-inch headspace. Adjust lids; process.</p>	55	85
Cream-style	<p>Cut corn from cob, cutting only about half the kernel; scrape cob. <i>Hot pack:</i> Follow directions above; pack hot corn in pints only. <i>Raw pack:</i> Follow directions above packing to 1 inch from top of pint jars. Fill with boiling water; leave 1-inch headspace.</p>	85 95	
Greens, all kinds	<p>Wash thoroughly; cut out tough stems and midribs. Steam in cheesecloth bag till well wilted, 10 minutes. Pack hot greens loosely. Add ¼ teaspoon salt to pints and ½ teaspoon salt to quarts; cover with boiling water. Leave ½-inch headspace; adjust lids; process.</p>	70	90
Mushrooms	<p>Wash thoroughly; trim stems. Slice or leave small mushrooms whole. Steam 4 minutes or heat gently, covered, without liquid 15 minutes. Pack hot in pint jars; add ¼ teaspoon salt per pint. For good color use ascorbic acid color keeper (follow label directions). Cover with boiling water. Leave ½-inch headspace; adjust lids; process.</p>	30	
Peas Green	<p><i>Hot pack:</i> Shell; wash. Cover with boiling water; bring to boil. Pack hot peas loosely to 1 inch from top of jar. Add salt and boiling water. Leave 1-inch headspace; adjust lids; process. <i>Raw pack:</i> Shell and wash peas. Pack loosely to 1 inch from top of jar. Add salt; cover with boiling water leaving 1-inch headspace. Adjust lids; process.</p>	40	40

Potatoes New White	Wash; precook 10 minutes; remove skins. Pack hot; add salt; cover with boiling water. Leave 1-inch headspace. Adjust lids; process.	30	40
Sweet	<i>Dry pack:</i> Wash; precook in boiling water 20 to 30 minutes. Remove skins; cut up. Pack hot to 1 inch from top; press gently; add no liquid or salt. Leave 1-inch headspace. Adjust lids; process. <i>Wet pack:</i> Wash; boil till skins slip off easily. Remove skins; cut potatoes in pieces. Pack hot to 1 inch from top. Add salt. Cover with boiling water leaving 1-inch headspace. Adjust lids; process.	65	95
Pumpkin Squash Winter	Wash; remove seeds; pare and cube. Barely cover with water; bring to boil. Pack hot. Add salt; cover with boiling cooking liquid. Leave ½-inch headspace; adjust lids; process. <i>Sieved pumpkin or squash:</i> Wash; remove seeds. Pare and cut up. Steam about 25 minutes or till tender. Put through food mill or strainer. Heat through, stirring to prevent sticking. Pack hot. Add no liquid or salt. Leave ½-inch headspace; adjust lids; process.	55	90
		65	80

CANNED VEGETABLE YIELD

For 1 quart canned food it takes approximately the following amount of fresh vegetables as purchased or picked:

Vegetable	Pounds
Asparagus	2½ to 4½
Beans, lima in pods	3 to 5
Beans, snap green	1½ to 2½
Beets, without tops	2 to 3½
Carrots, without tops	2 to 3
Corn, sweet, in husks	3 to 6
Peas, green, in pods	3 to 6
Squash, winter	1½ to 3
Sweet potatoes	2 to 3
Tomatoes	2½ to 3½

SUCCOTASH

- 4 cups shelled lima beans**
- 6 to 8 medium ears sweet corn, cut from cob**

Wash and drain beans. Combine beans and corn in kettle; add 4 cups water. Bring to boil; cook 5 minutes. Pack hot vegetables loosely into hot jars, leaving 1-inch headspace. Add ¼ teaspoon salt per pint. Pour in boiling cooking liquid; leave 1-inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints) 55 minutes; (quarts) 85 minutes. Makes 4 pints.

Before serving: Boil these vegetables 20 minutes *before* tasting or using. If desired, add ½ cup light cream and 2 tablespoons butter to each pint of succotash; or add 1 tablespoon chopped canned pimiento.

BEANS IN TOMATO SAUCE

- 2 pounds (4 cups) dry navy beans**
- 3 quarts cold water**
- 3 cups tomato juice**
- 1 6-ounce can tomato paste**
- ½ cup chopped onion**
- ¼ cup chopped green pepper**
- 1 tablespoon Worcestershire sauce**
- 1 tablespoon sugar**
- ½ teaspoon salt**
- Few drops bottled hot pepper sauce**
- 2 teaspoons salt**
- ¼ pound salt pork, cut in pieces**

Rinse beans; add to 3 quarts cold water in 8- to 10-quart kettle or Dutch oven. Bring to boiling; simmer 2 minutes. Remove from heat; cover and let beans stand 1 hour.

Meanwhile, in large saucepan combine tomato juice, tomato paste, onion, green pepper, Worcestershire sauce, sugar, the ½ teaspoon salt, and hot pepper sauce. Cover and bring to boiling. Reduce heat; simmer tomato mixture 5 to 10 minutes.

Add the 2 teaspoons salt to beans and soaking water; cover and bring to boiling. Drain. Add salt pork to drained beans. Pack hot mixture into hot jars, filling jars ¾ full. Fill with boiling tomato mixture, leaving 1-inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints) 80 minutes; (quarts) 100 minutes. Makes 6 pints.

Safety reminder

Before tasting or using home-canned vegetables, boil, uncovered, at least 10 minutes (20 minutes for corn or spinach). Add water to avoid sticking.

TROPICAL BEETS

Wash 2 pounds beets, leaving on root and 1 inch of tops. Cover with boiling water; simmer 15 minutes. Slip off skins and trim; slice beets (about 5 cups).

In 4- to 6-quart kettle or Dutch oven, combine 2 cups water and $\frac{3}{4}$ cup brown sugar. Stir till sugar dissolves. Add 2 cups fresh pineapple tidbits. Simmer 5 minutes. Add beets and heat through.

Pack hot beet slices and pineapple tidbits into hot jars, leaving $\frac{1}{2}$ -inch headspace. Add 1 teaspoon lemon juice and $\frac{1}{4}$ teaspoon salt to each pint. Cover with boiling syrup, leaving $\frac{1}{2}$ -inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints) 30 minutes; (quarts) 40 minutes. Makes 4 pints.

Before serving: In saucepan, boil beets with pineapple at least 10 minutes *before* tasting or using. For each pint, blend 1 tablespoon cold water into 2 teaspoons cornstarch. Stir into beet mixture with 1 tablespoon butter. Cook, stirring constantly, till mixture thickens.

CABBAGE BORSCH

Wash 5 pounds tomatoes. Peel, remove stem ends and cores, and quarter tomatoes. Use a small spoon to scrape out excess seeds, if desired. In 4- to 6-quart kettle, combine tomatoes with 8 cups coarsely shredded cabbage, 6 cups water, 2 cups chopped onion, 2 medium apples, pared, cored, and cut in pieces, 2 tablespoons instant beef bouillon granules, 2 tablespoons sugar, 2 tablespoons lemon juice, 1 teaspoon salt, and dash pepper.

Bring the cabbage mixture to boiling. Boil, uncovered, for 5 minutes. Ladle the hot cabbage mixture into hot jars, leaving $\frac{1}{2}$ -inch headspace. Adjust the lids. Process in a pressure canner at 10 pounds pressure (pints) 45 minutes; (quarts) 55 minutes. Makes 8 pints.

VEGETABLE SOUP

- 2 cups chopped, peeled tomatoes
- 4 teaspoons instant beef bouillon granules
- 1 tablespoon Worcestershire sauce
- $\frac{1}{2}$ teaspoon chili powder
- 3 cups cubed, pared potatoes
- 3 cups sliced carrots
- 2½ cups cut green beans
- 2 cups corn cut from cob
- 1 cup chopped celery
- $\frac{1}{2}$ cup chopped onion

In large kettle, mix first 4 ingredients, 3 cups water, and 2 teaspoons salt; heat. Add vegetables; boil 5 minutes. Pour hot soup into hot jars; leave 1-inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints) 55 minutes; (quarts) 85 minutes. Makes 6 pints.

Before serving: Boil 1 pint soup 10 to 15 minutes *before* tasting or using; add $\frac{1}{2}$ cup water to soup mixture.

MIXED VEGETABLES

Pare and chop $1\frac{1}{2}$ pounds carrots. Husk and silk 10 or 11 medium ears sweet corn. Cut corn from cobs. Trim ends from $1\frac{1}{2}$ pounds green beans; cut green beans in 1-inch pieces. In large kettle, combine carrots, corn, and green beans with 4 cups shelled lima beans. Cover with boiling water. Bring to boiling. Pack hot vegetables into hot jars; leave 1-inch headspace. Add $\frac{1}{2}$ teaspoon salt per pint. Cover with boiling cooking liquid; leave 1-inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints) 55 minutes. Makes 11 pints.

Correct for altitude

Pounds of pressure in recipes apply up to 2,000 feet above sea level. Adjust for type of gauge as follows:

Spring-dial gauge: For each extra 2,000 feet add 1 pound pressure.

Weight gauge: Above 2,000 feet use 15 pounds pressure instead of 10.

Do not raw pack vegetables for processing at altitudes above 6,000 feet.

CANNING MEAT, POULTRY, AND FISH

Wash jars and lids using manufacturer's directions. Pack meat following methods below. Adjust caps (see pages 160 and 162). Process immediately in *pressure*

canner (see page 170), using times below. Note altitude corrections (page 173) and after processing instructions, page 160. *Boil all meats at least 10 minutes before tasting.*

Food	Preparation of Food	Pressure canner minutes at 10 lbs. (Pints)	Pressure canner minutes at 10 lbs. (Quarts)
Meat Beef Veal Lamb Pork Venison	<p>Chill meat immediately after slaughter. Wipe meat with a clean, damp cloth. Cube meat or cut meat into jar-length pieces so grain of meat runs the length of the jar. Remove gristle, bones, and as much fat as possible.</p> <p><i>Raw pack:</i> Pack loosely into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt to each quart jar, if desired. Do not add liquid. Adjust the lids and process in pressure canner.</p> <p><i>Hot pack:</i> Simmer the meat in a small amount of water in a covered pan till medium-done; stir occasionally. Season the meat lightly with salt. Or, brown the meat in a small amount of fat. Season the meat lightly with salt.</p> <p>Pack the meat loosely into hot jars, leaving 1-inch headspace. Fill with boiling water or broth, leaving 1-inch headspace. Adjust lids. Process in pressure canner.</p>	75	90
Poultry Chicken Duck Turkey Game Birds	<p>Rinse chilled, dressed poultry in cold water. Pat dry with a clean cloth. Cut up chicken or small game birds; remove visible fat. Pack by raw-pack method. Simmer or roast unstuffed larger birds just till meat can be removed from bone and pack by hot-pack method.</p> <p><i>Raw pack:</i> Do not remove bones (except breastbone, if desired). Pack raw chicken pieces or small game bird pieces loosely into hot jars as follows: place the thighs and drumsticks with skin next to glass and fit breast pieces into center, leaving 1-inch headspace. Add ½ teaspoon salt to each quart jar, if desired. Do not add liquid. Adjust lids and process.</p> <p><i>Hot pack:</i> Remove meat from bones of cooked chicken, if desired, but do not remove skin. If not boned, pack cooked chicken pieces loosely into hot jars as above. Cut other precooked boned poultry into pieces. Pack loosely into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt to each quart jar, if desired. Cover with boiling water or broth, leaving 1-inch headspace. Adjust lids. Process in pressure canner.</p>	bone-in 65 boned 75 bone-in 65	75 90 75
Fish Bass Mackerel Salmon Trout	<p>Rinse well-cleaned fish in fresh water. Split, but do not remove back-bone. Remove skin, if desired. Make brine solution, using 1 cup salt and 1 gallon water. Soak the fish in brine for 30 to 60 minutes, depending upon the thickness of the fish. Drain and rinse fish; discard brine.</p> <p><i>Raw pack:</i> Cut fish into pieces about 1 inch shorter than jar length. Pack fish so that the skin side of the pieces is next to the glass. Alternate head and tail ends if small fish are being packed. Pack fish into hot jars, leaving 1-inch headspace. Do not add liquid or oil. Add ½ teaspoon salt to each quart jar, if desired. Adjust lids. Process in pressure canner.</p>	100	100

ITALIAN MEAT SAUCE

- 12 pounds tomatoes**
- 2 tablespoons sugar**
- 1 tablespoon dried oregano, crushed**
- 1 tablespoon dried thyme, crushed**
- 1 tablespoon salt**
- ½ teaspoon pepper**
- 2 bay leaves**
- • •
- 1 pound ground beef**
- 2 cups chopped onion**
- 1 cup chopped green pepper**
- 2 cloves garlic, minced**

Remove stem ends and cores and chop tomatoes. Measure about 24 cups. Let chopped tomatoes stand in colander for a few minutes to drain off excess liquid.

In 8- to 10-quart kettle or Dutch oven, combine drained, chopped tomatoes, sugar, oregano, thyme, salt, pepper, and bay leaves. Boil tomato mixture gently, uncovered, for 1 hour. Strain through food mill; measure about 11 cups tomato puree. Return puree to kettle. Boil gently, uncovered, about 1 hour, or till mixture is of desired consistency.

Meanwhile, in skillet cook ground beef, chopped onion, chopped green pepper, and garlic till meat is browned and onion and green pepper are tender; drain off excess fat. Add meat mixture to tomato puree in kettle and heat through.

Pack hot meat sauce into hot jars, leaving 1-inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints) 75 minutes; (quarts) 90 minutes. Makes 5 pints.

Before serving: Boil meat sauce, uncovered, for at least 10 minutes *before* tasting or using. Serve Italian Meat Sauce over hot cooked spaghetti. Pass grated Parmesan cheese, if desired.

Safety reminder

Always boil home-canned meat, poultry, or fish, uncovered, for at least 10 minutes before tasting or using. Add water as needed to prevent sticking. Do not taste cold from the jar.

CHICKEN A LA KING

In 8- to 10-quart kettle or Dutch oven, place two 5-pound stewing chickens, cut in pieces. Cover with water. Add 1 cup chopped celery, ½ cup chopped onion, and 1 clove garlic, minced. Bring to boiling. Reduce heat; simmer, covered, about 2 hours, or till chicken is barely tender. Cool.

Remove chicken from broth. Remove skin and bones from chicken; cube meat. Remove excess fat from broth; reserve 1 cup fat. Strain broth; reserve 8 cups. Melt fat; blend in 1½ cups all-purpose flour and 4 teaspoons salt. Add reserved broth; cook and stir till bubbly. Add chicken, 2 cups sliced fresh mushrooms, 1 cup chopped canned pimiento, and ½ cup chopped green pepper. Simmer 5 minutes. Pack into hot jars; leave 1-inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints) 65 minutes. Makes 9 pints.

Before serving: Boil chicken, uncovered, at least 10 minutes *before* tasting or using. Add milk till of desired consistency.

HOMEMADE MINCEMEAT

- 1 pound beef stew meat**
- 4 pounds apples, pared, cored, and cut up**
- 4 ounces suet**
- 1 15-ounce package raisins**
- 2½ cups sugar**
- 2½ cups water**
- 1 8-ounce package currants**
- ½ cup diced candied fruits and peels**
- 1 teaspoon grated orange peel**
- 1 cup orange juice**
- 1 teaspoon grated lemon peel**
- ¼ cup lemon juice**
- ½ teaspoon ground nutmeg**
- ¼ teaspoon ground mace**

Simmer beef, covered, in water about 2 hours, or till tender. Cool. Put through coarse blade of food chopper with apples and suet. Combine with remaining ingredients in large kettle. Add 1 teaspoon salt. Cover; simmer 1 hour; stir often.

Pack hot mincemeat into hot jars; leave 1-inch headspace. Adjust lids. Process in pressure canner at 10 pounds pressure (pints or quarts) 20 minutes. Makes 6 pints.



JAMS AND JELLIES

- Straight-sided glasses are suitable for jelly and make it easy to slip jelly out in a molded shape. For jams and preserves, use any type of canning jar.
- A very large kettle, 8- to 10-quart size, is needed to allow room for boiling.
- To extract juice for jelly, place prepared fruit in damp jelly bag or fruit press. For clear jelly, do not squeeze the bag.
- A double boiler is handy for melting paraffin and keeping it hot without overheating. Do not use paraffin to seal soft jams and preserves.
- Jams and jellies will fade if stored too long or in too warm a place.
- Fruit floating in jam may be caused by: underripe fruit, insufficient crushing of fruit, undercooking, pouring into containers too soon after removing from heat.
- Stirring jam often and skimming off foam for 5 minutes after cooking will help prevent floating fruit. Stir gently.
- Use jams, jellies within a few months.

CANNING PROCEDURE

1. Wash jelly glasses or jars in warm, soapy water; rinse. Sterilize jars by boiling in water 10 minutes; let stand in hot water till needed; drain. Prepare lids following manufacturer's directions.

2. Prepare jelly or jam according to recipes on the following pages. Note the description of the jelly test on this page.

3. Pour hot jelly mixture into hot sterilized jars to within $\frac{1}{2}$ inch of top. Cover at once with hot paraffin $\frac{1}{8}$ inch thick. Prick any air bubbles. (Standard 6-ounce jelly glass takes 1 tablespoon paraffin.)

Or, pour preserves and soft jams into canning jars, filling to top. Wipe top and threads of jar with clean, damp cloth. Place lids with sealing compound next to jar rim. Screw metal bands down tightly.

4. Let jams and jellies cool on rack or thick cloth overnight. Cover jelly glasses with metal or paper lids. Label to show name of product and date. Store in a cool, dry, dark place.

Jellies are made from fruit juice, are clear, and firm enough to hold their shape.

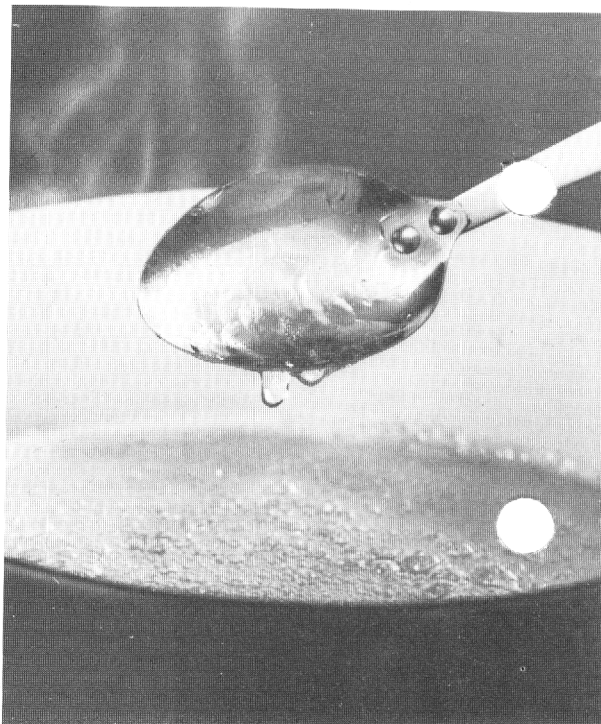
Jams contain slightly crushed or ground fruit and are usually softer than jelly.

Conserves are jams made from a mixture of fruits, usually including citrus fruit; raisins and nuts are often added.

Marmalade is a tender jelly with pieces of fruit distributed throughout; it commonly contains citrus fruits.

Preserves are whole fruits or large pieces of fruit in a thick, jellied syrup.

To test jelly without added pectin for doneness, dip large cool metal spoon into mixture; lift 12 inches above kettle. Tilt so syrup runs over side. At jelling stage, liquid will stop flowing in stream and divide into 2 distinct drops that run together and sheet from edge of spoon. On thermometer, the temperature should register 8° higher than the boiling point of water. (Find the temperature at which water boils in your area—it differs with altitude.) For *jams* without added pectin, the temperature should be 9° higher.



POOR PRODUCT CAUSES

- *Cloudy* jelly may be caused by: pouring jelly mixture into glasses too slowly; allowing jelly mixture to stand before pouring; straining juice improperly, causing pulp in the juice; using green fruit which makes jelly set too fast.

- *Crystals* throughout the jelly may be caused by too much sugar or cooking the mixture too little, too slowly, or too long. Crystals due to evaporation of liquid may appear on top of jelly after it has been opened and allowed to stand.

- *Weeping* jelly may result from sealing with too thick a layer of paraffin on top or storing in a warm place.

- *Stiff* jelly may be due to overcooking or too much pectin.

MINT OR BASIL JELLY

- 2 cups water
- 1 cup white vinegar
- 1 cup fresh mint or basil leaves (lightly packed)
- 6 drops green food coloring
- 6½ cups sugar
- 1 6-ounce bottle liquid fruit pectin

Combine first five ingredients in large saucepan; bring to boil. Add fruit pectin; heat to a *full rolling boil* and *boil hard 1 minute*. Remove leaves. Pour liquid into hot sterilized glasses. Seal immediately with paraffin. Makes 7 cups.

MINT-APPLE JELLY

- 4 cups canned apple juice
- 1 1¾-ounce package powdered fruit pectin
- 6 drops green food coloring
- 1 cup fresh mint leaves (lightly packed)
- 4½ cups sugar

Combine apple juice, pectin, food coloring, and mint leaves in very large kettle. Bring to *hard boil*. Stir in sugar. Bring again to *rolling boil*; *boil hard 1 minute*, stirring constantly. Remove from heat; remove leaves. Pour into hot sterilized jars; seal. Makes six ½-pint jars.

CRAN-PINEAPPLE JELLY

- 3 cups cranberry-juice cocktail
- 1 7½-ounce can (1 cup) pineapple juice
- ½ cup lemon juice
- 1 1¾-ounce package powdered fruit pectin
- 5 cups sugar

Combine fruit juices with pectin in very large saucepan; stir over high heat till mixture boils hard. At once, stir in the sugar. Bring to a *full rolling boil*; *boil hard 1 minute*, stirring constantly.

Remove from heat; skim off foam. Pour into hot sterilized jelly glasses; seal at once. Fills 6 to 8 jelly glasses.

CINNAMON-APPLE JELLY

- 3 pounds tart apples
- 3 cups sugar
- 1 drop oil of cinnamon
- 6 drops red food coloring

Wash fruit; do not pare or core. Cut in eighths, removing blemishes. Barely cover with water; simmer until soft.

Strain juice through jelly bag. Measure 4 cups juice into large kettle. Add sugar; stir till dissolved. Bring to *full rolling boil* over high heat. Boil hard till syrup sheets off spoon, about 8° above the boiling point of water. Remove from heat; skim off foam quickly. Add cinnamon and coloring. Pour into hot sterilized glasses. Seal immediately with paraffin. Makes three ½-pints.

APRICOT-PINEAPPLE JAM

- 1 11-ounce package (2 cups) dried apricots
- 1 1-pound 4½-ounce can crushed pineapple (undrained)
- ½ lemon, sliced and quartered
- 4 cups sugar

Rinse apricots. Simmer, covered, in 2½ cups water until tender. Mash apricots; add pineapple, lemon, and sugar. Simmer, stirring frequently, until thick and clear, about 45 minutes. Ladle into hot sterilized jars; seal. Makes about six ½-pint jars.

STRAWBERRY JAM

- 2 pints fresh strawberries
- 7 cups sugar
- ½ 6-ounce bottle liquid fruit pectin

Wash berries; slice in half lengthwise or quarter large berries. Measure 4 cups into large saucepan; add 1 cup sugar; mix carefully; let stand 15 minutes. Add remaining sugar; mix well. Bring to *full rolling boil*; *boil hard 1 minute*, stirring constantly.

Remove from heat; stir in pectin. Stir and skim alternately 5 minutes to prevent floating fruit. Ladle into hot sterilized jars; seal at once. Makes seven ½-pint jars.

CHERRY-STRAWBERRY JAM

- 1 1-pound 4-ounce can pitted tart red cherries (water pack)
- 1 10-ounce package frozen sliced strawberries, thawed
- 4½ cups sugar
- 3 tablespoons lemon juice
- • •
- ½ 6-ounce bottle liquid fruit pectin

Drain cherries, reserving juice. Chop cherries; measure and add enough reserved juice to make 2 cups. Combine fruits, sugar, and lemon juice in large saucepan. Bring to *full rolling boil*; *boil hard 1 minute*, stirring constantly.

Remove from heat; stir in pectin at once. Skim off foam. Stir and skim for 5 minutes. Ladle quickly into hot sterilized jars. Seal. Makes six ½-pint jars.

FROZEN STRAWBERRY JAM

Thaw two 10-ounce packages frozen strawberries. Put through food mill or mash. Add 3½ cups sugar; mix well. Let stand 20 minutes, stirring occasionally.

When sugar has dissolved, add ½ 6-ounce bottle liquid fruit pectin; stir 3 minutes. Ladle into hot sterilized jars or clean freezer containers. Cover and let stand 24 hours, or till set. Seal with paraffin.

Store jam up to 6 weeks in the refrigerator or up to 1 year in the freezer. Makes four ½-pint jars jam.

PEACH-RUM JAM

- 3 pounds fully ripe peaches, scalded, peeled, and finely chopped (4 cups chopped)
- 1 1¾-ounce package powdered fruit pectin
- 5 cups sugar
- ¼ cup light rum

Combine chopped peaches and fruit pectin in a *very large* saucepan or Dutch oven. Place over high heat and bring to a full rolling boil, stirring constantly. Immediately add all the sugar and stir. Again bring to a *full rolling boil* and *boil hard for 1 minute*, stirring constantly.

Remove from heat; stir in rum; skim off foam. Stir and skim for 5 minutes to cool slightly and prevent fruit from floating. Ladle into hot sterilized jars. Seal at once. Makes about six ½-pint jars.

PEACH-PLUM JAM

- 2 pounds ripe peaches
- 1½ pounds fully ripe Italian prune plums
- 1 1¾-ounce package powdered fruit pectin
- 5½ cups sugar

Peel and pit peaches; chop very fine. Pit plums; chop very fine. Mix fruits; measure 4½ cups into large saucepan.

Place saucepan of fruit over high heat. Add pectin. Stir till mixture comes to a hard boil. At once, stir in sugar. Bring to a *full rolling boil* and *boil hard 1 minute*, stirring constantly. Remove from heat.

Skim and stir for 5 minutes. Ladle quickly into hot sterilized glasses. Seal at once. Makes ten 6-ounce glasses.

DOUBLE BERRY JAM

Wash and crush 1 quart *each* fresh blueberries and fresh red raspberries; measure 4 cups (fill last cup with water, if necessary) into large saucepan.

Add 7 cups sugar; heat to *full rolling boil*; *boil hard 1 minute*, stirring constantly. Remove from heat. Stir in ½ 6-ounce bottle liquid fruit pectin. Skim. Pour into 8 hot sterilized ½-pint jars. Seal at once.

RASPBERRY-RHUBARB JAM

- 2 10-ounce packages frozen raspberries, thawed**
- 1 pound fresh rhubarb, cut in 1-inch pieces (4 cups)**
- 1 1¾-ounce package powdered fruit pectin**
- 5 cups sugar**

In Dutch oven or large kettle, combine fruits. Stir in the pectin. Place over high heat, stirring till mixture reaches a hard boil. Immediately stir in sugar. Bring to a *full rolling boil*; *boil hard 1 minute*, stirring constantly. Remove from heat. Using metal spoon, skim off foam; stir and skim for 5 minutes. Quickly ladle into 6 hot sterilized ½-pint jars; seal.

GINGERED RHUBARB JAM

- 4 cups diced fresh rhubarb**
- 3 cups sugar**
- 3 tablespoons finely snipped candied ginger**
- 2 tablespoons lemon juice**
- Few drops red food coloring**

Combine rhubarb with next 3 ingredients in large saucepan; let stand about 15 minutes, or till sugar is moistened by juice. Cook over medium-high heat, stirring frequently till thick and clear, 12 to 15 minutes. Skim off foam; add red food coloring, if desired. Ladle into hot sterilized jars; seal. Makes three ½-pints.

SPICED GRAPE JAM

- 1½ pounds Concord grapes**
- 1 tablespoon grated orange peel**
- 1 cup water**
- 2¼ cups sugar**
- ¼ teaspoon ground cinnamon**
- ⅛ teaspoon ground cloves**

Wash grapes; separate skins from pulp. Reserve skins. Cook pulp in 3-quart saucepan until soft; sieve to remove seeds.

Add orange peel and water; cook 10 minutes. Add grape skins; bring to boil. Add sugar and spices; cook over medium-low heat until thick. Pour into hot sterilized jars; seal. Makes about three ½-pints.

APRICOT JAM

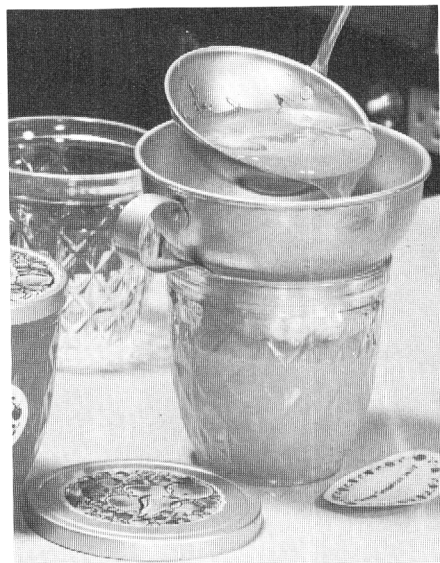
- 3 pounds fully ripe apricots**
- ⅓ cup water**
- 3 cups sugar**
- 2 tablespoons lemon juice**

Wash, peel, and pit apricots. Chop fruit; measure 4½ cups. In large kettle or Dutch oven, combine apricots and water. Bring to boiling. Cover and simmer 5 to 10 minutes, or till apricots are tender; stir frequently. Add sugar and lemon juice; mix well. Stir till sugar dissolves.

Bring to a *full rolling boil*. Cook 7 to 8 minutes till desired thickness; stir constantly. Remove from heat. Quickly skim off foam. Pour at once into hot sterilized jars; seal. Makes six ½-pints.

PLUM JAM

Wash and pit 3 pounds red plums. Put through food chopper using coarse blade (5 cups). Add 4 cups sugar; let stand 1 hour. Cook over high heat 8 minutes, or till mixture gives jelly test. Pour into 5 hot sterilized ½-pint jars; seal.



Ladle jams and jellies into hot sterilized jars with the aid of a handy wide-mouth funnel—no drips or spills outside the jars.

ORANGE MARMALADE

- 4 medium oranges
- 1 medium lemon
- ¼ teaspoon soda
- 6 cups sugar
- ½ 6-ounce bottle liquid fruit pectin

Remove fruit peels; scrape off excess white. Cut peels in very fine shreds. Add 1½ cups water and soda; bring to boil; cover and cook slowly 10 minutes.

Remove white membrane on fruit; section fruit, working over bowl to catch juice. Combine pulp, reserved juice, and peel; cover; cook slowly 20 minutes.

Measure 3 cups; add sugar. Bring to boil; cook 5 minutes. Remove from heat; add fruit pectin. Skim and stir 5 minutes. Pour into hot sterilized glasses; seal. Makes six 8-ounce glasses.

KUMQUAT MARMALADE

Slice 1 pint fresh kumquats in paper-thin circles (remove seeds as needed) to measure 2½ cups slices. Cover with 4 cups water; let stand overnight. In 6-quart kettle, boil mixture 30 minutes. Measure into 3-quart saucepan. For *each cup* fruit mixture, add 1 cup sugar.

Return to heat. Cook to *full rolling boil*; boil hard till mixture sheets off spoon, about 3 minutes. Stir in 1 tablespoon lemon juice. Ladle into hot sterilized jars; seal immediately. Makes 1 pint.

BLUEBERRY MARMALADE

Remove peel from 1 medium orange and 1 lemon. Scrape excess white from peel; cut peel in *very fine* shreds. Place in very large saucepan. Add ¾ cup water. Bring to boil; simmer, covered, 10 minutes; stir occasionally. Remove white membrane on fruit; finely chop pulp (discard seeds). Add to peel with 3 cups crushed blueberries. Cover; simmer 12 minutes. Add 5 cups sugar. Bring to *full rolling boil*; *boil hard 1 minute*, stirring constantly. Remove from heat; immediately stir in ½ 6-ounce bottle liquid fruit pectin. Skim off foam; stir and skim for 7 minutes. Ladle into hot sterilized jars. Seal at once. Makes six ½-pints.

APPLE-PEACH CONSERVE

- 2 cups chopped, pared, tart apples
- 2 cups chopped, peeled peaches
- ⅓ cup lemon juice
- 3 cups sugar

Combine all ingredients. Cook slowly for 20 minutes. Pour into hot sterilized jars. Seal at once. Makes about four ½-pints.

PLUM CONSERVE

- 2 pounds Italian plums
- 1 cup seedless raisins
- 1 medium orange
- 3 cups sugar
- ½ cup coarsely chopped walnuts

Pit plums. Grind all fruits; add sugar; bring to boil. Cook till thick, about 10 minutes. Stir in nuts. Pour into hot sterilized jars. Seal at once. Makes six ½-pints.

GRAPE CONSERVE

Wash 4 pounds Concord grapes; separate skins from pulp; reserve skins. Cook pulp till soft; sieve to remove seeds. Squeeze 1½ cups orange juice and ½ cup lemon juice; reserve peels from 2 oranges and 1 lemon. Scrape excess white from the orange and lemon peels. Slice peel very thin; cover with water and cook, uncovered, till tender; drain.

Add grape skins, 8 cups sugar, juices, and peels to grape pulp. Boil till mixture is thick and sheets from spoon, about 35 to 40 minutes. Add 1 cup broken walnuts. Pour into hot sterilized jars. Seal at once. Makes ten ½-pints.

PEACH CONSERVE

Quarter and seed 5 oranges (don't pare); peel and pit 18 peaches. Put both fruits through food chopper, using coarse blade. Measure fruit into large pan; add 1½ cups sugar for *each cup* fruit. Cook rapidly till mixture sheets from spoon; stir often. Add 1 cup chopped maraschino cherries. Pour into hot sterilized glasses; seal at once. Makes twelve 6-ounce glasses.

FREEZING FRUITS

FREEZING PROCEDURE

The intended use determines which freezing method is best. Use syrup pack fruits for dessert; sugar pack, for cooking. Unsweetened fruit is generally lower quality but is handy for special diet cookery.

1. *Preparation:* Freeze fresh, ripe fruit. Prepare fruits for syrup or sugar pack as indicated on chart, page 183. Unsweetened pack method is at right.

2. *Packaging:* Moisture-vaporproof containers are essential. Rigid containers are: glass, aluminum, plastic, or heavily waxed cardboard. Bags and sheets made of moisture-vaporproof materials such as heavy foil, cellophane, plastic, or laminated papers are suitable. Pack fruit tightly into containers to eliminate air.

3. *Sealing:* Leave headspace—room between the packed fruit and top of the container (see chart at right)—for food to expand during freezing. Place piece of crumpled parchment paper atop fruit in container to hold fruit under juice. Follow manufacturer's directions for sealing containers. Label with contents and date.

4. *Freezing:* Freeze at 0° or below in small batches. Keep fruits stored at this temperature until ready to use. Most fruits may be stored 8 to 12 months. Do not refreeze.

FROZEN FRUIT YIELD

Generally the following amount of fruit as purchased yields 1 pint frozen fruit.

Fruit	Amount
Apples	1¼ to 1½ pounds
Apricots	¾ to 1 pound
Berries*	1½ to 1½ pints
Peaches	1 to 1½ pounds
Pears	1 to 1¼ pounds
Plums	1 to 1½ pounds
Raspberries	1 pint
Rhubarb	¾ to 1 pound
Strawberries	¾ quart

*Includes blackberries, blueberries, boysenberries, elderberries, and loganberries.

UNSWEETENED PACK

Apples: Wash, pare, and core. Dissolve ½ teaspoon ascorbic acid color keeper in 1 quart water. Pour ½ cup of this water into freezer container. Slice apples into container. Press down; cover with water. Leave ½-inch headspace. Seal; freeze.

Blueberries: Use directions for syrup pack (see page 183); replace syrup with water. Leave ½-inch headspace. Freeze.

Peaches or Strawberries: Wash. Cut as desired. Pack; cover with water containing 1 teaspoon ascorbic acid color keeper per quart. Leave ½-inch headspace in pints; 1-inch headspace in quarts. Seal; freeze.

Plums or Raspberries: Wash; drain. Pack whole; leave ½-inch headspace. Freeze.

Rhubarb: Wash, trim, and cut into 1- or 2-inch pieces or in lengths to fit container. Cook in boiling water 1 minute; cool quickly in cold water. Pack; cover with cold water. Leave ½-inch headspace. Seal; label; freeze.

SYRUP PROPORTIONS

For syrup pack fruit: Add sugar to boiling water; stir to dissolve; chill. Figure ½ to ⅔ cup syrup per pint packaged fruit.

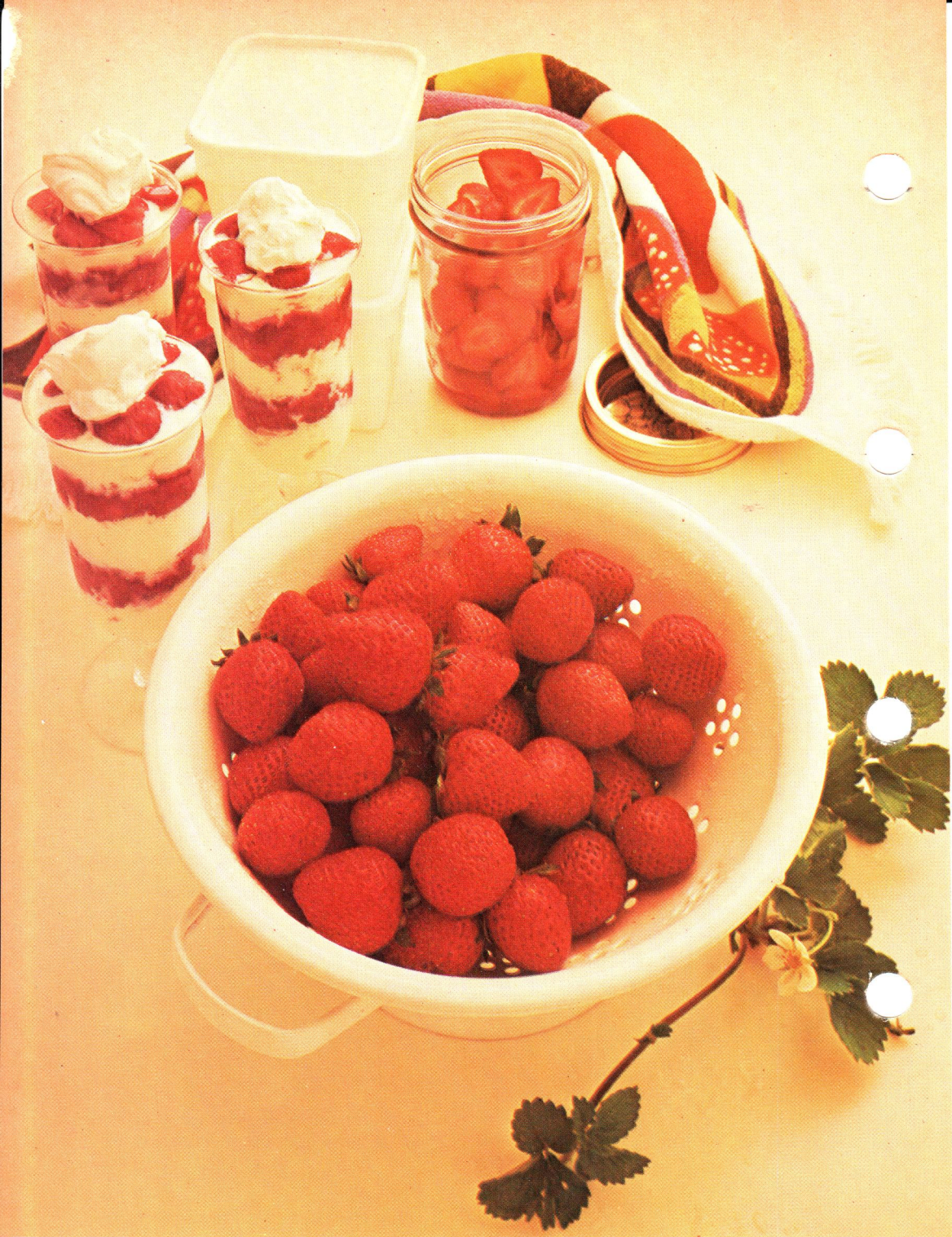
Syrup	Sugar (cups)	Water (cups)	Yield (cups)
Thin	2	4	5
Medium	3	4	5½
Heavy	4¾	4	6½
Very Heavy	7	4	7¾
Extra Heavy	8¾	4	8¾

HEADSPACE

Leave the following headspace between fruit mixture and top of container:

Syrup or Sugar Pack			
Wide top opening		Narrow top opening	
Pint	Quart	Pint	Quart
½ inch	1 inch	¾ inch	1½ inches

See Unsweetened Pack for headspace.



A supply of frozen strawberries ensures good eating in the months ahead. Spoon

berries over breakfast food, or layer with ice cream for a dinner parfait.

Fruit	Syrup Pack	Sugar Pack
Apples	Wash, pare, and core. Add $\frac{1}{2}$ teaspoon ascorbic acid color keeper per quart Medium Syrup. Slice apples into $\frac{1}{2}$ cup cold syrup in container. Press down; cover with syrup; leave headspace. Seal; label; freeze.	Wash, pare, core, and slice. Steam $1\frac{1}{2}$ to 2 minutes; cool; drain. Sprinkle $\frac{1}{2}$ cup sugar over each quart of fruit; stir. Pack tightly into containers, leaving headspace. Seal; label; freeze.
Apricots	Wash, halve, and pit. Peel and slice, if desired. If not peeled, cook in boiling water $\frac{1}{2}$ minute; cool; drain. Add $\frac{3}{4}$ teaspoon ascorbic acid color keeper to each quart Medium Syrup. Pack fruit tightly into containers. Cover with cold syrup; leave headspace. Seal; label; freeze.	Wash, halve, and pit. Peel and slice, if desired. If not peeled, cook in boiling water $\frac{1}{2}$ minute; cool; drain. Dissolve $\frac{1}{4}$ teaspoon ascorbic acid color keeper in $\frac{1}{4}$ cup cold water; sprinkle over 1 quart apricots. Mix $\frac{1}{2}$ cup sugar with each quart fruit; stir till dissolved. Pack into containers, pressing down till juice covers fruit. Leave headspace; seal; label; freeze.
Blueberries Elderberries Huckleberries	Wash; drain. Steam 1 minute; cool quickly. Pack into containers; cover with cold Medium Syrup. Leave headspace; seal; freeze.	Wash; drain. Steam 1 minute; cool. To 1 quart berries, add $\frac{3}{4}$ cup sugar; mix. Place in containers; leave headspace. Seal; label; freeze.
Cherries, sour	Stem, wash, drain, and pit. Pack into containers; cover with cold Very Heavy or Extra Heavy Syrup, depending on tartness. Leave headspace; seal; label; freeze.	Stem; wash; drain; pit. To each quart fruit add $\frac{3}{4}$ cup sugar; mix till dissolved. Pack into containers, leaving headspace. Seal; label; freeze.
Cherries, sweet	Stem, wash, drain, and pit if desired. Add $\frac{1}{2}$ teaspoon ascorbic acid color keeper to each quart Medium Syrup. Pack fruit into containers; cover with syrup, leaving headspace. Seal; label; freeze.	
Melons	Halve, remove seeds, and peel. Cut into slices, cubes, or balls; pack into containers. Cover with cold Thin Syrup, leaving headspace. Seal; label; freeze.	
Peaches	Wash, pit, and peel (for smooth look, don't scald). Add $\frac{1}{2}$ teaspoon ascorbic acid color keeper per quart Medium Syrup. Slice peaches into $\frac{1}{2}$ cup syrup in container or leave in halves; press fruit down; add syrup to cover; leave headspace; seal; freeze.	Wash, pit, and peel (for smooth look, don't scald). Halve or slice. Dissolve $\frac{1}{4}$ teaspoon ascorbic acid color keeper in $\frac{1}{4}$ cup cold water. Sprinkle over 1 quart fruit; add $\frac{3}{4}$ cup sugar; mix well. Pack into containers; leave headspace. Seal; label; freeze.
Pears	Wash, pare, halve or quarter, and remove cores. Cook in boiling Medium Syrup for 1 to 2 minutes; drain; cool. Pack pears into containers. Add $\frac{3}{4}$ teaspoon ascorbic acid color keeper per quart Medium Syrup; cover fruit with syrup, leaving headspace. Seal; label; freeze.	
Plums	Wash, pit, halve or quarter; pack into containers. Add $\frac{1}{2}$ teaspoon ascorbic acid color keeper to each quart Medium or Heavy Syrup, depending on tartness. Cover fruit with syrup; leave headspace. Seal; label; freeze.	Wash; drain. Pit, halve or quarter. To 1 pound fruit add $\frac{3}{4}$ cup sugar; mix. Place in containers; leave headspace. Seal; label; freeze.
Raspberries Blackberries Boysenberries Strawberries	Wash and drain. Remove hulls and slice or leave strawberries whole. Place in containers; cover with cold Medium or Heavy Syrup; leave headspace. Seal; label; freeze.	Wash and drain. Remove hulls and slice or leave strawberries whole. Add $\frac{3}{4}$ cup sugar to each quart berries; mix carefully. Place in containers; leave headspace. Seal; label; freeze.
Rhubarb	Wash, trim, cut into 1- or 2-inch pieces or in lengths to fit container. Cook in boiling water 1 minute; cool in cold water. Pack into containers; cover with cold Medium Syrup; leave headspace; seal; label; freeze.	

FREEZING VEGETABLES

FREEZING PROCEDURE

1. *Preparation:* Select fresh, tender vegetables. Lettuce and other salad greens, green onions, cucumbers, celery, tomatoes, and radishes should not be frozen since they lose crispness and texture. Wash, trim, and sort vegetables according to size following the chart on opposite page.

2. *Blanch* vegetables to prevent any off-flavors (see directions at right).

3. *Packaging:* Moisture-vaporproof containers are essential. Rigid containers might be glass, aluminum, plastic, or heavily waxed cardboard. Bags and sheets made of moisture-vaporproof materials such as heavy foil, cellophane, plastic, or laminated papers are suitable. Pack vegetables tightly to eliminate air.

4. *Sealing:* Leave ½-inch headspace—room between packed vegetable and top of container to allow food to expand. Follow manufacturer's directions for sealing containers. Label with contents and date.

5. *Freezing:* Freeze at 0° or below in small batches. Keep stored at this temperature until ready to use, up to 8 to 12 months. *Never refreeze vegetables.*

FROZEN VEGETABLE YIELD

Generally, the following amount of vegetable, as purchased, yields 1 pint frozen.

Vegetable	Pounds
Asparagus	1 to 1½
Beans, lima in pods	2 to 2½
Beans, snap green	¾ to 1
Beets, without tops	1¼ to 1½
Broccoli	1
Brussels sprouts	1
Carrots, without tops	1¼ to 1½
Cauliflower	1½
Corn, sweet in husks	2 to 2½
Peas	2 to 2½
Spinach	1 to 1½
Squash, summer	1 to 1¼
Squash, winter	1½
Sweet potatoes	¾

BLANCHING VEGETABLES

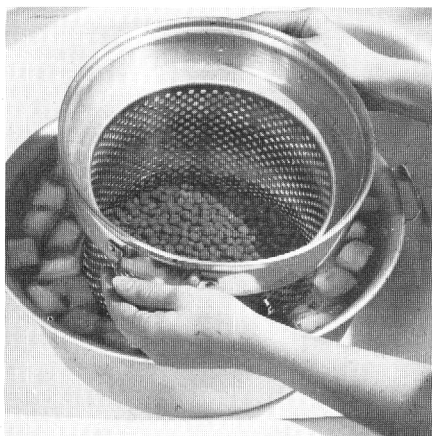
Blanching vegetables before freezing stops enzyme action. It also helps retain fresh flavor and appearance. Water blanching is best for most vegetables. Broccoli, sweet potatoes, and winter squash may be blanched using steam or water method.

Water blanching. Place 1 pound prepared fresh vegetable in wire-mesh basket. Immerse in 1 gallon rapidly boiling water in large kettle. Cover and boil for time indicated in chart on opposite page. Allow 1 minute longer boiling time at 5,000 or more feet above sea level.

Remove promptly when time is up. Chill quickly by putting basket of vegetables into a pan of *cold* or *ice* water. Change water frequently. Allow about as much time for cooling as for blanching. Drain well.

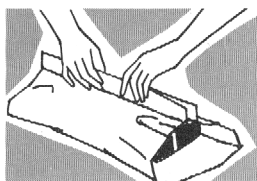
Steam blanching. Use kettle with tight lid and rack 3 inches off bottom. Add water 1 to 2 inches deep; bring to rapid boil. Keep heat high. Place vegetables in single layer in basket; lower onto rack. Cover and steam for time in chart. Steam 1 minute longer at 5,000 or more feet above sea level. Remove vegetables and cool in ice water, as for water blanching.

Give vegetables an icy water bath when blanching time ends. Cool for the same number of minutes as they were blanched.

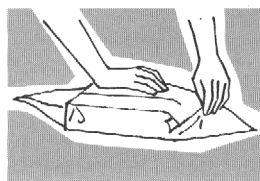


Vegetable	Preparation	Blanching	
		Boiling water	Steam (on rack over boiling water)
Asparagus	Wash. Trim; cut to package length or in 2-inch pieces. Sort according to stalk thickness.	Small stalks—2 min. Large stalks—4 min.	
Beans, green	Wash; remove ends. Cut in 1- or 2-inch pieces, or French cut.	3 min.	
lima	Shell. Or leave in pods and shell after blanching.	Small—2 min. Large—4 min.	
Beets	Wash and sort according to size; leave ½-inch stems. Cook till tender. Peel; cut up.	Small—25 to 30 min. Medium—45 to 50 min.	
Broccoli	Wash; peel stalks; trim; cut into medium pieces 5-6 inches long, no thicker than 1½ inches.	3 min.	5 min.
Brussels sprouts	Cut from stem; wash carefully. Remove outer leaves. Sort according to size.	Small—3 min. Large—5 min.	
Carrots	Wash; scrape or pare. Cut into ¼-inch slices or leave whole if small and tender.	Sliced—2 min. Whole—5 min.	
Cauliflower	Wash; cut into 1-inch pieces.	3 min.	
Corn, on cob	Husk, remove silk, wash, and sort. Don't use overmature corn.	Small ears—7 min. Medium ears—9 min. Large ears—11 min.	
kernel	Blanch ears; cool, then cut off corn.	4 min.	
Greens Beet or chard Kale Mustard Spinach Collards	Wash thoroughly. Cut and discard thick stems and imperfect leaves.	2 min. 2 min. 2 min. 2 min. 3 min.	
Mixed vegetables	Prepare. Blanch separately for times given; mix together after cooling.		
Peas	Shell peas. Discard starchy peas.	1½ min.	
Potatoes, sweet	Cook till almost tender with jackets on. Cool; pare and slice. Dip in solution of ½ cup lemon juice to 1 quart water. Or mash; mix 2 tablespoons lemon juice with each quart.	Cook 30-40 min.	Cook 45-60 min.
Rutabagas and Turnips	Wash, cut off tops, peel, and cut into ½-inch cubes.	2 min.	
Squash, summer	Wash. Cut in ½-inch slices.	3 min.	
winter	Cut into pieces; remove seeds. Cook till soft; remove pulp; mash. Cool quickly.	Cook 15 min.	Cook about 20 min.

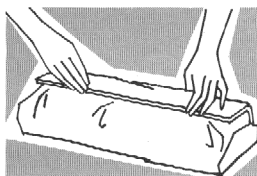
4 simple steps to assure proper freezer packaging



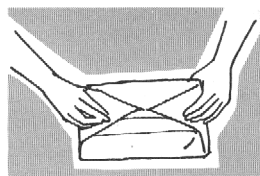
Use suitable wrapping $1\frac{1}{2}$ times as long as needed to go around food. Put food in center of wrap.



Crease ends into points. Press wrap to remove air. Be sure the coated side of paper is next to food.



Join sides of wrapper at top; fold edges down in series of locked folds; press wrap against food.



Turn ends under; secure ends and the folded seam with freezer tape. Label with contents and date.

FREEZING MEAT, FISH

Select high quality meat and fish for freezing. Remember, freezing cannot improve the quality of the products.

Meat, poultry, and fish are usually frozen uncooked. However, cooked meats can be wrapped and frozen, too. Freeze meat, both the cuts purchased at a retail store and the carcass meat slaughtered at home or at a locker plant, while it is fresh and in the peak of condition. Follow directions given on chart (page 187).

Packaging and wrapping: Keep packages small for rapid freezing; make them family-sized units. Separate individual portions of chops or fillets with 2 layers of waxed paper for easy separation, then wrap in moisture-vaporproof material.

Package ground meat in freezer cartons or plastic bags, or form into patties.

Use moisture-vaporproof materials for wrap to prevent "freezer burn"—drying out of meat on surfaces. Follow wrapping instructions in the drawings above. Exclude all air from packages by pressing wrap against food and wrapping tightly. Seal with freezer tape. Label with contents, weight or servings, and date.

Freeze at 0° or below: Place packages next to a refrigerated surface in freezer. Separate unfrozen food from food already frozen. Freeze in small batches.

Keep frozen at 0° or below—fluctuations above 0° can cause loss of quality. Do not freeze smoked meats for more than 1 month—quality deteriorates rapidly. Limit storage time—see chart at right.

Thaw unopened in the refrigerator. Use promptly. Do not refreeze.

Food	Preparation for freezing	Storage time at 0° How to thaw and use
Meat	Have meat cut in desired meat cuts. Avoid packing more bone than necessary. Wrap tightly in moisture-vaporproof material. Seal, label, and freeze at 0° or below.	Beef: 6 to 12 months Lamb and Veal: 6 to 9 months Pork: 3 to 6 months Ground meat: 3 to 4 months Ham: 2 months Thaw in refrigerator in original wrap. See pgs. 230-259 for cooking information.
Poultry	Select young, tender birds that are well-finished. Chill cleaned, dressed birds. Wrap and freeze giblets separately. Disjoint and cut up bird or leave whole. Wrap bird or pieces in moisture-vaporproof material. Seal, label, and freeze. Never freeze stuffed poultry.	Chicken: 12 months Turkey, Duck, Goose: 6 months Giblets: 3 months Thaw in refrigerator in original wrap. See pgs. 282-295 for cooking information.
Fish	Dress and wash fish as for cooking. Dip in solution of ½ cup salt to 1 gallon water for 30 seconds. Wrap in moisture-vaporproof material. Seal, label, and freeze.	Fish: 6 to 9 months Thaw in refrigerator in original wrap or cook frozen allowing extra cooking time. See pgs. 296-300 for cooking information.
Shellfish	<i>Oysters, clams, and scallops:</i> Shuck; freeze immediately. Pack in freezer containers leaving ½ inch headspace. Seal, label, freeze. <i>Crabs and lobsters:</i> Cook as for eating; chill in refrigerator. Remove meat from shell. Wrap in moisture-vaporproof material. Seal, label, and freeze. <i>Shrimp:</i> Freeze uncooked either in shells or shelled. Remove heads. Wrap in moisture-vaporproof material. Seal, label, freeze.	Oysters, Clams, and Scallops: 3 months Thaw in refrigerator in original wrap. See pgs. 299-302 for cooking information. Crabs and Lobsters: 1 month Thaw in refrigerator in original wrap. See pgs. 302-303 for cooking information. Shrimp: 3 months Cook shrimp while still frozen. See pgs. 299 and 301 for cooking information.
Whole eggs	Wash eggs. Break into bowl. Stir with fork just to break yolks; mix well with whites; don't whip in air. To each cup eggs, add 1 tablespoon sugar or corn syrup or 1 teaspoon salt. Mix; sieve. Pack in freezer containers in amounts for one cake, scrambled eggs for one meal, etc. Skim air bubbles off surface. Leave ½ inch headspace in pints. Seal. Label with date, measure, and number of eggs, what was added, and intended use. Freeze.	Whole eggs: 6 to 8 months Thaw completely in unopened container in refrigerator; use promptly. Allow for sugar, corn syrup, or salt, which was added during preparation for freezing; otherwise use same as fresh eggs. About 2½ tablespoons equal 1 egg.
Egg yolks	Wash eggs. Separate into bowl. Stir with fork to break yolks. To each cup yolks, add 2 tablespoons sugar or corn syrup, or 1 teaspoon salt. Blend carefully; do not whip in air; sieve. Package as above.	Egg yolks: 6 to 8 months Thaw completely in unopened container; use promptly. Allow for sugar, corn syrup, or salt; otherwise use same as fresh yolks. About 1 tablespoon equals 1 yolk.
Egg whites	Wash eggs. Separate into bowl. Do not stir or add anything to whites. Package same as for whole eggs above.	Egg whites: 6 to 8 months Thaw completely in unopened container; use promptly, same as fresh whites. About 1½ tablespoons equal 1 egg white.
Butter	Select fresh, high-quality butter. Wrap in moisture-vaporproof material; seal, label, and freeze.	Butter or margarine: 3 to 6 months Thaw unopened in package. Use same as fresh.
Ice cream	Seal in freezer container or overwrap carton with moisture-vaporproof material; seal. Homemade becomes grainy when stored.	Commercial ice cream: 3 weeks Remove from freezer shortly before serving.
Whipped cream mounds	Whip whipping cream with sugar and flavoring. Drop from spoon in mounds on waxed paper-lined baking sheet; freeze firm. Place in freezer container. Seal, label, and freeze.	Whipped cream mounds: 3 months Place frozen mounds on servings of dessert. Let stand at room temperature 20 minutes.

FREEZING COOKED FOOD



- Don't oversalt or overseason. Slightly decrease garlic, green pepper, and celery as they intensify in flavor when frozen.
- Don't overcook foods. Undercook rice (use converted rice) and noodles. Cook vegetables and meats till barely tender.
- Don't freeze potatoes in main dishes.
- Add crumb toppers at reheating time.
- Use fat sparingly in sauces—it doesn't blend in well when reheated.
- Freeze in family-size portions.
- Cool quickly before packaging. Place pan of cooked food in sink containing ice water; cool food to room temperature.
- Never attempt to refreeze food.

FREEZING PROCEDURE

1. Prepare food as indicated on chart (pages 188 to 190).

2. Package properly. Wrap with moisture-vaporproof materials such as cellophane, polyester, and polyethylene films, clear plastic wrap, freezer-weight aluminum foil, and laminated wrap. Or, use freezer containers with wide top openings.

Allow headspace when packing semi-liquid foods—room for food to expand.

To save freezer space and free dish for reuse, line casserole with heavy foil, leaving long ends. Fill. Seal. Place container in freezer. When food is frozen, remove from container. Label and store. Reheat in same casserole, foil and all.

3. Seal and label with contents; date.

4. Freeze at 0° or below.

Food	Preparation for freezing	How to serve	Storage time
Breads: Baking powder biscuits	Bake as usual; cool. Seal in freezer container, or wrap in foil and seal.	Thaw in package in 300° oven about 20 minutes.	2 months
Doughnuts	Fry; cool; wrap and seal.	Reheat in oven.	2 to 4 weeks
Muffins	Bake as usual; cool. Seal in freezer container, or wrap in foil and seal.	Thaw in package at room temperature 1 hour or in 300° oven about 20 minutes.	2 months
Yeast breads	Bake as usual; cool quickly. Wrap and seal.	Thaw, wrapped, at room temperature 3 hours.	2 months
Yeast rolls	Use either plain or sweet dough recipe. Bake as usual; cool quickly. Wrap in foil and seal. Freeze at once.	Thaw baked rolls in package at room temperature or in 250° to 300° oven about 15 minutes. Use at once.	2 months
	Or partially bake at 325° about 15 minutes; do not let brown. Cool, wrap, and freeze at once.	Thaw partially baked rolls 10 to 15 minutes at room temperature. Unwrap; bake in very hot oven (450°) for 5 to 10 minutes. Serve at once.	2 months
Cakes: General	<i>Baked.</i> Remove from pan; cool thoroughly. If you frost cake, freeze it before wrapping. Wrap; seal. If desired, place in sturdy container. Freeze at once. (Unfrosted cakes freeze better. Frosted and filled cakes may become soggy.)	Thaw in wrapping at room temperature (2 to 3 hours for large cake, 1 hour for layers). If frosted or filled, thaw loosely covered in the refrigerator.	Unfrosted 6 months Frosted 2 months

Food	Preparation for freezing	How to serve	Storage time
Cupcakes	Bake as usual; cool. If frosted, freeze before wrapping. Seal in freezer container or wrap and seal. Freeze. (Unfrosted cupcakes freeze better.)	Thaw, wrapped, at room temperature 40 minutes. If frosted, thaw loosely covered in refrigerator.	2 months
Sponge and angel food	Bake as usual; cool thoroughly. If frosted, freeze it before wrapping. Then wrap and seal. If desired, place in sturdy container.	Thaw in package 2 to 3 hours at room temperature. If frosted, thaw loosely covered in refrigerator.	1 month
Cake frostings and fillings	<i>Recommended for freezing:</i> Frostings with confectioners' sugar and fat, cooked-candy type with honey or corn syrup, fudge, penuche, fruit, nut. Seal in freezer containers; freeze. <i>Not recommended:</i> Soft frostings, boiled icings, 7-minute frosting, cream fillings.	Thaw in refrigerator.	2 months
Cookies: Unbaked	Pack dough in freezer containers; seal. <i>Not recommended:</i> Meringue-type cookies.	Thaw in package at room temperature till dough is soft. Bake as usual.	6 to 12 months
	Bar cookies. Spread dough in baking pan; wrap and seal. Freeze.	Bake without thawing.	
	Refrigerator cookies. Shape into roll; wrap and seal. Freeze.	Thaw slightly at room temperature. Slice roll; bake.	
Baked	Bake as usual; cool thoroughly. Pack in freezer containers with waxed paper between layers and in air spaces. Seal. Freeze.	Thaw in package at room temperature.	6 to 12 months
Pastry	Pastry and graham-cracker shells freeze satisfactorily. Roll out dough; fit it into pie plates. Bake, if desired. Wrap and seal.	Thaw baked at 325° 8 to 10 minutes. Unbaked frozen pastry baked same as fresh.	2 months
Pies: Fruit, general	<i>Unbaked:</i> Treat light-colored fruits with ascorbic acid color keeper to prevent darkening. Prepare pie as usual but don't slit top crust. Use glass or metal pie plate. Cover with inverted paper plate. Wrap and seal. If desired, place in sturdy container. Freeze at once.	Unwrap; cut vent holes in top crust. Without thawing, bake at 450° to 475° for 15 to 20 minutes, then at 375° till done. <i>Berry, cherry:</i> Unwrap; cut vent holes in top crust. Without thawing, bake at 400°.	2 months
	<i>Baked:</i> Bake as usual in glass or metal pie plate. Cool. Package as above.	Thaw in package at room temperature or in 300° oven.	2 months
Apple, unbaked	Use firmer varieties of apples. Steam slices 2 minutes, cool, and drain; or treat with ascorbic acid color keeper. Prepare and package as above.	Unwrap; cut vent holes in top crust; bake in hot oven (425°) about 1 hour.	2 months
Peach, unbaked	To keep color bright, treat with ascorbic acid color keeper. Prepare and package as above.	Unwrap; cut vent holes in top crust. Bake, without thawing, at 400° for 1 hour.	2 months
Chiffon	Chocolate and lemon freeze satisfactorily.	Thaw in the refrigerator.	2 weeks
Deep-dish fruit pies	Use deep pie plates.	Bake or thaw same as two-crust pies above.	2 months

Food	Preparation for freezing	How to serve	Storage time
Main dishes Casseroles: Poultry, fish, or meat with vegetable or pasta	Cool mixture quickly. Turn into freezer container or casserole. Cover tightly. Seal, label, and freeze.	If frozen in oven-proof container, uncover. Bake at 400° for 1 hour for pints, 1¼ hours for quarts, or till hot. Or steam over hot water in double boiler top.	2 to 4 months
Creamed Dishes Chicken, turkey, fish, or seafood	Cool quickly. Freeze any except those containing hard-cooked egg white. Don't overcook. Use fat sparingly when making sauc. This helps prevent separation of sauce when reheating. Cover tightly. Seal, label, and freeze.	Heat without thawing in top of double boiler, stirring occasionally. If sauce separates, stir till smooth. About 30 minutes is needed to thaw and heat 1 pint of creamed mixture.	
Meatballs with tomato sauce	Cook till done; cool quickly. Ladle into jars or freezer containers, allowing headspace. Seal, label, and freeze.	Stir frequently over low heat or occasionally in top of double boiler. Or defrost overnight in refrigerator. Heat in saucepan.	3 months
Meat pies and scalloped dishes	Cook meat till tender. Cook vegetables till almost tender. Cool quickly. Put in baking dish. Top with pastry, or freeze pastry separately. Wrap tightly. Seal, label, and freeze.	Bake frozen pies with pastry topper at 400° for 45 minutes for pints and 1 hour for quarts, or till hot and crust is browned.	2 to 3 months
Roast beef, pork, other meats, poultry	Do not freeze fried meats or poultry. Prepare as for serving. Remove excess fat and bone. Cool quickly. Wrap tightly. Best to freeze small pieces or slices; cover with broth, gravy, or sauce. Wrap tightly, seal, label, and freeze.	Thaw large pieces of meat in the refrigerator before heating. Heat meat in sauces in top of double boiler.	2 to 4 months
Spaghetti sauce	Cool sauce quickly; ladle into jars or freezer containers, allowing headspace. Seal, label, and freeze.	Heat over low heat or in top of double boiler stirring frequently.	2 to 3 months
Vegetables Baked beans with tomato sauce	Chill mixture quickly. Package in moisture-vaporproof container. Cover tightly.	Partially thaw in package. Heat in casserole or top of double boiler.	6 months
Spanish rice	Use converted rice. Cook till rice is tender, but not mushy. Cool quickly, package. Seal, label, and freeze.	Heat in top of double boiler about 50 minutes. Add a little water if needed.	3 months
Stews and Soups	Select vegetables that freeze well. Omit potatoes. Onions lose flavor. Green pepper and garlic become more intense in flavor. Omit salt and thickening if stew is to be kept longer than 2 months. Do not completely cook vegetables. Cool quickly, wrap. Seal, label, and freeze.	Heat quickly from frozen state. Do not overcook. Separate with fork as it thaws. Do not stir enough to make the mixture mushy.	2 to 4 months
Sandwiches	<i>These freeze well:</i> Cream cheese, hard-cooked egg yolk, sliced or ground meat and poultry, tuna or salmon, peanut butter. Spread slice of bread with softened butter; fill; place second buttered bread slice atop. Wrap tightly. Seal; label with contents and date; freeze. <i>Not recommended:</i> Lettuce, celery, tomatoes, cucumber, watercress, whites of hard-cooked eggs, jelly, mayonnaise.	Thaw sandwiches in wrapping at room temperature about 3 hours. Serve immediately.	2 weeks