



# PRESSURE CANNING

Extension

MAY 2022



## Prevent pathogens from spreading:

1. Wash hands for 20 seconds.
  2. Clean and sanitize work surfaces and equipment.
    - a. 1 teaspoon unscented chlorine bleach per gallon of water.
  3. Wash all produce.
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1. Review tested recipe instructions, plan time, and assemble equipment.
  2. Fill canner with 2-3 inches of hot water and preheat.
    - a. ~140°F (hot) for raw-pack
    - b. ~180°F (simmering) for hot pack
    - c. Heat jars in hot water until ready for use - do not boil!
  3. Prepare new lids as directed per the manufacturer's instructions. New lids do not need to be heated in water.
  4. Prepare ingredients for canning.
  5. Carefully fill jars one at a time with prepared food making sure to leave proper headspace.
  6. Remove air bubbles with a straight spatula. If necessary, add or remove food to obtain the proper headspace.
  7. Wipe jar rim/threads using a clean damp cloth/paper towel to remove any food residue.
  8. Place lid on jar, apply band, and adjust until it is 'fingertip' tight.
  9. Place jars in the canner rack.
  10. Fasten canner lid securely. Leave the weight **off** of the vent port or **open** the petcock.



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11. Turn heat to highest setting. Heat until water boils and steam flows freely from the open vent port/petcock.
12. Let steam flow continuously for 10 minutes. This is the vent/exhaust period.
13. Place the counterweight or weighted gauge on the vent port (close petcock). Canner will pressurize within 3-10 minutes.
14. Start timing the process when recommended pressure has been reached or weight rocks/jiggles.
  - a. Regulate heat to maintain a steady pressure at or slightly above recommendation for altitude.
  - b. If pressure drops below recommended pressure, at any time, start timing over again once it reaches proper pressure.
15. When time is complete, turn off heat, remove the canner from heat source, and allow canner to cool and depressurize naturally. **Do not force cool!** This will take at least 30 minutes or more to complete.
16. Once depressurized, carefully remove the counterweighted gauge (open petcock) from the vent port and wait an additional 10 minutes.
17. Unfasten the lid and remove carefully, tilting lid away from you.
18. Remove jars from canner and set upright on a towel with 1-inch space between jars to prevent jar breakage.
19. Leave jars undisturbed for 12-24 hours - do not re-tighten bands or push on center of lids!
20. Check lids for a good seal. The lid should not flex up and down when the center is pressed. If it does, refrigerate jar and use food within two days.
21. Remove bands. Clean jars, label, and store in a cool, dry, dark place. For best quality, consume within one year.

**NOTE: It is recommended that all home-canned vegetables and meat be boiled 10 minutes plus 1 minute per 1,000 feet above sea level before eating. Boil home-canned spinach and corn 20 minutes before eating.**

## Foods to Preserve in a Pressure Canner

Low-acid foods include:

- Most vegetables
- Spaghetti sauce with meat
- Game meat
- Poultry
- Meats
- Fish
- Seafood
- Soups
- Beans