



Extension

ATMOSPHERIC STEAM CANNING (ASC)

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ASC QUICK TIPS:

- Approved as alternative to boiling water canning in 2015
- Only use and follow recipes and processing guidelines from approved sources
- Recipes from the manufacturer's instruction booklet should not be used as they may not be from approved sources
- Steam is the heating medium
- For processing high-acid foods only
- Processing times for steam canning are the same as for boiling water canning
- Processing time maximum of 45 minutes, including altitude adjustment



Approved Food Preservation Sources and Reliable Food Preservation websites:

<https://uwyoextension.org/uwnutrition/use-reliable-and-recent-canning-recipes/>

Tips for Safe and Successful Canning at Wyoming's High Altitudes:

<https://uwyoextension.org/uwnutrition/wp-content/uploads/2024/03/Tips-for-High-Altitude-Canning.pdf>

Wyoming Altitude Chart:

<https://uwyoextension.org/uwnutrition/wp-content/uploads/2021/02/Altitude-Chart-1.pdf>

PROCEDURE:

1. Jars must be pre-heated. Hot jars – hot liquid.
2. Fill the bottom pot with 2 ½ inches of water. Check the water level after each batch and add more water if needed. DO NOT let the canner boil dry.
3. Pre-heat water in the canner to 140°F for raw-pack foods and 180°F for hot-pack foods.
4. Add filled jars onto the canner rack in the canner base.
5. Add lid to canner. If your canner has an indicator knob, place vent hole to the back so that you can read the indicator knob.
6. Heat on high heat until the water comes to a vigorous boil.

7. Vent canner – steady stream of steam. Processing time starts when a 4-6 inch long continuous flow of pure steam is coming out of the vent hole.
8. If the lid of your steam canner has an Indicator knob you need to know what “Zone” you are in according to your altitude. As soon as the needle reaches your altitude “zone’s” green area, start the processing time.
9. If your lid does not have an indicator knob, the temperature inside the canner needs to reach 210-212°F at sea level. Monitor the temperature inside the canner using a dial-stem or digital thermometer placed in the vent port; be sure to reach and maintain the boiling point of water for your altitude. Using a thermometer to monitor the temperature in a canner with an indicator knob is a good practice, as you will get a more precise temperature reading with a thermometer rather than just the using the knob.
10. Do not let the water continue to boil vigorously throughout the entire processing time. Slowly turn down the heat to maintain the needle position in the green zone or to maintain the temperature for your altitude. A slow rolling boil is sufficient to maintain the temperature inside the pot.
11. Do not open canner during processing.
12. If temperature drops or steam stops – food is **UNDERPROCESSED and must be either refrigerated and eaten within 3 days or frozen.**
13. When the jars have processed for the recommended time, turn off the heat and/or remove the canner from the burner.
14. Remove the dome lid away from you.
15. Let jars stand for 5 minutes in the canner before removing them.
16. Use a jar lifter to remove jars from canner.
17. Place jars on towels, cooling rack or wooden cutting board, 2 inches apart, to cool.
18. Leave jars undisturbed at room temperature to cool for 12-24 hours - do not re-tighten bands or push on the center of lids!
19. Remove screw bands. Check lids for a good seal. The lid should not flex up and down when the center is pressed. If it does, refrigerate the jar and use within 3 days or freeze the jar.
20. Wash, dry and label jars.
21. Store in a cool, dark, dry place without bands for 1 year for optimum quality.



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