PRESTO®

16-Quart
Pressure Canner
and Cooker

Para instrucciones en español, escanee este código QR.

Si prefiere una copia impresa, puede descargar un PDF de nuestro sitio www.GoPresto.com/espanol, enviar un correo electrónico a contact@GoPresto.com, o llamar al 1-800-877-0441.

For more canning information and recipes, visit www.GoPresto.com/content/canning

INSTRUCTIONS AND RECIPES

Form 72-720K

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This is a UL Listed appliance. The following important safeguards are recommended by most portable appliance manufacturers.

IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, basic safety precautions should always be followed, including the following:

1. Read all instructions. Improper use may result in bodily injury or property damage.
2. Always check the vent pipe before use. Hold the cover up to a light and look through the vent pipe to be certain it is clear.
3. Always check the air vent/cover lock to make sure it moves freely before use.
4. Do not fill the pressure canner over ⅔ full when using for pressure cooking. For soup, grains, and dry beans and peas which expand during cooking, do not fill the canner over ½ full. Overfilling may cause a risk of blocking the vent pipe and developing excess pressure. See food preparation instructions.
5. Do not pressure cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, dried soup mixes, or any dry beans and peas which are not listed in the chart on page 35. These foods tend to foam, froth, and sputter and may block the vent pipe, overpressure plug, and air vent/cover lock.

6. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain the pressure canner is properly closed before operating; the cover handles must be above the body handles. See step 12 on page 7 or step 4 on page 27.
7. Do not place the pressure canner or attempt to pressure can or cook in a heated oven.
8. **CAUTION!** Do not overheat the pressure canner or allow it to run dry. Do not use the pressure canner on an element that is too large, on any outdoor LP gas burner, or on a gas range over 12,000 BTUs. Failure to follow these instructions can cause warping of the canner bottom and may result in property damage and/or personal injury.
9. Extreme caution must be used when moving a pressure canner containing hot liquids. Do not touch hot surfaces. Use handles or knobs.
10. Air bubbles may form when pressure cooking certain foods (see the WARNING information on page 28, step 5). After cooking these foods, disperse any air bubbles by rocking the canner from side to side as described on pages 27 and 28.
11. Do not open the canner until the internal pressure has been completely reduced, the air vent/cover lock has dropped, and no steam escapes when the pressure regulator is removed. See steps 18 and 19 on page 8 or steps 8 and 9 on page 27.
12. To ensure safe operation and satisfactory performance, replace the overpressure plug every time you replace the sealing ring or sooner if it becomes hard, deformed, cracked, worn, or pitted. It is recommended that the sealing ring and overpressure plug be replaced at least every 3 years. Use only genuine Presto® replacement parts. See "CONSUMER SERVICE INFORMATION" on page 40.
13. Close supervision is necessary when the pressure canner is used near children. It is NOT recommended that children use the pressure canner.
14. When operating pressure is reached, gradually lower the heat to maintain the pressure. If the pressure regulator is allowed to rock vigorously, excess steam will escape, causing more liquid to evaporate. Food will scorch and the canner may go dry, resulting in damage to the canner.
15. Do not use this pressure canner for other than intended use.
16. Do not use this pressure canner for pressure frying with oil.

SAVE THESE INSTRUCTIONS

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

GETTING ACQUAINTED

Your Presto® canner is a special, large-capacity pressure vessel designed for home canning a wide variety of fruits, vegetables, meats, poultry, fish, and seafood.

The canner uses pressure to achieve the high temperatures required for safely processing foods while canning. The United States Department of Agriculture (USDA) recommends the pressure canner as the only safe method for canning low-acid foods—vegetables, meats, poultry, fish, and seafood.

The canner may also be used to pressure cook many of your favorite foods in larger quantities than can be prepared in a conventional size pressure cooker. Pressure cooking saves time and energy by cooking foods three to ten times faster than ordinary methods. Pressure cooking preserves flavor and nutrients and tenderizes tougher cuts of meat. Information for pressure cooking begins on page 27.

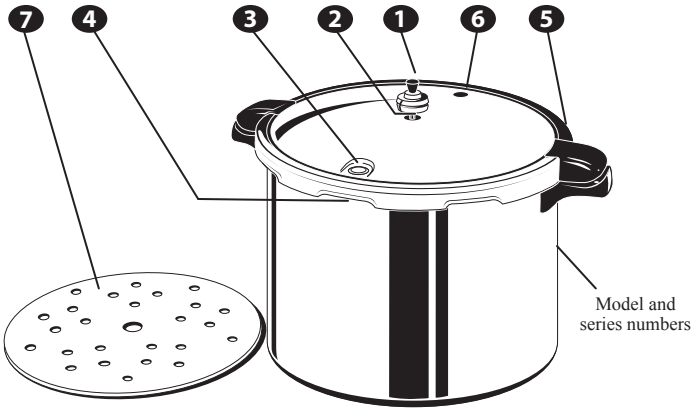


Fig. A

Become familiar with the canner parts (Fig. A). Do not attempt to use your pressure canner before reading this instruction manual.

NOTE: The pressure regulator can be found in the top foam filler of the carton. It is in a bag identified with the words "Pressure Regulator Enclosed."

1. 3-PIECE PRESSURE REGULATOR

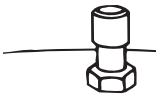
The pressure regulator controls and maintains the desired pressure in the canner. The regulator will begin rocking once the pressure canner reaches the desired pressure.

The regulator can be adjusted to maintain any of three pressure levels (5, 10, or 15 pounds). Completely assembled, the regulator will maintain 15 pounds pressure. When one ring is removed, the regulator will maintain 10 pounds pressure. With both rings removed, 5 pounds pressure will be maintained (Fig. B).

15 pounds pressure 10 pounds pressure 5 pounds pressure

Fig. B

To remove the weight rings, hold the completely assembled regulator between the first two fingers of your hand. Place your thumb on top of the knob. Press down on the knob to force the weight rings over the lock ring. To replace the weight rings, push them down over the lock ring at the top of the regulator body.

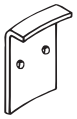


2. VENT PIPE

The vent pipe is the primary pressure relief valve and will release pressure in excess of the desired pressure with the regulator in place. The pressure regulator sits loosely on the vent pipe.

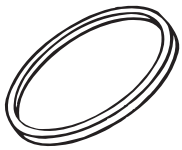
3. AIR VENT/COVER LOCK

The air vent/cover lock automatically vents or exhausts air from the canner and acts as a visual indication of pressure in the canner. The small gasket must be in place for the air vent/cover lock to seal completely.



4. LOCKING BRACKET

The locking bracket on the inside of the canner body engages with the air vent/cover lock to prevent the cover from being opened when there is pressure in the canner.

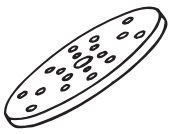


5. SEALING RING

The sealing ring fits into the canner cover and forms a pressure-tight seal between the cover and body during canning and cooking.

6. OVERPRESSURE PLUG

The black overpressure plug is another safety feature. It is located in the canner cover and will automatically pop out and release steam if the vent pipe becomes blocked and pressure cannot be released normally. The overpressure plug must be installed for pressure cooking and pressure canning. However, it must be removed from the canner cover when boiling water canning so the canner will not pressurize.



7. CANNING/COOKING RACK

The canning/cooking rack is placed in the bottom of the canner to hold jars off the bottom of the unit while canning. Always use the rack when canning.

When cooking, the rack is used for steaming foods. It can also be used to hold foods such as vegetables out of the cooking liquid, allowing several foods to be cooked at the same time without an intermingling of flavors. When it is desirable to blend flavors, do not use the rack.

CAUTION! Use only the cover that came with the canner when new. Using a different cover may prevent the locking mechanisms from operating properly and may result in property damage and/or personal injury.

BEFORE USING THE CANNER FOR THE FIRST TIME

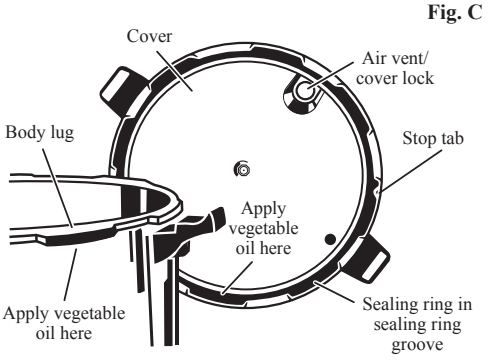
NOTE: This 16-quart canner works on electric coil, electric smooth-top, and gas ranges. If using a smooth-top range, refer to the range's owner's manual for weight limits before operating the canner. A fully loaded canner can weigh over 40 pounds.

Portable cooktops or other portable burners may not be suitable for canning. They may not have enough wattage to pressurize a fully loaded canner and/or they may not be able to support the weight of a fully loaded canner. See the owner's manual for your portable heat source for weight restrictions and other information.

1. Invert the cover and remove the sealing ring from the inside rim of the cover.
2. Wash the cover, canner body, sealing ring, and canning rack in hot, soapy water to remove any manufacturing residue; rinse and dry thoroughly. Do NOT wash any canner parts in the dishwasher.
3. Reinstall the sealing ring in the sealing ring groove, making certain to fit the ring under the stop tab located on the inside rim of the cover (Fig. C).

For more detailed heat source information, scan this QR code or visit www.gopresto.com/heatsource.

Fig. C



4. The sealing ring is prelubricated. The cover should open and close easily when following step 12 on page 7.

   If necessary, to help make the cover easier to open and close, a very light coating of vegetable oil may be applied to the sealing ring and underside of the body lugs (Fig. C, page 3).

5. Check the air vent/cover lock in the canner cover to be sure the two pieces are screwed together securely. If loose, tighten with fingers until a point of resistance is met (finger-tight). See page 38 for assembly instructions.

6. If you are new to canning or need some refresher training, refer to the "CANNING BASICS" section (pages 4–6).

Perform "WATER TEST" before first use.

To help yourself understand the operation of the pressure canner, practice first with jars of water instead of jars of food. Lids and bands are not needed on the jars.

Follow the step-by-step instructions for pressure canning beginning with step 5 on page 7. Pour 3 quarts of warm water into the canner. Use 20 minutes as your practice processing time for the water test.

CANNING BASICS

Canning is a process that enables the user to keep fruits, vegetables and meat for extended periods without refrigeration or freezing. Normally, if left out, these foods would spoil. Canning interrupts the natural spoilage cycle so food can be preserved safely.

There are invisible microorganisms present all around us and in our food that cause spoilage. Spoilage is nature's way of telling us when food is no longer fit to eat. There are four basic agents of food spoilage—enzymes, mold, yeast, and bacteria. The first three—enzymes, molds, and yeast—are destroyed at temperatures below 212°F, the temperature at which water boils (at sea level). Therefore, boiling water canning is sufficient to destroy those agents.

Foods naturally high in acid and acidified foods having a pH of 4.6 or less may be safely processed using the boiling water canning method. **Step-by-step instructions for Boiling Water Canning begin on page 22.**

Bacteria, however, are not as easily destroyed. The bacteria *Clostridium botulinum* produces a spore that makes a poisonous toxin which causes botulism. This spore is not destroyed at 212°F. In addition, the bacteria thrive on low-acid foods in the absence of air. According to the United States Department of Agriculture (USDA), pressure canning is the only safe method of processing low-acid foods (vegetables, meats, poultry, fish, and seafood).

In pressure canning, some of the water in the canner is converted to steam, which creates pressure within the canner. This pressure is what allows the canner to reach temperatures above boiling. At 240°F, this pressurized heat destroys the potentially harmful bacterial spores. **Step-by-step instructions for Pressure Canning begin on page 6.**

As jars cool after processing (by either the boiling water or pressure canning method), a vacuum is formed, sealing food within and preventing any new microorganisms from entering and spoiling the foods.

Before Beginning

Selecting a Recipe

To produce home-canned food that is safe for storage at room temperature, it is necessary to use a tested canning recipe. Recipes that have been handed down through the years or those found on the web are oftentimes unreliable and usually do not include the scientifically-tested processing procedures vital to a successful and safe canning project. Canning information published prior to 2015 may be incorrect and could pose a serious health risk. A tested canning recipe has been evaluated to determine the accurate processing method (boiling water canning or pressure canning) as well as the processing time.

Do NOT can leftovers; it is not safe.

Always choose recipes from a reliable resource, such as the National Center for Home Food Preservation (nchfp.uga.edu), your local Cooperative Extension Service, or this instruction book.

Selecting Jars

Glass home canning jars, sometimes referred to as Mason jars, are the only jars recommended for safe home canning. They can withstand the heat of a pressure canner, are durable, and can be reused time after time. They are available in standard sizes (half-pint, pint, and quart jars) and other non-standard sizes. The diameter of Mason jars may vary from one manufacturer to another.

When canning with a research-tested recipe, a smaller jar size may be used than what is specified in the recipe. However, you must follow the processing time for the smallest jar size listed in the recipe. Never use a larger jar than what is listed.

The canning rack which accompanied your canner must be placed on the bottom of the canner to prevent jar breakage. To properly pressure can small jars, the rack may need to be raised off the bottom of the canner so the jars are not fully immersed in the water (Fig. D, page 5). Although it is not necessary to use a rack between layers of jars, if you wish to do so, a rack can be ordered from the Presto Consumer Service Department (see page 40).

Before filling jars, test load your canner. When pressure canning, it may be necessary to double-deck half-pint jars to reach the maximum capacity for your canner, as indicated in the chart below. To double-deck, stagger the jars by placing one jar on top of two (Fig. E). Jars may touch. **Do not double-deck jars for the boiling water canning method.**

16-Quart Pressure Canner Stock No. 01745

MASON JAR CAPACITY

METHOD	PRESSURE CANNING		BOILING WATER CANNING	
JAR TYPE	**Regular mouth**	**Wide mouth**	**Regular mouth**	**Wide mouth**
Half-pints*	13	16**	13	8
Pints	10	8	10	8
Quarts	7	7	n/a	n/a

Only pints and smaller jars can be processed using the boiling water method. The 16-quart Canner is not tall enough to accommodate 1½-pint or quart jars covered with the recommended 1-inch layer of water for boiling water canning.

FOR PRESSURE CANNING ONLY

** To properly **pressure can** half-pint or smaller jars, it may be necessary to raise the rack off the bottom of the canner so the jars are not fully immersed in the water. To do this, place four screw bands in the bottom of the canner and set the rack on top of the bands.*

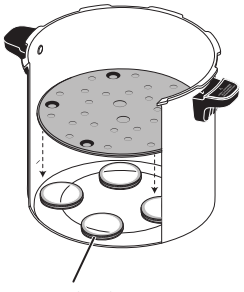
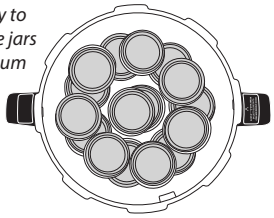


Fig. D

FOR PRESSURE CANNING ONLY

Overhead view of double-decked jars in canner

***It will be necessary to double-deck these jars to achieve maximum jar capacity when pressure canning. Stagger the jars by placing one jar on top of two. Jars may touch.*



NOTE: *When double-decking jars, warm the top layer of jars in a dishwasher or pour hot water into the jars and set them aside until needed.*

For boiling water canning, do not double-deck jars.

Fig. E

Canning Lids and Screw Bands

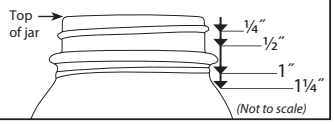
The two-piece vacuum cap (lid and screw band) is the recommended closure for home canning. It consists of a flat metal lid with a sealing compound on the outer edge and a separate metal screw band that secures the lid during processing. The flat lid is for one use only, while the bands can be used repeatedly if they remain in good condition. Do not use dented or rusty bands. Use only jars, lids, and screw bands in perfect condition so an airtight seal may be obtained. Bands should be removed prior to storage.

Measuring Headspace

Headspace is the air space between the top of the food or its liquid and the lid. Leaving too much headspace can result in underprocessing because it may take too long to release the air from the jar. Leaving too little headspace will trap food between the jar and the lid and may result in an inadequate seal.

As a general rule, allow ¼-inch headspace for jams and jellies; ½-inch for fruits and tomatoes; 1-inch for vegetables, meats, and seafood; and 1¼-inch for poultry. All recipes will indicate the amount of headspace necessary for the food being canned.

Headspace: the space between the top of the food or its liquid and the lid. *Refer to recipe for proper headspace for food being canned.*



Removing Air Bubbles

After food has been packed in jars, any air bubbles must be removed. Trapped air bubbles may rise to the top during processing, causing too much headspace. Work quickly to remove air bubbles that have become trapped between the pieces of food by moving a clean, nonmetal spatula around the jar between the food and side of the jar.

Preparing Jar Rims and Adjusting Lids and Screw Bands

Immediately after filling, wipe jar rims with a clean, damp cloth to remove any residue. Any food particles, such as seeds, grease, or syrup, on the rim of the jar may prevent the jar from sealing. Center a flat lid on the jar rim, making sure the sealing compound is touching the glass. Position a band over the lid and, using your fingertips, screw it onto the jar evenly and firmly (fingertip tight). Do not overtighten as air must release from the jars during processing and cooling.

Other Special Canning Tips

To help prevent mineral deposits on jars as well as discoloration of the canner interior, add 2 tablespoons of white vinegar or 1 teaspoon of cream of tartar to water in the canner.

After Processing

Cooling Jars

After processing, remove jars to a towel or cooling rack on countertop away from drafts. Leave 1 to 2 inches of space between jars to allow for even cooling. Do not retighten bands. Do not invert jars or cover with a cloth. Allow jars to cool naturally. Check seals no earlier than 12 hours, but no later than 24 hours.

Bubbles often appear in the jar after removal from the canner because food is still boiling in the jar. Ordinarily bubbles do not appear once the product has been allowed to thoroughly cool.

Testing Seals and Storing Canned Food

After jars have cooled a minimum of 12 hours, but no more than 24 hours, test the jar lids to be sure a vacuum seal has formed. Press down on the center of the flat lid to determine if it is concave (stays down when pressed). Remove the screw band and gently try to lift the lid with your fingertips. If the center does not flex up and down and you cannot lift the lid off, the lid has a good seal. Wipe off any food residue from jars and lids. Date and label jars. Store in a cool, dark, and dry place.

To watch a video demonstrating how to test the seals on jars, scan this QR code or visit www.gopresto.com/htts.

If a jar does not seal, the food can be refrigerated and should be used within 3 days. Other options include freezing the food or reprocessing per the canning recipe. If choosing to reprocess, remove the lids and reheat the food and/or liquid. Use the hot pack method. Pack food into clean, heated jars, leaving appropriate headspace. Remove air bubbles and clean jar rims. Position new lids on jars and secure with bands. Reprocess for the full recommended processing time. **If more than 24 hours have elapsed since the canning process was completed and the seal is faulty, the food is no longer safe. Discard at once.**

Detecting Spoilage

If up-to-date instructions, processing times, and pressures are followed carefully, spoilage is uncommon. However, it is still recommended to check for signs of spoilage before tasting any canned food. Check for a broken seal, gassiness when opening, mold, sliminess, cloudiness, or unpleasant odors. If any of these signs are present, discard the food.

As a safeguard against using canned low-acid and tomato products which may be affected with spoilage that is not readily detected, boil food 10 minutes for altitudes up to 1,000 feet above sea level. Extend the boiling time by 1 minute for each 1,000 foot increase in altitude. Many times odors that cannot be detected in the cold product will become evident by this method. If food does not smell or look right after boiling, **discard it without tasting**.

HOW TO CAN USING THE PRESSURE CANNING METHOD

IMPORTANT: Carefully read these instructions before using your pressure canner.

For actual usage of the canner, follow the step-by-step instructions for pressure canning starting below and prepare food according to the processing procedures in the specific recipe.

1. Be sure your canner is thoroughly cleaned and working properly.
   - Check the sealing ring and overpressure plug. Replace both parts at least every 3 years, but immediately replace them when they become hard, deformed, cracked, worn, pitted, or unusually soft. Make sure the overpressure plug is seated properly in the cover (Fig. U, page 39).
   - Check the small gasket on the air vent/cover lock. It should be intact, without cracks or tears. Be sure the two metal parts of the air vent/cover lock are screwed together (finger-tight) with the pin portion on the top side of the cover and the cup portion on the underside (Fig. S, page 38).
   - Hold the cover up to a light and look through the vent pipe (Fig. F) to be certain it is clear. If it is blocked, clean the vent pipe and vent pipe nut with a small brush or pipe cleaner (Fig. G and Fig. H).

Fig. F

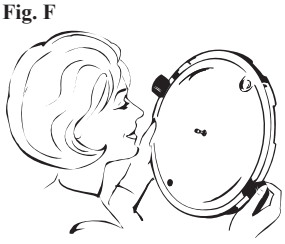


Fig. G

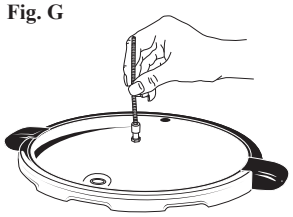
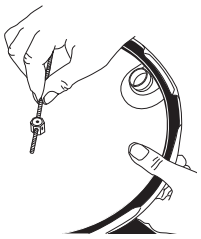


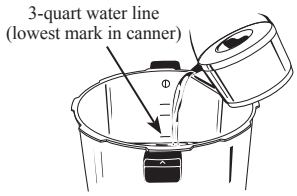
Fig. H



2. Always use a research-tested recipe and never alter the ingredient proportions. Select fresh, firm produce. Sort food according to size. Wash and prepare food as directed in the recipe.
3. Wash and rinse Mason jars, lids, and screw bands. Check Mason jars for nicks, cracks, and sharp edges. Inspect screw bands for rust or dents. Use only jars, lids, and screw bands in perfect condition so an airtight seal may be obtained. Always use new lids and prepare as directed by the manufacturer.
4. If canning on an electric smooth-top range, always clean the stovetop with a cooktop polishing cream, according to the range manufacturer's instructions, before and after canner use. In addition, to avoid scratching the ceramic glass surface of the smooth-top range, check the bottom of the canner to be sure it is clean and free of debris and does not have any nicks or scratches.
5. Place the canner only on a level burner and range. Placement on a tilted burner or range may interfere with the operation of the pressure regulator. For electric coil and smooth-top ranges, use the element that most closely matches the 8-inch diameter of the canner bottom. This is the portion of the canner bottom which comes in contact with the element. Do not use on any outdoor LP gas burner or a gas range over 12,000 BTUs.

   CAUTION! Do NOT overheat the canner, allow it to run dry, use on too large of an element, or use on a burner over 12,000 BTUs. This can cause warping of the canner bottom. It may also result in property damage and/or personal injury.
6. Place the canning rack in the canner. Always use the canning rack as jars may break if set directly on the bottom of the canner.
7. Pour **3 quarts of warm water** into the canner (Fig. I).

   Fig. I

   NOTE: 3 quarts of water are needed regardless of how many jars are being canned.

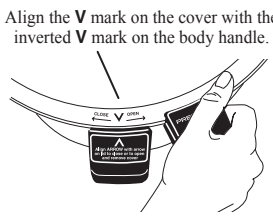
   When processing for times in excess of 100 minutes (1 hour 40 minutes), always add an additional quart of warm water.

   Tip: To help prevent mineral deposits on jars as well as discoloration of the canner interior, add 2 tablespoons of white vinegar or 1 teaspoon of cream of tartar to water in the canner.
8. Jars should be kept warm until ready to use. This can be done in a dishwasher or in the canner. To heat the jars in the canner, fill them half full with warm water and place them on the rack in the canner.

   NOTE: When double-decking jars, warm the top layer of jars in a dishwasher or pour hot water into the jars and set them aside until needed.
9. Heat the water in the canner and maintain the temperature at almost simmering. For raw packed foods, heat water to 140°F; for hot packed foods, heat to 180°F.

   Then, place the cover on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle. The body and cover handles will not be aligned for this step (Fig. J). The pressure regulator should not be on the canner cover for jar warming.

   Fig. J

10. Allow the jars to warm in the canner for at least 10 minutes. During this time, complete any food preparation. If the canning recipe requires boiling water for packing the jars, begin heating a pot of water to boiling now.
11. Once jars are heated, remove the canner cover. Lift out one jar at a time and discard the water from the jar. Immediately fill the jar with food and liquid, according to the specific tested recipe.

    Remove air bubbles by moving a clean, nonmetal spatula around the jar. Clean the jar rim with a damp cloth. Center a flat lid on the jar rim, making sure the sealing compound is touching the glass. Position a band over the lid and, using your fingertips, screw it onto the jar evenly and firmly (fingertip tight). Do not overtighten as air must release from the jars during processing and cooling.

    Using a jar lifter, place the jar on the canning rack promptly after filling. Repeat the above procedure for each jar.
12. Place the cover back on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle. Press down on the cover handles to compress the sealing ring and turn the cover in the direction indicated to close (clockwise) until the cover handles are above the body handles. Do not force the cover beyond this position.

    Fig. K

    
13. The pressure regulator should not be on the cover for the next phase: Venting.

    Heat the canner using a relatively high setting until a steady flow of steam can be seen, heard, or felt coming from the vent pipe (Fig. K). The venting phase begins at this point. Exhaust air from the canner for 10 minutes by allowing steam to flow from the vent pipe. Reduce the heat, if necessary, to maintain a steady, moderate flow of steam.

14. Assemble the pressure regulator (Fig. L) to register the desired canning pressure (refer to the instructions on pages 2 and 3). See the specific canning recipe to determine how many pounds of pressure to use.

15. When the 10-minute venting time is done, **place the pressure regulator on the vent pipe**. If the heat was reduced for exhausting, adjust it back to a high setting and heat the canner. As pressure builds in the canner, the air vent/cover lock will lift and lock the cover on the canner body.

    The air vent/cover lock is a visual indicator of pressure inside the canner. When it is in the up position, there is pressure in the canner; when it is in the down position, there is no pressure in the canner (Fig. M).

    Continue heating the canner until the pressure regulator begins to rock.

16. Processing time begins when the pressure regulator begins to rock gently. Set a timer for the required processing time.

    Lower the heat to maintain a continuous, slow rocking motion of the pressure regulator for the duration of the processing time.

Fig. L

15 pounds pressure | 10 pounds pressure | 5 pounds pressure

Fig. M

17. At the end of the processing time, turn the burner off and allow the canner to cool down naturally.

18. Let pressure drop of its own accord. **Do not attempt to speed the cooling of the canner, which can cause jar breakage, liquid loss from the jars, and other problems.** Pressure is completely reduced when the air vent/cover lock has dropped and no steam escapes when the pressure regulator is lifted.

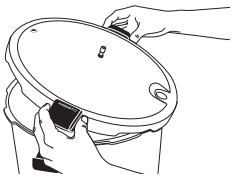
To watch a video of a pressure regulator rocking slowly, scan this QR code or visit www.gopresto.com/arrm.

19. **Do not remove the pressure regulator until pressure is completely reduced and the air vent/cover lock has dropped.** When pressure has been completely reduced, remove the pressure regulator from the vent pipe and let the canner cool for 10 minutes. Always remove the pressure regulator before opening the cover.

20. To remove the cover, turn it counterclockwise until it hits the stop tab. The cover handles will be beyond the body handles. Tilt the top of the cover towards you as you lift it off the canner body to keep steam away from you (Fig. N).

    CAUTION! If the cover seems to stick or is hard to turn, **do not force it open.** Sticking may indicate that there is still pressure inside the canner. If in doubt about pressure being completely reduced, let the canner stand until cool before removing the cover.

Fig. N



21. Using a jar lifter, remove the jars by lifting them straight up. Be careful not to tilt the jars, which causes liquid to siphon out. Food particles may also get between the jar rim and the lid and prevent the jar from sealing. Place jars upright on a towel or cooling rack, away from drafts. Do not retighten bands.

    Allow jars to cool naturally. Check seals no earlier than 12 hours, but no later than 24 hours. See page 6 for "After Processing" information.

22. **When processing consecutive batches:** Before warming the next batch of jars, allow the water in the canner to cool or replace with 3 quarts of fresh water.

    NOTICE: Placing jars immediately in the water from the previous batch can result in thermal shock to the glass jars that may in turn cause cracks and breakage.

    If reusing the water, check the water level in the canner. Add water, if necessary, to keep water at the 3-quart fill mark (Fig. I, page 7).

23. To can additional jars, repeat steps 8 to 21.

24. When canning is complete, allow the canner to cool completely. Empty water from the canner and clean according to the instructions on page 38.

    NOTICE: Lift the canner to remove it from the burner. Sliding any cookware has the potential to leave scratches on the stovetop.

Canner Storage: Store the canner in a dry place at temperatures above freezing with the cover inverted on the canner body. Storing the canner with the cover locked on may cause unpleasant odors and deform the sealing ring. The canner must be completely dry before storing.

CANNING FRUITS

Fruits may be safely processed using the pressure canning method (pages 6–8) or the boiling water canning method (pages 22–23). Select firm fruit that is fully ripened but not soft. Do not can overripe foods.

NOTE: Your 16-quart canner can be used as a boiling water canner to process pint and smaller jars only. It is not tall enough to accommodate 1½-pint or quart jars covered with the recommended 1-inch layer of water for boiling water canning.

Maintaining Color

Some fruits (apples, apricots, nectarines, peaches, and pears) tend to darken while they are being prepared. To prevent darkening, place fruit in a solution of 3 grams (3,000 milligrams) ascorbic acid to 1 gallon of cold water. Ascorbic acid is available in different forms:

Pure Powdered Form: Use 1 teaspoon of pure powder, which weighs about 3 grams, per gallon of water.

Vitamin C Tablets: Buy 500 milligram tablets. Crush and dissolve 6 tablets per gallon of water.

Commercially Prepared Mixes of Ascorbic and Citric Acid: Available under different brand names. Use according to manufacturer's directions found on the package.

Canning Liquids

Although fruit has better color, shape, and flavor when it is canned with syrup, it may be canned in juices (such as apple, white grape, or pineapple) or water.

White sugar is preferable to brown sugar for canning. Light corn syrup or honey may be used to replace up to one-half the sugar. If you wish to use sugar substitutes, follow the package instructions.

The amount of sugar desirable to use in preparing syrups will depend upon the tartness of the fruit and on personal preference. It should be remembered that fruit, when heated, releases some of its juices which will dilute the syrup in proportion to the juiciness of the fruit.

Use the syrup chart below as a guideline for preparing syrup needed for your canning recipe. The syrup recipe may be doubled or tripled depending on the packing method and amount of fruit being canned at one time.

SYRUPS FOR CANNING FRUITS

Combine sugar and water in a large pot. Bring to a boil and keep syrup hot while preparing fruit. Use as directed in recipe.

Syrup	Sugar	Water	Yield
Very Light	½ cup	4 cups	4½ cups
Light	1 cup	4 cups	4¾ cups
Medium	1¾ cups	4 cups	5 cups
Heavy	2¾ cups	4 cups	5⅓ cups

Altitude Adjustments

The processing times for **pressure canning** given in the specific fruit recipes are for altitudes of 1,000 feet or below. When pressure canning fruit above 1,000 feet, process at 10 pounds pressure. Processing time is the same at all altitudes.

The processing times for **boiling water canning** given in the specific fruit recipes are for altitudes of 1,000 feet or below. When processing at higher altitudes, process according to the chart below.

ALTITUDE CHART FOR BOILING WATER CANNING FRUITS

Altitude	Increase Recipe Processing Time
1,001–3,000 ft.	+ 5 minutes
3,001–6,000 ft.	+ 10 minutes
6,001–8,000 ft.	+ 15 minutes

CANNING RECIPES: FRUITS

APPLES

Wash, peel, and core apples. Cut into ½-inch slices. Place apples in an ascorbic acid solution (page 9) to prevent darkening during preparation. Drain well.

Hot Pack: Add apples and syrup (page 9), juice, or water to a large pot and bring to a boil. Boil for 5 minutes, stirring occasionally to prevent scorching. Pack hot apples in hot jars, leaving ½-inch headspace. Cover apples with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints and quarts 8 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 20 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

APPLESAUCE

Wash, peel, core, and slice apples. If desired, place apple slices into ascorbic acid solution (page 9) to prevent darkening. Drain well. Place slices in a large pot. Add ½ cup water. Heat quickly until apples are tender, stirring occasionally to prevent scorching. Press through food mill or sieve. (If chunk style sauce is preferred, omit this step.) If desired, sweeten to taste. Reheat sauce to boiling. Pack into hot jars, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints 8 minutes and quarts 10 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 15 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

APRICOTS

Wash well-ripened, firm apricots. If peeled apricots are desired, dip 1 minute in boiling water, then in cold water and peel. Cut apricots in halves and remove pits. Place apricots in an ascorbic acid solution (page 9) to prevent darkening during preparation. Drain well.

Hot Pack: Add apricots and syrup (page 9), juice, or water to a large pot and bring to a boil. Pack hot apricots, cut side down, in hot jars, leaving ½-inch headspace. Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Raw Pack: Pack raw apricots, cut side down, in hot jars, leaving ½-inch headspace. Cover with hot syrup (page 9), juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning (hot and raw pack): Process at 5 pounds pressure, pints and quarts 10 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning:

Hot Pack: Process pints 20 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

Raw Pack: Process pints 25 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

BERRIES
Except strawberries and elderberries

Choose ripe, sweet berries with uniform color. Wash 1 to 2 quarts of berries at a time. Drain, cap, and stem if necessary.

Hot Pack: Use this method for firmer berries such as blueberries, currants, gooseberries, and huckleberries. Heat berries in a large pot with boiling water for 30 seconds and drain. Add ½ cup hot syrup (page 9), juice, or water to hot jars. Pack hot berries into jars, leaving ½-inch headspace. Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints and quarts 8 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 15 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

Raw Pack: Use this method for softer berries such as raspberries and blackberries. Add ½ cup hot syrup (page 9), juice, or water to hot jars. Pack raw berries into jars, leaving ½-inch headspace. Gently shake jars while filling to pack firmly without crushing berries. Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints 8 minutes and quarts 10 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 15 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

CHERRIES

Stem and wash cherries. Remove pits if desired. If pitted, place cherries in an ascorbic acid solution (page 9) to prevent darkening of the stem end. Drain well. If canning whole cherries, prick each cherry with a clean needle to prevent splitting.

Hot Pack: Heat cherries in a large pot with ½ cup hot syrup (page 9), juice, or water per quart of cherries. Cover pot and bring to a boil. Pack hot cherries and cooking liquid in hot jars, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints 8 minutes and quarts 10 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 15 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

NECTARINES AND PEACHES–YELLOW

Wash fully-ripened but not soft yellow nectarines or peaches. Do not process white flesh nectarines or peaches as there are no tested recipes.

Skin can be left on nectarines. For peaches, loosen skin by dipping them 1 minute in boiling water, then in cold water. Peel. Cut fruit in halves and remove pits. Slice if desired. Place fruit in an ascorbic acid solution (page 9) to prevent darkening during preparation. Drain well.

Hot Pack: Add fruit and syrup (page 9), juice, or water to a large pot and bring to a boil. Pack hot fruit, cut side down, in hot jars, leaving ½-inch headspace. Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Raw Pack: Pack raw fruit, cut side down, in hot jars, leaving ½-inch headspace. Cover with hot syrup (page 9), juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning (hot and raw pack): Process at 5 pounds pressure, pints and quarts 10 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning:

Hot Pack: Process pints 20 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

Raw Pack: Process pints 25 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

PEARS

Wash pears. Peel, cut in halves lengthwise, and core. Place pears in an ascorbic acid solution (page 9) to prevent darkening during preparation. Drain well.

Hot Pack: Add pears and syrup (page 9), juice, or water to a large pot and bring to a boil. Boil 5 minutes. Pack hot pears in hot jars, leaving ½-inch headspace. Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints and quarts 10 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 20 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

PLUMS

Stem and wash firm, ripe plums. If plums are to be canned whole, prick each side with a fork. Freestone varieties may be cut in halves and pitted.

Hot Pack: Add plums and syrup (page 9), juice, or water to a large pot and bring to a boil. Boil 2 minutes. Cover pot and let stand 20 to 30 minutes. Pack hot plums in hot jars, leaving ½-inch headspace. Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Raw Pack: Pack raw plums firmly in hot jars, leaving ½-inch headspace. Cover with hot syrup (page 9), juice, or water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints and quarts 10 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 20 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

RHUBARB

Trim off leaves. Wash stalks and cut into ½-inch to 1-inch pieces.

Hot Pack: Add rhubarb and ½ cup sugar per quart of rhubarb to a large pot. Let stand until juice appears. Heat rhubarb slowly to boiling. Pack hot rhubarb in hot jars, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 5 pounds pressure, pints and quarts 8 minutes. For processing above 1,000 feet altitude, process at 10 pounds pressure for the same amount of time.

Boiling water canning: Process pints 15 minutes. For processing above 1,000 feet altitude, see page 9 for recommended increase in time.

CANNING TOMATOES AND TOMATO PRODUCTS

Tomatoes and tomato products may be safely processed using the pressure canning method (pages 6–8) or the boiling water canning method (pages 22–23). However, for some tomato products, the pressure canning method may result in a more nutritious canned product.

NOTE: Your 16-quart canner can be used as a boiling water canner to process pint and smaller jars only. It is not tall enough to accommodate 1½-pint or quart jars covered with the recommended 1-inch layer of water for boiling water canning.

Acidifying Tomatoes and Tomato Products

Tomatoes have a pH close to 4.6, which means it is necessary to take precautions to can them safely. First, carefully choose the tomatoes for canning. Use only tomatoes that are disease-free, preferably vine-ripened, and firm.

Second, an acid must be added to tomatoes whether they are processed using the boiling water canning method or pressure canning method. To ensure the safety of whole, crushed, or juiced tomatoes, add 1 tablespoon bottled lemon juice (not natural juice) or ¼ teaspoon citric acid per **pint** jar. For **quarts**, add 2 tablespoons bottled lemon juice or ½ teaspoon citric acid.

Salt

Tomatoes and tomato products may be canned with or without salt. Salt is used only for flavor, as it is not used in a large enough quantity to prevent spoilage. If salt is desired, use only canning or pickling salt. Table salt contains anti-caking agents that may cause cloudiness in the liquid inside the jars.

The recommended amount of salt is ½ teaspoon for each pint jar and 1 teaspoon for each quart jar.

Tip: Dried herbs and spices can safely be added to a tested canning recipe.

Salt is optional when canning most foods. ACIDIFYING TOMATOES IS REQUIRED. Tomatoes have a pH close to 4.6, which means an acid must be added to obtain a safe food product.			
Most Foods *(add canning salt if desired)*		**Tomatoes** *(must choose one)*	
ADD TO JAR	**Canning Salt**	**Bottled Lemon Juice** (not natural juice)	**OR Citric Acid**
PINT	½ teaspoon	1 tablespoon	¼ teaspoon
QUART	1 teaspoon	2 tablespoons	½ teaspoon

Altitude Adjustments

The processing times for **pressure canning** given in the specific tomato recipes are for altitudes of 1,000 feet or below. When pressure canning tomato recipes above 1,000 feet, process at 15 pounds pressure. Processing time is the same at all altitudes.

The processing times for **boiling water canning** given in the specific tomato recipes are for altitudes of 1,000 feet or below. When processing at higher altitudes, process according to the chart below.

ALTITUDE CHART FOR BOILING WATER CANNING TOMATOES	
Altitude	**Increase Recipe Processing Time**
1,001–3,000 ft.	+ 5 minutes
3,001–6,000 ft.	+ 10 minutes
6,001–8,000 ft.	+ 15 minutes

CANNING RECIPES: TOMATOES

TOMATOES—WHOLE OR HALVED
(packed raw without added liquid)

Wash smooth, firm, ripe tomatoes. Loosen skins by dipping tomatoes in boiling water for 1 minute, then in cold water. Peel and remove core. Leave whole or halve.

NOTE: Tomatoes that are raw packed will separate during processing into a liquid and solid, with the solids forming on top of the liquid. This is due to an enzyme that causes tomatoes to break apart when heated. Flavor and nutritional quality are not affected by this change.

Add bottled lemon juice or citric acid to hot jars (page 12). Add salt if desired (page 12). Fill jars with raw tomatoes, pressing until spaces between them fill with juice. Leave ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 10 pounds pressure, pints and quarts 25 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

Boiling water canning: Process pints 85 minutes.* For processing above 1,000 feet altitude, see page 12 for recommended increase in time.*

***** *Raw-packed tomatoes without added liquid require a long processing time—85 minutes. For this extended processing time, begin with 2 inches of boiling water above the jar tops (rather than the usual 1 inch).*

TOMATOES—WHOLE OR HALVED
(packed in water)

Wash smooth, firm, ripe tomatoes. Loosen skins by dipping tomatoes in boiling water for 1 minute, then in cold water. Peel and remove core. Leave whole or halve, or if using large tomatoes, quarter.

Hot Pack: Place prepared tomatoes in a large pot and add just enough water to cover. Bring to a boil and boil gently for 5 minutes. Add bottled lemon juice or citric acid to hot jars (page 12). Add salt if desired (page 12). Pack hot tomatoes in hot jars, leaving ½-inch headspace. Fill jars with hot cooking liquid, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Raw Pack: Add bottled lemon juice or citric acid to hot jars (page 12). Add salt if desired (page 12). Pack prepared tomatoes in hot jars, leaving ½-inch headspace. Fill hot jars with boiling water, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 10 pounds pressure, pints and quarts 10 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

Boiling water canning: Process pints 40 minutes. For processing above 1,000 feet altitude, see page 12 for recommended increase in time.

TOMATO JUICE

Wash ripe, juicy tomatoes. Remove stem ends and trim off bruised or discolored portions. To prevent juice from separating, quickly cut about 1 pound of tomatoes into quarters and put directly into a large pot. Heat immediately to boiling while crushing. Continue to slowly add and crush freshly cut tomato quarters to the boiling mixture. Make sure the mixture boils constantly and vigorously while adding more tomatoes. Simmer 5 minutes after you add all the pieces.

If juice separation is not a concern, simply slice or quarter tomatoes into a large pot. Crush, heat, and simmer for 5 minutes before juicing.

Press heated juice through a sieve or food mill to remove skins and seeds. Heat juice again to boiling.

Add bottled lemon juice or citric acid to hot jars (page 12). Add salt if desired (page 12). Fill hot jars with hot tomato juice, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 10 pounds pressure, pints and quarts 15 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

Boiling water canning: Process pints 35 minutes. For processing above 1,000 feet altitude, see page 12 for recommended increase in time.

TOMATO SAUCE

Prepare and press tomatoes as you would for making tomato juice (page 13). Heat in a large pot until sauce reaches desired consistency. Simmer until volume is reduced by about one-third for thin sauce or by one-half for thick sauce. Add bottled lemon juice or citric acid to hot jars (page 12). Add salt if desired (page 12). Pour hot sauce into hot jars, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Pressure canning: Process at 10 pounds pressure, pints and quarts 15 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

Boiling water canning: Process pints 35 minutes. For processing above 1,000 feet altitude, see page 12 for recommended increase in time.

SALSA

Process salsa using the boiling water canning method only. Refer to page 24 for tested canning recipe.

SPAGHETTI SAUCE WITHOUT MEAT

- 30 pounds tomatoes
- 1 cup chopped onion
- 1 cup chopped celery or green pepper
- 1 pound fresh mushrooms, sliced (optional)
- 5 cloves garlic, minced
- ¼ cup vegetable oil
- ¼ cup packed brown sugar
- 4 tablespoons dried parsley
- 2 tablespoons dried oregano
- 4½ teaspoons salt
- 2 teaspoons black pepper

NOTE: Do not increase the proportion of onion, celery, green pepper, or mushrooms.

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in a large pot. Put through food mill or sieve.

Sauté onion, celery or pepper, mushrooms (if desired), and garlic in vegetable oil until tender. Combine vegetables, tomatoes, sugar, parsley, oregano, salt, and pepper.

Bring to a boil. Simmer, uncovered, stirring frequently until thick enough for serving. At this time, the initial volume will have been reduced by nearly one-half.

Fill hot jars with hot sauce, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Yield: About 9 pints

Pressure canning: Process at 10 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

SPAGHETTI SAUCE WITH MEAT

- 30 pounds tomatoes
- 2½ pounds ground beef or sausage
- 1 cup chopped onion
- 1 cup chopped celery or green pepper
- 1 pound fresh mushrooms, sliced (optional)
- 5 cloves garlic, minced
- ¼ cup packed brown sugar
- 4 tablespoons dried parsley
- 2 tablespoons dried oregano
- 4½ teaspoons salt
- 2 teaspoons black pepper

NOTE: Do not increase the proportion of onion, celery, green pepper, or mushrooms.

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in a large pot. Put through food mill or sieve.

Brown beef or sausage. Add onion, celery or green pepper, mushrooms (if desired), and garlic. Cook until vegetables are tender. Combine with tomatoes in large pot. Add sugar, parsley, oregano, salt, and pepper.

Bring to a boil. Simmer, uncovered, stirring frequently until thick enough for serving. At this time, the initial volume will have been reduced by nearly one-half.

Fill hot jars with hot sauce, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Yield: About 9 pints

Pressure canning: Process at 10 pounds pressure, pints 60 minutes and quarts 70 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

PRESSURE CANNING VEGETABLES

Pressure canning is the only safe method for canning vegetables.

Young, tender, fresh, and slightly immature vegetables are better for canning than those which are overripe. As a rule, vegetables are best when canned immediately after picking, since flavor decreases upon standing and often unpleasant color changes take place. Avoid bruised vegetables because spoilage organisms grow more rapidly on bruised vegetables than on those that are unblemished.

Wash and prepare garden fresh vegetables as you would for cooking. When packing vegetables, always leave 1-inch headspace, or more if directed in recipe, in hot Mason jars.

To hot pack vegetables, precook in boiling water following the recipe instructions. Pack precooked vegetables into hot jars and cover with boiling water. Whenever possible, the precooking water should be used as liquid to cover the vegetables after packing into jars. However, there are a few vegetables, such as greens and asparagus, which make the cooking water bitter and undesirable to use.

To raw pack vegetables, simply place the prepared vegetables into hot jars and cover with boiling water.

Salt

Vegetables may be processed with or without salt. Salt is used only for flavor, as it is not used in a large enough quantity to prevent spoilage. If salt is desired, use only canning or pickling salt. Table salt contains anti-caking agents that may cause cloudiness in the liquid inside the jars.

The recommended amount of salt is ½ teaspoon for each pint jar and 1 teaspoon for each quart jar.

Tip: Dried herbs and spices can safely be added to a tested canning recipe.

Altitude Adjustment

The processing times given in the specific vegetable recipes are for pressure canning at altitudes of 1,000 feet or below. When pressure canning above 1,000 feet, process at 15 pounds pressure. Processing time is the same at all altitudes.

CANNING RECIPES: VEGETABLES

ASPARAGUS

Wash and drain asparagus. Remove tough ends and scales. Rinse. Leave asparagus whole or cut into pieces.

Hot Pack: Cover asparagus with boiling water and boil 2 to 3 minutes. Pack hot asparagus loosely in hot jars, leaving 1-inch headspace.

Raw Pack: Pack raw asparagus tightly in hot jars, leaving 1-inch headspace.

Add salt if desired (see above). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 30 minutes and quarts 40 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

BEANS OR PEAS—DRY

Sort out and discard any discolored beans/peas. Rehydrate beans/peas using **one** of the following methods:

- Place dry beans/peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Then drain.

  OR

- Cover beans/peas with boiling water in a large pot. Boil 2 minutes, remove from heat, and soak 1 hour. Then drain.

Hot Pack: Cover beans/peas soaked by either method with fresh water and boil 30 minutes. Add salt to hot jars if desired (see above). Fill jars with beans/peas and cooking water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 75 minutes and quarts 90 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

BEANS—FRESH LIMA, BUTTER, PINTO, OR SOY

Shell and wash young, tender beans thoroughly.

Hot Pack: Cover beans with boiling water and bring to a boil. Boil 3 minutes. Pack hot beans loosely in hot jars, leaving 1-inch headspace.

Raw Pack: Pack raw beans loosely in hot jars, leaving 1-inch headspace in pint jars. For quarts, leave 1½-inch headspace if beans are small and 1¼-inch headspace if beans are large.

Add salt if desired (see above). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 40 minutes and quarts 50 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

BEANS—GREEN, WAX, ITALIAN

Wash young, tender beans thoroughly. Remove stem and blossom ends or any strings. Leave whole or cut into 1-inch pieces.

Hot Pack: Cover beans with boiling water and boil 5 minutes. Pack hot beans loosely in hot jars, leaving 1-inch headspace.

Raw Pack: Pack raw beans tightly in hot jars, leaving 1-inch headspace.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

BEETS

Trim tops of young, tender beets, leaving 1 to 2 inches of stem and root to reduce bleeding of color. Wash thoroughly.

Hot Pack: Cover beets with boiling water and boil 15 to 25 minutes or until skins slip off easily. Remove skins, stems, and roots. Small beets may be left whole. Cut medium or large beets into ½-inch cubes or slices; halve or quarter very large slices. Pack hot beets in hot jars, leaving 1-inch headspace.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 30 minutes and quarts 35 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

CARROTS

Wash, peel, and rewash young, tender carrots. Carrots may be left whole, sliced, or diced.

Hot Pack: Cover carrots with boiling water, bring to a boil, and simmer 5 minutes. Pack hot carrots in hot jars, leaving 1-inch headspace.

Raw Pack: Pack raw carrots tightly in hot jars, leaving 1-inch headspace.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 25 minutes and quarts 30 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

CORN—WHOLE KERNEL

Husk and remove silk from young, tender, freshly-picked corn; wash ears. Blanch 3 minutes in boiling water. Cut corn from cob at about three-fourths the depth of the kernel. Do not scrape cob.

Hot Pack: For each quart of corn, add 1 cup boiling water. Bring to a boil and simmer 5 minutes. Pack hot corn loosely in hot jars, leaving 1-inch headspace.

Raw Pack: Pack raw corn loosely in hot jars, leaving 1-inch headspace.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 55 minutes and quarts 85 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

GREENS

Sort young, tender, freshly-picked greens; discard wilted or tough leaves, stems, and roots. Wash greens thoroughly.

Hot Pack: Blanch 1 pound of greens at a time, until well wilted (about 3 to 5 minutes). Pack hot greens loosely in hot jars, leaving 1-inch headspace.

Add salt if desired (page 15). Cover with fresh boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 70 minutes and quarts 90 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

MUSHROOMS—WHOLE OR SLICED

Trim stems and discolored parts of small to medium domestic mushrooms. Soak mushrooms in cold water for 10 minutes to remove soil. Wash in clean water. Leave small mushrooms whole; cut large ones.

Hot Pack: Cover mushrooms with water and boil 5 minutes. Pack hot mushrooms in hot jars, leaving 1-inch headspace. For better color, add ⅛ teaspoon of ascorbic acid per pint.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, half-pints and pints 45 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

CAUTION! In accordance with USDA guidelines, do not can wild mushrooms.

OKRA

Wash and trim young, tender okra pods. Remove stem, without cutting into pods if okra is to be canned whole. If desired, slice okra into 1-inch pieces.

Hot Pack: Cover okra with hot water and boil 2 minutes. Pack hot okra in hot jars, leaving 1-inch headspace.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 25 minutes and quarts 40 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

PEAS—GREEN

Wash and shell young, tender freshly-picked green peas. Rinse.

Hot Pack: Cover peas with boiling water and bring to a boil. Boil 2 minutes. Pack hot peas loosely in hot jars, leaving 1-inch headspace. Do not shake or press down.

Raw Pack: Pack peas loosely in hot jars, leaving 1-inch headspace. Do not shake or press down.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints and quarts 40 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

PEPPERS—HOT OR SWEET
(including bell, chile, jalapeño, and pimiento)

CAUTION! Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Preparation of chile peppers: Cut two or four slits in each pepper and either blanch in boiling water or blister using one of the following methods:

- Oven or broiler method: Place chile peppers in a 400°F oven or broiler for 6 to 8 minutes until skins blister.
- Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place chiles on wire mesh for several minutes until skins blister.

Allow peppers to cool. Place in a pan and cover with a damp cloth. After several minutes, peel peppers. Remove stems and seeds.

Preparation of other peppers: Remove stems and seeds; blanch 3 minutes.

Hot Pack: Small peppers may be left whole. Large peppers may be quartered. Pack peppers loosely in hot jars, leaving 1-inch headspace.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 35 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

POTATOES—SWEET

Wash small to medium-sized sweet potatoes.

Hot Pack: Boil or steam sweet potatoes just until partially soft (15 to 20 minutes). Remove skins and cut into pieces of uniform size. Pack hot sweet potatoes in hot jars, leaving 1-inch headspace.

CAUTION! There are no tested recipes for mashed or pureed sweet potatoes. In accordance with USDA guidelines, do not mash or puree sweet potatoes as processing time may not be adequate.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 65 minutes and quarts 90 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

POTATOES—WHITE

Wash, peel, and rinse new potatoes 1 to 2 inches in diameter. If desired, cut into ½-inch cubes. Place in ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening. Drain.

Hot Pack: Cover potatoes with hot water and bring to a boil. Boil whole potatoes for 10 minutes, cubes for 2 minutes. Pack hot potatoes in hot jars, leaving 1-inch headspace.

CAUTION! There are no tested recipes for mashed or pureed potatoes. Do not mash or puree potatoes as processing time may not be adequate.

Add salt if desired (page 15). Cover with fresh boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 35 minutes and quarts 40 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

PUMPKIN AND WINTER SQUASH*

Wash and remove seeds from small-sized pumpkins or squash. Cut into 1-inch slices and peel. Cut flesh into 1-inch cubes.

Hot Pack: Boil cubes in water for 2 minutes. Pack hot pumpkin or squash cubes loosely in hot jars, leaving 1-inch headspace.

CAUTION! There are no tested recipes for mashed or pureed pumpkin or squash. In accordance with USDA guidelines, do not mash or puree pumpkin or squash as processing time may not be adequate.

Add salt if desired (page 15). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 55 minutes and quarts 90 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

**Types of winter squash that can safely be canned are acorn, buttercup, butternut, and hubbard.*

PRESSURE CANNING MEAT, GAME, POULTRY, AND RABBIT

Pressure canning is the only safe method for canning meat, game, poultry, and rabbit.

Meat, game, poultry, and rabbit should be handled carefully to avoid contamination. Keep it as cool as possible during preparation for canning, handle rapidly, and process as soon as it is packed.

Use good quality product that has been trimmed of gristle, fat, and bruised spots. The hot pack method is recommended for the best liquid coverage and quality during storage.

To make broth, place bony pieces in a large pot and cover with cold water. Simmer until meat is tender. Discard fat. Add boiling broth to hot jars packed with precooked meat or poultry.

Salt

Meat, game, poultry, and rabbit may be canned with or without salt. Salt is used only for flavor, as it is not used in a large enough quantity to prevent spoilage. If salt is desired, use only canning or pickling salt. Table salt contains anti-caking agents that may cause cloudiness in the liquid inside the jars.

The recommended amount of salt is ½ teaspoon for each pint jar and 1 teaspoon for each quart jar.

Tip: Dried herbs and spices can safely be added to a tested canning recipe.

Altitude Adjustment

The processing times given in the specific meat and poultry recipes are for pressure canning at altitudes of 1,000 feet or below. When pressure canning above 1,000 feet, process at 15 pounds pressure. Processing time is the same at all altitudes.

CANNING RECIPES: MEAT

CUT-UP MEAT (strips, cubes, or chunks)
Bear, Beef, Pork, Lamb, Veal, and Venison

Remove excess fat. Soak strong-flavored wild meats for 1 hour in brine water containing 1 tablespoon of salt per quart of water. Rinse. Remove large bones and cut meat into desired pieces.

Hot Pack: Precook meat until rare by roasting, stewing, or browning in a small amount of oil. Do not use flour. Pack hot meat loosely in hot jars, leaving 1-inch headspace. Add salt if desired (page 18). Cover meat with boiling broth, water, or tomato juice (especially with wild game), leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Raw Pack: Add salt to hot jars if desired (page 18). Pack raw meat in hot jars, leaving 1-inch headspace. DO NOT ADD LIQUID. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 75 minutes and quarts 90 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

GROUND MEAT
Bear, Beef, Lamb, Pork, Sausage, Veal, and Venison

Grind fresh meat in a food processor or meat grinder. For venison, add one part high quality pork fat to three or four parts venison before grinding. For sausage, use freshly made sausage seasoned with salt and cayenne pepper (do not use sage as it may cause a bitter flavor).

Hot Pack: Shape ground meat or sausage into patties or balls. Cook until lightly browned. Ground meat may also be cooked without shaping. Drain to remove excess fat. Pack hot meat loosely in hot jars, leaving 1-inch headspace. Add salt if desired (page 18). Cover meat with boiling water, broth, or tomato juice, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 75 minutes and quarts 90 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

CANNING RECIPES: POULTRY AND RABBIT

CHICKEN, DUCK, GOOSE, TURKEY

Cut poultry into serving size pieces. If desired, remove bone and skin.

Hot Pack: Precook poultry until almost done by baking, boiling, or steaming. Pack hot poultry in hot jars, leaving 1¼-inch headspace. Add salt if desired (page 18). Cover poultry with hot broth, leaving 1¼-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Raw Pack: Add salt to hot jars if desired (page 18). Pack raw poultry loosely in hot jars, leaving 1¼-inch headspace. DO NOT ADD LIQUID. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure	With Bone	Without Bone
Pints	65 minutes	75 minutes
Quarts	75 minutes	90 minutes

For processing above 1,000 feet altitude, use 15 pounds pressure.

RABBIT

Soak dressed rabbits 1 hour in water containing 1 tablespoon of salt per quart of water. Rinse. Use preparation procedures and processing times for poultry, omitting salt.

PRESSURE CANNING FISH AND SEAFOOD

Pressure canning is the only safe method for canning fish and seafood.

Only fresh fish should be canned. These should be bled and thoroughly cleaned of all viscera and membranes within 2 hours after they are caught. To prevent spoilage, keep fish and shellfish refrigerated or on ice to maintain a temperature of 40°F or below until ready to can.

Altitude Adjustment

The processing times given in the specific fish recipes are for pressure canning at altitudes of 1,000 feet or below. When pressure canning above 1,000 feet, process at 15 pounds pressure. Processing time is the same at all altitudes.

CANNING RECIPES: FISH AND SEAFOOD

TUNA

Remove viscera and clean fish thoroughly. Tuna may be canned either raw or precooked. Precooking removes most of the strong-flavored, natural oils.

Hot Pack: Place tuna belly-side down on a rack in the bottom of a large baking pan. Bake at 350°F for 1 hour. Refrigerate cooked fish overnight to firm the meat.

Remove skin. Cut meat away from bones; cut out and discard bone, fin bases, and dark flesh. Quarter the pieces; cut quarters crosswise into lengths that fit the jar size being used.

Add ½ teaspoon canning salt to each half-pint jar, 1 teaspoon to each pint jar if desired. Pack fish into hot jars, pressing down gently to make a solid pack, leaving 1-inch headspace. Add water or oil to jars, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Raw Pack: Remove skin. Separate the meat into quarters by cutting the meat away from bones. Cut out and discard bone, fin bases, and dark flesh. Cut quarters crosswise into lengths that fit the jar size being used. Add ½ teaspoon canning salt to each half-pint jar, 1 teaspoon to each pint jar if desired. Pack fish into hot jars, pressing down gently to make a solid pack, leaving 1-inch headspace. DO NOT ADD LIQUID. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, half-pints and pints 100 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

FISH
Blue, Mackerel, Salmon, Steelhead, Trout, and other fatty fish except Tuna

Remove head, tail, fins, and scales. Wash fish in cold water.

Raw Pack: Split fish lengthwise and then cut into lengths that fit the jar size being used. Bones can be left in and skin left on if desired. For halibut, remove the bones and skin.

Pack fish tightly in hot jars, skin side next to glass, leaving 1-inch headspace. Add ½ teaspoon canning salt to each half-pint jar, 1 teaspoon to each pint jar if desired. DO NOT ADD LIQUID. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, half-pints and pints 100 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

NOTE: Glass-like crystals of magnesium ammonium phosphate sometimes form in canned salmon. There is no way for the home canner to prevent these crystals from forming, but they usually dissolve when heated and are safe to eat.

CLAMS—WHOLE OR MINCED

Keep clams on ice until ready to can. Scrub shells thoroughly and rinse.

Hot Pack: Steam 5 minutes and open. Remove clam meat. Collect and save clam juice. Wash clam meat in salted water using 1½ to 3 tablespoons of salt per gallon of water. Rinse.

Cover clam meat with boiling water containing 2 tablespoons of lemon juice or ½ teaspoon of citric acid per gallon. Boil 2 minutes and drain. To make minced clams, grind clams with a meat grinder or food processor. Heat reserved clam juice to boiling.

Pack clams loosely in hot jars, leaving 1-inch headspace. Add hot clam juice and, if needed, boiling water, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, half-pints 60 minutes and pints 70 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

PRESSURE CANNING STOCK AND SOUP

Pressure canning is the only safe method for canning stock and soup.

Tip: Dried herbs and spices can safely be added to a tested canning recipe.

CANNING RECIPES: STOCK AND SOUP

BEEF STOCK

Saw or crack fresh trimmed beef bones (with meat removed) to enhance extraction of flavor. Rinse bones.

Hot Pack: Place bones in a large pot and cover with water. Cover pot and simmer 3 to 4 hours. Remove bones. Cool broth; skim off and discard fat. Remove any tiny amount of meat tidbits from bones and add to broth if desired. Reheat broth to boiling. Fill hot jars with hot broth, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

CHICKEN AND TURKEY STOCK

Hot Pack: Place large carcass bones (with meat removed) in a large pot. Add enough water to cover bones. Cover pot and simmer 30 to 45 minutes or until meat can be easily removed from bones. Remove bones. Cool broth; skim off and discard fat. Remove any tiny amount of meat tidbits from bones and add to broth if desired. Reheat broth to boiling. Fill hot jars with hot broth, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

SOUP

Vegetable, Dried Bean or Pea, Meat, Poultry, or Seafood*

Choose your favorite vegetables, dried beans or peas, meat, poultry, or seafood ingredients for soup as long as those ingredients have their own individual canning recommendations. Do not use ingredients for which there are no canning recommendations.

CAUTION! In accordance with USDA guidelines, do not add noodles or other pasta, rice, cured or brined meat, flour, cream, milk, or other thickening agents to home canned soup as processing time may not be adequate.

Hot Pack: Prepare vegetables, meat, poultry, and seafood* as described in the hot pack directions for the individual ingredients. **If dried beans or peas are used, they must be fully rehydrated before adding to other ingredients** (see page 15). Combine solid ingredients with meat broth, tomatoes, or water to cover. Boil 5 minutes. Salt to taste if desired. Fill jars halfway with solid ingredients and then add soup liquid, leaving 1-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands.

Process at 10 pounds pressure, pints 60 minutes and quarts 75 minutes. For processing above 1,000 feet altitude, use 15 pounds pressure.

**If soup contains seafood, process pints and quarts 100 minutes.*

HOW TO CAN USING THE BOILING WATER CANNING METHOD

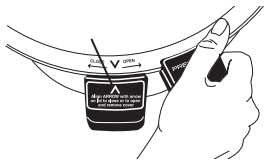
Fruits and tomatoes can be safely processed using either the boiling water canning method (pages 22–23) or the pressure canning method (pages 6–8). Always follow the processing method stated in the research-tested recipe.

Your 16-quart canner can be used as a boiling water canner to process pint and smaller jars only. It is not tall enough to accommodate 1½-pint or quart jars covered with the recommended 1-inch layer of water for boiling water canning.

1. Place the canner on a level gas or electric range burner. For electric coil and smooth-top ranges, use the element that most closely matches the 8-inch diameter of the canner bottom. This is the portion of the canner bottom which comes in contact with the element. Do not use on any outdoor LP gas burner or a gas range over 12,000 BTUs.
2. **Remove the overpressure plug and pressure regulator from the canner cover and set them aside.** They will not be needed for boiling water canning. See page 39 for overpressure plug removal instructions. Also, look through the vent pipe on the cover to be certain it is clear before each use. To clean the vent pipe, draw a pipe cleaner or small brush through the opening. See page 6.
3. Place the canning rack in the canner to prevent jar breakage and add 3 quarts of warm water. Additional water will be needed later to cover the jars.

   Tip: To help prevent mineral deposits on jars as well as discoloration of the canner interior, add 2 tablespoons of white vinegar or 1 teaspoon of cream of tartar to water in the canner.
4. Jars should be kept warm until ready to use. This can be done in a dishwasher or in the canner. To heat the jars in the canner, fill them half full with warm water and place them on the rack in the canner.
5. Turn the range burner to a relatively high setting. Preheat the water in the canner to 140°F for raw-packed foods and to 180°F for hot-packed foods. Adjust the heat to maintain this temperature.
6. Place the cover on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle. The body and cover handles will not be aligned for this step (Fig. O).

Fig. O



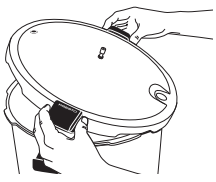
7. Allow the jars to warm in the canner for at least 10 minutes. During this time, complete any food preparation. Also, heat at least 3 quarts of water to boiling in a large kettle to use later when processing (step 10). More water may be needed if the canner is not filled to jar capacity.
8. Once the jars are heated, remove the canner cover. Lift out one jar at a time and discard the water from the jar. Immediately fill the jar with food and liquid, according to the specific tested recipe.

   Remove air bubbles by moving a clean, nonmetal spatula around the jar. Clean the jar rim with a damp cloth. Center a flat lid on the jar rim, making sure the sealing compound is touching the glass. Position a band over the lid and, using your fingertips, screw it onto the jar evenly and firmly (fingertip tight). Do not overtighten as air must release from the jars during processing and cooling.
9. Using a jar lifter, place the jar on the canning rack promptly after filling. Repeat the procedure for each jar.
10. After all the jars are in the canner, check the water level. Using a liquid measuring cup or pitcher, carefully pour more boiling water (heated in Step 7) around the jars until the water level is at least 1 inch above the jar tops.

    CAUTION! To avoid burns from splashing or steam, never pour boiling water directly from a large pot into the canner.
11. Place the cover back on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle. Once again, the body and cover handles will not be aligned for this step (Fig. O).
12. Heat the canner using a relatively high setting. Periodically lift the cover to determine when the water begins to boil. When the water boils vigorously, the processing time begins. Set a timer for the processing time listed in the specific boiling water canning recipe. At this time, reduce the heat to maintain a gentle, steady boil throughout the entire processing time.
13. Now, lock the cover on; press down on the cover handles to compress the sealing ring and rotate the cover clockwise until the cover handles are above the body handles. **Do not force the cover beyond this position.**
14. When jars have been processed for the recommended time, turn off the heat and remove the canner cover by turning it counterclockwise. **Let the canner cool for 5 minutes before removing jars.**

    CAUTION: To prevent burns when removing the canner cover, tilt the top of the cover toward you to avoid steam and/or boiling water (Fig. P).

Fig. P



15. Using a jar lifter, remove the jars by lifting them straight up. Be careful not to tilt the jars, which causes liquid to siphon out. Food particles may also get between the jar rim and the lid and prevent the jar from sealing. Place jars upright on a towel or cooling rack, away from drafts. Do not retighten bands.

    Allow jars to cool naturally. Check seals no earlier than 12 hours, but no later than 24 hours. See page 6 for "After Processing" information.

16. **When processing consecutive batches:** Before warming the next batch of jars, allow the water in the canner to cool or replace with 3 quarts of fresh water.

    NOTICE: Placing jars immediately in the water from the previous batch can result in thermal shock to the glass jars that may in turn cause cracks and breakage.

    If reusing the water, it should not be above the 3-quart fill line (Fig. I, page 7). Remove excess water to a large kettle. Bring to a boil and use this water to cover the filled jars.

17. When canning is complete, allow the canner to cool completely. Empty water from the canner and clean according to the instructions on page 38.

BOILING WATER CANNING RECIPES:

The recipes on pages 23–24 are safely canned using the boiling water canning method. Do not use the pressure canning method for these recipes because the food quality will be unacceptable.

IMPORTANT: Jars used for the three preserve recipes (marked with a ❖) will need to be sterilized because the processing time is less than 10 minutes. To sterilize the jars, boil them for 10 minutes. If you live at an altitude of 1,000 feet or more, boil an additional minute for each 1,000-foot increase in altitude. If preferred, instead of sterilizing the jars, you can increase the processing time to 10 minutes. The additional processing time is not harmful to most gels.

Reminder: If your altitude is above 1,000 feet, the processing time needs adjustment. See pages 9 and 12.

For boiling water canning processing procedures for fruits and tomatoes, refer to pages 10–14.

APPLE BUTTER❖

Recommended apples include Jonathan, Winesap, Stayman, Golden Delicious, and McIntosh.

- 8 pounds apples
- 2 cups apple cider
- 2 cups vinegar
- 2¼ cups white sugar
- 2¼ cups packed brown sugar
- 2 tablespoons ground cinnamon
- 1 tablespoon ground cloves

Wash apples. Remove stems, quarter, and core fruit. Cook apples slowly in apple cider and vinegar until soft. Press fruit through a colander, food mill, or strainer. Cook fruit pulp with sugar and spices, stirring frequently. To test for doneness, remove a spoonful and hold it away from steam for 2 minutes. It is done if the butter remains mounded on the spoon. Another way to determine when the butter is cooked adequately is to spoon a small quantity onto a plate. When a rim of liquid does not separate around the edge of the butter, it is ready for canning. Ladle hot butter into hot jars, leaving ¼-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands. Process half-pints and pints 5 minutes.

Yield: 8 to 9 pints

Apple Butter recipe adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015. National Center for Home Food Preservation.

GRAPE JELLY❖

- 5 cups grape juice (about 3½ pounds grapes and about 1 cup water)
- 1 package powdered pectin
- 7 cups sugar

To prepare juice: Sort, wash, and remove stems from fully ripe grapes. In a large pot crush about 3½ pounds of grapes and add just enough water to cover grapes, about 1 cup. Cover and bring to a boil on high heat. Reduce heat and simmer for 10 minutes. Pour contents of pot into a damp jelly bag and suspend the bag to drain the juice into a large bowl. Allow juice to drain undisturbed overnight in a cool place. Strain through two thicknesses of damp cheesecloth to remove any crystals that have formed.

To make jelly: In a large pot combine juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; skim off foam quickly. Immediately ladle hot jelly into hot jars, leaving ¼-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands. Process half-pints and pints 5 minutes.

Yield: About 8 half-pints

Grape Jelly recipe adapted from "How to Make Jellies, Jams, and Preserves at Home," Home and Garden Bulletin No. 56. Extension Service, United States Department of Agriculture. 1982 reprint. National Center for Home Food Preservation, June 2005.

STRAWBERRY JAM❖

- 5½ cups crushed strawberries (about 3 quart boxes strawberries)
- 1 package powdered pectin
- 8 cups sugar

To prepare fruit: Sort and wash fully ripe strawberries; remove stems and caps. Crush berries.

To make jam: Measure crushed strawberries into a large pot. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary. Immediately ladle hot jam into hot jars leaving ¼-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands. Process half-pints and pints 5 minutes.

Yield: About 9 or 10 half-pints

Strawberry Jam recipe adapted from "How to Make Jellies, Jams and Preserves at Home." Home and Garden Bulletin No. 56. Extension Service, United States Department of Agriculture. 1982 reprint. National Center for Home Food Preservation, June 2005.

QUICK FRESH-PACK DILL PICKLES

- 8 pounds 3- to 5-inch whole pickling cucumbers
- 2 gallons water
- 1¼ cups canning or pickling salt (divided)
- 1½ quarts vinegar (5% acidity)
- ¼ cup sugar
- 2 quarts water
- 2 tablespoons whole mixed pickling spice
- 3 tablespoons whole mustard seed (1 teaspoon per pint jar)
- 14 heads of fresh dill (1½ heads per pint jar)
  OR
  4½ tablespoons dill seed (1½ teaspoons per pint jar)

Wash cucumbers. Cut 1/16-inch slice off blossom end and discard, but leave ¼-inch of stem attached. Dissolve ¾ cup salt in 2 gallons water. Pour over cucumbers and let stand 12 hours. Drain.

In a large pot combine vinegar, ½ cup salt, sugar, and 2 quarts water. Add mixed pickling spices tied in a clean, white cloth. Heat to boiling. Fill hot jars with cucumbers. Add 1 teaspoon mustard seed and 1½ heads fresh dill per pint. Cover with boiling pickling liquid, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands. Process pints 10 minutes.

Yield: About 7 to 9 pints

TOMATO SALSA

- 7 quarts peeled, cored, chopped paste tomatoes*
- 5 cups chopped onion
- 4 cups seeded, chopped long green chiles
- ½ cup seeded, finely chopped jalapeño peppers
- 6 cloves garlic, finely chopped
- 2 cups bottled lemon or lime juice
- 2 tablespoons salt
- 1 tablespoon black pepper

Optional ingredients:

- 3 tablespoons dried oregano
- 2 tablespoons ground cumin
- 2 tablespoons fresh cilantro

**This recipe works best with paste tomatoes, such as Roma. Slicing tomatoes, such as Beefsteak, require a much longer initial cooking time to achieve a desirable consistency.*

CAUTION! Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

The jalapeño peppers do not need to be peeled. The skin of the long green chiles may be tough. If you choose to peel chiles, wash and dry them and then slit each pepper along the side to allow steam to escape. Blister skins by placing peppers in a hot oven (400°F) or under a broiler for 6 to 8 minutes until skins blister. After blistering skins, place peppers in a pan and cover with a damp cloth. Cool several minutes; peel off skins. Discard seeds and chop.

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Combine all ingredients except oregano, cumin, and cilantro in a large pot and bring to a boil, stirring frequently, then reduce heat and simmer 10 minutes. Add oregano, cumin, and cilantro if desired, and simmer for another 20 minutes, stirring occasionally.

Ladle hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles. Clean jar rims. Position lids and secure with bands. Process pints 15 minutes.

Yield: About 16 to 18 pints

NOTE: Many more tested canning recipes for jams and jellies, pickles and relishes, and salsa are available from the National Center for Home Food Preservation (nchfp.uga.edu) or in these reliable sources: *"So Easy to Preserve", Cooperative Extension The University of Georgia, bulletin 989; "Ball Blue Book Guide to Preserving"; "Bernardin Complete Book of Home Preserving."*

TROUBLESHOOTING WHEN CANNING

Issues with Canned Food

- Bubbles often appear in the jar after removal from the canner because food is still boiling in the jar. Ordinarily bubbles do not appear once the product has been allowed to thoroughly cool.
- Jar breakage during processing is caused by: (1) packing jar too solidly or overfilling; (2) weakened, nicked, or chipped jars; (3) jars touching bottom of canner; (4) failure to tighten screw bands properly; (5) use of jars other than Mason jars.
- Liquid lost from jars during processing is caused by: (1) packing jar too solidly or overfilling; (2) insufficient exhaust period; (3) air was exhausted too vigorously during the 10-minute venting period; (4) variation or sudden reduction of pressure in the canner; (5) failure to tighten screw bands properly.

  If liquid is lost during processing, do not open the jar to replace the liquid. Loss of liquid will not cause spoilage, but the food above the liquid will discolor. If at least half of the liquid is gone, place the jar in the refrigerator and use the food within 3 days.
- Flat sour, a type of food spoilage, is caused by canning overripe food, allowing precooked food to stand in the jar too long before processing, or keeping the jars in the canner too long after processing. It may be prevented by using fresh food; by properly processing, cooling, and storing food; and by removing jars from the canner promptly after processing. Flat sour shows no indication of spoilage until the jar is opened. Flat sour is not a safety concern, but the taste of the food is compromised. It is advised that you discard the food.
- Food spoilage or jars not sealing is caused by: (1) failure to follow exact recipes and timetables; (2) failure to wipe sealing edge of jar clean before placing lid on jar; (3) having foods, seeds, or grease lodged between lid and jar; (4) using jars which are nicked, cracked, or have sharp sealing edges; (5) failure to tighten screw bands properly; (6) turning jars upside down while jars are cooling and sealing.
- If a jar does not seal by the time it is completely cool, and a minimum of 12 but no more than 24 hours have elapsed after canning, the food can be refrigerated and used within 3 days. Other options include freezing the food or reprocessing per the canning recipe. If choosing to reprocess, remove the lids and reheat the food and/or liquid. Use the hot pack method. Pack food into clean, heated jars, leaving appropriate headspace. Remove air bubbles and clean jar rims. Position new lids on jars and secure with bands. Reprocess for the full recommended processing time. If more than 24 hours have elapsed since canning and the seal is faulty, the food is no longer safe and must be discarded at once.
- Mold can form only in the presence of air. Therefore, the jars are not sealed if mold is present. Discard the contents.
- The black deposit sometimes found on the underside of a lid is caused by tannins in the food or hydrogen sulfide liberated from the food by the heat of processing. This does not indicate spoilage.
- The loss of color from beets during canning is usually due to the variety of beets used. Two varieties that retain color well are Ruby Queen and Detroit Red. To reduce the bleeding of color, precook beets with the entire root and 1 to 2 inches of stem. Remove the stem and the root after precooking.

Frequently Asked Questions

1. **Why is so much water required when I'm using the boiling water canning method?**

   This canner follows USDA guidelines which require 1 to 2 inches of boiling water above the jars. That means you may process any approved boiling water canning recipe in this pressure canner.

2. **When boiling water canning, once the jars are filled may I use hot tap water, instead of boiling water, to cover the filled jars?**

   No. This canner follows USDA guidelines which require that boiling water be used to cover the jars.

3. **My canner is leaking. Why is this happening?**

   Leakage between the cover and body is usually caused by shrinkage of the sealing ring after prolonged use. Replace both the sealing ring and overpressure plug. See page 39.

   Leakage may also occur if the sealing ring was not installed in the canner cover. If the sealing ring is not in place during canning, the canner will leak and pressure will not build.

   A slight amount of leakage around the air vent/cover lock is normal when canning or cooking first begins. If leakage continues, the cover handles may not be fully aligned with the body handles (see step 12, page 7). Therefore, the air vent/cover lock cannot engage.

   Do not operate your pressure canner with continual leakage. If the preceding steps do not correct the problem, contact the Presto Consumer Service Department. See page 40 for contact information.

4. **I'm only placing water and jars in the canner. Why do I need to check the vent pipe before each use?**

   Mistakes do happen in processing. Food does leak out of jars. Jars break. Some areas have water with heavy mineral deposits. Using best practices, the vent pipe should be checked prior to each use and cleaned as needed. See page 6.

5. **Is it safe to use canning recipes found on the web or passed down from family?**

   Always use reliable sources that offer current, research-tested procedures, recipes, and timetables. Such information is available in this instruction manual or at www.GoPresto.com. In addition, the National Center for Home Food Preservation (nchfp.uga.edu) and your local Cooperative Extension Service are also reliable sources of home canning information and established processing procedures. Using only scientifically tested canning recipes is vital to a safe and successful home canning project. Canning information published before 2015 may be incorrect and could pose a serious health risk.

6. **Can I use jars that are smaller than what is listed in my canning recipe?**

   If you are using a research-tested recipe, you may use glass home canning jars that are smaller than the jar size specified in the recipe. However, you must use the processing time listed for the smallest jar in the recipe. Never use a larger jar than what is listed.

7. **Should my half-pint or smaller jars be fully immersed when pressure canning?**

   No. The jars should not be fully immersed for the pressure canning method. To properly pressure can some half-pint and smaller jars, it may be necessary to raise the jars off the bottom of the canner. To do this, place four screw bands in the bottom of the canner and set the canning rack on top of the bands (see Fig. D, page 5).

8. **Is it safe to can my leftovers?**

   Canning leftovers is not safe and should not be done. Canning is a science and many factors are involved (type of food, acidity or pH of food, density of food, heat penetration). When you change a recipe or use untested recipes, you change the outcome and safety of the canned product. Use only tested canning recipes. Add any special ingredients to canned products when ready to use them.

9. **Is it okay to leave processed jars in the canner overnight or for an extended period of time after canning is complete?**

   No. The jars should be removed within a couple of hours of canning. If processed jars are left in the canner overnight or for an extended period of time, this may result in flat-sour, a type of food spoilage.

This completes the canning information. For additional canning information, visit www.GoPresto.com/content/canning.

To pressure cook foods in your pressure canner, follow the instructions on pages 27–37.

HOW TO PRESSURE COOK FOODS IN YOUR CANNER

To assure the very best results every time, carefully follow these step-by-step instructions for pressure cooking. You may find it helpful to refer back to the parts diagrams on pages 2 and 3.

1. Prepare ingredients according to the directions in the selected pressure cooking recipe. Pour liquid into the canner body, as specified in the recipe or timetable. This liquid is usually water. However, some recipes will call for other liquids, such as broth, juice, or wine.
2. Place the cooking rack in the canner if called for in the recipe (see helpful hints on page 29 for guidance on when to use).
3. **IMPORTANT:** Look through the vent pipe in the cover to make sure that it is clear (Fig. F, page 6). Refer to the safety information on page 28. Also check that the overpressure plug is seated properly in the cover (Fig. U, page 39). Ensure the two metal parts of the air vent/cover lock are securely fastened (Fig. S, page 38).
4. Place the cover on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle (Fig. J, page 7). Press down on the cover handles to compress the sealing ring and turn the cover in the direction indicated to close (clockwise) until the cover handles are above the body handles. Do not rotate the cover beyond this point.
5. Position the canner on a level burner and range only. Use on a tilted burner or range may interfere with the operation of the pressure regulator. For electric coil and smooth-top ranges, use the element that most closely matches the 8-inch diameter of the canner bottom. This is the portion of the canner bottom which comes in contact with the element. Do not use on any outdoor LP gas burner or a gas range over 12,000 BTUs.

   CAUTION! Do NOT overheat the canner, allow it to run dry, use on too large of an element, or use on a burner over 12,000 BTUs. This can cause warping of the canner bottom. It may also result in property damage and/or personal injury.
6. Place the complete 3-piece pressure regulator on the vent pipe. Turn the range burner to a relatively high setting and heat the canner until the pressure regulator begins to rock. Adjust the heat to maintain a slow, steady rocking motion.

   If the pressure regulator is allowed to rock vigorously, excess steam will escape. Therefore, too much liquid will evaporate and food may scorch. **Never leave your pressure canner unattended.** It could boil dry and overheat excessively, causing possible warping.

   To watch a video of a pressure regulator rocking slowly, scan this QR code or visit www.gopresto.com/arrm.
7. The cooking time begins when the pressure regulator begins to rock gently. Cook for the length of time specified in the recipe or cooking chart. When the cooking time is complete, turn off the burner and remove the canner from the heat source.

   NOTICE: Lift the canner to remove it from the burner. Sliding any cookware has the potential to leave scratches on the stovetop.
8. Reduce pressure according to recipe. If the recipe states "let pressure drop of its own accord," set the canner aside to cool until pressure is completely reduced.

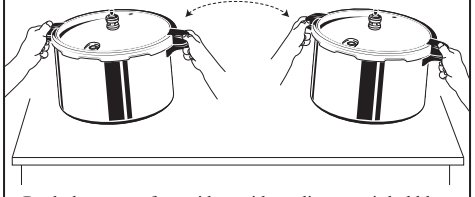
   If the recipe states "cool canner at once," cool the pressure canner under a running water faucet or pour cold water over it.

   NOTICE: Do not set a hot canner directly on the bottom of a molded sink as it could damage the sink. Instead, place the canner on a cooling rack in the sink.

   Pressure is completely reduced when the air vent/cover lock has dropped. If the air vent/cover lock remains in its raised position, there is still pressure inside the canner. Continue to cool until the air vent/cover lock drops.
9. After pressure has been completely reduced, remove the pressure regulator. **Always remove the pressure regulator before opening the cover.**

   CAUTION! If thicker or higher-fat foods were pressure cooked (as described in #5 on page 28), rock the canner from side to side as shown in Fig. Q to ensure all air bubbles are dispersed before opening the cover. Verify that the air vent/cover lock is still down before attempting to open the cover.

   Fig. Q

   Rock the canner from side to side to disperse air bubbles.
10. After pressure is completely reduced and any potential air bubbles have dispersed, carefully remove the cover. To open the cover, turn it counterclockwise until the inverted **V** mark on the body handle aligns with the **V** mark on the cover. Then, lift the top of the cover toward you to avoid steam and boiling liquid (Fig. P, page 22).

    CAUTION! If the cover seems to stick or is hard to turn, there may still be some pressure in the canner. **Do not force the cover off.** Continue cooling the canner until the air vent/cover lock has dropped and the cover turns easily.
11. Remove food and serve. Let the canner cool completely before cleaning.

IMPORTANT PRESSURE COOKING SAFETY INFORMATION

Cooking under pressure enables you to prepare food both quickly and deliciously. If used properly, your pressure canner is one of the safest appliances in your kitchen.

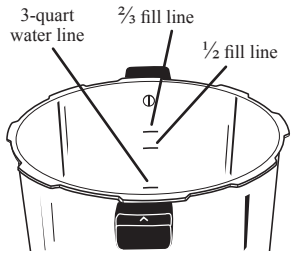
WARNING! To ensure safe operation, make sure you always observe the following simple rules whenever you use the pressure canner. Failure to do so could result in bodily injury or property damage.

1. **Never overfill the pressure canner.** The pressure regulator is designed to maintain cooking pressure at a safe level. It relieves excess pressure through the vent pipe as it gently rocks back and forth. Many foods tend to expand when cooked. If the canner is overfilled, expansion of food may cause the vent pipe to become blocked. If the vent pipe becomes blocked, it cannot relieve excess pressure. Therefore, the pressure regulator will stop rocking.

   There are some foods, such as dry beans, dry peas, and soup, which expand so much or foam and froth while cooking that they should never fill the canner above the ½ fill line. For other foods, never fill the canner above the ⅔ fill line.

   For your convenience, both the ⅔ and ½ full levels are marked by indentations on the inside of the pressure canner body (Fig. R).

   Fig. R

   The top marking indicates the ⅔ full level and the middle marking the ½ full level. (The lowest marking is the 3-quart water level mark used for pressure canning.) In addition, in each section of the recipes you will find instructions on the maximum fill level for each type of food.

2. **Always add cooking liquid.** If an empty pressure canner is left on a hot burner or if a canner boils dry and is left on a heated burner, the canner will overheat excessively causing possible discoloration and/or warping of the canner. It may also result in property damage and/or personal injury.

3. **Always look through the vent pipe before using the canner to make sure it is clear.** If the vent pipe is blocked, it cannot function as it should and thus cannot relieve excess pressure. Pressure may then build to unsafe levels. To clean the vent pipe, draw a pipe cleaner or small brush through the opening. Also clean the vent pipe nut as shown (Fig. G and Fig. H, page 6).

4. **Always fully close the pressure canner.** The canner is fully closed when the cover handles are above the body handles. Your pressure canner has specially designed lugs on the cover and body which lock the cover in place when the canner is fully closed. However, if the canner is not fully closed, the lugs cannot lock the cover onto the body. Therefore, it is possible that pressure could build inside the canner and cause the cover to come off and result in bodily injury or property damage. Always be sure the cover handles are above the body handles. Do not turn past handle alignment.

5. **Disperse any air bubbles that may have formed before opening the canner cover. WARNING!** Air bubbles may form when pressure cooking foods with a higher fat content (such as meats with visible fat or poultry with skin and visible fat) or thicker foods (such as stews, sauces, heavy soups, dried beans, lentils, and grains such as rice and barley). Even after all pressure has been released, air bubbles can rise to the surface when the cover is opened unless they are dispersed beforehand. If the air bubbles are not dispersed, hot food may erupt out of the canner, which could cause serious burn injuries. To disperse the air bubbles, follow these steps: First, verify that the pressure has been released; the air vent/cover lock will be in the down position. Next, before opening the cover, gently rock the canner from side to side. To rock, grasp the handles and tilt the canner to the left so the right side of the canner lifts 2 inches off the counter. Then rock it to the right so the left side of the canner lifts 2 inches off the counter (Fig. Q, page 27). Repeat once. Verify that the air vent/cover lock is still down before attempting to open the cover.

6. **Never open the canner when it contains pressure.** The air vent/cover lock provides a visual indication of pressure inside the canner. When it is up, there is pressure. When it is down, there is no pressure and the canner can be opened. If the canner is opened before all of the pressure is released, the contents will erupt and could cause bodily injury or property damage.

7. **Replace the sealing ring and overpressure plug if they become hard, deformed, cracked, worn, pitted, or soft and sticky. Always replace the overpressure plug when replacing the sealing ring.**

   Both the sealing ring and overpressure plug, when new, are soft and pliable. Over time, depending on the frequency and type of use, they may become hard and inflexible. Replace the sealing ring and overpressure plug at least every 3 years.

   The overpressure plug is a secondary pressure relief valve designed to relieve excess pressure by releasing from the canner cover in the event that the vent pipe becomes blocked. When hard and inflexible, the overpressure plug loses its ability to act as a secondary pressure relief valve. It should be replaced immediately.

   Should the overpressure plug ever be forced out of the cover due to excess pressure while cooking, please call the Presto Consumer Service Department at 1-800-877-0441 for assistance in determining why this happened. **Do not attempt to use the released overpressure plug.**

8. **Always follow the special procedures found in the instruction book when pressure cooking dry beans and peas.** During cooking, dry beans and peas tend to froth and foam which could cause the vent pipe to become blocked. Therefore, they need to be soaked and cooked according to the instructions on page 34 to minimize frothing and foaming during cooking.
9. Uncooked grains tend to froth and foam when pressure cooked and could cause the vent pipe to become blocked. Add **cooked** grains to soups and other pressure cooker recipes after pressure cooking. An exception to this rule is the Meat Cabbage Rolls recipe (page 31). The cabbage leaf wrap prevents the rice from entering the vent pipe.
10. **Never pressure cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, dried soup mixes, or dry beans and peas which are not listed in the chart on page 35.** These foods expand so much as a result of foaming and frothing that they should never be cooked under pressure.

HELPFUL HINTS FOR PRESSURE COOKING

- Your favorite recipes may be adjusted for cooking in the canner by following the general directions in this book for the particular type of food being cooked. Decrease the length of cooking time by two-thirds, since pressure cooking is much faster than ordinary cooking methods. Recipes are cooked at 15 pounds pressure. Because there is little evaporation from the canner, the amount of liquid should be decreased. Add about 2 cups more liquid than desired in the finished product. There must always be water or some other liquid in the bottom of the canner to form the necessary steam.
- Use the cooking rack when it is desirable to cook foods out of the cooking liquid. When foods are pressure cooked out of the liquid, flavors will not intermingle. Therefore, it is possible to cook several foods at once, as long as they have similar cooking times. If it is desirable to blend flavors, do not use the cooking rack.
- When the body of your canner is heated, the metal expands. Therefore, it may be difficult to close the cover on a heated body. When this happens, allow the canner to cool slightly and then place the cover on the body.
- Foods are quickly cooked in the canner. Therefore, to prevent overcooking, it is important to accurately time the cooking period.
- If your cooked food has more liquid than you desire, simmer it to evaporate the excess liquid.
- When pressure cooking at high altitudes, the cooking time needs to be increased 5% for every 1,000 feet above the first 2,000 feet. Following this rule, the time would be increased as follows:

  3,000 ft. ... 5% 5,000 ft. ... 15% 7,000 ft. ... 25%
  4,000 ft. ... 10% 6,000 ft. ... 20% 8,000 ft. ... 30%

- If you have questions on recipes or timetables, call 1-800-877-0441 and ask for the Test Kitchen, or email us through our website at www.GoPresto.com.

PRESSURE COOKING MEAT

Savory, tender meat is easily prepared in the canner. An important step is to sear meat to a crispy brown on all sides to seal in natural juices. Meat and entree recipes are cooked at 15 pounds pressure.

Cooking time depends on the amount and distribution of fat and bone, toughness, size and thickness of cut, grade and cut of meat, and the manner in which the meat fits into the canner. Rolled roasts require a longer cooking time per pound than roasts with bone. Short, chunky roasts take longer to cook than long, flat roasts. Because of the difference in thickness, a small, thick roast requires a longer cooking time per pound than a heavier, flat roast.

After pressure cooking time is completed, serving size pieces of meat may be quick cooled. However, when cooking a roast cut of meat, pressure must drop of its own accord to be sure that pressure is reduced both within the roast and the canner.

DO NOT FILL CANNER OVER ⅔ FULL!

The following recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: MEAT

BEEF POT ROAST

9 pounds beef shoulder or rump roast
3 tablespoons vegetable oil
4 cups water
Salt and pepper
2 onions, sliced
2 bay leaves

Heat oil in canner over medium heat. Brown roast well on all sides; remove roast. Pour water into canner. Place cooking rack and roast in canner. Season roast with salt and pepper. Add onions and bay leaves. Close cover securely. Place pressure regulator on vent pipe and COOK 45 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

BRAISED BEEF

- 9 pounds boneless beef, round or rump roast
- 3 tablespoons vegetable oil
- Salt and pepper
- 4 cups water
- 1 cup diced turnips
- 1 cup diced carrots
- 3 onions, chopped
- 1 cup chopped celery

Heat oil in canner over medium heat. Brown roast well on all sides. Season roast with salt and pepper. Add water, turnips, carrots, onions, and celery. Close cover securely. Place pressure regulator on vent pipe and COOK 40 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

BEEF STEW

- 4 pounds beef, cut into 1-inch cubes
- 3 tablespoons vegetable oil
- 12 potatoes, halved
- 4 onions, sliced
- 12 carrots, halved
- 3 cups green beans
- 3 cups tomatoes
- Salt and pepper
- 2 cups water
- * * * * * *
- 3 tablespoons flour
- ¾ cup water

Heat oil in canner over medium heat and brown meat. Add potatoes, onions, carrots, green beans, and tomatoes. Season with salt and pepper as desired. Add water. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Make a paste of flour and ¾ cup water and stir into stew to thicken.

15–18 servings

ITALIAN BEEF

- 9 pounds rump or chuck roast
- 3 tablespoons vegetable oil
- 3 onions, chopped
- 2 cups diced celery
- 3 carrots, chopped
- 2 cups sliced mushrooms
- 3 bay leaves
- 1 tablespoon salt, or as desired
- 3 (6-ounce) cans tomato paste
- 2½ cups beef broth
- 1½ cups red wine

Heat oil in canner over medium heat. Brown roast well on all sides. Add onions, celery, carrots, mushrooms, bay leaves, and salt. Blend tomato paste with broth and wine. Pour over meat. Close cover securely. Place pressure regulator on vent pipe and COOK 35 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Thicken gravy if desired.

15–18 servings

SHORT RIBS OF BEEF

- 10 pounds beef short ribs, cut into serving pieces
- 3 tablespoons vegetable oil
- 3 onions, chopped
- 1 cup chopped celery
- 1 green pepper, chopped
- 2 cups tomatoes
- 1 tablespoon salt, or as desired
- 1 teaspoon black pepper
- 4 cups water

Heat oil in canner over medium heat. Brown ribs on all sides. Add onions, celery, green pepper, tomatoes, salt, pepper, and water. Close cover securely. Place pressure regulator on vent pipe and COOK 40 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

SPAGHETTI MEAT SAUCE

- 6 pounds ground beef
- 4 onions, chopped
- 2 cups chopped celery
- 2 green peppers, diced
- 4 cloves garlic, minced
- 1 tablespoon salt, or as desired
- 3 quarts tomato juice
- 3 (12-ounce) cans tomato paste
- ¼ cup sugar
- 2 tablespoons dried oregano
- ½ teaspoon cayenne pepper

Heat canner and brown beef. Add onions, celery, green peppers, garlic, salt, tomato juice, tomato paste, sugar, oregano, and cayenne pepper. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Serve sauce over spaghetti and sprinkle with Parmesan cheese.

20–24 servings

CHILI CON CARNE

- 6 pounds ground beef
- 4 onions, chopped
- 2 green peppers, chopped
- 2 cloves garlic, minced
- 3 (14- to 15-ounce) cans tomatoes
- 1 (14- to 15-ounce) can tomato sauce
- 2 tablespoons chili powder
- 1 tablespoon salt, or as desired
- ½ teaspoon cayenne pepper
- 2 cups water

* * * * * *

- 3 (14- to 15-ounce) cans kidney beans, drained and rinsed

Heat canner and brown beef. Add onions, green pepper, and garlic and brown lightly. Add tomatoes, tomato sauce, chili powder, salt, cayenne pepper, and water. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Stir in kidney beans and heat through.

18–20 servings

MEAT CABBAGE ROLLS

- 2 large heads cabbage
- Hot water
- 3 pounds ground beef
- 1 tablespoon salt, or as desired
- ¾ teaspoon black pepper
- 3 cups cooked rice
- 3 cups milk
- ⅓ cup packed brown sugar
- 4 cups water

Dip cabbage leaves in hot water. Dry leaves on towel. Combine meat, salt, pepper, cooked rice, and milk. Place a tablespoon of meat mixture onto each leaf; roll leaf around meat and fasten with toothpick. Place cooking rack and cabbage rolls in canner. Sprinkle with brown sugar and add water. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

SWISS STEAK

- 12 pounds round steak, 1 inch thick, cut into serving pieces
- 3 tablespoons vegetable oil
- Salt and pepper
- 2 onions, chopped
- 1 green pepper, chopped
- 4 cups tomato juice

Heat oil in canner over medium heat. Brown meat on both sides. Add salt, pepper, onions, green pepper, and tomato juice. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

24 servings

PORK CHOPS WITH VEGETABLES

- 15 pork chops, ¾ inch thick
- 3 tablespoons vegetable oil
- Salt and pepper
- 15 potatoes
- 15 carrots
- 4 cups water

Heat oil in canner over medium heat. Brown pork chops on both sides. Season with salt and pepper. Add potatoes, carrots, and water. Close cover securely. Place pressure regulator on vent pipe and COOK 10–12 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15 servings

SPARERIBS WITH BARBECUE SAUCE

- 10 pounds spareribs, cut into serving pieces
- Salt and pepper
- Paprika
- 3 tablespoons vegetable oil
- 4 onions, sliced
- 2 cups ketchup
- 1 cup vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon chili powder
- 1 teaspoon celery seed
- 1 cup water

Season spareribs with salt, pepper, and paprika. Heat oil in canner over medium heat. Brown ribs on all sides. Add onion. Combine ketchup, vinegar, Worcestershire sauce, chili powder, celery seed, and water; pour over meat in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

SPARERIBS AND SAUERKRAUT

- 6 pounds spareribs, cut into serving pieces
- 3 tablespoons vegetable oil
- Salt and pepper
- 3 quarts sauerkraut
- 3 tablespoons packed brown sugar
- 4 cups water

Heat oil in canner over medium heat. Brown ribs on both sides. Season with salt and pepper. Place sauerkraut over ribs and sprinkle with brown sugar. Add water. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

PORK ROAST

- 6 pounds pork roast
- 2 tablespoons vegetable oil
- Salt and pepper
- 2 onions, sliced
- 4 cups water

Heat oil in canner over medium heat. Brown roast well on all sides. Season with salt, pepper, and sliced onion; add water. Close cover securely. Place pressure regulator on vent pipe and COOK 60 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

PORK HOCKS WITH SAUERKRAUT AND POTATOES

- 9 pounds pork hocks
- 4 cups water
- ½ teaspoon black pepper
- * * * * * *
- 2 quarts sauerkraut
- 12 potatoes, halved
- 2 onions, chopped

Place hocks, water, and pepper in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 45 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Add sauerkraut, potatoes, and onions. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

NEW ENGLAND BOILED DINNER

- 4 pounds ham shank
- 4 cups water
- * * * * * *
- 12 potatoes, halved
- 12 onions, halved
- 12 carrots, halved
- 1 cabbage, cut in wedges
- ½ teaspoon black pepper

Place ham and water in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Add potatoes, onions, carrots, cabbage, and pepper. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

VIRGINIA HAM

- 10 pounds ham
- 4 cups water
- 1½ cups packed brown sugar
- Cloves

Place ham on cooking rack in canner. Add water. Close cover securely. Place pressure regulator on vent pipe and COOK 60 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Remove ham. Sprinkle with sugar and dot with cloves. Brown in a hot oven.

15-18 servings.

CORNED BEEF

- 12 pounds corned beef
- 4 cups water
- 3 cloves garlic
- 3 bay leaves

Cut garlic cloves in small pieces and insert in beef with a sharp knife. Place meat and water in canner. Add bay leaves. Close cover securely. Place pressure regulator on vent pipe and COOK 40–50 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

20–24 servings

LAMB STEW

- 6 pounds breast of lamb, cut into 1-inch cubes
- 3 tablespoons vegetable oil
- Salt and pepper
- 12 carrots, cut in half
- 8 onions, diced
- 3 green peppers, diced
- 2 tablespoons Worcestershire sauce
- 4 cups water

Heat oil in canner over medium heat. Brown lamb well on all sides. Season with salt and pepper. Add carrots, onions, green peppers, Worcestershire sauce, and water. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

PRESSURE COOKING POULTRY

Poultry recipes are cooked at 15 pounds pressure. Try the following suggested recipes and enjoy tasty poultry in a variety of sauces. Or, prepare your own favorite poultry dishes. When you wish to seal the natural juices into the poultry, sear to a crispy brown prior to pressure cooking. When it is desirable to intermingle food flavors during cooking, it is best not to brown poultry; just cook it in the liquid indicated in the recipe.

DO NOT FILL CANNER OVER ⅔ FULL!

The following recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: POULTRY

CHICKEN IMPERIAL

- 9 pounds chicken, cut into serving pieces
- 3 tablespoons vegetable oil
- 1 teaspoon salt, or as desired
- ½ teaspoon black pepper
- ½ cup minced onion
- 1 cup slivered almonds
- 4 (4-ounce) cans mushrooms
- 2 cups chicken broth
- 1 cup white wine

Heat oil in canner over medium heat. Brown chicken. Season with salt and pepper. Add onion, almonds, mushrooms with liquid, chicken broth, and wine. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Remove chicken from canner, thicken gravy. If desired, serve chicken on bed of hot rice, top with gravy and toasted almonds.

15–18 servings

CHICKEN MARENGO

- 9 pounds chicken, quartered
- 1 tablespoon coarse black pepper
- 1 cup flour
- 1 teaspoon salt, or as desired
- 3 tablespoons vegetable oil
- 1 pound mushrooms, sliced
- 2 (28-ounce) cans tomatoes
- 2 cloves garlic, minced
- 2 cups dry white wine

Rub chicken with pepper. Dredge in flour and season with salt. Heat oil in canner over medium heat. Brown chicken. Add mushrooms, tomatoes, garlic, and wine. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Remove chicken from canner. Thicken cooking liquid if desired.

15–18 servings

BRAISED WHOLE CHICKEN

- 1 3- to 5-pound chicken
- 3 tablespoons vegetable oil
- Salt and pepper
- 3 cups water

Heat oil in canner over medium heat and brown chicken on all sides. Season with salt and pepper. Remove chicken. Pour water into canner. Place cooking rack and chicken in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

CORNISH HENS IN WHITE WINE

- 8 cornish hens
- 3 tablespoons vegetable oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 cups white cooking wine
- 2 teaspoons instant chicken bouillon
- 1 tablespoon chopped parsley
- 1 teaspoon dried thyme

Heat oil in canner over medium heat and brown hens. Season with salt and pepper. Combine cooking wine, bouillon, parsley, and thyme and pour over hens. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

8–12 servings

HUNTER'S TURKEY

- 9 pounds turkey, cut into serving pieces
- 3 tablespoons vegetable oil
- Salt and pepper
- 3 onions, chopped
- 3 (8-ounce) cans tomato sauce
- 3 cups chicken broth
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram

Heat oil in canner over medium heat and brown turkey. Season with salt and pepper. Add onion, tomato sauce, chicken broth, Worcestershire sauce, bay leaves, thyme, and marjoram. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

PRESSURE COOKING DRY BEANS AND PEAS

The pressure canner is ideal for preparing dry beans and peas quickly. However, dry beans and peas have a tendency to froth and foam during cooking, which could cause the vent pipe to become blocked.

Therefore, it is necessary to follow these instructions when pressure cooking dry beans and peas:

1. Never fill the canner over the ½ full line (this includes beans, ingredients, and water).
2. Add 1 tablespoon vegetable oil for cooking.
3. Allow pressure to drop of its own accord.

Soaking Beans and Peas: Soaking before pressure cooking is strongly recommended for most dry beans and peas. Black-eyed peas, lentils, and large lima beans do not require soaking. Benefits of soaking include eliminating some of the water-soluble starches that produce gas and create froth and foam during cooking, decreasing the cooking time, and producing beans and peas that are more evenly cooked.

Soak beans and peas using **one** of these method:

Traditional Method: Clean and rinse beans/peas; cover with three times as much water as beans/peas. Soak 4 to 8 hours. For firmer beans/peas, soak 4 hours. Drain.

OR

Quick Method: Clean and rinse beans/peas; cover with three times as much water as beans/peas. Bring beans/peas to a boil and boil for 2 minutes. Remove from heat, cover, and let stand for 1 hour. Drain.

Cooking beans and peas: After soaking, rinse beans/peas and remove any loose skins. Place beans/peas in pressure canner. Add fresh water to just cover the beans/peas and add 1 tablespoon vegetable oil. Close cover securely. Place pressure regulator on vent pipe and cook at 15 pounds pressure according to the times in the chart on page 35. For more firm beans for salads and side dishes and when cooking less than 2 cups of beans or peas, use the shorter time. For soup and stew, use the longer time.

After cooking is complete, allow pressure to drop of its own accord.

DO NOT FILL CANNER OVER ½ FULL!

DRY BEANS AND PEAS TIMETABLE

Soak beans and peas according to the information on page 34. Black-eyed peas, lentils, and large lima beans do not require soaking. **Add 1 tablespoon vegetable oil to the cooking liquid. DO NOT PRESSURE COOK SPLIT PEAS.**

DO NOT FILL CANNER OVER ½ FULL!

BEANS AND PEAS	COOKING TIME
Adzuki	1–3 minutes
Anasazi	1–3 minutes
Black Beans	2–4 minutes
Black-Eyed Peas*	2–4* minutes
+Chickpeas (garbanzo)	7–10 minutes
Great Northern Beans	2–5 minutes
Kidney Beans	1–3 minutes
Lentils (brown, green)*	3–5* minutes
+Lima Beans (large)*	0* minutes
+Lima Beans (baby)	1–3 minutes
Navy Beans (pea)	1–3 minutes
Peas (whole yellow, green)	6–9 minutes
Pinto Beans	3–6 minutes
Red Beans	3–6 minutes
Soy Beans (beige)	8–11 minutes

+Add ½ to 1 teaspoon salt to soaking and cooking water to keep bean skins intact.

***Cooking time is for unsoaked beans.**

The following recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: DRY BEANS

BOSTON BAKED BEANS

6 cups dried beans
1 pound salt pork or bacon, diced
½ cup packed brown sugar
2 teaspoons dry mustard
1 cup molasses
1 cup ketchup
4 onions, diced
Water
* * * * * *
Salt, as desired

Soak beans according to instructions on page 34. Drain and discard liquid. Heat canner and sear salt pork or bacon. Remove excess drippings. Add beans, brown sugar, dry mustard, molasses, ketchup, onions, and enough water to well cover beans. **Do not fill canner over ½ full.** Close cover securely. Place pressure regulator on vent pipe and COOK 35 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt.

12–15 servings

LIMA BEANS WITH BACON

6 cups dried lima beans
1 pound bacon, diced
Water
* * * * * *
Salt, as desired

Soak beans according to instructions on page 34. Drain and discard liquid. Heat canner and brown bacon. Add beans and enough water to well cover beans. **Do not fill canner over ½ full.** Close cover securely. Place pressure regulator on vent pipe and COOK 3 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt.

12–15 servings

SAVORY WHITE BEANS

- 4 cups navy beans
- 6 cups chicken broth
- 2 cups chopped onion
- 2 cups sliced carrots
- 1½ tablespoons minced garlic
- 2 tablespoons vegetable oil
- 2 small bay leaves
- ¾ teaspoon dried thyme
- ½ teaspoon dried rosemary
- ½ teaspoon black pepper
- * * * * * *
- Salt, as desired

Soak beans according to instructions on page 34. Drain and discard liquid. Add beans, chicken broth, onion, carrots, garlic, vegetable oil, bay leaves, thyme, rosemary, and pepper to canner. Close cover securely. Place pressure regulator on vent pipe and COOK 2 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt.

12–15 servings

PRESSURE COOKING STOCK AND SOUP

Make homemade soup the easy way in your canner. If you wish to prepare your family's favorite soup, use the following recipes as guides. Soup recipes are cooked at 15 pounds pressure.

If adding dry beans and peas, they must first be soaked according to the directions on page 34. **Do not pressure cook soup containing barley, rice, pasta, split peas, grains, dry beans and peas which are not listed in the chart on page 35, and dried soup mixes** because they have a tendency to foam, froth, and sputter and could block the vent pipe.

Cooked barley, rice, grains, pasta, dry beans and peas which are not listed in the chart on page 35, and dried soup mixes should be added to the soup after pressure cooking.

The canner quickly transfers natural flavor and nutrients from the meat into the broth. Prepare either the Brown Beef Stock or the Chicken Stock according to the recipe. Remove the pieces of meat. If desired, cut into small pieces and use in soup recipes. Strain through several layers of cheesecloth. Once the stock is prepared, serve it as a consommé or use it to prepare delicious soups.

DO NOT FILL CANNER OVER ½ FULL!

The following recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: STOCK AND SOUP

CHICKEN STOCK

- 4 pounds chicken, cut into serving pieces
- 4 quarts water
- 1 cup diced celery
- 1 cup diced carrots
- 2 onions, chopped
- 1 tablespoon salt, or as desired

Place chicken, water, celery, carrots, onions, and salt in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Strain stock.

12–15 servings

BROWN BEEF STOCK

- 4 pounds beef, cubed
- 3 tablespoons vegetable oil
- 3 quarts water
- 1 cup sliced onion
- 1 cup diced carrots
- 1 cup chopped celery
- 1 cup diced turnips
- 2 tablespoons dried parsley
- 1 bay leaf
- 1 tablespoon salt, or as desired

Heat oil in canner over medium heat and brown beef. Add water, onion, carrots, celery, turnips, parsley, bay leaf, and salt. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Strain stock.

12–15 servings

CLAM CHOWDER

- 1 pound salt pork, cubed
- 6 cups water
- 12 cups diced potatoes
- 4 onions, minced
- 4 cups corn
- Salt and pepper

* * * * * *

- 4 quarts clams, minced
- 4 quarts hot milk
- ½ cup butter

Heat canner and brown salt pork. Add water, potatoes, onions, corn, salt, and pepper. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

Add clams and boil uncovered for 2 minutes. (Additional cooking will toughen clams.) Add milk and butter.

16 servings

VEGETABLE SOUP

- 4 pounds soup meat
- 2 quarts water
- 6 carrots, diced
- 6 potatoes, diced
- 4 onions, sliced
- 4 cups canned or fresh tomatoes
- 2 cups frozen lima beans
- 1 cup diced celery
- 1 tablespoon salt, or as desired

Place meat, water, carrots, potatoes, onions, tomatoes, beans, celery, and salt in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

NAVY BEAN SOUP

- 4 cups dried navy beans
- 3 pounds ham bone or shank
- 2 onions, chopped
- 4 carrots, sliced
- 4 ribs celery, sliced
- ¼ cup minced green pepper
- 2 cups tomato sauce
- 2 whole cloves
- 3 quarts water

* * * * * *

- Salt and pepper, as desired

Soak beans according to instructions on page 34. Drain and discard liquid. Place beans, ham bone, onions, carrots, celery, green pepper, tomato sauce, cloves, and water in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 30 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt and pepper.

12–15 servings

PRESSURE COOKING DESSERTS

Your canner offers a shortened method for preparing steamed breads and desserts. Actually, the cooking time can be counted in minutes instead of hours. You will find, too, that your canner is easier to use than the ordinary steamer because its pressure regulator acts as a means of measurement to assure constant heat to produce uniform, even-textured products. Consult specific recipes for cooking pressure.

Best results are obtained when 1- to 1½-quart molds are used. Any type of mold is satisfactory (metal, glass, earthenware, tin food cans). Remember, never fill molds over ⅔ full; this extra top-space is to allow ample space for rising. Cover molds securely with aluminum foil shaped to the sides of the mold. If the recipe calls for a steaming period before pressure cooking, pour 3 quarts of water into the canner.

Adjust heat to allow a moderate flow of steam from the vent pipe.

DO NOT FILL CANNER OVER ⅔ FULL!

The following recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: DESSERTS

BREAD PUDDING

- 4 cups cubed dry bread
- 4 cups hot milk
- ½ teaspoon salt
- 1 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 2 tablespoons butter
- 1 cup raisins
- 1 cup chopped nuts
- 4 eggs
- 1 teaspoon vanilla
- 1 quart water

Combine bread, hot milk, salt, brown sugar, cinnamon, butter, raisins, nuts, eggs, and vanilla. Turn into a buttered bowl that may be set loosely in canner. Cover bowl firmly with aluminum foil. Place water, cooking rack, and bowl in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

BROWN BETTY

- 2 cups dry bread crumbs
- ½ cup sugar
- 1 teaspoon ground cinnamon
- 1 lemon, juice and rind
- 9 apples, peeled, cored, and sliced
- ½ cup melted butter
- 1 quart water

Combine crumbs, sugar, cinnamon, lemon juice, and grated rind. Place alternate layers of apples and crumb mixture in buttered bowl that may be set loosely in canner. Pour melted butter over top. Cover firmly with aluminum foil. Place water, cooking rack, and bowl in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

CLEANING

After Every Use

1. Cool the canner completely, then remove the sealing ring and overpressure plug from the canner cover. See page 39 for overpressure plug removal and installation instructions. Wash the sealing ring, overpressure plug, cover, canner body, and canning rack in warm, soapy water. Rinse and dry all parts thoroughly. If necessary, clean the sealing ring groove with a brush.

   Do NOT wash any of the canner parts in the dishwasher.

2. Hold the cover up to a light and look through the vent pipe to make sure it is clear. If it is blocked or partially blocked, clean the vent pipe and vent pipe nut with a small brush or pipe cleaner (see page 6).

3. Reinstall the sealing ring and overpressure plug in the cover.

As Needed

Air Vent/Cover Lock

1. Remove the air vent/cover lock from the canner cover for cleaning. Grasp and securely hold the cup portion on the underside of the cover with your fingers (Fig. S). Using the fingers of your other hand, turn the pin portion of the air vent/cover lock on the top side of the cover counterclockwise until the pin is free of the cup portion. Lift the pin out of the cover and remove the cup from under the cover.

   Carefully pull the small gasket off the threaded shaft on the cup portion. Wash all parts in warm, soapy water. Use a soft cloth or small nylon brush to clean the cover hole.

   To watch a video demonstrating how to remove/install the air vent/cover lock, scan this QR code or visit www.gopresto.com/airvent.

2. To reassemble the air vent/cover lock, place the small gasket over the threaded shaft of the cup portion. Reinsert the cup portion by pushing the threaded shaft through the air vent/cover lock opening from the underside of the cover (Fig. S).

   Screw the pin portion clockwise onto the threaded shaft until it is finger-tight. Do not use a wrench to tighten the air vent/cover lock. Overtightening may cause the small gasket to wrinkle, which will prevent the canner from sealing.

   When the air vent/cover lock is properly installed, the word (TOP) will be visible on the air vent/cover lock when viewing the outside of the cover (Fig. T). Periodically check to make sure the two metal parts of the air vent/cover lock are screwed together finger-tight.

Fig. S

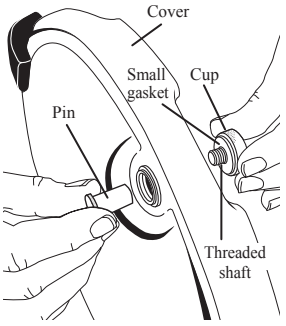


Fig. T

CARE AND MAINTENANCE

Canner Body

- It is normal for the inside of the canner to discolor. This discoloration, which is not harmful, is a result of the various minerals in water and foods interacting with the aluminum of the canner.

  To remove this discoloration, use a solution of 1 tablespoon of cream of tartar for every 1 quart of water. Pour enough solution into the canner to cover the discoloration, making sure the canner is not filled more than ⅔ full.

  Close the cover securely, place the pressure regulator on the vent pipe, and heat until the pressure regulator begins to rock. Remove the canner from the heat and allow it to cool to room temperature. Remove the regulator, open the canner, and empty the contents. Scour with a steel wool soap pad; wash, rinse, and dry thoroughly.
- Pitting is caused by the interaction of aluminum with other metals in the presence of moisture. To minimize pitting, wash, rinse, and dry the canner body thoroughly after every use. At least once a year, scour the inside of the canner body with an abrasive cleanser, such as Cameo* Aluminum & Stainless Steel Cleaner. Always store the canner in a dry area.
- Do not leave an empty canner on a heated burner or allow the canner to boil dry. This can cause warping of the canner bottom. It may also result in property damage and/or personal injury.
- Do not strike the rim of the canner body with any metal utensil. This will cause nicks which may damage the rim and allow steam to escape.
- Do not pour water into a dry, overheated canner as this may crack the metal.
- If the canner body or cover handles become loose, tighten them with a screwdriver.

Sealing Ring and Overpressure Plug

- The sealing ring and overpressure plug should be replaced at least every 3 years or sooner if the sealing ring becomes hard, deformed, cracked, worn, pitted, or if the canner is difficult to open or close. **CAUTION!** Failure to replace the sealing ring and overpressure plug could result in steam leaking around the cover, as well as bodily injury or property damage. Use only genuine Presto® replacement parts.
- Exposure of the sealing ring and overpressure plug to direct high heat, such as a hot burner or stovetop, will cause the sealing ring and overpressure plug to deteriorate rapidly. If this occurs, replace these parts.
- To clean or replace the overpressure plug, push it out of its opening from the top of the cover. After cleaning or when replacing it, reinsert the plug by pushing the domed side into the opening from the underside of the cover until the bottom edge is fully and evenly seated against the underside of the cover. When properly installed, the word (TOP) will be visible on the overpressure plug when viewed from the outside of the cover (Fig. U).

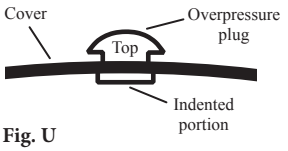


Fig. U

- If the overpressure plug is ever forced out of the cover due to excess pressure while cooking or canning, it is important to call the Presto Consumer Service Department at 1-800-877-0441 for assistance in determining why this happened. **Do not attempt to use the released overpressure plug.**

Vent Pipe

- Periodically check the vent pipe nut for looseness. Retighten, if necessary, using a 7/16″ wrench.

Steam Leakage

If the canner begins to leak moisture or if steam develops during use, check these possible causes:

- Leakage between the cover and body is usually caused by shrinkage of the sealing ring after prolonged use. Replace both the sealing ring and overpressure plug.
- A slight amount of leakage around the air vent/cover lock is normal when canning or cooking first begins. If leakage continues, the cover handles may not be fully aligned with the body handles (see step 12, page 7 or step 4, page 27). Therefore, the air vent/cover lock cannot engage.
- The air vent/cover lock gasket deteriorates over time (becomes hard, deformed, cracked, or torn with normal use). If you begin to notice steam escaping, this part may need to be replaced.

Do not operate your pressure canner with continual leakage. If the preceding steps do not correct the problem, contact the Presto Consumer Service Department. See page 40 for contact information.

If for any reason the canner cannot be opened, contact the Consumer Service Department in Eau Claire, WI at 1-800-877-0441 for assistance.

*Cameo is a registered trademark of Armaly Sponge Company. Presto is not affiliated with this Company.

REPLACEMENT PARTS

Use only genuine Presto® replacement parts. These parts are available at most hardware stores or they can be ordered directly from Presto (see below). **NOTE:** Replacement of the air vent/cover lock gasket, overpressure plug, 3-piece pressure regulator, and sealing ring is considered routine maintenance and not covered under the warranty.

STORAGE

When not in use, store the canner in a dry place at temperatures above freezing. Exposure to temperatures below freezing may damage the canner. The canner should be completely dry before storing. To prevent unpleasant odors from lingering, store the canner with the cover inverted on the canner body.

CONSUMER SERVICE INFORMATION

If you have any questions regarding the operation of your Presto® canner, or need parts or repair for your canner, contact us by any of these methods:

- Call 1-800-877-0441 weekdays 8 a.m. to 4 p.m. (Central Time)
- Email us through our website at www.GoPresto.com/contact
- Chat at GoPresto.com weekdays 9 a.m. to 12 noon and 1 to 3 p.m. (Central Time)
- Write: National Presto Industries, Inc., Consumer Service Department
  3925 North Hastings Way, Eau Claire, WI 54703-3703

Inquiries will be answered promptly by email, telephone, or letter. When emailing or writing, please include a phone number and a time when you can be reached during weekdays if possible.

When contacting the Consumer Service Department or when ordering replacement parts, please indicate the model and series numbers found stamped on the side of the canner body.

Please record this information:

Model _____ Series _____ Date Purchased _____

Any maintenance required for this canner, other than that described in the "Care and Maintenance" section of this book (page 39), should be performed by the Presto Service Department.

NOTE: It is recommended that you call our Consumer Service Department at 1-800-877-0441 prior to sending your canner in for repair. Be sure to indicate your full name, phone number, date of purchase, and a description of the problem when sending a canner for repair.

The Presto Service Department is equipped to service this Presto® Canner and supply genuine Presto® parts. Genuine Presto® replacement parts are manufactured to the same exacting quality standards as Presto® appliances and are engineered specifically to function properly with its appliances. Presto can only guarantee the quality and performance of genuine Presto® parts. "Look-alikes" might not be of the same quality or function in the same manner. To ensure that you are buying genuine Presto® replacement parts, look for the Presto® trademark.

National Presto Industries, Inc.
Consumer Service Department
3925 North Hastings Way
Eau Claire, WI 54703-3703

Product Registration

IMPORTANT: Please go online and register this product within 10 days of purchase. Proper registration will serve as proof of purchase in the event your original receipt becomes misplaced or lost. Registration will not affect warranty coverage, but it may expedite the processing of warranty claims. The additional information requested will help us develop new products that best meet your needs and desires.

To register the product, visit www.GoPresto.com/registration or simply scan this QR code. If you do not have computer access, contact the Consumer Service Department at 1-800-877-0441 for assistance with registration.

RECIPE INDEX

Pressure Canning Recipes

Boiling Water Canning Recipes

Pressure Cooking Recipes

Presto® Limited Warranty

(Applies only in the United States)

This quality Presto® appliance is designed and built to provide many years of satisfactory performance under normal household use. Presto pledges to the original owner that should there be any defects in material or workmanship during the first twelve (12) years after delivery of the Presto® appliance, we will repair or replace it at our option. Our pledge does not apply to normal wear and tear including scratches, dulling of the polish, or staining; the repair or replacement of moving and/or perishable parts such as the pressure regulator, sealing ring, overpressure plug, or air vent/cover lock gasket; or for any damage caused by shipping. ***Outside the United States, this limited warranty does not apply.***

To obtain service under the warranty, please visit www.GoPresto.com/contact or call our Consumer Service Department at 1-800-877-0441. If unable to resolve the problem, you will be instructed to send your Presto® appliance to the Presto Service Department for a quality inspection; shipping costs will be your responsibility. When returning an appliance, please include your name, address, phone number, and the date you purchased the appliance as well as a description of the problem you are encountering with the appliance.

Because we cannot control the quality of appliances sold by unauthorized sellers, this warranty applies only to appliances that were purchased from Presto® or a Presto authorized seller, unless otherwise prohibited by law. We reserve the right to reject warranty claims for appliances purchased from unauthorized sellers, including unauthorized internet sites. For additional information, simply scan this QR code or visit www.GoPresto.com/downloads/warranty.

We want you to obtain maximum enjoyment from using this Presto® appliance and ask that you read and follow the instructions enclosed. Failure to follow instructions, damage caused by improper replacement parts, abuse, misuse (including overheating and boiling the unit dry), disassembly, alterations, or neglect will void this pledge. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This is Presto's personal pledge to you and is being made in place of all other express warranties.

National Presto Industries, Inc.
Eau Claire, WI 54703-3703

Form 72-720K