

Food Skill #2

CANNING

7 NEEDS:

1. CANNER: USUALLY, THE BIGGER THE BETTER
2. JAR RACK: HAVING EXTRA RACKS SAVES TIME
3. FUEL: STEADY LPG PREFERRED, NOT REQUIRED
4. WATER: MOST JARS NEED TO SUBMERGE
5. JARS: WIDE MOUTH ARE EASIER TO LOAD
 - A. SMALL MOUTH BETTER SEAL
 - B. LARGE MOUTH EASIER TO LOAD
6. LIDS: MUST BE STOCKED. CAN BE RE-USED
7. RINGS: NECESSARY AND RE-USABLE

CANNING TIPS:

1. JAR TOPS WIPED CLEANED BEFORE BOILING
2. RINGS HAND TIGHT WHEN BOILING
3. JARS HANDLED GENTLY AFTER BOILING
4. WATER TO COVER JARS
5. VEGGIES BOIL @ 30 MINUTES
6. ONE INCH CUBED MEAT @ 2 HOURS
 - A. BIG MEAT CHUNKS NOT RECOMMENDED
7. BOILING UNDER PRESSURE IS 66% LESS TIME

SIDE NOTE:

A NICE ELDERLY WOMAN TALKED TO ME HOW HER SON, A LOCAL POLICE OFFICER, WAS LEARNING HOW TO CAN FOOD. "HIS FELLOW OFFICERS ARE ALWAYS GOING TO HIS PLACE TO LEARN ABOUT CANNING," SHE SAID. "FOR SOME REASON, THEY ARE WORRIED ABOUT FOOD TROUBLE IN THE FUTURE."