


Pressure can in models with selective control (5, 10 and 15 lbs.) only.

PRESSURE CANNING IN GLASS JARS

Pressure canning is recommended by the U.S. Dept. of Agriculture as the **ONLY SAFE WAY** to can meats, fish, poultry and all common vegetables. Fruits and tomatoes may be canned either by hot-water-bath method or by pressure canning. Pressure canning them will save time and energy. Pickles, jams and jellies should be processed in a water bath canner. **DO NOT** blanch in a pressure cooker. Use a blancher or covered pot with a suitable basket.

To can any mixtures of foods (stews, soups, etc.), use time required by ingredient that has the longest processing time.

Before canning the first time, pour 1 qt. (1 L) water and 1 tablespoon (15 mL) vinegar in canner. Close cover and place control on vent tube at 5 pounds. Turn heat on high. When control jiggles, turn heat down so it jiggles about 4 times a minute. Reduce pressure. (See directions, Page 4.) Repeat procedure, using 10 pounds. This will familiarize you with the operation of canner and especially with the proper heat adjustment on your range. Notice that less heat is required to maintain 5 pounds than 10 pounds pressure. (Continued application of high heat may prevent control from jiggling properly at 5 pounds.)

- Check jars and lids. Examine them carefully and see that there are no nicks, chips, cracks or sharp edges. Discard imperfect jars. Use only standard jars made for home canning (these will have manufacturer's name molded in the glass). If rubber rings are used, be sure to use new ones. If metal bands and metal lids are used, the lids must be new.
 - Always follow manufacturer's directions for sterilizing and using various lids and closures. See Page 20.
 - Wash jars, caps and rubber rings thoroughly in hot suds. Rinse.
 - Keep jars covered with hot water until filled. It is not necessary to sterilize jars for pressure canning. Place metal lids and rubber rings in hot or boiling water as directed by manufacturer.
 - Select fresh, firm (not overripe) products. Grade according to size and ripeness.
 - Wash and prepare according to chart directions.
 - Most foods may be packed raw in jars. Raw food should be packed tightly because it shrinks during processing. Food may also be preheated or partially cooked and packed hot in jars. Hot food should be packed fairly loose.
 - Finish filling jar with syrup, water or juice, allowing head space between food and closure. (See chart.) Add salt. (See chart.)
 - Insert blade of a plastic spatula down sides of jar to release any trapped air bubbles.
 - Wipe rim of jars free from seeds, pulp, liquids, etc. Close lids according to manufacturer's instructions.
 - Place rack in canner. Add recommended amount of hot water. (See chart.) Add 1 tablespoon (15 mL) vinegar or 1 teaspoon (5 mL) cream of tartar to help prevent water stains in canner or on jars.
 - Set jars on rack in canner. It is all right if sides of jars touch each other.
- 16-qt. (15.2 L) canner is furnished with one 11 ¼ in. (30 cm) flat rack. For stacking half pints, place rack in bottom of canner and use any flat, metal, perforated tray or trivet between tiers.
- 22-qt. (20.9 L) canner is furnished with two 11 ¼ in. (30 cm) flat racks for stacking half pint or pint jars. Place one rack in bottom of canner and the other rack between tiers of jars.
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- Close canner and set control at 5 (228°F or 109°C), 10 (240°F or 115°C) or 15 lbs. (250°F or 121°C), according to chart. Turn heat on high. In large canners, it may take up to an hour for control to jiggle the first time (depending on starting temperature of food in jars and water in cooker).
 - Air in canner has been exhausted when control jiggles vigorously. Start to count processing time at this point. Then reduce heat, but keep it high enough so control jiggles at least three or four times a minute. This is your assurance that pressure is being maintained. Prevent drafts from blowing over canner and do not keep turning heat up and down because this can cause uneven pressure which forces liquid from jars.
 - Process according to time given on charts.
 - When processing time is completed, turn off heat. If an electric range is used, remove canner from heating unit. Reduce pressure normally. **DO NOT RUSH THE COOLING** by setting canner in water or by running cold water over canner. Never lift control to hasten reduction of pressure. It takes about 25-35 minutes for pressure to drop in smaller cooker filled with jars and about 40-45 minutes in large canner.
 - Remove control. Remove cover and tilt it so steam escapes away from you.
 - Use a jar lifter to remove jars safely from canner. Lift jars out and set on cooling rack or several thicknesses of cloth (never a cold surface). Complete seal if jars are not self-sealing. If any liquid boiled out during canning, seal jar as it is. To add liquid it would be necessary to process all over again. Fruits and vegetables not covered with liquid may turn darker, but will not spoil. Keep jars out of drafts and always set in an upright position to cool.
 - After 12 hours, remove screw bands from jars that have metal lids. In case screw band is difficult to remove, cover with a hot, damp cloth for a minute. Do not force screw bands off because this may break the seal.
 - Examine jars for leaks. To test seal of metal lid, tap with a teaspoon. A clear ring is a sign of a good seal. If lid is curved down and does not move when pressed, that is also a sign of a good seal. If jar leaks, use contents at once or reprocess with new lid for full recommended processing time.
 - Wipe jars with damp cloth. Dry and label with contents and date. Store in cool, dry place.

AMOUNT OF SALT FOR CANNING VEGETABLES AND MEATS*

| Customary U.S. | | Metric Measure | |
|-------------------|--------|----------------|------|
| Jar Size | Salt | Jar Size | Salt |
| Half Pint (8 oz.) | ¼ tsp. | 237 mL | 1 mL |
| Pint (16 oz.) | ½ tsp. | 473 mL | 2 mL |
| Quart (32 oz.) | 1 tsp. | 950 mL | 5 mL |

*Vegetables and meats may be canned successfully with or without salt.

Please don't remove... thanks

AMOUNT OF WATER TO PUT IN CANNER JAR CAPACITIES OF CANNER

| Amount Water in Canner | Canner Size | Half Pint | Jar Capacity of Canner | | | Amount Water in Canner | Canner Size | Jar Capacity of Canner | | | |
|------------------------|-------------|-----------|------------------------|------------------|--------|------------------------|-------------|------------------------|-------------|-------------------|------------|
| | | | Pint, Reg. | Pint, Wide Mouth | Quarts | | | 237 mL Jar | 473 mL Reg. | 473 mL Wide Mouth | 950 mL Jar |
| 1 Qt. | 2½ Qt. | 5 | — | — | — | 1 L | 2.4 L | 5 | — | — | — |
| 1 Qt. | 4 Qt. | 5 | 4 | 3 | — | 1 L | 3.8 L | 5 | 4 | 3 | — |
| 1½ Qt. | 6 Qt. | 8 | 7 | 5 | — | 1.5 L | 5.7 L | 8 | 7 | 5 | — |
| 1½ Qt. | 8 Qt. | 8 | 7 | 5 | 4 | 1.5 L | 7.6 L | 8 | 7 | 5 | 4 |
| 2 Qt. | 12 Qt. | 13 | 10 | 8 | 7 | 2 L | 11.4 L | 13 | 10 | 8 | 7 |
| 2 Qt. | 16 Qt. | 26* | 10 | 8 | 7 | 2 L | 15.2 L | 26* | 10 | 8 | 7 |
| 2 Qt. | 22 Qt. | 38* | 20* | 16* | 7 | 2 L | 20.9 L | 38* | 20* | 16* | 7 |

Add extra pint (500 mL) of water to canner if processing at less than full capacity.
*If jars are stacked and an additional rack is used between stacks.

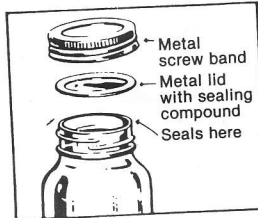
A leaking jar or bulged lid may be a sign of spoilage. Look for "off" odor or color. Never taste food you think has spoiled. Throw it away. It is possible for food to contain botulism without showing any signs of spoilage, so boil non-acid vegetables and meats for ten minutes before tasting and reboil leftover food before serving.

HOW TO CLOSE JARS

FOLLOW LID MANUFACTURER'S DIRECTIONS CAREFULLY.

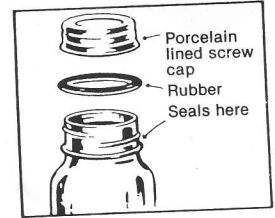
A flat metal lid with sealing compound and a metal screw band, which fits any standard mason jar.

1. Fill jar. Wipe rim clean.
2. Place lid in hot or boiling water, according to manufacturer's directions.
3. Put new lid on jar with sealing compound next to glass.
4. Screw metal band on tight by hand. Do not use a wrench.
5. This jar is self-sealing. Do not tighten after jar is removed from canner.



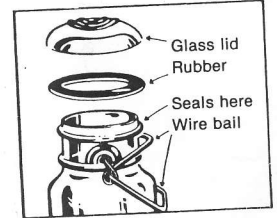
A porcelain-lined zinc cap with shoulder rubber ring, to fit a standard mason jar.

1. Fit new rubber ring on shoulder.
2. Fill jars. Wipe the rubber and jar rim clean.
3. Then screw cap down firmly and turn cover back ¼ in. (.5 cm).
4. After processing, and as soon as taken out of canner, screw cap down tight to complete seal.



A wire-bail type jar with glass lid and rubber ring.

1. Fit new rubber ring on ledge at top of jar.
2. Fill jars. Wipe jar rim and rubber ring clean.
3. Put long wire on glass lid so it fits into groove. Leave short wire up.
4. After processing, and as soon as taken from canner, push short wire down, to complete seal.



PRESSURE CANNING MEAT AND FISH

All meat and fish should be thoroughly cooled and cleaned before canning.

| FOOD | Minutes To Cook After Control Jiggles | | Pounds Pressure |
|---|---------------------------------------|---------------------|-----------------|
| | Pint Jars (473 mL) | Quart Jars (950 mL) | |
| Beef, Veal, Lamb, Pork Precook meat until medium done or until pieces when cut show almost no pink at center. Cut in pieces. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process. | 75* | 90* | 10 |
| Pork Chops, Ham Fry meat until brown. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process. | 75* | 90* | 10 |
| Chicken (with bones) Precook disjointed chicken with liquid until medium done. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process. | 65* | 75* | 10 |
| Chicken (without bones) Precook disjointed chicken with liquid until medium done. Remove bones. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process. | 75* | 90* | 10 |
| Chicken (fried) Fry disjointed chicken in hot fat until it is lightly browned. Add salt. Pack. Fill with liquid to within 1 in. (2.5 cm) from top. Adjust lids. Process. | 65* | 75* | 10 |
| Rabbit, Duck, Turkey — Follow directions for Chicken. | 20* | 25* | 10 |
| Soup Stock Cook soup stock. Skim fat and remove bones. Pour hot into containers, to within ½ in. (1 cm) from top. Adjust lids. Process. | 110* | — | 10 |
| Fish (except Salmon) Cut fish in pieces. Precook. Remove bones and skin, if desired. Add salt. Pack to within 1 in. (2.5 cm) from top. Add 2 tbsp. (30 mL) salad oil to tuna. Adjust lids. Process. | 110* | — | 10 |
| Salmon Slowly pour hot water on fish, being careful not to break skin. Scrape gently until skin is white and clean. Wipe dry. Cut, leaving backbone in. Add salt. Pack to within 1 in. (2.5 cm) from top. Adjust lids. Process. | 90* | — | 10 |
| Clams Steam clams to open shell. Remove from shell and boil in salted water 5 minutes. Drain and rinse. Pack. Fill with weak hot brine to within 1 in. (2.5 cm) from top. Adjust lids. Process. | 90* | — | 10 |
| Shrimp Boil shrimp 7 to 8 minutes in 1 gal. (4 L) of water to which 1 lb. (500 g) salt has been added. Drain. Shell and devein. Pack. Fill with hot weak brine [1 tsp. (5 mL) salt to 1 qt. (1 L) water], to within ½ in. (1 cm) from top. Or shrimp may be packed dry. Adjust lids. Process. | 90* | — | 10 |

*REDUCE PRESSURE NORMALLY.

U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.
At altitudes of 2,000 feet (600 meters) or higher, use 15 instead of 10 lbs. pressure.

PRESSURE CANNING VEGETABLES

| FOOD | Minutes To Cook After Control Jiggles | | Pounds Pressure |
|--|--|------------------------|-----------------|
| | Half Pint & Pint Jars (237 mL) (473 mL) | Quart Jars (950 mL) | |
| Asparagus Wash. Grade. Trim off scale. Cover with boiling water. Cook 2 minutes. Pack hot, cover with liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process. | 25* | 30* | 10 |
| Beans, Lima (fresh) Shell. Grade. Bring to a boil. Pack hot and cover with water. Or pack raw and cover with boiling water. Leave 1 in. (2.5 cm) head space in pints. Leave 1½ in. (4 cm) in quarts. Add salt. Adjust lids. Process. | 40* | 50* | 10 |
| Beans, String or Wax Wash. String. Cut in pieces. Boil 5 minutes. Pack hot. Cover with boiling liquid. Or pack raw and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process. | 20* | 25* | 10 |
| Beets Wash. Retain 1 in. (2.5 cm) of the stem. Cook in canner with 1-1½ cups (250-375 mL) water at 15 lbs. for 6 minutes. Cool canner under faucet. Open canner. Cover beets with cold water. Slip off skins. Cut in ½ in. (1 cm) slices. Pack in jars. Cover with fresh boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process. | 30* | 35* | 10 |
| Carrots Scrape. Slice or cut as desired. Boil for 5 minutes. Pack. Cover with hot liquid, leaving ½ in. (1 cm) head space. Or pack raw and cover with boiling water leaving 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process. | 25* | 30* | 10 |
| Corn (whole kernel) Remove husks. Cut kernels from cob. To each quart of corn, add 1 pint (500 mL) of boiling water and 1 tsp. (5 mL) salt. Boil 1 minute. Pack loosely and cover with water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process. | 55* | 85* | 10 |
| Greens Can only very fresh, tender greens. Wash carefully. Remove tough stems. Boil in small amount of water. Pack loosely. Cover with hot liquid. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process. | 70* | 90* | 10 |
| Mushrooms Trim and soak in cold water 10 minutes. Wash. Cut large ones in half. Cook gently 15 minutes. Pack hot and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process. | 30* | — | 10 |
| Okra Wash and trim. Cook 1 minute. Cut into 1 in. (2.5 cm) lengths. Pack hot and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process. | 25* | 40* | 10 |
| Peas (fresh Blackeye, Cowpeas, Blackeye Beans) Shell and wash. Bring to a boil. Drain. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1½ in. (4 cm) head space. Add salt. Adjust lids. Process. | 35* | 40* | 10 |
| Peas (green) Shell. Use only young, fresh peas. Bring to a boil. Pack loosely and cover with boiling water. Or pack raw loosely and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process. | 40* | 40* | 10 |
| Potatoes Wash, pare and cut into ½ in. (1 cm) cubes. Or use whole if 1 to 2½ in. (2.5-6 cm) in diameter. Boil cubes 2 minutes; whole potatoes 10 minutes. Drain. Pack and cover with boiling water. Leave ½ in. (1 cm) head space. Add salt. Adjust lids. Process. | 35* | 40* | 10 |
| Pumpkin or Hubbard Squash Peel and cut into 1 in. (2.5 cm) cubes. Cook until tender. Pack hot. Leave ½ in. (1 cm) head space. Adjust lids. Process. | 65* | 80* | 10 |
| Sauerkraut Heat well-fermented sauerkraut to simmering. Pack hot and cover with hot juice. Leave ½ in. (1 cm) head space. Adjust lids. Process. | 10* | 15* | 5 |
| Summer Squash (Zucchini) Wash squash. Do not pare. Cut into small pieces. Boil 2 or 3 minutes. Pack hot and cover with boiling liquid. Leave 1 in. (2.5 cm) head space. Add salt. Adjust lids. Process. | 30* | 40* | 10 |
| Sweet Potatoes Wash. Boil until skins slip off easily. Cut in pieces. For wet pack, pack and cover with boiling water. Leave 1 in. (2.5 cm) head space. Add salt. For dry pack, pack cooked pieces and add no salt or liquid. Leave 1 in. (2.5 cm) head space. Adjust lids. Process. | 55* (wet) 65* (dry) | 90* (wet) 95* (dry) | 10 10 |

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U.S. DEPT. OF AGRICULTURE DOES NOT PROVIDE PRESSURE CANNING TIMETABLES FOR HALF-GALLON (1.9 L) JARS.

See fruit chart

PRESSURE CANNING FRUITS

Fruits may be processed either in a boiling water bath or in a pressure canner. When using pressure method, time processing very carefully because fruits are easily overcooked. To keep peeled fruit from darkening before it is packed, place it in water to which ascorbic acid or citric

acid has been added. These products may be obtained at drug or grocery stores. Follow package directions, or drop fruit in a solution of 1 gal. (4 L) water, 2 tbsp. (30 mL) salt and 2 tbsp. (30 mL) vinegar.

| FOOD | Minutes To Cook After Control Jiggles | | Pounds Pressure |
|---|--|------------------------|-----------------|
| | Half Pint & Pint Jars (237 mL) (473 mL) | Quart Jars (950 mL) | |
| Apples Wash, pare and core and cut in pieces. Pack. Fill with syrup to within ½ in. (1 cm) from top. Or precook 3 minutes in syrup. Pack and add syrup. Adjust lids. Process. | 10* | 10* | 5 |
| Applesauce Cook applesauce (NOT IN PRESSURE COOKER). Pack hot to within ¼ in. (.5 cm) from top. Adjust lids. Process. | 15* | 15* | 5 |
| Apricots and Nectarines Wash. Pack whole or halve and pit. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process. | 10* | 10* | 5 |
| Berries (except Strawberries) Wash. Stem. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process. | 8* | 8* | 5 |
| Cherries Wash and stem. Pit. Pack. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process. | 10* | 10* | 5 |
| Figs Wash. Leave on stems. Boil for 2 minutes. Prepare a thin syrup with this water and boil figs in it for 5 minutes. Pack. Add 1½ tsp. (7 mL) lemon juice per pint or 1 tbsp. (15 mL) per quart. Fill with syrup to within ½ in. (1 cm) from top. Adjust lids. Process. | 10* | 10* | 5 |

| FOOD | Minutes To Cook After Control Jiggles | | Pounds Pressure |
|---|--|------------------------|-----------------|
| | Half Pint & Pint Jars (237 mL) (473 mL) | Quart Jars (950 mL) | |
| Grapes | | | |
| Wash and stem. Fill with syrup to within 1 1/2 in. (4 cm) from top. Adjust lids. Process. | 8* | 8* | 5 |
| Peaches | | | |
| Wash. Dip peaches in boiling water, then cold water. Remove skins. Cut in halves and remove pits. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process. | 10* | 10* | 5 |
| Pears | | | |
| Wash. Peel. Halve and core. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process. | 10* | 10* | 5 |
| Pineapple | | | |
| Slice and peel. Remove eyes and core. Boil 5-10 minutes in medium syrup. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process. | 15* | 15* | 5 |
| Plums | | | |
| Wash. Prick skins. Pack. Fill with syrup to within 1/2 in. (1 cm) from top. Adjust lids. Process. | 10* | 10* | 5 |
| Rhubarb | | | |
| Wash. Cut in pieces. Pack. Add syrup to within 1/2 in. (1 cm) from top. Cook rhubarb sauce (NOT IN PRESSURE COOKER) and pack. Adjust lids. Process. | 5* | 5* | 5 |
| Strawberries | | | |
| Wash and stem. Boil gently 3 minutes with 1/2 cup (125 mL) sugar for each quart (liter) of fruit. Let stand overnight. Bring quickly to boil. Pack to within 1/2 in. (1 cm) of top. Adjust lids. Process in boiling water bath, not under pressure — 15 minutes for pints and quarts. | 15* | 15* | 5 |
| Tomatoes | | | |
| Scald 1/2 minute. Place in cold water. Remove skins. Quarter. Add salt. Pack tightly. Or bring peeled and quartered tomatoes to a boil and then pack to within 1/2 in. (1 cm) of top. Adjust lids. Process. | 15* | 15* | 5 |
| Tomato Juice | | | |
| Cook tomatoes and put through food press. Season and bring to a boil. Fill jars to within 1/4 in. (.5 cm) from top. Adjust lids. Process. | 15* | 15* | 5 |

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HOW TO MAKE SYRUP

Sugar is not necessary to keep foods from spoiling although it does help canned fruit keep its shape, color and flavor. Process unsweetened fruit the same as sweetened.
Thin syrup: 3 parts water or juice to 1 part sugar. Bring to a boil. Use for soft fruits such as sweet cherries and sweet berries.

Medium syrup: 2 parts water or juice to 1 part sugar. Bring to a boil. Use for peaches, pears, sour berries, acid fruits.
Heavy syrup: 1 part water to 1 part sugar. Bring to boil. Use on larger sour fruits that are to be extra sweet.

STERILIZING

Use pressure cooker at 15 lbs. (250°F or 121°C) as a sterilizer. Place rack in cooker and add water — 1 1/2 cups (625 mL) for small cookers, 1 quart (1 L) for large canners. Place items on rack. Cover. When control jiggles or rocks, reduce heat and start to count sterilizing time. Sterilize bottles, utensils, rubber goods and heat-resistant plastic goods for 15 minutes. Sterilize liquids and dressings 30 minutes. Reduce pressure normally.

If you have an 8-qt. (7.6 L), 12-qt. (11.4 L), 16-qt. (15.2 L) or 22-qt. (20.9 L) pressure canner, you may use it to sterilize

baby formula, nipples, bottles and caps all at one time. This is called terminal sterilization. Use Evenflo-type bottles. Prepare formula as directed and pour into clean bottles. Invert nipples in bottle, cover with sealing disc and screw cap on. Then loosen cap one-half turn back. Pour 1 quart (1 L) water in canner and place bottles on rack. Cover and cook at 5 lbs. for 10 minutes after control jiggles. Reduce pressure normally. Remove bottles and place on a folded towel. When they are cool enough to be handled with a towel, shake bottles gently, tighten caps and refrigerate them.