



Canning Jam

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The process of canning can be fun and rewarding but can also be dangerous. Please use caution when canning or anytime you are using boiling water, heating glass jars or preserving foods for later consumption. Preserving/Canning foods are not always successful. Bacteria and mold can develop if the canning is not performed properly. Use common sense and always check that the preserved/canned food has a tight seal, does not look or smell back before consuming. In the event that the food tastes funny, discard. Remember, safety first.

Tools Needed:

- Canning Jars
- 1 Pot large enough to cover the jars with at least 1-2 inches of water
- 1 Pot jar rack
- 1 Rubber Coated Jar Lifters/Tongs
- 1 Magnetic Lid Lifter
- 1 Jar Funnel

Directions

1. Fill the canning pot 2/3 full of hot water. Then fill the jars with hot water and using the rubber jar lifters lower the jars onto the canning pot rack. Bring the water to a boil and sterilize your jars for 10 minutes. Remove jars out of hot water as needed when ready to fill. This will ensure that the jars will not break when adding the hot jam or when placing the filled jars in the water bath to seal.
2. In a small saucepan, place the lids in enough water to cover them completely. Bring the lids to a simmer and keep them simmering until ready to use. Don't not allow them to boil as this can damage the seal. Simmering softens the lid seal enough to ensure a tight seal. Please Note: A new lid should be used each time you can for safety reasons. Glass jars (with no visible cracks or chips) and screw bands can be reused.
3. Carefully remove the hot jars from the canning pot and using a jar funnel fill with the jam mixture.
4. Using a clean cloth, carefully clean the rim of the jar to ensure there is no residue so when the jar lid is placed on the jar it can seal properly.
5. Using your magnetic lid lifter, carefully remove the jar lids from the simmering water one by one and place on a clean cloth, pat dry. Then using the lid lifter again, pick up the dry lids and place them on top of each jar. Press the edges of the lid onto the jar to secure lid. Lightly screw the bands onto the jars.



6. Using your rubber jar lifters, carefully lower the jars back into the canning pot of water making sure that it is 2/3 filled with hot water. The top of the jars should be covered by 1-2 inches of water. Cover the pot with a lid and bring to a rapid boil. The total processing time is 10 minutes. The time starts once the jars are in the canning pot.
7. Using your rubber jar lifters, carefully remove the processed jars and place on top of towels on your kitchen counter. Make sure to leave enough room around each jar to allow air flow around each jar. You will begin to hear pops and pings as the jars cool and seal.
8. Once the jars are completely cooled remove the screw bands and test each jar's seal. First, press the center of the lid and see if the lid pops back. If it does not pop back, then perform your second test by lifting each jar by the sides of the lids. If the lid is secure and does not shift or move, then the seal is secure. In the event that the lid has failed one or both of these tests the seal is insufficient. Immediately place the jar in the refrigerator for storage and usage.

Please Note: If you live in high altitudes you must make adjustments to safely can foods. These recipes have been developed at sea level.