


## Taste Success

We're here to help! Explore our preserving resources, created just for you.

- 1 FreshPreserving.co.za**  
Check out our one-stop source for recipes, step-by-step instructions, and preserving tips
- 2  Ball® Preserving & Recipes South Africa**  
Connect and share with preservers just like you
- 3 Over 500 preserving recipes**  
Select your favourite recipe from one of our trusted resources: Ball Blue Book® Guide or FreshPreserving.co.za

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## Recipes

### Quick Pickled Beets

Makes about 6 (16 oz) pints

3 Tbsp	mixed pickling spice	45 mL
2-1/2 cups	white vinegar	625 mL
1 cup	water	250 mL
1 cup	granulated sugar	250 mL
10 cups	prepared beets	2.5 L

1. PREPARE large stockpot and jars as directed in the Getting Started section.
2. PREPARE beets by scrubbing thoroughly. Place in saucepan, stems intact, and cover with water. Bring to a boil and cook until tender, 20 to 40 minutes. Run beets under cool, running water. Drain. Slip off skins. Remove tap root and stems. Leave whole, slice or quarter. Set aside.
3. TIE pickling spice in a square of cheesecloth, creating a spice bag.



4. COMBINE vinegar, water, sugar and spice bag in a large saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar. Reduce heat and boil gently for 15 minutes, until spices have infused liquid. Discard spice bag. Add beets and return mixture to a boil.
5. LADLE hot beets into hot jars, one at a time, leaving 1/2 inch (1.25 cm) headspace. Ladle hot pickling liquid into jar to cover beets, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles. Wipe rims. Centre lids on jars. Apply bands and adjust to fingertip tight.
6. PROCESS filled jars in boiling water for 30 minutes. Remove pot lid. Wait 5 minutes, then remove jars, cool and store up to 1 year.

### FLAVOURFUL VARIATIONS:

- Pickled Beets & Onions: Add 3 cups (750 mL) sliced onion to pickling liquid before cooking.
- Sweet Pickled Beets: Substitute 10 whole cloves and 2 cinnamon sticks, broken, for the pickling spice.

### Easy Strawberry Jam

Makes about 8 (4 oz) jars

4 cups	crushed strawberries	1 L
3 cups	granulated sugar	750 mL

1. PREPARE large stockpot and jars as directed in the Getting Started section.
2. COMBINE crushed strawberries and sugar in a large saucepan. Bring to a boil over medium heat, stirring constantly to dissolve sugar. Boil, stirring frequently, until mixture thickens. Remove from heat and test gel (see box below). If gel has been reached, skim off foam.
3. LADLE hot jam into hot jars, one at a time, leaving 1/4 inch (0.65 cm) headspace. Wipe rims. Centre lids on jars. Apply bands and adjust to fingertip tight.
4. PROCESS filled jars in boiling water for 10 minutes. Remove pot lid. Wait 5 minutes, then remove jars, cool and store up to 1 year.



### GEL TEST TIPS:

- Sheet Test – Dip cold metal spoon into jam. Lift spoon and hold horizontally with edge down so jam runs off edge. When jam breaks from spoon in a sheet, you are ready!
- Freezer Test – Place teaspoonful (15 mL) of jam onto freezer-chilled saucer. Return to freezer for 1 minute. Remove. Push edge of jam with finger. If jam is set and surface wrinkles, you are ready!

### Applesauce

Makes about 8 (16 oz) half pints

12 lbs	apples, peeled, cored, quartered, treated to prevent browning* and drained (about 36 medium)	5.5 kg
3 cups	granulated sugar, optional	600 g
4 Tbsp	lemon juice	60 mL

1. PREPARE boiling water preserver. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.
2. COMBINE apples with just enough water to prevent sticking in a large stainless steel saucepan. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally, for 5 to 20 minutes, until apples are tender (time will depend upon the variety of apple and their maturity). Remove from heat and let cool, about 5 minutes.
3. TRANSFER apples, working in batches, to a food mill or food process fitted with a metal blade and puree until smooth.
4. RETURN apple puree to saucepan. Add sugar, if using and lemon juice. Bring to a boil over medium-high heat, stirring frequently to prevent sticking. Maintain a gentle boil over low heat while filling jars.
5. LADLE hot applesauce into hot jars leaving 1.25 cm (1/2 inch) headspace. Remove air bubbles. Wipe rim. Centre lid on jar. Apply band until fit is fingertip tight.
6. PROCESS filled jars in boiling water for 15 minutes. Remove pot lid. Wait 5 minutes, then remove jars, cool and store up to 1 year.



\* To treat apple slices to prevent browning, submerge cut apples in a mixture of 60 mL lemon juice and 945 mL water.

Preserve  
Fresh Taste,  
Prevent  
Waste



# 1.2.3

3 Simple Steps To Preserving

Home Preserving Guide & Recipe Booklet



## Preserve Fresh, Homemade Food in 3 Simple Steps

It's easy to capture fresh flavours and prevent your produce from going to waste. We will walk you through the 3 simple steps for Waterbath Preserving, the preferred method for some of the most popular recipes, such as pickles, jams, and chutneys. And, a great place for beginners to get started!



### Waterbath Preserving

Method for preserving pickles, jams, tomatoes, chutneys, sauces, fruits and other high-acid foods.

#### You will need:

- Ball® Home Preserving Starter Kit with a large stockpot
- Ball® Glass Preserving Jars with Lids and Bands

Recipes using this method are great for beginners.

### Pressure Preserving

Method for preserving meats, poultry, vegetables, fish and other low-acid foods.

#### You will need:

- Pressure Preserver
- Ball® Glass Preserving Jars with Lids and Bands

Recipes using this method are best for intermediate and advanced preservers.

Visit [FreshPreserving.co.za](https://www.freshpreserving.co.za) for more information on Pressure Preserving.

## Getting Started!

Before jumping in, we recommend choosing your favourite recipe and gathering your preserving gear. Follow these quick tips:

### Choosing Your Recipe

- Select your favourite recipe from one of our trusted resources
  - ▶ [FreshPreserving.co.za](https://www.freshpreserving.co.za)
  - ▶ Ball Blue Book® Guide to Preserving
  - ▶ Easy recipes included here
- Be sure to follow a tested preserving recipe – even a slight change can throw off the balance of a recipe, turning bliss to blah

### Gathering Your Gear

- Choose the right preserving equipment (see options in box to left).
- Lay out your preserving and kitchen utensils.
- Grab the right preserving jar size for your recipe, making sure you have new lids each time.



Ball® Collection Elite® Smooth Jars (4 OZ)

**Ideal for:**  
Jams, Jellies, Sauces



Ball® Pint Jars (16 OZ)

**Ideal for:**  
Pickles, Atchar, Chakalaka



Ball® Quart Jars (32 OZ)

**Ideal for:**  
Tomatoes, Fruits

### Preparing Your Gear

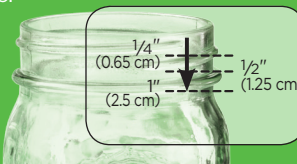
- Wash jars, lids and bands in hot, soapy water. Rinse well.
- Keep jars warm until they are ready for use, in order to minimise risk of breakage when filling with hot food. You can heat them in a pot of simmering water, or in a heated dishwasher.
- Fill your own large stockpot half full with water to ensure jars will be covered by at least 2.5 cm of water. Heat to a simmer (82°C).

## 1. Fill Your Jars

1a **Follow a Recipe** for preserving.

1b **Fill Each Jar** with prepared food. Follow preserving recipe for correct fill-level. Each jar needs space between the food and the rim (headspace) to allow for food expansion.

For successful preserving, you need to leave the right amount of space between the food and the rim of the jar. This space is called “headspace”. This diagram shows you how to measure this space. Always measure from the top of the jar rim down to the top of the food.



1c **Remove Air Bubbles**

by sliding a small non-metallic spatula inside the jar, gently pressing food against the opposite side of the jar. Air bubbles inside the jar can impact jar sealing.



1d **Wipe** any food from the rims of the jars. Centre new lid on the jar, then twist on the band until “fingertip tight”. Ensure bands are NOT over-tight, as air inside the jar must be able to escape during the preserving process.



**QUICK TIP:** Let Ball® preserving utensils\* help you!

- Jar Funnel — fill jars without a mess
- Jar Lifter — safely remove jars
- Bubble Remover & Headspace Tool — release air bubbles and measure headspace

\* Included in the Ball® Home Preserving Starter Kit



## 2. Boil Jars to Preserve

It's as easy as boiling water. Simply follow the steps below\* and you have fresh preserved food to enjoy anytime.

2a **Place Filled Jars** onto preserving rack, then lower into simmering water, ensuring jars are covered by 2.5 cm of water. Cover with lid and heat to a steady boil. Boil jars for the time specified in recipe\*, adjusting for altitude.



**QUICK TIP:** Altitude affects preserving recipes just like when you bake. Visit [FreshPreserving.co.za](https://www.freshpreserving.co.za) for an altitude adjustment chart when preserving at altitudes higher than 305 meters.

2b **Turn Off Heat** and let jars stand in water for 5 minutes. Remove jars from water and cool upright on wire rack or towel on countertop for 12 hours.

**TIP:** After removing jars from the preserving rack, do not re-tighten or over-tighten bands that may have come loose during preserving, so as not to interfere with the sealing process.

\*Remember, when preserving foods like meat, poultry, vegetables, chili, fish and other low-acid foods, they must be processed using the Pressure Preserving method and cannot be safely preserved using the Waterbath Preserving method outlined here. For more information on Pressure Preserving, visit [FreshPreserving.co.za](https://www.freshpreserving.co.za).

## 3. Store Up to 1 Year!

3a **Press** on centre of cooled lid. If jar is sealed, the lid will NOT flex up or down.



**NOTE:** If the lid flexes, the jar did not seal properly. You may refrigerate for immediate use. Or, for directions on how to safely re-process the jar, see [FreshPreserving.co.za](https://www.freshpreserving.co.za) or the Ball Blue Book® Guide for detailed instructions.

3b **Store** sealed jars in pantry for up to 1 year. Jars may be stored without bands, or you may clean the underside of bands to ensure no moisture is trapped during storage.

3c **Enjoy** your homemade food.

Create something today to Share with your family and friends tomorrow.

By following these 3 Simple Steps, you can store your creations for up to 1 year. This lets you always have fresh, homemade food on hand when you are ready to enjoy, share or gift.

