

So Easy to Preserve, 6th ed.

KEY TO CHANGES
from *So Easy to Preserve, 5th ed.*

MOST IMPORTANT

1. REPLACED: Tomato Paste, p. 58 in the 5th ed.

The version in the 5th ed. has the potential to remain above pH 4.6 after all cooking steps. Long cooking can concentrate the natural acids in a plain tomato paste, but this recipe has low-acid bell peppers added to the tomatoes, which have the potential to be naturally above 4.6. When made with tomatoes above pH 4.6, we learned the final product stays above 4.6. The new recipe does not have bell peppers, and it also has added citric acid. We found some acidification was needed to keep the paste from low-acid tomatoes below pH 4.6 also. Unlike other canned tomato products, the acid is added during the second stage of cooking the paste. If added directly to the jars, the acid does not get adequately distributed throughout the jar of paste due to its thick consistency. (We were not able to do the testing needed for a low-acid process recommendation.)

2. DELETED: Canning Nut Meats, pp. 103-104 in the 5th ed.

This process was a means to create a vacuum sealed jar of dry, shelled nuts. Concern was raised about the possibility of moisture forming inside the jar and creating pockets that might allow the growth of some pathogens very tolerant of drier conditions. There are other means of vacuum sealing dry nut meats available today, such as vacuum packaging machines or less expensive vacuum instruments used with certain plastic bags, that should not introduce moisture inside the package. Until more can be studied related to moisture and the canning process for vacuum sealing nuts, this recommendation is withdrawn.

3. DELETED and REPLACED: Pepper Relish on p. 160 in the 5th ed.

Although there are no known safety problems with the existing recipe, the ingredients are listed in a way to allow very variable quantities. We have replaced it with a more precisely measured recipe and a relish we feel is much better quality (taste).

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DETAILED LISTING

CANNING

1. The phrase “Remember to Make Altitude Adjustments” has been added to the bottom of all pages with process times.
2. Directions for Preparing the Jars and Lids were revised to acknowledge that if types of lids and closures that are not two-piece metal lid systems are used, then the manufacturer’s advice should be followed.
3. Directions for Closing the Jars have been slightly revised and a statement added that if other lids besides two-piece metal lid systems are used, to follow the manufacturer’s directions for that lid.
4. Information in On Guard Against Spoilage has been re-organized. The USDA advice for boiling foods prior to consuming them if it is believed that any deviations occurred in following recommended methods has been added.

Canning Fruits

1. Revised language about using artificial sweeteners in canning liquids for fruits. Reference to Splenda® being the only substitute in the marketplace to use before canning has been deleted. The user is advised to look on labels for equivalents to sugar for flavoring canned fruits.
2. Apples – revised cooking directions.
3. Berries – added raw pack in this edition (from USDA).
4. Cranberry Sauce – revised cooking directions and added two variations.
5. Fruit Topping, Peach – new item added in this edition.
6. Fruit Topping, Sweet Cherry – new item added in this edition.

Canning Tomatoes and Tomato Products

1. Tomato Paste – DELETED version in 5th edition. Replaced with a new version in this edition.
2. Easy Hot Sauce – revised the yield.
3. Chili Con Carne – new item added in this edition (from USDA).

Canning Salsas

1. Chile Salsa – revised language about peeling peppers.
2. Choice Salsa – new item added in this edition.
3. Tomatillo Green Salsa – revised language about peeling peppers.
4. Tomato Salsa (Using Paste Tomatoes) – revised language about peeling peppers.
5. Tomato Salsa (Using Slicing Tomatoes) – revised language about peeling peppers.
6. Tomato/Green Chile Salsa – revised language about peeling peppers.

7. Tomato/Tomato Paste Salsa – revised language about peeling peppers.
8. Tomato Taco Sauce – revised language about peeling peppers.

Canning Vegetables

1. Beans-Dry – revised rehydration directions.
2. Beans—Dry with Tomato or Molasses Sauce – revised processing times to match USDA directions.

Canning Meat, Poultry and Game

1. Meat Strips, Cubes or Chunks – added a statement about hot pack being preferred over raw pack for quality.
2. Poultry – added a statement about hot pack being preferred over raw pack for quality.

Canning Seafood

1. Tuna – new item added in this edition (from USDA).

Canning Stocks and Soups

1. New title for this section.
2. Beef Stock (Broth) – revised language about removing meat from carcass bones and only adding very tiny tidbits back to stock (if desired at all).
3. Chicken Stock (Broth) – revised language about removing meat from carcass bones and only adding very tiny tidbits back to stock (if desired at all).

Canning Pie Fillings

1. Altitude Adjustments – slight wording change.

Canning Nuts

1. New title for this section.
2. Canning Nut Meats – DELETED.

Most Frequently Asked Canning Questions

1. Question 1 – revised answer.
2. Question 11 – revised answer.
3. Question 15 – revised answer.

PICKLED PRODUCTS

1. The phrase “Remember to Make Altitude Adjustments” has been added to the bottom of all pages with process times.

Vegetable Pickle Recipes

1. Bread and Butter Pickles – revised preparation instructions to indicate when to add onions in the liming variation.
2. Mixed Vegetable Pickles – revised preparation instructions.

Relish Recipes

1. Dill Pickle Relish – new item added in this edition.
2. Fresh Dill Cucumber Relish – new item added in this edition.
3. Pear Relish – changed ingredient measurements (1 peck to 2 gallons).
4. Pepper Relish – DELETED.
5. Pepper Relish, Hot – new item added in this edition.
6. Pepper Relish, Sweet – new item added in this edition.

Most Frequently Asked Pickle Questions

1. Question 1 – revised answer.

SWEET SPREADS AND SYRUPS

1. New title for this section.
2. The phrase “Remember to Make Altitude Adjustments” has been added to the bottom of all pages with process times.

Jelly Recipes

1. Golden Pepper Jelly – revised recipe and directions.

Fruit Butter Recipes

1. Reduced Sugar Apple Butter – new item added in this edition.

Canned Spread Without Added Sugar

1. Revised the name for this section and going forward in the chapter. Uncooked Jellied Products renamed and moved. Jellied Products without Added Sugar removed as section title and incorporated in the reorganized information.
2. Reorganized the discussion of spread options.
3. Peach-Pineapple Spread – new item added in this edition (from USDA).

Refrigerator/Freezer Spreads

1. Revised the name for this section, formally Uncooked Jellied Products.
2. Reorganized order of recipes.

FREEZING

Freezing Prepared Foods

1. Changes throughout in some thawing directions, often to add a minimum reheating temperature for cooked foods.

Storage Times for Home Frozen Foods and Home Storage of Commercially Frozen Foods

1. Changes in recommended storage times (based on industry and government consumer publications).

DRYING

1. Advice to obtain directions for building a solar dehydrator from your county Extension agent was deleted and replaced with advice to check for online sources.

Drying Fruits

1. Wording about fruit juice dips for pretreating cut fruits was revised to point out that some fruit juices not normally thought of as high in vitamin C naturally are fortified with extra vitamin C and work well to prevent darkening.

Drying Vegetables

1. Directions for drying tomato slices were added.

Drying Fruit Leathers

1. Directions for preparing trays for electric dehydrators are given first now. Directions for preparing trays for leathers to be dried in an oven now include advice that liners for electric dehydrator trays can be purchased online and cut to fit cookie sheets, or that silicone baking mats can also be used.

REFERENCES

1. A few updates were made to references and credits.