



All Things Pickled

Current preserving and food safety information recommends that home canned pickled products be processed in a boiling water bath. Using this technique, filled jars are heated in boiling water for a specific length of time in order to destroy microorganisms and enzymes that may cause spoilage. This heating step, called processing, not only destroys spoilage organisms but also forces air out of the jars. As the jars cool, airtight vacuum seals form, preventing air and microorganisms from re-entering jars. Specific processing times are established through laboratory testing.

There are quick and easy recipes for pickled products that do not require processing. These pickles must be either refrigerated or frozen.

Research is continually being conducted in the area of home canning. As a result, recommendations may change. Many factors over which we have no control may cause seal failures or spoilage. Therefore, we cannot guarantee that seal failures or spoilage will not occur even if the general directions set out below are followed.

WARNING: Seal failures or spoilage may not be apparent from the appearance or odour of the home canned pickled products. Consumption of spoiled food can lead to serious illness or death. The ATCO Blue Flame Kitchen assumes no responsibility or liability for any seal failures or spoilage that may occur as a result of following the general directions set out below.

GENERAL DIRECTIONS FOR PROCESSING PICKLED PRODUCTS

1. Before beginning, review the information in the following steps. Assemble all equipment and ingredients.
2. Visually inspect canning jars for nicks, cracks, uneven rims or sharp edges that may prevent sealing or cause jars to break. Screw bands may be reused. Check to ensure screw bands show no rust, are in good condition and fit properly on jars. Discard any jars and screw bands that are not in good condition. Use new metal lids each time to ensure a vacuum seal. Wash jars, screw bands and lids in hot soapy water. Rinse well.
3. **Sterilize jars just before use.** To sterilize jars, place upright into rack in a boiling water canner. Cover with room temperature water. Place lid on canner. Place over high heat and bring to a boil; boil rapidly for 15 minutes or as required (see *Canning At High Altitudes*). Raise rack holding jars and hook handles on sides of canner. Leave water-filled jars in canner until ready to fill. Prepare metal lids according to manufacturer's instructions; leave in hot water until ready to use. Screw bands do not need to be sterilized.
4. Use fresh, top quality produce. Wash thoroughly. Prepare according to recipe.
5. Drain one jar at a time into sink and fill jar immediately with prepared product, leaving headspace specified in recipe. Headspace is the space at the top of the jar between the underside of the lid and the top of the food or liquid.
6. Remove air bubbles by sliding a nonmetallic utensil, such as a narrow rubber spatula or plastic knife, between jar and food. After removing air bubbles, add additional liquid or product, if required, to maintain correct headspace. Wipe jar rim thoroughly with a clean damp cloth.
7. Center lid on jar. Apply screw band just until "fingertip tight". **Do not** overtighten. "Fingertip tight" allows some give between the lid and jar and allows air to escape during processing. This creates a vacuum seal as the product cools.
8. Place filled jar into the raised canner rack. Repeat process with remaining jars and prepared product (starting at step 5). When all jars are filled or canner is full, lower rack into hot water. Be sure jars are covered by at least 1 inch (2.5 cm) of water; add boiling water, if required. Place lid on canner and turn heat to high.

9. When water returns to a full rolling boil, begin counting processing time specified in recipe. Reduce heat to maintain a gentle and steady boil for the required time. Turn off heat and remove canner lid. Allow boil to subside. Using a jar lifter, remove jars from water without tilting and place upright on a rack, dry towel or a cutting board to cool in a draft-free place. **Do not** retighten screw bands or turn jars upside down as seals may be broken. Allow jars to cool undisturbed for 12 - 24 hours.
10. After cooling, check jars for vacuum seal by pressing on center of each lid. Sealed lids curve downward and do not move. Refrigerate any unsealed jars and use product within three months or reprocess within 24 hours of original processing. Reprocessing is not recommended as it gives a significantly overcooked product. However, if reprocessing is desired, empty jars, reserving product and liquid. Repeat all steps.
11. To store sealed jars, wipe with a clean damp cloth. Remove, wash and dry screw bands. Store screw bands separately or replace loosely on jars, as desired. Label jars and store in a cool dark place for up to one year. If a sealed jar becomes unsealed after some time in storage, this may indicate spoilage from microbial growth. Discard the contents of the jar. Unless otherwise specified, all pickled products, once opened, should be refrigerated and used within **three months**.

Canning At High Altitudes

In most home canning recipes, recommended times for processing in a boiling water bath are given for altitudes of up to 1000 ft (305 m). When canning at higher altitudes, **sterilizing and processing times must be extended**. As air is thinner at higher altitudes, water boils at temperatures lower than 212°F (100°C). These lower temperatures are less effective in destroying microorganisms, therefore increased processing times are necessary to ensure the safety of home canned foods preserved at higher altitudes.

Unless otherwise specified, the times given in this publication are for altitudes of 1001 - 3000 ft (305 - 914 m). For altitudes higher than 3000 ft (914 m), add 5 minutes to sterilizing and processing times.

Alberta Altitudes

1001 – 3000 ft. (305 – 914 m) Use processing time in recipes for the following locations:	3001 – 6000 ft. (915-1829 m) Add 5 minutes to the processing time in recipes for the following locations:
- Edmonton	- Banff
- Fort McMurray	- Calgary
- Lloydminster	- Jasper
- Peace River	- Lethbridge
- Red Deer	

Additional Information

1. Glass lids may be used for canning, however, new rubber rings must be used each time. Soften rubber rings in hot water for 5 minutes. Sterilize lids in boiling water for 15 minutes or as required (see **Canning At High Altitudes**). As each jar is filled, stretch rubber ring gently onto lid and place on clean jar rim. Apply screw band tightly and then turn back 1/2 inch (1.25 cm) to allow the air to vent during processing. Once processing time is complete, **carefully** retighten the screw band immediately after jars are removed from canner. **Do not** turn jars upside down as seals may be broken.
2. Any deep pot with a lid, such as a stock pot, that allows for at least 1 inch (2.5 cm) of water above jars may be used in place of a boiling water canner. A rack, such as a cake cooling rack, may be used to elevate jars off bottom of canner. A deep pressure canner may also be used. Place the lid loosely on the pressure canner. Do not lock lid into place and leave vent open so that steam escapes and pressure does not build up inside.

BRINED DILL PICKLES

Brined or fermented pickles go through a curing process for one or more weeks. Attention to cleanliness, measurements, time and temperature are essential to the success and safety of brined pickles. This recipe has not been tested in the ATCO Blue Flame Kitchen. It is an adaptation of Brined Dill Pickles, Bernardin Ltd.

10 lb (4.5 kg) pickling cucumbers (4 inch/10 cm)	6 - 12 cloves garlic
3/4 cup (175 mL) mixed pickling spice	16 cups (4 L) water
24 - 30 heads fresh dill	2 cups (500 mL) vinegar
	1 1/2 cups (375 mL) pickling salt

Wash a large crock or food-grade plastic container with hot soapy water. Rinse container with a solution of 1 tbsp (15 mL) chlorine bleach per quart (L) of water; rinse with boiling water. Wash cucumbers thoroughly. Trim 1/8 inch (3 mm) off stem and blossom ends. Place half of the pickling spice, dill and garlic in crock. Fill crock with cucumbers to within 4 inches (10 cm) of top. Add remaining pickling spice, dill and garlic. To prepare pickling liquid, combine water, vinegar and salt. Stir until salt is dissolved. Pour over cucumbers. Place a weight on top of cucumbers to hold them under liquid. Store crock in a room with a consistent temperature of 70 - 75°F (21 - 24°C) for 2 - 3 weeks while cucumbers are fermenting. Remove surface scum daily. Let cucumbers ferment until well flavoured with dill and evenly coloured or translucent throughout. Fully fermented pickles may be stored in the original crock for 4 - 6 months, provided they are refrigerated and surface scum is removed regularly. Water bath processing fully fermented pickles is preferable. To process, remove pickles from pickling liquid. Strain liquid into a nonreactive Dutch oven; bring to a boil. Pack pickles into hot sterilized jars. Pour boiling pickling liquid over pickles, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 20 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes 6 quart (L) jars.

Cook's Note: *A resealable plastic bag filled with pickling liquid makes an excellent weight to hold cucumbers under pickling liquid.*

FRESH PACK DILL PICKLES

This recipe has not been tested in the ATCO Blue Flame Kitchen. It is an adaptation of Fresh Pack Dill Pickles, Bernardin Ltd.

14 lb (6.5 kg) pickling cucumbers (4 inch/10 cm)	3/4 cup (175 mL) pickling salt
16 cups (4 L) ice cubes	1/4 cup (50 mL) sugar
8 cups (2 L) water	2 tbsp (25 mL) mixed pickling spice, tied in cheesecloth bag
1 cup (250 mL) pickling salt	14 tsp (70 mL) mustard seed
8 cups (2 L) water	14 - 21 heads fresh dill
6 cups (1.5 L) vinegar	14 - 21 cloves garlic

Wash cucumbers thoroughly. Trim 1/8 inch (3 mm) off stem and blossom ends. Layer cucumbers and ice in a large non-reactive container. In a bowl, combine 8 cups (2 L) water and 1 cup (250 mL) salt, stirring to dissolve salt. Pour over cucumbers. Add additional cold water, if necessary, to just cover cucumbers. Place a weight on top of cucumbers to hold them under water. Refrigerate overnight. To prepare pickling liquid, combine 8 cups (2 L) water, vinegar, 3/4 cup (175 mL) salt, sugar and pickling spice in a nonreactive Dutch oven. Bring to a boil, stirring to dissolve salt and sugar. Boil gently for 5 minutes. Remove spice bag. In each hot sterilized jar, place 2 tsp (10 mL) mustard seed, 2 - 3 heads dill and 2 - 3 cloves garlic. Pack cucumbers into jars. Pour boiling pickling liquid over cucumbers, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 20 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes 7 quart (L) jars.

DELICIOUS DILL PICKLES

10 lb pickling cucumbers (4 inch)	6 - 16 cloves garlic
15 cups water	Red pepper flakes, optional
7 cups apple cider vinegar	12 - 16 heads fresh dill
7/8 cup pickling salt	

Wash cucumbers thoroughly. Trim 1/8 inch off stem and blossom ends. Place cucumbers in ice water and refrigerate overnight; drain. To prepare pickling liquid, combine water, vinegar and salt in a non-reactive Dutch oven. Bring to a boil, stirring to dissolve salt. In each hot sterilized jar, place 1 - 2 cloves garlic, 1/4 tsp pepper flakes and 1 head dill. Pack cucumbers into jars and place a second head of dill on top. Pour boiling pickling liquid over cucumbers, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 20 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes 6 - 8 quart (L) jars.

Cook's Note: *The flavour of these pickles is best if they are stored 6 weeks before serving.*

BREAD AND BUTTER PICKLES

6 1/2 lb pickling cucumbers (5 inches)	2 tbsp turmeric
1/2 cup pickling salt	2 tsp celery seed
8 cups vinegar	1 tsp whole cloves, optional
6 cups sugar	12 medium onions, thinly sliced
1/4 cup mustard seed	

Wash cucumbers thoroughly. Trim 1/8 inch off stem and blossom ends. Cut into 1/4 inch thick slices. In a large non-reactive container, alternate layers of cucumbers and salt. Cover and let stand at room temperature for 3 hours; drain. To prepare pickling liquid, combine vinegar, sugar and spices in a nonreactive Dutch oven. Bring to a boil. Add cucumbers and onions; return to a boil. Boil 2 - 3 minutes. Ladle mixture into hot sterilized jars, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 15 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes about 8 pint (500 mL) jars.

REFRIGERATOR DILLS

This recipe does not require processing as it is a refrigerator pickle.

8 cups water	4 heads fresh dill
1 cup vinegar	3 cloves garlic
1/4 cup pickling salt	2 tbsp mixed pickling spice
6 - 7 lb pickling cucumbers (2 1/2 inches)	3 bay leaves

To prepare pickling liquid, combine water, vinegar and salt in a non-reactive container. Stir to dissolve salt; set aside. Wash a 1 gallon (4 L) jar thoroughly with hot soapy water. Rinse jar with a solution of 1 tbsp chlorine bleach per quart of water; rinse with boiling water. Wash cucumbers thoroughly. Trim 1/8 inch off stem and blossom ends. Pierce cucumbers several times with a fork. Place dill, garlic, pickling spice and bay leaves in jar. Fill jar with cucumbers. Pour pickling liquid over cucumbers. Cover jar and refrigerate for 5 days before eating pickles. Store refrigerated for up to 2 months. Makes 1 gallon (4 L) jar.

Cook's Note: *The amount of pickling liquid needed will vary depending on the size of cucumbers.*

FREEZER PICKLES

This recipe does not require processing as it is a freezer pickle. It uses table salt rather than pickling salt.

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| 8 cups (2 L) thinly sliced English cucumbers | 2 cups (500 mL) sugar |
| 2 cups (500 mL) thinly sliced onions | 1 cup (250 mL) vinegar |
| 2 tbsp (25 mL) salt | 1/3 cup (75 mL) water |
| | 1 tbsp (15 mL) mustard seed |

Combine cucumbers, onions and salt in a bowl; set aside. In a saucepan, combine sugar, vinegar, water and mustard seed. Bring mixture to a boil over medium heat, stirring until sugar is dissolved. Pour over cucumber mixture. Stir until thoroughly combined. Cover and refrigerate for 24 hours. Spoon into freezer containers and freeze. Pickles may be frozen for up to 6 weeks. Thaw pickles in refrigerator. Thawed pickles may be kept refrigerated for up to 1 week. Makes 12 cups (3 L).

REFRIGERATOR ICE CREAM PAIL PICKLES

This recipe does not require processing as it is a refrigerator pickle.

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| 10 cups (2.5 L) sugar | 4 cups (1 L) peeled pickling onions
(about 2 lb/1 kg) |
| 6 cups (1.5 L) vinegar | 1 green bell pepper, cut into strips |
| 1/4 cup (50 mL) pickling salt | 4 cups (1 L) cauliflower florets
(about 2 lb/1 kg) |
| 2 tbsp (25 mL) mustard seed | |
| 2 tbsp (25 mL) turmeric | |
| 14 cups (3.5 L) thinly sliced English cucumbers
(about 4 lb/2 kg) | |

Wash two ice cream pails thoroughly with hot soapy water. Rinse pails with a solution of 1 tbsp (15 mL) chlorine bleach per quart (L) of water; rinse with boiling water. To prepare pickling liquid, combine sugar, vinegar, salt, mustard seed and turmeric in a nonreactive Dutch oven. Bring to a boil, stirring to dissolve sugar. Remove from heat; cool to lukewarm. Combine cucumbers, onions, green pepper and cauliflower; divide equally between pails. Pour pickling liquid over vegetables; stir to mix well. Vegetables must be completely covered with pickling liquid. Cover and refrigerate. Stir pickles daily for first 2 days. Store refrigerated for up to 4 months.

Cook's Note: *Pickles may be repacked into sterilized glass jars for storage in the refrigerator.*

PICKLED BEETS

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| 4 – 5 lbs small beets (40 – 48) | 1 cup water |
| 3 cups vinegar | 2 tbsp pickling salt |
| 1 1/2 cups sugar | 2 tbsp pickling spice, tied in cheesecloth bag |

Cook beets until barely tender. Run under cold water until cool enough to handle. Peel and slice beets into 1/4 inch thick slices. To prepare pickling liquid, combine vinegar, sugar, water, salt and pickling spice in a nonreactive Dutch oven. Bring mixture to a boil; reduce heat and simmer 10 minutes. Add beets to liquid; return to a boil. Remove spice bag. Ladle beets and pickling liquid into hot sterilized **pint** jars, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 35 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes 4 pint (500 mL) jars.

PICKLED GINGER

The pink colour develops naturally in the ginger during the pickling process.

This recipe does not require processing as it is a refrigerator pickle.

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| 1 lb fresh young ginger | 1 cup water |
| 1 tbsp pickling salt | 6 tbsp sugar |
| 2 cups rice vinegar | |

Peel ginger; slice paper-thin. Layer ginger and salt in a non-reactive container. Cover and refrigerate overnight. To prepare pickling liquid, combine vinegar, water and sugar; stir to dissolve sugar. Spoon ginger mixture into hot sterilized jars. Pour pickling liquid over ginger to completely cover. Store, covered, in refrigerator for up to 3 months. Makes about 4 cups.

Cook's Note: *Fresh young ginger is necessary for this recipe. Avoid using mature fibrous ginger.*

MUSTARD BEANS

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| 3 cups (750 mL) sugar | 1/2 cup (125 mL) water |
| 4 tbsp (60 mL) ClearJel [®] | 4 cups (1 L) chopped onions |
| 1/4 cup (50 mL) dry mustard | 1 1/4 cups (300 mL) finely chopped seeded red bell pepper |
| 1/4 cup (50 mL) pickling salt | 11 cups (2.75 L) chopped trimmed green or yellow beans or a mixture of the two (1 1/2 inch/4 cm pieces) |
| 1 tbsp (15 mL) ground ginger | |
| 1 tsp (5 mL) turmeric | |
| 2 1/2 cups (625 mL) vinegar | |

In a nonreactive Dutch oven, combine sugar, ClearJel[®], mustard, salt, ginger and turmeric. Gradually blend in vinegar and water. Add onions and red pepper. Bring to a boil over medium-high heat, stirring frequently to dissolve sugar and salt and prevent lumps for forming. Reduce heat and boil gently, stirring frequently, until mixture thickens, about 5 minutes. Stir in beans and return to a boil. Ladle into hot sterilized jars, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional bean mixture, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 20 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes about 7 pint (500 mL) jars.

Cook's Note: *ClearJel[®] is a cooking starch acceptable for use in home canning. Other starches, such as flour, can not be used. The ATCO Blue Flame Kitchen purchased ClearJel[®] from Barb's Kitchen Centre Edmonton (780-437-3134) or through www.goldaskitchen.com (1-866-465-3299).*

PICKLED HORSERADISH

This recipe does not require processing as it is a refrigerator pickle.

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| 2 cups (500 mL) freshly grated horseradish | 1/2 tsp (2 mL) pickling salt |
| 1 cup (250 mL) vinegar | 1/4 tsp (1 mL) ascorbic acid crystals (vitamin C) |
| 2 tbsp (25 mL) sugar, optional | |

Combine all ingredients in a bowl and ladle into hot sterilized jars. Store, covered, in refrigerator for 1 - 2 months or freeze for up to 6 months. Makes 2 half-pint (250 mL) jars.

Cook's Note: *Prepare small quantities of Pickled Horseradish at a time as pungency of fresh horseradish fades within 1 - 2 months, even when refrigerated.*

BEET AND HORSERADISH RELISH

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| 4 lb (2 kg) medium beets (about 10) | 2 tsp (10 mL) pickling salt |
| 1/2 cup (125 mL) freshly grated horseradish | 1 tbsp (15 mL) mixed pickling spice, tied in
cheesecloth bag |
| 2 cups (500 mL) vinegar | |
| 1/2 cup (125 mL) sugar | |

Cook beets until tender. Run under cold water until cool enough to handle. Peel; grate finely. Combine grated beets and horseradish. To prepare pickling liquid, combine vinegar, sugar, salt and pickling spice in a saucepan. Bring to a boil; boil 1 - 2 minutes. Remove spice bag. Combine beet mixture and pickling liquid in saucepan. Return quickly to a boil, stirring constantly. Spoon into hot sterilized jars leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional relish, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in Alberta for 25 minutes in a boiling water bath. Makes 5 pint (500 mL) jars.

Cook's Note: *Drained prepared horseradish may be used in place of fresh horseradish.*

CUCUMBER HOT DOG RELISH

This is an old recipe that originally called for vegetables to be ground.

The following adaptation will yield a product more closely resembling the commercial variety.

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| 5 cups finely chopped cucumbers | 7 cups water |
| 3 cups finely chopped onions | 2 cups vinegar |
| 3 cups finely chopped celery | 3 cups sugar |
| 2 red or green bell peppers, finely chopped | 2 tbsp celery seed |
| 2 hot peppers, seeded and finely chopped | 2 tsp mustard seed |
| 3/4 cup pickling salt | |

Combine cucumbers, onions, celery and peppers in a large non-reactive container. Dissolve salt in water; mix with vegetables. Refrigerate overnight. Rinse and drain thoroughly; press out liquid. In a nonreactive Dutch oven, combine vinegar, sugar, celery seed and mustard seed; bring to a boil. Add vegetables; return mixture to a boil. Reduce heat and boil gently 10 minutes, stirring frequently. Ladle into hot sterilized jars, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional relish, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in Alberta for 25 minutes in a boiling water bath. Makes 5 pint (500 mL) jars.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

PICKLED BELL PEPPERS

This recipe has not been tested in the ATCO Blue Flame Kitchen.

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| 7 lb firm bell peppers | 3 cups water |
| 3 1/2 cups sugar | 9 cloves garlic |
| 3 cups vinegar (5%) | 4 1/2 tsp canning or pickling salt |

Wash peppers, cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers in strips. Boil sugar, vinegar, and water for 1 minute. Add peppers and bring to a boil. Place 1/2 clove of garlic and 1/4 tsp salt in each hot sterile half-pint jar; double the amounts for pint jars. Fill hot pepper strips into jars and cover with hot vinegar mixture, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Seal and process 10 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes about 9 pint jars.

PRAIRIE BARBECUE SAUCE

4 cups fresh or frozen chopped rhubarb	2 tsp chili powder
4 cups fresh or frozen saskatoons	1 tsp cinnamon
2 1/2 cups packed golden brown sugar	1 tsp ground allspice
1 1/2 cups chopped pitted dates	1 tsp ground ginger
1 1/4 cups water	1 tsp salt
3/4 cup pure white vinegar	2 tbsp Grand Marnier or other orange liqueur, optional
1/2 cup chopped onion	

Combine rhubarb, saskatoons, brown sugar, dates, water, vinegar, onion, chili powder, cinnamon, allspice, ginger and salt in a non-reactive Dutch oven. Bring to a boil over medium heat, stirring frequently. Reduce heat to low and simmer, uncovered, stirring occasionally, until mixture is slightly thickened, about 30 minutes. Remove from heat and cool for 15 minutes. Purée mixture in batches in a blender, filling blender no more than half full for each batch. Force puréed mixture through a food mill fitted with its finest disc into a large heatproof bowl; discard pulp. Alternatively, puréed mixture can be forced through a fine sieve. Transfer sieved mixture to a large non-reactive saucepan over medium heat. Bring to a boil, stirring constantly. Remove from heat and stir in Grand Marnier. Ladle sauce into hot sterilized half-pint jars, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. If necessary, add additional sauce to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in a boiling water bath for 20 minutes at altitudes of 1001 - 3000 feet and 25 minutes at altitudes of 3001 - 6000 feet. Alternatively, sauce may be cooled quickly, spooned into freezer containers and frozen for up to 3 months. Makes about 6 cups.

Cook's Note: *If desired, fresh or frozen blueberries may be used instead of saskatoons.*

SWEET GREEN TOMATO PICKLES

3 1/2 lb small green tomatoes (about 18)	1 tsp turmeric
3 tbsp pickling salt	1/2 tsp celery seed
2 cups vinegar	3 cups sliced onions
1 cup sugar	2 large red bell peppers, chopped
2/3 cup packed dark brown sugar	1 hot pepper, finely chopped
3 tbsp mustard seed	

Slice tomatoes 1/4 inch thick. Place in a nonreactive container. Sprinkle with salt and mix thoroughly. Refrigerate overnight; rinse and drain thoroughly. To prepare pickling liquid, combine vinegar, sugar, brown sugar and spices in a non-reactive Dutch oven. Bring to a boil. Add onions; return to a boil. Reduce heat and boil gently for 5 minutes, stirring frequently. Add tomatoes and peppers and return to a boil. Reduce heat and simmer for 5 minutes, stirring frequently. Ladle into hot sterilized jars, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 20 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes 3 pint (500 mL) jars.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

SMALL PICKLED ONIONS

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| 3 1/2 lb pickling onions | 1 cup sugar |
| 1/2 cup pickling salt | 2 tsp mixed pickling spice, tied in cheesecloth |
| 5 cups white wine vinegar | |

Place onions in a large bowl. Cover with boiling water; set aside to cool. Peel onions when cool enough to handle. Place onions in a large non-reactive container. Sprinkle with salt and cover with cold water. Refrigerate overnight. Drain and rinse onions. To prepare pickling liquid, combine vinegar, sugar and pickling spice in a nonreactive Dutch oven. Bring to a boil; boil 1 - 2 minutes. Remove spice bag; add onions and return just to a boil. Ladle onions and pickling liquid into hot sterilized jars, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 15 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes 4 pint (500 mL) jars.

Cook's Note: *White wine vinegar is required to help prevent discoloration (pink or grey onions). Cauliflower florets may be pickled in place of onions, if desired.*

DILLED CARROTS

This recipe has not been tested in the ATCO Blue Flame Kitchen. It is an adaptation of Dilled Carrots, Bernardin Ltd.

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| 5 lb (2.5 kg) carrots | 7 cloves garlic |
| 6 cups (1.5 L) vinegar | 14 heads fresh dill |
| 2 cups (500 mL) water | 3 1/2 tsp (17 mL) red pepper flakes, optional |
| 1/2 cup (125 mL) pickling salt | |

Peel carrots and cut into 3/4 inch (2 cm) thick sticks, 1 inch (2.5 cm) shorter than jar. To prepare pickling liquid, combine vinegar, water and salt in a nonreactive Dutch oven. Bring to a boil, stirring to dissolve salt. In each hot sterilized jar, place 1 clove garlic, 1 head dill, and 1/2 tsp (2 mL) pepper flakes. Pack carrot sticks into jars and place a second head of dill on top. Pour boiling pickling liquid over carrots, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional pickling liquid, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 15 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Makes 7 pint (500 mL) jars.

DILLY GREEN BEANS

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| 3 cups pure white vinegar | 2 tbsp dill seed |
| 3 cups water | 18 black peppercorns |
| 3 tbsp pickling salt | 6 cloves garlic, peeled |
| 1 1/2 tsp red pepper flakes | |
| 5 lb green beans, trimmed and cut into jar-length pieces | |

To prepare pickling liquid, combine vinegar, water, salt and red pepper flakes in a non-reactive stockpot. Bring to a boil over medium-high heat, stirring to dissolve salt. Add beans and return to a boil, stirring occasionally. Remove from heat. Place 1 tsp dill seed, 3 peppercorns and 1 clove garlic in each of 6 hot sterilized pint jars. Pack beans into jars, leaving a generous 1/2 inch headspace. Do not overpack the jars. Any leftover beans can be reserved for another use. Pour hot pickling liquid over beans, leaving 1/2 inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. If necessary, add additional hot pickling liquid to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in a boiling water bath for 15 minutes at altitudes of 1001 - 3000 feet and 20 minutes at altitudes of 3001 - 6000 feet. Makes 6 pint jars.

REFRIGERATOR PICKLED TURNIPS

6 - 8 medium white turnips	1/4 cup (50 mL) thinly sliced fresh ginger
2 cups (500 mL) apple cider vinegar	1/2 tsp (2 mL) whole cloves
2 cups (500 mL) water	4 bay leaves
1 cup (250 mL) red wine vinegar	4 cloves garlic, thinly sliced
1 cup (250 mL) sugar	2 tsp (10 mL) mustard seed
1 1/2 tsp (7 mL) salt	1/2 tsp (2 mL) black peppercorns

Peel turnips and cut into sticks 2 1/4 inches (5.5 cm) long and 3/8 inch (1 cm) thick. There should be about 6 cups (1.5 L). To prepare pickling liquid, combine remaining ingredients (apple cider vinegar through peppercorns) in a large nonreactive saucepan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 5 minutes. Cool completely. Place turnips in two sterilized 1 quart (1 L) jars. Pour pickling liquid over turnips. Cover and refrigerate for at least 24 hours or up to 3 weeks. Makes 2 quarts (2 L).

ANTIPASTO

Most traditional antipasto recipes cannot be home canned safely because they are too low in acid. This recipe has been formulated to give a well-balanced flavour and texture. It is safe to process in a boiling water bath. Do not alter ingredients or amounts or increase jar size. This recipe has not been tested in the ATCO Blue Flame Kitchen. It is an adaptation of Vegetarian Antipasto, Bernardin Ltd.

For a traditional antipasto, tuna, shrimp, anchovies, mushrooms, olives or olive oil, may be added just before serving.

1 1/2 cups (375 mL) diced carrots	2 cups (500 mL) packed brown sugar
2 1/2 cups (625 mL) green bean pieces (1/2 inch/1.25 cm)	3 tbsp (40 mL) pickling salt
2 1/2 cups (625 mL) cauliflower florets	2 cups (500 mL) red wine vinegar
2 cups (500 mL) diced onions	3 cans (5 1/2 oz/156 mL each) tomato paste
2 cups (500 mL) diced green bell peppers	1/4 cup (50 mL) Worcestershire sauce
2 cups (500 mL) diced red bell peppers	1 - 2 tbsp (15 - 25 mL) hot pepper sauce
2 cups (500 mL) diced zucchini or peeled eggplant	4 cloves garlic, crushed
1 1/2 cups (375 mL) diced celery	3 tbsp (40 mL) basil, crumbled
	1 tbsp (15 mL) dry mustard

Set prepared vegetables (carrots through celery) aside. In a non-reactive Dutch oven, combine next 7 ingredients (sugar through garlic). Bring to a boil over medium-high heat, stirring frequently. Add carrots. Return mixture to a boil; boil for 2 minutes. Add remaining vegetables, basil and mustard. Return mixture to a boil over medium-high heat, stirring frequently. Reduce heat and boil gently for 5 minutes. Ladle into hot sterilized pint (500 mL) jars, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional antipasto, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 30 minutes in a boiling water bath. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Once opened, use within 3 weeks. Makes about 7 pint (500 mL) jars.

Cook's Note: *If using eggplant, prepare just before using to minimize browning. A food processor should not be used to prepare vegetables. If desired, antipasto may be frozen. Cook antipasto to desired consistency before freezing.*

FREEZER ANTIPASTO

This antipasto cannot be safely home canned because of its low-acid ingredients. Freeze it in usable portions.

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| 1 cup (250 mL) olive oil | 1/8 tsp (0.5 mL) cayenne pepper |
| 1 cup (250 mL) chopped onion | 3 bay leaves |
| 4 cups (1 L) small cauliflower florets | 2 cloves garlic, finely chopped |
| 1 1/2 cups (375 mL) diced green bell peppers | 1 jar (14 oz/398 mL) sliced pitted ripe olives, drained |
| 1 cup (250 mL) diced celery | 1 jar (375 mL) pimiento-stuffed olives, drained and halved crosswise |
| 1 can (10 oz/284 mL) sliced mushrooms, drained | 1 jar (375 mL) sweet pickled onions, drained and halved crosswise |
| 3 1/2 cups (875 mL) ketchup | 2 cans (170 g each) solid white tuna, drained and broken into chunks |
| 1 bottle (455 mL) tomato-based chili sauce | 1 can (106 g) broken shrimp, drained |
| 1/2 cup (125 mL) white wine vinegar | 2 cans (50 g each) anchovies, drained and chopped |
| 1/3 cup (75 mL) chopped fresh parsley | 1 jar (2 oz/57 mL) sliced pimientos, drained and chopped |
| 2 tbsp (25 mL) fresh lemon juice | 1/4 cup (50 mL) drained capers |
| 1 tsp (5 mL) basil, crumbled | |
| 1 tsp (5 mL) oregano, crumbled | |
| 1 tsp (5 mL) freshly ground pepper | |
| 1/4 tsp (1 mL) ground cloves | |

Heat oil in a Dutch oven over medium heat. Add onion and sauté for 2 minutes. Add cauliflower, green peppers, celery and mushrooms; sauté for 5 minutes. Stir in next 12 ingredients (ketchup through garlic). Bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, for 10 minutes. Remove and discard bay leaves. Stir in remaining ingredients (ripe olives through capers) and return to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until mixture is slightly thickened, about 5 minutes. Remove from heat and cool quickly. To cool quickly, place pan in a sink of ice water and stir antipasto frequently to allow steam to escape. Do not allow ice water to enter pan. Spoon cooled antipasto into freezer containers and freeze for up to 3 months. Thaw antipasto in refrigerator. Thawed antipasto may be refrigerated for up to 3 days. Makes 16 cups (4 L).

TOMATO CHUTNEY

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|---|-------------------------------------|
| 6 cups (1.5 L) diced peeled tomatoes | 1 1/2 tsp (7 mL) pickling salt |
| 4 cups (1 L) diced peeled Golden Delicious apples | 1 tsp (5 mL) cinnamon |
| 3 cups (750 mL) chopped red onions | 1 tsp (5 mL) cumin |
| 2 red bell peppers, diced | 1 tsp (5 mL) cayenne pepper |
| 3 hot peppers, seeded and chopped | 3 cups (750 mL) packed brown sugar |
| 2 tbsp (25 mL) grated fresh ginger | 3 cups (750 mL) apple cider vinegar |
| 3 cloves garlic, crushed | 1 cup (250 mL) raisins |

Combine all ingredients in a non-reactive Dutch oven. Cook over medium heat, stirring frequently, for 2 hours or until mixture is thick. Ladle into hot sterilized jars, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional chutney, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in Alberta for 25 minutes in a boiling water bath. Makes 8 half-pint (250 mL) jars.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

TOMATO SALSA

To make a hotter version of this salsa, add a few drops of hot pepper sauce just before serving. This recipe has the proper acid balance to prevent spoilage. Do not deviate from the proportions in any manner. Do not increase jar size.

5 cups (1.25 L) chopped seeded peeled tomatoes	1/2 cup (125 mL) vinegar
3/4 cup (175 mL) chopped onion	2 tbsp (25 mL) sugar
3/4 cup (175 mL) chopped green bell pepper	2 tbsp (25 mL) lime juice
1/2 cup (125 mL) chopped red bell pepper	1 1/2 tsp (7 mL) pickling salt
1 hot pepper, seeded and chopped	1 tsp (5 mL) paprika
1 clove garlic, crushed	2 tbsp (25 mL) chopped fresh cilantro or parsley
1 can (5 1/2 oz/156 mL) tomato paste	1 tsp (5 mL) oregano, crumbled

Combine all ingredients except cilantro and oregano in a non-reactive Dutch oven. Bring to a boil, stirring constantly; reduce heat to medium. Cook, uncovered, stirring occasionally, for 15 minutes. Add cilantro and oregano. Cook mixture 15 - 20 minutes longer or until thickened. Pour into hot sterilized pint (500 mL) jars, leaving 1/2 inch (1.25 cm) headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional salsa, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process for 25 minutes in a boiling water bath or freeze. For altitudes higher than 3000 ft (914 m), add 5 minutes to processing time. Once opened, use within 3 weeks. Makes 2 pint (500 mL) jars.

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.*

FREEZER SALSA

This make-ahead salsa can be served on its own with tortilla chips or used in recipes. Freeze it in usable portions.

2 cans (28 oz/796 mL each) diced tomatoes	1/2 cup (125 mL) white balsamic vinegar
1 can (13 oz/369 mL) tomato paste	1 cup (250 mL) chopped fresh cilantro
2 tbsp (25 mL) canola oil	1 tbsp (15 mL) fresh lime juice
4 cups (1 L) chopped red onions	1 tbsp (15 mL) packed golden brown sugar
1/3 cup (75 mL) finely chopped garlic	1 tbsp (15 mL) salt
2 cups (500 mL) chopped red bell peppers	2 tsp (10 mL) red pepper flakes
1/2 cup (125 mL) finely chopped seeded jalapeno peppers	1/2 tsp (2 mL) grated lime peel

Combine tomatoes and tomato paste in a large bowl; set aside. Heat oil in a large deep non-stick frypan over medium heat. Add red onions and sauté for 2 minutes. Add garlic and cook, stirring, for 1 minute. Add red peppers and sauté for 2 minutes. Add jalapeno peppers and cook, stirring, for 30 seconds. Remove from heat and stir in vinegar. Add red onion mixture to tomato mixture and stir to combine. Stir in cilantro, lime juice, brown sugar, salt, red pepper flakes and lime peel; cool slightly. Spoon salsa into freezer containers and freeze for up to 4 months. Thaw salsa in refrigerator. Thawed salsa may be refrigerated for up to 4 days. Makes about 12 cups (3 L).

Cook's Note: *Hot peppers cause severe skin and eye irritation. Wear disposable gloves when handling hot peppers and avoid touching any exposed skin.*

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