



FOOD FIGHT

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Par le Jour de la Terre™

PRESERVING GUIDE

CANNING



To eat local
all year
long



CANNING

THE METHOD IN A NUTSHELL

An ancestral method, canning leaves no one indifferent, and everyone has their own (family) formula for it! Sometimes considered dangerous, it's remains preferred by past generations for stocking the winter pantry!



Store for:
+ 1 year(s) at room temperature

How does it work?

- Cooked food undergoes a heat treatment that stops the growth of bacteria and other food-destroyin microorganisms.
- The contents are protected from oxygen through hermetic sealing.



Always follow a recipe that will indicate the safe way to apply the correct cook times and temperatures. This is the surest way to stay clear of Clostridium Botulinum, the bacterium responsible for botulism, which loves oxygen-free environments (like in canning!) and can be deadly!

Visit the *Bernardin* or *Ricardo* websites for detailed steps and certified recipes.



PROPER CANNING!

to can properly, **you need to know the pH of your food**, which will determine the heat treatment needed to make your preparation safe.

Acidic foods (pH < 4.6)

Meaning: fruits, jams, jellies, marinades, vinaigrettes, brines, etc.

Acidity naturally inhibits the growth of bacteria, so use household vinegar! Heat treatment doesn't have to be too aggressive: 100°C is the boiling temperature of water! It's...



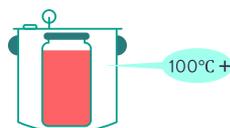
Pasteurization!

How? In a bain-marie, i.e., by submerging some of your jars in a boiling water bath for a few minutes.

Basic foods (pH > 4.6)

Meaning: vegetables, meats, soups, stews, fish, seafood, etc.

While acidity is the enemy of bacteria, basic mixtures are fertile ground for the development of many undesirable organisms. Aggressive heat treatment is thus required to ensure safe canning. It's...



Sterilization!

How? With an autoclave, which uses pressure to raise the temperature above the water's boiling point (100°C!) and keep it there.

What do we do for a neutral pH? Tomato sauces (without meat!) are well known for often straddling the line between acidic and basic pH. Some lemon or vinegar can be used to add acidity to recipes, as long as no meat, fish or other (very) soft foods are added.

For more information, refer to the MAPAQ food pH list!



READY, SET, CAN

01/
**Wash jars
and lid rings**



02/

Pre-sterilize your jars by placing them in simmering water (82°C) on a stand so that they aren't in contact with the bottom of the pot.



03/

Heat the lids always news
in the same pot.



04/

Pour your mixture into the jars leaving room at the neck:

- Low-acid foods = 2.5 cm
- Fruit, pickles, tomatoes, chutney and relish = 1 cm
- Jams and jellies = 0.5 cm.



05/

Remove any air bubbles in your jars by running a non-metallic utensil around the edges. Add liquid as needed and wipe down jar rims.

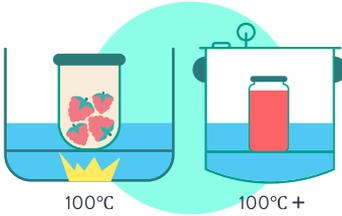
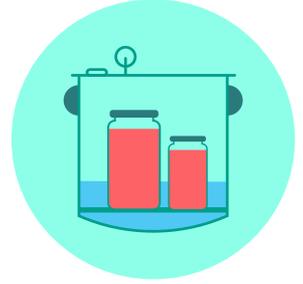


06/

Center the lids and screw on the ring until resistance, not more, because oxygen must be able to escape.



07/
Place the jars on a stand in a pot or autoclave. Add about 2.5 cm of water unless the autoclave or similar product has instructions indicating otherwise.



08/
Follow the appropriate heat treatment method for your recipe.

09/
After the treatment, wait 5 minutes before removing the jars while being careful not to tilt them. Let the jars cool for 24 h without tightening the rings to allow oxygen to escape.



10/
Assurez-vous que le scellage est hermétique en pressant le centre du couvercle (aucun 'pop' ne doit être entendu).



11/
Store labelled jars in a cool, dark place.

