

Methods of Canning

HOT and COLD PACK

The "Cold Pack" Method means packing the cold or raw product into the jar, then processing in Boiling Water Bath or Pressure Cooker. Most fruits and tomatoes are packed raw, others, in order to drive the air from food cells and make the packing easier, are precooked (boiled) for a few minutes, then packed and processed.

The "Hot Pack" Method means a short precooking (boiling or heating in some manner). The boiling hot product is packed into clean KERR Jars and processed immediately. The hot pack has been found more satisfactory for vegetables and meats. Some of the large fruits may be either hot or cold packed.

STEPS FOR HOT AND COLD PACK METHODS

No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.

No. 2—Wash jars well in hot soapy water. Scald thoroughly. Invert jars on clean folded cloth. Scald KERR Mason Lids by placing them in pan and pouring boiling water over them. Do not boil but let stay in water until ready to use.

No. 3—Select fresh, firm (not overripe) products. Grade according to size and ripeness.

No. 4—Prepare according to recipe.

No. 5—Pack product into clean KERR Jars to not more than $\frac{1}{2}$ inch of top of jar. (Except corn, peas, lima beans and meats. For these products, fill jars to within 1 inch of top.)

No. 6—Add liquid:

(a) **Fruits:** Syrup to within $\frac{1}{2}$ inches of top of jar when fruit is packed cold, or to within $\frac{1}{2}$ inch of top of jar when fruit is packed hot, or fruit juice or hot water to within $\frac{1}{2}$ inch of top of jar.

(b) **Vegetables:** Liquid to within $\frac{1}{2}$ inch of top of jar (salt or other seasoning may be added).

(c) **Meats:** For precooked meats, add 3 or 4 tablespoons of liquid. Meats packed raw do not require the addition of liquid.

No. 7—Wipe top of jar free of all seeds, pulp, grease, etc.

No. 8—Place scalded KERR Mason Lid on jar with sealing composition next to glass, and screw band **tight**. This means as tight as the hand can screw the band. Do not use wrenches. When using Economy Jar, place scalded Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.

No. 9—Process required length of time according to time table, whether for Pressure Cooker, Boiling Water Bath, or Steamer.

No. 10—Remove jars from cooker or canner. Do not tighten screw bands. Set jars on several thicknesses of cloth and allow to cool in an upright position. Do not set hot jars in a draft.

No. 11—Test for seal as instructed in Step **No. 8** Open Kettle Method, page 5.



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USING *Kerr* MASON JARS AND CAPS

"SELF SEALING"* Brand

**OPEN
KETTLE**

This method has been succeeded by more modern methods. Open Kettle canning is not recommended for fruits or tomatoes because of loss of nutritive value of the food and the danger of contaminating the food before jars are sealed. When fruit is not sterilized by sufficient cooking, or if contaminated during packing, getting a seal on jars and caps will not prevent spoilage.

Use this method only for preserves, jams, butters, pickles and other foods to which are added enough sugar or vinegar to help keep them from spoiling.

When canning this way, cook product in small amounts and seal while boiling hot. The following steps are important and must be carefully followed.

STEPS FOR OPEN KETTLE METHOD

Remove KERR Mason Screw Bands after 24 hours as bands are unnecessary once jars are sealed. Use Screw Bands over and over.

No. 1—Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.

No. 2—Wash jars well in hot soapy water, then boil in clear water for at least 15 minutes. Scald KERR Mason Lids by placing them in pan and pouring boiling water over them. Do not boil but let stay in water until ready to use.

No. 3—Prepare foods according to recipes.

No. 4—Fill only ONE sterilized KERR jar at a time to within $\frac{1}{2}$ inch of top of jar with the boiling hot product and liquid.

No. 5—Wipe top of jar free of all seeds, pulp, etc.

No. 6—Seal each jar immediately as filled, by placing scalded KERR Mason Lid on jar with sealing composition next to the glass and screw band **tight**. This means as tight as the hand can screw the band. Do not use wrenches. When using Economy Jar, place scalded Economy Cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.

No. 7—Set jars on several thicknesses of cloth and allow to cool in an upright position. Do not set hot jars in a draft.

No. 8—Test KERR Mason Lids for seal as follows: When jars are cold, take a spoon and gently tap the lids. If properly sealed, they will give a clear, ringing note, and be slightly concave (curved inwardly) caused by the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case you have an opportunity to re-can contents and thus save your food. If food touches lid the sound will be dull, but not hollow or empty like unsealed jar.

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