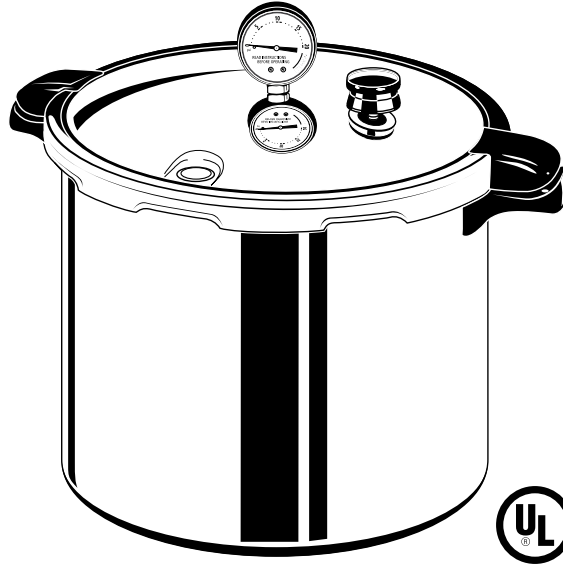


PRESTO®

Pressure Canner and Cooker

Instructions and Recipes



For more canning information and recipes, visit www.GoPresto.com/recipes/canning

Estas instrucciones también están disponibles en español. Para obtener una copia impresa:

- Descargue en formato PDF en www.GoPresto.com/espanol.
- Envíe un correo electrónico a contact@GoPresto.com.
- Llame al 1-800-877-0441, oprima 2 y deje un mensaje.

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This is a  Listed appliance. The following important safeguards are recommended by most portable appliance manufacturers.

IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, basic safety precautions should always be followed, including the following:

1. Read all instructions. Improper use may result in bodily injury or property damage.
2. Always check the vent pipe before use. Hold cover up to light and look through vent pipe to be certain it is clear.
3. Always check the air vent/cover lock to make sure it moves freely before use.
4. Do not fill the pressure canner over $\frac{2}{3}$ full when pressure cooking. For soup, grains, and dry beans and peas which expand during cooking, do not fill canner over $\frac{1}{2}$ full. Overfilling may cause a risk of blocking the vent pipe and developing excess pressure. See food preparation instructions.

5. Do not pressure cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, dried soup mixes, or any dry beans and peas which are not listed in the timetable on page 29. These foods tend to foam, froth, and sputter and may block the vent pipe, overpressure plug, and air vent/cover lock.
6. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain pressure canner is properly closed before operating; cover handles must be directly above the body handles. See “How To” instructions.
7. Do not place the pressure canner or attempt to pressure can or cook in a heated oven.
8. **CAUTION!** Do not use pressure canner on an outdoor LP gas burner or gas range over 12,000 BTU’s. Doing so may result in damage to the pressure canner and/or property damage and personal injury.
9. Extreme caution must be used when moving a pressure canner containing hot liquids. Do not touch hot surfaces. Use handles or knobs.
10. Do not open canner until internal pressure has been completely reduced, air vent/cover lock has dropped, and no steam escapes when the pressure regulator is removed. See “How To” instructions.
11. To ensure safe operation and satisfactory performance, replace the overpressure plug every time you replace the sealing ring or sooner if it becomes hard, deformed, cracked, worn, or pitted. It is recommended that the sealing ring and overpressure plug be replaced at least every three years. Use only genuine Presto™ replacement parts.
12. Close supervision is necessary when the pressure canner is used near children. It is not recommended that children use the pressure canner.
13. When normal operating pressure is reached, gradually lower the heat to maintain the pressure. If the pressure regulator is allowed to rock vigorously, excess steam will escape, liquid will be evaporated, the canner may go dry, and food may scorch.
14. Do not use this pressure canner for other than intended use.
15. Do not use this pressure canner for pressure frying with oil.

SAVE THESE INSTRUCTIONS

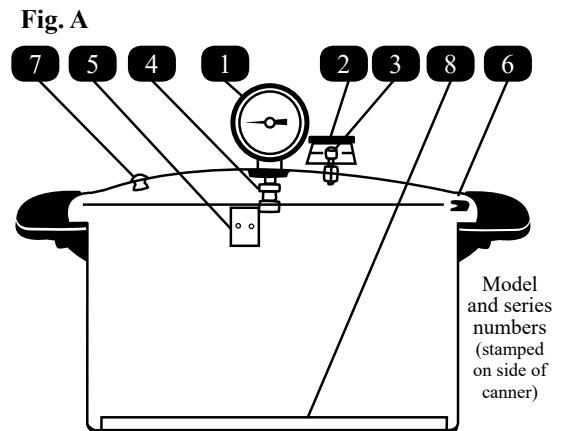
THIS PRODUCT IS FOR HOUSEHOLD USE ONLY.

GETTING ACQUAINTED

Your canner is a special, large capacity pressure vessel designed for home canning a wide variety of fruits, vegetables, meats, poultry, fish, and seafood. The canner may also be used to fast cook many of your favorite foods in larger quantities than can be prepared in a conventional size pressure cooker.

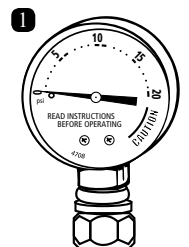
The canner uses pressure to achieve the high temperatures required for safely processing foods while canning. The United States Department of Agriculture recommends the pressure canner as the only safe method for canning low-acid foods: vegetables, meats, poultry, fish, and seafood.

The canner will also cook many foods in one-third to one-tenth the time required by conventional methods. Pressure cooking preserves flavor and nutrients and tenderizes tougher cuts of meat. Information for pressure cooking begins on page 20. It is necessary to follow a few special rules in using and caring for your canner. Become familiar with the various parts (Fig. A) of the canner described below and on page 3.



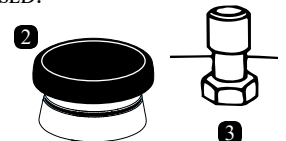
1. PRESSURE DIAL GAUGE

The pressure dial gauge registers pressure in pounds per square inch, or PSI. The pointer moves around the dial indicating the pressure within the unit. Pressure can be controlled and maintained by adjusting the heat setting on your stove. **Note:** The pressure dial gauge can be found in the foam filler of the carton. It is in a white box.



2. PRESSURE REGULATOR

The pressure regulator acts as a safety device to prevent pressure in excess of 15 pounds from building in the canner. Pressure readings are registered only on the pressure dial gauge. **Note:** The pressure regulator can be found in the top foam filler of the carton. It is in a bag identified with the words “PRESSURE REGULATOR ENCLOSED.”



3. VENT PIPE

The vent pipe is the primary pressure relief valve and will release pressure in excess of 15 pounds. The pressure regulator sits loosely on the vent pipe.

4. AIR VENT/COVER LOCK

The air vent/cover lock automatically vents, or exhausts air, from the canner and acts as a visual indication of pressure in the canner. The small gasket must be in place for the air vent/cover lock to seal completely.

5. LOCKING BRACKET

The locking bracket on the inside of the canner body engages with the air vent/cover lock to prevent the cover from being opened when there is pressure in the unit.

6. SEALING RING

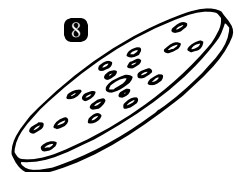
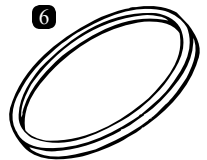
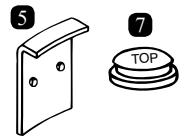
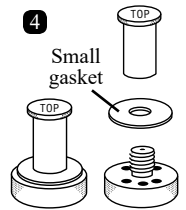
The sealing ring fits into the canner cover and forms a pressure-tight seal between the cover and body during canning and cooking.

7. OVERPRESSURE PLUG

The black, rubber overpressure plug is located in the canner cover. It will automatically pop out and release steam in case the vent pipe becomes blocked and/or clogged and pressure cannot be released normally through the vent pipe.

8. CANNING-COOKING RACK

The canning-cooking rack is placed in the bottom of the canner to hold jars off the bottom of the unit while canning. When cooking, the rack is used for steaming foods. It can also be used to hold foods such as vegetables out of the cooking liquid which allows several foods to be cooked at the same time without an intermingling of flavors. When it is desirable to blend flavors, do not use the canning-cooking rack. The canning-cooking rack must always be used when canning.



REPLACEMENT PARTS

Use only genuine Presto™ replacement parts. These parts are available at most hardware stores or they can be ordered directly from Presto; see “SERVICE AND PARTS INFORMATION” on page 33. When ordering parts, please specify the seven digit model number found stamped on the side of the canner body.

BEFORE USING THE CANNER FOR THE FIRST TIME

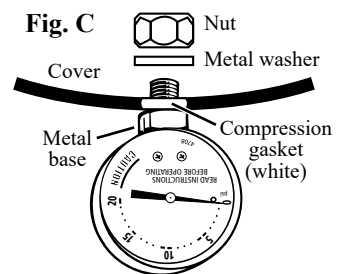
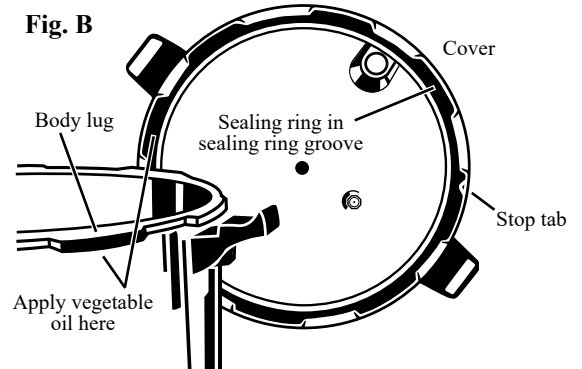
1. Remove the sealing ring by simply pulling it from the sealing ring groove.
2. Wash the cover, body, and sealing ring with warm, sudsy water to remove any manufacturing oils. Rinse all parts with warm water and dry.
3. Replace the sealing ring in the sealing ring groove, making certain to fit the ring under the stop tab located on the inside rim of the cover (Fig. B).
4. The sealing ring is prelubricated. If necessary, to help make the cover easier to open and close, a very light coating of vegetable oil may be applied to the sealing ring and underside of the body lugs (Fig. B). The cover should open and close easily when following the instructions on page 5, step 7.
5. Check the air vent/cover lock in the canner cover to be sure the two pieces are screwed together securely. If loose, tighten with fingers until a point of resistance is met (finger tight). See pages 7–8.

6. Attach the dial gauge to the canner cover by first removing the nut, the metal washer, and the white compression gasket from the threaded end of the dial gauge. Then, turn the cover upside down. Starting from the bottom, insert the threaded end of the dial gauge up through the hole in the center of the cover until the metal base rests on the cover.

While holding the dial gauge in place, position the gasket (the gasket should rest within the cover hole), the metal washer, and then the nut on the threaded end of the gauge (Fig. C). Tighten with fingers.

Important: The dial gauge is a delicate instrument which must be handled with care. Do not submerge cover or let gauge come in contact with any liquid. Do not store the dial gauge at temperatures below freezing.

Helpful Hint: To help yourself understand the operation of the pressure canner, pour 4 cups of water into the canner and follow the step-by-step instructions beginning with step 6 on page 5. For actual usage of the canner, follow the complete instructions beginning on page 4 for pressure canning and beginning on page 20 for pressure cooking.



PRESSURE CANNING

The United States Department of Agriculture recommends the pressure canner as being the only safe method for canning low-acid foods: vegetables, meats, poultry, fish, and seafood.

There are invisible microorganisms present all around us. Fruits, vegetables, and meat contain these microorganisms naturally and yet they are not a problem unless food is left to sit for extended periods of time, causing food spoilage. This is nature's way of telling us when food is no longer fit to eat.

There are four basic agents of food spoilage: enzymes, mold, yeast, and bacteria. Canning interrupts the natural spoilage cycle so food can be preserved safely. Molds, yeast, and enzymes are destroyed at temperatures below 212°F, the temperature at which water boils (except in mountainous regions). Therefore, boiling water processing is sufficient to destroy those agents.

Bacteria, however, are not as easily destroyed. The bacteria *Clostridium botulinum* produces a spore that makes a poisonous toxin which causes botulism. This spore is not destroyed at 212°F. In addition, the bacteria thrive on low-acid foods in the absence of air. For a safe food product, low-acid foods need to be processed at 240°F, which can be achieved only with a pressure canner.

In pressure canning, some of the water in the pressure canner is converted to steam, which creates pressure within the canner. As pressure increases, temperature increases: 5 pounds pressure (228°F), 10 pounds pressure (240°F), 15 pounds pressure (250°F). This pressurized heat destroys the potentially harmful bacterial spores. As the jars cool, a vacuum is formed, sealing the food within and preventing any new microorganisms from entering and spoiling the food.

As a safeguard against using canned foods which may be affected with spoilage that is not readily detected, boil all low-acid foods and tomatoes for 10 minutes at altitudes below 1,000 feet. Extend the boiling time by 1 minute for each 1,000 foot increase in altitude. Many times odors that cannot be detected in the cold product will become evident by this method. If, after boiling, food does not smell or look right, **discard it without tasting.**

Mason Jars: While there are many styles and shapes of glass jars on the market, only Mason jars are recommended for home canning. Mason jars are available in half-pint, pint, and quart sizes. See the chart below for the jar capacity of your canner. Additional information may be obtained from the manufacturers of Mason jars.

Closures for Mason Jars: The two-piece canning closure consists of a flat metal lid with a sealing compound around the outer edge and a separate metal screw band. The flat lid is for one use only while the screw band can be used repeatedly. Follow the closure manufacturer's directions for using the two-piece closure and for testing for a proper seal. If the closure has not sealed, completely reprocess or use the food immediately.

Maximum Jar Capacities

For model numbers beginning with 0175		For model numbers beginning with 0178	
Regular jars	Wide mouth jars	Regular jars	Wide mouth jars
12 half-pints	8 half-pints	24 half-pints	16 half-pints
10 pints	8 pints	20 pints	16 pints
7 quarts*	7 quarts*	7 quarts	7 quarts

* Do not use the boiling water method with quart jars.

To achieve the maximum jar capacity when pressure canning, it will be necessary to double-deck pint and half-pint jars, see page 6. For boiling water method, do not double-deck jars.

HOW TO PRESSURE CAN FOODS

Important: Read carefully. Do not attempt to use your canner before reading these instructions. Follow these step-by-step instructions for pressure canning in your canner. Prepare food according to the directions in specific recipe.

1. Before each canning season, thoroughly clean your canner and be sure it is working properly. Have the dial gauge checked for accuracy (see page 7). Check the sealing ring, the overpressure plug, and the small white gasket of the air vent/cover lock; replace these parts when they become hard, deformed, cracked, worn, pitted, or unusually soft.

If canning on an electric smooth-top range, refer to special instructions for canning in the owner's manual for your range. Always clean the stovetop with a cooktop polishing cream, according to the range manufacturer's instructions, before and after canner use. In addition, to avoid scratching smooth-top ranges, check the bottom of the canner to be sure it is clean and free of debris and does not have any nicks or scratches.

2. Check Mason jars for nicks, cracks, and sharp edges. Check screw bands for dents or rust. Use only jars, lids, and screw bands in perfect condition so an airtight seal may be obtained. Wash and rinse jars, lids, and screw bands. Pour hot water into jars and set aside until needed. Follow closure manufacturer's directions for preparing lids.

3. Select fresh, firm food. Sort food according to size. Clean food thoroughly. Prepare according to recipe. Fill hot Mason jars promptly with food and liquid to recommended level. Allow ½-inch headspace for fruits. Most vegetables and meats require 1-inch headspace due to expansion during processing. Work out air bubbles with a clean, nonmetallic spatula. Wipe sealing edge clean with a damp cloth. Adjust screw bands according to closure manufacturer's directions.

4. Place **three quarts** of hot water and the canning rack in canner (Fig. D). For hot packed foods, the water can be heated to 180°F, which is not quite boiling. To prevent water stains on jars, add 2 tablespoons white vinegar to water in canner. Always use the canning rack; jars may break if set directly on bottom of canner. **Note:** Three quarts of water are needed no matter how many jars are being canned.

5. Place filled jars on canning rack immediately after each jar is filled.

6. Hold cover up to the light and look through the vent pipe (Fig. E) to be certain it is clear before placing the cover on the canner. If clear, proceed to step 7. If blocked or partially blocked, clean the vent pipe with a small brush or pipe cleaner (Fig. F). Also clean the vent pipe nut as shown (Fig. G).

7. Place cover on canner, aligning the **V** mark on the cover with the **A** mark on the body handle (Fig. H). Press down on the cover handles to compress the sealing ring; turn the cover in the direction indicated to close (clockwise) until the cover handles are above the body handles. Do not rotate the cover beyond this point.

8. Position canner on a level burner and range only. Use on a tilted burner or range may interfere with the operation of the pressure regulator. For electric coil and smooth-top ranges, use the element that most closely matches the 8-inch diameter of the canner bottom. This is the portion of the canner bottom which comes in contact with the element.

To prevent damage to the pressure canner, do not use on any outdoor LP gas burner or a gas range over 12,000 BTU's. A high BTU burner will soften the canner causing the bottom to warp. It may also result in property damage and/or personal injury.

Using a relatively high heat setting, heat the pressure canner until a steady flow of steam can be seen, heard, or felt coming from the vent pipe (Fig. I). Exhaust air from the canner for 10 minutes by allowing steam to flow from the vent pipe. Reduce heat, if necessary, to maintain a steady, moderate flow of steam.

9. Place pressure regulator on vent pipe. If heat was reduced for exhausting, adjust to a relatively high setting and heat canner. As pressure develops in canner, the air vent/cover lock will lift and lock cover on canner.

The air vent/cover lock is a visual indicator of the presence of pressure. When in the up position, pressure is in the canner; when in the down position, there is no pressure in the canner (Fig. J). Also, as pressure builds, the pointer of the gauge will move across the face. Continue heating until the pressure dial gauge registers the correct pressure. Adjust heat to maintain the correct pressure on the dial gauge. The pressure regulator will rock **ONLY** at 15 pounds of pressure.

10. Processing time begins when the pressure dial gauge registers the correct pressure. Adjust heat to maintain correct pressure on the pressure dial gauge. If pressure drops below desired setting, it will be necessary to bring pressure to the correct setting and begin processing countdown from the beginning for the full amount of time.

Helpful Hint: To more easily maintain pressure, it may be beneficial to reduce the heat when the pressure dial gauge registers 1½–2 pounds less than the desired pressure. However, do not begin the processing countdown until correct pressure is reached.

11. At the end of processing time, turn burner to off and remove canner from heat source. **NOTICE:** Lift pressure canner to remove it from burner. Sliding any cookware may leave scratches on stovetops.

12. Let pressure drop of its own accord. **Do not attempt to speed the cooling of the canner, which can cause jar breakage, liquid loss from the jars, and other problems.** Pressure is completely reduced when the air vent/cover lock and overpressure plug have dropped and no steam escapes when the pressure regulator is lifted. Do not use the pressure dial gauge as an indicator for when pressure is completely reduced.

13. When pressure has been completely reduced, remove the pressure regulator from the vent pipe and let the canner cool for 10 minutes. Do not remove the pressure regulator until pressure is completely reduced and the air vent/cover lock has dropped. Always remove the pressure regulator before opening the cover.

Fig. D
3-quart water line
(lowest mark)

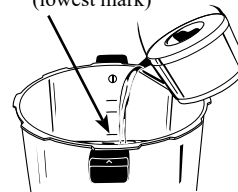


Fig. E

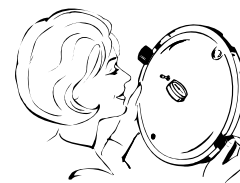


Fig. F

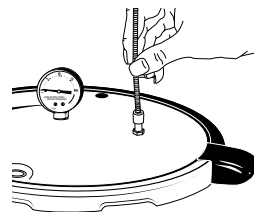


Fig. G



Fig. H

Align the **V** mark on the cover with the **A** mark on the body handle.

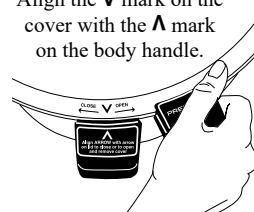


Fig. I



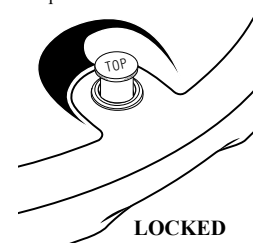
Fig. J

Air vent/cover lock in DOWN position. No pressure in unit.

Air vent/cover lock in UP position. Pressure in unit.



UNLOCKED



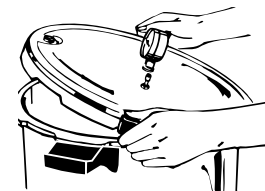
LOCKED

14. To remove cover, turn counter-clockwise until cover hits stop (Fig. K). Cover handles will be beyond the body handles. **CAUTION!** If cover seems to stick or is hard to turn, **do not force it open**. Sticking may indicate that there is still pressure inside the canner. If in doubt about pressure being completely reduced, let the canner stand until cool before removing the cover.
15. Lift cover toward you to keep steam away from you when opening (Fig. L).
16. Remove jars from canner. Set jars upright on board or cloth, away from drafts, to cool. When jars are cold, test seal, remove bands, wipe jars, label, date, and store in a cool, dry place. **NOTICE:** When processing consecutive batches, be sure to check the water level in the canner between batches. Add water, if necessary, to keep water at the 3-quart mark (see page 5, Fig. D).
17. When canning is complete, allow canner to cool completely before cleaning.

Fig. K



Fig. L



Canner Storage: When your canner is not in use, store it in a dry place at temperatures above freezing with the cover inverted on the canner body. Storing the canner with the cover locked on may cause unpleasant odors and deform the sealing ring. Before storing, allow the canner to dry completely.

HELPFUL HINTS FOR CANNING

- ◆ Bubbles often appear in the jar after removal from the canner because food is still boiling in the jar. Ordinarily bubbles do not appear once the product has been allowed to thoroughly cool.
- ◆ Jar breakage during processing is caused by (1) packing jars too solidly or overfilling them; (2) weakened, cracked jars; (3) jars touching the bottom of canner; (4) improperly tightened lids; or (5) using jars other than Mason jars.
- ◆ Liquid lost from jars during processing is caused by (1) packing jars too solidly or overfilling them; (2) an insufficient exhaust period; (3) a variation or sudden reduction of pressure in the canner—allow pressure to drop naturally; or (4) the failure to adjust the jar lids according to manufacturer’s directions. If liquid is lost during processing, do not open the jar to replace the liquid. Loss of liquid will not cause spoilage, but food above the liquid will discolor. If at least half of the liquid is gone, place the jar in the refrigerator and use the food within 2–3 days.
- ◆ It is better to overprocess food than underprocess. Underprocessing may result in spoilage and unsafe food.
- ◆ Flat sour, a type of food spoilage, is caused by canning overripe food or allowing precooked foods to stand in jar too long before processing. It may be prevented by using fresh products and properly processing, cooling, and storing. Flat sour shows no indication of spoilage until jar is opened. Discard contents.
- ◆ Food spoilage or jars not sealing is caused by (1) the failure to follow exact timetables and recipes; (2) the failure to wipe the sealing edge of the jar clean before placing the lid on the jar; (3) having foods, seeds, or grease lodged between the lid and the jar; (4) using jars which are nicked, cracked, or have sharp sealing edges; (5) the failure to adjust jar lids according to manufacturer’s directions; or (6) turning the jars upside down while the jars are cooling and sealing.
- ◆ If a jar does not seal, refrigerate it and use the food within 2–3 days. Otherwise, reprocess or freeze the food within 24 hours. Freeze or repack using new lids. Reprocess for the full recommended processing time.
- ◆ Mold can form only in the presence of air. Therefore, the jars are not sealed if mold is present. Discard the contents.
- ◆ The black deposit sometimes found on the underside of a lid is caused by tannins in the food or hydrogen sulfide which is liberated from the food by the heat of processing. This does not indicate spoilage.
- ◆ Two-piece canning closures seal by the cooling of the contents of the jar, not through pressure of the screw band on the lid. Therefore, although the screw band is firmly tight, the jar is not sealed until cooled. During processing, the flexible metal lid permits air to be exhausted from the jar.
- ◆ Adjust the two-piece canning closures by screwing the bands down evenly and firmly until a point of resistance is met (finger tight). Do not use undue exertion.
- ◆ The loss of color from beets during canning is usually due to the variety of beets used or using beets that are too old. If possible, can young, tender, very dark beets which are freshly gathered. Precook beets with 2 inches of the stem and all of the root on, as this helps to retain the juices.
- ◆ Fruit which has been canned without sugar will often turn brown when exposed to air just as fresh fruit does.
- ◆ The diameter of Mason jars may vary from one manufacturer to another. Before filling Mason jars, test load your canner. It may be necessary to double-deck pint and half-pint jars to reach the maximum capacity of your canner as shown in the chart on page 4. It is recommended that you stagger the jars by placing one jar on top of two. Jars may touch. The canning rack which accompanied your pressure canner must be placed on the bottom of the canner to prevent jar breakage. Although it is not necessary to use a rack between layers of jars, if you wish to do so, a rack can be ordered from the Presto Consumer Service Department (see page 33).

CARE AND MAINTENANCE

Canner Body

- It is normal for the inside of the canner to discolor. This discoloration, which is not harmful, is a result of the various minerals in water and foods interacting with the aluminum. To remove this discoloration, use a solution of 1 tablespoon cream of tartar for every one quart of water. Pour enough solution into the canner to cover the discoloration, making sure the canner is not filled more than $\frac{2}{3}$ full. Close the cover securely, place the pressure regulator on the vent pipe, and heat until the pressure regulator begins to rock. Remove canner from heat; allow to cool until air/vent cover locks drops. Remove regulator, open canner, and empty contents. Scour thoroughly with a soap impregnated steel wool cleaning pad; wash, rinse, and thoroughly dry.
- Pitting is caused by the interaction of aluminum with other metals in the presence of moisture. To minimize pitting, wash, rinse, and dry the canner body thoroughly after every use. Additionally, at least once a year, scour the inside of the canner body with an abrasive cleanser, such as Cameo* Aluminum & Stainless Steel Cleaner. Always store the canner in a dry area.
- Do not leave an empty canner on a heated burner or allow canner to boil dry. This can cause damage to the canner bottom or stovetop.
- Do not strike the rim of the canner body with any metal utensil as this will cause nicks which may damage the rim and allow steam to escape.
- Do not pour water into a dry, overheated canner as this may crack the metal.
- If the canner body or cover handles become loose, tighten them with a screwdriver.

Pressure Dial Gauge

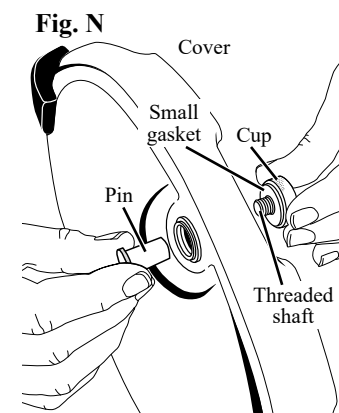
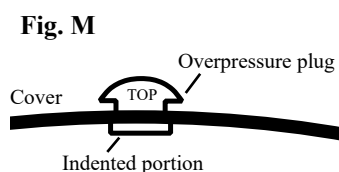
- The pressure dial gauge is a delicate instrument and must be handled with care. Do not submerge the pressure dial gauge, allow it to come into contact with liquid, or subject it to freezing temperatures.
- The pressure dial gauge needs to be checked for accuracy prior to each canning season **and** if any of the following conditions exist: cover has been submerged in water or dropped, parts are rusty, pointer is not in the “0” block, or if you believe the gauge may not be accurate. The gauge can usually be checked at your local county extension office. If you are unable to have your gauge checked locally, carefully remove it, wrap securely, and send to the Presto Consumer Service Department (see page 33). An accurate gauge is necessary to help prevent food spoilage and possible food poisoning.

Sealing Ring and Overpressure Plug

- Each time the canner is washed, remove the sealing ring and wash in warm, sudsy water, rinse, dry, and replace in cover.
- The sealing ring and overpressure plug should be replaced at least every three years or sooner if sealing ring becomes hard, deformed, cracked, worn, pitted, or if the canner becomes difficult to open or close. Failure to replace the sealing ring and overpressure plug could result in bodily injury or property damage. Use only genuine Presto™ replacement parts.
- Exposure of the sealing ring and overpressure plug to direct high heat, such as a hot burner or stovetop, will cause the sealing ring and overpressure plug to deteriorate rapidly. If this occurs, replace these parts.
- Before replacing the sealing ring, clean the sealing ring groove with a brush, if necessary.
- To clean or replace the overpressure plug, push it out of its opening from the top of the cover. After cleaning, or when replacing, reinsert the plug by pushing the domed side of the plug into the opening from the underside of the cover, until the bottom edge is fully and evenly seated against the underside of the cover. When properly installed, the word (TOP) will be visible on the overpressure plug when viewed from the outside of the cover (Fig. M).
- If the overpressure plug is ever forced out of the cover due to excess pressure while cooking or canning, it is important to call the Presto Customer Service Department at 1-800-877-0441. **Do not attempt to use the released overpressure plug.**

Air Vent/Cover Lock

- The air vent/cover lock may be removed for occasional cleaning or for replacing the small gasket. To remove the air vent/cover lock, grasp and securely hold the cup portion on the underside of the cover with your fingers (Fig. N). Using the fingers of your other hand, turn the pin portion of the air vent/cover lock on the top side of the cover counterclockwise until the pin is free of the cup portion. Lift the pin out of the cover and remove the cup from under the cover. Carefully pull the small gasket off the threaded shaft on the cup portion. Wash all parts in warm, sudsy water. Use a soft cloth or small nylon brush to clean the cover hole.



* Cameo is a registered trademark of Church & Dwight Co., Inc. Presto is not affiliated with Church & Dwight Co., Inc.

- To reassemble the air vent/cover lock, place the small gasket over the threaded shaft of the cup portion. Reinsert the cup portion by pushing the threaded shaft through the air vent/cover lock opening from the underside of the cover (Fig. N). Screw the pin portion clockwise onto the threaded shaft until it is finger tight. Do not use a wrench to tighten the air vent/cover lock. Overtightening may cause the rubber gasket to wrinkle which will result in the canner not sealing. When the air vent/cover lock is properly installed, the word (TOP) will be visible on the air vent/cover lock when viewing the outside of the cover (see Fig. J, page 5).

Steam Leakage

- If leakage of moisture or steam develops while using your canner, check the following possible causes:
 - The formation of a small amount of moisture under the pressure regulator is normal when canning or cooking first begins. This condensation is a result of the temperature of the pressure regulator being lower than the rest of the canner. If excess condensation continues, the vent pipe may be loose and should be tightened with an adjustable wrench.
 - Leakage between the cover and body is usually caused by shrinkage of the sealing ring after prolonged use. Replace the sealing ring and overpressure plug.
 - A slight amount of leakage around the air vent/cover lock is normal when canning or cooking first begins. If leakage continues, the cover handles may not be fully aligned with the body handles and, therefore, the cover lock cannot engage (see page 5, step 7). Clean the air vent/cover lock occasionally to assure that it operates correctly (see page 7). Replace the small gasket if cracked or nicked.
 - A small amount of steam or moisture may be visible around the overpressure plug when canning or cooking begins. This will stop when the overpressure plug seals. If leakage continues, clean, reposition, or replace the overpressure plug (see page 7).
- Do not operate your pressure canner with continual leakage. If the preceding steps do not correct the problem, return the entire unit to the Presto Factory Service Department (see page 33).

CANNING FRUITS

Fruits may be safely processed using the boiling water method. However, some people may prefer to use the pressure canning method. Select firm, fully-ripened but not soft fruit. Do not can overripe foods. Some fruits (apples, apricots, nectarines, peaches, and pears) tend to darken while they are being prepared. To prevent the darkening, place fruit in a solution of 3 grams (3,000 milligrams) ascorbic acid to 1 gallon of cold water. Ascorbic acid is available in different forms:

Pure Powdered Form: Use 1 teaspoon of pure powder, which weighs about 3 grams, per gallon of water.

Vitamin C Tablets: Buy 500 milligram tablets. Crush and dissolve 6 tablets per gallon of water.

Commercially Prepared Mixes of Ascorbic and Citric Acid: Available under different brand names. Use according to manufacturer directions found on the package.

Although fruit has better color, shape, and flavor when it is canned with sugar, it may be canned unsweetened if desired. Sugar is used for flavor only. It is not used in a high enough concentration to act as a preservative. White sugar is preferable to brown sugar for canning. Light corn syrup or honey may be used to replace up to one-half the sugar. If you wish to use sugar substitutes, follow package instructions. The amount of sugar desirable to use in preparing syrups will depend upon the tartness of the fruit and on family preference. It should be remembered that fruit, when heated, releases some of its juices which will dilute the syrup in proportion to the juiciness of the fruit.

Use the syrup chart below as a guideline for preparing syrup needed for your canning recipe. Syrup recipe may be doubled or tripled depending on the packing method and amount of fruit being canned at one time. Keep syrup hot while preparing fruit.

Syrups for Canning Fruits

Syrup	Sugar per Quart of Liquid	Yield of Syrup	Syrup	Sugar per Quart of Liquid	Yield of Syrup
Very Light	½ cup	4½ cups	Medium	1¾ cups	5 cups
Light	1 cup	4¾ cups	Heavy	2¾ cups	5½ cups

Heat water and sugar together. Bring to a boil and pour over raw fruit in jars to within ½-inch of top of jar. If using a hot pack rather than a raw pack, bring water and sugar to a boil, add fruit, reheat to boiling, and fill jars immediately to within ½-inch of top of jar. For instructions on boiling water canning, refer to pages 18–19.

When pressure canning at altitudes of 2,000 feet or below, or boiling water canning at altitudes of 1,000 feet or below, process according to specific recipe. When canning at higher altitudes, process according to the following charts.

Altitude/Pressure Chart: Pressure Canning Fruits

Altitude	Pounds of Pressure for Pints and Quarts
2,001–4,000 ft.	7 pounds
4,001–6,000 ft.	8 pounds
6,001–8,000 ft.	9 pounds

Altitude Chart: Boiling Water Canning Fruits

Altitude	Processing Time for Pints and Quarts
1,001–3,000 ft.	increase processing time 5 minutes
3,001–6,000 ft.	increase processing time 10 minutes
6,001–8,000 ft.	increase processing time 15 minutes

CANNING RECIPES: FRUITS

APPLES

Wash, peel, and cut apples into pieces. Place apples in an ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening during preparation. Drain well.

Hot Pack: Add apples and syrup (see chart on page 8) or water to a large pot and bring to a boil. Boil for 5 minutes. Pack hot apples in clean, hot Mason jars, leaving ½-inch headspace. Cover apples with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, both pints and quarts 8 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints and quarts 20 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

APPLESAUCE

Wash, peel, and core apples. If desired, slice apples into ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening. Drain well. Place slices in a large pot. Add ½ cup water. Heat quickly until apples are tender, stirring occasionally to prevent burning. Press through food mill or sieve. (If chunk style sauce is preferred, omit this step.) If desired, sweeten to taste. Reheat sauce to boiling. Pack into clean, hot Mason jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, pints 8 minutes and quarts 10 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints 15 minutes and quarts 20 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

APRICOTS

Wash well-ripened, firm apricots. If peeled apricots are desired, dip 1 minute in boiling water, then in cold water and peel. Cut apricots in halves and remove pits. Place apricots in an ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening during preparation. Drain well.

Hot Pack: Add apricots and syrup or water to a large pot and bring to a boil. Pack hot apricots, cut side down, in clean, hot Mason jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Pack raw apricots, cut side down, in clean, hot Mason jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning (hot and raw pack): Process at 6 pounds pressure, pints and quarts 10 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning:

Hot Pack: Process pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

Raw Pack: Process pints 25 minutes and quarts 30 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

BERRIES (EXCEPT STRAWBERRIES)

Choose ripe, sweet berries with uniform color. Wash 1 or 2 quarts of berries at a time. Drain, cap, and stem if necessary.

Hot Pack: Use for firmer berries such as blueberries, currants, elderberries, gooseberries, and huckleberries. Heat berries in a large pot with boiling water for 30 seconds and drain. Add ½ cup hot syrup or water to clean, hot Mason jars. Pack hot berries into jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, both pints and quarts 8 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints and quarts 15 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

Raw Pack: Use for softer berries such as raspberries and blackberries. Add ½ cup hot syrup or water to clean, hot Mason jars. Pack raw berries into jars, leaving ½-inch headspace. Gently shake jars while filling to pack firmly without crushing berries. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, pints 8 minutes and quarts 10 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints 15 minutes and quarts 20 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

CHERRIES

Stem and wash cherries. Remove pits, if desired. If pitted, place cherries in an ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening of the stem end. If canning whole cherries, prick each cherry with a clean needle to prevent splitting.

Hot Pack: Heat cherries in a large pot with ½ cup water or syrup (see chart on page 8) to each quart of cherries. Cover pot and bring to a boil. Pack hot cherries and cooking liquid in clean, hot Mason jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, pints 8 minutes and quarts 10 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints 15 minutes and quarts 20 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

NECTARINES

Follow the directions for peaches (see below) but do not dip in hot water to remove skins.

PEACHES

Wash fully-ripened, but not soft, peaches. Loosen skins by dipping peaches 1 minute in boiling water, then in cold water. Peel. Cut peaches in halves and remove pits. Slice if desired. Place peaches in an ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening during preparation. Drain well.

Hot Pack: Add peaches and syrup (see chart on page 8) or water to a large pot and bring to a boil. Pack hot peaches, cut side down, in clean, hot Mason jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Pack raw peaches, cut side down, in clean, hot Mason jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, both pints and quarts 10 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

PEARS

Wash pears. Peel, cut in half lengthwise, and core. Slice pears, if desired. Place pears in an ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening during preparation. Drain well.

Hot Pack: Add pears and syrup (see chart on page 8) or water to a large pot and bring to a boil. Boil 5 minutes. Pack hot pears in clean, hot Mason jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, pints and quarts 10 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

PLUMS

Stem and wash firm, ripe plums. If plums are to be canned whole, prick each side with a fork. Freestone varieties may be cut in halves and pitted.

Hot Pack: Add plums and syrup (see chart on page 8) or water to a large pot and bring to a boil. Boil 2 minutes. Cover pot and let stand 20–30 minutes. Pack hot plums in clean, hot Mason jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Pack raw plums firmly in clean, hot Mason jars, leaving ½-inch headspace. Cover with hot syrup or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, both pints and quarts 10 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints 20 minutes and quarts 25 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

RHUBARB

Trim off leaves. Wash stalks and cut into ½-inch to 1-inch pieces.

Hot Pack: Add rhubarb and ½ cup sugar per quart of rhubarb to a large pot. Let stand until juice appears. Heat rhubarb slowly to boiling. Pack hot rhubarb in clean, hot Mason jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 6 pounds pressure, pints and quarts 8 minutes. For processing above 2,000 feet altitude, see chart on page 8 for recommended pounds of pressure.

Boiling water canning: Process pints and quarts 15 minutes. For processing above 1,000 feet altitude, see chart on page 8 for recommended time.

CANNING TOMATOES

Tomatoes may be safely processed using the boiling water method. However, the pressure processing method for tomatoes also results in a high quality, more nutritious canned tomato product. Select tomatoes that are disease-free and firm. Tomatoes from dead or frost-killed vines should not be used for canning. To ensure safe acidity in whole, crushed, or juiced tomatoes, add 1 tablespoon of bottled lemon juice (do not use natural juice) or ¼ teaspoon of citric acid per pint of tomatoes; for quarts, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid.

**Altitude and Pressure Chart
for Pressure Canning Tomatoes**

Altitude	Pounds of Pressure for Pints and Quarts
2,001–4,000 ft.	12 pounds
4,001–6,000 ft.	13 pounds
6,001–8,000 ft.	14 pounds

Processing time is the same at all altitudes.

**Altitude Chart for
Boiling Water Canning Tomatoes**

Altitude	Processing Time for Pints and Quarts
1,001–3,000 ft.	increase processing time 5 minutes
3,001–6,000 ft.	increase processing time 10 minutes
6,001–8,000 ft.	increase processing time 15 minutes

TOMATOES—WHOLE OR HALVED (packed raw without added liquid)

Wash medium, smooth, firm, ripe tomatoes. Loosen skins by dipping tomatoes 1 minute in boiling water, then in cold water. Peel and remove core. Leave whole or halve. Add 1 tablespoon of bottled lemon juice or ¼ teaspoon of citric acid to each pint jar of tomatoes; for quarts, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid to each jar. Add ½ teaspoon salt to each pint jar, 1 teaspoon to each quart jar, if desired. Fill jars with raw tomatoes, pressing until spaces between them fill with juice. Leave ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 11 pounds pressure, pints and quarts 25 minutes. For processing above 2,000 feet altitude, see chart above for recommended pounds of pressure.

Boiling water canning: Process pints and quarts 85 minutes. For processing above 1,000 feet altitude, see chart above for recommended time.

TOMATOES—WHOLE OR HALVED (packed in water)

Wash medium, smooth, firm, ripe tomatoes. Loosen skins by dipping tomatoes 1 minute in boiling water, then in cold water. Peel and remove core. Leave whole or halve.

Hot Pack: Place prepared tomatoes in a pot and cover with water. Bring to a boil and boil gently for 5 minutes. Add 1 tablespoon of bottled lemon juice or ¼ teaspoon of citric acid to each pint jar of tomatoes; for quarts, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid to each jar. Add ½ teaspoon salt to each pint jar, 1 teaspoon to each quart jar, if desired. Pack hot tomatoes in hot jars, leaving ½-inch headspace. Fill jars to ½ inch from the top with hot cooking liquid. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Heat water, for packing tomatoes, to a boil. Add 1 tablespoon of bottled lemon juice or ¼ teaspoon of citric acid to each pint jar of tomatoes; for quarts, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid to each jar. Add ½ teaspoon salt to each pint jar, 1 teaspoon to each quart jar, if desired. Pack prepared tomatoes in hot jars, leaving ½-inch headspace. Fill hot jars to ½ inch from the top with boiling water. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 11 pounds pressure, pints and quarts 10 minutes. For processing above 2,000 feet altitude, see chart above for recommended pounds of pressure.

Boiling water canning: Process pints 40 minutes and quarts 45 minutes. For processing above 1,000 feet altitude, see chart above for recommended time.

TOMATO JUICE

Wash ripe, juicy tomatoes. Remove stem ends and cut into pieces. To prevent juice from separating, quickly cut about 1 pound of tomatoes into quarters and put directly into pot. Heat immediately to boiling while crushing. Continue to slowly add and crush freshly cut tomato quarters to the boiling mixture. Make sure the mixture boils constantly and vigorously while adding the remaining tomatoes. Simmer 5 minutes after all pieces are added. If juice separation is not a concern, simply slice or quarter tomatoes into a large pot. Crush, heat, and simmer for 5 minutes before juicing.

Press heated juice through a sieve or food mill to remove skins and seeds. Heat juice again to boiling. Add 1 tablespoon of bottled lemon juice or ¼ teaspoon of citric acid to each pint jar of tomatoes; for quarts, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid to each jar. Add ½ teaspoon salt to each pint jar, 1 teaspoon to each quart jar, if desired. Fill jars with hot tomato juice, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 11 pounds pressure, pints and quarts 15 minutes. For processing above 2,000 feet altitude, see chart on page 11 for recommended pounds of pressure.

Boiling water canning: Process pints 35 minutes and quarts 40 minutes. For processing above 1,000 feet altitude, see chart on page 11 for recommended time.

TOMATO SAUCE

Prepare and press as for making tomato juice (see recipe above). Heat in large pot until the sauce reaches desired consistency. Simmer until volume is reduced by about one-third for thin sauce or by one-half for thick sauce. Add 1 tablespoon of bottled lemon juice or ¼ teaspoon of citric acid to each pint jar of tomatoes; for quarts, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid to each jar. Add ½ teaspoon salt to each pint jar, 1 teaspoon to each quart jar, if desired. Pour hot sauce in clean, hot Mason jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 11 pounds pressure, pints and quarts 15 minutes. For processing above 2,000 feet altitude, see chart on page 11 for recommended pounds of pressure.

Boiling water canning: Process pints 35 minutes and quarts 40 minutes. For processing above 1,000 feet altitude, see chart on page 11 for recommended time.

SALSA

Process salsa using the boiling water method. Refer to page 19 for tested canning recipe.

SPAGHETTI SAUCE WITHOUT MEAT

30	pounds tomatoes	¼	cup brown sugar
1	cup chopped onions	4	tablespoons minced parsley
5	cloves garlic, minced	2	tablespoons oregano
1	cup chopped celery or green pepper	4½	teaspoons salt
1	pound fresh mushrooms, sliced (optional)	2	teaspoons black pepper
¼	cup vegetable oil		

Note: Do not increase the proportion of onions, peppers, or mushrooms.

Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large pot. Put through food mill or sieve. Sauté onions, garlic, celery or peppers, and mushrooms (if desired) in vegetable oil until tender. Combine vegetables, tomatoes, sugar, spices, and salt. Bring to a boil. Simmer uncovered until thick enough for serving. At this time the initial volume will have been reduced by nearly one-half. Stir frequently to avoid burning. Fill jars, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Yield: About 9 pints.

Pressure canning: Process at 11 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 2,000 feet altitude, see chart on page 11 for recommended pressure.

SPAGHETTI SAUCE WITH MEAT

30	pounds tomatoes	¼	cup brown sugar
2½	pounds ground beef or sausage	4	tablespoons minced parsley
5	cloves garlic, minced	2	tablespoons oregano
1	cup chopped onions	4½	teaspoons salt
1	cup chopped celery or green peppers	2	teaspoons black pepper
1	pound fresh mushrooms, sliced (optional)		

Note: Do not increase the proportion of onions, peppers, or mushrooms.

Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large pot. Put through food mill or sieve. Brown the beef or sausage. Add garlic, onion, celery or green pepper, and mushrooms (if desired). Cook until vegetables are tender. Combine with tomato pulp in large pot. Add

sugar, spices, and salt. Bring to a boil. Simmer, uncovered, until thick enough for serving. At this time the initial volume will have been reduced by nearly one-half. Stir frequently to avoid burning. Fill jars, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Yield: About 9 pints.

Pressure canning: Process at 11 pounds pressure, pints 60 minutes and quarts 70 minutes. For processing above 2,000 feet altitude, see chart on page 11 for recommended pressure.

PRESSURE CANNING VEGETABLES

Pressure canning is the only safe method for canning vegetables.

Young, tender, fresh vegetables, slightly immature, are better for canning than those which are overripe. As a rule, vegetables are best if canned immediately after picking, since flavor decreases upon standing and often unpleasant color changes take place. Avoid bruising vegetables because spoilage organisms grow more rapidly on bruised vegetables than on unblemished ones. Wash and prepare garden fresh vegetables as you would for cooking.

To hot pack vegetables, precook in boiling water until heated through. Pack precooked vegetables into clean, hot Mason jars and cover with boiling water. Whenever possible, the precooking water should be used as liquid to cover the vegetables after packing into Mason jars. However, there are a few vegetables, such as greens and asparagus, which make the cooking water bitter and undesirable to use.

To raw pack vegetables, simply place the prepared vegetables into clean, hot Mason jars and cover with boiling water.

When packing vegetables, leave 1-inch headspace in Mason jars.

Foods may be processed with or without salt. If salt is desired, use only canning salt. Table salt contains a filler which may cause cloudiness in bottom of jars. Add ½ teaspoon canning salt to each pint jar, 1 teaspoon to each quart jar, if desired. Follow step-by-step directions beginning on page 4 for canning procedure. Process specific vegetables according to the recipes on the following pages.

When pressure canning at altitudes of 2,000 feet or below, process according to specific recipe. When canning at higher altitudes, process according to the chart below.

Altitude and Pressure Chart for Canning Vegetables

Altitude	Pounds of Pressure for Pints and Quarts
2,001–4,000 ft.	12 pounds
4,001–6,000 ft.	13 pounds
6,001–8,000 ft.	14 pounds

Processing time is the same at all altitudes.

CANNING RECIPES: VEGETABLES

ASPARAGUS

Wash and drain asparagus. Remove tough ends and scales. Rinse. Leave asparagus whole or cut into pieces.

Hot Pack: Cover asparagus with boiling water and boil 2 or 3 minutes. Pack hot asparagus loosely in clean, hot Mason jars, leaving 1-inch headspace.

Raw Pack: Pack raw asparagus tightly in clean, hot Mason jars, leaving 1-inch headspace.

Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 30 minutes and quarts 40 minutes. For processing above 2,000 feet altitude, see chart above for recommended pounds of pressure.

BEANS OR PEAS—DRY

Sort out and discard any discolored seeds. Rehydrate beans or peas using one of the following methods:

- ◆ Place dry beans or peas in a large pot and cover with water. Soak 12–18 hours in a cool place. Then drain.
- ◆ Cover beans with boiling water in a pot. Boil 2 minutes, remove from heat and soak 1 hour. Then drain.

Cover beans soaked by either method with fresh water and boil 30 minutes.

Hot Pack: Fill clean, hot Mason jars with beans or peas and boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds of pressure, pints 75 minutes and quarts 90 minutes. For processing above 2,000 feet altitude, see chart above for recommended pounds of pressure.

BEANS—GREEN, WAX, ITALIAN

Wash young, tender beans thoroughly. Remove stem and blossom ends or any strings. Leave whole or cut into 1-inch pieces.

Hot Pack: Cover beans with boiling water and boil 5 minutes. Pack hot beans loosely in clean, hot Mason jars, leaving 1-inch headspace.

Raw Pack: Pack raw beans tightly in clean, hot Mason jars leaving 1-inch headspace.

Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

BEANS—LIMA, FRESH

Shell and wash young, tender beans thoroughly.

Hot Pack: Cover beans with boiling water and bring to a boil. Boil 3 minutes. Pack hot beans loosely in clean, hot Mason jars, leaving 1-inch headspace.

Raw Pack: Pack raw lima beans loosely in clean, hot Mason jars, leaving 1-inch headspace in pint jars. For quarts, leave 1½-inches headspace if beans are small and 1¼-inches headspace if beans are large.

Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 40 minutes and quarts 50 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

BEETS

Trim tops of young, tender beets, leaving 1 inch of stem and roots to reduce bleeding of color. Wash thoroughly.

Hot Pack: Cover with boiling water and boil 15–25 minutes or until skins slip off easily. Remove skins, stems, and roots. Small beets may be left whole. Cut medium or large beets into ½-inch cubes or slices; halve or quarter very large slices. Pack hot beets in clean, hot Mason jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 30 minutes and quarts 35 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

CARROTS

Wash thoroughly and scrape young, tender carrots. Carrots may be left whole, sliced, or diced.

Hot Pack: Cover carrots with boiling water, bring to a boil, and simmer 5 minutes. Pack hot carrots in clean, hot Mason jars, leaving 1-inch headspace.

Raw Pack: Pack raw carrots tightly in clean, hot Mason jars, leaving 1-inch headspace.

Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 25 minutes and quarts 30 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

CORN—WHOLE KERNEL

Husk and remove silk from young, tender, freshly picked corn; wash ears. Blanch 3 minutes in boiling water. Cut corn from cob at about ¾ the depth of the kernel. Do not scrape cob.

Hot Pack: To each quart of corn, add 1 cup boiling water; heat to boiling and simmer 5 minutes. Pack hot corn loosely in clean, hot Mason jars, leaving 1-inch headspace.

Raw Pack: Pack raw corn loosely in clean, hot Mason jars, leaving 1-inch headspace.

Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 55 minutes and quarts 85 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

GREENS

Sort young, tender, freshly picked greens; discard wilted or tough leaves, stems, and roots. Wash greens thoroughly. Do not raw pack greens.

Hot Pack: Blanch 1 pound of greens at a time, until well wilted (about 3–5 minutes). Pack hot greens loosely in clean, hot Mason jars, leaving 1-inch headspace. Cover with fresh boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 70 minutes and quarts 90 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

MUSHROOMS

Trim stems and discolored parts of mushrooms. Soak mushrooms in cold water for 10 minutes to remove soil. Wash in clean water. Leave small mushrooms whole; cut larger ones in halves or quarters.

Hot Pack: Cover with water in a pot and boil 5 minutes. Pack hot mushrooms in clean, hot Mason jars, leaving 1-inch headspace. For better color, add $\frac{1}{8}$ teaspoon of ascorbic acid per pint. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, half-pints and pints 45 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

OKRA

Wash and trim young, tender okra pods. Remove stem, without cutting into pods if okra is to be canned whole. If desired, slice okra into 1-inch pieces.

Hot Pack: Cover okra with hot water and boil 2 minutes. Pack hot okra in clean, hot Mason jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 25 minutes and quarts 40 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

PEAS—GREEN

Wash and shell young, tender freshly picked green peas. Rinse.

Hot Pack: Cover peas with boiling water and bring to a boil. Boil 2 minutes. Pack hot peas loosely in clean, hot Mason jars, leaving 1-inch headspace. Do not shake or press down.

Raw Pack: Pack peas loosely in clean, hot Mason jars, leaving 1-inch headspace. Do not shake or press down.

Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints and quarts 40 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

PEPPERS—HOT OR SWEET (including bell, chile, jalapeño, and pimiento)

Preparation of Chile Peppers: Cut two or four slits in each pepper and blister using one of the following methods:

- ◆ Oven or broiler method: Place chile peppers in a 400°F oven or broiler for 6–8 minutes until skins blister.
- ◆ Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place chiles on burner for several minutes until skins blister.

Allow peppers to cool. Place in a pan and cover with a damp cloth. After several minutes, peel peppers. Remove stems and seeds.

Preparation of other peppers: Remove stems and seeds; blanch 3 minutes.

Hot Pack: Small peppers may be left whole. Large peppers may be quartered. Pack peppers loosely in clean, hot Mason jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds of pressure, pints 35 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

POTATOES—SWEET

Wash sweet potatoes.

Hot Pack: Boil or steam just until partially soft (15–20 minutes). Remove skins and cut into pieces. **Note:** Do not mash or purée. Pack hot sweet potatoes in clean, hot Mason jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 65 minutes and quarts 90 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

POTATOES—WHITE

Wash, scrape, and rinse new potatoes which are 1–2 inches in diameter. If desired, cut into $\frac{1}{2}$ -inch cubes. Place in ascorbic acid solution (1 teaspoon ascorbic acid to 1 gallon water) to prevent darkening. Drain.

Hot Pack: Cover potatoes with hot water; bring to a boil. Boil whole potatoes for 10 minutes, cubes for 2 minutes. Pack hot potatoes in clean, hot Mason jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 35 minutes and quarts 40 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

PUMPKIN AND WINTER SQUASH

Wash and remove seeds. Cut into 1-inch slices and peel. Cut flesh into 1-inch cubes.

Hot Pack: Boil 2 minutes in water. **Note:** Do not mash or purée. Pack hot squash cubes loosely in clean, hot Mason jars, leaving 1-inch headspace. Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 55 minutes and quarts 90 minutes. For processing above 2,000 feet altitude, see chart on page 13 for recommended pounds of pressure.

PRESSURE CANNING MEAT

Pressure canning is the only safe method for canning meat.

All meat should be handled carefully to avoid contamination from the time of slaughtering until the products are canned. Animals should be correctly slaughtered and canned promptly or kept under refrigeration until processed. If you slaughter your own meat, contact your local county agricultural agent for complete information on slaughtering, chilling, and aging the meat. Keep meat as cool as possible during preparation for canning, handle rapidly, and process meat as soon as it is packed. Most meats need only be wiped with a damp cloth. Use lean meat for canning; remove most of the fat. Cut off gristle and remove large bones. Cut into pieces convenient for canning.

To prepare broth, place bony pieces in pot and cover with cold water. Simmer until meat is tender. Discard fat. Add boiling broth to jars packed with precooked meat and poultry. Meat should not be browned with flour nor should flour be used in the broth to make gravy for pouring over the packed meat. Pack hot meat loosely, leaving 1-inch headspace in Mason jars. Meats may be processed with or without salt. If salt is desired, use only canning salt. Table salt contains a filler which may cause cloudiness in bottom of jar. Use ½ teaspoon salt to each pint, 1 teaspoon to each quart. More or less salt may be added to suit individual taste.

Follow step-by-step directions beginning on page 4 for canning procedure. Process meats according to the recipes below.

When pressure canning at altitudes of 2,000 feet or below, process according to specific recipe. When canning at higher altitudes, process according to the following chart.

Altitude and Pressure Chart for Canning Meat, Poultry, Fish, Seafood, and Soup

Altitude	Pounds of Pressure for Pints and Quarts
2,001–4,000 ft.	12 pounds
4,001–6,000 ft.	13 pounds
6,001–8,000 ft.	14 pounds

Processing time is the same at all altitudes.

CANNING RECIPES: MEAT

CUT-UP MEAT (strips, cubes, or chunks) Bear, Beef, Pork, Lamb, Veal, and Venison

Remove excess fat. Soak strong-flavored wild meats for 1 hour in brine water containing 1 tablespoon of salt per quart of water. Rinse. Remove large bones and cut into desired pieces.

Hot Pack: Precook meat until rare by broiling, boiling, or frying. Pack hot meat loosely in clean, hot Mason jars, leaving 1-inch headspace. Cover meat with boiling broth, water, or tomato juice (especially with wild game), leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Fill jars with raw meat pieces, leaving 1-inch headspace. **DO NOT ADD LIQUID.** Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 75 minutes and quarts 90 minutes. For processing above 2,000 feet altitude, see chart above for recommended pounds of pressure.

GROUND MEAT Bear, Beef, Pork, Lamb, Veal, and Venison

With venison, add one part high quality pork fat to three or four parts venison before grinding. Use freshly made sausage, seasoned with salt and cayenne pepper (sage may cause a bitter off-flavor). Add 1 teaspoon salt to each pound of ground meat if desired. Mix well. Shape meat into patties or balls or cut cased sausage into 3- to 4-inch links. Cook until lightly browned. Ground meat may be sautéed without shaping. Remove excess fat. Fill jars with pieces, leaving 1-inch headspace. Cover meat with boiling broth or water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 75 minutes and quarts 90 minutes. For processing above 2,000 feet altitude, see chart above for recommended pounds of pressure.

PRESSURE CANNING POULTRY

Pressure canning is the only safe method for canning poultry.

Cut poultry into convenient pieces for packing and precook until medium done or until pieces, when cut, show almost no pink color at the bone. Precook by boiling in water or in a concentrated broth for more flavor. Make broth from bones and bony pieces, neck, back, and wing tips. Pack hot meat in clean, hot Mason jars, leaving 1¼-inches headspace. Do not pack food tightly. Poultry may be processed with or without salt. If salt is desired, use only canning salt. Table salt contains a filler which may cause cloudiness in bottom of jar. Use ½ teaspoon salt to each pint, 1 teaspoon to each quart.

Follow step-by-step directions beginning on page 4 for canning procedure. Process poultry according to the recipes below.

CANNING RECIPES: POULTRY

CHICKEN, DUCK, GOOSE, TURKEY

Cut poultry into serving size pieces. If desired, remove bone.

Hot Pack: Boil, steam, or bake meat until about two-thirds done. Fill jars with pieces and hot broth, leaving 1¼-inches headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Fill jars loosely with raw meat pieces, leaving 1¼-inches headspace. **DO NOT ADD LIQUID.** Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure	<u>With Bone</u>	<u>Without Bone</u>
Pints	65 minutes	75 minutes
Quarts	75 minutes	90 minutes

For processing above 2,000 feet altitude, see chart on page 16 for recommended pounds of pressure.

RABBIT

Soak dressed rabbits 1 hour in water containing 1 tablespoon of salt per quart. Rinse. Use preparation procedures and processing times for poultry, omitting salt.

PRESSURE CANNING FISH AND SEAFOOD

Pressure canning is the only safe method for canning fish and seafood.

Only fresh fish should be canned and these should be bled and thoroughly cleaned of all viscera and membranes when caught, or as soon as possible. Canning should be restricted to proven varieties where it is definitely known that a product of good quality may be obtained.

Follow step-by-step directions beginning on page 4 for canning procedure. Process fish and seafood according to the following recipes.

CANNING RECIPES: FISH AND SEAFOOD

CLAMS—WHOLE OR MINCED

Keep clams on ice until ready to can. Scrub shells thoroughly and rinse.

Hot Pack: Steam 5 minutes and open. Remove clam meat. Collect and save clam juice. Wash clam meat in salted water using 1 teaspoon of salt for each quart of water. Rinse. In a pot, cover clam meat with boiling water containing 2 tablespoons of lemon juice or ½ teaspoon of citric acid per gallon. Boil 2 minutes and drain. To make minced clams, grind clams with a meat grinder or food processor. Fill jars loosely with pieces, leaving 1-inch headspace. Add hot clam juice and boiling water, if needed, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, half-pints 60 minutes and pints 70 minutes. For processing above 2,000 feet altitude, see chart on page 16 for recommended pounds of pressure.

FISH—GENERAL METHOD

For all fish except tuna. Clean fish thoroughly; fillet large fish or leave small pan fish whole. Cut into container length pieces. Add ½ teaspoon canning salt to each pint jar, if desired. Pack with skin side of fish to the outside of the Mason jar, leaving 1-inch headspace. **DO NOT ADD LIQUID.** Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 100 minutes. For processing above 2,000 feet altitude, see chart on page 16 for recommended pounds of pressure.

TUNA

Remove viscera and clean fish thoroughly.

Hot Pack: Place fish belly side down on a rack in the bottom of a large baking pan. Precook fish at 350°F for 1 hour. Refrigerate cooked fish overnight to firm the meat. Remove skin. Cut meat away from bones; cut out and discard bone, fin bases, and dark flesh. Quarter the pieces; cut quarters crosswise into lengths suitable for half-pint or pint jars. Add ¼ teaspoon canning salt to each half-pint jar, ½ teaspoon to each pint jar, if desired. Pack jars, pressing down gently to make a solid pack. Add hot water or oil to jars, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Remove skin. Separate the meat into quarters by cutting the meat away from bones. Cut out and discard bone, fin bases, and dark flesh. Cut quarters crosswise into lengths suitable for half-pint or pint jars. Add ¼ teaspoon canning salt to each half-pint jar, ½ teaspoon to each pint jar, if desired. Pack jars, pressing down gently to make a solid pack. Leave 1-inch headspace. Do not add liquid. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, half-pints and pints 100 minutes. For processing above 2,000 feet altitude, see chart on page 16 for recommended pounds of pressure.

PRESSURE CANNING SOUPS

Pressure canning is the only safe method for canning soups.

Soup or soup stock is quickly and easily canned. Soup should always be cooked ready for serving, then poured into clean, hot Mason jars, leaving 1-inch headspace. Generally, vegetable soups are more satisfactory if the stock and vegetables are canned separately and combined at the time of serving.

Follow step-by-step directions beginning on page 4 for canning procedure. Process soups according to the following recipes.

CANNING RECIPES: SOUP

BEEF STOCK

Saw or crack fresh trimmed beef bones to enhance extraction of flavor. Rinse bones and place in a large pot, cover bones with water, and simmer 3–4 hours. Remove bones. Cool broth; skim off and discard fat. Remove bits of meat from bones and add to broth, if desired. Reheat broth to boiling. Fill jars, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 2,000 feet altitude, see chart on page 16 for recommended pounds of pressure.

CHICKEN STOCK

Place large carcass bones in a large pot; add enough water to cover bones. Cover and simmer 30–45 minutes or until meat can be easily removed from bones. Remove bones. Cool broth; skim off and discard fat. Remove bits of meat from bones and add to broth, if desired. Reheat broth to boiling. Fill jars, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 11 pounds pressure, pints 20 minutes and quarts 25 minutes. For processing above 2,000 feet altitude, see chart on page 16 for recommended pounds of pressure.

HOW TO CAN FOODS USING BOILING WATER METHOD

Note: Your 16-quart canner can be used as a boiling water canner for half-pint and pint jars only. It is not tall enough to allow adequate space for quart jars.

1. Place cooking/canning rack on bottom of canner. Fill canner halfway with water.
2. Remove overpressure plug and pressure regulator from canner cover and set aside.
3. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods.
4. Use jar lifter to place filled jars, with lids and bands fastened according to manufacturer's directions, on cooking/canning rack in canner.
5. Check the water level. Add more boiling water, if needed, so the water level is at least 1 inch above jar tops.
6. Look through the vent pipe on the canner cover to be certain it is clear before placing cover on canner. To clean the vent pipe, draw a pipe cleaner or small brush through the opening; see Fig. F and Fig. G on page 5.
7. Place the cover on the canner, aligning the **V** mark on the cover with the **A** mark on the body handle. Lock securely by turning in the direction indicated to close the cover (clockwise). **The cover handles must be above the body handles. Do not force beyond this position.**

8. Turn heat on stove to its highest setting until water boils vigorously.
9. Set a timer for the minutes required for processing the food based on tested canning recipe.
10. Lower the heat setting to maintain a gentle boil throughout processing.
11. Add more boiling water, if needed, to keep the water level above the jars.
12. When jars have been processed for the recommended time, turn off the heat and remove the canner cover. Let canner cool for 5 minutes.
13. Using a jar lifter, remove jars by lifting them straight up. Be careful not to tilt them, which causes liquid to siphon from jars. Place jars upright on a towel or cooling rack. Be sure to leave at least a 1-inch space between jars during cooling.
14. Allow jars to cool naturally 12–24 hours before checking for a seal. Do not retighten bands.

CANNING RECIPES: BOILING WATER METHOD

The recipes below and on page 20 are safely canned by the boiling water method. **DO NOT PRESSURE CAN THESE RECIPES** because the food quality would be unacceptable.

Important: Jars used for the three preserve recipes (marked with a ♦) will need to be sterilized because the processing time is less than 10 minutes. To sterilize the jars, boil them for 10 minutes. If you live at an altitude of 1,000 feet or more, boil an additional minute for each 1,000-foot increase in altitude. If preferred, instead of sterilizing the jars, you can increase the processing time to 10 minutes. The additional processing time is not harmful to most gels.

Reminder: If your altitude is above 1,000 feet, the processing time needs adjustment.

TOMATO SALSA

7 quarts peeled, cored, chopped paste or plum tomatoes*	2 tablespoons salt
5 cups chopped onion	1 tablespoon black pepper
4 cups seeded, chopped long green chiles	Optional ingredients:
½ cup seeded, finely chopped jalapeño peppers	3 tablespoons oregano leaves
6 cloves garlic, finely chopped	2 tablespoons ground cumin
2 cups bottled lemon or lime juice	2 tablespoons fresh cilantro

*This recipe works best with paste tomatoes. Slicing tomatoes require a much longer initial cooking time to achieve a desirable consistency.

CAUTION! Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

The jalapeño peppers do not need to be peeled. The skin of the long green chiles may be tough. If you choose to peel chiles, wash and dry them and then slit each pepper along the side to allow steam to escape. Blister skins by placing peppers in a hot oven (400°F) or under a broiler for 6–8 minutes until skins blister. After blistering skins, place peppers in a pan and cover with a damp cloth. Cool several minutes; peel off skins. Discard seeds and chop.

Wash the tomatoes and dip them in boiling water for 30–60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Combine all ingredients except oregano, cumin, and cilantro in a large pot and bring to a boil, stirring frequently, then reduce heat and simmer 10 minutes. Add oregano, cumin, and cilantro, if desired, and simmer for another 20 minutes, stirring occasionally.

Ladle hot salsa into hot jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids. Process pints 15 minutes.

Yield: 16–18 pints

QUICK FRESH-PACK DILL PICKLES

8 pounds 3- to 5-inch pickling cucumbers	2 tablespoons whole mixed pickling spice
2 gallons water	3 tablespoons whole mustard seed (1 teaspoon per pint jar)
1¼ cups canning or pickling salt (divided)	14 heads of fresh dill (1½ heads per pint jar) OR
1½ quarts vinegar (5% acidity)	4½ tablespoons dill seed (1½ teaspoons per pint jar)
¼ cup sugar	
2 quarts water	

Wash cucumbers. Cut ¼-inch slice off blossom end and discard, but leave ¼-inch of stem attached. Dissolve ¾ cup salt in 2 gallons water. Pour over cucumbers and let stand 12 hours. Drain. In a large pot combine vinegar, ½ cup salt, sugar, and 2 quarts water. Add mixed pickling spices tied in a clean, white cloth. Heat to boiling. Fill hot jars with cucumbers. Add 1 teaspoon mustard seed and 1½ heads fresh dill per pint. Cover with boiling pickling liquid, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids. Process pints 10 minutes and quarts 15 minutes.

Yield: 7–9 pints

APPLE BUTTER ♦

Use Jonathan, Winesap, Stayman, Golden Delicious, McIntosh, or other tasty apple varieties for good results.

8 pounds apples	2½ cups packed brown sugar
2 cups apple cider	2 tablespoons ground cinnamon
2 cups vinegar	1 tablespoon ground cloves
2¼ cups white sugar	

Wash apples. Remove the stems, quarter, and core fruit. Cook apples slowly in apple cider and vinegar until soft. Press fruit through a colander, food mill, or strainer. Cook fruit pulp with sugar and spices, stirring frequently. To test for doneness, remove a spoonful and hold it away from steam for 2 minutes. It is done if the butter remains mounded on the spoon. Another way to determine when the butter is cooked adequately is to spoon a small quantity onto a plate. When a rim of liquid does not separate around the edge of the butter, it is ready for canning. Ladle hot butter into hot jars, leaving ¼-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids. Process half-pints and pints 5 minutes.

Yield: 8–9 pints

Apple Butter recipe adapted from the “Complete Guide to Home Canning,” Agriculture Information Bulletin No. 539, USDA, revised 2009. National Center for Home Food Preservation.

RHUBARB STRAWBERRY JAM ♦

1 cup cooked red-stalked rhubarb (about 1 pound rhubarb and ¼ cup water)	6½ cups sugar
2½ cups crushed strawberries (about 1½ quarts)	1 pouch liquid pectin

To prepare fruit: Wash rhubarb and slice thin or chop; do not peel. Add water, cover, and simmer until rhubarb is tender, about 1 minute. Sort and wash fully ripe strawberries; remove stems and caps. Crush berries.

To make jam: Measure the prepared rhubarb and strawberries into a large pot. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Boil hard for 1 minute, stirring constantly. Remove from heat and stir in pectin. Skim foam, if necessary. Immediately ladle hot jam into hot jars, leaving ¼-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids. Process half-pints and pints 5 minutes.

Yield: 7–8 half-pints

GRAPE JELLY ♦

5 cups grape juice (about 3½ pounds grapes and about 1 cup water)	1 package powdered pectin
	7 cups sugar

To prepare juice: Sort, wash, and remove stems from fully ripe grapes. In a large pot, crush about 3½ pounds of grapes and add just enough water to cover grapes, about 1 cup. Cover and bring to boil on high heat. Reduce heat and simmer for 10 minutes. Pour contents of pot into a damp jelly bag and suspend the bag to drain the juice into a large bowl. Allow juice to drain undisturbed overnight in a cool place. Strain through two thicknesses of damp cheesecloth to remove any crystals that have formed.

To make jelly: In a large pot combine juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; skim off foam quickly. Immediately ladle hot jelly into hot jars, leaving ¼-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids. Process half-pints and pints 5 minutes.

Yield: 8 half-pints

Rhubarb Strawberry Jam and Grape Jelly adapted from “How to Make Jellies, Jams, and Preserves at Home,” Home and Garden Bulletin No. 56. Extension Service, United States Department of Agriculture. National Center for Home Preservation, June 2005.

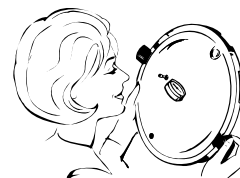
For boiling water canning information for fruits and tomatoes, refer to pages 8–13.

HOW TO PRESSURE COOK FOODS IN YOUR PRESSURE CANNER

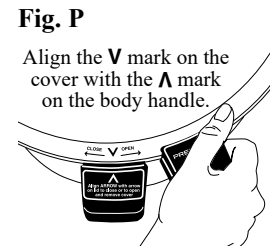
To assure the very best results every time, carefully follow these step-by-step instructions for pressure cooking. You may find it helpful to refer back to the parts diagrams on pages 2–3.

1. Prepare ingredients according to the directions in the pressure cooking recipe you have selected. Pour liquid into the canner body, as specified in the recipe or timetable. This liquid is usually water. However, some recipes will call for other liquids, such as broth, juice, or wine.
2. Place the cooking rack into the canner, if called for in the recipe (see helpful hints on page 22 for guidance on when to use).
3. **Important:** Look through the vent pipe to make certain that it is clear (Fig. O) before closing the cover. See safety information on page 21.

Fig. O



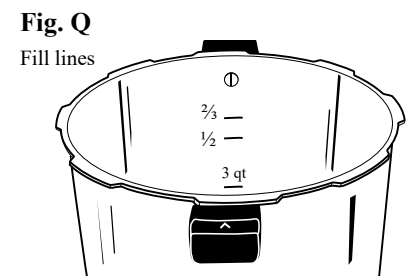
4. Place cover on canner, aligning the **V** mark on the cover with the **A** mark (Fig. P) on the body handle. Press down on the cover handles to compress the sealing ring and turn the cover in the direction indicated to close (clockwise) until cover handles are above body handles. Do not rotate the cover beyond this point.
5. Place pressure regulator on vent pipe. Using a high heat setting on your stove, heat the canner until the pressure regulator begins to rock.
6. Cooking time begins when the pressure gauge registers 15 pounds pressure. Adjust heat to maintain 15 pounds pressure on the pressure dial gauge to prevent excess steam from escaping. If the pressure regulator begins to rock before 15 pounds pressure is reached on the pressure dial gauge, lower heat to maintain a slow, steady rocking motion of the pressure regulator and cook at this pressure.
7. Cook for the length of time specified in the recipe or cooking chart. When the cooking time is complete, turn off the gas burner or remove the canner from the electric burner. **NOTICE:** Lift the pressure canner to remove it from the burner. Sliding cookware can leave scratches on the stovetop.
8. Reduce pressure according to recipe.
If the recipe states “let pressure drop of its own accord,” set the canner aside to cool until pressure is completely reduced.
If the recipe states “cool canner at once,” cool the pressure canner under a running water faucet or pour cold water over it.
NOTICE: Do not set hot canner directly on bottom of a molded sink as it could damage the sink. Instead, place canner on a cooling rack in sink.
Pressure is completely reduced when the air vent/cover lock has dropped. Do not use the pressure dial gauge as an indicator of when pressure is completely reduced. If the air vent/cover lock remains in its raised position, there is still pressure inside the pressure canner. Continue to cool until the air vent/cover lock drops.
9. After pressure has been completely reduced, remove pressure regulator. **Always remove the regulator before opening the cover.**
10. To open the cover, turn it counterclockwise until the **A** mark on the body handle aligns with the **V** mark on the cover. Then, lift the cover toward you to keep any steam away from you. **CAUTION!** If the cover turns hard, there may still be some pressure in the canner. **Do not force the cover off.** Cool the canner until the body is cool enough for the cover to be removed easily.
11. Remove food and serve.



IMPORTANT SAFETY INFORMATION

Cooking under pressure enables you to prepare food both quickly and deliciously. If used properly, your pressure canner is one of the safest appliances in your kitchen. To ensure safe operation, make sure you always observe the following simple rules whenever you use the pressure canner:

1. **Never overfill the pressure canner.** The pressure regulator is designed to maintain cooking pressure at a safe level. It relieves excess pressure through the vent pipe as it rocks back and forth. Many foods tend to expand when cooked. If the canner is overfilled, the expansion of food may cause the vent pipe to become blocked or clogged. If the vent pipe becomes blocked, it cannot relieve excess pressure.
There are a few foods, such as rice, grains, dry beans and peas, and soups, which expand so much or foam and froth while cooking that the canner should never be filled above the $\frac{1}{2}$ fill line. For other foods, never fill the canner above the $\frac{2}{3}$ fill line.
For your convenience, both the $\frac{2}{3}$ and $\frac{1}{2}$ full levels are marked by indentations on the side of the pressure canner body (Fig. Q). The top marking indicates the $\frac{2}{3}$ full level and the middle marking the $\frac{1}{2}$ full level. (The lowest marking is the 3-quart water level marking used for pressure canning.) In addition, in each section of the recipes you will find instructions on the maximum fill level for each type of food.
2. **Always add cooking liquid.** If an empty pressure canner is left on a hot burner or if a canner boils dry and is left on a heated burner, the canner will overheat excessively causing possible discoloration and/or warping of the canner.
3. **Always look through the vent pipe before using the canner to make sure it is clear.** If the vent pipe is blocked, it cannot function as it should and thus cannot relieve excess pressure. Pressure may then build to unsafe levels. To clean the vent pipe, draw a pipe cleaner or small brush through the opening, as shown in Fig. F on page 5, and clean the vent pipe nut as shown in Fig. G.
4. **Always fully close the pressure canner.** The canner is fully closed when the cover handles are above the body handles. Your pressure canner has specially designed lugs on the cover and body which lock the cover in place when the canner is fully closed. However, if the canner is not fully closed, the lugs cannot lock the cover onto the body. It's possible that pressure could build inside the canner and cause the cover to come off and result in bodily injury or property damage. Always be sure the cover handles are above the body handles. Do not turn past handle alignment.



5. **WARNING! Never open the canner when it contains pressure.** The air vent/cover lock provides a visual indication of pressure inside the canner. When it is up, there is pressure. When it is down, there is no pressure in the canner and it can be opened. If the pressure canner is opened before all of the pressure is released, the contents of the canner will erupt and could cause bodily injury or property damage.
6. **Replace the overpressure plug if it is hard, deformed, cracked, worn, or pitted, or when replacing the sealing ring. Replace the sealing ring if it becomes hard, deformed, cracked, worn, pitted, or soft and sticky.** The overpressure plug is a secondary pressure relief valve which is designed to relieve excess pressure by releasing from the canner cover in the event that the vent pipe becomes blocked.

The overpressure plug is made of rubber, and when new, is soft and pliable. Over time, depending on the frequency and type of use, rubber becomes hard and inflexible. When hard and inflexible, the overpressure plug loses its ability to act as a secondary pressure relief valve. It should be replaced immediately.

Should the overpressure plug ever be forced out of the cover due to excess pressure while cooking, it is important to call the Presto Customer Service Department at 1-800-877-0441. **Do not attempt to use the released overpressure plug.**
7. **Always follow special procedures found in the instruction book when pressure cooking dry beans and peas.** During cooking, dry beans and peas tend to froth and foam which could cause the vent pipe to become blocked. Therefore, dry beans and peas need to be soaked and cooked according to instructions on page 28. Using this method will help to minimize foam during cooking.
8. **Never pressure cook applesauce, cranberries, rhubarb, cereals, pasta, split peas, dried soup mixes, or dry beans and peas which are not listed in the timetable on page 29.** These foods expand so much as a result of foaming and frothing that they should never be cooked under pressure.

HELPFUL HINTS FOR PRESSURE COOKING

- ◆ Your favorite recipes may be adjusted for cooking in the canner by following the general directions in this book for the particular type of food being cooked. Decrease the length of cooking time by two-thirds, since pressure cooking is much faster than ordinary cooking methods. Because there is little evaporation from the canner, the amount of liquid should be decreased. Add about 2 cups more liquid than desired in the finished product. There must always be water or some other liquid in the bottom of the canner to form the necessary steam.
- ◆ Use the cooking rack when it is desirable to cook foods out of the cooking liquid. When foods are pressure cooked out of the liquid, flavors will not intermingle. Therefore, it is possible to cook several foods at once, as long as they have similar cooking times. If it is desirable to blend flavors, do not use the cooking rack.
- ◆ When the body of your canner is heated, the metal expands. Therefore, it may be difficult to close the cover on a heated body. When this happens, allow canner to cool slightly.
- ◆ Foods are quickly cooked in the canner. Therefore, to prevent overcooking, it is important to accurately time the cooking period.
- ◆ If your cooked food has more liquid than you desire, simmer to evaporate excess liquid.
- ◆ When pressure cooking at high altitudes, the cooking time needs to be increased 5% for every 1,000 feet above the first 2,000 feet. Following this rule, the time would be increased as follows:

3,000 ft. ... 5%	4,000 ft. ... 10%	5,000 ft. ... 15%	6,000 ft. ... 20%	7,000 ft. ... 25%	8,000 ft. ... 30%
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- ◆ If you have questions on recipes or timetables write to: Test Kitchen, National Presto Industries, Inc., 3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703, phone 1-800-368-2194. You may also contact us at our website www.gopresto.com. Inquiries will be answered promptly by letter, phone, or email.

PRESSURE COOKING MEAT

Savory, tender meat is easily prepared in the canner. An important step is to sear meat to a crispy brown on all sides to seal in natural juices. Meat recipes are cooked at 15 pounds pressure. Cooking time depends on the amount and distribution of fat and bone, toughness, size and thickness of cut, grade and cut of meat, and the manner in which the meat fits into the canner. Rolled roasts require a longer cooking time per pound than roasts with bone. Short, chunky roasts take longer to cook than long, flat roasts. Because of the difference in thickness, a small, thick roast requires a longer cooking time per pound than a heavier, flat roast.

After pressure cooking time is complete, serving size pieces of meat may be quick cooled. However, when cooking a roast cut of meat, pressure must drop of its own accord to be sure that pressure is reduced both within the roast and the canner. If gravy is desired, stir 2-4 tablespoons of flour or cornstarch into ½ cup cold water. Heat liquid in canner and stir in flour mixture. Heat to boiling, stir constantly for 1 minute or until thickened. Season with salt and pepper.

DO NOT FILL CANNER OVER $\frac{2}{3}$ FULL!

These recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: MEAT

BEEF POT ROAST

- | | |
|--------------------------------------|------------------|
| 9 pounds beef shoulder or rump roast | Salt and pepper |
| 3 tablespoons vegetable oil | 2 onions, sliced |
| 4 cups water | 2 bay leaves |

Heat oil in canner over medium heat. Brown roast well on all sides; remove roast. Pour water into canner. Place cooking rack and roast in canner. Season roast with salt and pepper. Add onions and bay leaves. Close cover securely. Place pressure regulator on vent pipe and COOK 45 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

ITALIAN BEEF

- | | |
|------------------------------|----------------------------------|
| 9 pounds rump or chuck roast | 3 bay leaves |
| 3 tablespoons vegetable oil | 1 tablespoon salt, or as desired |
| 3 onions, chopped | 3 cans (6 ounces) tomato paste |
| 2 cups diced celery | 2 cans (10½ ounces) beef broth |
| 3 carrots, chopped | 1½ cups red wine |
| 2 cups sliced mushrooms | |

Heat oil in canner over medium heat. Brown roast well on all sides. Add vegetables, bay leaves, and salt. Blend tomato paste with broth and wine. Pour over meat. Close cover securely. Place pressure regulator on vent pipe and COOK 35 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Thicken gravy, if desired.

15–18 servings

BRAISED BEEF

- | | |
|---|----------------------|
| 9 pounds boneless beef, round or rump roast | 1 cup diced turnips |
| 3 tablespoons vegetable oil | 1 cup diced carrots |
| Salt and pepper | 3 onions, chopped |
| 4 cups water | 1 cup chopped celery |

Heat oil in canner over medium heat. Brown roast well on all sides. Season roast with salt and pepper. Add water and vegetables. Close cover securely. Place pressure regulator on vent pipe and COOK 40 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

SWISS STEAK

- | | |
|---|-------------------------|
| 12 pounds round steak, 1 inch thick,
cut into serving pieces | 2 onions, chopped |
| 3 tablespoons vegetable oil | 1 green pepper, chopped |
| Salt and pepper | 4 cups tomato juice |

Heat oil in canner over medium heat. Brown meat on both sides. Add remaining ingredients. Close cover securely. Place the pressure regulator on the vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

24 servings

SHORT RIBS OF BEEF

- | | |
|--|----------------------------------|
| 10 pounds beef short ribs, cut into serving pieces | 2 cups tomatoes |
| 3 tablespoons vegetable oil | 1 tablespoon salt, or as desired |
| 3 onions, chopped | 1 teaspoon pepper |
| 1 cup chopped celery | 4 cups water |
| 1 green pepper, chopped | |

Heat oil in canner over medium heat. Brown ribs on all sides. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and COOK 40 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

CORNERED BEEF

- | | |
|-----------------------|-----------------|
| 12 pounds corned beef | 3 cloves garlic |
| 4 cups water | 3 bay leaves |

Cut garlic cloves in small pieces and insert in beef with a sharp knife. Place meat and water in canner. Add bay leaves. Close the cover securely. Place pressure regulator on vent pipe and COOK 40–50 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

20–24 servings

BRAISED VEAL

9 pounds veal roast	1 tablespoon salt, or as desired
3 tablespoons vegetable oil	¼ teaspoon thyme
1 onion, minced	4 cups water

Heat oil in canner over medium heat. Brown meat well on all sides. Place cooking rack and roast in canner. Add onion, seasonings, and water. Close cover securely. Place pressure regulator on vent pipe and COOK 45 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

BOILED HAM

12 pounds ham	5 cups water
---------------	--------------

Place ham and water in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 70 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

20–24 servings

VIRGINIA HAM

10 pounds ham	1½ cups brown sugar
4 cups water	Cloves

Place ham on cooking rack in canner. Add water. Close cover securely. Place pressure regulator on vent pipe and COOK 60 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Remove ham. Sprinkle with sugar and dot with cloves. Brown in a hot oven.

15–18 servings

PORK ROAST

6 pounds pork roast	2 onions, sliced
2 tablespoons vegetable oil	4 cups water
Salt and pepper	

Heat oil in canner over medium heat. Brown roast well on all sides. Season with salt, pepper, and sliced onion; add water. Close cover securely. Place pressure regulator on vent pipe and COOK 60 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

SPARERIBS WITH BARBECUE SAUCE

10 pounds spareribs, cut into serving pieces	1 cup vinegar
Salt and pepper	2 tablespoons Worcestershire sauce
Paprika	1 teaspoon chili powder
3 tablespoons vegetable oil	1 teaspoon celery seed
4 onions, sliced	1 cup water
2 cups ketchup	

Season spareribs with salt, pepper, and paprika. Heat oil in canner over medium heat. Brown ribs on all sides. Add onion. Combine ketchup, vinegar, Worcestershire sauce, chili powder, celery seed, and water; pour over meat in canner. Close cover securely. Place the pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

PRESSURE COOKING ENTRÉES

Try these suggested entrées and then experiment with entrées of your own. Entrée recipes are cooked at 15 pounds pressure. Always remember to select foods that cook in the same length of time. Favorite recipes may be adjusted to pressure cooking by following the general directions for the particular type of food being cooked. Decrease the length of cooking time by two-thirds, since pressure cooking requires only one-third as much time as ordinary methods of cooking. Decrease the amount of liquid as there is little evaporation from the canner. Add about 2 cups more liquid than desired in the finished product.

DO NOT FILL CANNER OVER $\frac{2}{3}$ FULL!

These recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: ENTRÉES

SPAGHETTI MEAT SAUCE

- | | |
|----------------------------------|---------------------------------------|
| 6 pounds ground beef | 3 quarts tomato juice |
| 4 onions, chopped | 3 cans (12 ounces) tomato paste |
| 2 cups chopped celery | $\frac{1}{4}$ cup sugar |
| 2 green peppers, diced | 2 tablespoons oregano |
| 4 cloves garlic, minced | $\frac{1}{2}$ teaspoon cayenne pepper |
| 1 tablespoon salt, or as desired | |

Heat canner and brown beef. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Serve sauce over spaghetti and sprinkle with Parmesan cheese.
20–24 servings

BEEF GOULASH

- | | |
|---|--------------------------------|
| 6 pounds chuck roast, cut into 2-inch cubes | 8 onions, chopped |
| 3 tablespoons vegetable oil | 4 garlic cloves, minced |
| Salt and pepper | 16 allspice corns |
| $1\frac{1}{2}$ teaspoons paprika | 2 cans (6 ounces) tomato paste |
| 4 cups water | 12 potatoes |

Heat oil in canner over medium heat and brown meat. Season with salt, pepper, and paprika. Add water, onions, garlic, allspice corns, and tomato paste. Place potatoes around meat. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.
12–15 servings

MEAT CABBAGE ROLLS

- | | |
|----------------------------------|-------------------------------|
| 2 large heads cabbage | 3 cups cooked rice |
| Hot water | 3 cups milk |
| 3 pounds ground beef | $\frac{1}{3}$ cup brown sugar |
| 1 tablespoon salt, or as desired | 4 cups water |
| $\frac{3}{4}$ teaspoon pepper | |

Dip cabbage leaves in hot water. Dry leaves on towel. Combine meat, salt, pepper, cooked rice, and milk. Place a tablespoon of meat mixture onto each leaf; roll leaf around meat and fasten with toothpick. Place cooking rack and cabbage rolls in canner. Sprinkle with brown sugar and add water. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.
12–15 servings

BEEF STEW

- | | |
|--------------------------------------|-------------------------|
| 4 pounds beef, cut into 1-inch cubes | 3 cups tomatoes |
| 3 tablespoons vegetable oil | Salt and pepper |
| 12 potatoes, halved | 2 cups water |
| 4 onions, sliced | ***** |
| 12 carrots, halved | 3 tablespoons flour |
| 3 cups green beans | $\frac{3}{4}$ cup water |

Heat oil in canner over medium heat and brown meat. Add potatoes, onions, carrots, green beans, and tomatoes. Season with salt and pepper, as desired. Add water. Close cover securely. Place the pressure regulator on the vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Make a paste of flour and $\frac{3}{4}$ cup water and stir into stew to thicken.
15–18 servings

CHILI CON CARNE

6 pounds ground beef	2 tablespoons chili powder
4 onions, chopped	1 tablespoon salt, or as desired
2 green peppers, chopped	½ teaspoon cayenne pepper
2 cloves garlic, minced	2 cups water
3 cans (16 ounces) tomatoes	*****
1 can (16 ounces) tomato sauce	3 cans (16 ounces) kidney beans, drained and rinsed

Heat canner and brown beef. Add onions, green pepper, and garlic and brown lightly. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Stir in kidney beans and heat through.

18–20 servings

PORK CHOPS WITH VEGETABLES

15 pork chops, ¾ inch thick	15 potatoes
3 tablespoons vegetable oil	15 carrots
Salt and pepper	2 cups water

Heat oil in canner over medium heat. Brown pork chops on both sides. Season with salt and pepper. Add potatoes, carrots, and water. Close cover securely. Place pressure regulator on vent pipe and COOK 10–12 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15 servings

SPARERIBS AND SAUERKRAUT

6 pounds spareribs, cut into serving pieces	3 quarts sauerkraut
3 tablespoons vegetable oil	3 tablespoons brown sugar
Salt and pepper	4 cups water

Heat oil in canner over medium heat. Brown ribs on both sides. Season with salt and pepper. Place sauerkraut over ribs and sprinkle with brown sugar. Add water. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

PORK HOCKS WITH SAUERKRAUT AND POTATOES

9 pounds pork hocks	2 quarts sauerkraut
4 cups water	12 potatoes, halved
½ teaspoon pepper	2 onions, chopped

Place hocks, water, and pepper in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 45 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Add sauerkraut, potatoes, and onions. Close cover securely. Place the pressure regulator on the vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

NEW ENGLAND BOILED DINNER

4 pounds ham shank	12 carrots, halved
4 cups water	1 cabbage, cut in wedges
12 potatoes, halved	½ teaspoon pepper
12 onions, halved	

Place ham and water in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Add vegetables and pepper. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

LAMB STEW

6 pounds breast of lamb, cut into 1-inch cubes	8 onions, diced
3 tablespoons vegetable oil	3 green peppers, diced
Salt and pepper	2 tablespoons Worcestershire sauce
12 carrots, cut in halves	3 cups water

Heat oil in canner over medium heat. Brown lamb well on all sides. Season with salt and pepper. Add carrots, onions, green peppers, Worcestershire sauce, and water. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

PRESSURE COOKING POULTRY

Poultry recipes are cooked at 15 pounds pressure. Try the following suggested recipes and enjoy tasty poultry in a variety of sauces. Or, prepare your own favorite poultry dishes. When you wish to seal the natural juices into the poultry, sear to a crispy brown prior to pressure cooking. When it is desirable to intermingle food flavors during cooking, it is best not to brown poultry; just cook it in the liquid indicated in the recipe.

DO NOT FILL CANNER OVER $\frac{2}{3}$ FULL!

These recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: POULTRY

BRAISED WHOLE CHICKEN

- | | | |
|---|---------------------------|-----------------|
| 1 | 3- to 5- pound chicken | Salt and pepper |
| 3 | tablespoons vegetable oil | 3 cups water |

Heat oil in canner over medium heat and brown chicken on all sides. Season with salt and pepper. Remove chicken. Pour water into canner. Place cooking rack and chicken in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15-18 servings

CHICKEN IMPERIAL

- | | | | |
|---------------|---|---|---------------------------|
| 9 | pounds chicken, cut into serving pieces | 1 | cup slivered almonds |
| 3 | tablespoons vegetable oil | 4 | cans (4 ounces) mushrooms |
| 1 | teaspoon salt, or as desired | 2 | cups chicken broth |
| $\frac{1}{2}$ | teaspoon pepper | 1 | cup white wine |
| $\frac{1}{2}$ | cup minced onion | | |

Heat oil in canner over medium heat. Brown chicken. Season with salt and pepper. Add onions, almonds, mushrooms with liquid, chicken broth, and wine. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Remove chicken from canner, thicken gravy. If desired, serve chicken on bed of hot rice, top with gravy and toasted almonds.

15-18 servings

CHICKEN MARENGO

- | | | | |
|---|--------------------------------|---|---------------------------|
| 9 | pounds chicken, quartered | 1 | pound mushrooms, sliced |
| 1 | tablespoon coarse black pepper | 4 | cans (16 ounces) tomatoes |
| 1 | cup flour | 2 | cloves garlic, minced |
| 1 | teaspoon salt, or as desired | 2 | cups dry white wine |
| 3 | tablespoons vegetable oil | | |

Rub chicken with pepper. Dredge in flour and season with salt. Heat oil in canner over medium heat. Brown chicken. Add mushrooms, tomatoes, garlic, and wine. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Remove chicken from canner. Thicken, if desired.

15-18 servings

CHICKEN AND DUMPLINGS

- | | | | |
|---|---|---|--------------------------------|
| 9 | pounds chicken, cut into serving pieces | 1 | tablespoon salt, or as desired |
| 3 | carrots, chopped | 1 | teaspoon pepper |
| 3 | onions, chopped | 8 | cups water |
| 3 | ribs celery, chopped | | |

Place all ingredients in canner. Close the cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Prepare dumplings as follows.

Dumplings

- | | | | |
|---|--------------------------|---------------|---------------------------|
| 2 | cups flour | $\frac{2}{3}$ | cup milk |
| 1 | teaspoon salt | $\frac{1}{4}$ | cup vegetable oil |
| 1 | tablespoon baking powder | 1 | tablespoon parsley flakes |
| 2 | eggs | | |

Sift flour, salt, and baking powder. Beat eggs; add milk, oil, and parsley. Combine liquid and dry ingredients. Drop from teaspoon into hot chicken broth. Simmer without cover for 15 minutes. Thicken broth if desired.

15-18 servings

CORNISH HENS IN WHITE WINE

8	Cornish hens	2	cups white cooking wine
3	tablespoons vegetable oil	2	teaspoons instant chicken bouillon
1	teaspoon salt	1	tablespoon chopped parsley
½	teaspoon pepper	1	teaspoon thyme

Heat oil in canner over medium heat and brown hens. Season with salt and pepper. Combine remaining ingredients and pour over hens. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

8–12 servings

HUNTER'S TURKEY

9	pounds turkey, cut into serving pieces	3	cups chicken broth
3	tablespoons vegetable oil	1	tablespoon Worcestershire sauce
	Salt and pepper	2	bay leaves
3	onions, chopped	1	teaspoon thyme
3	cans (8 ounces) tomato sauce	1	teaspoon marjoram

Heat oil in canner over medium heat and brown turkey. Season with salt and pepper. Add onion, tomato sauce, chicken broth, Worcestershire sauce, bay leaf, thyme, and marjoram. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

15–18 servings

FLORIDA DUCK

9	pounds duck, cut into serving pieces	3	cups white cooking wine
	Salt and pepper	2	tablespoons grated orange rind
3	tablespoons vegetable oil		

Season duck with salt and pepper. Heat oil in canner over medium heat and brown duck. Pour off excess drippings. Combine cooking wine and orange rind. Pour over duck. Close cover securely. Place pressure regulator on vent pipe and COOK 12 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Remove duck and thicken gravy, if desired.

18 servings

PRESSURE COOKING DRY BEANS AND PEAS

The pressure canner is ideal for preparing dry beans and peas quickly. However, dry beans and peas have a tendency to froth and foam during cooking, which could cause the vent pipe to become blocked. **Therefore, it is necessary to follow these instructions when pressure cooking dry beans and peas:**

- (1) Never fill the canner over the ½ full line (this includes beans, ingredients, and water).
- (2) Add 1 tablespoon vegetable oil for cooking.
- (3) Allow pressure to drop of its own accord.

Soaking Beans and Peas

Soaking is strongly recommended for all beans and peas, except lentils and black-eyed peas, for even cooking and to remove water-soluble, gas-producing starches. Soaking can be done using the traditional or the quick-soak method.

Traditional Method:

Clean and rinse beans; cover with three times as much water as beans. Soak 4–8 hours. Drain.

Quick Method:

Clean and rinse beans; cover with three times as much water as beans. Bring to a boil and boil for 2 minutes. Remove from heat, cover, and let stand for 1–2 hours. Drain.

Cooking Beans and Peas

After soaking, rinse beans and remove any loose skins. Place beans in pressure canner. Add fresh water to just cover the beans and add 1 tablespoon vegetable oil. Close cover securely. Place pressure regulator on vent pipe and cook at 15 pounds pressure according to the times in the timetable on page 29. For more firm beans for salads and side dishes, and when cooking less than 2 cups of beans or peas, use the shorter time. For soups and stews, use the longer time. **After cooking is complete, allow pressure to drop of its own accord.**

FOR DRY BEANS AND PEAS, DO NOT FILL CANNER OVER ½ FULL!
These recipes are intended for pressure cooking and should not be canned.

Dry Beans and Peas Timetable

Soak beans and peas, except lentils and black-eyed peas, according to the information on page 28. Add 1 tablespoon vegetable oil to cooking liquid. **DO NOT COOK SPLIT PEAS.**

Beans and Peas	Cooking Time	Beans and Peas	Cooking Time
Adzuki	1–3 minutes	Lima Beans (large)	0–1 minutes
Anasazi	1–3 minutes	Lima Beans (baby)	1–3 minutes
Black Beans	2–4 minutes	Navy Beans (pea)	1–3 minutes
Black-Eyed Peas	2–4* minutes	Peas (whole yellow, green)	6–9 minutes
Chickpeas (garbanzo)	7–10 minutes	Pinto Beans	3–6 minutes
Great Northern Beans	2–5 minutes	Red Beans	3–6 minutes
Kidney Beans	1–3 minutes	Soy Beans (beige)	8–11 minutes
Lentils (brown, green)	3–5* minutes		

* Cooking time is for unsoaked beans.

+ Add ½–1 teaspoon salt to soaking and cooking water to keep bean skins intact.

BOSTON BAKED BEANS

6 cups dried beans	1 cup ketchup
1 pound salt pork or bacon, diced	4 onions, diced
½ cup brown sugar	Water
2 teaspoons dry mustard	*****
1 cup molasses	Salt, as desired

Soak beans according to the instructions on page 28. Drain and discard liquid. Heat canner and sear salt pork or bacon. Remove excess drippings. Add beans, remaining ingredients, and enough water to well cover beans. **Do not fill canner over ½ full.** Close the cover securely. Place the pressure regulator on the vent pipe and **COOK 35 MINUTES** at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt.

12–15 servings

SAVORY WHITE BEANS

4 cups navy beans	2 small bay leaves
6 cups chicken broth	¾ teaspoon thyme
2 cups chopped onion	½ teaspoon rosemary
2 cups sliced carrots	½ teaspoon black pepper
1½ tablespoons minced garlic	Salt, as desired
2 tablespoons vegetable oil	

Soak beans according to the instructions on page 28. Drain and discard liquid. Add all ingredients except salt to canner. Close the cover securely. Place the pressure regulator on the vent pipe and **COOK 2 MINUTES** at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt.

12–15 servings

LIMA BEANS WITH BACON

6 cups dried lima beans	*****
1 pound bacon, diced	Salt, as desired
Water	

Soak beans according to the instructions on page 28. Drain and discard liquid. Heat canner and brown bacon. Add beans and enough water to well cover beans. **Do not fill canner over ½ full.** Close the cover securely. Place the pressure regulator on the vent pipe and **COOK 3 MINUTES** at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt.

12–15 servings

PRESSURE COOKING SOUPS AND STOCKS

Make homemade soups the easy way in your canner. If you wish to prepare your family's favorite soup, use the following recipes as guides. Soup recipes are cooked at 15 pounds pressure. If adding dry beans and peas, they must first be soaked according to the directions on page 28.

Do not pressure cook soups containing barley, rice, pasta, split peas, grains, dry beans and peas which are not listed in the timetable on above, and dried soup mixes because they have a tendency to foam, froth, and sputter and could clog the vent pipe. Cooked barley, rice, grains, pasta, dry beans and peas which are not listed in the timetable on above, and dried soup mixes should be added to the soup after pressure cooking.

The canner quickly transfers natural flavor and nutrients from the meat into the broth. Prepare either the Brown Beef Stock or the Chicken Stock according to the recipe. Remove the pieces of meat. If desired, cut into small pieces and use in soup recipes. Strain through several layers of cheesecloth. Once the stock is prepared, serve it as a consommé or use it to prepare delicious soups.

FOR SOUP RECIPES, DO NOT FILL CANNER OVER ½ FULL!
These recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: SOUP

VEGETABLE SOUP

- | | |
|---|---|
| <ul style="list-style-type: none"> 4 pounds soup meat 2 quarts water 6 carrots, diced 6 potatoes, diced 4 onions, sliced | <ul style="list-style-type: none"> 4 cups canned or fresh tomatoes 2 cups frozen lima beans 1 cup diced celery 1 tablespoon salt, or as desired |
|---|---|

Place all ingredients in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12–15 servings

CHICKEN STOCK

- | | |
|---|--|
| <ul style="list-style-type: none"> 4 pounds chicken, cut into serving pieces 4 quarts water 1 cup diced celery | <ul style="list-style-type: none"> 1 cup diced carrots 2 onions, chopped 1 tablespoon salt, or as desired |
|---|--|

Place all ingredients in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Strain stock.

12–15 servings

NAVY BEAN SOUP

- | | |
|---|---|
| <ul style="list-style-type: none"> 4 cups dried navy beans 3 pounds ham bone or shank 2 onions, chopped 4 carrots, sliced 4 ribs celery, sliced ¼ cup minced green pepper | <ul style="list-style-type: none"> 2 cups tomato sauce 2 whole cloves 3 quarts water ***** Salt and pepper, as desired |
|---|---|

Soak beans according to instructions on page 28. Drain and discard liquid. Place beans and remaining ingredients in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 30 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Season to taste with salt and pepper.

12–15 servings

CLAM CHOWDER

- | | |
|---|---|
| <ul style="list-style-type: none"> 1 pound salt pork, cubed 6 cups water 12 cups diced potatoes 4 onions, minced 4 cups corn | <ul style="list-style-type: none"> Salt and pepper ***** 4 quarts clams, minced 4 quarts hot milk ½ cup butter |
|---|---|

Heat canner and brown salt pork. Add water, vegetables, salt, and pepper. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Add clams and boil, without cover, for 2 minutes. (Additional cooking will toughen clams.) Add milk and butter.

16 servings

BROWN BEEF STOCK

- | | |
|--|---|
| <ul style="list-style-type: none"> 4 pounds beef, cubed 3 tablespoons vegetable oil 3 quarts water 1 cup sliced onion 1 cup diced carrots | <ul style="list-style-type: none"> 1 cup chopped celery 1 cup diced turnips 2 tablespoons parsley flakes 1 bay leaf 1 tablespoon salt, or as desired |
|--|---|

Heat oil in canner over medium heat and brown beef. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord. Strain stock.

12–15 servings

PRESSURE COOKING DESSERTS

Your canner offers a shortened method for preparing steamed breads and desserts. Actually, the cooking time can be counted in minutes instead of hours. You will find, too, that your canner is easier to use than the ordinary steamer because its pressure regulator acts as a means of measurement to assure constant heat to produce uniform, even-textured products. Consult specific recipes for cooking pressure. Best results are obtained when 1- to 1½-quart molds are used. Any type of mold is satisfactory (metal, glass, earthenware, tin food cans). Remember, never fill molds over ⅔ full; this extra top-space is to allow ample space for rising. If molds used do not have a cover, aluminum foil or several thicknesses of wax paper should be tied securely over the top to prevent condensed moisture from falling into mold. Because the first part of the cooking period is steaming time, which permits foods to rise, at least **three quarts water** should be poured into the bottom of canner to allow for evaporation. Adjust heat to allow a moderate flow of steam from the vent pipe.

DO NOT FILL CANNER OVER ⅔ FULL!

These recipes are intended for pressure cooking and should not be canned.

COOKING RECIPES: DESSERTS

BROWN BETTY

2 cups dry bread crumbs	9 apples, peeled, cored, and sliced
½ cup sugar	½ cup melted butter
1 teaspoon cinnamon	1 quart water
1 lemon, juice and rind	

Combine crumbs, sugar, cinnamon, lemon juice, and grated rind. Place alternate layers of apples and crumb mixture in buttered bowl that may be set loosely in canner. Pour melted butter over top. Cover firmly with aluminum foil. Place water, cooking rack, and bowl in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

ENGLISH PLUM PUDDING

1 cup sifted all-purpose flour	½ cup currants
1 teaspoon baking powder	½ cup chopped nuts
½ teaspoon salt	1 egg
½ teaspoon allspice	½ cup sugar
½ teaspoon cinnamon	½ cup ground suet
½ teaspoon nutmeg	⅓ cup milk
¼ teaspoon ground cloves	3 quarts water
½ cup raisins	

Sift flour with baking powder, salt, and spices. Add fruits and nuts. Beat egg; add sugar, suet, and milk. Combine the liquid and dry ingredients; mix well. Pour into buttered 1-quart mold. Cover mold firmly with aluminum foil. Place water, cooking rack, and mold in canner. Close cover securely. Allow steam to flow from vent pipe 20 minutes. Place pressure regulator on vent pipe and cook 50 minutes at 10 pounds pressure. Let pressure drop of its own accord.

BREAD PUDDING

4 cups cubed dry bread	1 cup raisins
4 cups hot milk	1 cup chopped nuts
½ teaspoon salt	4 eggs
1 cup brown sugar	1 teaspoon vanilla
1 teaspoon cinnamon	1 quart water
2 tablespoons butter	

Combine bread, hot milk, salt, brown sugar, cinnamon, butter, raisins, nuts, eggs, and vanilla. Turn into a buttered bowl that may be set loosely in canner. Cover bowl firmly with aluminum foil. Place water, cooking rack, and bowl in canner. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES at 15 pounds pressure. Let pressure drop of its own accord.

12 servings

BROWN BREAD

2 cups graham flour	1½ cups light molasses
2 cups corn meal	4 cups milk, sweet or sour
2 cups rye meal	2 cups raisins
2 teaspoons salt	3 quarts water
2 teaspoons baking soda	

Mix all dry ingredients. Add molasses, milk, and raisins. Beat well. Pour into 6 buttered molds (pint size). Cover firmly with aluminum foil. Place water, cooking rack, and molds in canner. Close cover securely. Allow steam to flow from vent pipe 20 minutes. Place the pressure regulator on vent pipe and COOK 25 MINUTES at 10 pounds pressure. Let pressure drop of its own accord.

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SERVICE AND PARTS INFORMATION

If you have any questions regarding the operation of your PRESTO® canner or need parts for your canner, contact us by any of these methods:

- Call 1-800-877-0441 weekdays 8:00 AM to 4:00 PM (Central Time)
- Email us through our website at www.GoPresto.com/contact
- Write: National Presto Industries, Inc.
Consumer Service Department
3925 N. Hastings Way, Eau Claire, WI 54703-3703

Inquiries will be answered promptly by telephone, email, or letter. When emailing or writing, please include a phone number and a time when you can be reached during weekdays, if possible. When contacting the Consumer Service Department or when ordering replacement parts, please specify the model and series numbers found stamped on the side of the canner body.

Please record this information:

Model _____ Series _____ Date Purchased _____

Any maintenance required for this canner, other than that described in the “Care and Maintenance” section of this book (pages 7–8), should be performed by our Factory Service Department.

Note: We do recommend that you call our Consumer Service Department at 1-800-877-0441 prior to sending your canner in for repair. Be sure to indicate your full name, phone number, date of purchase, and a description of the problem when sending a canner for repair.

Send canners for repair to:

Canton Sales and Storage Company
Presto Factory Service Department, Attn: Repair
555 Matthews Drive, Canton, MS 39046-3251

The Presto Factory Service Department is equipped to service all PRESTO® appliances and supply genuine PRESTO™ replacement parts. Genuine PRESTO™ parts are manufactured to the same exacting quality standards as PRESTO® appliances and are engineered specifically to function properly with its appliances. Presto can only guarantee the quality and performance of genuine PRESTO™ parts. “Look-alikes” might not be of the same quality or function in the same manner. To ensure that you are buying genuine PRESTO™ replacement parts, look for the PRESTO® trademark. Replacement parts are available at hardware stores and other retail outlets. Parts may also be ordered online at www.GoPresto.com.

PRESTO® Limited Warranty

(Applies only in the United States and Canada)

This quality PRESTO® appliance is designed and built to provide many years of satisfactory performance under normal household use. Presto pledges to the original owner that should there be any defects in material or workmanship during the first twelve (12) years after purchase, we will repair or replace it at our option. Our pledge does not apply to normal wear and tear including scratches, dulling of the polish, or staining; the repair or replacement of moving and/or perishable parts such as the sealing ring, overpressure plug, or air vent/cover lock gasket; or for any damage caused by shipping. **Outside the United States and Canada, this limited warranty does not apply.**

To obtain service under the warranty, please call our Consumer Service Department at 1-800-877-0441. If unable to resolve the problem, you will be instructed to send your PRESTO® appliance to the Presto Factory Service Department for a quality inspection; shipping costs will be your responsibility. When returning an appliance, please include your name, address, phone number, and the date you purchased the appliance as well as a description of the problem you are encountering with the appliance.

We want you to obtain maximum enjoyment from using this PRESTO® appliance and ask that you read and follow the instructions enclosed. Failure to follow instructions, damage caused by improper replacement parts, abuse, misuse (including overheating and boiling the unit dry), disassembly, alterations, or neglect will void this pledge. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This is Presto’s personal pledge to you and is being made in place of all other express warranties.

NATIONAL PRESTO INDUSTRIES, INC.
EAU CLAIRE, WI 54703-3703