

PRESTO®

23-quart induction compatible

Pressure Canner and cooker



- Designed for easy, confident home pressure canning. The only method recommended safe for canning meats, vegetables, poultry, and seafood.
- Doubles as a boiling water canner for fruits, jams, jellies, pickles, and salsa.
- Works on gas, electric, smooth-top, and induction* ranges.

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

* May not work on all portable
induction ranges.

Instructions and Recipes

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Form 4033-017A

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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 pressure canner over $\frac{2}{3}$ full when using for 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 chart on page 68.

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 above the body handles. See “How to Pressure Can Foods” instructions.
7. Do not place the pressure canner or attempt to pressure can or cook in a heated oven.

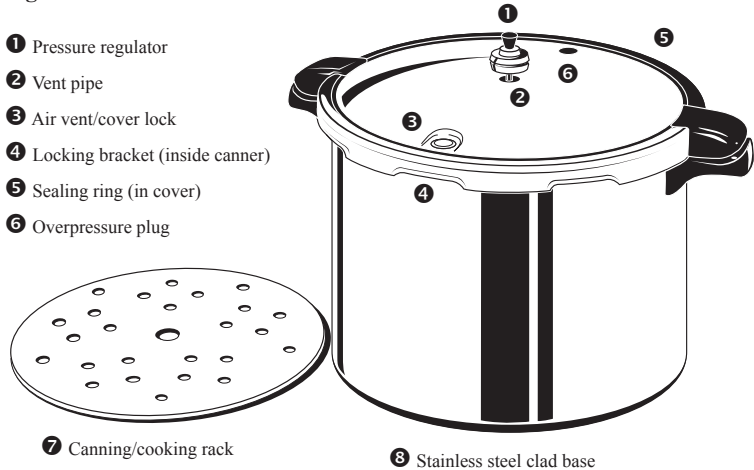
8. **CAUTION!** Do not use pressure canner on any outdoor LP gas burner or a gas range over 12,000 BTU's. Doing so may result in damage to the pressure canner, property damage, or personal injury.
9. Extreme caution must be used when moving a pressure canner containing hot liquids. Do not touch hot surfaces. Use the 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 Pressure Can Foods" 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 3 years. Use only genuine Presto® replacement parts.
12. Close supervision is necessary when the pressure canner is used near children. It is recommended that children not use the pressure canner.
13. When 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, causing more liquid to evaporate. Food will scorch and the canner may go dry, resulting in damage to the canner.
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 APPLIANCE IS FOR HOUSEHOLD USE ONLY.

Fig. A



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 favourite 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 (USDA) 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 flavour and nutrients and tenderizes tougher cuts of meat. Information for pressure cooking begins on page 53.

Become familiar with the various parts of the canner as shown in Fig. A and then described on the following pages. Do not attempt to use your pressure canner before reading the instructions on pages 13 to 17.

1. Pressure Regulator (3-piece)

Note: The pressure regulator (Fig. B) is packed in the top foam filler of the carton in a bag identified with the words “Pressure Regulator Enclosed.”

The pressure regulator controls and maintains the correct pressure in the canner. When it is rocking gently, the selected pressure has been obtained. It can be adjusted to maintain 34, 69, or 103 kPa (5, 10, or 15 psi).

Completely assembled, the regulator will maintain 103 kPa (15 psi). When one ring is removed, it will maintain 69 kPa (10 psi). With both rings removed, it will maintain 34 kPa (5 psi). Adjust the regulator by removing the appropriate number of weight rings (Fig. B).

To remove the weight rings, hold the completely assembled regulator between the first two fingers of the hand with the thumb on top of the knob. Press down on the knob to force the weight rings over the lock ring.

To replace the weight rings, push them down over the lock ring at the top of the regulator body.

2. Vent Pipe

The vent pipe (Fig. C) is the primary pressure relief valve and will release pressure in excess of 103 kPa (15 psi). The regulator sits loosely on the vent pipe.

3. Air Vent/Cover Lock

The air vent/cover lock (Fig. D) vents, or exhausts, air from the canner and acts as a visual indicator of the state of pressure in the canner. The small gasket must be in place for the air vent/cover lock to seal completely.

4. Locking Bracket

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

Fig. B



103 kPa
(15 psi)



69 kPa
(10 psi)



34 kPa
(5 psi)

Fig. C



Fig. D

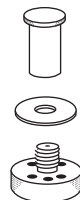
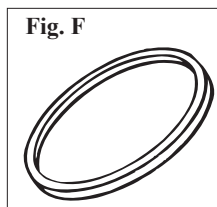


Fig. E



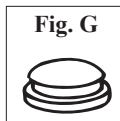
5. Sealing Ring

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



6. Overpressure Plug

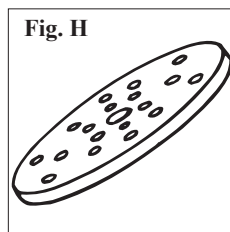
The rubber overpressure plug (Fig. G) is located in the canner cover. It will automatically pop out and release steam in case the vent pipe becomes blocked and pressure cannot be released normally through the vent pipe.



7. Canning/Cooking Rack

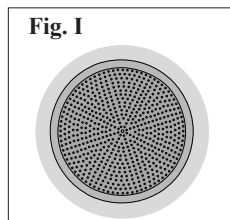
When canning, the rack (Fig. H) is placed in the bottom of the canner to hold the jars off the bottom of the canner. Always use the rack when canning.

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, allowing several foods to be cooked at the same time without an intermingling of flavours. When it is desirable to blend flavours, do not use the rack.



8. Stainless steel clad base

The pressure canner is constructed of heavy-gauge aluminum with a stainless steel clad base (Fig. I) for fast, even heating. It is specially designed for induction* ranges but also works on gas, electric coil, and smooth-top ranges.



* Portable burners may not be suitable for canning. They may not have enough wattage to pressurize a fully loaded canner and/or they may not be able to support the weight of a fully loaded canner. Refer to the owner's manual for your portable heat source for weight restrictions and other information.

The canner weighs 8 kg (16 lb) when filled with 3 quarts of water. When used for pressure canning, a fully loaded canner will weigh up to 21 kg (46 lb). When used for the boiling water method, it will weigh up to 24 kg (52 lb).

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 the “Consumer Service Information” on page 77.

When ordering parts for your canner, please specify the 7-digit model number and 4- to 5-digit series number found stamped on the side of the canner body. These numbers are needed to assure the correct part is available for your canner model and can be ordered.

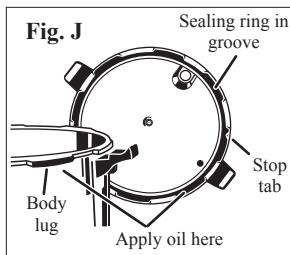
BEFORE USING THE CANNER FOR THE FIRST TIME

1. Remove the sealing ring by simply pulling it from its groove.
2. Wash the cover, the body, and the sealing ring with hot, soapy 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. J).
4. The sealing ring is prelubricated. The cover should open and close easily when following step 8 on page 15.

If necessary, to help make the cover easier to open and close, apply a very light coating of vegetable oil to the sealing ring and underside of the body lugs (Fig. J).

5. Check the air vent/cover lock in the canner cover to be sure the two pieces are screwed together securely.

If the pieces are loose, tighten them with your fingers until a point of resistance is met (fingertip tight); see pages 20 to 21.



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 7 on page 14.

For actual usage of the canner, follow the complete step-by-step instructions beginning on page 13 for pressure canning and on page 57 for pressure cooking.

CANNING BASICS

Introduction

The key to successful canning is to understand the acidity and spoilage factor of the food you wish to can, as well as the acceptable canning methods to process those foods.

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 100°C (212°F), the temperature at which water boils (except in mountainous regions).

Therefore, boiling water processing is sufficient to destroy those agents. Foods naturally high in acid and acidified foods having a pH of 4.6 or less may be safely processed using the boiling water method. **Step-by-step instructions for the boiling water method begin on page 47.**

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 100°C (212°F).

In addition, the bacteria thrive on low-acid foods in the absence of air. According to the USDA, pressure canning is the only safe method of processing low-acid foods (vegetables, meats, poultry, fish, and seafood).

In pressure canning, some of the water in the pressure canner is converted to steam, which creates pressure within the canner.

As the pressure increases, the temperature increases: 34 kPa (5 psi) is about 109°C (228°F); 69 kPa (10 psi) is about 115°C (240°F); 103 kPa (15 psi) is about 121°C (250°F). This pressurized heat destroys the potentially harmful bacterial spores. **Step-by-step instructions for the pressure canning method begin on page 13.**

As the jars cool after processing (by either method: boiling water or pressure canning), a vacuum is formed and seals the food within the jars, preventing any new microorganisms from entering and spoiling the foods.

Before Beginning

Selecting Jars

Glass home canning jars, also known as Mason jars, are made of heat-tempered glass for durability and reuse. These are the only jars recommended for safe home canning.

They are available in several standard size jars: 250 ml, 500 ml, and 1 litre. They will withstand the heat of a pressure canner. The diameter of Mason jars may vary from one manufacturer to another.

Before filling the Mason jars, test load your canner. It may be necessary to double-deck 500 ml and 250 ml jars to reach the maximum capacity of your canner, as indicated in the chart below.

To double-deck, stagger the jars by placing one jar on top of two. However, if using the boiling water method, do not double-deck the jars. The jars may touch. The canning rack which accompanied your canner must be placed on the bottom of the canner to prevent jar breakage.

Although it is not necessary to use a canning rack between layers of jars, if you wish to do so, it can be ordered from the Presto Consumer Service Department (page 77).

Maximum Jar Capacities

<i>Jar Size</i>	<i>Regular Mouth</i>	<i>Wide Mouth</i>
250 ml	26 jars*	16 jars*
500 ml	20 jars*	16 jars*
1 litre	7 jars	7 jars

Canning Lids and Bands

The two-piece vacuum cap is the recommended closure for home canning. It consists of a flat metal lid with a sealing compound on the outer edge and a separate metal screw band that secures the lid during processing. The flat lid is for one use only while the bands can be used repeatedly if they remain in good condition.

* It will be necessary to double-deck the jars to achieve the maximum capacity of your canner; see the information in the Selecting Jars section. For the boiling water method, do not double-deck the jars.

Measuring Headspace

Headspace is the air space between the top of the food or its liquid and the lid.

Leaving too much headspace can result in under-processing because it may take too long to release the air from the jar. Leaving too little headspace will trap food between the jar and the lid and may result in an inadequate seal.

As a general rule, allow ½-inch headspace for fruits and tomatoes and 1 inch for vegetables, meats, poultry, and seafood. All recipes will indicate the amount of headspace necessary for the food being canned.

Removing Air Bubbles

After the food has been packed in the jars, any air bubbles must be removed. Trapped air bubbles may rise to the top during processing, causing too much headspace.

Work quickly to remove the air bubbles that have become trapped between the pieces of food by moving a clean, nonmetallic spatula around the jar between the food and the side of the jar.

Preparing Jar Rims and Adjusting Lids

Immediately wipe the jar rims with a clean, damp cloth to remove any residue. Any food particles, such as seeds, grease, or syrup, on the rim of the jar may prevent the jar from sealing.

Place the flat lid on the rim of the jar, making sure the sealing compound is touching the glass. Position a band over the lid and, using your fingertips, screw it onto the jar just until resistance is met (fingertip tight). Do not over-tighten as air must release from the jars during processing and cooling.

After Processing

Cooling Jars

After processing, remove the jars from the canner and place them on a dry towel on the counter-top away from drafts. Leave 1 to 2 inches of space between the jars to allow for even cooling. Do not invert the jars or cover them with a cloth. Allow the jars to cool naturally for 12 to 24 hours before testing the seals.

Testing Seals

After the jars have cooled, test the jar lids to be sure a vacuum seal has formed. Press down on the center of the flat lid to determine if it is concave (stays down when pressed).

Then, remove the screw band and gently try to lift the lid with your fingertips. If the center does not flex up and down and you cannot lift the lid off, the lid has a good seal.

Detecting Spoilage

If up-to-date instructions, processing times, and pressures are followed carefully, spoilage is uncommon. However, it is still recommended to check for signs of spoilage before tasting any canned food.

Check for a broken seal, gassiness when opening, mold, sliminess, cloudiness, or unpleasant odours. **If any of these are present, discard the food.**

As a safeguard against using canned low-acid and tomato products which may be affected with spoilage that is not readily detected, boil food for 10 minutes for altitudes up to 304 metres above sea level. Extend the boiling time by 1 minute for each 304-metre increase in altitude.

Many times odours that cannot be detected in the cold product will become evident by this method. After boiling, if the food does not smell or look right, **discard it without tasting.**

HOW TO PRESSURE CAN FOODS

Important: Do not attempt to use your canner before carefully reading these instructions. Follow the step-by-step instructions for pressure canning starting below and prepare the food according to the processing procedures in the specific recipe.

1. Be sure your canner is thoroughly cleaned and working properly.
 - Check the sealing ring and overpressure plug. Replace both parts at least every 3 years, but immediately replace them when they become hard, deformed, cracked, worn, pitted, or unusually soft. Make sure the overpressure plug is seated properly in the cover (Fig. R, page 20).
 - Check the white gasket of the air vent/cover lock. It should be intact, without cracks or tears. Be sure the two metal parts of the air vent/cover lock are securely fastened (Fig. S, page 21).
2. If canning on an electric smooth-top or induction range, refer to instructions for canning in the owner's manual for your range. Always clean the stove-top with a cook-top polishing cream, according to the range manufacturer's instructions, before and after using the canner.

To avoid scratching the ceramic glass surface of the smooth-top or induction range, also check the bottom of the canner to be sure it is clean, free of debris, and does not have nicks or scratches.

3. 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 the jars, lids, and screw bands. Pour hot water into the jars and set aside until needed. Follow the closure manufacturer's directions for preparing lids.

4. Select fresh, firm food. Sort food according to size. Clean food thoroughly. Prepare according to specific recipe. Fill hot 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 the air bubbles with a clean nonmetallic spatula. Wipe the sealing edge clean with a damp cloth. Adjust the screw bands according to the closure manufacturer's directions.

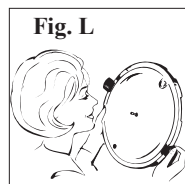
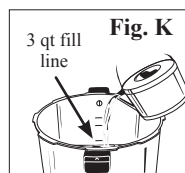
5. **Place 3 quarts of hot water** and the canning rack in the canner (Fig. K). For hot packed foods, the water can be heated to 82°C (180°F) which is not quite boiling. No matter how many jars are being canned, 3 quarts of water are needed for pressure canning.

When processing for times in excess of 100 minutes (1 hour 40 minutes), always add an additional quart of water over and above what is called for in the recipe or instructions.

To prevent water stains on the jars, add 2 tablespoons of white vinegar to the water in the canner. Always use the rack; the jars may break if set directly on the bottom of the canner.

6. Place the jars on the canning rack immediately after each jar is filled.
7. Hold the cover up to the light and look through the vent pipe (Fig. L) to be certain it is clear before placing the cover on the canner.

If it is clear, proceed to step 8.



If it is blocked, clean the vent pipe and vent pipe nut with a small brush or pipe cleaner (Fig. M and Fig. N).

- Place the cover on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle (Fig. O).

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.**

- Position the canner on a level burner and range only. If you use the canner on a tilted burner or range, it may interfere with the operation of the pressure regulator.

For electric coil, smooth-top, and induction ranges, use the element that most closely matches the 9-inch diameter of the canner bottom as this is the portion in contact with the element.

CAUTION! Do not use on any outdoor LP gas burner or a gas range over 12,000 BTU's. Using too large of an element or over 12,000 BTU's may soften the canner and cause the bottom to warp. It may also result in bodily injury or property damage.

Using a high setting, heat the pressure canner until a steady flow of steam can be seen, heard, or felt coming from the vent pipe (Fig. P).

Exhaust the air from the canner for 10 minutes by allowing steam to flow from the vent pipe. Reduce the heat, if necessary, to maintain a steady, moderate flow of steam.

- Assemble the pressure regulator (page 7) to register the desired canning pressure. See the specific canning recipe to determine the processing pressure.
- Place the pressure regulator on the vent pipe. If the heat was reduced for exhausting, adjust it back to a high setting and heat the canner. As pressure builds in the canner, the air vent/cover lock will lift and lock the cover on the body.

Fig. M



Fig. N



Fig. O

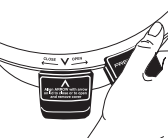
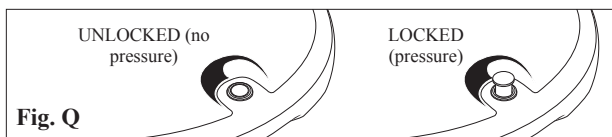


Fig. P





The air vent/cover lock visually indicates the state of pressure in the canner. When it is in the up position, there is pressure in the canner; when it is in the down position, there is no pressure in the canner (Fig. Q). Continue heating the canner until the pressure regulator begins to rock.

12. The processing time begins when the pressure regulator begins to rock gently. Adjust the heat to maintain a slow, steady rocking motion. To watch a video of a regulator maintaining this slow, steady rocking motion, visit www.GoPresto.com/ppc/rocking.

If the pressure regulator stops rocking, it will be necessary to bring the pressure back to the correct setting (the slow, steady rocking motion of the pressure regulator) and begin the processing countdown from the beginning for the full amount of time.

13. At the end of the processing time, turn the burner off and remove the canner from the heat source.

NOTICE: Lift the pressure canner to remove it from the burner. Sliding any cookware may leave scratches on the stove-top.

14. Let the 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.

The pressure is completely reduced when both the air vent/cover lock and overpressure plug have dropped and no steam escapes when the pressure regulator is removed.

15. When the pressure has been completely reduced, remove the regulator from the vent pipe and let the canner cool for 10 minutes. **Do not remove the pressure regulator until the pressure is completely reduced and the air vent/cover lock has dropped.** Always remove the regulator before opening the cover.
16. To remove the cover, turn it counterclockwise until it hits the stop tab. The cover handles will be beyond the body handles. Lift the canner cover toward you to keep steam away from you.

CAUTION! If the cover seems to stick or is hard to turn, do not force it open. Sticking may indicate there is still pressure inside the canner.

If in doubt about the pressure being completely reduced, let the canner stand until cool before removing the cover.

17. Remove the jars from the canner. Set the jars upright on a towel or cooling rack, away from drafts. Allow the jars to cool naturally for 12 to 24 hours before testing the seal. See the “After Processing” information on page 12. Do not re-tighten the bands.

NOTICE: When processing consecutive batches, be sure to check the water level in the canner between batches. Add water, if necessary, to keep the water at the 3-quart fill line (Fig. K, page 14).

18. When pressure canning is complete, allow the canner to cool completely before cleaning it. For more information on canning, please visit www.GoPresto.com/content/canning.

Canner Storage: Store the canner in a dry place at temperatures above freezing with the cover inverted on the body. Storing the canner with the cover locked on may cause unpleasant odours and deform the sealing ring. The canner must be completely dry before storing.

TROUBLESHOOTING

- ◆ Bubbles often appear in the jar after its removal from the canner because the food is still boiling in the jar. Ordinarily, bubbles do not appear once the product has been allowed to thoroughly cool.
- ◆ The loss of colour from beets during canning is usually due to the variety of beets used. Two varieties that retain colour well are Ruby Queen and Detroit Red. To reduce the bleeding of colour, precook the beets with the entire root and 1 to 2 inches of the stem. Remove the stem and the root after precooking.
- ◆ Jar breakage during processing is caused by:
 - (1) packing the jars too solidly or overfilling them;
 - (2) using weakened, nicked, or chipped jars;
 - (3) allowing the jars to touch the bottom of canner;
 - (4) failing to tighten the screw bands according to the manufacturer’s directions; or
 - (5) using jars other than Mason jars.

- ◆ Liquid lost from jars during processing is caused by:
 - (1) packing the jars too solidly or overfilling them;
 - (2) an insufficient exhaust period;
 - (3) air being exhausted too vigorously during the 10-minute venting period;
 - (4) a variation or sudden reduction of pressure in the canner; or
 - (5) failing to tighten the screw bands according to the 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 the food above the liquid will discolour. If at least half of the liquid is gone, place the jar in the refrigerator and use the food within 3 days.

- ◆ Food spoilage or jars not sealing is caused by:
 - (1) failing to follow exact timetables and recipes;
 - (2) failing to wipe the sealing edge of the jar clean before placing the lid on;
 - (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) failing to tighten screw bands according to the manufacturer's directions; or
 - (6) turning the jars upside down while they are cooling and sealing.

If a jar does not seal, refrigerate it and use the food within 3 days. Otherwise, reprocess or freeze the food within 24 hours. Freeze or repack using new lids. Reprocess for the full recommended processing time.

- ◆ Flat sour, a type of food spoilage, is caused by canning overripe food or allowing precooked food to stand in the jar too long before processing. It may be prevented by using fresh food and properly processing, cooling, and storing food. Flat sour shows no indication of spoilage until the jar is opened. Discard the contents.
- ◆ The black deposit sometimes found on the underside of a lid is caused by tannins in the food or hydrogen sulfide liberated from the food by the heat of processing. This does not indicate spoilage.
- ◆ Mold can form only in the presence of air. Therefore, the jars are not sealed if mold is present. Discard the contents.

CARE AND MAINTENANCE

Canner Body

- ◆ It is normal for the inside of the canner to discolour. This discolouration, which is not harmful, is a result of the various minerals in the water and foods interacting with the aluminum of the canner.

To remove this discolouration, use a solution of 1 tablespoon cream of tartar for every 1 quart of water. Pour enough solution into the canner to cover the discolouration, making sure the canner is not filled more than $\frac{2}{3}$ full.

Close the cover securely, place the regulator on the vent pipe, and heat until the regulator begins to rock. Remove the canner from the heat and allow it to cool until the air/vent cover locks drops.

Remove the regulator, open the canner, and empty the contents. Scour with a steel wool soap 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.

At least once a year, scour the inside of the 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, allow the canner to boil dry, or pour water into a dry, overheated canner. Any of these may cause damage to the canner bottom or the stove-top.
- ◆ Do not strike the rim of the canner body with any metal utensil. This may cause nicks, damaging the rim and allowing steam to escape.
- ◆ If the canner body or cover handles become loose, tighten them with a screwdriver.

Sealing Ring and Overpressure Plug

- ◆ Each time the canner is washed, remove the sealing ring and wash it in warm, soapy water; rinse, dry, and replace it in cover.
- ◆ Before replacing the sealing ring, clean the sealing ring groove with a brush, if necessary.

* Cameo is a registered trademark of Armaly Sponge Company. Presto is not affiliated with Armaly Sponge Company.

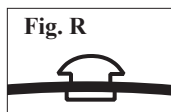
- ◆ The sealing ring and overpressure plug should be replaced at least every 3 years or sooner if the sealing ring becomes hard, deformed, cracked, worn, or pitted, or if the canner is difficult to open or close.

CAUTION! Failure to replace the sealing ring and overpressure plug could result in bodily injury or property damage. Use only genuine Presto® replacement parts.

- ◆ The exposure of the sealing ring and the overpressure plug to direct high heat, such as a hot burner or stove-top, will cause these parts to deteriorate rapidly. If this occurs, replace these parts immediately.
- ◆ To clean or replace the overpressure plug, push it out of its opening from the top of the cover.

After cleaning it, or when replacing it, reinsert the plug by pushing its domed side into the opening from the underside of the cover, until the bottom edge is fully and evenly seated against the underside of the cover (Fig. R).

When properly installed, the word TOP will be visible on the plug when viewed from the outside of the cover.



- ◆ 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 Consumer Service Department at 1 800 877-0441 for assistance in determining why this happened. **Do not attempt to use the released overpressure plug.**

Air Vent/Cover Lock

- ◆ To remove the air vent/cover lock for occasional cleaning or for replacing the small gasket, grasp and securely hold the cup portion on the underside of the cover with your fingers (Fig. S).

With 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 and remove the cup portion from under the cover.

Carefully pull the small gasket off the threaded shaft on the cup portion. Wash all parts in warm, soapy water. Use a soft cloth or small nylon brush to clean the cover hole.

- ◆ 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. S).

Screw the pin portion clockwise onto the threaded shaft until it is fingertip tight. Do not use a wrench to tighten the air vent/cover lock. Over-tightening may cause the rubber gasket to wrinkle, preventing the canner from sealing.

When properly installed, the word TOP will be visible on the air vent/cover lock when viewing the outside of the cover. Periodically check to make sure these two pieces are tight.

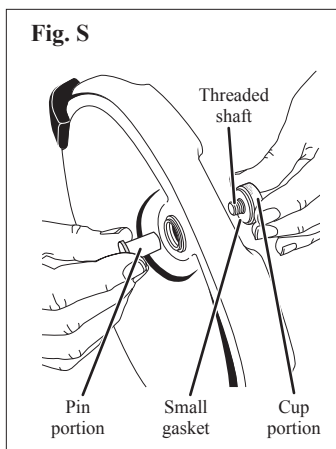
Steam Leakage

If the canner begins to leak moisture or if steam develops during use, 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. Stop processing and cool the pressure canner. When the air vent/cover lock has dropped, remove the cover. When the cover is cool enough to touch, tighten the vent pipe with an adjustable wrench.

- ◆ Leakage between the cover and the body of the canner is usually caused by shrinkage of the sealing ring after prolonged use. Replace both 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 this leakage continues, the cover handles may not be fully aligned with the body handles (page 15). Therefore, the air vent/cover lock cannot engage. Clean the air vent/cover lock occasionally to assure it operates correctly. Replace the small gasket if it is 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, stop processing and cool the canner. When the air vent/cover lock has dropped, remove the cover.



When the cover is cool enough to touch, remove the overpressure plug and clean it, reposition it, or replace it (page 20).

Do not operate your pressure canner with continual leakage. If the preceding steps do not correct the problem, contact the Presto Consumer Service Department (page 77).

CANNING FRUITS

Fruits may be safely processed using the boiling water method or the pressure canning method. Step-by-step instructions for the boiling water method begin on page 47.

Maintaining Colour

Select firm, fully-ripened but not soft fruit. Do not can overripe fruit. Some fruit (apples, apricots, nectarines, peaches, and pears) tends to darken while being prepared for canning.

To prevent darkening, place the fruit in a solution of 3 grams ascorbic acid to 4 quarts of cold water. Ascorbic acid is available in different forms:

Pure Powdered Form: Use 3 grams of pure powder per 4 quarts of water.

Vitamin C Tablets: Buy 500 milligram tablets. Crush and dissolve 6 tablets per 4 quarts of water.

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

Canning Liquids

Although fruit has better colour, shape, and flavour when it is canned with syrup, it may be canned in juices (such as apple, white grape, or pineapple) or water as well.

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 a sugar substitute, follow the package instructions.

The amount of sugar desirable to use in preparing the syrup will depend on 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 the syrup needed for your canning recipe. The syrup recipe may be doubled or tripled depending on the packing method and amount of fruit being canned at one time.

To prepare the syrup, combine the sugar and water in a large pot; bring to a boil. Keep the syrup hot while preparing the fruit. Use as directed.

<i>Syrup</i>	<i>Sugar per Quart of Water</i>	<i>Yield of Syrup</i>
Very Light	½ cup	4½ cups
Light	1 cup	4¾ cups
Medium	1¾ cups	5 cups
Heavy	2¾ cups	5½ cups

Altitude Adjustments

The processing times for pressure canning given in the specific recipes are for altitudes of 304 metres or below. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi). The processing time is the same at all altitudes.

The processing times for boiling water canning given in the specific recipes are for altitudes of 304 metres or below. When processing at an altitude of 305 metres or above, process the jars according to the chart below:

Altitude Chart for Boiling Water Canning Fruits

<i>Altitude</i>	<i>Increase Processing Time</i>
305 to 914 metres	5 minutes
915 to 828 metres	10 minutes
1,829 to 2,438 metres	15 minutes

Canning Recipes: Fruits

Apples

Wash, peel, and core apples. Cut into ½-inch slices. Place apples in an ascorbic acid solution (page 22) to prevent darkening during preparation. Drain well.

Hot Pack: Add apples and syrup (page 23), juice, or water to a large pot; bring to a boil. Boil for 5 minutes, stirring occasionally. Pack hot apples in hot jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml and 1 litre jars for 8 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml and 1 litre jars for 20 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Applesauce

Wash, peel, core, and slice apples. If desired, place apple slices into ascorbic acid solution (page 22) 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 scorching. 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 hot jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml jars for 8 minutes and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 15 minutes and 1 litre jars for 20 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

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 half and remove pits. Place apricots in an ascorbic acid solution (page 22) to prevent darkening during preparation. Drain well.

Hot Pack: Add apricots and syrup (page 23), juice, or water to a large pot; bring to a boil. Pack hot apricots, cut side down, in hot jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Pack raw apricots with the cut side down in hot jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning:

Hot Pack: Process 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Raw Pack: Process 500 ml jars for 25 minutes and 1 litre jars for 30 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Berries (except strawberries)

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

Hot Pack: Use this method 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 (page 23), juice, or water to hot jars. Pack hot berries into jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml and 1 litre jars for 8 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml and 1 litre jars for 15 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Raw Pack: Use this method for softer berries such as raspberries and blackberries.

Add ½ cup hot syrup (page 23), juice, or water to hot 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, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml jars for 8 minutes and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 15 minutes and 1 litre jars for 20 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Cherries

Stem and wash cherries. Remove pits, if desired. If pitted, place cherries in an ascorbic acid solution (page 22) to prevent darkening of the stem end. If canning whole, prick each cherry with a clean needle to prevent splitting.

Hot Pack: Heat cherries in a large pot with ½ cup syrup (page 23), juice, or water per quart of cherries. Cover pot and bring to a boil. Pack hot

cherries and cooking liquid in hot jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml jars for 8 minutes and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 15 minutes and 1 litre jars for 20 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Nectarines and Peaches

Wash fully-ripened but not soft nectarines or peaches. Skin can be left on nectarines. For peaches, loosen skin by dipping them 1 minute in boiling water, then in cold water. Peel.

Cut fruit in half and remove pits. Slice if desired. Place fruit in an ascorbic acid solution (page 22) to prevent darkening during preparation. Drain well.

Hot Pack: Add fruit and syrup (page 23), juice, or water to a large pot; bring to a boil. Pack hot fruit with the cut side down, in hot jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Pack raw fruit with the cut side down in hot jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning:

Hot Pack: Process 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Raw Pack: Process 500 ml jars for 25 minutes and 1 litre jars for 30 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Pears

Wash pears. Peel, cut in half lengthwise, and core. Place pears in an ascorbic acid solution (page 22) to prevent darkening during preparation. Drain well.

Hot Pack: Add pears and syrup (page 23), juice, or water to a large pot; bring to a boil. Boil for 5 minutes. Pack hot pears in hot jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

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 half and pitted.

Hot Pack: Add plums and syrup (page 23), juice, or water to a large pot and bring to a boil. Boil for 2 minutes. Cover pot and let stand for 20 to 30 minutes. Pack hot plums in hot jars, leaving ½-inch headspace.

Cover with hot syrup, juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Pack raw plums firmly in hot jars, leaving ½-inch headspace. Cover with hot syrup (page 23), juice, or water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

Rhubarb

Trim off leaves. Wash stalks and cut into ½- 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 hot jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 34 kPa (5 psi), 500 ml and 1 litre jars for 8 minutes. When processing at an altitude of 305 metres or above, process at 69 kPa (10 psi) for the same amount of time.

Boiling water canning: Process 500 ml and 1 litre jars for 15 minutes. When processing at an altitude of 305 metres or above, see the chart on page 23.

CANNING TOMATOES AND TOMATO PRODUCTS

Tomatoes and tomato products may be safely processed using the boiling water method or the pressure canning method. Step-by-step instructions for the boiling water method begin on page 47. For some tomato products, the pressure canning method may result in a more nutritious canned product.

Acidifying Tomatoes and Tomato Products

Tomatoes have a pH close to 4.6, which means it is necessary to take precautions to can them safely. First, carefully choose the tomatoes for canning. Use only tomatoes that are disease-free, preferably vine-ripened, and firm.

Second, an acid must be added to tomatoes whether they are processed using the boiling water method or pressure canning method. To ensure the safety of whole, crushed, or juiced tomatoes, add 1 tablespoon bottled lemon juice (not natural juice) or ¼ teaspoon citric acid per 500 ml jar; for 1 litre jars, add 2 tablespoons bottled lemon juice or ½ teaspoon citric acid.

Salt

Tomatoes and tomato products may be canned with or without salt. Salt is used only for flavour, as it is not used in a large enough quantity to prevent spoilage. If salt is desired, use only canning or pickling salt. Table salt contains anti-caking agents that may cause cloudiness in the liquid inside the jars. The recommended amount of salt is ½ teaspoon for each 500 ml jar and 1 teaspoon for each 1 litre jar.

Altitude Adjustments

The processing times for pressure canning given in the specific recipes are for altitudes of 304 metres or below. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi). The processing time is the same at all altitudes.

The processing times for boiling water canning given in the specific recipes are for altitudes of 304 metres or below. When processing at an altitude of 305 metres or above, process according to the chart below.

<i>Altitude</i>	<i>Increase Processing Time</i>
305 to 914 metres	5 minutes
915 to 828 metres	10 minutes
1,829 to 2,438 metres	15 minutes

Canning Recipes: Tomatoes

Tomatoes, whole or halved (packed raw without added liquid)

Wash 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 bottled lemon juice or citric acid to hot jars. Add salt, 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 69 kPa (10 psi), 500 ml and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time

Boiling water canning: Process 500 ml and 1 litre jars for 85 minutes. When processing at an altitude of 305 metres or above, see the chart above.

Tomatoes, whole or halved (packed in water)

Wash 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, or if using large tomatoes, quarter.

Hot Pack: Place prepared tomatoes in a large pot and add just enough water to cover. Bring to a boil and boil gently for 5 minutes. Add bottled lemon juice or citric acid to hot jars (page 29). Add salt, if desired (page 29).

Pack hot tomatoes in hot jars, leaving ½-inch headspace. Fill jars with hot cooking liquid, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Add bottled lemon juice or citric acid to hot jars (page 29). Add salt, if desired (page 29). Pack prepared tomatoes in hot jars, leaving ½-inch headspace. Fill hot jars with boiling water, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 69 kPa (10 psi), 500 ml and 1 litre jars for 10 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 40 minutes and 1 litre jars for 45 minutes. When processing at an altitude of 305 metres or above, see the chart on the opposite page.

Tomato Juice

Wash ripe, juicy tomatoes. Remove stem ends. To prevent juice from separating, quickly cut about 1 pound of tomatoes into quarters and put directly into a large 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 more tomatoes. Continue until the pot is three-quarters full. Simmer for 5 minutes.

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 bottled lemon juice or citric acid (page 29) to hot jars. Add salt, if desired (page 29). Fill hot jars with hot tomato juice, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 69 kPa (10 psi), 500 ml and 1 litre jars for 15 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 35 minutes and 1 litre jars for 40 minutes. When processing at an altitude of 305 metres or above, see the chart on the opposite page.

Tomato Sauce

Prepare and press as for making tomato juice. Heat in a large pot until sauce reaches desired consistency. Simmer until volume is reduced by about one-third for thin sauce or by one-half for thick sauce.

Add bottled lemon juice or citric acid to hot jars (page 29). Add salt, if desired (page 29). Pour hot sauce into hot jars, leaving ½-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Pressure canning: Process at 69 kPa (10 psi), 500 ml and 1 litre jars for 15 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Boiling water canning: Process 500 ml jars for 35 minutes and 1 litre jars for 40 minutes. When processing at an altitude of 305 metres or above, see the chart on page 30.

Spaghetti Sauce without Meat

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

Note: Do not increase the proportion of onion, pepper, or mushrooms.

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil for 20 minutes, uncovered, in a large pot. Put through food mill or sieve.

Sauté onion, celery or pepper, mushrooms (if desired), and garlic in vegetable oil until tender. Combine vegetables, tomatoes, sugar, parsley, oregano, salt, and pepper.

Bring to a boil. Simmer, uncovered, stirring frequently until thick enough for serving. At this time, the initial volume will have been reduced by nearly one-half.

Fill hot jars with hot sauce, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Yield, 500 ml jars: about 9

Pressure canning: Process at 69 kPa (10 psi), 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Spaghetti Sauce with Meat

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

Note: Do not increase the proportion of onion, pepper, or mushrooms.

Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil for 20 minutes, uncovered, in a large pot. Put through food mill or sieve.

Brown beef or sausage. Add onion, celery or green pepper, mushrooms (if desired), and garlic. Cook until vegetables are tender. Combine with tomatoes in large pot. Add sugar, parsley, oregano, salt, and pepper.

Bring to a boil. Simmer, uncovered, stirring frequently until thick enough for serving. At this time, the initial volume will have been reduced by nearly one-half.

Fill hot jars with hot sauce, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Yield, 500 ml jars: about 9

Pressure canning: Process at 69 kPa (10 psi), 500 ml jars for 60 minutes and 1 litre jars for 70 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Salsa

Process salsa using the boiling water method. Refer to page 52 for the tested canning recipe.

PRESSURE CANNING VEGETABLES

Pressure canning is the only safe method for canning vegetables.

Young, tender, fresh, and slightly immature vegetables are better for canning than those which are overripe. As a rule, vegetables are best when canned immediately after picking, since flavour decreases upon standing and often unpleasant colour changes take place.

Avoid bruising vegetables because spoilage organisms grow more rapidly on bruised vegetables than on those that are unblemished.

Wash and prepare garden fresh vegetables as you would for cooking. When packing vegetables, always leave 1-inch headspace, or more if directed in recipe, in hot Mason jars.

To hot pack vegetables, precook in boiling water until heated through. Pack precooked vegetables into hot jars and cover with boiling water. Whenever possible, the precooking water should be used as liquid to cover the vegetables after packing into 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 hot jars and cover with boiling water.

Salt

Vegetables may be processed with or without salt. Salt is used only for flavour, as it is not used in a large enough quantity to prevent spoilage. If salt is desired, use only canning or pickling salt. Table salt contains anti-caking agents that may cause cloudiness in the liquid inside the jars. The recommended amount of salt is ½ teaspoon for each 500 ml jar and 1 teaspoon for each 1 litre jar.

Altitude Adjustments

The processing times for pressure canning given in the specific recipes are for altitudes of 304 metres or below. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi). The 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 for 2 to 3 minutes. Pack hot asparagus loosely in hot jars, leaving 1-inch headspace.

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

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

Process at 69 kPa (10 psi), 500 ml jars for 30 minutes and 1 litre jars for 40 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Beans or Peas, dry

Sort out and discard any discoloured beans. 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 to 18 hours in a cool place. Then drain.
- ◆ Cover beans with boiling water in a large pot. Boil for 2 minutes, remove from heat, and soak 1 hour. Then drain.

Hot Pack: Cover beans soaked by either method with fresh water and boil for 30 minutes. Add salt to hot jars, if desired.

Fill jars with beans or peas and cooking water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 75 minutes and 1 litre jars for 90 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Beans, fresh (lima)

Shell and wash young, tender beans thoroughly.

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

Raw Pack: Pack raw beans loosely in hot jars, leaving 1-inch headspace in 500 ml jars. For 1 litre jars, leave 1½-inch headspace if beans are small and 1¼-inch headspace if beans are large.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 40 minutes and 1 litre jars for 50 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Beans, fresh (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 for 5 minutes. Pack hot beans loosely in hot jars, leaving 1-inch headspace.

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

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Beets

Trim tops of young, tender beets, leaving 1 to 2 inches of stem and root to reduce bleeding of colour. Wash thoroughly.

Hot Pack: Cover beets with boiling water and boil for 15 to 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 hot jars, leaving 1-inch headspace.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 30 minutes and 1 litre jars for 35 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

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 for 5 minutes. Pack hot carrots in hot jars, leaving 1-inch headspace.

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

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 25 minutes and 1 litre jars for 30 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Corn, whole kernel

Husk and remove silk from young, tender, freshly picked corn; wash ears.

Blanch for 3 minutes in boiling water. Cut corn from cob at about three-fourths the depth of the kernel. Do not scrape cob.

Hot Pack: For each quart of corn, add 1 cup boiling water. Bring to a boil and simmer for 5 minutes. Pack hot corn loosely in hot jars, leaving 1-inch headspace.

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

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 55 minutes and 1 litre jars for 85 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Greens

Sort young, tender, freshly picked greens; discard wilted or tough leaves, stems, and roots. Wash greens thoroughly.

Hot Pack: Blanch 1 pound of greens at a time until well wilted, about 3 to 5 minutes. Pack hot greens loosely in hot jars, leaving 1-inch headspace.

Add salt, if desired (page 34). Cover with fresh boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 70 minutes and 1 litre jars for 90 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Mushrooms

Trim stems and discoloured 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 half or in quarters.

Hot Pack: Cover mushrooms with water and boil for 5 minutes. Pack hot mushrooms in hot jars, leaving 1-inch headspace. For better colour, add $\frac{1}{8}$ teaspoon of ascorbic acid per 500 ml jar.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 250 ml and 500 ml jars for 45 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Okra

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

Hot Pack: Cover okra with hot water and boil for 2 minutes. Pack hot okra in hot jars, leaving 1-inch headspace.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 25 minutes and 1 litre jars for 40 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

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 for 2 minutes. Pack hot peas loosely in hot jars, leaving 1-inch headspace. Do not shake or press down.

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

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml and 1 litre jars for 40 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Peppers, hot or sweet (including bell, chili, jalapeño, and pimiento)

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

- ◆ *Oven or broiler method:* Place chili peppers in a 204°C (400°F) oven or broiler for 6 to 8 minutes until skins blister.
- ◆ *Range-top method:* Cover hot burner, either gas or electric, with heavy wire mesh. Place chilies on wire mesh 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 for 3 minutes.

Hot Pack: Small peppers may be left whole. Large peppers may be quartered. Pack peppers loosely in hot jars, leaving 1-inch headspace.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 35 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Potatoes, sweet

Wash small to medium size sweet potatoes.

Hot Pack: Boil or steam sweet potatoes just until partially soft, about 15 to 20 minutes. Remove skins and cut into pieces of uniform size. Pack hot sweet potatoes in hot jars, leaving 1-inch headspace.

CAUTION! Do not mash or puree potatoes as processing time may not be adequate for mashed or pureed product.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 65 minutes and 1 litre jars for 90 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Potatoes, white

Wash, peel, and rinse new potatoes 1 to 2 inches in diameter. If desired, cut into ½-inch cubes. Place in ascorbic acid solution (1 teaspoon ascorbic acid to 4 quarts water) to prevent darkening. Drain.

Hot Pack: Cover potatoes with hot water and bring to a boil. Boil whole potatoes for 10 minutes, cubes for 2 minutes. Pack hot potatoes in hot jars, leaving 1-inch headspace.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 35 minutes and 1 litre jars for 40 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Pumpkin and Winter Squash

Wash and remove seeds from small size pumpkins or squash. Cut into 1-inch slices and peel. Cut flesh into 1-inch cubes.

Hot Pack: Boil cubes in water for 2 minutes. Pack hot pumpkin or squash cubes loosely in hot jars, leaving 1-inch headspace.

CAUTION! Do not mash or puree as processing time may not be adequate for pureed product.

Add salt, if desired (page 34). Cover with boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 55 minutes and 1 litre jars for 90 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

PRESSURE CANNING MEAT, GAME, AND POULTRY

Pressure canning is the only safe method for canning meat, game, and poultry.

Meat, game, and poultry should be handled carefully to avoid contamination. Keep it as cool as possible during preparation for canning, handle rapidly, and process as soon as it is packed.

Use good quality product that has been trimmed of gristle, fat, and bruised spots. The hot pack is recommended for the best liquid cover and quality during storage.

Meat and game should be precooked until rare by broiling, boiling, or frying. Poultry should be precooked by baking, boiling, or steaming until medium done. Do not brown meat with flour or add flour to broth.

To make broth, place bony pieces in a large pot and cover with cold water. Simmer until meat is tender. Discard fat. Add boiling broth to hot jars packed with precooked meat or poultry.

Salt

Meat, game, and poultry may be canned with or without salt. Salt is used only for flavour, as it is not used in a large enough quantity to prevent spoilage. If salt is desired, use only canning or pickling salt. Table salt contains anti-caking agents that may cause cloudiness in the liquid inside the jars. The recommended amount of salt is ½ teaspoon for each 500 ml jar and 1 teaspoon for each 1 litre jar.

Altitude Adjustments

The processing times for pressure canning given in the specific recipes are for altitudes of 304 metres or below. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi). The processing time is the same at all altitudes.

Canning Recipes: Meat

Cut-up Bear, Beef, Pork, Lamb, Veal, and Venison (strips, cubes, or chunks)

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

Hot Pack: Precook meat until rare by roasting, stewing, or browning. Pack hot meat loosely in hot jars, leaving 1-inch headspace. Add salt, if desired (page 41).

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: Add salt, if desired (page 41) to hot jars. Pack raw meat loosely in hot jars, leaving 1-inch headspace. **DO NOT ADD LIQUID.** Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 75 minutes and 1 litre jars for 90 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Ground Bear, Beef, Pork, Lamb, Veal, and Venison

Grind fresh meat in a food processor or meat grinder. For venison, add one part high quality pork fat to three or four parts venison before grinding. For sausage, use freshly made sausage seasoned with salt and cayenne pepper (do not use sage as it may cause a bitter flavour).

Hot Pack: Shape ground meat or sausage into patties or balls. Cook until lightly browned. Ground meat may also be cooked without shaping. Drain to remove excess fat.

Pack hot meat loosely in hot jars, leaving 1-inch headspace. Add salt, if desired (page 41). Cover meat with boiling water, broth, or tomato juice, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 75 minutes and 1 litre jars for 90 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Canning Recipes: Poultry and Rabbit

Chicken, Duck, Goose, and Turkey

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

Hot Pack: Precook poultry until almost done by baking, boiling, or steaming. Pack hot poultry loosely in hot jars, leaving 1¼-inch headspace.

Add salt, if desired (page 41). Cover poultry with hot broth, leaving 1¼-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Raw Pack: Add salt, if desired (page 41) to hot jars. Pack raw poultry loosely in hot jars, leaving 1¼-inch headspace. **DO NOT ADD LIQUID.** Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi):	<u>With Bone</u>	<u>Without Bone</u>
500 ml jars:	65 minutes	75 minutes
1 litre jars:	75 minutes	90 minutes

When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Rabbit

Soak dressed rabbits for 1 hour in water containing 1 tablespoon of salt per 1 quart of water. Rinse. Use preparation procedures and processing times for poultry, omitting the 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. To prevent spoilage, keep fish and shellfish refrigerated or on ice to maintain a temperature of 4°C (40°F) or below.

Altitude Adjustments

The processing times for pressure canning given in the specific recipes are for altitudes of 304 metres or below. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi). The processing time is the same at all altitudes.

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 for 5 minutes and open. Remove clam meat. Collect and save clam juice. Wash clam meat in salted water using 1½ to 3 tablespoons of salt per 4 quarts of water. Rinse.

Cover clam meat with boiling water with 2 tablespoons of lemon juice or ½ teaspoon of citric acid per 4 quarts. Boil for 2 minutes and drain. To make minced clams, grind clams with a meat grinder or food processor. Heat reserved clam juice to boiling.

Pack clams loosely in hot jars, leaving 1-inch headspace. Add hot clam juice and, if needed, boiling water, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 250 ml jars for 60 minutes and 500 ml jars for 70 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Fish (salmon, trout, steel-head, and other fish except for tuna)

Remove head, tail, and fins. Wash fish in cold water.

Raw Pack: Split fish lengthwise and then cut into lengths that fit the jar size being used. Bones can be left in and skin left on, if desired. For halibut, remove the bones and skin.

Pack fish tightly in hot jars, leaving 1-inch headspace. Add ½ teaspoon canning salt to each 250 ml jar and 1 teaspoon to each 500 ml jar, if desired. DO NOT ADD LIQUID. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 250 ml and 500 ml jars for 100 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Tuna

Remove viscera and clean fish thoroughly. Tuna may be canned either raw or precooked. Precooking removes most of the strong-flavoured, natural oils.

Hot Pack: Place tuna belly-side down on a rack in the bottom of a large baking pan. Bake at 177°C (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 the jar size being used. Add ½ teaspoon canning salt to each 250 ml jar and 1 teaspoon to each 500 ml jar, if desired.

Pack fish into hot jars, pressing down gently to make a solid pack, leaving 1-inch headspace. Add 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 the jar size being used. Add ½ teaspoon canning salt to each 250 ml jar and 1 teaspoon to each 500 ml jar, if desired.

Pack fish into hot jars, pressing down gently to make a solid pack, leaving 1-inch headspace. DO NOT ADD LIQUID. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 250 ml and 500 ml jars for 100 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

PRESSURE CANNING SOUPS AND STOCKS

Pressure canning is the only safe method for canning soups and stocks.

Soup or soup stock is quickly and easily canned. Soup should always be cooked ready for serving, then poured into hot 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.

Canning Recipes: Soups and Stocks

Beef Stock

Saw or crack fresh trimmed beef bones to enhance flavour extraction; rinse.

Hot Pack: Place bones in a large pot; cover with water. Cover pot and simmer for 3 to 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 hot jars with hot broth, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Chicken Stock

Hot Pack: Place large carcass bones in a large pot; add enough water to cover bones. Cover pot and simmer for 30 to 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 hot jars with hot broth, leaving 1-inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 20 minutes and 1 litre jars for 25 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

Soups (vegetable, dried bean or pea, meat, poultry, or seafood)

Choose your favourite vegetables, dried beans or peas, meat, poultry, or seafood ingredients for soup as long as those ingredients have their own individual canning recommendations.

Do not use ingredients for which there are no canning recommendations.

CAUTION! Do not add noodles or other pasta, rice, flour, cream, milk, or other thickening agents to home canned soups as processing time may not be adequate.

Hot Pack: Prepare vegetables, meat, poultry, and seafood as described in the hot pack directions for the individual ingredients. If dried beans or peas are used, they must be fully rehydrated (page 35) before adding to other ingredients.

Combine solid ingredients with meat broth, tomatoes, or water to cover. Boil for 5 minutes. Salt to taste, if desired. Fill jars halfway with solid ingredients and then add soup liquid, leaving 1-inch headspace. Adjust two-piece lids.

Process at 69 kPa (10 psi), 500 ml jars for 60 minutes and 1 litre jars for 75 minutes. If soup contains seafood, process 500 ml and 1 litre jars for 100 minutes. When processing at an altitude of 305 metres or above, process at 103 kPa (15 psi) for the same amount of time.

USING THE BOILING WATER METHOD TO CAN FOODS

If using your canner on an induction or smooth-top range and using the boiling water method of canning for 1 litre jars, consult with the range/cook-top manufacturer for any weight restrictions. The filled canner weight is over 50 pounds.

1. Place the canning rack on the bottom of canner and fill the canner halfway with water.
2. Remove the overpressure plug and pressure regulator from the canner cover and set them aside.
3. Preheat the water to 60°C (140°F) for raw-packed foods and to 82°C (180°F) for hot-packed foods.
4. Use a jar lifter to place the filled jars, with the lids and bands fastened according to the manufacturer's directions, on the rack in the canner.

5. Check the water level. Add more boiling water, if needed, so the water level is at least 1 inch above the jar tops.
6. Look through the vent pipe on the canner cover to be certain it is clear before placing the cover on the canner. To clean the vent pipe, draw a pipe cleaner or small brush through the opening (see page 15).
7. Place the cover on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle (Fig. O, page 15). 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 the cover beyond this position.

8. Turn the heat on the stove to its highest setting until the water boils vigorously.
9. Set a timer for the minutes required for processing the food based on the tested canning recipe.
10. Lower the heat to maintain a gentle boil throughout processing.
11. Add more boiling water, if needed, to keep the water level at least 1 inch above the jar tops.
12. When the jars have been processed for the recommended time, turn off the heat and remove the canner cover. Let the canner cool for 5 minutes.
13. Using a jar lifter, remove the jars by lifting them straight up. Be careful not to tilt them as this causes liquid to siphon from the jars.
Place the jars upright on a towel or cooling rack, away from drafts. Leave at least a 1-inch space between the jars during cooling.
14. Allow the jars to cool naturally for 12 to 24 hours before testing the seal. See the “After Processing” information on page 12. Do not re-tighten the bands.
15. When canning is complete, allow the canner to cool completely before cleaning. For more information on the boiling water method, visit www.GoPresto.com/content/canning.

Canner Storage: Store the canner in a dry place at temperatures above freezing with the cover inverted on the body. Storing the canner with the cover locked on may cause unpleasant odours and deform the sealing ring. The canner must be completely dry before storing.

Canning Recipes: Boiling Water Method

The following recipes are safely canned by the boiling water method. Do not pressure can these recipes because the food quality would be unacceptable.

Important: Sterilize the jars used for the 3 preserve recipes marked with a ♣, because the processing time is less than 10 minutes. To sterilize them, boil them for 10 minutes.

If you live at an altitude of 304 metres or more, boil an additional minute for each 304-metre 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 304 metres, the processing time needs adjustment; refer to pages 23 and 34.

To process fruits and tomatoes using the boiling water method, refer to the instructions on pages 24 to 33.

Quick Fresh-Pack Dill Pickles

8 pounds of 3- to 5-inch pickling cucumbers	2 tablespoons whole mixed pickling spice
8 quarts water	3 tablespoons whole mustard seed (1 teaspoon per 500 ml jar)
1¼ cups canning or pickling salt (divided)	14 heads of fresh dill (1½ heads per 500 ml jar)
1½ quarts vinegar (5% acidity)	OR 4½ tablespoons dill seed (1½ teaspoons per 500 ml jar)
¼ cup sugar	
2 quarts water	

Wash cucumbers. Cut $\frac{1}{16}$ -inch slice off blossom end and discard, but leave $\frac{1}{4}$ -inch of stem attached. Dissolve $\frac{3}{4}$ cup salt in 8 quarts water. Pour over cucumbers and let stand 12 hours. Drain.

In a large pot, combine vinegar, $\frac{1}{2}$ 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 $1\frac{1}{2}$ heads fresh dill to each 500 ml jar.

Cover with boiling pickling liquid, leaving $\frac{1}{2}$ -inch headspace. Remove air bubbles. Prepare jar rims. Adjust two-piece lids. Process 500 ml jars for 10 minutes and 1 litre jars for 15 minutes.

Yield, 500 ml jars: about 7 to 9

Apple Butter*

Recommended apples include Jonathan, Winesap, Stayman, Golden Delicious, and McIntosh.

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 sugar	

Wash apples. Remove 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 if done, 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 250 ml and 500 ml jars for 5 minutes.

Yield, 500 ml jars: 8 to 9

Grape Jelly*

5 cups grape juice	1 package powdered pectin
(about 3½ pounds grapes to about 1 cup water)	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.

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.

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 250 ml and 500 ml jars for 5 minutes.

Yield, 250 ml jars: about 8

Rhubarb Strawberry Jam*

1 cup cooked red-stalked rhubarb (about 1 pound rhubarb and about ¼ cup water)	2½ cups crushed strawberries 6½ cups sugar 1 pouch liquid pectin
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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 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 250 ml and 500 ml jars for 5 minutes.

Yield, 250 ml jars: about 7 to 8

Grape Jelly and Rhubarb Strawberry Jam 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.

Tomato Salsa

This recipe works best with paste tomatoes, such as roma. Slicing tomatoes, such as plum or beefsteak, require a much longer initial cooking time to achieve a desirable consistency.

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

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 your 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 chilies may be tough. If you choose to peel chilies, 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 (204°C/400°F) or under a broiler for 6 to 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 tomatoes and dip in boiling water for 30 to 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 for 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 500 ml jars for 15 minutes.

Yield, 500 ml jars: about 16 to 18

This completes the information on the canning process. For additional information, visit www.GoPresto.com/content/canning.

The information found on pages 53 to 74 is for pressure cooking foods in your pressure canner.

HOW TO PRESSURE COOK FOODS

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 6 to 8.

1. Prepare the ingredients according to the directions in the selected pressure cooking recipe. 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 in the canner, if called for in the recipe; refer to the helpful hints on page 57 for guidance.
3. **Important:** Look through the vent pipe to make certain that it is clear before closing the cover; refer to the safety information on page 55.

Also check that the overpressure plug is seated properly in the cover and the two metal pieces of the air vent/cover lock are securely fastened.

4. Place the cover on the canner, aligning the **V** mark on the cover with the inverted **V** mark on the body handle (Fig. O, page 15).

Press down on the cover handles to compress the sealing ring and 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.**

5. Position the canner on a level burner and range only. Using the canner on a tilted burner or range may interfere with the operation of the pressure regulator.

To avoid scratching the ceramic glass surface of a smooth-top or induction range, check the bottom of the canner to be sure it is clean and free of debris and does not have any nicks or scratches.

For electric coil, smooth-top, and induction ranges, use the element that most closely matches the 9-inch diameter of the canner bottom. This is the portion of the canner bottom which comes in contact with the element.

CAUTION! Do not use on any outdoor LP gas burner or a gas range over 12,000 BTU's. Using too large of an element or over 12,000 BTU's may soften the canner and cause the bottom to warp. It may also result in bodily injury or property damage.

6. Place the complete 3-piece pressure regulator on the vent pipe. Using a high setting, heat the canner until the pressure regulator begins to rock. Adjust the heat as necessary to maintain a slow, steady rocking motion. To watch a video of this motion, visit www.GoPresto.com/ppc/rocking.

If the pressure regulator is allowed to rock vigorously, excess steam will escape. Therefore, too much liquid will evaporate and food may scorch.

Never leave your pressure canner unattended at high heat settings. It could boil dry and overheat excessively, causing possible warping.

7. The cooking time begins when the pressure regulator begins to rock gently. Cook for the length of time specified in the recipe or cooking chart. When the cooking time is complete, turn off the burner and remove the canner from the heat source.

NOTICE: Lift the pressure canner to remove it from the burner. Sliding any cookware can leave scratches.

8. Reduce the pressure according to the recipe. If the recipe states “let pressure drop of its own accord,” set the canner aside to cool until the 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 a hot canner directly on the bottom of a molded sink; this could damage the sink. Instead, place it on a cooling rack in the sink.

The pressure is completely reduced when the air vent/cover lock has dropped. If the air vent/cover lock remains in its raised position, there is still pressure inside the canner. Continue to cool the canner until the air vent/cover lock has dropped.

After the pressure has been completely reduced, remove the regulator.

Always remove the regulator before opening the cover.

9. To open the cover, turn it counterclockwise until the **V** mark on the body handle aligns with the inverted **V** mark on the cover. Then, lift the cover toward you to keep any steam away from you.

CAUTION! If the cover seems to stick or is hard to turn, there may still be some pressure in the canner. Do not force the cover off. Continue cooling until the air vent/cover lock has dropped and the cover turns easily.

10. Remove food and serve. Let the canner cool completely before cleaning.

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.

CAUTION! To ensure safe operation, make sure you always observe the following simple rules whenever you use the pressure canner. Failure to do so could result in bodily injury or property damage.

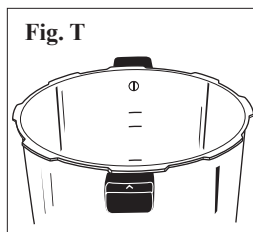
1. **Never overfill the pressure canner.** The regulator is designed to maintain the cooking pressure at a safe level. It relieves excess pressure through the vent pipe as it gently rocks back and forth.

Many foods tend to expand when cooked. If the canner is overfilled, this expansion may cause the vent pipe to become blocked. A blocked vent pipe 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 fill lines are marked by indentations on the inside of the canner body (Fig. T). The top marking is the $\frac{2}{3}$ fill line and the middle marking is the $\frac{1}{2}$ fill line. The lowest marking is the 3-quart fill line for water used when 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 the canner boils dry and is left on a heated burner, it will overheat excessively and cause possible discolouration or warping of the canner and also potential damage to the range or stove-top.
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 cannot relieve excess pressure. Pressure may build to unsafe levels. To clean it, draw a pipe cleaner or small brush through the opening. Also clean the vent pipe nut as shown (Fig. N and Fig. O, page 15).

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 the 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.

Therefore, it is 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. **Never open the canner when it contains pressure.** The air vent/cover lock visually indicates the state of pressure in the canner. When it is up, there is pressure in the canner. When it is down, there is no pressure and the canner can be opened.

If the canner is opened before all of the pressure is released, the contents will erupt and could cause bodily injury or property damage.

6. **Replace the sealing ring and overpressure plug if they become hard, deformed, cracked, worn, pitted, or soft and sticky. Always replace the overpressure plug when replacing the sealing ring.**

Both parts are made of rubber, and when new, are soft and pliable. Over time, depending on the frequency and type of use, rubber becomes hard and inflexible. Replace the sealing ring and overpressure plug at least every 3 years.

The overpressure plug is a secondary pressure relief valve designed to relieve excess pressure by releasing from the canner cover in the event that the vent pipe becomes blocked.

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, call the Presto Consumer Service Department at 1 800 877-0441 for assistance in determining why this happened. **Do not use the released overpressure plug.**

7. **Always follow the 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 and could cause the vent pipe to become blocked. Therefore, they need to be soaked and cooked according to the instructions on page 67 to minimize frothing and foaming 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 chart on page 68.** These foods expand so much as a result of frothing and foaming they should never be cooked under pressure.

HELPFUL HINTS FOR PRESSURE COOKING

- ◆ Your favourite 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. Recipes are cooked at 103 kPa (15 psi).
- ◆ 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, flavours 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 flavours, 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 the canner to cool slightly and then place the cover on the body.
- ◆ 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 desired, simmer to evaporate the excess liquid.
- ◆ When pressure cooking at high altitudes, the cooking time needs to be increased 5% for every 304 metres above the first 608 metres. Following this rule, the time would be increased as follows:

914 metres.....5%	1,524 metres....15%	2,133 metres....25%
1,219 metres...10%	1,828 metres....20%	2,438 metres....30%
- ◆ If you have questions on recipes or timetables, contact the Test Kitchen by calling 1 800 368-2194 or email us via our website at www.GoPresto.com.

PRESSURE COOKING MEAT

Savoury, 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 and entrée recipes are cooked at 103 kPa (15 psi).

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 the pressure cooking time is completed, serving size pieces of meat may be cooled quickly. However, when cooking a roast cut of meat, the pressure must be allowed to drop of its own accord to be sure that pressure is reduced both within the roast and the canner.

Do not fill canner over $\frac{3}{4}$ full! These recipes are intended for pressure cooking only and should not be canned.

Cooking Recipes: Beef, Pork, and Lamb

Corned 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 cover securely. Place pressure regulator on vent pipe and cook for 40 to 50 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

20 to 24 servings

Spaghetti Meat Sauce

- | | |
|----------------------------------|------------------------------|
| 6 pounds ground beef | 3 quarts tomato juice |
| 4 onions, chopped | 3 12-ounce cans tomato paste |
| 2 cups chopped celery | ¼ cup sugar |
| 2 green peppers, diced | 2 tablespoons dried oregano |
| 4 cloves garlic, minced | ½ 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 103 kPa (15 psi). Let pressure drop of its own accord. Serve sauce over spaghetti and sprinkle with Parmesan cheese.

20 to 24 servings

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 for 45 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

15 to 18 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	¾ 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 pressure regulator on vent pipe and cook for 8 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Make a paste of flour and ¾ cup water and stir into stew to thicken.

15 to 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 pressure regulator on vent pipe and cook for 15 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

24 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 for 40 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

15 to 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 6-ounce cans tomato paste |
| 2 cups diced celery | 2½ cups 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 for 35 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Thicken gravy, if desired.

15 to 18 servings

Short Ribs of Beef

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

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 for 40 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

15 to 18 servings

Chili con Carne

- | | |
|------------------------------------|---|
| 6 pounds ground beef | 1 tablespoon salt, or as desired |
| 4 onions, chopped | ½ teaspoon cayenne pepper |
| 2 green peppers, chopped | 2 cups water |
| 2 cloves garlic, minced | ***** |
| 3 14- to 15-ounce cans tomatoes | 3 14- to 15-ounce cans kidney beans, drained and rinsed |
| 1 14- to 15-ounce can tomato sauce | |
| 2 tablespoons chili powder | |

Heat canner and brown beef. Add onions, green pepper, and garlic; brown lightly. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and cook for 15 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Stir in kidney beans and heat through.

18 to 20 servings

Spareribs and Sauerkraut

6 pounds spareribs, cut into serving pieces	3 quarts sauerkraut
3 tablespoons vegetable oil	3 tablespoons packed 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 for 15 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 servings

Spareribs with Barbecue Sauce

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

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 pressure regulator on vent pipe and cook for 15 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 to 15 servings

Meat Cabbage Rolls

2 large heads cabbage	3 cups cooked rice
Hot water	3 cups milk
3 pounds ground beef	½ cup packed brown sugar
1 tablespoon salt, or as desired	4 cups water
¾ teaspoon black 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 for 10 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 to 15 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 for 60 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 to 15 servings

Pork Chops with Vegetables

15 pork chops, $\frac{3}{4}$ inch thick	15 potatoes
3 tablespoons vegetable oil	15 carrots
Salt and pepper	
4 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 for 10 to 12 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

15 servings

New England Boiled Dinner

4 pounds ham shank	12 carrots, halved
4 cups water	1 cabbage, cut in wedges
12 potatoes, halved	$\frac{1}{2}$ teaspoon black pepper
12 onions, halved	

Place ham and water in canner. Close cover securely. Place pressure regulator on vent pipe and cook for 20 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Add vegetables and pepper.

Close cover securely. Place pressure regulator on vent pipe and cook for 8 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 servings

Virginia Ham

10 pounds ham
4 cups water

1½ cups packed brown sugar
Cloves

Place ham on cooking rack in canner. Add water. Close cover securely. Place pressure regulator on vent pipe and cook for 60 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Remove ham. Sprinkle with sugar and dot with cloves. Brown in a hot oven.

15 to 18 servings

Pork Hocks with Sauerkraut and Potatoes

9 pounds pork hocks
4 cups water
½ teaspoon black pepper

2 quarts sauerkraut
12 potatoes, halved
2 onions, chopped

Place hocks, water, and pepper in canner. Close cover securely. Place pressure regulator on vent pipe and cook for 45 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Add sauerkraut, potatoes, and onions.

Close cover securely. Place pressure regulator on vent pipe and cook for 10 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 to 15 servings

Lamb Stew

6 pounds breast of lamb, cut into
1-inch cubes
3 tablespoons vegetable oil
Salt and pepper
12 carrots, cut in half

8 onions, diced
3 green peppers, diced
2 tablespoons Worcestershire sauce
4 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 for 8 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 servings

PRESSURE COOKING POULTRY

Try the following suggested recipes and enjoy tasty poultry in a variety of sauces. Or, prepare your own favourite poultry dishes. Poultry recipes are cooked at 103 kPa (15 psi).

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 flavours during cooking, it is best not to brown poultry; just cook it in the liquid indicated in the recipe.

Do not fill canner over $\frac{3}{4}$ full! These recipes are intended for pressure cooking only 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 for 10 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

15 to 18 servings

Chicken Marengo

- | | |
|----------------------------------|---------------------------|
| 9 pounds chicken, quartered | 1 pound mushrooms, sliced |
| 1 tablespoon coarse black pepper | 2 28-ounce cans 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 for 10 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Remove chicken from canner. Thicken cooking liquid, if desired.

15 to 18 servings

Chicken Imperial

9 pounds chicken, cut into serving pieces	½ cup minced onion
3 tablespoons vegetable oil	1 cup slivered almonds
1 teaspoon salt, or as desired	4 4-ounce cans mushrooms
½ teaspoon black pepper	2 cups chicken broth
	1 cup white wine

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 for 10 minutes at 103 kPa (15 psi). 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 to 18 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 dried thyme
3 8-ounce cans tomato sauce	1 teaspoon dried 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 for 10 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

15 to 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 black pepper	1 teaspoon dried 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 for 8 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

8 to 12 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 $\frac{1}{2}$ full line. This includes the 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: All beans and peas, except lentils and black-eyed peas, should be soaked for even cooking and to remove water-soluble, gas-producing starches. Use one of these two methods:

Traditional Method: Clean and rinse beans; cover with three times as much water as beans. Soak 4 to 8 hours. Drain.

Quick Method: Clean and rinse beans; cover with three times as much water as beans. Bring beans to a boil and boil for 2 minutes. Remove from heat, cover, and let stand for 1 to 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 103 kPa (15 psi) according to the times in the chart on page 68.

For more firm beans for salads and side dishes, or 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.

Dry Beans and Peas Timetable

Soak all beans and peas, except lentils and black-eyed peas, according to the information on page 67. Add 1 tablespoon vegetable oil to the cooking liquid. **Do not cook split peas.**

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

Do not fill canner over ½ full! These recipes are intended for pressure cooking only and should not be canned.

* Cooking time is for unsoaked beans.

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

Cooking Recipes: Dry Beans

Boston Baked Beans

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

Soak beans according to instructions on page 67. 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 cover securely. Place pressure regulator on vent pipe and cook for 35 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Season with salt.

12 to 15 Servings

Savoury White Beans

4 cups navy beans	2 small bay leaves
6 cups chicken broth	¼ teaspoon dried thyme
2 cups chopped onion	½ teaspoon dried rosemary
2 cups sliced carrots	½ teaspoon black pepper
1½ tablespoons minced garlic	Salt, as desired
2 tablespoons vegetable oil	

Soak beans according to instructions on page 67. Drain and discard liquid. Add all ingredients except salt to canner. Close cover securely. Place pressure regulator on vent pipe and cook for 2 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Season with salt.

12 to 15 servings

Lima Beans with Bacon

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

Soak beans according to instructions on page 67. 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 cover securely. Place pressure regulator on vent pipe and cook for 3 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Season with salt.

12 to 15 servings

PRESSURE COOKING SOUPS AND STOCKS

Make homemade soups the easy way in your canner. If you wish to prepare your family's favourite soup, use the following recipes as guides. Soup recipes are cooked at 103 kPa (15 psi).

If adding dry beans and peas, they must first be soaked according to the directions on page 67. Do not pressure cook soups containing barley, rice, pasta, split peas, grains, dry beans and peas which are not listed in the chart on page 68, and dried soup mixes because they have a tendency to foam, froth, and sputter and could block the vent pipe.

Cooked barley, rice, grains, pasta, dry beans and peas which are not listed in the chart on page 68, and dried soup mixes should be added to the soup after pressure cooking.

The canner quickly transfers the natural flavour 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 the meat into small pieces and use it 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.

Do not fill canner over ½ full! These recipes are intended for pressure cooking only and should not be canned.

Cooking Recipes: Soups and Stocks

Clam Chowder

1 pound salt pork, cubed	Salt and pepper
6 cups water	*****
12 cups diced potatoes	4 quarts clams, minced
4 onions, minced	4 quarts hot milk
4 cups corn	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 for 5 minutes at 103 kPa (15 psi). 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

Vegetable Soup

4 pounds soup meat	4 cups canned or fresh tomatoes
2 quarts water	2 cups frozen lima beans
6 carrots, diced	1 cup diced celery
6 potatoes, diced	1 tablespoon salt, or as desired
4 onions, sliced	

Place all ingredients in canner. Close cover securely. Place pressure regulator on vent pipe and cook for 20 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 to 15 servings

Navy Bean Soup

4 cups dried navy beans	2 cups tomato sauce
3 pounds ham bone or shank	2 whole cloves
2 onions, chopped	3 quarts water
4 carrots, sliced	*****
4 ribs celery, sliced	Salt and pepper, as desired
¼ cup minced green pepper	

Soak beans according to instructions on page 67. Drain and discard liquid. Place beans and remaining ingredients in canner. Close cover securely. Place pressure regulator on vent pipe and cook for 30 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Season to taste with salt and pepper.

12 to 15 servings

Brown Beef Stock

4 pounds beef, cubed	1 cup chopped celery
3 tablespoons vegetable oil	1 cup diced turnips
3 quarts water	2 tablespoons dried parsley
1 cup sliced onion	1 bay leaf
1 cup diced carrots	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 for 20 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Strain stock.

12 to 15 servings

Chicken Stock

4 pounds chicken, cut into serving pieces	1 cup diced carrots
4 quarts water	2 onions, chopped
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 for 10 minutes at 103 kPa (15 psi). Let pressure drop of its own accord. Strain stock.

12 to 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 each specific recipe for the cooking pressure.

The best results are obtained when 1- to 1½-quart molds are used. Any type of mold is satisfactory (metal, glass, earthenware, tin food cans). Never fill the molds over ¾ full; this allows ample space for the food to rise. Cover the molds securely with aluminum foil shaped to the sides of the mold.

If the recipe calls for a steaming period before pressure cooking, pour 3 quarts of water into the canner. Adjust the heat to allow a moderate flow of steam from the vent pipe.

Do not fill canner over ¾ full! These recipes are intended for pressure cooking only 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 ground 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 for 20 minutes at 103 kPa (15 psi). 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 500 ml molds. Cover firmly with aluminum foil. Place water, cooking rack, and molds in canner.

Close cover securely. Allow steam to flow from vent pipe for 20 minutes. Place pressure regulator on vent pipe and cook for 25 minutes at 69 kPa (10 psi). Let pressure drop of its own accord.

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 ground allspice	½ cup sugar
½ teaspoon ground cinnamon	½ cup ground suet
½ teaspoon ground nutmeg	½ 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 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 for 20 minutes. Place pressure regulator on vent pipe and cook for 50 minutes at 69 kPa (10 psi). 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 packed brown sugar	1 teaspoon vanilla
1 teaspoon ground 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 for 20 minutes at 103 kPa (15 psi). Let pressure drop of its own accord.

12 servings

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CONSUMER SERVICE INFORMATION

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

- Call us at 1 800 877-0441 weekdays 8:00 am to 4:00 pm CST
- Email us through our website at www.GoPresto.com
- Write to National Presto Industries, Inc.
Consumer Service Department
3925 N. Hastings Way
Eau Claire, WI 54703-3703 USA

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 19 to 22), should be performed by our Factory Service Department which is equipped to service all Presto® appliances and supply genuine Presto® parts.

Genuine Presto® replacement 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.

Presto® Limited Warranty

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 3-piece pressure regulator, the sealing ring, the overpressure plug, or the 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. 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 depending on your location.

This is Presto's personal pledge to you and is being made in place of all other express warranties.

Printed in China

Form 4033-017A