

# TIME TABLES FOR CANNING\*

## For Vegetables Using Pressure Cooker or Canner

For each 2,000 feet above sea level, add 1 lb. pressure to pressure given in time table.

PRODUCT	Pressure Cooker			Saucepan
	Pint glass jars *	Quart glass jars *	No. 2 tin Cans	Pint glass jars *
	240° F. or 10-Lbs. pressure Minute.	240° F. or 10 lbs. pressure Minutes	240° F. or 10 lbs. pressure Minutes	240° F. or 10-Lbs. pressure Minute.
<b>ASPARAGUS</b> Wash, cut in desired lengths or tie in uniform bundles. Boil for 3 minutes. Pack hot.**	25	55	20	45
<b>BEANS</b> <b>SNAP</b> —Leave whole or cut into pieces. <b>GREEN SOYBEANS</b> —Shell. <b>LIMA</b> —Shell. Cover beans with boiling water and boil 5 minutes. Pack hot.***	20 60 35	25 70 60	25 55 40	40 — 55
<b>BEETS—BABY</b> Wash, leave 1 inch stem. Boil 15 minutes. Remove skins. Pack hot.**	25	55	30	45
<b>CARROTS</b> Wash, scrape and add boiling water and bring to boil. Pack hot.***	20	25	20	40
<b>CORN—WHOLE KERNEL</b> Cut corn from cob. Do not scrape cob. Use 1 tsp. salt to each quart of corn, add 1 pt. boiling water and heat to boiling. Pack loosely while hot.	55	85	60	75
<b>CORN—CREAM STYLE</b> Same as whole kernel but difficult to process. Not recommended.	85	Do not use	105	105
<b>GREENS—INCLUDING SPINACH</b> Wash. Steam 5 to 10 minutes. Use smallest possible amount of water. Pack loosely while boiling hot.**	45	70	60	65
<b>PEAS—GREEN</b> Wash in pods, shell and grade. Cover with boiling water and bring to boil. Pack loosely while hot.**	40	40	30	60
<b>PUMPKIN OR SQUASH</b> - cubed Wash, peel, cut in pieces. Cover with boiling water. Bring to boil. Pack hot.***	60	80	75	50
<b>VEGETABLE SOUP MIXTURES</b> Boil vegetables. Pack hot. Use time of vegetable requiring longest processing time.**				

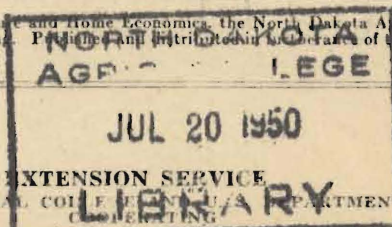
\* Time for processing based upon information published by Bureau of Human Nutrition and Home Economics, USDA No. AIS-64

\*\* Use 1 teaspoon of salt for each quart of vegetables. Add salt after packing vegetables into jar. Cover vegetables to within 1/2 inch of top of jar with boiling water. For peas, shelled beans or corn, allow 1 inch head space.

\*\*\* Add 1 teaspoon salt, cover to within 1/2 inch of top with the boiling cooking water.

Cooperative Extension Work in Agriculture and Home Economics, the North Dakota Agricultural College and the U. S. Department of Agriculture Cooperating. Printed and distributed in accordance with the Act of Congress of May 8th and June 30th, 1914.

CIRCULAR A-68 REVISED



1949

NORTH DAKOTA AGRICULTURAL COLLEGE U. S. DEPARTMENT OF AGRICULTURE

F. J. Haslam, Director, 1950, North Dakota

Case  
5  
5443  
N9  
A8  
no. 68



# TIME TABLE FOR FRUITS AND ACID FOOD

Pint and Quart Glass Jars

PRODUCT	Steam cooker at 227°F. or 5 lbs. pressure	Hot water * bath at boil- ing—212° F.
	Minutes	Minutes
<b>APPLES</b> —Whole or sliced. Boil 5 min. in thin syrup or water. Pack hot. **	10	15
Apple sauce. — **	5	10
<b>BERRIES</b> —a. Pack raw and cover with hot syrup. (for raspberries or other soft berries). **	10	20
b. Precook and pack hot. (For strawberries or other firm berries). **	5	15
<b>CHERRIES</b> —a. Pack raw and cover with hot syrup. **	10	20
b. Precook and pack hot.	5	15
<b>PEACHES OR APRICOTS</b> —a. Pack raw and cover with hot syrup.	10	25
b. Precook and pack hot. **	5	20
<b>PEARS</b> —a. Precook and pack hot. **	8	20
<b>PLUMS</b> —a. Pack raw and cover with hot syrup. **	10	20
b. Precook and pack hot. **	5	15
<b>RHUBARB</b> —a. Pack raw and cover with hot syrup. **	5	15
b. Precook and pack hot. **	5	10
<b>FRUIT JUICES</b> —	—	5
<b>TOMATOES</b> —a. Pack raw. (add no water add 1/2 )	15	35 pt. - 45 q
b. Precook. (teaspoon salt per pt. **)	10	10
c. As juice—pack hot. **	10	15
<b>SAUERKRAUT</b> —a. Precook and pack hot.	—	25-pts. 30-qts.

\* Time for processing based upon information published by Bureau of Human Nutrition and Home Economics. See USDA Circular AIS-64 for further directions.

\*\* Leave 1/2 inch head space on each jar.

## TIME TABLE FOR MEATS, POULTRY & FISH

Pressure Canner and Cooker - 240° F. or 10 pounds pressure

For each 2,000 feet above sea level add 1 lb. pressure to pressure given in time table.

PRODUCT	Pint jars	Quart jars	No. 2 can	No. 2½ or No. 3 can
	Min.	Min.	Min.	Min.
<b>BEEF, VEAL, PORK, LAMB</b> —				
Roasts, steaks, chops, stew, for either hot or raw pack.	75	90	65	90
Corned beef—hot pack.	75	90	65	90
<b>GROUND MEAT</b> —Hamburger—hot pack.	75	90	65	90
—raw pack.	—	—	100	135
(omit sage) Sausage —hot pack.	75	90	65	90
<b>TONGUE, HEART</b> —Hot pack.	75	90	65	90
<b>POULTRY</b> —Hot or raw pack with bone.	65	75	55	75
Hot or raw pack without bone.	75	90	65	90
<b>GIBLETS</b> —Hot pack.	75	—	65	—
<b>RABBIT AND SMALL GAME</b> —				
Hot or raw pack with bone.	65	75	55	75
Hot or raw pack without bone.	75	90	65	90
<b>SOUP STOCK</b> —Hot pack.	20	25	20	25
<b>FISH</b> —Raw pack.	100	—	90	—

**HOT PACK:** The product is cooked to medium done. Pack while hot and process. (See USDA Cir. AWI-110 for directions).

**RAW PACK:** Jars or tin cans are filled with raw product, placed in a container of water and cooked until medium done. (See USDA Cir. AWI-110 for directions).

**HEAD SPACE:** Allow 1 inch for glass jars. Fill tin cans to ½ inch of top.

**SALT:** (if desired): Add ½ tsp. for pints, 1 tsp. for quarts. Add salt to jars before packing.

**FISH:** Cut cleaned fish in can length pieces. Soak in brine (½ cup salt to 1 gal. water) for 60 minutes. Drain and pack into hot containers.

**AMOUNT OF FRESH MEAT NEEDED FOR 1 QUART JAR OR NO. 3 TIN CAN.**

3-3½ lbs. beef round (untrimmed). 7-8 lbs. chicken (dressed, undrawn) canned without bone. 4½-5½ lbs. chicken (dressed, undrawn) canned with bone. 5-5½ lbs. pork loin or beef rump (untrimmed with bone).

\* USDA "Home Canning of Meats", No. AWI-110