



# Pressure Canning/Cooking Websites

1. <http://buelahman.files.wordpress.com/2011/01/complete-guide-to-home-canning.pdf> Electronic version of the USDA Complete Guide to Home Canning. This guide is the bible of tested, accurate reliable information about anything to do with Food Preservation.
2. <http://extension.usu.edu/utah/> Utah State Extension Services (Utah County site is much better than the Salt Lake County site) In left sidebar click on Food Preservation and find up-to-date recommendation for food preservation.
3. <http://nchfp.uga.edu/> National Center for Home Food Preservation Click on [Can](#) link in the How do I? section in the left side bar. Click on [Using Pressure Canners](#) link for a basic, thorough rundown of how to use a pressure canner. Click on [FAQs](#) for answers to LOTS of canning questions.
4. <http://www.gopresto.com> National Presto Industries website. At the bottom of the Home page click on [pressure cooking /canning/recipes](#) for a ton more information and review of some of what was presented in the class. This site has great up-to-date information about pressure cooking and canning. At the bottom of the pressure canning page there is a [Go to Pressure Canning Index](#) link. The [Helpful Hints](#) on this link are great. Some were covered in the class. Also on the pressure canning index page find answers to these [Frequently Asked Questions](#):

Q. Why is it necessary to use a pressure canner for certain types of food?

Q. My grandmother has some great canning recipes. Are they still reliable?

Q. Why do I need to use "Mason" canning jars?

Q. Why are standard jar sizes important?

Q. How do you keep the interior of an aluminum canner from discoloring?

Q. Is it necessary to exhaust steam from my pressure canner before processing?

Q. Do I have to use the same time and pressure when

processing half a batch?

Q. Why do jars break during processing?

Q. Why do some jars not seal properly?

Q. Why do some lids become unsealed during storage?

Q. Why do the underside of metal lids sometimes discolor?

Q. Why do my jars lose liquid during processing?

Q. How should pickled foods be canned?

Q. Why does my food float to the top of the jar?

Q. Can I use a pressure canner as a boiling water canner?

5. <http://www.hippressurecooking.com/> This website is all about pressure cooking. Includes reviews of several different new generation pressure cookers. Each link (at top of home page) has great information and recipes plus some of the science behind pressure cooking. The [PSI FAQ](#) link under the [pressure cooker info](#) tab answers some great questions. Very informative.
6. [http://www.backwoodshome.com/author\\_index.html#jclay](http://www.backwoodshome.com/author_index.html#jclay) Scroll down in this website to author Jackie Clay-Atkinson. She writes an article for the "Backwoods Home Magazine". The two referenced in the class are issue #142 Avoiding Common Canning mistakes and issue #105 Safely can your own meat. Her insights and information are very down to earth and practical.
7. <http://www.fastcooking.ca> Great site to understand how "new generation" pressure cookers work. Best directions and when to use the natural release, quick release, and automatic release methods for getting the pressure out of your cooker. This information is also explained here: [http://www.ask.com/wiki/Pressure\\_cooking](http://www.ask.com/wiki/Pressure_cooking)
8. <http://www.pickyourown.org/canningjars.htm> gives an interesting history of canning jars

# BASIC STEPS FOR SUCCESSFUL PRESSURE CANNING

ALWAYS CONSULT THE OWNER'S MANUAL FOR YOUR SPECIFIC CANNER. FOLLOW ANY UP-TO-DATE RECOMMENDATIONS FOR BEST RESULTS.

1. Put 2 –3 inches of hot water in canner. Longer processes require more water.
2. Place filled jars on the rack. Fasten canner lid securely.
2. Leave weight off vent port or open petcock. Heat at the highest setting until steam flows from the petcock or vent port.
3. Maintain high heat setting, exhaust steam **10 minutes**, and then place weight on vent port or close petcock. The canner will begin to pressurize (approx. 3 to 5 minutes )
4. Start timing the process when the pressure reading on the dial gauge indicates that the recommended pressure has been reached, or when the weighted gauge begins to jiggle/ rock.
5. Regulate heat under the canner to maintain a steady pressure at or slightly above the correct gauge pressure.
7. Check the canner often (every 5 or so minutes) during the entire processing time. Do not assume pressure will remain constant. Keep an eye on it. If the pressure reading goes below the recommended pressure, you must bring the pressure back up and start the timing process over
6. When timed processing is completed, turn off the heat, remove canner from heat (if electric range), and let the canner “depressurize” at room temperature . The needle will fall back to”O” and no steam sounds when weight is gently nudged. **Do not force-cool the canner.** Releasing pressure quickly will result in under processing. It may also cause loss of liquid from the jars and jars that will not seal. Quick-cooling can also warp the canner lid of older model canners.
7. After the canner is depressurized, remove the weight from the vent port or open the petcock. Wait 2 minutes, unfasten the lid, and remove it carefully. *Lift the lid away from you so that the steam does not burn your face or arms.*
8. Remove jars with a lifter, and place on towel or cooling rack, with space between jars. Do not set on a cold surface or expose to breezy conditions.

**Remember the pressure cooker didn't blow up the cook – The careless cook blew up the pressure cooker.**

*Alma 57:21 Yea, and they did obey and observe to perform every word of command with exactness; yea, and even according to their faith it was done unto them; and I did remember the words which they said unto me that their mothers had taught them.*

## Pressure canner gauge testing (lid only)

Appliance Service Center  
1475 S. Main St.  
Salt Lake City  
801-467-6361



Salt Lake County Government Center  
by appointment only call 385-468-4835  
2001 South State Street  
South Building Room S-1200