

CANNING PEARS

by "HOT PACK"
SUGARLESS

information by ... Judy Van Weston
for ... expanded nutrition program
Cooperative Extension Service - MSU

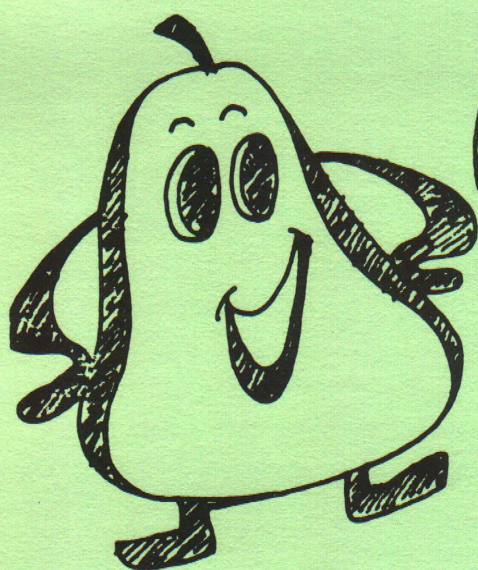


SELECT QUALITY PRODUCE. PEARS SHOULD BE PLUMP, FIRM AND UNIFORM IN SHAPE AND COLOR. PEARS ARE BEST WHEN PICKED GREEN AND ALLOWED TO RIPEN OFF THE TREE. LET RIPEN AWAY FROM SUNLIGHT AT ROOM TEMPERATURE UNTIL FIRM-SOFT. ONCE RIPE, THEY CAN BE REFRIGERATED, EATEN OR CANNED.

EQUIPMENT:

- HOT WATER BATH CANNER
- LARGE SAUCE PAN
- SMALL SAUCE PAN
- NEW LIDS
- CLEAN RINGS
- WOODEN SPOON
- LARGE BOWL
- FUNNEL
- TOWEL
- JAR LIFTER
- MASON JARS
- TABLE AND PARING KNIFE

- ➡ USE ONLY MASON JARS ... HEAT TREATED, DIFFICULT TO BREAK.
- ➡ CHECK TOP EDGE OF JAR FOR CHIPS AND CRACKS. DISCARD IMPERFECT JARS (WILL NOT SEAL PROPERLY). THE LID SEALING COMPOUND WILL NOT FILL INTO CHIPS AND CRACKS. USE ONLY MASON JARS!
- ➡ USE ONLY RINGS AND LIDS MADE FOR MASON JARS.



OK...

NOW FOLLOW THE SIMPLE
HOW-TO-DO-IT

STEPS FOR CANNING PEARS THE SUGARLESS
"HOT PACK" WAY

FOR BEST QUALITY, "HOT PACK" IS RECOMMENDED FOR LARGE FRUITS LIKE PEARS.



UNSWEETENED PACKS ARE LESS COSTLY AND ARE GOOD FOR SPECIAL DIETS. HOWEVER, SUGARLESS PACKS ARE NOT AS FIRMLY TEXTURED, BRIGHTLY COLORED OR PEAR-FLAVORED AS SUGAR PACKS.

IF YOU WANT TO ADD SUGAR DO SO IN "STEP TWO (3 CUPS SUGAR TO 4 CUPS WATER, MORE OR LESS, DEPENDING ON DESIRED SWEETNESS).

1 Wash hands. Assemble equipment and the directions.

2 Wash and rinse jars and seven bands - leave in hot water until ready to use. Place metal lids in saucepan. Cover with boiling water. Keep warm over low heat.

3 Fill water bath canner half-full of hot water. Put on high heat. Bring to hot but not boiling temperature.

4 Fill large bowl $\frac{1}{2}$ full with cold water and 2 tablespoons salt and vinegar per gallon. (keeps fruit from oxidizing and turning brown.)

5 Wash pears in cold water. Peel. Cut in half or more. Core. Drop into vinegar and salt water until needed.

6 Drain fruit. (save salt and vinegar water for second batch.)

7 Transfer pears to large saucepan. Cover with water and heat to boiling.

8 Remove jars from hot water. Place clean funnel in jar. Fill hot jars with hot pears leaving $\frac{1}{2}$ inch room at top. Space at top allows room for food to boil and the air to escape so vacuum (airtight seal) can occur.

9 Run table knife around inside and full length of jar to let all air escape from around fruit.

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PAT AND JOY



10 Wipe rim of jar with wet, clean, cloth. Be sure there's no fruit on the rim. (The sealing compound is not thick enough to go over fragments and still seal.)

11 Place hot lid on jar. Put screw band on firmly, so that it is hand tight. Never tighten screw bands with a jar wrench.

12 Place hot, packed jars into wire basket (jars will break if put directly on bottom of canner). Lower basket into hot water. Add additional hot water (do not pour directly on top of jars) to cover jars with 1-2 inches of water. Turn heat to high - bring water to boiling. Begin timing when water begins to boil.

13 PROCESS: pints - 20 minutes, quarts - 25 minutes

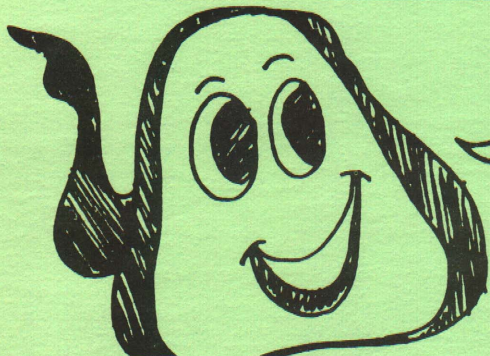
14 When processing is finished remove jars from canner with jar lifter. Place on cloth away from draft, leave space between the jars so air can circulate around the jars. DO NOT TIGHTEN THE RINGS! You may disturb the sealing compound.

15 Allow 24 hours for jars to cool. Check seals by pressing down on center of lid. If the center stays down, jar is sealed.



IF CENTER OF LID POPS UP AND MAKES A NOISE, THE JAR IS NOT SEALED. THEN:

- 16
1. You may reprocess within 24 hours - using new lid. Reprocess for the full time.
 2. You may freeze the pears.
 3. You may refrigerate and use within two days.



You may eat me as fresh fruit from the jar or put me in desserts. I'm good both ways.