



Your Just Desserts

Kathy Millikan

UCCE Master Food Preserver of El Dorado County

Apple pie and ice cream sundaes; don't they sound delicious? While the apple harvest is going on and the end of summer fruits are available, now is the perfect time to stock up on homemade apple pie fillings, sauces and other delectable delights so you can savor the taste of summer in your desserts all year long.

Preserve apple pie fillings and dessert sauces using either a boiling water canner or an atmospheric steam canner. Whichever method you use, there are a couple of important steps.

Sterilizing jars: You only need to sterilize jars before filling them with product if the total processing time is less than 10 minutes.

Adjusting for Altitude: All recipe processing times are given assuming you are at sea level. If your altitude is higher than 1000' you'll need to add additional processing time in a boiling water canner. Unless otherwise specified by the recipe, add an additional 5 minutes at altitudes between 1,001 to 3,000'; 10 minutes between 3,001 to 6,000', and 20 minutes between 8,001 to 10,000'.

Starting water temperature: The processing time for a reputable testing time takes into consideration the time it takes to bring the water to a boil before you turn on your timer. If you put your jars into a canner with boiling water, you've skipped this first and important part of the processing. Heat the water in the canner before adding the jars to 140°F for raw-packed food; 180°F for hot-packed foods.

Boiling Water: Adjust the heat source to keep a gentle but complete boil for the entire process. The water temperature with a gentle boil is the same as a vigorous boil, but you increase the risk of breaking jars by having them thrash against each other in the canner if the water is boiling too hard!

Cool Down: Once you remove the jars from the canner, it is important to let them sit undisturbed in a draft free area for the final processing step. It's during this cool down period when the majority of the

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microorganisms that may be present in the food product die. If you force cool your jars, you skip the final – and critical – step in the entire process.

Want to see the boiling water canning process in action? Join the UCCE Master Food Preservers on Saturday, September 12, at their *Your Just Desserts* class from 10-12 at the El Dorado County Fairgrounds Boardroom. Master Food Preservers Pati Kenney, Betty Hess Pierce and Kathy Vander Veen will demonstrate the boiling water canner process as they make blackberries inframboise, peach rum sauce, apple cinnamon sauce and apple pie filling. They'll also demonstrate how to use your freezer for long-term dessert storage by making freezer apple pie filling and chocolate fudge sauce. Not only do all of these products taste fabulous, they will make your kitchen smell like heaven when preparing them!

UCCE Master Food Preservers are available to answer home food preservation questions; leave a message at (530) 621-5506 and a Master Food Preserver will return your call. The Master Food Preservers are also available to speak to organizations and clubs about food safety or food preservation topics. Just call the number above to arrange for a speaker for small or large groups. For more information about our public education classes and activities, go to the UCCE Master Food Preserver website at <http://ucanr.edu/edmfp>. Sign up to receive our online E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on Facebook, too (UCCE Master Food Preservers of El Dorado County).