

# HOME CANNING WITH THE DUROMATIC®

## HOME CANNING WITH THE DUROMATIC: HOW IT WORKS

Home canning is a procedure that preserves food by creating a vacuum seal in the glass jar or bottle. The food is pasteurised first by heating it to a certain temperature for a certain length of time. This kills off all the microorganisms so they don't spoil the food. However, the vacuum seal does not form until the jar cools down. As it cools down, the negative pressure inside the jar sucks the lid down to create a vacuum seal. In order for this to happen, it is important to allow the jars to cool down without interference. If, once the jar has cooled down, the lid sticks firmly to it without the aid of any clamps or clips, you'll know the procedure was successful. Air and bacteria can no longer penetrate the jar and spoil the food inside.

### THE BIG ADVANTAGES OF HOME CANNING WITH A PRESSURE COOKER:

- » The high temperature (109-117°C, depending on level/ring) eliminates bacteria reliably.
- » Faster cooking time saves energy, and also ensures the food retains its colour and flavour to look and taste appetisingly fresh.
- » This method is also ideal for small batches.

### PREPARATION:

- » Carefully wash the fruit and vegetables you wish to preserve and peel or chop as desired.

- » Pour a solution of sugar and water (300g sugar per litre of water) over the fruit until it is just covered. If the fruit is very juicy, only add sugar (250g per kilo of fruit). Lightly cover vegetables with a solution of water and salt (10g salt per litre of water).
- » Pack the fruit or vegetables into the clean jars, up to a finger's width under the rim, then close the lid. You can use spring clamp jars or jars with twist-off lids.

## HOME CANNING:

1. Place the trivet onto the base of the Duromatic and pour in water up to the height of the trivet.
2. Prepare, fill and close the jars and place them inside the Duromatic.
3. Close the lid of the pressure cooker, select the correct setting and heat the pan.
4. Maintain this level until the cooking time is over.

TYPE OF FOOD	LEVEL / RING	CANNING TIME IN MINUTES
Preserves, jams, fruit spreads (pre-cooked)	I	1-2
Berries	I	6-8
Fruit with pips/stones	I	10-12
Pickled vegetables	I	10
Vegetables	II	25-30
Meats and cold meats (pre-cooked)	II	25

\* These canning times only apply if you are using a pressure cooker, which works with high pressure and high temperatures.

5. Move the pan away from the hob and allow it to cool down slowly until it is no longer under pressure. **IMPORTANT:** do not try to speed up the cooling down process by holding the pan under running water or pressing down the valve! Pressure is only released evenly when the pan is allowed to cool down slowly.
6. Open the pan and allow the jars to cool for a further 10 minutes before removing them carefully.
7. If you're using jars with spring clamps, make sure the clamps stay taut until the contents of the jar have cooled down completely. You can then remove the clamps because the pressure will have created a vacuum inside the jar, and this can seal the rubber ring more evenly without the clamps.

## SHELF LIFE AND CORRECT STORAGE

Store the jars in a cool, dry and dark place. If the lid bulges, this means gases have formed and the contents are spoiled. If you're using jars with twist-off lids, you should hear the typical popping sound when you open the jar for the first time. This indicates that the glass was closed properly.

Shelf life: 1-2 yrs

## STERILISING OBJECTS



You can use your pressure cooker to sterilise objects such as flasks, dummies and jam jars. This is a fast, reliable way to remove germs and bacteria.

In order to eliminate most household germs, the inside of the pressure cooker needs to reach a temperature of 117°C (2nd ring). Make sure the objects you are sterilising are heat resistant up to at least 120°C.

### **STERILISING:**

1. Clean the objects with soap and water.
2. Pour one cup of water (around 200 ml) into the pressure cooker.
3. Place the trivet onto the base of the Duromatic and lay the objects on top. Heat the pan until you can see the 2nd ring on the valve and maintain this level for around 5 mins.
4. Take the pan off the hob and allow to cool (do not hold under a running tap).
5. Wait until the pressure valve has sunk right down before opening the lid.