

The Ball logo is written in a black, cursive script font on a yellow background with rounded corners. A green vertical bar is positioned to the left of the logo.

Ball[®]

An orange rounded rectangular box containing white text.

Preserve
Fresh Taste,
Prevent
Waste

The numbers 1, 2, and 3 are displayed in a large, white, sans-serif font on a green background. Small yellow dots are placed between the numbers.

1.2.3

Home Preserving Guide & Recipe Booklet

3 Simple Steps To Preserving

Preserve Fresh, Homemade Food in 3 Simple Steps

It's easy to capture fresh flavours and prevent your produce from going to waste. We will walk you through the 3 simple steps for Water Bath Preserving, the preferred method for some of the most popular recipes, such as pickles, jams, and chutneys. And, a great place for beginners to get started!

Water Bath Preserving



Method for preserving pickles, jams, tomatoes, chutneys, sauces, fruits and other high-acid foods.

You will need:

- Ball® Home Preserving Starter Kit with a large stockpot
- Ball® Glass Preserving Jars with Lids and Bands

Recipes using this method are great for beginners.

Pressure Preserving

Method for preserving meats, poultry, vegetables, fish and other low-acid foods.

You will need:

- Pressure Preserver
- Ball® Glass Preserving Jars with Lids and Bands

Recipes using this method are best for intermediate and advanced preservers.

Visit [FreshPreservingUK.co.uk](https://www.freshpreservinguk.co.uk) for more information on Pressure Preserving.



Getting Started!

Before jumping in, we recommend choosing your favourite recipe and gathering your preserving gear. Follow these quick tips:

Choosing Your Recipe

- Select your favourite recipe from one of our trusted resources
 - ▶ FreshPreservingUK.co.uk
 - ▶ Ball Blue Book® Guide to Preserving
 - ▶ Easy recipes included here
- Be sure to follow a tested preserving recipe – even a slight change can throw off the balance of a recipe, turning bliss to blah

Gathering Your Gear

- Choose the right preserving equipment (see options in box to left).
- Lay out your preserving and kitchen utensils.
- Grab the right preserving jar size for your recipe, making sure you have new lids each time.



240 mL
Ball® Preserving Jar

Ideal for:

Jams, Jellies,
Sauces, Mustard



490 mL
Ball® Preserving Jar

Ideal for:

Salsa, Relish,
Chutney, Pie Filling



945 mL
Ball® Preserving Jar

Ideal for:

Fruits, Pickles,
Sauces, Vegetables

Preparing Your Gear

- Wash jars, lids and bands in hot, soapy water. Rinse well.
- Keep jars warm until they are ready for use, in order to minimize risk of breakage when filling with hot food. You can heat them in a pot of simmering water, or in a heated dishwasher.
- Fill your own large stockpot half full with water to ensure jars will be covered by at least 2.5 cm of water. Heat to a simmer (82°C).

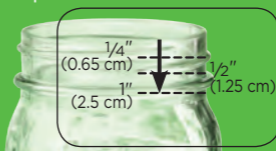


1. Fill Your Jars

- 1a **Follow a Recipe** for preserving.
- 1b **Fill Each Jar** with prepared food. Follow preserving recipe for correct fill-level. Each jar needs space between the food and the rim (headspace) to allow for food expansion.

For successful preserving, you need to leave the right amount of space between the food and the rim of the jar. This space is called “headspace”. This diagram shows you how to measure this space.

Always measure from the top of the jar rim down to the top of the food.





1c Remove Air Bubbles

by using the Ball® Bubble Remover & Headspace Tool or by sliding a small non-metallic spatula inside the jar, gently pressing food against the opposite side of the jar. Air bubbles inside the jar can impact jar sealing.



1d Wipe any food from the rims of the jars. Centre new lid on the jar, then twist on the band until “fingertip tight”.

Ensure bands are NOT over-tight, as air inside the jar must be able to escape during the preserving process.



QUICK TIP: Preserving utensils* can help you!

- Jar Funnel — fill jars without a mess
- Jar Lifter — safely remove jars
- Bubble Remover & Headspace Tool — release air bubbles and measure headspace

* included in the Ball® Home Preserving Starter Kit



2. Boil Jars to Preserve

It's as easy as boiling water. Simply follow the steps below* and you have fresh preserved food to enjoy anytime.

- 2a **Place Filled Jars** onto preserving rack, then lower into simmering water, ensuring jars are covered by 2.5 cm of water. Cover with lid and heat to a steady boil. Boil jars for the time specified in recipe*, adjusting for altitude.



QUICK TIP: Altitude affects preserving recipes just like when you bake. Visit FreshPreservingUK.co.uk for an altitude adjustment chart when preserving at altitudes higher than 305 meters.

- 2b **Turn Off Heat** and let jars stand in water for 5 minutes. Remove jars from water and cool upright on wire rack or towel on countertop for 12 hours.

TIP: After removing jars from the preserving rack, do not re-tighten or over-tighten bands that may have come loose during preserving, so as not to interfere with the sealing process.

*Remember, when preserving foods like meat, poultry, vegetables, chili, fish and other low-acid foods, they must be processed using the Pressure Preserving method and cannot be safely preserved using the Water Bath Preserving method outlined here. For more information on Pressure Preserving, visit FreshPreservingUK.co.uk.

3. Store Up to 1 Year!

- 3a **Press** on centre of cooled lid. If jar is sealed, the lid will NOT flex up or down.



NOTE: If the lid flexes, the jar did not seal properly. You may refrigerate for immediate use. Or, for directions on how to safely re-process the jar, see FreshPreservingUK.co.uk or the Ball Blue Book® Guide for detailed instructions.

- 3b **Store** sealed jars in pantry for up to 1 year. Jars may be stored without bands, or you may clean the underside of bands to ensure no moisture is trapped during storage.
- 3c **Enjoy** your homemade food. Refrigerate after opening.

Create something today to share with your family and friends tomorrow.

By following these 3 Simple Steps, you can store your creations for up to 1 year. This lets you always have fresh, homemade food on hand when you are ready to enjoy, share or gift.





Recipes



Easy Strawberry Jam

For every 2 (240 mL) jars, you will need:

330 mL	Crushed strawberries	1-1/3 cups
22-1/2 g	Ball® Jam Setting Mix with Pectin	1-1/2 Tbsp
240 g	Granulated Sugar	1 cup
	Butter, optional	1/4 tsp

- 1. PREPARE** water bath preserving pot or stockpot and jars as directed in the Getting Started section.
- 2. COMBINE** crushed strawberries in a large saucepan. Gradually stir in Ball® Jam Setting Mix with Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
- 3. ADD** entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.





4. LADLE hot jam into hot jars, one at a time, leaving 0.65 cm (1/4 inch) headspace. Wipe rims. Centre lids on jars. Apply bands and adjust to fingertip tight.
5. PROCESS filled jars in boiling water for 10 minutes. Remove pot lid. Wait 5 minutes, then remove jars, cool and store up to 1 year.



SWEET TIPS:

- For a sweeter jam, increase sugar from 240 g (1 cup) to 400 g (1-2/3 cups)
- Want to mix it up? Use any combination of crushed strawberries, raspberries and/or blackberries to get your 330 mL (1-1/3 cups) crushed fruit.

Quick Citrus Marmalade

Makes about 6 (240 mL) jars

4	Oranges	4
2	Lemons	2
625 mL	Water	2-1/2 cups
5/8 g	Bicarbonate of Soda	1/8 tsp
90 g	Ball® Jam Setting Mix with Pectin	6 Tbsp
1.2 kg	Granulated sugar	6 cups
	Butter, optional	1/4 tsp

- 1. PREPARE** waterbath preserving pot or stockpot and jars as directed in the Getting Started section.
- 2. REMOVE** peel from oranges and lemons using a vegetable peeler. Set fruit aside. Thinly slice peel and combine with water and bicarbonate of soda in a medium saucepan. Bring to a boil. Reduce heat; cover and simmer 20 minutes.
- 3. REMOVE** seeds and any white membrane from oranges and lemons. Finely chop fruit. Add fruit to peel and return to a boil. Reduce heat; cover and simmer 10 minutes. Measure 1 kg (5 cups) prepared fruit.
- 4. COMBINE** prepared fruit in a large saucepan. Gradually stir in Ball® Jam Setting Mix with Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
- 5. ADD** entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
- 6. LADLE** hot marmalade into hot jars, one at a time, leaving 0.65 cm (1/4 in) headspace. Wipe rims. Centre lids on jars. Apply bands and adjust to fingertip tight.
- 7. PROCESS** filled jars in boiling water for 10 minutes. Remove pot lid. Wait 5 minutes, then remove jars, cool and store up to 1 year.



Basic Tomato Sauce

For every 2 (490 mL) jars of sauce, you will need:

2.3 kg	Tomatoes	5 lbs
30 mL, divided	Bottled lemon juice	2 Tbsp, divided
5 g, divided	Salt, optional	1 tsp, divided
5 g, divided	Dried herbs, optional	1 tsp, divided

- 1. PREPARE** water bath preserving pot or stockpot and jars as directed in the Getting Started section.
- 2. WASH** and sort tomatoes, removing any bruised or discoloured product. Quarter 6 tomatoes and place in a large stainless steel saucepan. Bring to a boil over medium-high heat. Using a potato masher, crush tomatoes to release juices, stirring constantly. While maintaining a boil and stirring to prevent burning, quarter additional tomatoes, adding them to the saucepan as you work. Make sure the mixture continues to boil vigorously while you add, stir and crush the remaining tomatoes. When all tomatoes have been added, boil, stirring occasionally, until tomatoes are soft and juicy, about 10 minutes. Remove from heat.
- 3. PRESS** tomatoes through a fine sieve or food mill, working in batches, to remove skins and seeds. Discard skins and seeds.
- 4. RETURN** mixture to saucepan and bring to a boil over high heat, stirring frequently. Reduce heat to medium-high and boil until volume is reduced by at least one-third for a thin sauce.
- 5. ADD** 15 mL (1 Tbsp) bottled lemon juice to each hot jar. Add 2.5 g (1/2 tsp) salt and 2.5 g (1/2 tsp) dried herbs, if using, to each hot jar.



- 6. LADLE** hot tomato sauce into hot jars, leaving 1.25 cm (1/2 inch) headspace. Remove air bubbles and adjust headspace, if necessary, by adding sauce. Wipe rims. Centre lids on jars. Apply bands and adjust to fingertip tight.
- 7. PROCESS** filled pint jars in boiling water for 35 minutes. Remove pot lid. Wait 5 minutes, then remove jars, cool and store up to 1 year.



We're here to help!

Since 1909, when the first Blue Book® was published, the people who love the Ball® brand have been testing and providing recipes to home preservers; so that they can make, keep and share the freshest tasting homemade foods. Every recipe has been rigorously tested so that you get delicious and consistent results. Fresh preserving is equal parts art and science: there are rules to follow, but there's always room to express yourself. That's why we're here: individuals who love home preserving helping those who would love to preserve.

1

Over 500 preserving recipes

Select your favourite recipe from one of our trusted resources: Ball Blue Book® Guide or FreshPreservingUK.co.uk

2

FreshPreservingUK.co.uk

Check out our one-stop source for recipes, step-by-step instructions, and preserving tips

3



Ball® Preserving & Recipes UK

Connect and share with preservers just like you

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