

# Canning: Whole Fruit {RECIPE: TOMATOES PACKED IN WATER}

## \* General Canning Tips

**Before you turn on the heat, be sure to do the following:**

- Read the recipe through.
- Gather all necessary equipment.
- Check that you have the right amount of each ingredient on hand.

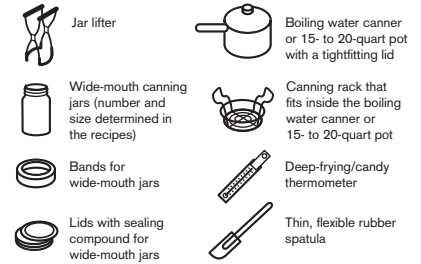
**Give all your equipment a once-over:**

- Examine the canning jars for nicks, cracks, uneven rims, or sharp edges that may prevent sealing or cause breakage.
- Check that the lids have no dents and that the sealing compound is even and complete. Check that the bands fit properly.
- Finally, have your jars, lids, and bands already sanitized before you start, and prepare only enough for one canner load at a time.

## Ingredients

- **Tomatoes**, ripe but still firm (5 pounds)
- **Bottled Lemon Juice** (5 tablespoons)
- **Kosher Salt** (5 teaspoons)
- **Blemish-Free Medium Basil Leaves**, washed and dried (10)

## Special Equipment



## A Sanitizing



1. Wash the jars, lids, and bands in hot, soapy water. Rinse them well. Dry the lids and bands, and set them aside.



2. Place the jars in a boiling water canner or a 15- to 20-quart pot fitted with a canning rack and a lid. Fill the pot with water and bring it to a boil over medium-high heat. Boil for 10 minutes, then turn off the heat.



3. Keep the jars in the hot water until you're ready to use them, removing one at a time as needed.

## B Preparing



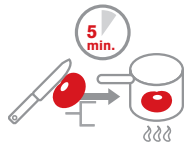
1. Rinse the tomatoes and cut a shallow X shape just through the skin into the bottom of each.



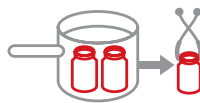
2. Fill a large pot (6 to 8 quarts) with water and bring to a boil over high heat. Prepare an ice water bath. Blanch the tomatoes in the boiling water until their skins loosen and start to pull back, about 30 to 60 seconds.



3. Use a slotted spoon to transfer the tomatoes to the ice water bath, and reserve the blanching water.



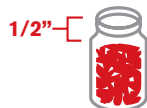
4. Peel the tomatoes, cut out the cores, and return the peeled tomatoes to the blanching water. Bring to a boil over medium-high heat; boil for 5 minutes.



5. Once the tomatoes are cooked, remove the jars from the hot water using a jar lifter, letting the excess water drip off. Bring the water in the canner back to a simmer (about 180°F) for processing the packed jars.



6. Add 1 tablespoon bottled lemon juice and 1 teaspoon kosher salt to each sanitized jar.



7. Distribute the tomatoes and basil leaves among the jars, crushing the tomatoes if necessary to fit, leaving a 1/2-inch headspace.



8. To remove any air bubbles, slide a clean rubber spatula down the side of each jar and press inward on the tomatoes while rotating the jar; repeat 3 to 4 times for each jar.

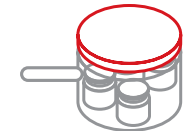
## C Processing



1. Wipe the rim and threads of each jar with a clean, damp towel. Place the lids on the jars, checking that the sealing compound is centered. Fit the jars with bands and tighten just until resistance is met.



2. Check that the water in the pot or boiling water canner is at a simmer (about 180°F), and set the jars in the canning rack. (The jars must be covered by 1 to 2 inches of water. Add additional boiling water as necessary.)



3. Cover the pot with a tight-fitting lid and bring the water to a rolling boil over medium-high heat. Process the jars at a gentle but steady boil for the time indicated in each recipe. (Begin calculating the processing time once the water is at a rolling boil. Check occasionally that the water remains at a steady boil.)



4. Once the jars are processed, remove them with a jar lifter and set them upright, 1 to 2 inches apart, on a dry towel.



5. Do not retighten the bands; let the jars cool at least 12 hours.



6. After the jars have cooled, check for a seal by pressing the center of each lid. If the center is concave and does not flex, remove the band and try to lift off the lid with your fingertips (don't pull too hard). If you cannot lift the lid, there is a good vacuum seal. If the lid pops off, your jar did not properly seal. Eat the preserves within the time indicated in the recipe.



7. To store properly processed jars, wipe each lid and jar with a clean, damp cloth (the bands don't need to stay on for storage); label the jars; and store them in a cool, dry, dark place. Unopened jars can be kept up to a year when stored properly. Once opened, keep them in the refrigerator and use them within the time indicated in each recipe.