

GIFTS FROM THE **KITCHEN**



**University of California Cooperative Extension
Master Food Preservers**

CANNING 1 • 2 • 3 • 4

1. Pick

- a tested recipe
- your ingredients

2. Prep your equipment

- jars, canning pot, tools
- the correct equipment for your recipe



3. Prep your kitchen and yourself

- prep all surfaces in your kitchen
- tie back hair and put on an apron
- wash your hands

4. Preserve

- wash jars
- keep jars warm in canning pot and simmer lids
- prepare your recipe
- fill jars observing correct headspace
- remove air bubbles
- wipe rims
- place on lid securing ring fingertip tight
- put jars in canner keeping them upright
- make sure that they are covered by at least 1 inch of water
- cover and bring to a boil and begin processing time
- when complete turn off heat and remove lid and let rest 5 minutes
- remove jars by lifting straight up and placing them on a towel to cool

see **USDA Guide to Canning** or a **Ball's Guide** for more complete information on canning

GINGERBREAD SPICE JELLY

Ingredients

- 2 1/2 cups water
- 18 gingerbread spice tea bags
- 4 1/2 cups sugar
- 1/2 cup unsweetened apple juice
- 2 teaspoons butter
- 2 pouches (3 ounces each) liquid fruit pectin

Directions

In a large saucepan, bring water to a boil. Remove from the heat; add tea bags. Cover and steep for 30 minutes. Discard tea bags.

Stir in the sugar, apple juice and butter. Bring to a full rolling boil over high heat, stirring constantly.

Stir in pectin. Boil for 1 minute, stirring constantly.

Remove from the heat; skim off foam.

Carefully ladle hot mixture into hot half-pint jars, leaving 1/4-in. headspace.

Remove air bubbles; wipe rims and adjust lids.

Process for 10 minutes in a boiling-water canner.

Remove lid and let jars stand for 5 minutes.

Remove jars from canner and place on a towel. Let cool completely. (Jelly make take up to 2 weeks to fully set.)

Remove rings and wash jars and rings. Dry thoroughly.

Label jars and decorate as desired for gifts.

Yield: 5 half-pints.



SPICED FINISHING SALT

Ingredients

8 ounces sea salt
2 tsp black peppercorns
2 tsp white peppercorns
2 tsp pink peppercorns
2 tsp green peppercorns
1 tsp dried sage
1 tsp dried rosemary
1 tsp dried thyme
4 bay leaves
1 tsp orange peel



Method

Mix all ingredients in a small bowl. Pour the salt mix in a glass jar or a transparent salt mill and decorate with festive ribbons and ornaments.

The herb salt is meant for salt mills and can be used in soups, dressings, grilled dishes and more!

Pack it in a glass jar or a transparent salt mill and it will make a gorgeous gift!

Notes:

There are many recipes for finishing salts. Some require baking the salt and spices before packaging. Others might require refrigeration. All make beautiful and useful gifts if you make sure that the recipient knows how to store and use the salts.

COCONUT OIL LOTION

Ingredients

1/2 cup coconut oil
2 TBSP emulsifying wax or beeswax
1 cup water

Method

Place oil and wax in the top of a double boiler or a heatproof bowl set over a pan of water. Bring water to a boil. When the oil and wax have melted, remove the top of the boiler or the bowl to a towel.

Add the cup of water and blend using a stick blender. Or place oil/wax mixture in a small food processor, add water and blend.

Let the mixture cool. It will thicken as it cools.

Store in jars or place in a pump lotion container.

Notes:

You can change up the oils. Avocado oil makes a lovely lotion but the scent is different. Olive oil and other oils can also be used.

Fragrance oils can be added to change the scent. Make sure that they are appropriate for use on skin. Add drops as you blend until you have a scent you like.



BATH BOMBS OR FIZZES

Ingredients

Dry ingredients by weight

8 ounces Baking Soda

4 ounces Citric Acid

4 ounces Corn Starch

4 ounces Salt - Espom salts, Dead Sea salt, or mineral salts

Wet ingredients

1 TBSP water

3-4 TBSP oil - any light vegetable oil will work

Fragrance oil - any you like, make sure it is appropriate for skin

Coloring (optional)- you can use 1-2 drops of food coloring being aware that most people prefer pinkish color as blue, green or yellow might make the person soaking look a little off

or if you want more color visit

<http://www.makingcosmetics.com/Colors-Color-Blends-c15/>

for skin safe colorants.



Method

Mix all of the dry ingredients in a bowl. Mix the wet ingredients in a container that you can shake to make an emulsion.

Whisking the dry ingredients, add the liquid slowly until you have a mixture somewhat like damp sand. If you add the liquid too quickly, the dry ingredients will begin to fizz. You can stop adding the liquid if the dry ingredients will now mold when squeezed.

Working quickly, place the mixture into a mold like a sphere, decorative ice mold, or a soap mold. Let it sit for a very short time and then release the mixture from the mold. If you are using a sphere, pack each side generously and press the two sides together. The excess that comes out the edges can be brushed off. If you use a mold with lots of details, you will need to let the mixture stay in the mold until dry. If it crumbles when you release it, put the mixture in a jar and call it “fizzing bath salts.”

Let the bath bombs sit to dry out for a least several hours or overnight. If there is very high humidity, it will take longer for them to dry.

Since these do not have any preservatives they should be used up within 6 months.

Pack the finished product in an airtight container or bag. Add a tag that instructs the user to enjoy the bath bombs but beware that they do have oil in them that could make the tub slippery.

Notes:

Once you have mastered these, try to change it up using different oils, salts, etc. There are many suggestions online.

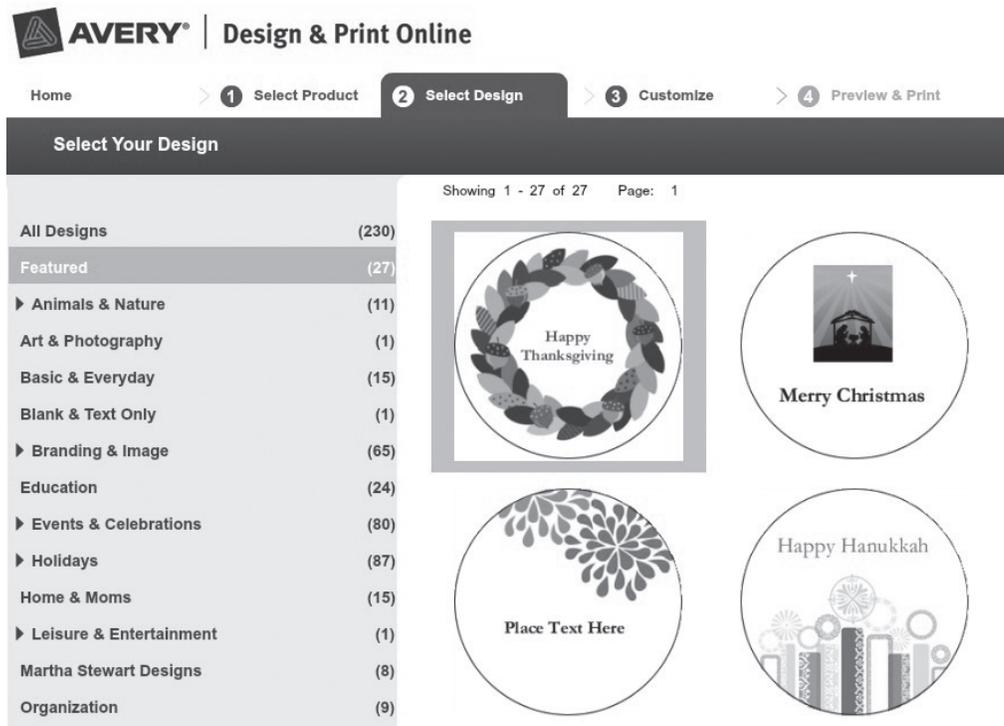
Oh, and bath melts are also a nice treat to make using an oil and wax with shea butter and fragrances. You melt the ingredients then pour into a mold to cool. They are a bit fragile as the warmth of your hands can start them melting.

ADDITIONAL INFORMATION

Labeling

• **Avery.com** has lots of different labels you can purchase and great templates with graphics that make it super easy to create a fun, personalized label.

We like to use the 2 inch labels for the small jars and the 2.5 inch for the larger jars.



• Another great online resource is <http://www.jamlabelizer.com>

