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PICNIC PRESERVING- Canning For Elegant & Simple Pleasures



Outdoor feasting is a popular American pastime. Whether it be a formal setting or casual, 'tis the season for alfresco dining. Open-air entertaining is most appropriate during the warm summer months when we share good, well prepared food with family and friends.

Advance preparation assures the cook of time to savor the portable feast with guests and family. Ball Corporation's home economists combine two time-honored American traditions—preserving and picnicking—in these recipe offerings. "Put up" this array of home-canned goodies for a picnic this summer or anytime you are in the mood.

Grilled meat or fowl entreats a lively, dense sauce. Spicy Barbecue Sauce fills the bill with a boldly seasoned tomato base. Pickled Beans and Onions is a crunchy combination well suited for picnic fare. Another crispy combo is Pickled Calico Vegetables. A patchwork of cauliflower, onions, peppers and carrots glistening in zesty vinegar.

Elegance is the theme, try crimson Very Berry Cooler. Raspberries, strawberries and lemons are transformed into a rosy beverage. Tropical Barbecue Sauce blends orange marmalade, crushed pineapple and rum in an exotic complement for pork or poultry. The grand finale for a fancy feast is Spiced Pears in Rum Raisin Syrup. A delectably spiced brown sugar syrup envelopes fresh pineapple and succulent pears. A glorious dessert to serve chilled in a crystal goblet.

Be it simple or elegant, a picnic showcasing your own preserves is certain to bring pleasure to you and those you love.

Pickled Beans And Onions

3 pounds green beans
1 pound pickling onions
2 cups vinegar
2 cups sugar

1-1/2 cups water
1 tablespoon mixed pickling spice
1 tablespoon mustard seed

Prepare home canning jars and lids according to manufacturer's instructions. Wash beans, trim ends. Put beans in salted water about 5 minutes. Drain well. Peel onions; set aside. Combine vinegar, sugar, water and spices in a large saucepot. Simmer about 15 minutes. Pack beans and onions into hot jars, leaving 1/4 inch head space. Carefully ladle beans over beans and onions, leaving 1/4 inch head space. Remove air bubbles with a non-metallic spatula. Adjust caps.

Process 30 minutes in a boiling water bath canner. Yield: about four pint jars.



Tropical Barbecue Sauce

1 cup brown sugar
4 teaspoons prepared mustard
2 teaspoons soy sauce
2 3/4 cup light corn syrup

1-1/2 cups orange marmalade
2 cups crushed pineapple
1-1/3 cups pineapple juice
1 cup rum

Prepare home canning jars and lids according to manufacturer's instructions.

Combine brown sugar, mustard, and soy sauce in a medium saucepot. Add light corn syrup. Stir in orange marmalade and pineapple. Heat mixture over medium heat about 10 minutes. Stir in pineapple juice. Simmer gently about 30 minutes or until thickened. Remove from heat; stir in rum. Carefully ladle into hot jars, leaving 1/4 inch head space. Adjust caps.

Process 30 minutes in a boiling water bath canner. Yield: about four pint jars.

2 4-1/2 ounce cans tomato sauce
1 6 ounce can tomato paste
1/2 to 1 cup honey, according to taste
1/2 cup brown sugar
1/2 cup water
1 3/4 cup white wine vinegar

2 tablespoons lemon juice
2 tablespoons prepared mustard
1 tablespoon worcestershire sauce
2 teaspoons hot pepper sauce
1 small onion, finely chopped

1 garlic clove, minced
1/2 teaspoon freshly ground pepper
1/2 teaspoon ground cloves
1/2 teaspoon allspice
1/4 teaspoon ground ginger

Prepare home canning jars and lids according to manufacturer's instructions. Combine all ingredients in a large saucepot. Cook over medium heat for about 30 minutes; stirring frequently to prevent sticking. Carefully ladle into hot jars leaving 1/4 inch head space. Adjust caps.

Process 15 minutes in a boiling water bath canner. Yield: about five pint jars.

Very Berry Cooler

3 quarts strawberries, washed and stemmed
1 quart raspberries, washed

5 cups water
6 cups sugar
3 cups lemon juice

Prepare home canning jars and lids according to manufacturer's instructions. Puree berries in a blender or food processor. Place puree, water, sugar and lemon juice in a large saucepot over medium heat. Bring mixture to 165°F, stirring occasionally; do not boil. Remove from heat; strain juice through cheesecloth or jelly bag. Return juice to heat and simmer 5 minutes. Carefully ladle into hot jars, leaving 1/4 inch head space. Adjust caps.

Process 15 minutes in a boiling water bath canner. Yield: about six quart jars.

Pickled Calico Vegetables

6 cups cauliflower/flowerets (1 large head)
1 cup peeled pickling onions
2 sweet green peppers, chopped into 1/2 inch pieces
2 cups sliced carrots (about 4 large)
1/4 cup pickling salt

1 quart white vinegar
1-1/2 cups sugar
2 teaspoons mustard seed
2 teaspoons celery seed
2 teaspoons hot pepper sauce

Combine vegetables and salt in large mixing bowl. Cover with ice; let stand 3 hours. Prepare home canning jars and lids according to manufacturer's instructions.

Drain vegetables; rinse well. Combine vinegar, sugar, mustard seed, celery seed, and hot pepper sauce in a large saucepot. Bring to boil; add vegetables and simmer 5 to 7 minutes. Carefully pack into hot jars, leaving 1/4 inch head space. Remove air bubbles with a non-metallic spatula. Adjust caps. Process 10 minutes in a boiling water bath canner. Yield: about four pint jars.

Spiced Pears In Rum Raisin Syrup

7 to 8 pounds pears
1 fresh pineapple
2 cups brown sugar
2 cups water
1 cup apricot preserves

1/2 cup golden raisins
4 cinnamon sticks
2 teaspoons whole cloves
2 teaspoons whole allspice
1/2 cup rum

Prepare home canning jars and lids according to manufacturer's instructions. Peel, halve, and core pears. Place in soaking solution to prevent darkening. Peel pineapple; remove eyes from pineapple and cut into tidbits. Measure 2 cups pineapple tidbits and set aside. Combine remaining ingredients in a large saucepot, except rum; simmer about 15 minutes. Drain and rinse pears. Poach pears in water about 5 minutes, cooking one layer at a time. Pack pears into hot jars, leaving 1/4 inch head space. Remove from heat. Stir reserved pineapple tidbits and rum into syrup. Carefully ladle syrup over pears, leaving 1/4 inch head space. Add a cinnamon stick to each jar. Remove air bubbles with a non-metallic spatula. Adjust caps.

Process 25 minutes in a boiling water bath canner. Yield: about four quart jars.

