

Must use boiling water for jellies

Michigan's bountiful fresh fruits and vegetables are arriving at local markets and the Food and Nutrition Hotline at the Michigan State University Extension is busy answering lots of canning questions.

A common question is how to safely keep homemade jam or jelly on the shelf for an extended period of time.

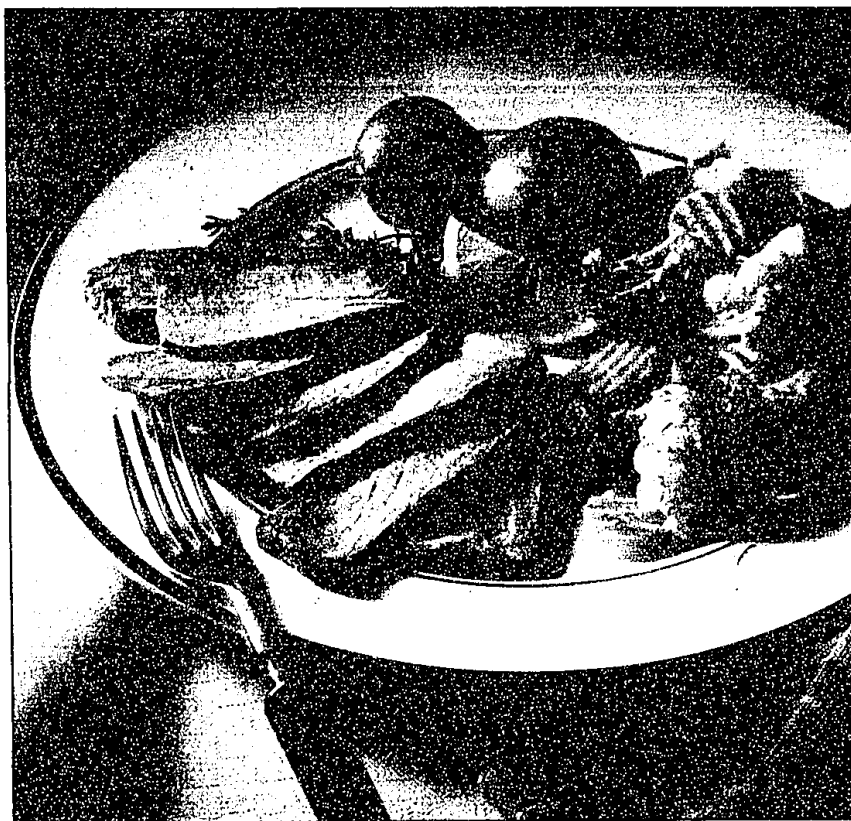
"All jams and jellies need to be processed in a boiling water bath," said Sylvia Treisman, nutritionist. "This process destroys the bacteria that causes molds to grow and spoilage to occur."

The old-fashioned methods of using paraffin wax and the inversion method are no longer recommended. The problem with using paraffin is that mold can easily grow and the inversion method does nothing to destroy bacteria. The jars may seal — but the jam may still become moldy. If jams are processed in a boiling water bath, then molds are destroyed. Jams and jellies then can be made ahead for Christmas gifts. They can remain safely on the shelf for about 1 to 2 years with relatively good quality.

Here are a few tips for making jam and jelly safe and mold free:

- Sterilize all jam and jelly jars 10 minutes in boiling water after washing well.
- Process all jams and jellies in boiling water bath — half pints are process 5 minutes and pints are 10 minutes. Wash outside of jars after processing.
- Start timing processing once water returns to a boil.

Call the food and nutrition hotline Monday through Friday, 8:30 a.m. to 5 p.m., for all your canning questions, food and nutrition and food safety concerns — (810)858-0904.



Steak out: Lemon-Herbed Steak and Vegetables is easy to prepare and ready in 30 minutes.

Lemon-herb steaks easy to prepare in 30 minutes

Looking to liven up your next dinner? Just grab a lemon to add some real zest and a terrific flavor spark to beef steak.

Easy to prepare (under 30 minutes) and simply sizzling with a zesty blend of lemon peel, garlic, thyme and pepper, Lemon-Herbed Steak, a recipe from the Beef Industry Council, is sure to become a fast favorite this summer.

LEMON-HERBED STEAK AND VEGETABLES

1 boneless beef top sirloin steak, cut 1-inch thick (approximately 1 1/4 pounds)
2 tablespoons butter, melted
1 tablespoon fresh lemon juice
Salt to taste
1 package (16 ounces) frozen vegetable mixture

Seasoning:
2 large cloves garlic, crushed
2 teaspoons grated lemon peel
1 teaspoon dried thyme leaves
1/4 teaspoon pepper

In small bowl, combine seasoning ingredients; mix well. Remove 1 tablespoon seasoning; press evenly into both sides of beef steak. Stir butter, lemon juice and 1/4 teaspoon salt into remaining seasoning in bowl; set aside.

Place steak on grid over medium ash-covered coals. Grill steak uncovered 16-20 minutes for medium rare to medium doneness, turning once.

Meanwhile, prepare vegetables according to package directions. Combine vegetables and reserved butter mixture; toss to coat.

Trim fat from steak. Carve steak crosswise into thick slices; season with salt as desired. Serve with vegetables. Serves 4.

BEEF INDUSTRY COUNCIL



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