



## Canning Mini Guide



# The Kilner® Story

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For 176 years the original Kilner® Jar has captured the attention of the curious cook. First invented by John Kilner and Co in 1842 England, Kilner® Jars keep food fresher for longer.

From wartime preserves to cutting edge Asian inspired kimchi, the Kilner® Jar has remained at the forefront of food evolution. Now in all shapes and sizes Kilner® has a considerable product range, available in stores around the world.

As the people's choice for canning, we have produced this handy guide to start you on your journey to create your very own garden to table goodness. Jam packed with recipes, hints, tips and knowledge from the experts. We want you to get stuck in and enjoy creating the perfect preserve! Whether you're a seasoned professional or a complete novice, we're sure to have something inside to interest you.





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## Social Media

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Send us pictures of your delicious pickles and we'll share our favorites!  
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# Essential Equipment

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Most of the equipment used to make preserves may already be found in your kitchen, but there are a few essentials which you will need for particular preserving processes.

## 1. Canning Pan and Rack

Constructed from high quality 18/10 stainless steel and suitable for all stovetops including induction our Kilner® Canning Pan and Rack is ideal for processing and sterilizing Kilner® Jars and Bottles. The large capacity is also ideal for bubbling delicious preserves.

## 2. Spatula and Bubble Remover

The Kilner® Silicone Spatula is perfect for stirring large volumes of jams, jellies and marmalades. With a built-in safety hook to stop the spatula sliding into hot preserves, measuring notches which indicate filling levels and even a bubble remover to ensure all bubbles are removed from the preserve before processing.





### 3. Silicone Jar Funnel

With an easy push top feature, our practical Silicone Jar Funnel fits most sizes of Kilner® Canning or Clip Top Jars. Decant your freshly made jam or jelly with ease, and savor every last drop of your recipe. You can even wipe your spoon easily on the curved lip of the funnel to keep your worktop as mess free as possible!

### 4. Jam Jar Tongs

With heat resistant arms, the Kilner® Jam Jar Tongs will allow you to grip and remove hot jars from boiling water, safely and securely.

### 5. Canning Jars

Our iconic Kilner® Canning Jars, with their replaceable vacuum seal lids and screw bands, are perfect for your freshly made preserves and pickles. Available in a variety of shapes and sizes.

### 6. Clip Top Jars

As an alternative, you can also use our Kilner® Clip Top Jars with replaceable rubber seal, which come in a range of sizes.

### 7. Twist Top Jars

Available in round and hexagonal shapes, our Kilner® Twist Top range is made in England and features a one piece lid with built in sealing strip designed to make home canning easy.

To find out more about our ranges, visit our website [www.kilnerjar.co.uk](http://www.kilnerjar.co.uk)



# Sterilizing Kilner® Jars

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Essential for the preserving process, sterilizing jars is required to remove all bacteria, yeasts, fungi and organisms from the jar, so that when preserving, the food remains fresh within the vacuum.

1. Remove the lids or rubber seals from your Kilner® Jars and put to one side. Check the jars or bottles thoroughly for damage such as cracks, breaks, and chips. If you find that any of your jars or bottles are damaged discard them.

2. Place the rack into the Kilner® Canning Pan and load with jars in an upright position. Fill your Kilner® Canning Pan with cool water until the jars are filled and covered. Bring to the boil for 10 minutes, turn the heat off and place the lid on the canner to keep the jars warm until you are ready to fill them.

3. Place vacuum seal lids or rubber seals in a saucepan and fill with 4 inches of water, heat and simmer at 180°F for 10 minutes, turn the heat off and cover the pan until you are ready to seal the jars.

4. Carefully remove your sterilized Kilner® Jars from your Kilner® Water Bath Canner with the jam tongs, pouring away any water inside the jars. Place the empty Kilner® Jars onto a clean tea towel on the work surface. Remove the lids and rubber seals from the saucepan and lay them on the tea towel.

**IMPORTANT: Never submerge your jars straight into boiling water.**



# Filling and Sealing Kilner® Jars



1. Once your jars are sterilized, using a Kilner® Silicone Jar Funnel carefully fill your Kilner® Jars with your chosen recipe. Leave recommended headspace as indicated in your recipe. We advise a minimum of ¼ inch.



2. Once each Kilner® Jar is filled, use a Kilner® Spatula & Bubble Remover to remove any air bubbles by running it around the inside of the Kilner® Jar between the food and the jar. Finally, wipe the rim and threads of the Kilner® Jar to remove any food debris.



3. Now your Kilner® Jars are filled, close them whilst the contents are hot. If you are using a Kilner® Canning Jar, place the metal disc on the jar rim and secure tightly with the screw band.



4. If using Kilner® Clip Top Jars place the rubber seal securely onto the jar lid and close the clips. For the Kilner® Twist Top Jars place the lid onto the rim of the jar and secure tightly.



## Processing Jars Using a Pressure Canner

All low acid foods need to be processed using a pressure canner. The steps included below apply to both weighted or dial gauge pressure canners but always check with the manufacturer instructions for safe use.



1. Prepare your pressure canner by filling with 2 to 3 inches of water. Place the rack into the bottom of the pressure canner and warm the water over a medium heat. **Important: Do not place jars into boiling water, the water should be warm not boiling.**



2. Place sealed jars into the canner. Check that the water level is 2 or 3 inches high or check the manufacturer's instructions. The water does not need to cover the jars.



3. Lock the canner lid in place and adjust the heat to medium - high. Once you can see steam through the vent for 10 minutes, place weight on the top for the recommended time as indicated in your recipe. Always monitor your canner to ensure pressure is maintained.



4. Turn off the heat and allow your canner to cool. Once the pressure has returned to zero it is safe to remove the weight and the lid (please note this can vary in time depending on your model). Using Kilner® Jar Tongs carefully remove the jars and place to one side. Leave to cool for 24 hours.



5. The next day you need to check if a seal has formed. For Kilner® Canning Jars the lid should not pop when pressed. For Kilner® Clip Top Jars the lid should not move upwards when the clips are undone. For Kilner® Twist Top Jars the lid should be concave. Store finished jars in a cool dry place away from light in an upright position.

# Processing Jars Using a Water Bath Canner

The water bath canning method is applied to high acid foods including jams, jellies, marmalades, preserves, pickles, salsas, ketchup and most sauces.



1. Using a Kilner® Canning Pan and Rack, place sealed jars onto the canning rack and lower into the base of the pan. Cover with cool water ensuring jars are covered by 1 to 2 inches of water.



2. Place lid onto the Kilner® Canning Pan and slowly bring to the boil for the recommended time as indicated in your recipe. You will be able to see bubbles escaping from the lids of the jars, this is perfectly normal.



3. Using Kilner® Jar Tongs, carefully remove the jars and place to one side. Leave to cool for 24 hours.



4. The next day you need to check if a seal has formed. For Kilner® Canning Jars the lid should not pop when pressed. For Kilner® Clip Top Jars the lid should not move upwards when the clips are undone. For Kilner® Twist Top Jars the lid should be convex. Store finished jars in a cool dry place away from light in an upright position.

Processing times will vary for jar size, food type and altitude. See individual recipes for recommended processing times.



# What To Do if Jars Haven't Sealed Properly

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If one of your jars has not sealed properly you can do one of two things:

- Reprocess your jars by emptying the contents into a pan. Heat the contents and repeat the filling and sealing process as indicated on page 7. Always ensure you check your jars for any defects and always use a fresh vacuum seal lid. **IMPORTANT:** you can only reprocess your jars 24 hours after a failed seal, after this time you must consume the contents within a week.
- Alternatively, you can place unsealed Kilner® Jars into the refrigerator and consume the contents within one week.



## Setting Points

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Jams, jellies or marmalades all require your spread to set properly. There are some quick signs which will help you spot when your preserve has nearly reached its setting point.

- The fruit mixture will not rise as vigorously in the canning pan as it has done earlier in the cooking process.
- The fruit mixture will start to form large bubbles on the surface.

Every recipe is different, and some preserves will start to set after only 3-5 minutes where as others may take 15 minutes or longer. It is therefore very important that you start testing for setting early to avoid over cooking your preserve.

## Testing the Setting Point

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To test that your jam or marmalade is of the desired thickness, spread a teaspoon amount onto a frozen plate and smear with the back of your spoon (or finger if it's not too hot!). If the preserve ripples as you spread it, it's a sign that your recipe is ready!

If the setting point has not been reached, return the saucepan to the heat and continue to boil for another 2-3 minutes. Then repeat the test again with a fresh frozen plate. (You may need to test it several times, be patient, as this testing is crucial to achieve the correct consistency).

# Tomato Chutney

This tangy tomato chutney recipe is delicious spread on your summer cookout favorites, or serve alongside a cheese and meat platter.



## Ingredients

25-30 cherry tomatoes  
(small, ripe and peeled)  
2 cups sugar  
1 stick of cinnamon  
Peel of 1 lemon

## Method

1. Place the tomatoes in a pan of boiling water for around 25-30 seconds then remove with a slotted spoon. Begin peeling the skin off the tomatoes and place in a Kilner® Canning Pan.

2. Crush the tomatoes with a potato masher then add the sugar, cinnamon stick and lemon peel

3. Bring to the boil and simmer for 6 minutes.

4. Remove the lemon peel, cinnamon stick and mash further until the tomatoes are thick and gooey.

5. Return to simmer for 6 minutes. Stir well before pouring the chutney into the warm sterilized 8.5 fl oz Kilner® Jars, leaving a ½ inch headspace. Seal your jars and process\* for 15 minutes using the water bath method, we recommend using the Kilner® Canning Pan and Rack. Adjust time for altitude†.

6. Store sealed jars in a cool dark place for up to 12 months. Once opened, refrigerate and consume within one month.

\*Refer to page 10 for processing details.

†Refer to page 20 for altitude guide.

# Rhubarb & Vanilla Jam

## Ingredients

8½ cups rhubarb, washed, trimmed & cut into 1 inch lengths

9 cups sugar

6.5 fl oz orange juice

2 vanilla pods, split lengthways

Juice of half a lemon

*Tip: Add some zing to your jam by replacing vanilla pods with stemmed ginger, ground cinnamon or grated nutmeg and try a splash of Grand Marnier or Cointreau.*

## Method

1. In a mixing bowl, layer the rhubarb and sugar together, topping with a layer of sugar, then pour over the orange juice.

Cover and leave at room temperature for a minimum of 2 hours (ideally overnight) to draw out the juices.

2. Transfer the mixture to your Kilner® Canning Pan, add the lemon juice. Simmer on a low heat for 10 minutes until the sugar dissolves.

3. Add the vanilla pods and bring to a rapid boil for 25-30 minutes until the jam thickens or reaches setting point.

4. Allow the jam to cool and decant into freshly sterilized 17 fl oz Kilner® Jars, leaving ¼ inch headspace. Seal your Jars and process\* for 10 minutes using the water bath method, we recommend using the Kilner® Canning Pan and Rack. Adjust time for altitude†.

5. Store sealed jars in a cool dark place for up to 12 months. Once opened, refrigerate and consume within one month.



\*Refer to page 10 for processing details.

†Refer to page 20 for altitude guide.



# Berry Jam

This delicious Berry Jam makes the perfect addition to the breakfast table.



## Ingredients

4½ cups sugar  
3 cups raspberries  
2½ cups small ripe strawberries, washed, then sliced  
Juice of half a lemon

## Method

1. Add the berries and sugar to a Kilner® Canning Pan.
2. Soak for 15-20 minutes, stirring occasionally with a Kilner® Spatula and Bubble Remover, gently squashing the fruits and releasing the juices.
3. Add the lemon juice and warm gently over a low heat until the sugar has dissolved.
4. Increase heat to a rapid boil for 10 minutes until the mixture thickens or reaches setting point (see page 11).
5. Allow the jam to cool and decant into freshly sterilized 17 fl oz Kilner® Jars, leaving ¼ inch headspace. Seal your jars and process\* for 10 minutes using the water bath method, we recommend using the Kilner® Canning Pan and Rack. Adjust time for altitude†.
6. Store sealed jars in a cool dark place for up to 12 months. Once opened, refrigerate and consume within one month.

\*Refer to page 10 for processing details.

†Refer to page 20 for altitude guide.

# Strawberry & Prosecco Jam

## Ingredients

4½ cups sugar

4 cups strawberries, washed, hulled and halved

5 fl oz Prosecco

Juice of half a lemon

## Method

1. Put the strawberries into a Kilner® Canning Pan and place over a low heat. Simmer for 5 minutes or until soft.
2. Add the lemon juice and prosecco, mix well.
3. Add the sugar and stir until dissolved.
4. Turn up the heat and bring to a rapid boil for 15-20 minutes or until the mixture reaches its setting point (see page 17).
5. Cool slightly and transfer to warm sterile 17 fl oz Kilner® Jars, leaving ¼ inch headspace. Seal your jars and process\* for 10 minutes using the water bath method, we recommend using the Kilner® Canning Pan and Rack. Adjust time for altitude†.
6. Store sealed jars in a cool dark place for up to 12 months. Once opened, refrigerate and consume within one month.



\*Refer to page 10 for processing details.

† Refer to page 20 for altitude guide.



# Orange & Rosemary Jelly

A delightful tangy spread with a fragrant, woody hint of rosemary. This would be a great addition to your roast chicken or lamb.



## Ingredients

7½ cups oranges, halved & sliced into semi-circles  
2 cups lemons, halved & sliced into semi-circles  
2 tbsp chopped fresh rosemary  
Sugar

## Method

1. Place the fruit into a Kilner® Canning Pan with half of the rosemary and 84 fl oz of water.
2. Bring to the boil and simmer gently for 1½ hours until the fruit is soft.
3. Pour into a Kilner® Muslin Cloth and strain into a bowl for about 3-4 hours, then discard the pulp.
4. Measure the liquid and return to the Kilner® Canning Pan, adding 2 cups of sugar for every 20 fl oz of liquid.
5. Heat gently, stirring until the sugar has dissolved then bring to the boil and simmer

rapidly for 10-20 minutes until setting point is reached (see page 11.)

6. Remove from the heat, skim off any surface residue then gently stir in the remaining finely chopped rosemary.
7. Cool slightly and transfer to warm sterilized 8.5 fl oz Kilner® Jars, leaving ½ inch headspace. Seal your jars and process\* for 15 minutes using the water bath method, we recommend using the Kilner® Canning Pan and Rack. Adjust time for altitude†.
8. Store sealed jars in a cool dark place for up to 12 months. Once opened, refrigerate and consume within 1 month.



# Sweet & Sour Zucchini with Red Onions

## Ingredients

3 zucchinis  
2 red onions  
2 tbsps salt

## For the brine:

13.5 fl oz pickling vinegar  
1 cup of sugar  
¼ tsp turmeric  
2 tsp yellow mustard seeds  
1 tsp coriander seeds (dry roasted)  
over a medium heat for a few minutes)



## Method

1. Trim the ends of the zucchini and then using a mandolin slicer slice into a ¼ inch pieces. Peel the onions and again using a mandolin, slice the red onion into ¼ inch rings.

2. Separate the onion rings and put them into a large bowl along with the zucchini. Sprinkle with salt and mix to coat. Cover with cling film and place in the refrigerator for about 3 hours.

3. Meanwhile put the vinegar, sugar, turmeric, mustard seeds and coriander seeds into a Kilner® Canning Pan and bring to a boil. Turn the heat down and simmer for about 5 minutes. Remove the pan from the heat and let the brine cool to room temperature. Leave the salt on the zucchini and onions and drain well.

4. Fill sterilized 17 fl oz Kilner® Jars with the zucchini and onions. Pour in the brine ensuring you leave ½ inch headspace. Tap the jars to remove any trapped air. Seal your jars and process\* for 20 minutes using the water bath method, we recommend using the Kilner® Canning Pan and Rack. Adjust time for altitude†.

5. Allow to mature for four weeks in a cool, dry place before opening. Once opened, refrigerate and consume within one month.

\*Refer to page 10 for processing details.

†Refer to page 20 for altitude guide.

# Classic Salsa



\*Refer to page 10 for processing details.  
†Refer to page 20 for altitude guide.

## Ingredients

- 7 cups tomatoes
- 2 cups onions
- 1 cup green peppers
- 5 garlic cloves, minced
- 1 ½ tsp cumin
- 1 tsp pepper
- ¼ cup sugar
- ⅓ cup white vinegar
- Pinch of salt
- 15 oz can of tomato sauce
- 12 oz can of tomato paste

## Method

1. Wash the tomatoes and green peppers, drain well. To remove tomato skins, place tomatoes into a bowl of boiling water for 60 seconds. Carefully remove the tomatoes and immediately transfer to cold water. Remove the skins and chop into ¼ inch pieces.
2. Remove stems and seeds from the peppers and cut into ¼ inch pieces. Slice onions thinly.
3. Transfer tomatoes, green peppers and onions to a Kilner® Canning Pan and add the rest of the ingredients ensuring you mix thoroughly.
4. Gently heat for 15 minutes.
5. Transfer to freshly sterilized Kilner® Jars, leaving ½ inch headspace. Seal your jars and process\* for 15 minutes using the water bath method, we recommend using the Kilner® Canning Pan and Rack. Adjust time for altitude†.
6. Store sealed jars in a cool dark place for up to 12 months. Once opened, refrigerate and consume within one month.

**Tip: if your tomatoes are sweet then you can reduce the amount of sugar.**

# Pectin Chart

Acid when preserving, aids the process of extracting pectin from fruit. The pectin is essential to your mixture because it helps you reach the required setting point along with stopping the sugar crystallizing. You can use this chart to guide you with your recipe ingredients. If you choose a fruit high in pectin you will need to add less of the commercial pectin to your overall mixture.

FRUIT	PECTIN CONTENT			ACIDITY		
	HIGH	MEDIUM	LOW	HIGH	MEDIUM	LOW
Blackcurrants	• • • •			• • • •		
Cranberries	• • • •				• • • •	
Gooseberries	• • • •			• • • •		
Plums (unripe)	• • • •			• • • •		
Currants	• • • •			• • • •		
Citrus Fruits	• • • •	• • • •		• • • •	• • • •	
Cooking Apples	• • • •	• • • •		• • • •	• • • •	
Apricots		• • • •			• • • •	
Grapes (unripe)		• • • •			• • • •	
Morello Cherries		• • • •			• • • •	
Plums (ripe)		• • • •			• • • •	
Blackberries		• • • •	• • • •		• • • •	
Blueberries		• • • •	• • • •			• • • •
Wild Blackberries			• • • •			• • • •
Cherries (sweet)			• • • •			• • • •
Figs			• • • •			• • • •
Grapes (ripe)			• • • •			• • • •
Melons			• • • •			• • • •
Nectarines			• • • •			• • • •
Peaches			• • • •			• • • •
Pears			• • • •			• • • •
Rhubarb			• • • •	• • • •		
Strawberries			• • • •			• • • •



# Altitude Adjustments

It is important to know your approximate elevation or altitude above sea level in order to determine a safe processing time for canned foods. Since the boiling temperature of liquid is lower at higher elevations, it is critical that additional time is given for the safe processing of foods at altitudes above sea level.

## Altitude Adjustments for Water Bath Canning

High acid foods can be processed using the water bath method, we recommend using the Kilner® Canning Pan. For high altitudes, the length of time for processing needs to be increased. Use our chart below as a guide.

Altitude in Feet	Increased processing time
1,000 to 3,000	5 minutes
3,001 to 6,000	10 minutes
6,001 to 8,000	15 minutes
8,001 to 10,000	20 minutes

## Altitude Adjustments for Pressure Canning

During the home canning process all foods with a low acid content must be processed using a pressure canner. For high altitudes, pressure in the canner must be adjusted.

Use our handy chart below to adjust pressure according to your altitude level.

Altitude in Feet	Weighted Gauge	Dial Gauge
0 to 1000	10	11
1001 to 2,000	15	11
2,001 to 4,000	15	12
4,001 to 6,000	15	13
6,001 to 8,000	15	14
8,001 to 10,000	15	15

Please note that all home canned foods should be processed according to USDA. Please refer to their website for more information.

# Acidity in Foods




Whether food should be processed in a pressure canner or boiling water canner depends on the acidity levels in food. Determining the type of processing method is very important as it enables the safe preservation of food.

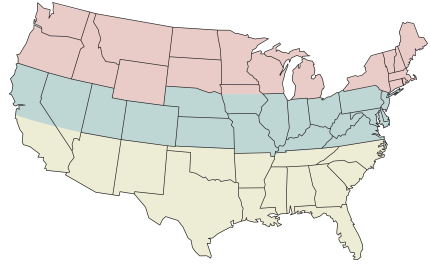
Foods with a high acidity (pH 4.6 and lower) should be processed in a water bath canner at 212°F. Foods with a low acid content (pH higher than 4.6) must be processed using a pressure canner at 240°F. Please refer to the USDA website for further information on processing methods and foods.

<b>High Acid Foods: PH Level 1.0 - 4.6</b> Use water bath and /or pressure canner	<b>Low Acid Foods: PH Level 4.7-14</b> Must use pressure canner
Apples	Asparagus
Apricots	Beans
Blackberries	Beets
Blueberries	Carrots
Cherries	Cauliflower
Gooseberries	Corn
Lemons	Eggplant
Oranges	Pumpkins
Peaches	Peas
Peas	Peppers
Plums	Potatoes
Strawberries	Mushrooms
Tomatoes	Spinach

# Kilner® US Seasonal Chart

Growing conditions vary from region to region. Use this chart as a guide to determine the best time of year for canning and pickling produce in your area.

-  Northern Region
-  Central Region
-  Southern Region





<b>Vegetables</b>	<b>Northern Region Harvest/Crop Availability</b>	<b>Central Region Harvest/Crop Availability</b>	<b>Southern Region Harvest/Crop Availability</b>
Asparagus	May and June	April to June	March to April
Beans, Green	July to September	July to September	May to October
Beets	July to October	July to October	January to December
Cabbage	July to September	June to November	January to May
Carrots	August to November	June to November	January to May
Celery	July to August	September to December	January to May
Corn, Sweet	July to September	June to October	June to September
Cucumber	July to September	May to October	April to August
Peppers	July to September	July to October	June to September
Pumpkins	September and October	September and October	August to November
Spinach	May to September	April to June	January to April
Squash	July to November	May to October	June to October

<b>Fruits</b>	<b>Northern Region Harvest/Crop Availability</b>	<b>Central Region Harvest/Crop Availability</b>	<b>Southern Region Harvest/Crop Availability</b>
Apples	August to November	July to November	July to November
Blackberries	July to September	July to August	May to July
Blueberries	July and August	June to August	June to July
Figs	August to October	August and September	June to August
Melons	August and September	June to August	June to August
Nectarines	July to September	July and August	April to June
Peaches	July to September	June to August	May to September
Pears	August to October	August to October	August
Plums	September to October	July to September	June to August
Raspberries	June to October	July to October	July to October
Strawberries	June and July	May to July	February to May
Tomatoes	July to September	May to October	May to November

 Designed in  
Great Britain



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