

EXAMPLE RECIPE: THIS RECIPE IS INTENDED AS A GUIDE ONLY

PICKLED BEETS, DICED, IN VINEGAR BRINE – QUART JARS

Recipe for 36 quart jars.

Ingredients: *(list ingredients in ounces in weight order/heaviest first)*

Beets *(record total weight of cleaned & trimmed beets in ounces)*

156.6 oz Granulated sugar

84 oz Hot reserved beet liquid (from blanching)

54 oz Apple cider vinegar.

5.9 oz Granulated salt

Sanitize jars and lids with warm soapy water; rinse well in clean water; then sanitize (in bleach solution for one minute or immerse in hot water at 180 F for one minute); then air dry.

1. Wash and scrub beets with cold water.
2. Rinse beets thoroughly to remove soil and dirt.
3. Check beets for imperfections – remove imperfect beets.
4. Prepare water bath (canner). Place whole raw beets in cotton bags, place in canner.
5. Blanch beets for 2 hours in boiling water.
6. Remove beets.
7. Peel beets and cut to a consistent 1”x 3/4 x 2” inch dice. *(use measurements in inches for size of dice /slice)*

PREPARE ACIDIFYING LIQUID

Mix 84 ounces hot reserved beet liquid (from blanching) with 156.6 ounces granulated sugar. Add 5.9 ounces granulated salt and 54 ounces apple cider vinegar. Stir all ingredients thoroughly until brine is well blended and sugar has dissolved.

FILLING JARS

Fill quart jars with diced beets. Fill jars to cover diced beets with brine (beet juice, vinegar, sugar, salt). Check headspace (should be approximately 3/4”). Check jar ‘finish’ is clean before applying lids. Firmly tighten lids by hand.

CANNING

Place jars into water bath (canner).

1. Check water is sufficient to cover jars during canning.
2. Note temperature of water bath at start of process.
3. Check water level again to ensure all jars are fully immersed.
4. Close canner lid.
5. Bring canning water to a rolling boil.
6. Maintain rolling boil for 20 minutes with lid closed. *(process times will vary)*
7. After 20 minutes lift lid. Allow jar contents to settle for further 15 minutes.
8. Remove jars from water bath.
9. Air-cool to room temperature.
10. Visually check all jars for good seal/concave lid. Discard any lid that is not concave.
11. Wash exterior of jars with warm soapy water. Rinse.
12. Air dry in cool location.
13. Label with batch number and date.
14. Place in boxes and store at room temperature.