





Everyday Canning

Recipe Book | Meal Creations Guide

Automatic Home Canning System with SmartPRESERVE™ TECHNOLOGY



Model FTAC-13-10





Welcome to the world of Fresh Preserving

The Attraction of Fresh Preserving!

Remember that yummy blackberry jam or the vibrant tomato sauce grandma used to can for everyone to enjoy for the rest of the year? There's nothing quite like it. As one canning enthusiast said to us – "I enjoy canning because when I open that Ball[®] jar of peach jam in January, it's like sunshine in the middle of the cold, dark winter!"

Making and preserving delicious jams, sauces, pickles and more at home - with juicy fruits and crisp vegetables - allows you to know what goes into your food, without any unknown additives or preservatives. Preserving food also protects many of the essential nutrients found in your fresh fruits and vegetables, so you can enjoy nutritious, delicious food all year long.

We at Jarden Home Brands, makers of Ball® brand fresh preserving products, are excited to share with you this exclusive Recipe Book and Meal Creations Guide developed for your freshTECH Automatic Home Canning System.

The Art & Science of Canning

You love food and enjoy the art of cooking. What is canning then? Home canning is the science behind preserving your freshly made, delicious foods to enjoy throughout the year. Basically, heat is applied to food in a closed glass home canning jar to stop the natural spoilage that would otherwise take place, and removes air from the jar to create a seal. Traditional home canning methods, such as waterbath canning, however, may not be suited for everyone today – it requires time and constant monitoring to follow specific steps for the recipe type.

The freshTECH Automatic Home Canning System with the **SmartPRESERVE**[™] Technology is a one of a kind counter-top appliance that makes fresh preserving at home simple for anyone. The appliance auto-senses and constantly monitors the time and temperature to optimize the canning process for every single recipe. It perfectly preserves delicious taste and nutrition quicker and easier than ever before^{*}. So no guesswork, and no more worries. And yes, freedom from stove-top monitoring!

Importance of Tested Recipes and Jar & Lid Closure System

Importance of Using Tested Recipes

Our scientists at Jarden Home Brands collaborated with experts and food enthusiasts, investing hundreds of hours, to develop, test and optimize the most flavorful and delicious recipes.

Use the easy to follow instructions in this freshTECH Recipe Book to make and fresh preserve foods from any of the six categories: Jams & Jellies, Salsas, Sauces, Tomatoes, Fruits and Pickles. At the end of each category section, you will find some Recipe Kickstarters – short recipes to use your freshly preserved foods. And towards the end of this book you will find the Meal Creations Guide, your source for delicious meal recipes – from healthful everyday dinners & snacks, to appetizers, extensive entrees, tasteful beverages and indulgent desserts – using your fresh preserved foods.

Meanwhile, we continue to work on developing and optimizing more preserving recipes for you to use with this appliance. Please visit **freshTECHAutoCanner.com**.



The Technology Behind The Ball® Brand Jar & Lid Closure Systems

A trusted leader in home canning, Ball[®] brand fresh preserving products pack over 125 years of research, testing and advancing the art of fresh preserving into every product from its iconic canning jars to the freshTECH Automatic Home Canning System.

Ball[®] brand Glass Preserving Jars with Lids and Bands are scientifically tested for superior quality and sealing performance.

Ball® brand Band – Secures the lid to the jar during the preserving process.

Ball® brand Lid – Includes our time-tested sealing compound, the foundation for a quality seal.



Ball[®] brand Jar – Designed for preserving and multiple use, these iconic jars have been trusted by preservers for over 125 years.

We created this freshTECH Recipe Book and Meal Creations Guide keeping all food lovers in mind – whether you are a long time canner or a beginner – with helpful tips and recommendations for the best user experience. We trust you will enjoy using the freshTECH Automatic Home Canning System and on behalf of the entire Jarden Home Brands Team, we wish you the very best!

Sincerely,

Your Gresh Preserving, Jean at Jarden Home Brands

Product Overview

Parts Diagram



- 2. Inner Pot
- 3. Appliance Base
- 5. Hinged Locking Lid
- 6. Drip Cup

Additional Tools

Your Automatic Home Canning System comes with some additional tools* that help you care for and maintain your appliance, and also make the canning process easier and safer. These tools are:







Vent Cleaner (included in back of recipe book)

*Due to constant design and quality improvement, the items shown here may look slightly different than what is included in the box.

FICSHTECHFresh Made Simple.

Touch-Pad with Display Panel Diagram



- 1. Pre-Heating Indicator
- 2. Sensing Indicator
- 3. Pre-Heat Button
- 4. Food Category Buttons
- 5. Recipe Program Buttons
- 6. Preserving Indicator
- 7. Ready Indicator
- 8. LED Display
- 9. Control Buttons

FreshTECHFresh Made Simple.

About the Technology

When it comes to fresh preserving, the experts at Jarden Home Brands bring everything to the table. That is why we developed the first ever automatic fresh preserving system based on a unique, patented **SmartPRESERVE™** Technology. We collaborated with food scientists, and cooking enthusiasts, to optimize time, temperature and process for each recipe.



SmartPRESERVE™ Technology is an energy efficient hybrid technology that automatically senses, and constantly monitors time and temperature optimized for each recipe. The automatic sensing technology also self-adapts the temperature and time based on the altitude of your location. The technology removes any guesswork, eliminates the need for stove-top monitoring and takes worries away. The freshTECH Automatic Home Canning System empowers you to fresh preserve delicious homemade foods that are shelf stable for up to one year.

Things you need to know freshTECH Home Canning System

Your recipe will guide you on how to use the appliance. However, here are some general instructions and tips to help make using your appliance even easier.

- Before using your freshTECH Home Canning System for the first time, thoroughly review the User Manual. For best results, the unit must be placed on a level cooking surface.
- Clean your appliance before first use. See instructions on page 115 or consult the User Manual.

Assembling All Parts Refer to Page 6 for Parts Diagram

- 1. SLIDE and lock Drip Cup into the black tab located on the back of the Appliance.
- 2. PLACE Rack in the Inner Pot with the wire base facing down (figure A) as it contacts the pot, then place Inner Pot inside the Appliance base.
- 3. PLUG power cord into the Appliance and then into the wall outlet. Once powered up, you will hear a welcome tone and the display will read WELCOME.
- 4. DO NOT use Appliance without the vent filter in place. See User Manual.



figure A

Opening and Closing Your freshTECH Appliance Lid

To Open the Appliance Lid

- 1. Always use the top handle for unlocking and opening the Appliance Lid.
- 2. To open and unlock the Lid, rotate the top handle counterclockwise until the Lid handle arrow meets the unlock symbol. Lift the Lid handle up.
- 3. The Lid will rest in place at an angle slightly past vertical.
- 4. Always take care while opening the Lid, making sure to open slowly and away from you.

To Close the Appliance Lid

- 1. Always use the top handle for closing and locking the Appliance Lid.
- 2. To close, slowly lower the Lid down, using the top handle, until the Lid meets the Base.
- 3. Rotate the top handle clockwise until the Lid handle arrow meets the lock symbol.
- 4. Always take care while closing the Lid, making sure not to close too quickly.

Key Button Features

PRE-HEAT – To activate jar Pre-Heating, press **Pre-Heat** and then **Start**.

START / STATUS – Press the **Start/Status** button after pre-selecting the **Pre-Heat** or **Category + Recipe** to activate that process. The **Start/Status** button will indicate real time process temperature if pressed once during autopreserving. The **Start/Status** button will indicate the life counter of your appliance (in hours used) if pressed once prior to autopreserving.



STOP / RESET – At any stage during the process, the **Stop/Reset** button can be pressed to terminate the program. To reset the appliance, press and hold the **Stop/Reset** button for 2 seconds.

CATEGORY – Displays the type of foods you can preserve in your Appliance.

PROGRAMMED RECIPES – Displays the program number (1 - 6) referenced in your freshTECH recipe.

Status Lights and Phase Overview



PRE-HEATING PHASE – Pre-Heats your jars prior to filling with hot food to prevent jar breakage. This phase takes 12 minutes to complete. Keep jars in appliance until ready for use.



SENSING PHASE – Designed to optimize temperature for your recipe prior to preserving.



PRESERVING PHASE – Automatically senses and constantly monitors time and temperature to optimize each recipe using **SmartPRESERVE™** Technology.



READY – Appliance is either ready for programming or the program has completed a Pre-Heating or Preserving phase (flashing green light).



STATUS BAR – Bars will illuminate from left to right throughout either the Pre-Heating or Preserving phase, indicating where you are in the process until completed.



Checklist for Operating Your Appliance

- Carefully read through all instructions and important safeguards in User Manual before use.
- Be sure to clean Appliance before first use. See instruction on page 115.

Place Appliance on a clean, sturdy and level surface that
is within 3ft of an outlet. It is not recommended to place Appliance under hanging cabinets as steam is released
from the Lid during processing.

- Follow your recipe for specific instructions on the food you are preparing and preserving.
- Always be sure to Pre-Heat your jars using the Pre-Heating steps in your recipe. For more information, see page 16.
- Do not attempt to unlock the Lid while the Appliance is in operation. Opening the Lid is only recommended when the green Ready light is flashing, indicating the appropriate phase is complete and READY.
- For questions or troubleshooting help, refer to page 112 of this Recipe Book or your User Manual.

Things you need to know Jars, Lids and Bands

Ball® brand Glass Preserving Jars and Lids are scientifically tested for superior quality and sealing performance. They are made in America and are BPA-free.

Choose the Jar that Fits Your Needs

Your recipe will guide you on the right jar size, but the mouth size is up to you.

- Regular mouth works best for pourable foods such as jams, jellies, salsas and sauces.
- Wide mouth works best for larger foods that need a wider mouth for filling, such as tomatoes, pickles and fruits.

Jar Size			Ideal For
	Quilted Crystal® Jelly Jar (8 oz)		Jams and Jellies
LAR ITH	Half Pint (8 oz)		Jams, Jellies, Salsas and Bruschetta in a Jar
REGUL/ MOUTI	Pint (16 oz)	73-92 12-14-14	Salsas, Tomato Sauces and Applesauce
	Quart (32 oz)		Tomato Juice and Pickles
	Pint (16 oz)	Rad	Pickles and Seasoned Tomatoes
WIDE MOUTH	Quart (32 oz)	The second	Tomatoes and Peaches

Although the most popular jar sizes are featured here, other Ball®, Kerr® and Golden Harvest™ Glass Preserving Jars can also be used with this appliance.

Jar Yield by Recipe

The preserving recipes developed for this appliance are based on providing you the optimal experience for every batch of freshly made food you make. The table below recommends the number of jars to place in the Inner Pot of the Appliance per recipe batch – whether pre-heating empty jars or preserving your freshly made foods. The recipes included in this Recipe Book are written for these recommended yields.

Jar Size	Recommended Recipe Yield (# of Jars)
Half Pint (8 oz)	6
Pint (16 oz)	4
Quart (32 oz)	3

You should only prepare the amount of food that can be preserved per batch. Making a larger batch at one time and then waiting to preserve that prepared food until later can lead to under-processed food. You should always immediately fill the jars and process according to the recipe instructions. If you wish to preserve more jars of the same recipe, please prepare a new, fresh batch of that recipe.

You may notice when using Half Pint or Pint jars, there is extra space in the Inner Pot of the Appliance. The Inner Pot could fit up to 8 Half Pint jars or 5 Pint jars. However, it is not recommended to pre-heat or preserve that number of jars at one time as the fit in the Inner Pot is tight which can make removing hot jars difficult, and potentially unsafe.

Can I Double Stack Jars in My Appliance?

We do not recommend double stacking jars due to height restrictions for the Appliance. If you try to double stack jars and force the Lid closed, you could cause significant damage to your Appliance.

Preparing Jars, Lids and Bands for Home Canning

- 1. REMOVE lids and bands from jars. Wash jars, lids and bands in hot, soapy water. Rinse well.
- 2. SET lids and bands aside in your work area, so they are ready when you need them.
- 3. PRE-HEAT jars using the Pre-Heating function on the Appliance to minimize risk of jar breakage when filling with your hot food.

Jar Size Comparison



Regular Mouth Quilted Crystal® Jelly Jar (8 oz)



Regular Mouth Half Pint (8 oz)

Ballson H

Regular Mouth Pint (16 oz)



Regular Mouth Quart (32 oz)



Wide Mouth Pint (16 oz)



Wide Mouth Quart (32 oz)

Pre-Heating Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving Lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate and the Appliance will begin Pre-Heating your jars. In the meantime, you can start making your recipe. Jars will be Pre-Heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed, until ready to fill with prepared recipe.

Quick Tip	
Be sure to add warm to hot tap water to fill line.	

Checklist for Pre-Heating Your Jars

Be sure to not press the **Start** button on the touch-pad without filling the required volume of warm water in the Inner Pot. For more information, refer to your recipe or the Pre-Heating section above.

Be sure to fill Inner Pot with water to fill line before adding the Rack or the jars.

Jars, especially the smaller sizes, may float in the appliance during the Pre-Heating process. This is normal.

After starting the Pre-Heating process, it will take about 12 minutes to heat your jars but they will continue to stay warm in the Appliance for up to 1 hour. Your recipe will guide you on when to start the Pre-Heating process to ensure jars are hot before filling with hot food.

Keep jars in Appliance, with Lid closed, to keep them hot until ready to fill with prepared recipes. Close Lid, but do not lock, between filling each jar in order to keep remaining jars hot in Appliance.

NOTE: Keep lid in the unlocked position when opening and closing.

Use Jar Lifter (included) to remove hot jars from Inner Pot.



Things you need to know Recipes

Your Ball[®] brand freshTECH Home Canning System allows you to home can foods in 6 different categories:



This appliance is intended for home canning high-acid foods such as the categories listed above. Low-acid foods such as vegetables, meat, poultry and seafood must be processed in a steam pressure canner. For more information on steam pressure canning, visit **FreshPreserving.com.**

Within each category, there are home canning recipes included. These recipes were hand-picked to include the basic, as well as the most popular recipes.

Each recipe provided has been tested specifically for this appliance to ensure the highest quality and safest product. It is important to only use the recipes provided with this appliance. Use of other recipes not tested for this appliance can result in seal failure, food spoilage and potential health risks.

We do not recommend altering these home canning recipes. They must be used as stated to ensure the proper acidity for the canning process.

Recipes

Be sure to look for more recipes at freshTECHAutoCanner.com.

FreshTECHFresh Made Simple.

Things you need to know Filling Jars

Your recipe will guide you through the steps for filling your jars with your food. See below the general steps for filling your jars, as well as tips and a checklist for success!

Filling Your Jars for Preserving

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close Lid, but do not lock, to keep remaining jars hot. Pack prepared food into hot jar, leaving correct headspace stated in your recipe. Remove air bubbles, if stated in your recipe, and adjust headspace, if necessary, by adding prepared food. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with your food and returned to Inner Pot. Close and lock Lid.

Importance of Headspace

Headspace is the unfilled space between the top of the food and the rim of the jar. Headspace is important to allow food to expand during the canning process and to form a strong seal.

Headspace differs for every recipe; always follow directions to ensure proper seal.



How Do I Remove Air Bubbles?

If your recipe states to remove air bubbles, slide a small non-metallic spatula inside the jar between the food and the jar wall. Gently press back on the food, towards the opposite side of the jar, allowing air bubbles to escape. Air bubbles inside the jar can impact the seal. Repeat 2 or 3 times around the jar.

Checklist	for	Filling	Your	Jars
-----------	-----	---------	------	------

Fill one jar at a time to ensure the best quality product and seal.			
Keep lid closed, but not locked, while filling each jar to help the remaining jars stay hot.			
Easily remove and handle hot jars using the Ball® brand Jar Lifter included with your appliance.			
Using a funnel that fits both Wide Mouth and Regular Mouth jars, and is designed specifically for home canning, will make filling your jars easy and less messy. Look for the Ball® brand Collapsible Funnel where other home canning supplies are sold.			
Protect hands and handle hot, wet and slippery jars with confidence by using the Ball® brand Secure-Grip Hot Jar Handler. Look for it where other home canning supplies are sold.			
Wipe rim of jar with a clean damp cloth or paper towel. This removes any residue on the jar rim that may interfere with a good seal.			
Lids are one-time use only. Always use a new lid to ensure a proper seal.			
Twist on band until fingertip tight. Bands that are over-tight may result in a seal failure as air cannot escape from the jar during the canning process. Bands that are under-tight may result in a poor seal. The Ball® brand Sure Tight™ Band Tool takes the guess work out of securing the bands to "fingertip tight." Look for this accessory where other canning supplies are sold.			

Quick Tip

The dual-purpose Ball[®] brand Bubble Remover & Headspace Tool can help you measure headspace and remove air bubbles. Look for it where other home canning supplies are sold.

19

FOSHTECH Fresh Made Simple.

Things you need to know After Canning

Removing Jars from Appliance

When the green Ready light is flashing, your food has been successfully preserved!

- 1. PRESS Stop/Reset. Unlock and open Lid.
- 2. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. The sealing process is underway!
- 3. LOOK for a message on the display indicating to "Clean Vent". All other indicators ("00:00", "Preserving Complete") will disappear from the display.
- 4. CLEAN vent using vent cleaning tool included. Please refer to section Cleaning Your Steam Vent in User Manual for further instruction. The green Ready light will return to a solid light from blinking.
- 5. PRESS the **Stop/Reset** button again after cleaning the vent to clear the "Clean Vent" message.

Note: If you are planning to start another batch, be sure to empty the Inner Pot water and clean between uses. Be careful as the Inner Pot may still be warm/hot to touch. Always use a towel or pot holder while handling. Fill Inner Pot following the Pre-Heating Your Empty Jars instructions on page 16.

Quick Tip

FIGShTECHFresh Made Simple.

Bands can come loose during the canning process. Do not re-tighten the bands as this might interfere with the sealing process.

Checking Lids for Seals

After allowing the jars to cool, undisturbed for 12-24 hours, check lids for seals.

1. PRESS on the center of the cooled lid. If jar is sealed, the lid will not flex up or down.

- OR -

2. REMOVE band. Gently lift up on lid. You should not be able to lift it off the jar.



Reprocessing Jars

If your lid does not seal within 24 hours, immediately reprocess.

- 1. REMOVE canning lid. Pour out food and/or liquid from jar. Reheat.
- 2. PACK food into clean, hot jars using the instructions provided in original recipe. Always start with a new lid.
- 3. REPROCESS jars using the instructions provided in original recipe. Please refer to Error "E12" information in FAQ & Appliance Trouble Shooting section.

Note: If you can tell the lid did not seal because of damage to the jar, dispose of the jar and its contents.

Storing Your Jars

Store sealed jars in your pantry or a cool, dry and dark place for up to 1 year!

Jars may be stored without the bands, or you may clean the underside of bands to ensure no moisture is trapped during storage.

Enjoy your homemade food or share with your family and friends as gifts!

Piña Colada Jam

Apple Jelly

Strawberry Jam

Blackberry Lime Jam

Peach Jam

Champagne Blush Jelly

BRACK

Pineapple-Mango-Chili Ja

Jams & Jellies

What is jam?

Jams are made with crushed or chopped fruit plus the addition of sugar and pectin (and sometimes lemon juice). Jams are perfect for complimenting toast, biscuits or even more creatively used as an ingredient in your favorite desserts.

What is jelly?

Jellies are made with fruit juice combined with sugar and pectin. Jellies are firmer than jam but are still soft enough to spread.

What is pectin?

Pectin is a natural gelling ingredient derived from apple and citrus fruits. When used in the preparation of homemade jams and jellies, pectin produces a more natural fresh fruit flavor because less cooking is required to achieve the proper set.

Ball[®] brand RealFruit[®] Classic Pectin is widely used in our jam and jelly recipes as it was specially formulated to make better tasting jam^{*}. Plus, our Classic Pectin allows you to make traditional jams or reduced sugar jams with the same great set.



Ball[®] brand RealFruit[®] Classic Pectin

Be sure to look for other jam & jelly recipes at freshTECHAutoCanner.com

FICSHTECHFresh Made Simple

Tips for delicious Jam & Jelly Making

- Be sure to use the same amount and type of pectin specified in the recipe. Varying the amount could vary your results! Other pectin types are not interchangeable and may not work in these recipes.
- For the best flavor and gel, use ripe fresh fruit free of blemishes.
- Measure prepared fruit or fruit juice with a standard liquid measuring cup. Sugar should be measured in a dry measuring cup and leveled.
- Crush fruit (especially berries) with a potato masher, not a food processor. A food processor can break down the fruit's natural pectin, preventing a good set.
- For jam and jelly recipes in this booklet, you have the flexibility to use the traditional (high sugar) recipe or the reduced sugar recipe. If you use a sugar measure other than those specified in your recipe or use sugar alternatives, you may get a soft set or fruit syrup.
- Bottled lemon juice is recommended in some recipes to help with the gelling process, so be sure to use if specified in your recipe.
- Foam accumulates on the surface of jams as air is released from the fruit during the cooking and stirring process. To reduce foaming in jams and even jellies, add 1/2 tsp butter or margarine to your recipe before cooking.



FIGSHTECHFresh Made Simple.

Discover the Automatic Jam & Jelly Maker



The Jam & Jelly Maker is not necessary for making and preserving jam.

A Revolution in Jam Making

The freshTECH Automatic Jam & Jelly Maker with SmartStir™ Technology brings ease and convenience to homemade jams and jellies.

The jam maker stirs the ingredients while it cooks so you don't have to! Use your favorite fruits, fruit juices and even peppers to create delicious, natural jams and jellies in under 30 minutes. It's the perfect tool for both new and experienced canners, and a great way to incorporate fresh ingredients for healthier eating.

The pot has a nonstick interior, making for easy clean up between batches. The pot, glass lid and stirring paddle are dishwasher safe.

Although not necessary for making and preserving jam in your freshTECH Home Canning System, the Jam & Jelly Maker helps make creating your own great tasting jam easier than ever before. Learn more or order one for yourself at **freshTECHAutoCanner.com**.

Strawberry Jam

Makes about 6 half pint (8 oz) jars of jam

What you need: Traditional or Reduced Sugar Crushed strawberries (about four 1-lb containers) 4 cups 4 cups Ball[®] brand RealFruit[®] Classic Pectin 4-1/2 tbsp 4-1/2 tbsp Butter or margarine (optional) 1/2 tsp 1/2 tsp Granulated sugar 3 cups 5 cups Ball[®] brand Half Pint (8 oz) Glass Preserving Jars 6 6 with Lids and Bands

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jam. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jam.

Make Your Jam

- WASH strawberries in cool, running water and drain. Remove stems and hulls. Crush berries one layer at a time using a potato masher. Measure required quantity of crushed berries and remaining ingredients for your recipe; set aside.
- 2. PLACE crushed berries in an 8-quart saucepan. Gradually stir in Ball[®] brand RealFruit[®] Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

26

3. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jam.

Preserve Your Jam

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close Lid, but do not lock, to keep remaining jars hot. Ladle hot jam into hot jar, leaving 1/4-inch headspace.
 Wipe any jam from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jam and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Jams & Jellies then press Recipe 1 Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jam has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Makes about 6 half pint (8 oz) jars of jam

What you need:

Traditional or Reduced Sugar

Crushed peaches (about 3 lbs or nine medium)	4 cups	4 cups	
Ball® brand RealFruit® Classic Pectin	4-1/2 tbsp	4-1/2 tbsp	
Butter or margarine (optional)	1/2 tsp	1/2 tsp	
Bottled lemon juice	3 tbsp	3 tbsp	
Granulated sugar	5 cups	3 cups	
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	6	6	

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS Pre-Heat button, then press Start. The red Pre-Heating light will illuminate, and the Appliance will begin Pre-heating your jars. In the meantime, you can start making your jam. Jars will be Pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jam.

Make Your Jam

- 1. WASH, peel and pit peaches. Coarsely chop peaches and then crush with a potato masher. Measure required quantity of crushed peaches and remaining ingredients for your recipe; set aside.
- 2. COMBINE crushed peaches and lemon juice in an 8-quart saucepan. Gradually stir in Ball® brand RealFruit® Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

3. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jam.

Preserve Your Jam

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jam into hot jar, leaving 1/4-inch headspace. Wipe any jam from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jam and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Jams & Jellies then press Recipe 1 Press **Start** to begin preserving.



- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jam has been successfully preserved! Press Stop. Unlock and open Lid.
- REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Makes about 6 half pint (8 oz) jars of jam

What you need:	Traditional or Reduced Sugar	
Crushed berries (about 2 lbs or six 6 oz containers)	4 cups	4 cups
Ball® brand RealFruit® Classic Pectin	4-1/2 tbsp	4-1/2 tbsp
Butter or margarine (optional)	1/2 tsp	1/2 tsp
Granulated sugar	5 cups	3 cups
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	6	6

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS Pre-Heat button, then press Start. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jam. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jam.

Make Your Jam

30

- CLEAN berries by rolling back and forth in an open towel. If dirt is obvious on berries, rinse carefully in cool running water and drain thoroughly. Crush berries one layer at a time using a potato masher. Measure required quantity of crushed berries and remaining ingredients for your recipe; set aside.
- 2. PLACE crushed berries in an 8-quart saucepan. Gradually stir in Ball® brand RealFruit® Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

3. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jam.

Preserve Your Jam

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jam into hot jar, leaving 1/4-inch headspace.
 Wipe any jam from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jam and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Jams & Jellies then press Recipe 1 Press Start to begin preserving.



1

- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jam has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Apple Jelly

Makes about 6 half pint (8 oz) jars of jelly

What you need:

Traditional or Reduced Sugar

Apple juice	4-1/2 cups	4-1/2 cups
Ball® brand RealFruit® Classic Pectin	6 tbsp	6 tbsp
Butter or margarine (optional)	1/2 tsp	1/2 tsp
Granulated sugar	5 cups	3 cups
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	6	6

What you do:

Prepare Your Juice

(Yields about 4-1/2 cups of apple juice)

You will need: 3-3/4 lbs (15 medium) apples and 4-1/2 cups water

- 1. WASH apples. Remove stems and blossom ends; do not peel or core. Cut into chunks.
- 2. COMBINE fruit chunks and water in a saucepan. Cover and simmer 10 minutes, stirring occasionally. Crush and simmer additional 5 minutes.
- 3. STRAIN mixture through dampened ielly bag or several layers of cheesecloth to extract juice. Let juice drip, undisturbed, for 2 to 4 hours.

Note: Squeezing jelly bag may cause jelly to be cloudy.

Pre-Heat Your Empty Jars

Quick Tip

If you don't want to apples, you can substitute the same amount of fresh 100% apple juice either from concentrate or not from concentrate. Be sure to use apple juice without calcium added as it prevents a good set. Room temperature juice works best.

1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.

2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jelly. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jelly.

Make Your Jelly

- 1. PLACE juice in an 8-quart saucepan. Gradually stir in Ball[®] brand RealFruit[®] Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
- 2. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jelly.

Preserve Your Jelly

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jelly into hot jar, leaving 1/4-inch headspace.
 Wipe any jelly from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jelly and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Jams & Jellies then press Recipe 1 Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jelly has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Grape Jelly

Grape juice

Granulated sugar

with Lids and Bands

Makes about 6 half pint (8 oz) jars of jelly

What you need:

Ball[®] brand RealFruit[®] Classic Pectin

Ball[®] brand Half Pint (8 oz) Glass Preserving Jars

Butter or margarine (optional)

Traditional or Reduced Sugar

4-1/2 cups	4-1/2 cups
6 tbsp	6 tbsp
1/2 tsp	1/2 tsp
5 cups	3 cups
6	6

What you do:

Prepare Your Juice

(Yields about 4-1/2 cups of grape juice)

You will need: 3-3/4 lbs grapes and 1 cup water

- 1. WASH grapes and remove from stem. Crush one layer at a time using a potato masher.
- 2. PLACE crushed grapes and water in a saucepan. Cover and simmer 10 minutes, stirring occasionally.
- 3. STRAIN mixture through dampened jelly bag or several layers of cheesecloth to extract juice. Let juice drip, undisturbed, for 2 to 4 hours.

Note: Squeezing jelly bag may cause jelly to be cloudy.

Quick Tip

If you don't want to make juice from fresh grapes, you can substitute the same amount of fresh juice (4-1/2 cups) with concord grape flavored juice cocktail from concentrate without sugar added. Room temperature juice works best.

Pre-Heat Your Empty Jars

 REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.

34

2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jelly. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jelly.

Make Your Jelly

- 1. PLACE juice in an 8-quart saucepan. Gradually stir in Ball[®] brand RealFruit[®] Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
- 2. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jelly.

Preserve Your Jelly

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jelly into hot jar, leaving 1/4-inch headspace.
 Wipe any jelly from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jelly and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Jams & Jellies then press Recipe 1 Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jelly has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Champagne Blush Jelly

Makes about 6 half pint (8 oz) jars of jelly

What you need:

Bottled raspberry juice	3 cups
Lemon juice	1/4 cup
Ball® brand RealFruit® Classic Pectin	3 tbsp
Butter or margarine (optional)	1/2 tsp
Granulated sugar	4 cups
Champagne	1-1/4 cups
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	6

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS Pre-Heat button, then press Start. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jelly. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jelly.

Make Your Jelly

36

- 1. COMBINE raspberry juice and lemon juice in an 8-quart saucepan. Gradually stir in Ball[®] brand RealFruit[®] Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
- 2. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Stir in champagne. Skim foam, if necessary, from top of jelly.
Preserve Your Jelly

4. PRESS Jams & Jellies

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jelly into hot jar, leaving 1/4-inch headspace.
 Wipe any jelly from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jelly and returned to Inner Pot. Close and lock Lid.



- 1 *
- Press **Start** to begin preserving. 5. THE APPLIANCE will start sensing your recipe, indicated by
- the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jelly has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Piña Colada Jam

Makes about 6 half pint (8 oz) jars of jam

What you need: Traditional or Reduced Sugar Crushed pineapple (about 2 medium) 3-1/2 cups 3-1/2 cups Coconut rum (or coconut water) 1/2 cup 1/2 cup Ball[®] brand RealFruit[®] Classic Pectin 4-1/2 tbsp 4-1/2 tbsp Butter or margarine (optional) 1/2 tsp 1/2 tsp Granulated sugar 5 cups 3 cups Shredded coconut, coarsely chopped 1/3 cup 1/3 cup Ball[®] brand Half Pint (8 oz) Glass Preserving Jars 6 6 with Lids and Bands

What you do:

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jam. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jam.

Make Your Jam

38

- 1. PEEL and core pineapple. Coarsely chop pineapple and then crush with a potato masher. Measure required quantity of crushed pineapple and remaining ingredients for your recipe; set aside.
- 2. COMBINE crushed pineapple and coconut rum (or coconut water) in an 8-quart saucepan. Gradually stir in Ball[®] brand RealFruit[®] Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

3. ADD entire measure of sugar, stirring to dissolve. Stir in coconut. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jam.

Preserve Your Jam

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jam into hot jar, leaving 1/4-inch headspace.
 Wipe any jam from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jam and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Jams & Jellies then Press Start to begin preserving.

then press Recipe 1



- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jam has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Quick Tip

Use care when using alcoholic beverages near a hot stove.

Pineapple-Mango-Chili Jam

Makes about 6 half pint (8 oz) jars of jam

What you need:

Traditional or Reduced Sugar

Crushed pineapple (about 1-1/2 medium)	2-1/2 cups	2-1/2 cups
Crushed mango (about 3 medium)	1-1/2 cups	1-1/2 cups
Chopped red pepper (about 1-1/2 medium)	3/4 cup	3/4 cup
Green jalapeño peppers, seeded and finely chopped	1-1/2	1-1/2
Ball® brand RealFruit® Classic Pectin	4-1/2 tbsp	4-1/2 tbsp
Butter or margarine (optional)	1/2 tsp	1/2 tsp
Granulated sugar	5 cups	3 cups
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	6	6

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jam. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jam.

Make Your Jam

1. PEEL and core pineapple and mangoes. Coarsely chop and then crush with a potato masher. Measure required quantity of crushed pineapple and mango; set aside. Prepare and measure remaining ingredients for your recipe; set aside.

- 2. COMBINE prepared pineapple, mangoes, red peppers and jalapeño peppers in an 8-quart saucepan. Gradually stir in Ball® brand RealFruit® Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
- 3. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jam.

Preserve Your Jam

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jam into hot jar, leaving 1/4-inch headspace.
 Wipe any jam from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jam and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Jams & Jellies then press Recipe 1 Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jam has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Blackberry Lime Jam

Makes about 6 half pint (8 oz) jars of jam

What you need:	Traditional or Reduced Sugar	
Crushed blackberries (about 2 lbs or six 6 oz containers)	4 cups	4 cups
Zest of 1 large lime		
Ball® brand RealFruit® Classic Pectin	4-1/2 tbsp	4-1/2 tbsp
Butter or margarine (optional)	1/2 tsp	1/2 tsp
Granulated sugar	5 cups	3 cups
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	6	6

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jam. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jam.

Make Your Jam

- 1. CLEAN blackberries by rolling back and forth in an open towel. If dirt is obvious on blackberries, rinse carefully in cool running water and drain thoroughly. Crush blackberries one layer at a time using a potato masher. Measure required quantity of crushed blackberries and remaining ingredients for your recipe; set aside.
- 2. COMBINE crushed blackberries and lime zest in an 8-quart saucepan. Gradually stir in Ball® brand RealFruit® Classic Pectin. Add butter, if using. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

3. ADD entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary, from top of jam.

Preserve Your Jam

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jam into hot jar, leaving 1/4-inch headspace.
 Wipe any jam from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jam and returned to Inner Pot. Close and lock Lid.
- PRESS Jams & Jellies then press Recipe 1 Press Start to begin preserving.



- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jam has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Lemony Strawberry Jam

Makes about 4 half pint (8 oz) jars of jam



What you need:

Traditional or Reduced Sugar

Crushed strawberries (about three 1-lb containers)	2-2/3 cups	3-1/4 cups
Zest of 1/2 large lemon		
Ball® brand RealFruit® Classic Pectin	3 tbsp	3 tbsp
Butter or margarine (optional)	1/2 tsp	1/2 tsp
Granulated sugar	3-1/3 cups	2 cups
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	4	4

What you do:

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your jam. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with jam.

Prepare Your Recipe

- 1. ASSEMBLE Jam & Jelly Maker according to instructions in the Recipe Book | Quick Start Guide.
- 2. WASH strawberries in cool, running water and drain. Remove stems and hulls. Crush berries one layer at a time using a potato masher. Measure required quantity of crushed berries and remaining ingredients for your recipe; set aside.

- 3. SPRINKLE pectin evenly over bottom of the Pot fitted with the Stirrer, Add crushed strawberries and lemon zest evenly over pectin. Add butter/margarine to help reduce foaming.
- 4. PRESS **jam** button the cook time will automatically default to 21 minutes. Press enter.
- 5. WAIT 4 minutes for appliance to sound 4 short beeps indicating that it is time to add sugar. Add sugar gradually while Stirrer continues running. Place the Glass Lid on the Pot.
- 6. THE APPLIANCE will continue to automatically stir your ingredients while it cooks. Stay within earshot of the Jam & Jelly Maker, the appliance will beep again at the end of the process signaling jam cooking is complete. Press **cancel**, unplug the appliance and immediately remove Glass Lid.
- 7. REMOVE Stirrer using a pot holder. Skim foam, if necessary, from top of iam.

Preserve Your Jam

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot jam into hot jar, leaving 1/4-inch headspace. Wipe any jam from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with jam and returned to Inner Pot. Close and lock Lid.



FreshTECH Fresh Made Simple

- 4. PRESS Jams & Jellies Press **Start** to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your jam has been successfully preserved! Press Stop. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

For more recipes using the Automatic Jam & Jelly Maker to make jam to preserve in your Home Canning System, visit freshTECHAutoCanner.com. Start with a spoonful or two of your favorite jams and jellies and kick off fun and easy smoothies, salads and desserts.

	Watermelon-Blackberry-Lime Slushie Make this summer pick-me-up in minutes with homemade jam and frozen melon.
	 FREEZE 2 cups cubed watermelon on a rimmed baking sheet. PLACE frozen watermelon in blender with 1/3 cup Blackberry Lime Jam (page 42) and 1 cup club soda or sparkling water. BLEND until almost smooth. SERVE in tall glasses over ice, top with additional club soda and garnish with lime.
~	Champagne Jelly Dessert Shots A perfect dessert when you want just a little something sweet. Use mix and match shot glasses for a fun effect.

Makes 6 servings

46

FICShTECHFresh Made Simple.

_ _ _ _ _ _ _ _ _ _ _



Piña Colada Coleslaw

This colorful fruity salad is a hit with all ages.

- 1. TOSS 4 cups cabbage coleslaw mix with 1-1/2 cups cubed pineapple and 1/2 cup shredded sweetened or raw coconut.
- 2. STIR 1/3 cup **Piña Colada Jam (page 38)** into 1/3 cup coleslaw dressing and toss with cabbage mixture.
- 3. REFRIGERATE at least 1 hour to blend flavors.

Makes 6 (3/4 cup) servings

Peaches

Ø

Applesauce

GeshTECHFresh Made Simple

Fruits

• Selecting the best fruit for your recipes is important. Here are some helpful hints:

Apples – use firm, crisp apples that are good for cooking, such as Granny Smith or Golden Delicious. Have fun combining tart and sweet varieties too!

Peaches – select firm, fully ripe peaches with a healthy golden color and no green. Choose varieties good for cooking, such as Red Haven and Redskin.

- Ever wonder how to easily peel those perfectly ripe (and tender) peaches? Place peaches in a pot of boiling water for 30 to 60 seconds or until skins start to crack. Immediately dip in cold water. The skins should slip off easily voila!
- Treat your fresh-cut fruit to prevent browning and protect the flavor. Here are two ways we recommend:

Use Ball[®] brand Fruit-Fresh[®] Produce Protector – combine 2 tsp Fruit-Fresh[®] Produce Protector with 3 tbsp water and toss with 4 cups of cut produce.

- OR -

Use lemon juice - submerge cut produce in mixture of 1/4 cup lemon juice and 4 cups water.



49

• Wide mouth jars work best with whole or halved fruits, such as peaches. Regular mouth jars are best suited for pourable foods like applesauce.



Be sure to look for other fruit-based recipes at freshTECHAutoCanner.com.

FreshTECHFresh Made Simple

Applesauce

Makes about 4 pints (16 oz) or 3 quarts (32 oz) of applesauce

What you need:	4 Pints (16 oz) or	- 3 Quarts (32 oz)
Apples, peeled, cored, quartered, treated to prevent browning (see Quick Tips) and drained	6 lbs	9 lbs
Granulated sugar - to taste (optional)	up to 1-1/2 cups	up to 2-1/4 cups
Bottled lemon juice	2 tbsp	3 tbsp
Ball® brand Glass Preserving Jars with Lids and Bands	4	3

What you do:

Make Your Sauce

- COMBINE apples with just enough water to prevent sticking in a large stainless steel saucepan. Bring to a boil over mediumhigh heat.
- 2. REDUCE heat and boil gently, stirring occasionally, for 5 to 20 minutes, until apples are tender. Remove from heat and let cool slightly, about 5 minutes. In the meantime, pre-heat your jars.
- 3. TRANSFER apples to a food mill or food processor fitted with a metal blade. Working in batches, puree until smooth. Return apple puree to saucepan. Add sugar, if using, and lemon juice.
- 4. BRING to a boil over medium-high heat, stirring frequently to prevent sticking. Maintain a gentle boil over low heat while filling jars.

For chunky applesauce, coarsely crush half of the cooked apples and puree the remainder. Combine pureed and crushed apples before adding sugar.

For spiced applesauce, add 4 tsp ground spices, such as cinnamon, nutmeg or allspice to the sauce with the sugar and lemon juice, or during the last 5 minutes of cooking.

Pre-Heat Your Empty Jars

1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot

GeshtechFresh Made Simple.

50

to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.

2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with sauce.

Preserve Your Sauce

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot sauce into hot jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe any sauce from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with sauce and returned to Inner Pot. Close and lock Lid.



- PRESS Fruits then press R Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your sauce has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Quick Tips Before You Start

Gala and Pink Lady make a nice tart/sweet combination. Tart apples include Granny Smith and Jonathon. For sweeter sauce, use Golden Delicious, Rome and Fuji apples.

To treat apples to prevent browning, combine 2 tsp Ball® brand Fruit-Fresh® Produce Protector with 3 tbsp of water. Toss 4 cups of cut apples in mixture. Make more mixture as needed to coat all cut apples. Or, submerge cut apples in a mixture of 1/4 cup lemon juice and 4 cups water.

Honey-Spiced Peaches

Makes about 4 pints (16 oz) of peaches

What you need:

Small peaches, peeled, halved, pitted, treated to prevent browning (see Quick Tips) and drained	5-1/3 lbs
Granulated sugar	2/3 cup
Water	2-2/3 cups
Liquid honey	1-1/3 cups
Cinnamon (about 4 inches each – 1 stick per jar)	4 sticks
Whole allspice, divided	1 tsp
Whole cloves, divided	1/2 tsp
Ball $^{\circ}$ brand Pint (16 oz) Glass Preserving Jars with Lids and Bands	4

Quick Tips Before You Start

To treat peaches to prevent browning, combine 2 tsp Ball[®] brand Fruit-Fresh with 3 tbsp of water. Toss 4 cups of cut peaches in mixture. Make more Fruit-Fresh mixture as needed to coat all cut peaches. Or, submerge cut peaches in a mixture of 1/4 cup lemon juice and 4 cups water.

To peel peaches, make an "X" on the bottom of peaches using a knife. Plunge in boiling water for 30 to 60 seconds, or until skins start to crack. Dip into cold water and slip off skins.

What you do:

Prepare Your Fruit

- COMBINE sugar, water and honey in a large stainless steel saucepan. Bring to a boil over medium-high heat, stirring until sugar dissolves.
- 2. REDUCE heat to low, add peaches one layer at a time and warm until heated through, about 3 minutes per layer. In the meantime, pre-heat your jars.

FICShTECH Fresh Made Simple.

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start preparing your fruit. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with fruit.

Preserve Your Fruit

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Using a slotted spoon, pack hot peaches (cavity side down) into hot jar, leaving 1/2-inch headspace. Add 1 cinnamon stick, 1/4 tsp allspice, and 1/8 tsp cloves to jar. Ladle hot syrup over peaches, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with fruit and returned to Inner Pot. Close and lock Lid.





- 4. PRESS Fruits then press Recipe 5 Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your fruit has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Home canned preserved fruit kicks up breakfast, frozen treats and a knockout mojito.

Caramel-Apple Pops

Homemade applesauce becomes the perfect hot weather treat when frozen into popsicles with gooey caramel. For the best results use thick caramel topping.

- LAYER Applesauce (page 50) with caramel topping in small disposable cups or stir caramel topping into Applesauce; spoon into cups.
- 2. INSERT craft sticks or popsicle sticks and cover with foil, making a slit for the stick to go through.
- 3. FREEZE overnight or until firm. Wrap a warm cloth around each cup and gently push popsicle up to release. Popsicles can also be made in popsicle molds.

Peach Mojitos

Honey-spiced peaches, fresh mint and rum create a stunning version of this popular Cuban drink.

- 1. BLEND 1 cup chopped **Honey-Spiced Peaches (page 52)** with 1/4 cup syrup from Honey-Spiced Peaches, 1/4 cup fresh lime juice and 3 tbsp superfine sugar in blender; blend until smooth.
- 2. MUDDLE 2 tablespoons mint leaves in each serving glass.
- 3. ADD 1-1/2 ounces white rum and 1/4 of the peach puree. Fill glass with ice and top with club soda. Garnish with a peach slice and sprig of mint.

Makes 4 servings

Applesauce-Cheddar Oatmeal with Pecans

Applesauce-Cheddar Oatmeal with Pecans

You'll look forward to getting up in the morning when breakfast is a bowl of oatmeal that tastes like apple pie with a slice of cheddar on top.

- 1. STIR **Applesauce (page 50)** into hot oatmeal and sprinkle with shredded sharp cheddar cheese and chopped pecans.
- 2. SERVE with milk and a dash of cinnamon.

Makes 1 serving

Nexican Herb Seasoned Tor

matoes

Tomato Juice

Italian Her Seasoned Tomato

Tomatoes

- Choosing tomatoes for home canning is easy here is a checklist to get you started:
 - Select tomatoes that are disease-free, uniformly colored, firm but not too hard, and heavy for their size.
 - Globe (round) and oblong (plum or paste) tomatoes are both suitable for canning.
 - Vine-ripened tomatoes will produce the most flavorful results.
 - Use your sniffer tomatoes should have a good fragrance.
 - Avoid tomatoes with bruises, cracks and discoloration.
- To peel your tomatoes, place them in a pot of boiling water for 30 to 60 seconds or until skins start to crack. Immediately dip in cold water. The skins should slip off easily.
- Bottled lemon juice or Ball® brand Citric Acid must be added to your home canned tomato recipes. Why, you ask? Differences among the variety of tomatoes, growing conditions and many other factors can change the natural acidity level of your tomatoes. Because of this, you have to add acid to your tomatoes to ensure a safely home canned product. See recipes for specific instructions.



FIGSHTECHFresh Made Simple

• Salt, in these tomato recipes, can be omitted if you wish - you are in control! Salt is just added for flavor, so feel free to add or leave out.



Be sure to look for other tomato recipes at freshTECHAutoCanner.com.

Tomatoes - Packed in Own Juice

Makes about 4 pints (16 oz) or 3 quarts (32 oz) of tomatoes

What you need:	4 Pints (16 oz) or	3 Quarts (32 oz)
Ripe tomatoes	6 lbs	9 lbs
Ball® brand Citric Acid*, divided	1 tsp	1-1/2 tsp
Salt (optional), divided	2 tsp	3 tsp
Ball® brand Glass Preserving Jars with Lids and Bands	4	3

*You may use bottled lemon juice in place of Citric Acid. You will need 4 tbsp bottled lemon juice, divided, for 4 pints or 6 tbsp, divided, for 3 quarts.

What you do:

Prepare Your Tomatoes

- 1. WASH tomatoes; drain. Working in small batches, immerse tomatoes in boiling water for 30 to 60 seconds or until skins start to loosen or crack. Immediately plunge into a bowl of cold water and slip skins off. In the meantime, pre-heat your jars.
- 2. REMOVE cores and any bruised or discolored portions that become apparent after blanching. Leave tomatoes whole, halve or quarter.

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with tomatoes.

Preserve Your Tomatoes

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Add 1/4 tsp Citric Acid per pint, 1/2 tsp per quart. Or, add 1 tbsp bottled lemon juice per pint, 2 tbsp per quart. Add 1/2 tsp salt per pint, 1 tsp per quart, if using. Pack prepared tomatoes into jar, pressing gently on tomatoes until the natural juice fills the spaces beween the tomatoes, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding tomatoes. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with tomatoes and returned to Inner Pot. Close and lock Lid.
- 4. PRESS **Tomatoes** then press **Recipe 6** Press **Start** to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your tomatoes have been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Quick Tip

How you pack your tomatoes in the jar is important. Packing tomatoes too firmly can lead to liquid loss in the jar during the canning process. This is called siphoning. Be sure to follow your recipe packing instructions as it can change from recipe to recipe.

59

6

Tomatoes - Packed in Water

Makes about 4 pints (16 oz) or 3 quarts (32 oz) of tomatoes

What you need:	4 Pints (16 oz) or	3 Quarts (32 oz)
Ripe tomatoes	6 lbs	9 lbs
Ball® brand Citric Acid*, divided	1 tsp	1-1/2 tsp
Salt (optional), divided	2 tsp	3 tsp
Ball [®] brand Glass Preserving Jars with Lids and Bands	4	3

*You may use bottled lemon juice in place of Citric Acid. You will need 4 tbsp bottled lemon juice, divided, for 4 pints or 6 tbsp, divided, for 3 quarts.

What you do:

Prepare Your Tomatoes

- 1. WASH tomatoes; drain. Working in small batches, immerse tomatoes in boiling water for 30 to 60 seconds or until skins start to loosen or crack. Immediately plunge into a bowl of cold water and slip skins off. In the meantime, pre-heat your jars.
- 2. REMOVE cores and any bruised or discolored portions that become apparent after blanching. Leave tomatoes whole, halve or quarter.
- 3. FOLLOW either RAW-PACK or HOT-PACK method below; then continue with Preserve instructions.

RAW-PACK: Bring about 4 cups of water to a boil; keep hot.

Use this to fill hot jars. Do not heat tomatoes.

HOT-PACK: Place tomatoes in a large stainless steel saucepan (do not layer whole tomatoes). Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes, stirring to prevent sticking.

Pre-Heat Your Empty Jars

1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.

2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with tomatoes.

Preserve Your Tomatoes

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Add 1/4 tsp Citric Acid per pint, 1/2 tsp per quart. Or, add 1 tbsp bottled lemon juice per pint, 2 tbsp per quart. Add 1/2 tsp salt per pint, 1 tsp per quart, if using. Pack tomatoes into jar, leaving 1-inch headspace. Ladle hot cooking liquid (or boiling water for raw-pack method) into jar to cover tomatoes, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with tomatoes and returned to Inner Pot. Close and lock Lid.





- 4. PRESS **Tomatoes** then press **Recipe 5** Press **Start** to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your tomatoes have been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

61

Italian Herb Seasoned Tomatoes

Makes about 4 pints (16 oz) of tomatoes

What you need:

Tomatoes, halved, cored, peeled (about 16 medium or 5-1/3 lbs)	8 cups
Ball® brand Citric Acid*, divided	1 tsp
Salt (optional), divided	1 tsp
Basil	2 tsp
Thyme	2 tsp
Oregano	2 tsp
Rosemary	1 tsp
Sage	1 tsp
Garlic powder	1/2 tsp
Hot pepper flakes	1/2 tsp
$Ball^{\scriptscriptstyle \otimes}$ brand Pint (16 oz) Glass Preserving Jars with Lids and Bands	4

*You may use bottled lemon juice in place of Citric Acid. You will need 4 tbsp bottled lemon juice, divided.

What you do:

Prepare Your Tomatoes

- 1. COMBINE basil, thyme, oregano, rosemary, sage, garlic powder and hot pepper flakes in a small bowl. Set aside.
- WASH tomatoes; drain. Working in small batches, immerse tomatoes in boiling water for 30 to 60 seconds or until skins start to loosen or crack. Immediately plunge into a bowl of cold water and slip skins off. In the meantime, pre-heat your jars.
- 3. REMOVE cores and any bruised or discolored portions that become apparent after blanching. Leave tomatoes whole, halve or quarter.
- PLACE tomatoes in a large stainless steel saucepan. Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes.

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in vour work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your iars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with tomatoes.

Preserve Your Tomatoes

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Add 1/4 tsp Citric Acid per pint. Or, add 1 tbsp bottled lemon juice per pint. Add 2-1/4 tsp of spice blend and 1/4 tsp salt, if using. Pack hot tomatoes into jar, leaving 1/2-inch headspace. Ladle hot cooking liquid into jar to cover tomatoes. Remove air bubbles and adjust headspace, if necessary, by adding cooking liquid. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled iar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with tomatoes and returned to Inner Pot. Close and lock Lid.







- 4. PRESS **Tomatoes Tomatoes** then press **Recipe 1** Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your tomatoes have been successfully preserved! Press Stop. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours, Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

FICShTECHFresh Made Simple

Mexican Herb Seasoned Tomatoes

Makes about 4 pints (16 oz) of tomatoes

What you need:

Tomatoes, halved, cored, peeled (about 16 medium or 5-1/3 lbs)	8 cups
Ball® brand Citric Acid*, divided	1tsp
Chili powder	4 tsp
Ground cumin	2 tsp
Oregano	2 tsp
Garlic powder	2 tsp
Ground coriander	2 tsp
Seasoned salt	1tsp
Ball $^{ m s}$ brand Pint (16 oz) Glass Preserving Jars with Lids and Bands	4

*You may use bottled lemon juice in place of Citric Acid. You will need 4 tbsp bottled lemon juice, divided.

What you do:

Prepare Your Tomatoes

- 1. COMBINE chili powder, cumin, oregano, garlic powder, coriander and seasoned salt in a small bowl. Set aside.
- WASH tomatoes; drain. Working in small batches, immerse tomatoes in boiling water for 30 to 60 seconds or until skins start to loosen or crack. Immediately plunge into a bowl of cold water and slip skins off. In the meantime, pre-heat your jars.
- 3. REMOVE cores and any bruised or discolored portions that become apparent after blanching. Leave tomatoes whole, halve or quarter.
- PLACE tomatoes in a large stainless steel saucepan. Add water to cover. Bring to a boil over medium-high heat, stirring gently. Reduce heat and boil gently for 5 minutes.

🔖 Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with tomatoes.

Preserve Your Tomatoes

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Add 1/4 tsp Citric Acid per pint. Or, add 1 tbsp bottled lemon juice per pint. Add 2-1/4 tsp of spice blend. Pack hot tomatoes into jar, leaving 1/2-inch headspace. Ladle hot cooking liquid into jar to cover tomatoes. Remove air bubbles and adjust headspace, if necessary, by adding cooking liquid. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with tomatoes and returned to Inner Pot. Close and lock Lid.





- 4. PRESS **Tomatoes** then press **Recipe 1** Press **Start** to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your tomatoes have been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

FICShTECHFresh Made Simple.

Tomato Juice

Makes about 4 pints (16 oz) or 3 quarts (32 oz) of juice

What you need:	4 Pints (16 oz) or	3 Quarts (32 oz)
Ripe tomatoes, cored	6-1/2 lbs	9-3/4 lbs
Ball® brand Citric Acid*, divided	1 tsp	1-1/2 tsp
Salt (optional), divided	2 tsp	3 tsp
Ball® brand Glass Preserving Jars with Lids and Bands	4	3

*You may use bottled lemon juice in place of Citric Acid. You will need 4 tbsp bottled lemon juice, divided, for 4 pints or 6 tbsp, divided, for 3 quarts.



What you do:

Prepare Your Tomato Juice

- WASH tomatoes; drain. Remove any bruised or discolored tomatoes. Core tomatoes and remove blossom ends, then cut into quarters. In a large stainless steel saucepan, simmer tomatoes until soft, stirring to prevent sticking. In the meantime, pre-heat your jars.
- 2. JUICE tomatoes in a food processor or food mill. Strain juice to remove peels and seeds. Discard skins and seeds.
- 3. HEAT tomato juice for 5 minutes at simmering (180-190°F) but do not boil.

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in vour work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your iars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with tomatoes.

Preserve Your Tomato Juice

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Add 1/4 tsp Citric Acid per pint, 1/2 tsp per quart. Or, add 1 tbsp bottled lemon juice per pint, 2 tbsp per quart. Add 1/2 tsp salt per pint, 1 tsp per quart, if using. Ladle hot juice into jar, leaving 1-inch headspace. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with juice and returned to Inner Pot. Close and lock Lid.
 - Press Start to begin preserving.





- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your juice has been successfully preserved! Press Stop. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours, Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

FreshTECH Fresh Made Simple

Garden-fresh canned tomatoes add a fresh summer kick throughout the year with simple ideas for sandwiches, soups and beverages.



- 1. COMBINE 2 cups of **Tomato Juice (page 66)**, 1 cup clam juice, 2 tsp horseradish, 2 tsp lemon juice, 1 tsp Worcestershire sauce, 1/4 tsp Tabasco and 1/2 tsp coarse sea salt in pitcher.
- 2. FILL 4 glasses with ice; top with 1-1/2 ounces of vodka per glass.
- 3. ADD tomato juice mixture and garnish with a cucumber stick and cooked shrimp.

Makes 4 servings

Gazpacho

Gazpacho

This chilled tomato soup is a snap to make with canned tomatoes. Perfect for hot summer days.

- 1. PULSE 2 large garlic cloves in a food processor until finely chopped. Add 1 medium onion, 1 green bell pepper and 1 peeled cucumber; pulse until chopped. Place in a large bowl.
- PULSE 1 quart Tomatoes Packed in Own Juice (page 58) until finely chopped; pour into bowl.
- 3. STIR in 1 cup of water, 2 tbsp chopped fresh basil, 1-1/2 tbsp sherry vinegar or red wine vinegar and 1 tbsp extra virgin olive oil. Refrigerate 2 hours or until chilled.

Makes 4 (1-3/4 cup) servings

69





- For best results, use firm plum tomatoes. Round or globe garden tomatoes may be used, but they should be seeded, diced and drained in a colander for at least 30 minutes. Measure the required quantity of chopped tomatoes after draining.
- To peel your tomatoes, place them in a pot of boiling water for 30 to 60 seconds or until skins start to crack. Immediately dip in cold water. The skins should slip off easily.
- Removing the seeds and veins of hot peppers lessens the heat of the salsa you are preparing. The best way to seed peppers is to trim off the stem end and then cut the pepper in half lengthwise. Scrape out the seeds and veins using a small spoon.
- Do you like your salsa spicy? Leave the seeds and veins of the hot peppers in your recipe. You can also add hot pepper flakes or hot sauce to taste.
- Although you can add dried spices and hot sauce to your salsa for extra heat, we don't recommend altering salsa recipe ingredients like vinegar, peppers or other vegetables. They must be used as stated to ensure the proper acidity for the canning process. You can always add ingredients before serving salsa, if you wish.
- For a quicker way to make homemade salsa, use Ball[®] brand Fiesta Salsa Mix. Packed with vegetables and savory spices, all you have to add is fresh, vine-ripened tomatoes and vinegar. See recipe on page 72.
- Homemade salsas tend to be runnier than commercial salsas. If you wish to have a chunkier salsa, pop open your jar of fresh preserved salsa and drain off the excess juice before serving. This juice is a wonderful addition to stews, soups or salad dressings.



FICShTECHFresh Made Simple

Recipes

Be sure to look for other salsa recipes at freshTECHAutoCanner.com.

Fiesta Salsa

Makes about 4 pints (16 oz) of salsa

What you need:

Fresh tomatoes, finely diced (4 lbs or about 12 medium)	9 cups
White vinegar (5% acidity)	6 Tbsp
Ball® brand Fiesta Salsa (mix well before measuring)	1/2 cup
Ball $^{\circ}$ brand Pint (16 oz) Glass Preserving Jars with Lids and Bands	4

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your salsa. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with salsa.

Make Your Salsa

- 1. COMBINE tomatoes, vinegar and Ball® brand Fiesta Salsa Mix in a large saucepan.
- 2. HEAT to a boil. Reduce heat and simmer for 5 minutes.




Preserve Your Salsa

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot salsa into hot jar, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe any salsa from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with salsa and returned to Inner Pot. Close and lock Lid.



Press Start to begin preserving.



- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your salsa has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Traditional Salsa

Makes about 6 half pints (8 oz) or 4 pints (16 oz) of salsa

What you need:

6 Half Pints (8 oz) or 4 Pints (16 oz)

Fresh tomatoes, diced, seeded, peeled, cored	5-1/4 cups	7 cups
Green onions, sliced	4-1/2	6
Jalapeño peppers	1-1/2	2
Cloves garlic, minced	3	4
White vinegar (5% acidity)	1/3 cup	1/2 cup
Lime juice	1-1/2 tbsp	2 tbsp
Hot pepper sauce	3 drops	4 drops
Minced cilantro	1-1/2 tbsp	2 tbsp
Salt	1-1/2 tsp	2 tsp
Ball® brand Glass Preserving Jars with Lids and Bands	6	4

Quick Tip

You will need about 3-3/4 lbs (about 12 medium) tomatoes for 5-1/4 cups diced and 5 lbs (about 15 medium) tomatoes for 7 cups diced.

What you do:

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your salsa. Jars will be pre-heated when the green Ready light flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with salsa.

Make Your Salsa

- 1. COMBINE all ingredients in a large saucepan.
- 2. HEAT to a boil. Reduce heat and simmer for 15 minutes.

Preserve Your Salsa 94

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot salsa into hot jar, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe any salsa from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with salsa and returned to Inner Pot. Close and lock Lid.





- 4. PRESS Salsas 🔚 then press Recipe 2 Press **Start** to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your salsa has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using iar lifter and place upright on a towel. Allow to cool. undisturbed. for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Bruschetta in a Jar

Makes about 6 half pints (8 oz) of bruschetta

What you need:

Plum (or globe) tomatoes, chopped, cored, drained (about 3-1/2 lbs or 11 medium)	7-3/4 cups
Garlic, finely chopped	4 cloves
Dry white wine	1 cup
White wine vinegar	1 cup
Water	1/2 cup
Granulated sugar	1-3/4 tbsp
Dried basil	1-3/4 tbsp
Dried oregano	1-3/4 tbsp
Balsamic vinegar	1-3/4 tbsp
Ball® brand Half Pint (8 oz) Glass Preserving Jars with Lids and Bands	6

Quick Tip

No need to de-seed or drain plum or Roma tomatoes; globe tomatoes must be drained.

What you do:

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your bruschetta. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with bruschetta.

FICISHTECHFresh Made Simple.

Make Your Bruschetta

- 1. COMBINE garlic, wine, wine vinegar, water, sugar, basil, oregano and balsamic vinegar in a large stainless steel saucepan.
- 2. BRING mixture to a full rolling boil over high heat, stirring occasionally. Reduce heat, cover and boil gently for 5 minutes, until garlic is heated through. Remove from heat.

Preserve Your Bruschetta

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Pack tomatoes into hot jar, leaving 1/2inch headspace. Ladle hot liquid over tomatoes, leaving 1/2inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe any bruschetta from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with bruschetta and returned to Inner Pot. Close and lock Lid.







- 4. PRESS Salsas then press Recipe 2 Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your bruschetta has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Salsas - Recipe Kickstarters

Homemade salsas kick up simple steak, salads and dressings.



Pan-Fried Steak with Tequila-Salsa Pan Sauce

This pan sauce can be quickly made in a couple of minutes when you have salsa in your pantry.

- 1. SEASON 4 steaks with 1 tsp ground cumin, 1/4 tsp salt and 1/4 tsp pepper.
- 2. HEAT 1 tbsp oil in large skillet over medium-high heat. Cook steaks 8 to 10 minutes for medium-rare or until of desired doneness, turning once; remove steaks.
- 3. ADD 1/4 cup beef broth and 3 tbsp tequila to skillet; bring to a boil.
- 4. STIR in 1 cup **Fiesta Salsa (page 72)**; cook until slightly thickened; serve over steaks.

Makes 4 servings

Bruschetta New Potato Salad

Bruschetta New Potato Salad

Update your potato salad repertoire with this lighter-style bruschettabased salad. It's perfect with grilled chicken, steak and even burgers.

- 1. TOSS 1 lb. cubed cooked new potatoes with 1/3 cup Bruschetta in a Jar (page 76).
- 2. GENTLY STIR in 1/4 cup sliced green onions, 1/4 cup halved Kalamata olives and 2 tbsp chopped fresh basil. Garnish with shaved Parmesan cheese.

Makes 6 servings

FICShTECHFresh Made Simple.

Kosher Dil Pickles

AND SOMETHING

Bread & Butter Pickles

Dill Sandwich Slices

80 fresht

TECH Fresh Made Simple



What is pickling?

Pickling is the process of preserving food, especially cucumbers and vegetables, in a high-acid (vinegar) solution, often with spices added for flavor. Cucumber pickles are the most common, with the dill flavor variety being the most popular.

- Choosing the best pickling cucumber is the foundation for the best (and crispest) pickles. Here are some helpful hints:
 - Be sure to use unwaxed cucumbers suitable for pickling, such as Kirby's, that are no longer than 6 inches. Other varieties like field or English cucumbers are better used in relishes and chutneys.
 - Choose fresh, firm, cucumbers with no signs of spoiling.
 - Use cucumbers within 24 hours of their harvest or purchase, or refrigerate cucumbers until use to keep from deteriorating.
 - Wash cucumbers well before use. Soil can contain bacteria that could cause softening in pickles.
 - Remove 1/16-inch off blossom end.
- For an easier way to make homemade, crunchy pickles, use our Ball[®] brand Pickles Mixes the spices and crisping ingredient are already combined for you. See recipes on pages 82 and 84.
- To prevent darkening of pickles or cloudy brine, we recommend using Ball® brand Salt for Pickling & Preserving in your pickle recipes.
- For the best flavor, we recommend to let your canned pickles stand for 4 to 6 weeks before eating. The flavor will be worth the wait!





Be sure to look for other pickle recipes at freshTECHAutoCanner.com.

FIGSHTECH Fresh Made Simple.

81

Kosher Dill Pickles

Makes about 4 pints (16 oz) or 3 quarts (32 oz) of pickles

What you need:

4 Pints (16 oz) or 3 Quarts (32 oz)

Pickling cucumbers	3-1/2 lbs (about 14)	5-1/4 lbs (about 21)
Water	2 cups	3 cups
Vinegar (5% acidity)	1 cup	1-1/2 cups
Ball® brand Kosher Dill Pickle Mix	1/4 cup	1/4 cup + 2 Tbsp
Ball® brand Glass Preserving Jars with Lids and Bands	4	3

What you do:

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance, Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance, Place Rack back into Inner Pot, Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS Pre-Heat button, then press Start. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your pickles. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with pickles.

Recipes Make Your Pickles

- 1. CUT ends off cucumbers. Cut into spears.
- 2. COMBINE water, vinegar and Ball® brand Kosher Dill Pickle Mix in a medium saucepan. Heat to a boil.

Preserve Your Pickles

1. UNLOCK and open Appliance Lid.

- Ball^a brand Kosher Dill Pickle Mix
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Pack pickle spears into hot jar, leaving 1/2-inch headspace. Ladle hot pickling liquid over pickle spears, leaving 1/2-inch headspace.

COSHTECH Fresh Made Simple.

Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.

3. REPEAT step 2 until all jars are filled with pickles and returned to Inner Pot. Close and lock Lid.



Press **Start** to begin preserving.



- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your pickles have been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Bread & Butter Pickles

Makes about 4 pints (16 oz) or 3 quarts (32 oz) of pickles

What you need:	4 Pints (16 oz) or	3 Quarts (32 oz)
Pickling cucumbers	3-1/2 lbs (about14)	5-1/4 lbs (about 21)
Vinegar (5% acidity)	2-1/2 cups	3-3/4 cups
Granulated sugar	2-1/2 cups	3-3/4 cups
Ball® brand Bread & Butter Pickle Mix	1/4 cup	1/4 cup + 2 Tbsp
Ball® brand Glass Preserving Jars with Lids and Bands	4	3

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS Pre-Heat button, then press Start. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your pickles. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with pickles.

Make Your Pickles

- 1. CUT ends off cucumbers. Cut into 1/2-inch slices.
- 2. COMBINE vinegar, sugar and Ball® brand Bread & Butter Pickle Mix in a medium saucepan. Heat to a boil.



Pickle Mix

OSHTECH Fresh Made Simple.

Preserve Your Pickles Re l

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Pack pickle slices into hot jar, leaving 1/2-inch headspace. Ladle hot pickling liquid over pickle slices, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with pickles and returned to Inner Pot. Close and lock Lid.





- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your pickles have been successfully preserved! Press **Stop**. Unlock and open Lid.
- REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours, Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



85

Dill Sandwich Slices

Makes about 4 pints (16 oz) of pickles

What you need:

Pickling cucumbers (about 4 to 5 lbs), trimmed, sliced (1/4-inch lengthwise)	10-2/3 cups
Pickling spice	2-1/2 tbsp
Cider vinegar	3-1/4 cups
Water	3-1/4 cups
Granulated sugar	2/3 cup
Ball® brand Salt for Pickling & Preserving	1/2 cup
Bay leaves, divided	4
Garlic, divided	4 cloves
Mustard seeds, divided	2 tsp
Fresh dill (use yellow flower head), divided	4 heads
Ball $^{\circ}$ brand Pint (16 oz) Glass Preserving Jars with Lids and Bands	4

Quick Tip

86

If you don't have (or can't find) fresh dill, you may use 1 to 2 tsp dill seeds or 2 tsp dried dill weed for one fresh dill head.

What you do:

Pre-Heat Your Empty Jars

- REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. In the meantime, you can start making your pickles. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with pickles.

Make Your Pickles

- 1. TIE pickling spice in a square of cheesecloth, creating a spice bag.
- 2. COMBINE vinegar, water, sugar, pickling salt and spice bag in a large stainless steel saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar and salt.
- 3. REDUCE heat and boil gently for 15 minutes, until spices have infused the liquid. Discard spice bag.

Preserve Your Pickles

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Place 1 bay leaf, 1 garlic clove, 1/2 tsp mustard seeds and 1 head of dill into hot jar. Pack pickle slices into hot jar, leaving 1/2-inch headspace. Ladle hot pickling liquid over pickle slices, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with pickles and returned to Inner Pot. Close and lock Lid.





- 4. PRESS **Pickles** then press **Recipe 2** Press **Start** to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your pickles have been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Pickles add a kick of flavor; try these easy appetizer, sandwich and entrée ideas.

Peanut Butter-Pickle Crackers

It may seem like an odd pairing, but peanut butter and pickles is a surprisingly good combo. The snap of a good garlic dill adds a savory note to the creamy nut butter, while the sweetness of a bread and butter pickle adds a nuance that jelly just can't match.

- 1. SPREAD creamy or crunchy peanut butter over your favorite crackers.
- TOP with several slices of Kosher Dill Pickles (page 82) or Bread & Butter Pickles (page 84). Serve as an appetizer or light lunch.

Three-Cheese Grilled Dill Sandwiches

Gourmet grilled cheese gets even better when pickles are added. They cut the richness and add a tang.

- 1. GENEROUSLY BUTTER 4 slices of sourdough bread. Layer with slices of sharp cheddar cheese, Swiss cheese and Provolone cheese alternating with **Dill Sandwich Slices (page 86)**.
- 2. COOK over medium heat until golden brown and cheese is melted, turning occasionally.

Makes 2 sandwiches



Grilled Salmon with Bread & Butter Pickles

Sweet and crunchy bread and butter pickles complement the sweet taste of grilled salmon.

- 1. GRILL 4 salmon fillets brushed with oil over medium heat or coals 5 to 7 minutes or until fish just begins to flake, turning once.
- SERVE on a bed of Bread & Butter pickles accompanied by a tartar sauce of 1/2 cup mayonnaise mixed with 2 tbsp chopped Bread & Butter Pickles (page 84) and 1 tbsp minced onion.

Makes 4 servings

Barbeque Sauce

mato Sauce

Italian-Style Tomato Sauce

90 FreshTECHFresh Made Simple.

as



- Homemade pasta sauce has never been easier or more delicious with Ball[®] brand Italian-Style Pasta Sauce Mix. Just add tomatoes! See recipe on page 92.
- Globe (round) and oblong (plum or paste) tomatoes are both suitable for canning sauces.



- Round tomatoes are noted for their juicy eating quality, but they require extra cooking to reach the thicker sauce consistency.
- Plum tomatoes are meatier and less juicy, so are ideal for creating thicker sauces in less cooking time.
- To peel your tomatoes, place them in a pot of boiling water for 30 to 60 seconds or until skins start to crack. Immediately dip in cold water. The skins should slip off easily!
- Be sure to check your recipe you may need to add bottled lemon juice or Ball[®] brand Citric Acid to your sauce to ensure a safe and tasty home canned product. Differences among the variety of tomatoes, growing conditions, and many other factors can change the natural acidity level of your tomatoes.
- We only recommend using the recipes provided with this appliance to ensure the safest and best quality results. For more recipes to be used with this appliance, visit **freshTECHAutoCanner.com**.



Be sure to look for other sauce recipes at freshTECHAutoCanner.com.

FICShTECHFresh Made Simple

Italian-Style Pasta Sauce

What you need:

Tomatoes (about 24 medium)	8 lbs
Ball® brand Italian-Style Pasta Sauce Mix (mix well before measuring)	2/3 cup
Ball $^{\circ}$ brand Pint (16 oz) Glass Preserving Jars with Lids and Bands	4

What you do:

Make Your Sauce

- 1. WASH tomatoes. Peel skins, remove cores and puree in food processor until smooth consistency.
- 2. COMBINE puree and mix in large saucepan. Heat to a boil. Reduce heat and simmer about 30 minutes, or until the consistency of a commercial pasta sauce. In the meantime, pre-heat your jars.



Ball^e brand Italian-Style Pasta Sauce Mix

Quick Tip

To peel tomatoes, make an "X" on the bottom of tomatoes using a knife. Plunge in boiling water for 30 to 60 seconds, or until skins start to crack. Dip into cold water and slip off skins.

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with sauce.

Preserve Your Sauce

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot sauce into hot jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe any sauce from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with sauce and returned to Inner Pot. Close and lock Lid.





- Press **Start** to begin preserving. 5. THE APPLIANCE will start sensing your recipe, indicated by
- the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your sauce has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot using jar lifter and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.



Basic Tomato Sauce

Makes about 4 pints (16 oz) or 3 quarts (32 oz) of sauce

What you need:	4 Pints (16 oz) or	3 Quarts (32 oz)
Ripe tomatoes	10 lbs	15 lbs
Ball® brand Citric Acid*, divided	1 tsp	1-1/2 tsp
Salt (optional), divided	2 tsp	3 tsp
Ball® brand Glass Preserving Jars with Lids and Bands	4	3

*You may use bottled lemon juice in place of Citric Acid. You will need 4 tbsp bottled lemon juice, divided, for 4 pints or 6 tbsp, divided, for 3 quarts.

Quick Tips If you want a thicker sauce, you will need about 20 lbs tomatoes for 3 quarts or 13 lbs for 4 pints. Be sure to add Citric Acid or bottled lemon juice to each jar before adding tomatoes.

What you do:

Make Your Sauce

- 1. WASH and sort tomatoes, removing any bruised or discolored ones. Quarter 6 tomatoes and place in a large stainless steel saucepan. Bring to a boil over medium-high heat. Using a potato masher, crush tomatoes to release juices, stirring constantly.
- 2. QUARTER additional tomatoes, adding them to the saucepan as you work while maintaining a boil and stirring to prevent burning. Make sure the mixture continues to boil vigorously while you add, stir and crush the remaining tomatoes. When all tomatoes have been added, boil, stirring occasionally, until tomatoes are soft and juicy, about 10 minutes. Remove from heat.
- 3. PRESS tomatoes through a fine sieve, food mill, or Victorio Strainer, working in batches, to remove skins and seeds. Discard skins and seeds.
- 4. RETURN mixture to a saucepan and bring to a boil over high heat, stirring frequently. Reduce heat to medium-high and boil until

volume is reduced by at least one-third for a thin sauce. For a thicker sauce, cook until reduced by half. When you have about 20 minutes left, begin pre-heating your jars.

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with sauce.

Preserve Your Sauce

- 1. UNLOCK and open Appliance Lid.
- 2. REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Add 1/4 tsp Citric Acid per pint, 1/2 tsp per quart. Or, add 1 tbsp bottled lemon juice per pint, 2 tbsp per guart. Add 1/2 tsp salt per pint, 1 tsp per quart, if using. Ladle hot sauce into jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe any sauce from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled iar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all iars are filled with sauce and returned to Inner Pot. Close and lock Lid.
- 4. PRESS Sauces





- then press **Recipe 6** Press Start to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your sauce has been successfully preserved! Press Stop. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

Barbeque Sauce

Makes about 4 pints (16 oz) of sauce

What you need:

Tomatoes, chopped, cored, peeled (about 10 to 12 lbs)	26-2/3 cups
Finely chopped onions (about 5 to 6 medium)	2-2/3 cups
Garlic, finely chopped	4 cloves
Hot pepper flakes	1-1/3 tbsp
Celery seeds	1-1/3 tbsp
Lightly packed brown sugar	2 cups
White vinegar (5% acidity)	2/3 cup
Bottled lemon juice	1/4 cup
Salt	2-2/3 tbsp
Ground mace (or ground nutmeg)	2 tbsp
Dry mustard	1-1/3 tbsp
Ground ginger	1-1/3 tsp
Ground cinnamon	1-1/3 tsp
$Ball^{\circledast}$ brand Pint (16 oz) Glass Preserving Jars with Lids and Bands	4

What you do:

Make Your Sauce

- 1. COMBINE tomatoes, onions, garlic, hot pepper flakes, and celery seeds in a large stainless steel saucepan. Bring to a boil over high heat, stirring constantly. Reduce heat, cover and boil gently until vegetables soften, about 30 minutes.
- 2. TRANSFER mixture to a sieve placed over a glass or stainless steel bowl and, working in batches, press with the back of a spoon to extract all the liquid and pulp (you can also do this in a food mill). Discard solids.
- 3. RETURN liquid and pulp to saucepan. Add brown sugar, vinegar, lemon juice, salt, mace, mustard, ginger and cinnamon. Return to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring frequently, until mixture is thickened to the consistency of a thin commercial barbecue sauce, about 30 minutes.

FICISHTECHFresh Made Simple.

Quick Tip

To peel tomatoes, make an "X" on the bottom of tomatoes using a knife. Plunge in boiling water for 30 to 60 seconds, or until skins start to crack. Dip into cold water and slip off skins.

Pre-Heat Your Empty Jars

- 1. REMOVE Inner Pot from Appliance. Remove Rack; set aside. Fill Inner Pot with warm tap water to fill line. Return Inner Pot to Appliance. Place Rack back into Inner Pot. Place empty jars onto Rack in Inner Pot. Set preserving lids and bands aside in your work space. Close and lock Appliance Lid.
- 2. PRESS **Pre-Heat** button, then press **Start**. The red Pre-Heating light will illuminate, and the Appliance will begin pre-heating your jars. Jars will be pre-heated when the green Ready light is flashing. Keep jars in Appliance, with Lid closed and locked, until ready to fill with sauce.

Preserve Your Sauce

- 1. UNLOCK and open Appliance Lid.
- REMOVE one hot jar. Close lid, but do not lock, to keep remaining jars hot. Ladle hot sauce into hot jar, leaving 1/2-inch headspace. Remove air bubbles. Wipe any sauce from the rim of the jar. Center new lid on jar. Twist on band until fingertip tight. Return filled jar onto Rack in Inner Pot.
- 3. REPEAT step 2 until all jars are filled with sauce and returned to Inner Pot. Close and lock Lid.





FreshTECHFresh Made Simple

- 4. PRESS **Sauces** then press **Recipe 1** Press **Start** to begin preserving.
- 5. THE APPLIANCE will start sensing your recipe, indicated by the orange Sensing light. Then, the preserving phase will begin, indicated by the orange Preserving light. When your appliance beeps and the green Ready light is flashing, your sauce has been successfully preserved! Press **Stop**. Unlock and open Lid.
- 6. REMOVE jars from Inner Pot and place upright on a towel. Allow to cool, undisturbed, for 12 to 24 hours. Refer to the After Canning section on page 21 to learn how to check lids for seals and store your jars.

97

Savory sauces bring flavor, as well as a little kick, to this appetizer, side and entrée dish.



Barbeque-Grilled Corn

Trade butter for barbeque sauce when grilling summer corn for a sweet-hot taste that's perfect with summer foods.

1. GRILL shucked corn over medium heat or coals 5 to 8 minutes or until corn is crisp-tender and lightly charred, turning frequently and brushing with **Barbeque Sauce (page 96)** during the last 3 to 4 minutes of cooking.

FICShTECHFresh Made Simple.



Polenta with Italian-Style Pasta Sauce

This vegetarian entrée takes only 5 minutes of hands-on work when prepared polenta is topped with home-canned pas<u>ta sauce.</u>

- 1. LAYER sliced pre-cooked polenta in a greased baking dish.
- 2. POUR 2 cups (1 pint jar) **Italian-Style Pasta Sauce (page 92)** over polenta and sprinkle with 1 cup of shredded mozzarella cheese.
- 3. BAKE at 375°F for 25 to 30 minutes or until hot and cheese is melted.

Makes 4 servings

with Tomator

Sauce

Homem En

Reuben-S

Honey-Baste Chops w Grilled Per

e-Mango

racamole

meal Pancakes

ean and

piced Cupcakes with Cream Cheese Frosti

100 freshtechfresh Made Simple.

Meal Creations

I grew up in a family of canners. Some of my earliest memories are of my mother and grandmother plunging their arms into deep vats of cold water while peeling and pitting peaches that had been dunked into a steaming hot pot. My job was to fit those peaches into quart-sized Ball[®] brand canning jars, keeping them upright so they looked pretty from the outside. I can still smell the sweet ripe fruit, feel the hot steam and hear the chattering laughter that accompanied those days. And I can still taste the fabulous canned peaches we opened during the long winters.

Today, my life is very busy and I don't have weekday afternoons to devote to canning. I also don't have the years of canning knowledge at my fingertips the way the women in my family used to. That's why I'm so pleased to see the Ball[®] brand Automatic Home Canning System. It takes all the guesswork out of canning and gives me perfect results, while maintaining that unique satisfaction that comes with canning your own favorites.

I feel confident knowing that each of the canning recipes provided with the Ball® brand Automatic Home Canning System have been thoroughly tested by the experts here at Jarden Home Brands. With recipes covering the six most popular canning categories, I can be all set with a full-range of homegrown flavor in my pantry.

With these time-tested favorites at my fingertips, I have everything I need to create fabulous meal solutions for my family. While I'm always happy to use my own canned goods directly off the pantry shelf, I also love being creative, so you'll find me using my pantry as a jumping off point. With a couple of extra ingredients and a little imagination, I'm able to create numerous recipes for each home-canned jar.

The following Meal Creations offer favorite recipes within each of the categories from appetizers through desserts. But feel free to tap your own creativity and create other ideas that will impress your family and friends.

Let us know what you come up with - we'd love to hear from you!

gnice (



Be sure to look for other Meal Creations at freshTECHAutoCanner.com



FreshTECH Fresh Made Simple

Jam & Jelly Meal Creations

Homemade Strawberry Energy Bars

Packed full of protein-rich nuts and seeds, these bars are a great source of energy any time of the day. Feel free to vary the nuts, seeds, dried fruit and jam to create your own individualized power bar.

What you need:

2 cups old-fashioned oats 1 cup shelled sunflower and/or pumpkin seeds 1/2 cup whole almonds 1/2 cup assorted dried fruit 1 cup natural peanut butter or almond butter 1/4 cup pure maple syrup 2 large eggs 1 cup Strawberry Jam (page 26)

What you do:

1/4 cup ground flax seeds

- 1. PREHEAT oven to 350°F. Coat 13x9-inch baking pan with cooking spray. Combine oats, sunflower seeds, almonds, dried fruit and flax seeds in a large bowl. Whisk eggs and maple syrup in a small bowl until blended. Slowly whisk in peanut butter until combined. Using fork, stir peanut butter mixture into oat mixture until moistened and crumbly.
- 2. SPREAD about half of the mixture over bottom of pan. With greased fingers, press firmly to form the crust, making sure there are no holes. Spread with Strawberry Jam. Crumble remaining oat mixture over jam, pressing firmly to adhere.
- 3. BAKE 30 to 35 minutes or until light golden brown and set; cool completely on wire rack. Refrigerate until firm.

Makes 24 bars

Shrimp Tacos with Pineapple-Mango-Chili Guacamole

You'll love the ease of this 3-ingredient guacamole. It pairs perfectly with shrimp but is also great with chips and nachos.

What you need for the guacomole:

2 avocados 1/3 cup chopped fresh cilantro 1/4 cup Pineapple-Mango-Chili Jam (page 40)

What you need for the shrimp:

1-1/2 pounds shelled, deveined, uncooked medium shrimp (31 to 35 count)
1 tbsp canola oil
1-1/2 tsp ground cumin
1/2 tsp salt

What you need for tortillas and toppings:

8 corn or flour tortillas Lettuce, tomatoes, onions, cilantro, queso fresco, sour cream, as desired

What you do:

- 1. MASH avocados in small bowl; stir in cilantro and Pineapple-Mango-Chili Jam.
- 2. HEAT grill. Toss shrimp in medium bowl with oil, cumin and salt. Grill, covered, over medium-high heat or coals 2 to 4 minutes or until shrimp turn pink and slightly firm, turning once. (Shrimp can also be broiled.) Grill tortillas 20 to 40 seconds or until pliable, turning once.
- 3. SPOON guacamole into tortillas; top with shrimp and desired toppings.

Makes 4 (2 taco) servings

FICSHTECHFresh Made Simple

Fruit Meal Creations

Honey-Basted Pork Chops with Grilled Peaches

Fresh-canned peaches bring the taste of summer to grilled chops anytime of the year. The honey-spiced canning syrup is utilized as a basting sauce adding not only flavor but also moisture to the meat and fruit.

What you need:

4 bone-in pork rib chops
1-1/2 tbsp extra-virgin olive oil, divided
1/2 tsp salt
1/4 tsp pepper
1/4 tsp ground allspice, divided
2 tbsp chopped fresh thyme, divided

4 Honey-Spiced Peach (page 52) halves, patted dry

1/4 cup syrup from Honey-Spiced Peaches (page 52)

1 tbsp honey

What you do:

- 1. HEAT grill. Brush the pork chops with 1 tbsp of the oil; sprinkle with salt, pepper and 1/8 tsp of the allspice. Sprinkle 1 1/2 tbsp of the thyme over the pork, pressing lightly to adhere.
- 2. BRUSH Honey-Spiced Peach halves with remaining 1/2 tbsp oil; sprinkle with remaining 1/2 tbsp thyme and 1/8 teaspoon allspice. Combine syrup and honey in a small cup.
- 3. GRILL pork chops, covered, over medium heat or coals 8 to 10 minutes or until pale pink in center, turning occasionally and brushing with the syrup mixture. Grill peaches about 6 minutes or until warm and slightly charred, turning once and brushing with the syrup mixture. Serve pork accompanied by the peaches.

Makes 4 servings

Tomato Meal Creations

Spiced Cupcakes with Cream Cheese Frosting

These richly fragrant cupcakes filled with cinnamon, nutmeg and cloves have a secret ingredient: tomatoes. Similar to carrot and pumpkin cake, tomatoes add moisture, sweetness and flavor. No one will guess they're the reason these cupcakes are so good.

What you need for the cupcakes:

1 cup whole Tomatoes - Packed in Own Juice (page 58) 1-1/3 cups all-purpose flour 1/4 cup unsweetened cocoa 1-1/2 tsp pumpkin pie spice 1/4 tsp baking soda 1/4 tsp salt 1 cup plus 2 tbsp sugar 1/4 cup vegetable oil 1 egg

What you need for the frosting:

6 ounces cream cheese, softened 1/4 cup unsalted butter, softened 1/4 tsp almond extract 1/4 tsp vanilla extract 1-3/4 to 2 cups powdered sugar

FreshTECH Fresh Made Simple

What you do:

1 tsp ground cinnamon 3/4 tsp baking powder

- 1. PREHEAT oven to 350°F. Line 12 muffin cups with paper liners. Puree Tomatoes - Packed in Own Juice in blender until smooth.
- 2. WHISK all of the cupcake ingredients, except sugar, oil and egg, in a medium bowl until combined. Beat sugar, oil and egg in a large bowl at medium speed for 1 minute or until blended. At low speed, add flour mixture in three parts alternately with tomatoes, beginning and ending with flour mixture. Divide batter between muffin cups.
- 3. BAKE 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 5 minutes. Remove cupcakes from pan; cool completely on wire rack.
- 3. BEAT cream cheese, butter, almond and vanilla extracts in medium bowl at medium speed until blended. At low speed, slowly beat in 1 3/4 cups powdered sugar, adding additional powdered sugar to desired frosting consistency. Frost cupcakes; store in refrigerator.

Makes 12 cupcakes

Salsa Meal Creations

Salsa Commeal Pancakes with Sour Cream and Avocado

Serve these savory corn cakes for breakfast, lunch or dinner. Add a fried egg on top for an updated version of Huevos Rancheros.

What you need for the pancakes:

1 cup all-purpose flour 1/2 cup cornmeal 1-1/2 tsp baking powder 1/4 tsp salt 2 large eggs 2 cups whole milk 2 tbsp vegetable oil 3/4 cup frozen corn, thawed

What you need for the toppings:

1-1/2 cups Fiesta Salsa (page 72) 1/2 cup sour cream 1 avocado, sliced

What you do:

- 1. WHISK flour, cornmeal, baking powder and salt in a large bowl. Beat eggs in a medium bowl; slowly beat in milk and oil. Stir in corn. Combine flour mixture with egg mixture.
- 2. HEAT griddle to 350°F. Use 1/4 cup of batter per pancake; cook 3 to 5 minutes or until browned, turning once. Serve topped with Fiesta Salsa, sour cream and avocado.

Makes 4 (3 pancake) servings

CSHTECHFresh Made Simple.

Pickle Meal Creations

Reuben-Style Burger

The flavors of a great deli sandwich from corned beef to kosher dills are paired together in this burger.

What you need:

1 pound ground beef (80 to 85% lean) 2 ounces thinly sliced corned beef, finely chopped 1/3 cup finely chopped Kosher Dill Pickles (page 82) 1/2 tsp garlic powder

1/4 tsp freshly ground pepper

4 slices Swiss cheese 4 rye buns or 8 slices rye bread 3/4 cup sauerkraut 1/4 cup thousand island dressing 4 spears Kosher Dill Pickles (page 82)

FICSHTECH Fresh Made Simple

What you do:

- 1. HEAT grill. Combine ground beef, corned beef, chopped Kosher Dill Pickles, garlic powder and pepper in large bowl. Form into four (4-inch) patties.
- 2. GRILL burgers, covered, over medium heat or coals 10 to 12 minutes or until thoroughly cooked and no longer pink in center, turning once. Top burgers with cheese; grill 1 minute or until melted. Grill buns 30 to 60 seconds or until lightly toasted; spread with dressing.
- 3. PLACE burgers in buns; top with sauerkraut. Using toothpick, attach Kosher Dill Pickles spear to top of bun.

Makes 4 hamburgers

107

Sauce Meal Creations

Chicken with Tomato-Orange Sauce

This classic tomato sauce flavored with orange will become a family favorite. Vary the herbs using chives, rosemary or thyme in place of the tarragon, if desired.

What you need:

4 boneless skinless chicken breast halves 2 tbsp chopped fresh tarragon or 2 tsp dried 1/4 tsp salt 1/4 tsp pepper 1-1/2 tbsp extra-virgin olive oil, divided

1/4 cup minced shallots

1/2 cup Basic Tomato Sauce (page 94)

1/4 cup orange juice

What you do:

- 1. SPRINKLE chicken with tarragon, salt and pepper. Heat large nonstick skillet with 1 tbsp of the oil over medium-high heat until hot. Cook chicken 8 to 10 minutes or until brown and no longer pink in center, turning once and adjusting heat if necessary. Remove chicken.
- ADD remaining 1/2 tbsp of oil to skillet. Cook shallots over medium heat 30 to 60 seconds or until fragrant, stirring. Stir in Basic Tomato Sauce and orange juice. Bring to a boil; cook 1 minute or until slightly thickened. Serve over chicken.

Makes 4 servings
Frequently Asked Questions

What is SmartPRESERVEt Technology?

SmartPRESERVE™ Technology is an energy efficient hybrid technology that automatically senses, and constantly monitors time and temperature optimized for each recipe. The automatic sensing technology also self-adapts the temperature and time based on the altitude of your location.

The technology eliminates any guesswork, no more stove-top monitoring, and takes worries away. The freshTECH Automatic Canning System empowers you to fresh preserve delicious homemade foods, shelf-stable for up to a year.

Can I home can my own recipes in my appliance?

Each recipe provided has been tested specifically for this appliance to ensure the highest quality and safest product. It is important to only use the recipes provided with this appliance. Use of other recipes not tested for this appliance can result in seal failure, food spoilage and potential health risks.

Can I home can vegetables in my appliance?

The freshTECH Automatic Canning System is intended for home canning high-acid foods such as jams & jellies, fruits, tomatoes, salsas, pickles and sauces. Low-acid foods such as vegetables, meat, poultry and seafood must be processed in a steam pressure canner for a safe and quality product. For more information on steam pressure canning, visit **freshTECHAutoCanner.com**.

Where can I find more recipes for my appliance?

More jam & jelly, fruit, tomato, salsa, pickle and sauce recipes can be found at **freshTECHAutoCanner.com**.

FICShTECHFresh Made Simple

How many jars fit in this appliance? The preserving recipes in this appliance are based on providing you

the optimal experience for every batch of freshly made food you make. The table below recommends the number of jars to place in the Inner Pot of the Appliance per recipe batch – whether pre-heating empty jars or preserving your freshly made foods. The recipes included in this Recipe Book are written for these recommended yields. Preserving more jars at a time can be unsafe during the jar removing process. For more information, see page 14.

Jar Size	Recommended Recipe Yield (# of Jars)
Half Pint (8 oz)	6
Pint (16 oz)	4
Quart (32 oz)	3

What jar sizes can I use in my appliance? Your recipe will guide you on the right jar size, but the mouth size is up to you. Refer to page 13 for suggestions on mouth size and the popular iar sizes that work well in this appliance.

Can I double stack jars in my appliance?

We do not recommend double stacking jars due to height restrictions for the appliance. If you try to double stack jars and force the lid closed, you could cause significant damage to your appliance.

Why do I have to add Balle brand Citric Acid or lemon juice to my tomato based recipes?

Bottled lemon juice or Ball[®] brand Citric Acid must be added to your home canned tomato recipes. Why, you ask? Differences among the variety of tomatoes, growing conditions and many other factors can change the natural acidity level of your tomatoes. Because of this, you have to add acid to your tomatoes to ensure a safely home canned product. See recipes for specific instructions.

How much water is needed to fill the Inner Pot

before Pre-Heating or Preserving? To make it easy for you, there is a fill line marking on the Inner Pot. But be sure to remove the Rack before filling with warm tap water to fill line. For full instructions, refer to page 16 or your recipe.

(CShTECH Fresh Made Simple.

After canning my jars of tomatoes, I noticed there was extra headspace in the jar. What happened?

This could be caused by loss of liquid in the jar during the canning process, which is called siphoning. Packing your tomatoes too firmly or not leaving enough headspace can cause this to occur. To prevent liquid loss when canning your tomatoes and your fruits, be sure to follow the recipe packing instructions as stated and leave the proper amount of headspace.

Must I always Pre-Heat my jars in the appliance?

Yes, the appliance has been optimized to pre-heat your jars to the correct temperature for canning. We do not recommend using other types of pre-heating methods while using your freshTECH Automatic Canning System as this could interfere with the overall canning process.

Do I need to heat my Lids and Bands during Pre-Heating too?

No, the preserving lids and bands do not have to be heated during the Pre-Heating process. Set clean lids and bands aside in your work area, so they are ready when you need them. Only Pre-Heat clean, empty jars.

Note: While Preserving jars with food, the lids and bands must be on, as recommended in your recipe.

What happens if I have interrupted the sensing/preserving process with Stop / Reset button?

Pressing **Stop** will display error message "E12". You can immediately Reset by pressing **Stop/Reset** button. However if the process interruption continues beyond 1 minute, we recommend you stop the process and use the food within one week with refrigeration.

View User Manual for additional FAQs or visit **freshTECHAutoCanner.com**.

Troubleshooting Guide

General Preserving

Observed Issue	Cause	What To Do
Seal fails. Use food immediately, refrigerate immediately or correct cause and reprocess within 24 hours.	Improper headspace.	Use headspace recommended in recipe.
	Improper adjustment of band.	Using your fingers, twist on band until fingertip tight. Do not force. For help on the perfect tightness, try the Ball® brand Sure Tight™ Band Tool.
	Food particles on jar rim.	Carefully clean jar rim and threads before applying lid and band.
Jar seals, or appears to seal, and then unseals.	Food particles on jar rim.	Carefully clean jar rim and threads before applying lid and band.
If spoilage is evident, do not use.	Crack or chip in jar rim.	Check jars before filling and discard any with uneven, chipped sealing surfaces.
	Excess air left in jar.	Use headspace recommended in recipe. Remove air bubbles, if stated in recipe.
Food darkens in top of jar.	Liquid did not cover food.	Completely cover food solids with liquid, making sure headspace is adequate, before applying lid and band.
	Excess air left in jar.	Use headspace recommended in recipe. Remove air bubbles, if stated in recipe.
My jam or jelly is too soft.	Proportions of fruit, fruit juice, sugar and/or pectin were not in balance.	Follow your recipe ingredient list for correct measures. Do not alter the amounts.
	Fruit used was too ripe.	Use freshly ripened fruit, not overly ripe fruit.
	Wrong type of pectin was used.	Recipes in this booklet require Ball® brand RealFruit® Classic Pectin. Other pectin types are not interchangeable.
	Fruit was pureed or chopped in a food processor or blender.	Crush fruit using a potato masher as specified in recipe.
Extra headspace in my jars of tomatoes or fruits after canning.	Loss of liquid, called siphoning, due to packing food too tightly and/or improper headspace.	Pack food as stated in your recipe and use headspace recommended.

112 FreshTECHFresh Made Simple.



Observed Issue	Cause	What To Do
The freshTECH Appliance will not turn on when I push the buttons.	The cord is not fully plugged in.	Ensure the cord is plugged in at both ends. Refer to page 9 for instructions.
The Lid will not fully close or rotate and lock after the Pre-Heat stage.	After the Pre-Heat stage, steam is emitted from the hot water inside the cooking pot. This results in a pressure build up when trying to close the Lid.	Place the Lid down to close, but do not rotate the handle - do not force the Lid closed. Wait a moment for the pressure to equalize. Once the "hissing" sound has stopped, rotate the lid to the locked position.
The Display is showing Error "E1".	Inner Pot is not seated properly on the heater of the Appliance.	Press and hold the Stop/Reset button for 2 seconds. Unplug the Appliance, open Lid and allow the Appliance to cool for 30 minutes. Check that the Inner Pot is correctly seated onto the heating element. See User Manual.
	No water present within the Inner Pot. Water in the Inner Pot was added significantly below the fill line or water was added with the Jar Rack and Jars already inside the Inner Pot. Pot may have boiled dry.	Check that there is sufficient water inside the Inner Pot. Carefully remove jars and Jar Rack. Hot tap water should be filled to indicated fill line on the Inner Pot. Add water as needed. Return Inner Pot to Appliance. Place Jar Rack back into Inner Pot. Place jars on Rack. Follow the recipe instructions to restart the program.
The Display is showing Error "E2".	The Appliance Lid was opened before the process was completed and the green Ready light was illuminated.	Be sure to only open the Lid after the green Ready light is illuminated. If the lid is opened during the sensing or preserving phase and is caught within 1 minute, you can immediately Reset and Restart the program. After 1 minute, reprocess the food immediately following the instructions on page 21 of this book or refrigerate product immediately and consume within 1 week.
The Display is showing Error "E3" / "E4" / "E5".	Sensor failure.	Unplug Appliance. Please contact our Fresh Preserving Helpline at 1-800-240-3340.
The Display is showing Error "E6" / "E7" / "E8".	Safety precaution.	Unplug Appliance. Do not try to open Lid. Please contact our Fresh Preserving Helpline at 1-800-240-3340.

FIGSHTECHFresh Made Simple.

113

Observed Issue	Cause	What To Do
The Display is showing Error "E9".	The Lid was not locked.	Ensure the Lid was locked properly. See User Manual.
	Cold water was added to the Inner Pot and filled to the indicated fill line.	Always add hot tap water to indicated fill line on the Inner Pot.
	Cold food product was filled into the hot jars instead of hot food product.	Always follow the recipes provided in the included Recipe Book. Hot food should be added to the hot jars, one jar at a time, immediately after cooking the recipe provided in this Recipe Book. Regardless of the cause, you should reprocess the food following the instructions in the Reprocessing Jars section of the freshTECH Recipe Book.
	There may be residue on the bottom of the Inner Pot.	Carefully remove Inner Pot and check bottom to ensure clean. If not, wait for Pot to cool and wipe off any residue.
The Display is showing Error "E10".	Power interruption.	In case the Preserving process of your freshly prepared foods is terminated due to power interruption, please remove the food from the appliance and do not re-process. Place the jars in the refrigerator to consume food within one week.
The Display is showing Error "E11".	Safety precaution.	Please contact our Fresh Preserving Helpline at 1-800-240-3340.
The Display is showing Error "E12".	Process was interrupted by pushing the "Stop/Reset" button before the end of the process.	You can immediately Reset by pressing Stop/Reset button. However if the process interruption continues beyond 1 minute, we recommend you stop the process and use the food within one week with refrigeration. Reprocess the food immediately following the instructions on page 21 of this book.
There is a crackling sound and smoke is emitted from	There is residual food that has spilled onto the heat	Press and hold the Stop/Reset button for 2 seconds and then unplug the power cord.
the bottom of the Inner Pot.	plate.	Remove pot, wait for components to cool and wipe off any residue left on the heating element.
		If the problem persists please contact our Fresh Preserving Helpline at 1-800-240-3340.
At the end of the process I cannot get the Appliance to default back to the Welcome display screen.	The Reset sequence was not followed at the end of the program.	Once the "Preserving Complete" text is illuminated and the green Ready light is flashing, the Appliance is indicating that it is safe to remove the jars. Once the jars are removed, press the Stop/Reset button once, displaying the "Clean Vent" message. Proceed to clean the vent with the vent cleaner and press the Stop/Reset button again. This will prompt the home screen to appear.

For more troubleshooting information, visit **freshTECHAutoCanner.com**.

Care and Cleaning Instructions

WARNING! As with any cooking appliance, metal parts - and even some plastic parts - can become extremely hot to touch. Always let the appliance cool completely – usually 20 to 30 minutes – before cleaning.

- 1. ALWAYS unplug your Automatic Home Canning Appliance from the power source once you have completed preserving your foods. Allow to cool before cleaning.
- 2. Discard any water left in the Inner Pot, water that may have collected in the Drip Cup and water that drained from the Inner Lid while opening.
- 3. The Inner Pot and the Jar Rack can be washed in the dishwasher or with hot soapy water and rinsed. The Drip Cup can be washed in the top rack of the dishwasher or with hot soapy water and rinsed.
- 4.Do not use abrasive cleaning compounds or scouring pads on any freshTECH parts. If any stubborn residue remains, a cloth, sponge or rubber spatula will usually remove it.
- 5. Inside of the Lid, steam vents on inner surface of the Lid, and gasket may be cleaned with a soft cloth and warm soapy water. Wipe or air-dry. Do not use abrasive cleaners or sharp objects.
- 6. It is recommended after every use to check the steam vents on the inside of the Appliance Lid for any potential clogging due to hard water scaling or food particles. Always use the supplied vent cleaning tool. Clean the vent by inserting the straight end of the tool into the vent hole. The tool is designed to bottom out on the finger hold so it cannot go in too far. With an in and out motion, push and pull the vent tool in and out of the vent hole, lightly scraping the sidewall of the vent. Be careful not to bend the vent tool steel while cleaning, as this could lead to a jam. Refer to instruction booklet for complete maintenance instructions.

CAUTION! Never immerse the Appliance base in water, in other liquids or place in the dishwasher.

FICS HTECH Fresh Made Simple.

¹ Year Limited Warranty

Hearthmark, LLC doing business as Jarden Home Brands, 14611 W Commerce Road, Daleville, IN 47334, warrants that for a period of one year from the date of purchase this product will be free from defects in material and workmanship. Jarden Home Brands, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty.

DO NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void its warranty.

The warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than Jarden Home Brands or an authorized Jarden Home Brands service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

What are the limits on Jarden Home Brands' Liability?

Jarden Home Brands will not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition.

Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration of the above warranty. Jarden Home Brands disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise.

Jarden Home Brands shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the appliance including special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party.

How to Obtain Warranty Service

FICShTECHFresh Made Simple.

In the USA, this warranty is offered by Hearthmark, LLC doing business as Jarden Home Brands located in Daleville, Indiana 47334.

If you have a question regarding this warranty, would like to obtain warranty service, or have a claim in connection with this product, please call our Consumer Affairs Department at 1-800-240-3340.

PLEASE DO NOT RETURN THIS PRODUCT TO THE PLACE OF PURCHASE.



C I	

FIGSHTECHFresh Made Simple.



Celebrate what you make!

www.freshTECHAutoCanner.com





©2013 Hearthmark, LLC doing business as Jarden Home Brands. All rights reserved. Distributed by Hearthmark, LLC doing business as Jarden Home Brands, Daleville, IN 47334. Hearthmark, LLC is a subsidiary of Jarden Corporation (NYSE: JAH).

Ball, and Ball[®] are trademarks of Ball Corporation, used under license. This product is not manufactured by, or affiliated with, Ball Corporation.

> U.S. 1-800-240-3340 Hours of Operation: Monday - Friday, 8:30am - 4:30pm EST

Visit us online at www.freshTECHAutoCanner.com for more exciting ideas, entertaining tips and delicious recipes!



Rev 1.2 Printed in China SPR-083013-349

P.N. 139740 Model FTAC-13-10