



freshTECH[®]

Fresh Made Simple.

Electric Water Bath Canner + Multi-Cooker

Model FTWB-15-02
Recipe Guide

www.freshpreserving.com



Jams & Jellies

Take fresh fruits and juices and transform them into toppings that are a wholesome treat for you and your family – or a personal gift from the heart.



Use the freshTECH Automatic Jam & Jelly Maker to prepare these great jam and jelly recipes.

See freshpreserving.com for details.

MIXED BERRY JAM

MAKES ABOUT 6 (8 OZ.) HALF-PINT JARS

4 cups crushed berries, mix and match your favorites such as strawberries, blueberries, blackberries, and/or raspberries

4 ½ Tbsp. Ball® RealFruit™ Classic Pectin

3 cups sugar

- 1.** PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
- 2.** COMBINE berries in an 8-quart saucepan. Gradually stir in pectin. 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.
- 4.** LADLE hot jam into hot jars, one at a time, leaving ¼ inch headspace and removing all air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
- 5.** PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
- 6.** PROCESS for 10 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

For each of the following jams, follow the method for Mixed Berry Jam, just use the quantity of fruit and other ingredients specified in the variations.

STRAWBERRY JAM—MAKES ABOUT 8 (8 OZ.) HALF-PINT JARS

5 ½ cups crushed strawberries

6 Tbsp. Ball® RealFruit™ Classic Pectin

6 ⅔ cups sugar

STRAWBERRY-RHUBARB JAM—MAKES ABOUT 6 (8 OZ.) HALF-PINT JARS

2 cups crushed strawberries

2 cups chopped rhubarb

6 Tbsp. Ball® RealFruit™ Classic Pectin

5 ½ cups sugar

APRICOT OR PEACH JAM—MAKES ABOUT 8 (8 OZ.) HALF-PINT JARS

5 ½ cups pitted, peeled and finely chopped fresh apricots or peaches

6 Tbsp. Ball® RealFruit™ Classic Pectin

6 ⅔ cups sugar

GRAPE JELLY

MAKES ABOUT 8 (8 OZ.) HALF-PINT JARS

6 cups Concord grape juice

8 Tbsp. Ball® RealFruit™ Classic Pectin

6 ⅔ cups sugar

- 1.** PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
- 2.** POUR grape juice into a large saucepan. Gradually stir in Ball® RealFruit™ Pectin. 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.
- 4.** LADLE hot jam into hot jars, one at a time, leaving 1/4 inch headspace and removing all air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
- 5.** PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
- 6.** PROCESS for 10 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

For the following two jelly recipes, follow the method for Grape Jelly, just use the quantity of juice and other ingredients specified in the variations. For the Apple Jalapeno Jelly, follow cooking instructions below, and process using same method as Grape Jelly.

APPLE JELLY—MAKES ABOUT 8 (8 OZ.) HALF-PINT JARS

8 cups apple juice

8 Tbsp. Ball® RealFruit™ Classic Pectin

6 ⅔ cups sugar

POMEGRANATE JELLY—MAKES ABOUT 6 (8 OZ.) HALF-PINT JARS

3 ½ cups pomegranate juice

6 Tbsp. Ball® RealFruit™ Classic Pectin

5 cups sugar

APPLE-JALAPENO JELLY—MAKES ABOUT 8 (8 OZ.) HALF-PINT JARS

5 ⅓ cups finely chopped jalapenos

1 ½ cups apple juice

¼ cup lime juice

6 Tbsp. Ball® RealFruit™ Classic Pectin

6 ⅔ cups sugar

COMBINE jalapeno peppers, apple and lime juices and Pectin in large saucepan. Bring to a boil over high heat, stirring constantly. Add sugar, stirring until dissolved. Return to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.

HONEY-SPICED PEACHES

MAKES ABOUT 3 (32 OZ.) QUARTS

8 lbs. peaches
(about 24 small)

1 cup sugar

4 cups water

2 cups honey

1 ½ tsp. whole allspice

¾ tsp. whole cloves

3 sticks cinnamon

Ball® Fruit-Fresh® (optional)

TIP:

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

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. WASH, PEEL AND PIT peaches. Leave peaches in halves or cut into slices, if desired. Treat fruit with Ball® Fresh-Fruit® to prevent browning.
3. COMBINE sugar, water and honey. Cook until sugar dissolves. Add peaches in syrup one layer at a time and cook for 3 minutes.
4. PACK hot peaches into hot jars leaving 1/2 inch headspace. Add 1/2 tsp. allspice, 1/4 tsp. cloves and 1 stick cinnamon to each jar.
5. LADLE hot syrup over peaches leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight.
6. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
7. PROCESS for 25 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

APPLESAUCE

MAKES ABOUT 8 (16 OZ.) PINTS

12 lbs. apples, peeled, cored,
quartered (about 36 medium)

1 cup water

3 cups sugar (optional)

4 Tbsp. lemon juice

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. COMBINE apples with just enough water to prevent sticking in a large stainless steel saucepan. Bring to a boil over medium-high heat. Reduce heat and boil gently, stirring occasionally, for 15–20 minutes, or until very tender. Remove from heat and let cool slightly.
3. TRANSFER apples, working in batches, to a food mill or a food processor fitted with a metal blade and purée until smooth.
4. RETURN apple purée to saucepan. Add sugar, if desired, and lemon juice. Bring to a boil over medium-high heat, stirring frequently. Maintain a gentle boil over low heat while filling jars.
5. LADLE hot applesauce into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.
6. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
7. PROCESS for 20 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.



Salsas & Sauces

Discover how to make delicious tomato-based sauces and salsas – and of course, you can add, omit or adjust the spices to perfectly suit your tastes.

FRESH TOMATO SALSA

MAKES ABOUT 8 (8 OZ.) HALF-PINT JARS

- 7 cups diced, seeded, peeled and cored tomatoes (about 5 lbs. or 15 medium)
- 6 green onions, sliced
- 2 jalapeno peppers, diced
- 4 cloves garlic, minced
- ½ cup vinegar
- 2 Tbsp. lime juice
- 2 Tbsp. minced cilantro
- 2 tsp. salt

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. COMBINE all ingredients in a large saucepot and heat to a boil. Reduce heat and simmer 15 minutes.
3. LADLE hot salsa into hot jars leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight.
4. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
5. PROCESS for 20 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

SALSA VERDE

MAKES ABOUT 8 (8 OZ.) HALF-PINT JARS

- 3 lbs. tomatillos or green tomatoes, cored and finely chopped
- 1 large white onion, finely chopped
- 1 large jalapeno pepper, minced
- 6 cloves garlic, minced
- 2 Tbsp. sugar
- 1 tsp. salt
- ½ cup lime juice
- ¼ cup chopped cilantro

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. COMBINE tomatillos, onion, jalapeno, garlic, sugar and salt in a large saucepan and heat to a boil. Simmer over medium heat for 20 minutes, stirring occasionally until vegetables are very tender and mixture is slightly thickened.
3. REMOVE from heat and stir in lime juice and cilantro.
4. LADLE hot salsa into hot jars, leaving 1/2 inch headspace and removing all air bubbles. Center lid on jar. Apply band and adjust until fit is fingertip tight.
5. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
6. PROCESS for 20 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

ITALIAN-STYLE PASTA SAUCE

MAKES ABOUT 4 (32 OZ.) QUARTS OR 8 (16 OZ.) PINTS

16 lbs. fresh tomatoes,
blanched, peeled and
seeded OR 4 cans (28 oz.)
chopped tomatoes

1/2 cup Ball® Italian-Style
Pasta Sauce Mix - MIX
WELL BEFORE MEASURING

1. CHOP tomatoes and combine with Pasta Sauce Mix in Electric Water Bath Canner + Multi-Cooker pot.
2. TURN DIAL to setting **MEDIUM-HIGH** and bring sauce to a simmer. Simmer for 1 hour or until sauce thickens slightly, stirring occasionally and adjusting heat as needed. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**)
3. ENJOY sauce immediately over pasta or fresh preserve in Electric Water Bath Canner + Multi-Cooker.

PRESERVE

To fresh preserve your Italian-Style Pasta Sauce using the Electric Water Bath Canner + Multi-Cooker, follow Instructions on pg. 9 of the accompanying User Manual and use the guidelines below:

1. TRANSFER sauce to large stockpot and return to a simmer on the stove.
2. THOROUGHLY CLEAN the Electric Water Bath Canner + Multi-Cooker pot, refill pot with water and PREHEAT JARS (see page 8).
3. LADLE hot sauce into hot jars leaving 1/2 inch headspace.
4. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
5. PROCESS for 65 minutes (see page 9). In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

SAUCE VARIATIONS:

CREAMY VODKA SAUCE

Sauté a finely diced onion in olive oil or butter until very tender. Add 1/4 cup of vodka and continue simmering until almost dry and alcohol has cooked off. Stir in 1 quart jar of Italian Style Pasta Sauce and simmer for 5–10 minutes to heat through. Remove from heat and stir in 1/4 cup of heavy cream. Serve over penne pasta with lots of grated cheese!

HEARTY BOLOGNESE SAUCE

Brown 1 lb. of ground beef in a large skillet. Remove beef, drain fat and set aside. In same skillet, sauté a chopped onion, carrot and stalk of celery until softened and golden brown. Return meat to skillet and stir in 1 quart jar of Italian-Style Pasta Sauce and simmer for 10 minutes. Stir in 1/2 cup of frozen peas and simmer for an additional 5 minutes.





Whether you start with cucumbers, beans or peppers – you'll find pickling at home is simple, fun and well worth the effort and the wait!

BREAD & BUTTER PICKLES

FOR EVERY 2 QUARTS OF PICKLES:

- 3 ½ lbs. pickling cucumbers (about 14 small to medium)
- 2 ½ cups vinegar (5% acidity)
- 2 ½ cups sugar
- ¼ cup Ball® Bread & Butter Pickle Mix

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. CUT ENDS off cucumbers. Cut into 1/2 inch slices.
3. COMBINE vinegar, sugar, and Ball® Bread & Butter Pickle Mix in a medium saucepan. Heat to a boil.
4. PACK slices into hot jars. Ladle hot pickling liquid over slices leaving 1/2 inch headspace. Remove air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
5. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
6. PROCESS for 20 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

KOSHER DILL PICKLES

FOR EVERY 2 QUARTS OF PICKLES:

- 3 ½ lbs. pickling cucumbers (about 14 small to medium)
- 2 cups water
- 1 cup vinegar (5% acidity)
- ¼ cup Ball® Kosher Dill Pickle Mix

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. CUT ends off cucumbers. Cut into spears.
3. COMBINE water, vinegar, and Ball® Kosher Dill Pickle Mix in a medium saucepan. Heat to a boil.
4. PACK spears into hot jars. Ladle hot pickling liquid over spears leaving 1/2 inch headspace. Remove air bubbles. Wipe rims. Center lids on jars. Apply bands and adjust to fingertip tight.
5. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
6. PROCESS for 20 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

DILLY BEANS

MAKES ABOUT 6 (16 OZ.) PINTS

3 ³/₄ cups vinegar

3 ³/₄ cups water

6 cloves garlic

6 sprigs dill

¹/₃ cup Ball® Preserving
& Pickling Salt

3 lbs. green and/or yellow
wax beans, trimmed and
cut into jar-length pieces

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. TRIM off ends of green beans and discard. Wash.
3. COMBINE vinegar, water and salt in a large saucepan and bring to a boil over high heat, stirring to dissolve salt.
4. PACK beans, dill and garlic in jars leaving 1/2 inch headspace at the top.
5. LADLE hot liquid over beans, leaving 1/2 inch headspace.
6. REMOVE air bubbles. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight.
7. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
8. PROCESS for 10 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.

PICKLED HOT PEPPERS

MAKES ABOUT 4 (16 OZ.) PINTS

2 ³/₄ lbs. jalapeno,
banana, habanero
or serrano peppers

6 cups vinegar (5% acidity)

2 cups water

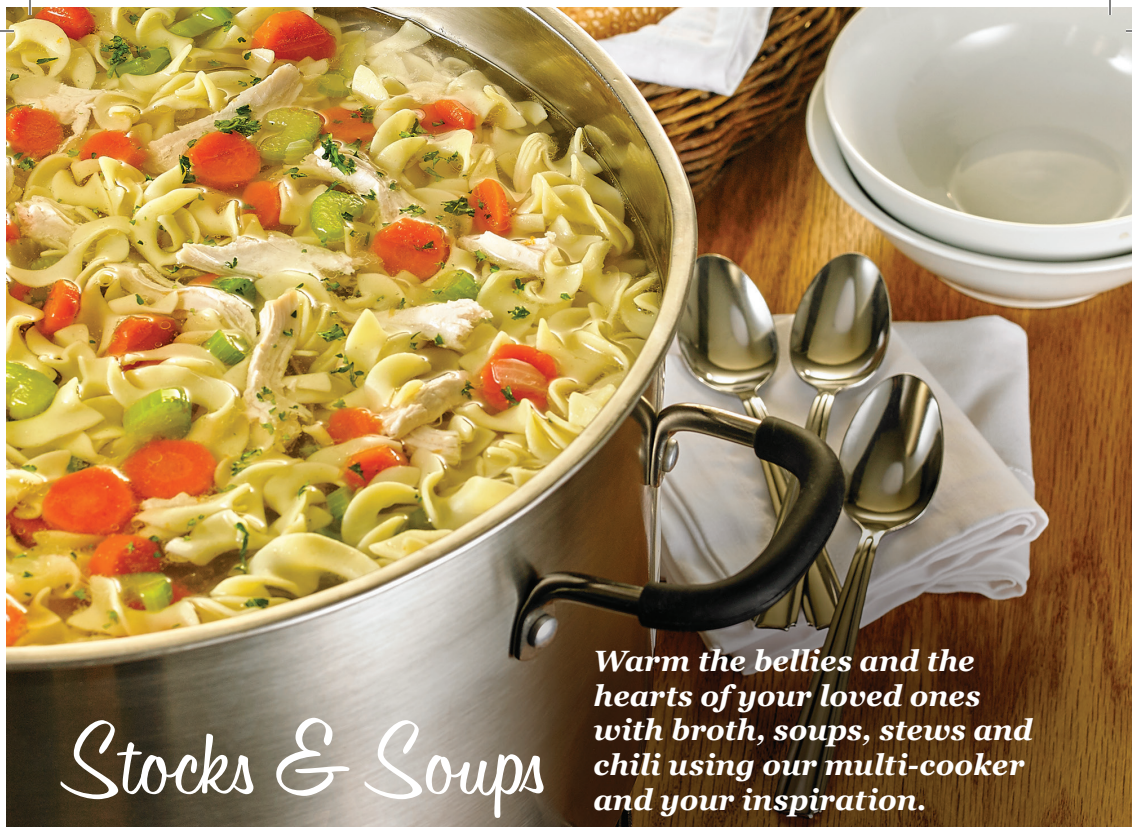
3 cloves garlic, crushed

Ball® Pickle Crisp (optional)

TIP:

When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.

1. PREHEAT JARS according to instructions on page 8 of the accompanying User Manual.
2. CUT into 1 inch pieces or leave peppers whole. Mix peppers together if using multiple varieties.
3. COMBINE vinegar, water, and garlic in a large saucepot. Bring mixture to a boil; reduce heat and simmer 5 minutes. Discard garlic.
4. PACK peppers into hot jars, leaving 1/2 inch headspace. Add Ball® Pickle Crisp to each jar, if desired.
5. LADLE hot liquid over peppers, leaving 1/2 inch headspace.
6. REMOVE air bubbles. Wipe rim. Center lid on jar. Apply band and adjust until fit is fingertip tight.
7. PLACE filled jars onto the canning rack in the canner of simmering water. Place steaming & diffuser rack on top of jars.
8. PROCESS for 10 minutes according to instructions on page 9 of the accompanying User Manual. In order to effectively and safely process jars, the dial must remain at the **CANNING** setting.



Stocks & Soups

Warm the bellies and the hearts of your loved ones with broth, soups, stews and chili using our multi-cooker and your inspiration.

The following recipes are intended to be cooked and consumed as prepared. They are not to be processed as high-acid water bath canning recipes.

Due to the design of the heating element, browning meat and recipes containing high amounts of sugar, milk or cream are not recommended in this appliance, as burning or scorching may result.

SUPER-EASY CHICKEN STOCK

MAKES ABOUT 7 QUARTS

8–10 lbs. cut-up chicken
(leg quarters or whole
cut-up chickens)

6–8 quarts cold water
(enough to just
cover chicken)

2 bay leaves

3 large carrots,
roughly chopped

3 stalks celery,
roughly chopped

2 large onions,
roughly chopped

6 cloves garlic, whole

½ tsp. black peppercorns

1. PLACE all ingredients in pot of the Electric Water Bath Canner + Multi-Cooker. Turn the dial to **MEDIUM-HIGH** and bring to a simmer. Keep dial setting at **MEDIUM** to **MEDIUM-HIGH**, ensuring that stock does not go above a simmer. Skim off foam with a slotted spoon.
2. SIMMER 3–4 hours, skimming foam as necessary and adding more water to the pot to keep the chicken covered, if needed. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**)
3. STRAIN the stock, season as desired with salt and pepper and cool. Use immediately in one of the recipes following, store in refrigerator for 3–5 days or freeze for later use.

NOTE: Chicken stock is a low-acid food and cannot be preserved using the Electric Water Bath Canner + Multi-Cooker. To preserve for storage we recommend freezing or using a pressure canner.

CHICKEN NOODLE SOUP

MAKES ABOUT 7 QUARTS (28 SERVINGS)

6 quarts chicken stock

4 large carrots, sliced

3 stalks celery, sliced

1 large onion, finely chopped

6 cups cut-up cooked chicken

1 lb. wide egg noodles

Chopped fresh parsley (optional)

1. COMBINE chicken stock, carrots, celery, onion and bay leaves in pot of the Electric Water Bath Canner + Multi-Cooker. Turn dial to setting **MEDIUM-HIGH** and bring to a simmer.
2. SIMMER for 15–20 minutes or until veggies are tender, stirring occasionally.
3. ADD the egg noodles and continue simmering for 10 minutes or until noodles are tender.
4. STIR in chicken and parsley; simmer to heat through. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**) SEASON with salt and pepper and serve with crusty bread.

TIP & VARIATION:

Sauté the veggies in butter or olive oil first to add savory depth of flavor.

Hearty Chicken and Rice Soup—Sauté 3 cups of sliced mushrooms in butter until golden brown. Stir into soup and substitute rice, wild rice or a combination for the egg noodles and simmer until tender.

CHICKEN TORTILLA SOUP

MAKES ABOUT 8 QUARTS (24 SERVINGS)

2 cups finely chopped onion

8 cups diced tomato

2–3 jalapeno peppers, finely chopped

1 Tbsp. ground cumin

6 quarts chicken stock

6 cups cooked, shredded chicken

½ cup freshly squeezed lime juice (or more if desired)

½ cup chopped cilantro

1. PREHEAT oven to 425°F.
2. COMBINE onions, tomatoes, jalapenos and cumin on a large rimmed baking sheet and roast for 20–30 minutes, stirring occasionally, until most of the moisture has evaporated and vegetables begin to turn brown at edges. Transfer to pot of the Electric Water Bath Canner + Multi-Cooker and add the chicken stock, shredded chicken, lime juice and cilantro.
3. TURN DIAL to **MEDIUM-HIGH** and bring to a simmer. Simmer for 10 minutes, stirring occasionally. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**)
4. SEASON to taste with salt, pepper and additional lime juice.
5. To SERVE, crumble up a handful of tortilla chips into soup bowl. TOP with soup and garnish with lime wedges, sliced radishes, shredded cheese, chopped cilantro and hot pepper sauce.

ROASTED CARROT SOUP

MAKES ABOUT 8 QUARTS (24 SERVINGS)

8 lbs. carrots, sliced and roasted

3 large onions, sliced and roasted

7 quarts chicken or vegetable stock

8 cups plain Greek yogurt

1–2 tsp. ground cumin

- 1.** COMBINE roasted carrots, onions and chicken stock in pot of the Electric Water Bath Canner + Multi-Cooker. Turn dial to **MEDIUM-HIGH** and bring to a simmer. Simmer for 15 minutes, stirring occasionally. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**) Season to taste with salt and black pepper.
- 2.** If you prefer a creamy texture, PURÉE soup with a hand blender or process, in batches, with blender or food processor until smooth.
- 3.** COMBINE yogurt with cumin in small bowl and serve with the soup.

SEASONAL VARIATION:

Roasted Squash or Pumpkin Soup—Substitute peeled and diced squash or pumpkin for the carrots and stir in some grated ginger or curry to season it to your liking. Feel free to use canned pumpkin if it's handy.

SUMMER MINISTRONE SOUP

MAKES ABOUT 8 QUARTS (24 SERVINGS)

2 large onions, finely chopped

5 cups finely chopped carrots

3 stalks celery, sliced

4 cans (16 oz.) kidney or cannellini beans, rinsed and drained

8 cups diced tomatoes

6 quarts chicken or vegetable stock

12 cups baby spinach or arugula leaves

4 cups meat or cheese tortellini, cooked and drained

- 1.** PREHEAT oven to 425°F.
- 2.** LINE a large rimmed sheet pan with foil and brush with olive oil. Toss onions, carrots and celery on the sheet pan and roast for 35 minutes or until veggies are tender and golden brown, stirring occasionally.
- 3.** TRANSFER to pot of the Electric Water Bath Canner + Multi-Cooker and add beans, tomatoes and chicken stock. Turn dial to **MEDIUM-HIGH** and bring to a simmer. Simmer for 15 minutes, stirring occasionally. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**)
- 4.** STIR in spinach and tortellini and simmer to heat through.
- 5.** To SERVE, garnish with thinly sliced fresh basil and shaved Parmesan cheese.



HEARTY BEEF STEW

MAKES ABOUT 18 SERVINGS

6 lbs. beef chuck or eye round roast, cut into 1 ½ inch cubes

2 cloves garlic, sliced

1 can (28 oz.) diced tomatoes

2 large onions, chopped

6 stalks celery

3 bay leaves

2 cups red wine

1 cups beef broth

¼ cup Worcestershire sauce

1 Tbsp. dried thyme

6 cups baby red potatoes, halved

2 cups carrots, sliced

- 1.** HEAT vegetable oil in a roasting pan or large skillet and brown beef in batches. Transfer beef to pot of the Electric Water Bath Canner + Multi-Cooker. Add remaining ingredients, except for the potatoes and carrots.
- 2.** TURN DIAL to **MEDIUM-HIGH** and bring to a simmer, stirring occasionally. Reduce heat to **MEDIUM**, cover and simmer for about 3 hours, stirring occasionally and adjusting heat as needed. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**)
- 3.** STIR in potatoes and carrots and continue cooking for an additional 45 minutes–1 hour or until meat shreds with a fork and vegetables are tender.

FIREHOUSE CHILI FOR A CROWD

MAKES ABOUT 20 SERVINGS

- 4 lbs. ground beef or turkey
- 2 large onions, chopped
- 2 green or red bell peppers, chopped
- 6 cloves garlic, chopped
- 3 Tbsp. ground chili powder
- 2 Tbsp. ground cumin
- ¼–½ cup chopped pickled jalapeno peppers (optional)
- 12 cups diced tomatoes or 3 (28 oz.) cans diced tomatoes
- 3 cups corn kernels, fresh or frozen
- 4 cans (15.5 oz.) kidney, black or pinto beans, rinsed and drained
- Salt and pepper to taste

1. BROWN ground beef in batches in large skillet or Dutch oven. Remove, set aside and drain fat if desired. In same skillet, sauté onion and bell pepper in batches, if necessary, until softened. Transfer beef, onion and peppers to pot of the Electric Water Bath Canner + Multi-Cooker and stir in remaining ingredients.
2. TURN DIAL to **MEDIUM-HIGH** and bring to a simmer. Simmer for about 45 minutes, stirring occasionally to prevent burning. Adjust heat as needed. **(NOTE: Appliance will cycle on and off to maintain a consistent temperature.)**
3. To SERVE, garnish with sour cream, shredded cheese, chopped cilantro, hot pepper sauce and crumbled tortilla chips.

TIP:

To make Smoky Chipotle Firehouse Chili, substitute chipotle chili powder for the regular ground chili powder or use chopped chipotle chili peppers in adobo for a really authentic smoky kick!

SOUTHERN-STYLE PULLED PORK

MAKES ABOUT 24 SERVINGS

- 2 large onions, sliced
- 10 lbs. boneless pork shoulder, cut into large chunks
- 1 ½ cups ketchup
- 5 whole garlic cloves
- 1 cup cider vinegar
- ¼ cup brown mustard
- ¼ cup honey
- 1 cup brown sugar, firmly packed
- ¼ cup Worcestershire Sauce
- 1 ¼ cups chicken stock

1. ARRANGE sliced onions evenly in the pot of the Electric Water Bath Canner + Multi-Cooker and layer pork on top. Combine remaining ingredients and pour over pork. Cover and turn dial to **MEDIUM-HIGH**.
2. SIMMER for 3–4 hours or until pork is very tender and shreds to the touch. **(NOTE: Appliance will cycle on and off to maintain a consistent temperature.)** Remove pork from the pot with a slotted spoon and set aside until cool enough to handle. Transfer sauce to a large bowl or measuring cup and set aside.
3. SHRED pork and return to pot. Add sauce gradually to pork to moisten to desired consistency. Turn dial to **MEDIUM-LOW** to reheat pork for serving.
4. SERVE, if desired, on rolls or over hot cooked rice. Top with your favorite coleslaw!



Hot Beverages

MULLED APPLE CIDER

MAKES ABOUT 24 SERVINGS

3 gallons apple cider

8 oz. pomegranate juice (optional)

2 tsp. ground nutmeg

4–5 star anise

6 whole cinnamon sticks

6 allspice berries

1 large orange

6 whole cloves

Cheesecloth (place allspice, star anise and cloves into a cheesecloth bag)

- 1.** POUR apple cider and pomegranate juice into the pot of the Electric Water Bath Canner + Multi-Cooker. Turn dial to **MEDIUM-HIGH**.
- 2.** Once warm, ADD the nutmeg and stir until blended.
- 3.** PLACE cheesecloth bag with spices and cinnamon sticks into the cider.
- 4.** ADD 6–7 strips orange zest to cider*. Let simmer on **MEDIUM**, stirring occasionally, for 15–20 minutes. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**)
- 5.** TURN DIAL down to **LOW** and serve.

QUICK TIP:

*Remove the pulp from orange used in zesting and thinly slice for added flavor and presentation.

HOT HOLIDAY FRUIT PUNCH

MAKES ABOUT 24 SERVINGS

3 (64 oz.) bottles of cranberry, cranberry-grape, cranberry-apple or cranberry-raspberry juice

3 (64 oz.) bottles of pineapple juice

4 cups water

1 ½ cups honey (more or less as desired)

4 tsp. whole cloves, tied in a small bundle of cheesecloth or paper coffee filter

6 cinnamon sticks

2 oranges (sliced thin)

- 1.** POUR cranberry juice, pineapple juice and water into the pot of the Electric Water Bath Canner + Multi-Cooker. Turn dial to **MEDIUM-HIGH**.
- 2.** Once warm, ADD the honey and stir until blended.
- 3.** ADD the cloves, cinnamon sticks and the orange slices.
- 4.** SIMMER on **MEDIUM**, stirring occasionally, for 15–20 minutes. (**NOTE: Appliance will cycle on and off to maintain a consistent temperature.**)
- 5.** TURN DIAL down to **LOW** and serve.

MAKE IT SPECIAL:

Add an extra holiday kick with a splash of rum or vodka to your glass of warm punch!

STEAMING

Steam your favorite foods in the Electric Water Bath Canner + Multi-Cooker. Simply follow the detailed directions provided on page 10 of the accompanying User Manual and use the timing guidelines below:

VEGETABLE	PREP	STEAM TIME
Artichokes	Trim stem and top of leaves. Add ½ cup lemon juice to steam water.	30 minutes or until stem is fork-tender and leaves pull off easily
Asparagus	Trim bottom of stems; leave whole or cut into 1 inch pieces.	4–6 minutes or until crisp-tender
Beans-Green and Yellow Wax	Trim off ends.	10–12 minutes or until crisp-tender
Beets-whole	Wash thoroughly and trim tops, leaving all but 1 inch of top.	1 hour or until tender
Broccoli/Cauliflower	Trim off leaves and ends of stems. Cut as desired.	8–10 minutes or until crisp-tender
Brussels Sprouts	Cut off stem ends and cut in half if desired.	10–12 minutes or until tender
Carrots	Peel and slice. If using baby-cut carrots, leave whole.	10–12 minutes or until tender
Corn	Husk and remove silk.	6–8 minutes or until crisp-tender
Fennel	Trim off tops and tough outer stalks. Cut into quarters.	13–15 minutes or until crisp-tender
Okra	Trim tips. Leave whole or cut into slices.	8–10 minutes or until tender
Parsnips	Peel and trim ends. Leave whole or slice.	12–14 minutes or until tender
Potatoes, Red, White and Fingerling	Keep small potatoes whole and cut large potatoes as desired.	15–20 minutes or until tender
Snow Peas	Trim tips and remove strings.	3–4 minutes or until crisp-tender
Sugar Snap Peas	Trim tips and remove strings.	4–5 minutes or until crisp-tender
Winter Squash-Acorn, Butternut, Pumpkin, Spaghetti	Slice or cook in halves with seeds removed.	13 minutes or until tender
Zucchini and Summer Squash	1/2 inch slices or cut into cubes	5 minutes or until tender



SEAFOOD/MEAT	PREP	STEAM TIME
Chicken Breasts	Season chicken and place on foil or parchment that has been brushed with melted butter or oil.	20 minutes per pound of chicken
Clams, Mussels or Oysters	Scrub well and wash to remove any sand and seaweed.	Steam until shells just open
Crab-Blue	Arrange live crabs evenly on steaming & diffuser rack, and layer as needed.	10–20 minutes or until crabs turn bright orange
Crab-Dungeness	Clean and rinse crab.	15–20 minutes or until crabs turn bright orange
Fish Filets-Fresh or previously frozen and thawed	Place fillet on foil or parchment that has been brushed with melted butter or oil.	8–10 minutes per 1 inch of thickness or until fish turns opaque and flakes with a fork
Lobster-Whole	Place live lobsters into steaming & diffuser rack. Do not crowd.	10 minutes per 1 lb. lobster then 2 minutes per 1/4 lbs. above 1 lb.
Scallops	Rinse and dry scallops, trim off tough side muscle (sea scallops).	3–4 minutes depending upon size of scallops
Shrimp	Thaw and rinse thoroughly; peel if desired.	3–4 minutes per lb. (medium sized). Cook until shrimp turn pink and firm.

BLANCHING

Blanching is a crucial step in preparing vegetables for freezing or preparing to purée into sauce. Follow the detailed directions for blanching provided on page 10 of the accompanying User Manual, and use the prep and timing guidelines below:

VEGETABLE	PREP	BLANCH	STORE
Artichokes	Trim stem and top of leaves; wash in cold water.	7 minutes	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Asparagus	Trim bottom of stems; cut into even lengths to fit into freezer containers.	2–3 minutes depending upon size	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Beans-Green and Yellow Wax	Trim stem and cut into 2–4 inch lengths to fit in freezer containers.	3 minutes	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Beets-whole	Leave 2 inch stem and tap root; wash thoroughly.	Until tender	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Broccoli/Cauliflower	Trim off leaves and ends of stems. Cut into evenly sized pieces.	3–4 minutes depending upon size	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Brussels Sprouts	Trim off coarse outer leaves and stems.	4–5 minutes depending upon size	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Carrots	Peel and slice. If using baby-cut carrots, leave whole.	10–12 minutes or until tender	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Corn on the cob	Husk, remove silk and wash.	6–10 minutes depending upon size	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Corn-Kernel	Husk, remove silk and wash.	5–6 minutes	Cool, drain and cut corn from cob. Seal in plastic freezer bags or vacuum pack; label and freeze.

VEGETABLE	PREP	BLANCH	STORE
Herbs-Fresh	Wash, drain and dry.	Swish in boiling water for a few seconds until color brightens.	Run under cold water to stop cooking and dry on paper towels. Portion and seal in plastic freezer bags.
Okra	Remove stems and separate by size.	3–5 minutes depending upon size	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Parsnips and Turnips	Wash, peel and trim ends. Slice, dice or cut lengthwise.	3 minutes	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Potatoes, Red, White and Fingerling	Keep small potatoes whole and cut large potatoes as desired.	3–5 minutes depending upon size	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Peas-Snow or Sugar Snap	Trim tips and remove strings.	2 minutes	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Peas-Sweet, Green or Garden	Wash and shell and wash again.	2 minutes	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Winter Squash-Acorn, Butternut and Pumpkin	Peel and cut into evenly sized cubes.	Until tender	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Zucchini and Summer Squash	Wash and slice.	3 minutes	Cool. Drain. Seal in plastic freezer jars, bags or vacuum pack; label and freeze.
Tomatoes-whole, peeled for canning	Wash and core tomatoes. Cut a small X in the bottom of each tomato.	30–60 seconds or until skins crack	Cool in ice water and slip off skins.

READ THIS FIRST!

- ✓ Ensure all parts and reference materials are included in the box: Appliance (pot, detachable base, lid, canning rack, steaming & diffuser rack, power cord), User Manual and Recipe Guide.
- ✓ Take some time to thoroughly read and understand the User Manual.
- ✓ Notice the Unique Nesting Design with the detachable base for easy cleaning and storage.
- ✓ Register your appliance at www.freshpreserving.com.

IMPORTANT INFORMATION

- New electrical appliances will often emit an odor or mild smoke upon initial use. This is normal; it should end after first use and will not affect performance of the appliance.
- Always fill the pot with recommended amount of water or liquid first then add canning jars or other ingredients.
- When in use, the exterior walls of the pot become very hot to the touch. Always use the silicone handles.
- All your favorite high-acid water bath canning recipes can be used. See the Recipe Guide included with your appliance, the Ball Blue Book® Guide to Preserving and www.freshpreserving.com for more great recipes.
- Enjoy the simple convenience of your new appliance! Now water bath canning fresh, delicious food is easier than ever before and with the Multi-Cooker versatility, it can steam veggies, cook soups, boil pasta, make hot beverages and much more.



freshTECH[®]

Fresh Made Simple.

©2014 Hearthmark, LLC doing business as Jarden Home Brands. All rights reserved.
Distributed by Hearthmark, LLC doing business as Jarden Home Brands, Fishers, IN 46037.
Hearthmark, LLC is a subsidiary of Jarden Corporation (NYSE: JAH).

Ball and Ball® are trademarks of Ball Corporation, used under license.

U.S. 1-800-240-3340

Hours of Operation: Monday-Friday, 8:30a.m.-4:30p.m. EST

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

Connect with us:



@ballcanning

Or for recipes or questions:

www.freshpreserving.com