

Preserving Persimmons!

Persimmon Chutney

Makes about 4 cups (8 quarter pints)

Ingredients

8 large persimmons
1 cup sugar
2/3 cup apple cider vinegar
1/2 cup raisins
1 tablespoon grated ginger
1 cup yellow onion, minced
4 tablespoons whole mustard seed
2 teaspoons salt
1 tablespoon garlic
1 teaspoon red pepper flakes

Instructions

Prepare jars and water canner: bring boiling-water canner to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain jars well before filling.

Make chutney: Peel, deseed, and chop the persimmons into a small dice. Combine all ingredients in a heavy pot and bring to a boil. Once boiling, turn down heat and simmer while stirring frequently until the chutney begins to thicken and become syrupy, about 20 minutes.

Jar and Process: Ladle chutney immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 min. Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

Persimmon Jam

Makes about 8 cups

Ingredients

3 cups prepared fruit (8 to 10 medium fully ripe persimmons)
1 cup water
1/2 cup bottled lemon juice
1 box reguar Pectin
1/4 tsp. butter or margarine
6 cups sugar, measured into separate bowl

Instructions

Prepare jars and water canner: bring boiling-water canner to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain jars well before filling.

Prepare Persimmons: Remove stems from persimmons. Peel (or scoop out pulp, depending on level of ripeness) and puree. Do not use peels. Make sure you have 3 cups of prepared fruit

Cook Jam: Put 3 cups prepared fruit into 6- or 8-qt. saucepot. Add water and lemon juice. Stir pectin into prepared fruit in saucepot. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 4 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.

Jar and Process: Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 min. Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

Not canning, but a really great persimmon recipe:

Persimmon Cookies

Makes 3 dozen

- 2 ripe persimmons, pureed
- 1 teaspoon baking soda
- 2 cups all-purpose flour
- 1 1/2 teaspoon Pumpkin pie spice blend
- OR:
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon ground cloves
 - 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 egg
- 1 cup white sugar
- 1/2 cup butter
- 1 cup raisins (or dried cranberries)
- 1 cup chopped walnuts

Instructions:

- Preheat oven to 350 degrees F (180 degrees C).
- Dissolve baking soda in persimmon pulp and set aside.
- Sift flour, spices and salt together, set aside.
- Cream together butter or margarine and sugar until fluffy, beat in egg and persimmon. Stir in dry ingredients. Stir in nuts and raisins.
- Drop by teaspoonfuls onto greased cookie sheet. Bake for 15 minutes.

Home Canning Basics

3 Steps to Successful Home Canning

Source: <http://mypantrysshelf.com/home-canning-basics/>

1. Sterilize jars and lids

Wash jars, lids, and rings in hot, soapy water. Set rings aside. Place lids in a small saucepan. Cover in water. Boil at least 5 minutes. Leave in hot water until ready to use. Submerge empty jars in boiling water in canner or large stock pot for 10 minutes. Leave in boiling water until ready to fill.

2. Fill jars, wipe rims, and screw on ring and lid.

Remove sterile jars from boiling water bath. Place right side up next to stove. One by one, fill jars using a ladle and canning funnel. Leave 1/2 inch head-space. Wipe rim clean using a damp clean towel. Take sterile lid from saucepan (I use a fork to pick them up) and place on clean rim. Screw ring on until finger tight. (Don't crank it tight with your whole hand. You want the seal to form from the processing and not from your brute force).

3. Process in boiling water bath.

Lower full jars into boiling water bath. Be sure tops of jars are submerged by at least one inch. Make sure water is boiling, then boil for amount of time dictated by recipe. Remove jars from boiling water bath and allow to cool. After several hours, check lids for seal. If sealed properly, button on lid will be sucked down. If lid is not sealed, keep jar in refrigerator. Use first. You can generally keep a sealed jar on the shelf for one year. Be sure to label jar clearly with contents and date. A Sharpie pen works great on the lid.

Canning FAQ's

Why "put up" or can food at home?

Preserving food at home allows us to take advantage of peak season fruits and vegetables. We harvest from our gardens, farmers' markets, or grocery stores the best tasting produce and store all those flavors for use year round. Plus, when you can it, you make it just like you love it! You'll never find canned food at the supermarket as good as what you can make at home using your favorite foods.

What supplies do I need?

- [Mason jars](#) are tempered glass jars designed to be processed repeatedly. You can find these at many hardware stores and grocery stores. Do not use glass jars that are not designed for canning (ex. reused peanut butter jars.) I like to have a number of sizes on hand: pints for pickles, half-pints for jam, quarts for tomato sauce, etc. They are also great for storing grains and other pantry items.



Various Size Mason Jars

- [Lids and rings](#) are sold side-by-side with the jars. You may reuse the rings, but you must use a new lid every time. If

you reuse a lid you risk the jar not sealing and contamination of your food.



Rings and Lids

- A [canning funnel](#) and [jar tongs](#) are key items. The canning funnel allows you to ladle your goods directly in the jar without dirtying the rim (which would be a mess, a waste, and may prevent a good seal of your jar). The canning tongs are important when lowering your jars into the boiling water bath and removing them.



Jar Tongs and Canning Funnel

- A [canning pot](#) is a large pot that allows you to submerge multiple jars at the same time. A large stock pot will do, but won't allow you to hold as many jars. Mine holds 7 quart jars at a time. The pot must be tall enough that all the jars are submerged by at least an inch.



Lowering Jar into Boiling Water Bath

What kinds of food is safe to can at home?

Basically, home canning with a boiling water bath makes it possible to can any high acid food. This includes most fruits and any pickled items. Safely canning low acidity food (such as soup or meat) requires a pressure canner.

Why must foods be highly acidic?

High acidity prevents the growth of bacteria. Even though a canning project ALWAYS begins with sterilized jars and lids and generally boiling hot food, it is impossible to ensure that no bacteria or endospores enter the jar before sealing. Some types of bacteria will cause your food to spoil, which is disappointing. Of particular concern though is *Clostridium Botulinum*. This bacteria

thrives in low acid, anaerobic environments and can cause the fatal food poisoning, Botulism. It is tasteless and scentless, but very dangerous. Therefore always stick to high acid foods when using a boiling water bath.

Random Tips for Successful Canning:

1. Fill up your canning pot and put it on the stove on HIGH well before you need it, it takes a long time to heat.
2. Always prepare at least a couple extra jars so you are ready if you end up with more than you thought- it is always disappointing to have extra jam and no sterile jar to put it in.
3. Start with super fresh, seasonal produce. If you are going through the trouble of canning, it is worth it to use top quality produce.