



Lewis County

Master Food Preserver

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety and Preservation



Lewis County
17 SW Cascade Ave.
Chehalis, WA 98532

Julie Pirtle 360-740-1212
<https://extension.wsu.edu/lewis/mfpmaterials/>

Easy Step by Step Reminder as you work PRESSURE CANNING

Get out equipment

- Pressure canner, check to make sure vent is open
- Jars, check for nicks and cracks, wash and dry
- New lids for jars, undented or rusted rings
- Jar lifter, bubble freerer, clean damp cloth, pot holders
- Colander for rinsing vegetables, beans, etc.
- Knives, peelers, etc.
- Cooking pans

20 – 30 minutes before processing

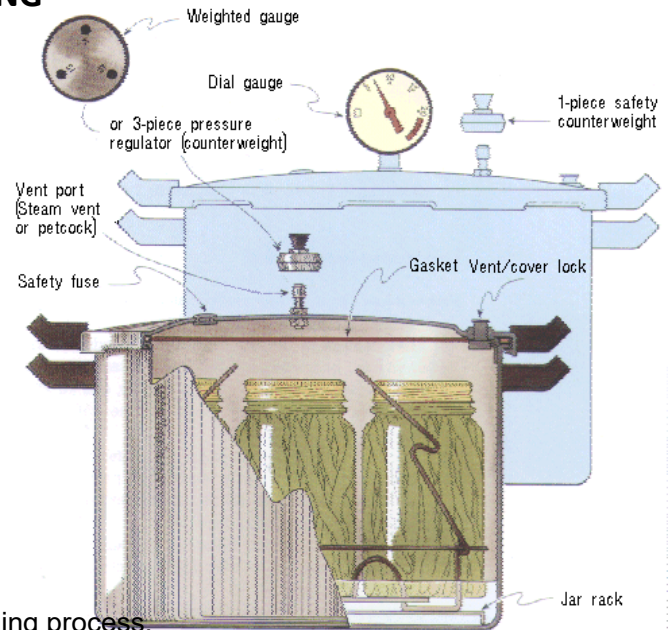
- Heat jars and keep hot until you are ready to fill them.

Prepare food for canning

- Prepare food per recipes instruction and liquids for the canning process.

Preparing Pressure Canner

- Place pressure canner on burner
- Place rack on bottom of cooker and put 2 – 3 inches of hot water in the canner, or as recipe directions call for (If canning fish, beans or other foods with long processing time add 4 - 5 inches).
- When food is almost ready to be put into jars bring the water in pressure canner to 180°F for hot pack and 140°F for raw pack. ***Make sure water level does not go down!***
- Place filled jars on rack, using a jar lifter making sure you do not tilt the jars.
- Put lid on canner and lock securely into closed position, leave the weight off and/or petcock open.
- Heat on high heat (not over 12,000 BTU's) until steam flows from the vent port/petcock.
- Maintain high heat and exhaust steam for 10 minutes.
- Place weight on vent port or close the petcock for canner to pressurize, between 3 to 10 minutes.
- Start timing canning process when the dial gauge reaches recommended pressure or when weighted gauge begins to jiggle.
- Regulate heat under canner to maintain steady pressure at or slightly above the correct gauge pressure (dialed gauge) or jiggles/rocks (weighted) per manufacturer's directions.
- **IMPORTANT!** If pressure drops below the called for pressure you must reset your timer and process the entire originally called for time.
- When time is up, turn off the heat and remove canner from heat source if possible. Let canner cool enough to lose pressure. **DO NOT** try to hurry the cooling process!
- After canner has lost pressure remove the weight from the vent port or open the petcock.



- Wait 10 (ten) minutes, unfasten lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face.
- Remove jars with a jar lifter and place in a draft free area on towels or cooling rack. Allow jars to cool slowly. Let jars sit undisturbed while they cool, from 12 to 24 hours.
- Clean canner, lid & gasket. Follow manufacturer's care and storage instructions.
- Remove ring bands from sealed jars. Put any unsealed jars in the refrigerator and use first.
- Wash jars and lids to remove all residues, label with food and date processed and store in a cool, dry place out of the direct light.



Source: USDA Complete Guide to Home Canning Guide 1 Principles of Home Canning, 2015 revision