



Lewis County

Master Food Preserver

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety and Preservation



Lewis County
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Pickled Hot Peppers

4 pounds hot, long red, green or yellow peppers
3 pounds red or green bell peppers or combination, cut into strips
5 cups white vinegar (5% acidity)
1 cup water
2 Tbsp. sugar
4 tsp. Kerr pickling salt
2 cloves garlic

Wash peppers. Cut 2-4 small slits in each hot pepper. Blanch hot peppers in boiling water for 3 minutes. Cool in ice water. Drain well. Flatten hot peppers with a wooden spoon. In a 4-6 quart saucepan, combine all remaining ingredients, except bell peppers. Bring to a boil over medium-high heat. Boil for 10 minutes. Firmly fill hot pint jars with flattened hot peppers and bell pepper strips, leaving ½ inch headspace. Remove garlic, if desired. Carefully, run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tops and lids clean. Place hot lids on jars and screw bands on firmly. Process in Boiling Water Canner for 10 minutes.

Yield: Approx. 12 pints

Low Sodium Pickled Chilies

4 pounds Pablano, Anaheim or Californian chili peppers or bell peppers or combination
4 cups white vinegar (5% acidity)
2 cups bottled lemon juice
1 cup water
½ cup chopped onions
2 Tbsp. Kerr pickling salt
8-16 cloves garlic

Wash peppers. Cut 2-4 small slits in each pepper. Blanch peppers in boiling water for 3 minutes. Cool in ice water. Flatten peppers. In a 4-6 quart saucepan, combine all remaining ingredients except garlic. Bring to a boil over medium-high heat. While mixture is coming to a boil, firmly pack flattened peppers in to hot pint jars, leaving ½ inch headspace. Top with 1-2 cloves garlic. Immediately fill jars with hot vinegar mixture, leaving ½ inch headspace. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Add more vinegar if needed, leaving ½ inch headspace. Wipe jar tops and threads clean. Place hot lids on jars and screw bands on firmly. Process in Boiling Water canner for 10 minutes.

Yield: Approx. 8 pints

Pickled Sweet Peppers

3 pounds green bell peppers
3 pounds red bell peppers
6 cloves garlic
3 cups sugar
2 2/3 cups white vinegar (5% acidity)
2 2/3 cups water
3 ¾ tsp. Kerr pickling salt

Wash peppers and cut them in half. Remove core and seed. Slice peppers in ¼ inch strips. In a 6-8 quart saucepan, combine sugar, vinegar, water, and pickling salt. Bring to a boil. Add sliced peppers and return to a boil. Remove from heat. Place a clove of garlic in each hot, sterilized pint jar. Use tongs to immediately fill jars with hot peppers. Fill jars with brine, leaving ½-inch headspace. Carefully run a nonmetallic utensil down inside of jars to remove trapped air bubbles. Wipe jar tops and screw bands on firmly. Process in Boiling Water Canner for 5 minutes.

Yield: 6 pints

Caution: When working with hot peppers, wear rubber gloves while handling them and wash hands thoroughly with soap and water before touching your face.

PEPPERS

Peppers may be processed in a Boiling Water Canner **only** if they have been pickled with the addition of vinegar. Otherwise, peppers **must** be processed in a Pressure Canner. Delaware, District of Columbia, Florida, Illinois, Indiana and Rhode Island are the only states that do not have altitudes of 1,00 feet or higher.

Note: *you may wish to add salt for seasoning. It is not necessary for safety. The general guideline* is ½ teaspoon per pint, 1 teaspoon per quart. Use more or less to taste. If you wish to use a salt substitute, add it at the time of serving. Do not add it when canning, as heat tends to make it bitter.

Before placing on hot lids, remember to carefully run a nonmetallic utensil down inside of jars to carefully remove trapped air bubble and wipe jar tops and threads clean.



Peppers

(Hot or sweet, including chilies, jalapeno, and pimento)

Procedure: Select firm yellow, green or red peppers. Do not use soft or bruised peppers. Small peppers may be left whole. Large peppers may be quartered. Remove cores and seeds. Slash two to four slits in whole small peppers. Either blanch in boiling water for three minutes or blister by placing peppers in a 400°F oven for 6 to 8 minutes.

Caution: *When working with hot peppers, wear rubber gloves while handling them or wash hands thoroughly with soap and water before touching your face.* Place in a pan and cover with a damp cloth. This will make peeling the peppers easier. After several minutes, peel each pepper. Flatten whole peppers. Loosely fill hot pint jars with peppers; cover with fresh boiling water. Leave 1-inch headspace. **Use only pint jars.**

Hot Pack Process: Pints 35 minutes.

