

## PRINCIPLES OF CANNING

Our object in canning fruits and vegetables is to destroy the very minute forms of life called bacteria, yeasts and moulds which cause fermentation and decay, and in doing so to preserve the original fresh flavour as much as possible. Not only must the bacteria, present at the time of canning, be killed, but the bacteria floating in the air must be entirely excluded from the cans and jars. *If these two principles are kept constantly in mind, many failures may be avoided.* The bacteria on the food and in the jars are destroyed by boiling, this process being called *sterilization*. The jars are then sealed *at once* to prevent the entrance of more bacteria. As these minute forms of life are present everywhere in great numbers, it is most important that *cleanliness be strictly observed* throughout the canning process—hands, utensils, jars and food, in fact everything used in canning.

### SOME TERMS EXPLAINED

- (1) *Scalding.* This is done to remove skins. Boiling water is poured over the fruit or vegetable and allowed to stand a few seconds, then drained.
- (2) *Blanching.* This is done to modify or remove objectionable flavours in vegetables and to aid in sterilization. The vegetables are covered with boiling water and boiled about five minutes, then drained.
- (3) *Cold dip.* This is done to cool the fruit or vegetable after scalding or blanching so that it may be handled, and to make the softer vegetables firm after scalding or blanching. Use cold boiled water.

### METHODS OF HOME CANNING

There are two principal methods of canning which can be conveniently carried out in the home kitchen. One is known as *intermittent or fractional sterilization*, the other as the *single boiling or "cold pack"* method. In both these methods the preparation of the food for canning is the same.