

July 3, 1918

(1511) 39



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Time to Cook

Table for Cold Pack Method

In last week's issue The Country Cook gave, under the heading "Can all you Can," full instructions for canning fruits and vegetables. The following table gives the time of cooking in minutes for the blanch or scald method and for the hot water bath outfit:—

	Time of Cooking (Minutes)	
	Blanch or Scald	(Hot water Bath Outfit 212 F)
Apples	14	20
Apricots	1-2	16
Asparagus	15	120
Beans (Wax)	5-10	120
Beans (string)	5-10	120
Beans (lima)	5-10	150
Beets	5-12	90
Beet Tops	10-15	120
Blackberries		16
Blueberries		16
Brussels Sprouts	5-10	120
Carrots	5	90
Cabbage	5-10	120
Corn	5-10	240
Cauliflower	3	60
Cherries		16
Currants		16
Dewberries		16
Dandelion Greens	10-15	120
Eggplant	3	60
Figs	1-2	16
Fruit-Juices		15
Gooseberries	1-2	16
Grapes		16
Huckleberries		16
Kale	15	120
Mushrooms	5	90
Mustard Greens	15	120
Milkweed	15	120
Okra	5-10	120
Peppers, (green or ripe)	5-10	120
Parasips	5-10	90
Peas	5-10	180
Parsley	15	120
Peaches	1-2	16
Plums		16
Pears	14	20
Pineapples	5	35
Pumpkin	3	120
Quinces	14	20
Raspberries		16
Rhubarb	14	20
Sauerkraut	3	120
Squash	3-5	120
Salsify	5	90
Sweet Potatoes	5	90
Spinach	15	120
Swiss Chard	15	120
Strawberries		16
Succotash	5-10	120
Tomatoes	14	22
Turnips	5	90

These figures are for quart jars. When using pint or one-half pint jars deduct three or four minutes from the time of cooking given above. When cooking in two-quart jars, add three or four minutes to the time. For altitudes of 4000 feet or more above sea level, add 20 to 25 per cent. more time to this schedule. Individual judgment should be used, however, to increase or reduce the time, based on whether the fruit or berries are unusually hard or soft.

With delicately flavored greens and green vegetables, the blanching is accomplished most satisfactory in steam; by blanching in any other way, you will lose the iron which makes green vegetables so valuable. Either a steam cooker or a colander placed over boiling water may be used for this process.



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