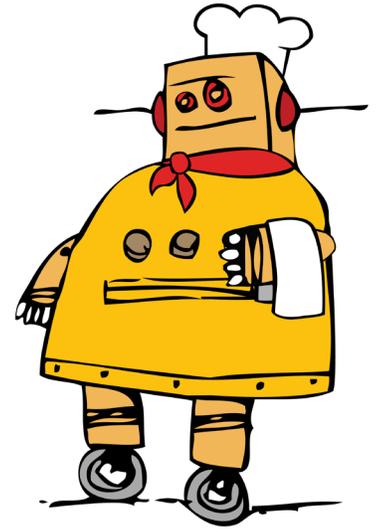


# Boiling Water Bath Canning Step-By-Step List

"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients." - Julia Child



1. Fill your canning pot with water, put it on the stove and set it to boil.  
It can take up to a ½ hour for that much water to heat up, so that's why I've made this the first step.
2. Add a round rack to the pot.
3. Wash the jars you'll be using well and submerge them in the canning pot water.
4. If the recipe you're using calls for **less than 10 minutes** of processing time in the boiling water bath, you **need to sterilize the jars**. This is done by leaving the jars in the water once it's come to a full boil for at least 10 minutes. Once the 10 minutes are up, you can remove the jars and fill them with the recipe's food. I'll go over sterilizing the jars in more detail at the end of this list.
5. Lay one kitchen towel next to the stove to place the hot filled jars on when they come out of the pot. Place another towel in an out-of-the-way spot where the jars can remain undisturbed for 12 hours post canning.
6. Set out all your tools:
  - shallow heat-proof bowl with the sealer lids spread out (unstacked) in it
  - lid lifter
  - jar lifter
  - lid rings
  - slotted or un-slotted spoon
  - ladle (if necessary)
  - wide mouth funnel
  - chopstick or steak knife (for removing air bubbles from the inside wall of the jars before lidding)
  - paper towels to wipe the jar rims before lidding
7. Follow the recipe to create the food filling.
8. Once the filling is ready, use the jar lifter to remove the jars from the hot or boiling water of the canning pot, emptying them before placing them on the kitchen towel you set out. Pour enough water from the last jar onto the lids in the shallow bowl to soften the sealing compound. (DO NOT BOIL THE LIDS!) Pour the rest of the water back into the canning pot and set the jar on the towel. NOTE: You should never boil the sealer lids. This could damage the sealing compound. Adding just boiled or simmered water is fine though.

9. Place the canning funnel in the first jar and use the spoon or ladle to transfer the food into the jar. Keep the spoon as low as possible so that you don't introduce unnecessary air bubbles into the food. If you're adding whole fruit, pack it in tightly and leave 3/4" headspace. When adding the liquid that follows, fill it so that there is 1/2" headspace. (Headspace is from the top of the food to the rim of the jar.) If you're adding a preserve, jelly, or jam, leave 1/4" headspace.
10. Run the chopstick or plastic knife around the inside of each jar to remove any large air bubbles. (Small ones are ok.)
11. Use a damp paper towel to wipe the rims of the jars.
12. Using the jar lifter, remove a sealer lid and place it on the jar so that it's centered and the sealing compound lines up with the rim.
13. Add and gently hand-tighten the lid ring. Don't tighten it too much, as air needs to be able to escape the jar during processing in order to create the vacuum seal.
14. Repeat for the remaining jars.
15. Use the jar lifter to carefully place the jars into the canning pot so that they aren't touching each other or the sides of the pot. You want the water to cover the jars by 1-2 inches. If the pot has so much water that it's in danger of overflowing, remove some of the water. The 1-2 inches of water above the jars is necessary, but more than that isn't, as it would just have the potential to bubble over as it processes.
16. Set your timer to the processing time suggested in the recipe (plus any additional minutes necessary if you live at an altitude above sea level. See the chart in the next step for how to calculate this.). Once the water returns to a boil, hit start.
17. Once the jars have processed for the correct amount of time according to the recipe, use the jar lifter to carefully remove the jars, keeping them level, and set them on the 'out of the way' towel.
18. After one hour, it's important to check to see if the lids sealed properly. There are two ways of doing this:
  - Press down on the center of the lid with one finger. If there's no give in the lid, it is sealed. If it pops down and then back up again, it hasn't sealed.
  - OR remove one of the lid rings and using the tips of your thumb and fingers, grab hold of the edges of the sealing lid and try to lift the jar a few inches off the table. If the lid is sealed properly, the jar will easily lift up by the lid. If it isn't, just the lid will lift off.
- \*Test each jar using either technique. Any jars that didn't seal properly must go immediately into the fridge and be eaten within 3-4 days.
19. Let the jars set for 12 hours on their towel before moving them to the cupboard or pantry.
20. Eat them within 1 year.