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# PRESSURE COOKER METHOD

*of*

## H O M E CANNING



## FOREWORD

The Pressure Cooker Method of Home Canning has become a universal favorite with thousands of home-makers, while still other thousands are clamoring for more information relative to this method of processing, hence this booklet outlining briefly and concisely the salient features pertaining thereto.

1. Is Pressure Cooker Canning recommended for the home?

U. S. Department of Agriculture Bureau of Home Economics, Bacteriologists, Directors of Home Economics and Home Demonstration Agents have generally accepted this method of canning and unite in recommending that all home canning of non-acid products should be done in pressure cookers.

2. Why is the above recommendation made?

The boiling temperature of water is 212 degrees Fahrenheit at sea level, but drops one degree for each increase of 500 feet in altitude, hence at an altitude of 7,000 feet the boiling point would be 212 less 14 degrees or 198 degrees. It is easy to see that such a temperature would be wholly inadequate for the proper processing of non-acid vegetables and meats which require a short period of processing at 240-250 degrees or a much longer period at boiling temperature. (See time table, page 6.)

3. Is a Pressure Cooker affected by altitude?

No. A canning temperature of 240-250 degrees, which is conceded to be high enough to kill the most heat-resisting bacteria, can be maintained in a Pressure Cooker AT ANY ALTITUDE. However, the reading of the pressure gauge is slightly affected by altitude and the pressure reading should be increased 1 pound for each additional 2,000 feet elevation above 2,000 feet.

4. What is the relation between POUNDS OF STEAM PRESSURE and DEGREES OF TEMPERATURE (FAHRENHEIT) within the cooker and what number of pounds are required for processing various foods?

5 pounds pressure corresponds to 228 degrees (for Fruits).

10 pounds pressure corresponds to 240 degrees (for Vegetables, Meats, Soups).

15 pounds pressure corresponds to 250 degrees (for Vegetables, Meats, Soups).

(See time table on page 6.)

5. What containers are best adapted for pressure cooker canning?

KERR Fruit Jars and Caps are the ideal containers for this purpose for many reasons:

- (a) KERR Caps are the only ones which may be firmly tightened BEFORE the jar is placed in the cooker. There need be no fear on the part of the homemaker that she is placing a sealed jar in the cooker since KERR Caps, due to their flexibility, allow for exhaustion of air during processing.
- (b) KERR Jars and Caps have been used with extraordinary success in pressure cooker canning from the time pressure cookers were first invented some 25 years ago.
- (c) KERR Jars and Caps are 100% sanitary.
- (d) Require no rubber rings.
- (e) Gold-lacquered KERR Caps are not affected by vinegar or food acids.
- (f) Flexibility of KERR metal Caps and Lids makes the vacuum seal absolute—in other words the cap adjusts itself to the top of the jar—when contents of jar are hot the air is expanded; when cooling it contracts, the sealing composition preventing air from entering seals your jar air-tight.
- (g) Laboratory tests made over a long period of years positively prove that KERR Caps and Lids with the natural grey sealing composition flowed in, are in no way affected by temperature far in excess of any required in home canning.
- (h) KERR Caps are gold-lacquered (the lacquer being baked on them just as on those gold-lacquered caps so widely used by commercial packers). The Caps are as clean and pure as the glass itself.
- (i) KERR Caps are the only ones that can be instantly tested for seal. This is a feature no other types of caps on the market have. (See Test for Seal, Step No. 20 under Directions.)
- (j) When using KERR Jars and Caps you have—
  - No porcelain liners with their unsanitary crevices for germs to multiply.
  - No glass lids to break while processing, or wire bails to get out of order.
  - No tin to rust, to swell and discard.
  - No rubber rings to struggle with.
  - No burnt fingers.
  - No aluminum screwbands to bend and renew each year.
  - No corroded zinc caps to fool with.

### Steps in Canning in the Pressure Cooker:

- 1. Examine top of jars to see that there are no nicks, cracks, sharp edges, etc.
- 2. Wash jars in warm water, then boil for at least 15 minutes.
- 3. Select fresh, firm (not overripe) products. Grade according to size and ripeness.

- 4. Prepare according to recipe.
- 5. Pack in sterilized jars.
- 6. Add liquid to within ½ inch from top. When using syrup, 1 ½ inches from top of jar.
- 7. Wipe top of jar free from all seeds, pulp, etc.
- 8. Place sterilized lid on jar, with sealing composition next to glass, and screw the band firmly tight. When using the Economy Jar, place sterilized Economy cap on jar and put on clamp. If clamp is too loose, bend sufficiently to hold cap firmly on jar.
- 9. Place the rack on the bottom of the cooker.
- 10. Add enough water to bring up to level of rack (about 2 cups).
- 11. Place the filled jars in the cooker. Prepare only enough jars at one time to fill your cooker.
- 12. Place the cover in position, being sure that the marker on the cover is directly over the marker on the cooker.
- 13. Tighten cover so as to have equal pressure all around. (See directions with your particular cooker.)
- 14. Place cooker on stove and leave the petcock open until a jet of steam has been spurting from the petcock for 7 to 10 minutes (according to size of cooker). Then close the petcock and watch pressure gauge.
- 15. Start counting processing time from the minute the required amount of pressure is indicated on the gauge. Reduce the flame or move the cooker to a cooler part of the stove as required to keep the pressure uniform throughout the processing period.  
(Note: Do not allow pressure to fluctuate, as pressure changes will draw liquid out of the jars, and will prevent accurate computation of processing time.)
- 16. Process for required length of time according to pressure cooker time table. (See back page.)
- 17. Remove the cooker from the stove as soon as the processing time is up.
- 18. Do not open petcock or attempt to remove cover until indicator on steam pressure gauge returns to zero.
- 19. Remove jars from cooker. Set on surface on which several thicknesses of cloth have been laid. Do not turn KERR Jars upside down while cooling and sealing, and do not screw bands down after jars are cold and sealed.
- 20. When jars are cold tap the Lids with a Spoon. A clear ringing note with the Lid curved slightly inward denotes a perfect seal.
- 21. After use, the cooker should be thoroughly washed and dried, but do not immerse the cover in water, as water will get into the steam pressure gauge. (Follow directions that come with your cooker for cleaning cover.)

# Kerr

## FRUIT JARS AND CAPS

For All Methods of Canning

KERR MASON  
(ROUND)



FOUR SIZES:  
HALF PINT  
PINT  
QUART  
HALF GALLON



**Kerr**  
Mason Caps  
Mason Lids  
Wide Mouth Mason Caps  
Wide Mouth Mason Lids  
Economy Caps  
Economy Clamps

KERR MASON  
(SQUARE)



FOUR SIZES:  
HALF PINT  
PINT  
QUART  
HALF GALLON

## JARS AND JELLY GLASSES ARE MADE OF CLEAR CRYSTAL FLINT GLASS

Kerr Caps and Lids are gold-lacquered and are not affected by vinegar or food acids. No rubber rings required.

### To Assist You in Your Canning

Kerr Home Canning Book. 10 cents.  
Food Fashions of the Hour. (Menu Book.) 10 cents.  
Modern Methods of Home Canning. Free.  
Steps in Home Canning. Free.  
Budget Your Daily Food. Free.  
Save by Canning at Home. Meat, Poultry, Game and Fish. Free.  
Canning Questions and Answers. Free.  
His Majesty, The Baby. Free.  
Kerr Principle of Sealing. Free.

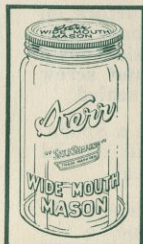
Research and Educational Department

## KERR GLASS MANUFACTURING CORP.

FACTORIES  
Sand Springs, Okla.  
Huntington, W. Va.

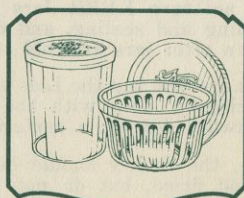
OFFICES AND RESEARCH KITCHENS  
Sand Springs, Okla., Los Angeles, Calif.  
Huntington, W. Va.

KERR WIDE MOUTH  
MASON



THREE SIZES:  
PINT  
QUART  
HALF GALLON

KERR JELLY GLASSES



TALL AND SQUAT STYLES IN  
TWO SIZES: ONE-THIRD PINT  
AND ONE-HALF PINT

KERR  
ECONOMY



THREE SIZES:  
PINT  
QUART  
HALF GALLON

## TIME TABLE

(Time in Minutes)

### FRUITS

	STEAM PRESSURE 5 LBS.
Apples .....	10-15
Apricots .....	10-15
Berries .....	10-15
Cherries, Currants .....	10-15
Figs .....	10-15
Grapes .....	10-15
Peaches .....	10-15
Pears .....	10-15
Pineapple .....	15-20
Plums .....	10-15
Quinces .....	10-15
Rhubarb .....	5
Tomatoes .....	10

### VEGETABLES

	STEAM PRESSURE 10-15 LBS.
Artichokes .....	40
Asparagus .....	40
Beans, String, Wax .....	40
Beans, Lima .....	40
Beets .....	40
Brussels Sprouts .....	40
Cabbage .....	40
Carrots .....	40
Cauliflower .....	40
Corn .....	60
Eggplant .....	40
Greens .....	60
Hominy .....	40
Mushrooms .....	60
Okra .....	40
Onions .....	40
Parsnips .....	40
Peas .....	60
Peppers .....	40
Pumpkin or Squash .....	40
Sweet Potatoes .....	60
Tomatoes.....(See under Fruits)	
Turnips, Rutabagas.....	40

### SOUPS

Asparagus .....	40
Clam Chowder .....	90
Fish Chowder .....	90
Pea Soup .....	60
Soup Stock .....	45
Tomato Pulp or Puree .....	
.....(See Tomatoes under Fruits)	

### MEATS

Meats—all kinds.....	60
Fish—all kinds .....	90

NOTE—All vegetables and meats canned at home should be boiled 10 or 15 minutes before tasting.

MEATS—Meats packed raw do not require the addition of liquid.

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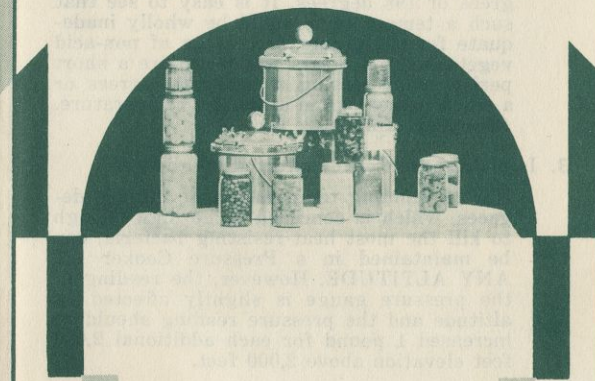
## PRESSURE COOKER

### METHOD

### of

## H O M E

## CANNING



# TIME TABLE

(Time in Minutes)

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STEAM  
PRESSURE  
5 LBS.

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Apricots .....	10-15
Berries .....	10-15
Cherries, Currants .....	10-15
Figs .....	10-15
Grapes .....	10-15
Peaches .....	10-15
Pears .....	10-15
Pineapple .....	15-20
Plums .....	10-15
Quinces .....	10-15
Rhubarb .....	5
Tomatoes .....	10

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STEAM  
PRESSURE  
10-15 LBS.

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Greens .....	60
Hominy .....	40
Mushrooms .....	60
Okra .....	40
Onions .....	40
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Peppers .....	40
Pumpkin or Squash .....	40
Sweet Potatoes .....	60
Tomatoes.....	(See under Fruits)
Turnips, Rutabagas.....	40

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