

Home Food Preservation

Atmospheric Steam Canner

Carol Larvick

*Extension Educator
Nebraska Extension*

UNIVERSITY OF
Nebraska
Lincoln®

Steam Canners

➔ **University of Wisconsin-Madison
conducted research** (published in 2015)



ONLY for foods that are
ACIDIC (peaches, pears, and apples)
or
ACIDIFIED (salsa and pickles)



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Criteria

Steam Canning

- Food must be high in ACID or ACIDIFIED
- Use an up-to-date research-tested recipe. Do NOT rely on the book with the canner.
- Recipe must be adjusted for altitude.
- Use ½ pint, pint or quart jars.
- Jars must be heated prior to filling and filled with hot liquid (either raw or hot pack).
- Process time (with altitude adjustment) must be 45 minutes or less.



Jars must be processed in pure steam at 210°-212°F

- Air must be vented out and the pure steam is at boiling water temperature before timing starts.
- Research was done using a dome style steam canner.
- Canner can NOT be opened during processing.
- Needs the 5 minute cool down after time is completed and slow cooling with ambient air.



Follow these steps for successful steam canning

1. Fill the bottom pot with the recommended amount of water, normally just about the top of the jar rack.
2. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods.
3. Heat clean jars in the canner or some other way (dishwasher, clean sink with hot water, or saucepan of hot water).
4. While the water is heating, prepare the food using an up-to-date, research-tested recipe.



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5. Fill warm/hot jars with food, leaving the correct headspace. Wipe jar rim, to assure no food is on the rim. Place canning lid on jar rim and screw band in place until finger tight (do not over tighten).
6. Place filled jars on the canner rack above hot/preheated water.
7. Place the lid on the canner and heat, on high, until steam is visibly coming out of the canner vent. A full 6-8" column of steam will flow out of the vent hole in the canner.





Follow these steps for successful steam canning



8. Once the canner continuously produces a full column of steam, start timing. Adjust heat, as needed to ensure steam is exiting through the canner vent(s) during the entire process time.
9. Regulate heat so that the canner maintains a temperature of 210-212°F.
10. When processing food, the canner should not be opened to add water.
11. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.

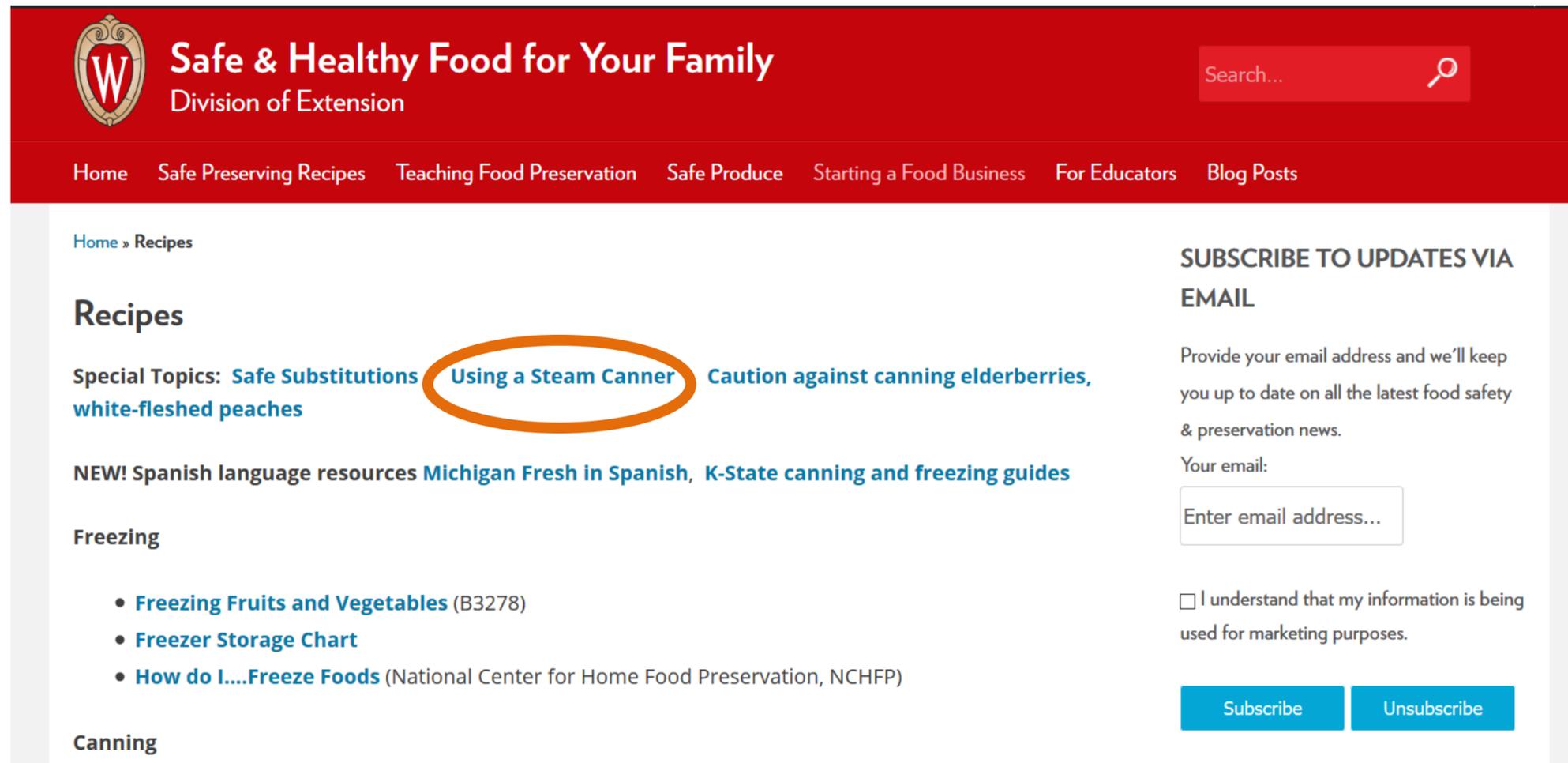


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12. When jars have processed for the recommended time, turn off the heat and remove the canner lid. Wait five minutes before removing jars.
13. Using a jar lifter, remove the jars one at a time, being careful not to tilt the jars.
14. Cool jars in still, ambient air. Jars should be cooled on a rack or towel away from drafts.
15. Allow jars to sit undisturbed while they cool 12 to 24 hours. Do NOT tighten lid ring bands or push down on the center of the flat metal lid.

Information on Steam Canning

University of Wisconsin-Madison



The screenshot shows the top navigation bar of the University of Wisconsin-Madison Extension website. The header is red with the University of Wisconsin logo and the text "Safe & Healthy Food for Your Family" and "Division of Extension". A search bar is located on the right. Below the header is a navigation menu with links: Home, Safe Preserving Recipes, Teaching Food Preservation, Safe Produce, Starting a Food Business, For Educators, and Blog Posts. The main content area is titled "Recipes" and features a list of special topics: "Safe Substitutions", "Using a Steam Canner" (circled in orange), and "Caution against canning elderberries, white-fleshed peaches". Below this, there are links for "NEW! Spanish language resources Michigan Fresh in Spanish, K-State canning and freezing guides". The "Freezing" section lists "Freezing Fruits and Vegetables (B3278)", "Freezer Storage Chart", and "How do I...Freeze Foods (National Center for Home Food Preservation, NCHFP)". The "Canning" section is partially visible. On the right side of the page, there is a "SUBSCRIBE TO UPDATES VIA EMAIL" section with a text input field and a "Subscribe" button.

<https://fyi.extension.wisc.edu/safefood/recipes/>





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Carol Larvick
Extension Educator
Nebraska Extension

clarvick1@unl.edu



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Home Food Preservation Virtual Learning Series

Wednesdays @ 6:30p.m.CST
FREE/ VIA ZOOM

**Join Nebraska Extension
Learn & Ask Questions:**

August 5 - Food Preservation 101 - Overview
August 19 - Boiling Water Canning/
Steam Canning/Pressure Canning
September 2 - Freezing/Dehydrating

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Register At:

<https://go.unl.edu/homefoodpreservation>