



Preserve it Fresh, Preserve it Safe

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Canned Tomato Paste

Yield: About 8 or 9 half-pint jars

- 14 pounds Roma or paste-type tomatoes
- 1 teaspoon citric acid
- 2 bay leaves
- 1 teaspoon canning or pickling salt
- 1 clove garlic (optional)

NOTE: Only the basic steps are listed. The detailed recipe is available from: http://nchfp.uga.edu/how/can_03/tomato_paste2.html

1. Wash and rinse half-pint canning jars.
2. Rinse tomatoes and remove cores; do not peel. Chop tomatoes into ½- to ¾-inch pieces. Place in stockpot; cover and bring tomatoes to a boil. Reduce heat and simmer for about 1 hour until volume is reduced by half. Stir frequently to prevent sticking and burning.
3. Press cooked tomatoes through a fine sieve.
4. Return sieved tomatoes to stockpot. Stir in citric acid thoroughly, and other listed ingredients. Continue cooking slowly on medium heat, uncovered, until volume is reduced again by half, about 2 ½ hours.
5. Fill hot paste into clean, hot half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars. Apply and adjust prepared canning lids.
6. Process in a boiling water canner for 45 minutes at altitudes less than 1,000 feet, 50 minutes at 1,001 to 3,000 feet and 55 minutes from 3,001 to 6,000 feet. Let cool, undisturbed, 12 to 24 hours and check for seals.

Developed at The University of Georgia, Athens. Released by Elizabeth L. Andress, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. May 2015.

Enjoying Tomatoes Year Round

For many people, summer is not summer without enjoying fresh tomatoes and other produce. This bounty of summer can also be (safely!) enjoyed year round by using good home food preservation practices. Tomatoes can be canned, frozen and even dried at home.

Many tomato varieties on the market today are sweeter and less acidic than in the past. However, acidity helps preserve foods. To ensure the safety of whole, crushed or juiced canned tomatoes, regardless of the variety, always add:

Quart Jars: 2 tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid per jar

Pint Jars: 1 tablespoon of bottled lemon juice or 1/4 teaspoon of citric acid per jar

Acid can be added directly to the jars before filling with product. Sugar may be added to offset any acid taste. There are many scientifically tested recipes for canning tomato products, including ketchup, spaghetti sauce and salsa, as well as whole, crushed or juiced tomatoes. Improperly preserved foods can cause the dangerous illness, botulism. Adding acid, using research-tested recipes and following instructions for processing procedures and times help keep you and your family safe, because these techniques fight the bacteria responsible for botulinum toxin.



Freezing tomatoes is a quick and easy way to enjoy them year-round. Tomatoes can be frozen raw, as juice or stewed. All tomatoes should be washed first. Some headspace should be left in the container before sealing and freezing. (continues on page 2)

NEW! Guidelines for Safely Preserving Food in an Atmospheric Steam Canner at Home

An atmospheric steam canner may be used for home canning of naturally acid foods such as peaches, pears and apples, or acidified-foods such as salsa or pickles, **but the following requirements must be met to ensure safety**, according to University of Wisconsin-Madison research:

- Foods must be acidic (pH < 4.6; foods that you would normally can in a boiling water bath). Both boiling water canners and atmospheric steam canners can safely preserve acidic foods.
- Do not rely on the booklet accompanying atmospheric steam canners to provide safe canning instructions.
- Be sure to make only research-tested recipes that were developed for a boiling water canners and atmospheric steam canners. One of many sources for approved recipes is the National Center for Home Food Processing and Preservation nchfp.uga.edu.
- Jars must be heated prior to filling, and filled with hot liquid (raw or hot pack). An atmospheric steam canner can be used with recipes approved for half-pint, pint, or quart jars. Standard canning jars with 2-piece metal lids must be used.
- Jars must be heated in pure steam at 212 degrees F. The canner must be vented before starting the processing time until a full column of steam appears. A full column of steam (6-8 inches) should be observed venting from the hole(s) in the side of the canner during the entire timed process. Ideally, temperature should be monitored with a thermometer placed in the vent port, but the placement of jars in the canner may make this difficult. Some appliances come with a built-in temperature sensor in the dome lid and these appear to be accurate.
- Processing time must be modified for elevation as required by a tested recipe. Elevation for any address can be checked here: <http://www.daftlogic.com/sandbox-google-maps-find-altitude.htm>
- Processing time must be limited to 45 minutes or less, including any modification for elevation. The processing time is limited by the amount of water in the canner base. Never open the canner to add water. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food may be under-processed and unsafe.



Enjoying Tomatoes Year Around Continued

This allows room for the product to expand when freezing. To freeze raw tomatoes, core and peel them. Then freeze them whole or in pieces in properly sealed containers. For juice, cut tomatoes into quarters or eighths and simmer 5 to 10 minutes. Press through a sieve. Pour into containers, seal and freeze. For stewed tomatoes, remove stem ends, peel and quarter ripe tomatoes. Cover and cook until tender (10 to 20 minutes). Place pan containing tomatoes in cold water to cool. Pack into containers, seal and freeze.

Source:

“So Easy to Preserve”, 6th ed. 2014. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens.

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- Jars must cool in still, room temperature air. Cooling is important for safety. Jars should be cooled on a rack or towel away from drafts. Jars must not be cooled by dunking in water or any other means of force-cooling.

Source: Permission to use this information was granted from Barbara Ingham, Professor, Food Science Extension Specialist, and University of Wisconsin-Madison

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