



Tomatoes in Jars

Introduction

Preserving tomatoes in jars is a delightful way to enjoy the taste of summer all year round. This recipe will guide you through the process of canning tomatoes, capturing their juicy flavor and vibrant color. Perfect for adding to soups, sauces, or even enjoying on their own, this method of preservation is both simple and satisfying.

Detailed Ingredients with measures

Tomatoes - 2 kg
Salt - 2 tablespoons
Sugar - 1 tablespoon
Black peppercorns - 1 teaspoon
Dried basil or oregano - 1 teaspoon (optional)
Garlic cloves - 2, peeled and crushed
Water - sufficient to fill jars

Prep Time

Preparation time for this recipe is approximately 30 minutes. This involves washing, cutting, and preparing the tomatoes and other ingredients.

Cook Time, Total Time, Yield

Cook time is around 30 minutes, while the total time, including preparation and processing, is about 1 hour. This recipe yields approximately 4 to 5 jars of preserved tomatoes, depending on the size of the jars used. Enjoy the fruits of

your labor with this versatile ingredient ready for your favorite dishes!



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Detailed Directions and Instructions

Step 1: Preparing the Tomatoes

Start by selecting ripe tomatoes. Wash them thoroughly under cold running water. Remove any stems and blemishes from the tomatoes.

Step 2: Sterilizing the Jars

Prepare the glass jars by washing them in hot soapy water. Rinse them thoroughly and then place them in a preheated oven at 120°C (248°F) for about 15 minutes to sterilize.

Step 3: Boiling Water

In a large pot, bring water to a rolling boil. This will be used for blanching the tomatoes.

Step 4: Blanching the Tomatoes

Carefully place the washed tomatoes into the boiling water for about 1-2 minutes, or until the skin starts to peel. This process will make it easier to remove the skins.

Step 5: Peeling the Tomatoes

After blanching, transfer the tomatoes to an ice bath to cool them down quickly. Once cooled, peel the skins off the tomatoes and cut them into halves or quarters depending on preference.

Step 6: Filling the Jars

Pack the peeled and cut tomatoes into the sterilized jars, leaving some space at the top to allow for boiling water to be added.

Step 7: Adding Water

Pour boiling water over the packed tomatoes in the jars, ensuring they are completely submerged.

Step 8: Sealing the Jars

Cap the jars with sterilized lids, ensuring they are tightened securely.

Step 9: Processing the Jars

Place the jars in a large pot filled with boiling water. Make sure the jars are covered by at least 2-3 cm (1 inch) of water. Boil for about 15-20 minutes.

Step 10: Cooling the Jars

After the processing time, carefully remove the jars from the boiling water and allow them to cool completely on a clean towel or drying rack.

Step 11: Checking the Seals

Once cooled, check the seals on the jars. The lid should be indented and not pop up when pressed.

Notes

Storage Conditions

Store the sealed jars in a cool, dark place. Properly sealed jars can last for several months.

Use of Different Tomato Varieties

Different tomato varieties can be used depending on preference. Choose

tomatoes that are suitable for canning to achieve the best results.

pH Level

Consider adding a small amount of citric acid or lemon juice to ensure the acidity level is appropriate for safe canning.

Flavoring Options

You may add herbs, garlic, or spices to the jars for additional flavor before sealing.

Refrigeration of Opened Jars

Once opened, store any unused tomatoes in the refrigerator and consume within a week.



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Cook techniques

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