



Food
Preservation
for Youth

Method 3: Pickling (Adv.)

Can My Dill Pickles

Ingredients:

for about 6 to 7 pint jars

- 9 lbs./~36 pickling cucumbers (~3-4 inches long)
- 3 cups water
- 3 cups vinegar (5% acidity)
- 6 tablespoons canning salt
- 10-11 heads of fresh dill
 - or 1½ teaspoons dried dill weed/dill seed
- 3 to 3½ tablespoons whole mustard seed
- 3 to 7 cloves of garlic (optional)
- Ingredients from 'Want to Experiment?' (optional)

Equipment:

- Gas or electric stovetop range with four burners
- Boiling water canner (or stockpot) with rack
- Wide-mouth pint canning jars
- Two-piece wide mouth metal canning lids and bands
- Jar funnel and lifter
- Headspace tool
- Bubble freer or narrow spatula
- Colander
- Paring knife
- Cutting board
- Liquid measuring cups
- Measuring spoons
- Large stockpot
- Medium saucepan
- Large spoon for stirring
- Ladle
- Spoon
- Permanent marker
- Towel or cake-cooling rack
- Paper towels
- Thermometer
- Timer (may be on oven)
- Kitchen scissors
(only if using fresh dill)



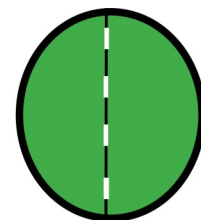
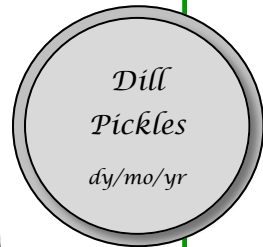
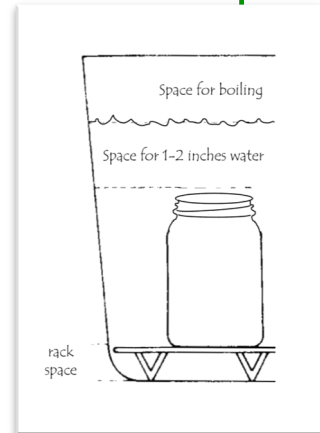
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- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ★ Place rack in boiling water canner. Fill half full with water. Turn burner to medium heat to bring to a near simmer (140°F).
- ___ Examine ring bands and pint jars for flaws.
- ★ Wash and rinse jars, then lower into canner.
- ___ Use a permanent marker to label lids.
- ___ Prepare lids as instructed by manufacturer.
- ★ Heat 3-4 cups water to simmer in a saucepan.
- ___ Rinse cucumbers in a colander, giving special attention to clean the area around the stems.
- ★ Remove a 1/8-inch slice off the blossom end of the cucumbers with a knife. If stem is still attached, cut off all but 1/4-inch. Carefully slice the cucumber lengthwise and then lengthwise again to create spears.
- ★ If using fresh dill, then chop leaves finely with scissors, separating into small piles of 1 1/2 heads per pile.
- ★ If using garlic, then peel and slice cloves into thin slices.
- ★ Make the pickling brine:
Combine 3 c. water, 3 c. vinegar, and 6 tbs. salt in a large stockpot. Bring to a boil over high heat.



Slice in half.



Slice in half again,
to make quarters.



Slice in half again,
to make spears.

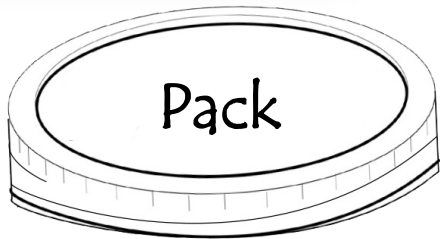
★ = **BE EXTRA CAREFUL!**



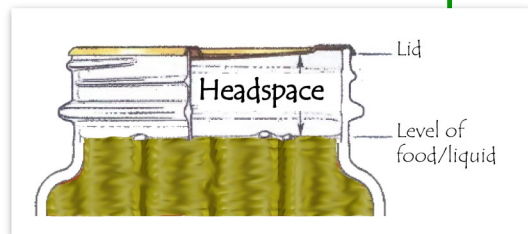
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- ★ Slowly lift jars from water, emptying water back into the canner. Place jars upright on a towel or rack.
- ___ Place $1\frac{1}{2}$ heads of chopped dill, or $1\frac{1}{2}$ tsp. dried dill weed or dill seed in the bottom of each jar. Add $\frac{1}{2}$ tsp. mustard seed to each jar, and add $\frac{1}{2}$ to 1 clove of sliced garlic to each jar if desired.
- ___ Pack cucumber spears tightly into the jars.
- ★ Rest funnel in jar opening and ladle boiling pickling solution into jars, leaving $\frac{1}{2}$ -inch headspace from the top of the liquid to the top of the jar rim.
- ___ Use bubble freer or spatula to release any air bubbles that are trapped. Be sure all spears are covered with liquid.
- ___ Measure to check that headspace is $\frac{1}{2}$ -inch. Add or remove spears or liquid with spoon, if needed.
- ___ Wipe jar rims with a clean, damp paper towel.
- ___ Apply lids. Turn bands onto jars until fingertip tight.
- ★ Use a thermometer to check temperature of water in canner. Adjust burner to measure 140°F , if necessary.



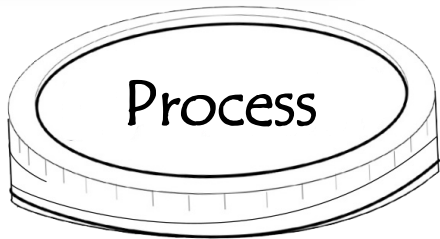
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- ★ Lift jars into canner, upright.
- ★ Add hot water if less than 1-2 inches above jars.
- ★ Place lid on canner and turn heat to high. Bring water to a strong boil before setting timer using the table to the right.
- ★ When timer sounds, turn off heat and remove the canner lid, directing the steam away from you. Wait 5 minutes for contents to settle in jars.
- ★ Remove jars one at a time with jar lifter, being careful not to tilt them. Place at least 1 inch apart on a towel or cooling rack.
- Let jars cool undisturbed for 12 to 24 hours.
- Once completely cooled, check for a vacuum seal on each jar. Remove ring bands from sealed jars and wipe jars. Store in a cool, dark, dry place. Store unsealed (and opened jars) in the refrigerator and eat within one week.

Altitude Adjustments and Processing Times for Dill Pickles in Pint Jars:

Altitude	Process Time
0-1,000 feet	10 minutes
1,001-6,000 feet	15 minutes
above 6,000 feet	20 minutes

For best flavor, store for 3 weeks before eating.

How to Check for a Vacuum Seal:



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