

THIS WEEK'S RECIPE

As seen on hdnews.net



Canning Tomatoes

Tomatoes, Whole or Halved
Lemon juice or citric acid
Sugar
Salt



The tomatoes are packed raw without added liquid.

- Wash the tomatoes. Dip them in boiling water for 30 to 60 seconds or until the skins split. Then dip them in cold water, slip off the skins, and remove the cores.
- Leave the tomatoes whole or halved.
- Add bottled lemon juice or citric acid to the jars.
- To ensure a safe acid level in whole, crushed, or juiced tomatoes, add 2 tablespoons of bottled lemon juice or 1/2teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon of bottled lemon juice or 1/4 tea-

spoon of citric acid. Acid can be added directly to the jars before filling the jars with product. Add sugar to offset acid taste, if desired. Four tablespoons of a 5-percent-acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes.

- Add 1 teaspoon of salt per quart to the jars, if desired.
- Salt is used for flavor only and can be omitted, if desired.
- Fill the jars with raw tomatoes, leaving 1/2-inch headspace. Press the tomatoes into the jars until spaces between them fill with juice. Leave 1/2-inch head- space. Adjust the lids and process whole or halved raw tomatoes packed without added liquid pints or quarts 90 minutes (at 2000 ft altitude).

Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Tomatoes.....	Produce
Lemon Juice	5
Sugar	5
Salt	11



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