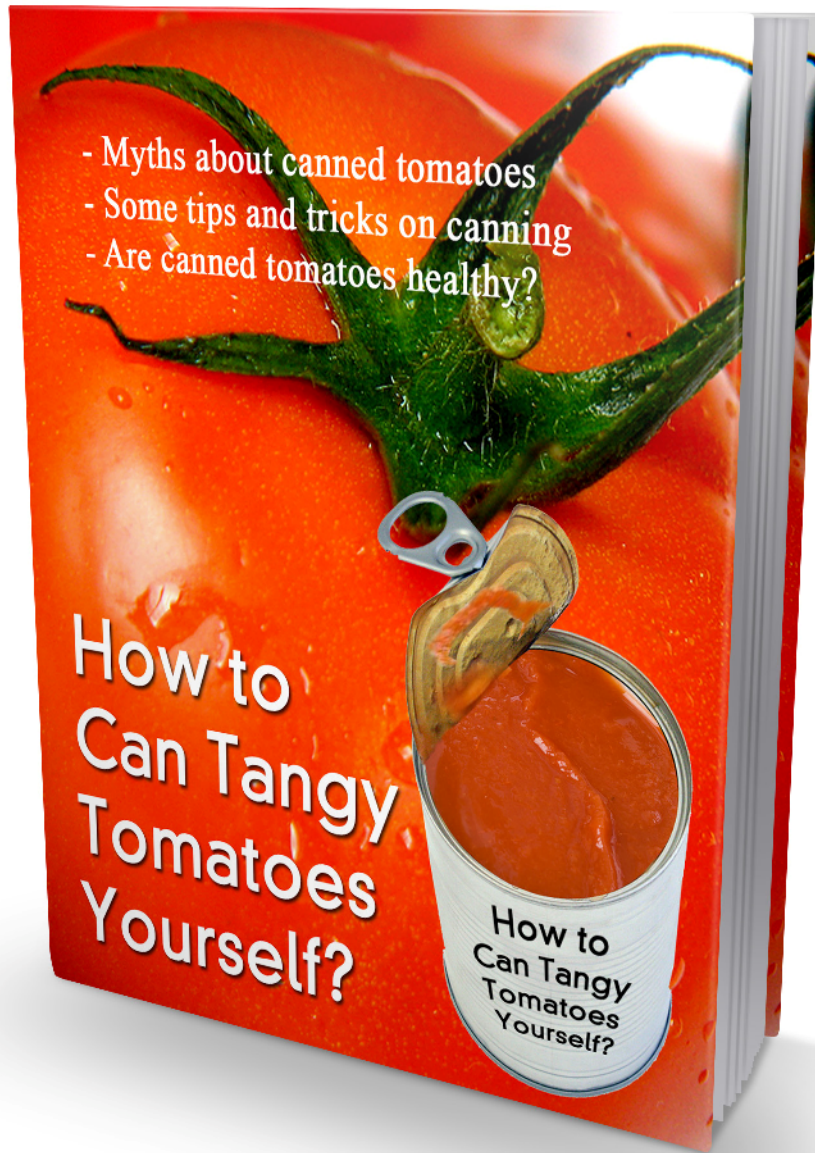


- Myths about canned tomatoes
- Some tips and tricks on canning
- Are canned tomatoes healthy?

# How to Can Tangy Tomatoes Yourself?

How to  
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# **How to Can Tangy Tomatoes Yourself?**

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## **Chapter 1 - Why should you consider the idea of canning tomatoes?**

Tomatoes are one of those ingredients that are very essential for a lot of food preparations. There are so many delicious concoctions that would be empty without it. There are so many delicious sauces and salsas that can be made with the help of tomatoes. There are some parts of the world where tomatoes are available all the year long. But in most parts of the world, the best and the most luscious tomatoes are found only across a few months.

Canned tomatoes are a great idea in those places. Canning of tomatoes is a great option. Canning is a process that is done with many methods. Some are traditional methods and some methods are modern and advanced. There are these complex processes that can be used to can the tomatoes and preserve them for a longer time. There are many forms in which the tomatoes can be preserved. The tomatoes can be preserved in the form of chopped, sauce, puree and salsa. These are the many ways in which the sauces can be canned and can be retrieved later for then use in many foods.

Canned tomatoes are a great option for the people who don't quite relate to the idea of peeling and chopping tomatoes whenever there is the question of making any delicacy. This is where comes in the question of using canned tomatoes in place of fresh ones. The selection of the tomatoes for the process of canning is a very important step. The tomatoes should be round and juicy and full of natural goodness. This shall result in a good form of canned tomatoes. The tomatoes should be

canned homogenously. The canning should be done with the correct procedure so that there is the paste or the puree so prepared which is even and well spread. The canning of tomatoes can be done with the traditional process of hot water bath method. It is an age old method that is a great way to keep the tomatoes fresh for a longer time. It is a good idea to can the tomatoes as it is a way in which they can be preserved for a longer time. So all one needs to do is pick up the best of the tomatoes for the process of canning and they can be preserved for a longer period of time for the use in the future

## **Chapter 2 - In what ways are canned tomatoes helpful?**

Canning is a great process with which the tomatoes are preserved in a way so that they stay fresh for a longer period of time. Canning is a good idea for preserving the tomatoes where there is shortage of tomatoes. Canning is also considered a good idea when there is the usage of tomatoes on a regular scale. Canned tomatoes are much better than the fresh ones.

The fresh tomatoes are ripe and when they become overly ripe, they become unfit for use. It is the canned tomatoes that can be used for a longer period of time. The canned tomatoes are best for the use in every way. This is one of the very good things about the canned tomatoes. They can be preserved in a number of ways. The canned tomatoes are in the form of chopped, salsa, puree and others. These are the best companions of the chef. They can be used in a number of ways. These tomatoes are much more cost effective. There is no sort of wastage in these tomatoes. One can use them right out of the box.

The canned tomatoes are very helpful when one is looking for cooking in greater quantities. They get you rid of the trouble of peeling and chopping the tomatoes. Another very good quality of these canned tomatoes is that they can save you from cancer! Yes! Did you know that the canned tomatoes have a greater amount of Lycopene element in it? This Lycopene element is responsible for the prevention of diseases like cancer that can lead to fatal consequences. It is a notable notion that this Lycopene element is released during the process of canning of the tomatoes. These tomatoes are healthy and efficient life savers. One can make so many different recipes with these tomatoes that there is no end to the possibilities.



They can be used as a base for pizzas; they can be used in the gravies and even curries. They can be used in soups as well. The soups and curries or any other delicacies so made with the help of these tomatoes that are canned are much healthier and tastier than the ones made from the fresh ones. One has a new arena of possibilities that are opened with the help of these canned tomatoes.

### **Chapter 3 - Is canning tomatoes a labor intensive job?**

Canning tomatoes are a tradition popular from last many decades or generations especially during freezing winters. The preserved tomatoes can be used to prepare fresh and delicious spaghetti sauce, chili, lasagna and other meals to enjoy the garden taste. As far as the procedure of canning tomatoes is concerned, you can take it as a very less labor intensive job because anyone can do this at home.

You just require some necessary equipments and ingredients in order to prepare delicious and long lasting canned tomatoes. The ingredients that are required includes tomatoes as per need, lemon juice, plain water or tomato juice, water bath canner and a pot which should be large enough. You require the equipments like quart or pint canning jars, lids, rings, jar grabber, lid lifter, jar funnel and large ladle and spoons. You need to select high quality tomatoes because you are going to preserve them for a long time period with an aim of future consumption. Do not select bruised, mushy or rotten grocery tomatoes whereas you will enjoy choosing them from any garden. Green tomatoes can also be used.

Cleanliness of tomatoes plays a very important role, so you must make sure the tomatoes as well as jars are carefully cleaned. Then put the cleaned tomatoes in the large pot filled with water and boil them for about 30 to 40 seconds. When they are properly boiled, just take them out and put them in ice water immediately to chill them. You must be surprised that why they need to be first put in boiling water and then instantly in ice water. This is to remove their peel easily and cut it in small parts. Remove core and seeds from inside to deplete until you have enough of them ready to be

packed and stored in jars. After placing those properly in storage containers push the tomatoes very tightly using a wooden spoon in order to remove all the gaps and air bubbles.

Once you are done with packaging and sealing of containers, this is the time to put them in a water bath to boil them for about 1 hour. Here you are finished with the whole process of canning tomatoes to put them for future use and enjoy delicious recipes and meals. This is not a labor intensive job thus you can carry out the process even at your homes and enjoy the great flavor of fresh tomatoes.

## **Chapter 4 - Are canned tomatoes healthy?**

Are canned tomatoes healthy? This is one question most of us ask ourselves when considering the use of these canned tomatoes in the food that we make. Canning of the tomatoes is a good idea. This is because the canned tomatoes are definitely a healthy alternative and are much better than the fresh ones. This may be a little tedious job; the outcome is so worth it.

The canning of tomatoes gives out the Lycopene pigment and this is the one that is responsible for the prevention of the cancer in humans. This is one of the main and the most important benefits of the canned tomatoes. They are much better than the fresh ones in the way that they avoid the trouble of the cutting and the shredding of the tomatoes. It is a way in which the tomatoes can be preserved in their natural form and then can be used according to the choices and the preferences. The taste of the food is greatly enhanced with the help of tomatoes.

The tomatoes canned are a very good option because there is the natural goodness of the tomatoes that is preserved in the pastes, sauces and purees. They are in crude and preserved form that is the way they are supposed to be, fresh and tasty and rich. It is not true that they have harmful elements in them. They are made of canned tomatoes which are better than the fresh ones as they are full of the goodness of the original ones. They are time and energy saving. They can be used anytime and in the exact amount that is required. They are much better form of canned tomatoes that can be used in the dishes as and when required. Canned tomatoes are very healthy and they are a healthier alternative than the fresh ones.

They can be used as and when required. It is a good way of keeping locked the natural elements of the tomatoes and using them as a healthy alternative. They can be used in a number of ways. The sauces are a perfect match with the pizzas and the curries and the gravies that are such a major attraction. So all one needs to keep in mind is that the canned tomatoes are a great value for money and they can be used as the healthier option!

## **Chapter 5 - Myths about canned tomatoes**

Tomatoes are an important part of healthy life and good nutrition and you must always use some fresh tomatoes. Canned tomatoes provide you an option to use them as and when required, you need not to go for frequent shopping or wander in the garden searching some ripe tomatoes. Everything is available in the kitchen itself, so no worries while preparing any kind of recipes using tomatoes. There are certain Myths regarding canned tomatoes which need to be clarified because few people doubt their nutritional value.

### **Myth- Canned Tomatoes Contain High Amount of Preservatives**

**Fact-** This is not necessary to use preservatives in all canned vegetables and fruits, especially tomatoes. As the process of canning tomatoes is very easy, you can prepare them at your home without using any preservatives. You just need to sterilize and clean the jars properly and their appropriate sealing is must. Cooking itself can preserve the canned tomatoes for a long time period without adding any preservatives.

### **Myth- Canned Tomatoes are not Sodium Free**

**Fact-** There is no need to use sodium in canned tomatoes thus they are absolutely low or have no sodium. Nowadays, manufacturers are also understanding the fact that high sodium is not good for health thus they prepare health friendly canned tomatoes.

**Myth- Canned Tomatoes are Soggy**

**Fact-** Canned tomatoes are cooked or boiled properly thus they can be preserved for a long time period without any preservatives and additives. The canned tomatoes thus need not be cooked for long because they are already cooked.

**Myth- Only Fresh Tomatoes are best**

**Fact-** Tomatoes contain essential nutrients contributing to a good and healthy diet. The out of season accessibility, enhanced shelf life, convenience and variety of canned tomatoes is a great way to keep the diet nutritious.

**Myth- Canned tomatoes are highly processed**

**Fact-** While processing the tomatoes preservatives are not required therefore they get processed easily. It provides fresh tomatoes which are nutrient rich and can be used in all types of recipes for preparing tempting and delicious meals.

Tomatoes are fully loaded with many health benefits, being a very versatile product. If you want to enjoy the taste of tomatoes every time, like if it is out of season, the best way is to prepare or buy canned tomatoes. This is a rich source of minerals and vitamins and helps to reduce the cholesterol thus protect your heart. You can enjoy improved vision, healthy skin, lower hypertension and other health benefits through tomatoes.

## Chapter 6 - Things that you would

### Require to can tomatoes

The first step towards canning tomatoes is to gather all the necessary canning equipment. Fundamental canning equipment is something that an average person can easily acquire. It is not an 'Oh my God' thing and definitely not something that will make you run from one store to another. The equipment required for canning tomatoes can be easily procured from the market.

Of all the things that you'll need for canning, fresh, ripe and round tomatoes is something that is primary or else what will you can? The choice of tomatoes can greatly affect the quality of sauce or crushed puree. So, you must be very careful while selecting tomatoes that you plan to can at home. Besides this, you'd either require a water bath canner or a pressure canner, which will obviously depend on the type of method you plan to employ. A water bath canner is a huge cooking pot that has a wooden rack and a lid that fits tightly. The wooden rack keeps the jars intact and prevents them from touching one another. To ensure optimum heating of the jars, it should be made sure that the canner's diameter is not more than 4 inches in width than the stove burner's diameter.

A pressure canner, on the other hand, is a special heavy pot equipped with a steam-tight lid. Every pressure canner has a different way of operating and as such, you must read the instructions carefully before using. The pressure canners that are available these days have much advanced in-built features.



Besides this, you will also require jar funnel, jar lifter, sharp knives, a clean cloth, cutting board, rubber spatula, lid wand, hot pads, hot/ raw packs and a timer.

It is very important to sterilize the canning equipment before putting it to use. Those who have a dishwasher at home should place all the required utensils in the dishwasher and hit the 'Sterilize' option. If, by chance, this option is not available, you must boil all the tools and utensils. The jars should be allowed to remain submerged in warm water for half an hour.

These days, comprehensive canning kits are also available in the market. Depending on the exact type of the canning method you choose to employ, you may get a canning kit for yourself. This will save you from the acute botheration of collecting different tools and supplies one by one. Tomato canning kits have actually made it easy for people to can tomatoes at home.

## **Chapter 7 - Step by step instructions to can tomatoes**

Having assumed that you have picked up the best tomatoes, the first step towards canning tomatoes is to clean them in a very nice way. The idea is to remove the slightest amounts of gritty dirt or blemishes, if any. Spoiled or overripe tomatoes should be discarded right away. After washing, remove the tomato stems and slice a 'Y' on the bottom side of every tomato with a utility knife. Once you are done with this, do as per the instructions that follow:

Step 1 - Take a saucepan and put water into it so that it reaches approximately half an inch from the top. Bring it to a boil and place the tomatoes in it for around 1 minute in order to loosen the tomato skin. After removing tomatoes from boiling hot water, put them directly into cold water to put the cooking process to a halt.

Step 2 - Peel the tomato skin but be careful so as not to destroy the tomato flesh.

Step 3 - The next step involves packing the jars depending on either hot packing or raw packing. In case you want to hot pack tomatoes, fill the jars till half an inch from top and heat them in boiling water till the thermometer reads 180 degrees. In case you want to cold pack tomatoes, pack them raw into jars. Add one teaspoon salt to quarts and half a teaspoon to pints. In case you are unsure as to which method to choose, hot packing is the best choice.

Step 4 - Now, you have to fill the jars but be careful that you leave optimum headspace because tomatoes may expand due to heat. Once it is done, wipe the top rim of the jar with a damp towel. If there is anything left

around the rim, the jar would not seal properly and hence you would not be successful in your attempt. So, it is very important to clean the jars after filling.

Step 5 - The jars are filled and now you have to process the tomatoes. It is upon you which processing method you want to employ out of hot water bath method and pressure canning method.

So, you see, it is very easy to can tomatoes at home. All you need to have is a bagful of ripe tomatoes, the canning equipment and a great deal of enthusiasm. So long as you have these three things with you, there's no stopping!

## Chapter 8 - What is pressure canning?

Primarily, there are two methods of canning tomatoes - Hot water bath method and pressure canning method. While hot water bath method is a more traditional way of canning fruits and vegetables, pressure canning is a relatively new development. It's not that pressure canning is still in its infancy; the method has been in use since decades now. It is just that hot water bath method was introduced before pressure canning method. It is believed that for low acid fruits and vegetables, pressure canning method is a comparatively safe approach towards canning. This is because low acid foods have a tendency to cause botulism food poisoning. It is only when you use a pressure canner to process vegetables at 240 degrees Fahrenheit that the spores of the bacteria, *Clostridium botulinum*, are completely destroyed. So, you see, pressure canning is a safe method as compared to hot water bath method.

To can tomatoes (sauce, juice, crushed or whole), canning lids, canning jars, pressure canner, bands and a pair of tongs will be required. Pressure canners that are available in the market these days are pretty light weight and are generally equipped with turn-on lids. These are actually very easy to use and first time users will not have any major hassles while operating it. One can easily find pressure canning kits in the market these days. These kits come with a well detailed instruction manual and it is very important to read it carefully before starting. If you are canning tomatoes at a height of nearly 1000 ft above sea level, it is all the more important to read the instructions carefully. The pressure and canning time varies according to height.

A pressure canner works like a pressure cooker in many ways. Both build up pressure inside them to can or cook foods. Roughly explained, pressure canning method involves putting filled jars in a pressure canner. Since the canner is rubber sealed from all sides, pressure is built up inside the canner. This causes the water and hence the food inside the jars to reach a very high temperature. As a result of this high temperature, the bacterium inside the jar gets killed automatically. There may be minor variations in the process depending on the type of pressure canner one is using.

It is very important to maintain the set pressure throughout the canning procedure. If the pressure drops down the recommended level, the heat should be increased and the procedure should be started all over again.

## **Chapter 9:- Some tips and tricks on canning**

Canning of the tomatoes is a great option especially in places where there is shortage of the fresh ones. Canned tomatoes are any day a better alternative than the fresh ones. Canning of the tomatoes can be done using any processes.

There are so many wonderful things that can be made from the canned tomatoes that one would be spoilt for choice. There is an array of possibilities of the recipes that can be made with the help of canned tomatoes. The tomatoes can be canned in a number of forms. The canned tomatoes can be in the form of paste, puree, sauced and they can be in the form of chopped tomatoes or salsa as well. These can be used in a number of ways. Canning is a process that can be done with the help of various methods such as pressure canning method or in the form of hot water bath method. There are other ways as well, but these are the ones that are most commonly used.

This is the reason the canning of the tomatoes is done in different ways in different parts of the world. The pressure canner method uses a pressure canner and is a scientific sort of method. The hot water bath method is a more traditional method which is widely used for the process of canning the tomatoes. The canning of the tomatoes should be done in glass jars most importantly. The canning is such a process that has the risks of the spoilage of the tomatoes. There may be the risk of chemical reactions of the citrus element of the tomatoes. For this reason the usage of glass jars is mandatory. The lid of the jars should be tightly shut so that the process is done well and so that no water enters the jar while the canning is under process. The storage of the canned tomatoes is also a very essential

area to be taken care of. The canning of the tomatoes is an important process and there is the need to take care of the canned tomatoes so that they have a longer shelf life.

So all one needs to do is keep them in a cool place away from excessive heat. The tomatoes can also be stored in a box of wood with stuffed hay around it. So keep these things in mind and make the most of the canned tomatoes.

## Chapter 10 - Preservation

The life of your canned tomatoes depends on how sincere you are so far as preparation, processing and preservation procedures are concerned. There are a couple of things which should be kept in mind if you wish to enhance the quality and life of your canned food. There are a lot of factors that go into limiting the shelf life of canned tomatoes. For instance, glass jars or cans that have metal lids get rusted often. If you touch it with wet hands or a wet spoon, the lid will get rusted. Sometimes, these metal cans even get corroded. This is because, at times, the chemicals present in the food react with the container or the lid, thereby causing corrosion to take place. This also causes a change in texture and taste.

Also, if the storage temperature exceeds beyond 100 degrees Fahrenheit, there are chances of food spoilage. As such, you must steer clear from canning foods at a temperature higher than 75 degrees Fahrenheit. Besides this, you must also be careful with the lids and the cans. Bulging or loose lids and dented or leaking cans may cause the canned foods to give off a very foul odor.

To prevent your canned tomatoes from spoiling, you must always store the cans in a place that is dry, cool and clean. The preservation temperature should ideally range from 50 to 70 degree Fahrenheit. Canned tomatoes should never be preserved at freezing temperatures. The preserved foods should be checked often so as to locate any fresh leakage or spoilage. A change of color or texture may point towards spoilage that has already happened or an imminent spoilage. If, for instance, your canned tomato sauce has become very dark in color, most likely it is no longer fit for intake.



If you can spot brimming air bubbles inside the jar, it means you have not sealed the jar properly. Sometimes, a layer of mold tends to develop on the top and around the edges. You should NEVER taste such a mold-covered tomato sauce to check for spoilage. The presence of mold is more than enough to prove its spoilage. Also, if you find that the contents of the jar spurt out on opening the jar, you should discard it immediately because there is every possibility that it has been infested with microorganisms.

If the canned food has undergone a proper processing time and is being preserved properly, chances of spoilage get reduced.

## Conclusion

The magic of tangy, tempting and luscious canned tomatoes is indescribable! Not to forget their usefulness! Canned tomatoes are a great relief in winters when fresh tomatoes are not readily available. Furthermore, canned tomatoes may be used to make so many other culinary delights like lasagna, spaghetti sauce, chili sauce and other similar stuff. So, you may say that canned tomatoes are a must have especially in winters.

You however need not hit the supermarket to fetch a tin of canned tomatoes. The process of canning tomatoes is a downright easy task that can be done by ANYONE! After having read this book, you must have realized by now that it is actually very simple to can tomatoes at home. Just follow the instructions given in this e-book and you shall master the art of canning tomatoes in no time. Come winters, and you shall have jars full of juicy canned tomatoes! Whoa!

So, the next time your eyes hit the 'Canned Tomatoes' section in the supermarket, you won't have to spend a fortune on it, you'll know you can make it yourself, at home! Happy canning!