

Let's Preserve



Peppers

Types of Peppers and Products

- *Regular*: Made with bell, pimiento, chili, and jalapeno peppers
- *Sweet pickled*: Made with banana, bell, Hungarian, and pimiento peppers
- *Hot pickled*: Made with chili and jalapeno peppers
- *Marinated*: Normally made with sweet red, yellow, and green peppers
- *Pickled pepper relish*: Normally made with sweet red, yellow, and green peppers

Quality

Select firm, yellow, green, or red peppers free of disease and insect damage.

Quantity

An average of 9 pounds is needed per canner load of 9 pints. A bushel weighs 25 pounds and yields 20 to 30 pints—an average of 1 pound per pint.

FREEZING PROCEDURES

Bell or Sweet Peppers

PREPARATION. Select crisp, tender, green or bright-red pods. Wash, cut out stems, cut in half, and remove seeds. If desired, cut into ½-inch strips or rings.

FOR LONGEST SHELF-LIFE

Water-blanch halves for 3 minutes and strips or rings for 2 minutes. Cool promptly, drain and package, leaving ½-inch headspace. Seal and freeze. For crisper texture, package raw, leaving no headspace. Seal and freeze.

Hot Peppers

Wash and stem peppers. Package leaving no headspace. Seal and freeze.

CANNING PROCEDURES

HANDLING AND PREPARATION. Select your favorite pepper(s). *Caution:* If you choose hot peppers, wear plastic gloves while handling them, or wash your hands thoroughly with soap and water before touching your face. Small peppers may be left whole. Wash and quarter large peppers. Remove cores and seeds. Slash two or four slits in each pepper, and place in a hot oven (400°F) or broiler for 6 to 8 minutes until skins blister. Cool peppers in water and slip off skins. Flatten small whole peppers.

Wash jars. Prepare lids according to the manufacturer's instructions. Place products into jars. Add liquids if appropriate. Remove air bubbles. Wipe sealing edge of jars with a clean, damp paper towel. Add lids and tighten screw bands. Process jars in a pressure or boiling water canner.

PROCEDURES. To process in a pressure canner, place jar rack, 2 inches of water, and sealed jars in the canner. Fasten lid and heat canner on high setting. After steam exhausts for 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing the process when the desired pressure is reached. Regulate heat to maintain a uniform pressure and process jars for the time given in Table 1.

CAUTION

If you choose hot peppers, wear plastic gloves while handling them, or wash your hands thoroughly with soap and water before touching your face.

PENNSSTATE



College of Agricultural Sciences
Agricultural Research and Cooperative Extension

Table 1. Recommended processing time in a pressure canner for nonpickled peppers.

			CANNER GAUGE PRESSURE AT ALTITUDES OF					
			DIAL GAUGE CANNER				WEIGHTED GAUGE CANNER	
PRODUCT	JAR SIZE	TIME (MIN)	0–2,000 FT (LBS)	2,001–4,000 FT (LBS)	4,001–6,000 FT (LBS)	6,001–8,000 FT (LBS)	1–1,000 FT (LBS)	ABOVE 1,000 FT (LBS)
Peppers	Half-pints or pints	35	11	35	13	14	10	15

Table 2. Recommended processing times for pickled or marinated peppers in a boiling water canner.

			PROCESSING TIME AT AN ALTITUDE OF		
			0–1,000 FT (MIN)	1,001–6,000 FT (MIN)	ABOVE 6,000 FT (MIN)
PRODUCT	STYLE OF PACK	JAR SIZE			
Pickled sweet	Hot	Half-pints or pints	5	10	15
Pickled hot	Hot	Half-pints or pints	10	15	20
Marinated	Hot	Half-pints or pints	15	20	25
Pickled pepper-onion relish	Hot	Half-pints or pints	5	10	15
Pickled corn-pepper relish	Hot	Half-pints or pints	15	20	25

Nonpickled Peppers

Process nonpickled peppers in a pressure canner. Fill jars loosely with peeled, cored, or flattened sweet or hot peppers. Add ½ teaspoon of salt to each pint, if desired. Add hot water, leaving 1-inch headspace. Adjust lids and process the product for the time given in Table 1.

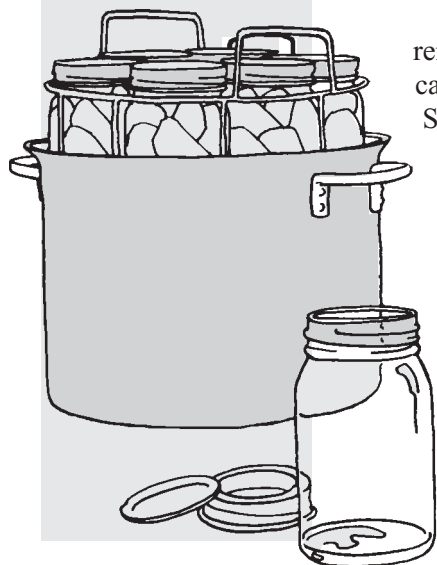
When processing is complete, remove canner from heat. Air-cool canner until it is fully depressurized. Slowly remove weighted gauge or open petcock. Wait 2 more minutes, unfasten, and carefully remove canner lid. Remove jars from canner with a jar lifter and place on towel or rack. Do not retighten screw bands. Air-cool jars for 12 to 24 hours. Remove screw bands and

check lid seals. If the center of the lid is indented, wash, dry label, and store the jar in a clean, cool, dark place. If the lid is unsealed, examine and replace jar if defective, use a new lid, and reprocess as before. Wash screw bands and store separately. Products are best if eaten within a year and safe as long as lids remain vacuum sealed.

Processing Pickled Peppers

TO PROCESS PICKLED PEPPERS IN A BOILING WATER CANNER

Preheat canner filled halfway with water to 180°F for hot packs or 140°F for raw packs. Load sealed jars onto the canner rack and lower rack with handles or load one jar at a time with a jar lifter onto rack in canner. Add water, if needed, to 1 inch above jars and add canner cover. When water boils vigorously, lower heat to maintain a gentle boil and process sealed jars as prescribed in Table 2.

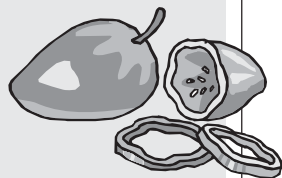


Pickled Sweet Peppers

7 lbs firm bell peppers
3½ cups sugar
3 cups vinegar (5%)
3 cups water
9 cloves garlic
4½ tsp canning or pickling salt

Yields approx. 9 pints

PROCEDURE. Select and wash your favorite sweet peppers, cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers into strips. Boil vinegar, water, and sugar for 1 minute. Add peppers and bring to a boil. Place ½ clove of garlic and ¼ teaspoon of salt in each sterile half-pint jar or double the amounts for pint jars. Add pepper strips and cover with hot vinegar mixture, leaving ½-inch headspace. Adjust lids and process jars in a boiling water canner as prescribed in Table 2.



Pickled Hot Peppers

4 lbs hot long red, green, or yellow peppers
3 lbs sweet red and green peppers, mixed
5 cups vinegar (5%)
1 cup water
4 tsp canning or pickling salt
2 tbs sugar
2 cloves garlic

Yields approx. 9 pints

PROCEDURE. Wash peppers. Peel as described on page 1. If small peppers are left whole, slash 2 or 4 slits in each. Quarter large peppers. Flatten small peppers. Fill jars, leaving ½-inch headspace. Combine and heat other ingredients in boiling water and simmer for 10 minutes. Remove garlic. Add pickling solution over peppers, leaving ½-inch headspace. Adjust lids and process jars in a boiling water canner as prescribed in Table 2.

Marinated Peppers

4 lbs firm peppers
1 cup bottled lemon juice
2 cups white vinegar (5%)
1 tbs oregano leaves
1 cup olive or salad oil
½ cup onions, chopped
2 cloves garlic, quartered (optional)
2 tbs prepared horseradish (optional)

Yields approx. 9 half-pints

PROCEDURE. Select your favorite sweet or hot peppers. Peel peppers as described on page 1. Mix all remaining ingredients in a saucepan and heat to boiling. Place ¼ garlic clove (optional) and ¼ teaspoon of salt in each half-pint or ½ teaspoon per pint. Fill jars with peppers; add hot, well-mixed, oil/pickling solution over peppers, leaving ½-inch headspace. Adjust lids and process jars in a boiling water canner as prescribed in Table 2.

Pickled Pepper-Onion Relish

6 cups onions, finely chopped
3 cups sweet red peppers, finely chopped
3 cups green peppers, finely chopped
1½ cups sugar
6 cups vinegar (5%), preferable white distilled
2 tbs canning or pickling salt

Yields approx. 9 half-pints

PROCEDURE. Wash and chop vegetables. Combine all ingredients and boil gently until mixture thickens and volume is reduced by one-half (about 30 minutes). Fill sterile jars with hot relish, leaving ½-inch headspace, and seal tightly. Store in refrigerator and use within one month. *Caution:* If extended storage is desired, jars must be processed immediately after filling in a boiling water canner, as prescribed in Table 2.

Pickled Corn-Pepper Relish

10 cups fresh whole-kernel corn (16 to 20 medium-size ears), or six 10-ounce packages of frozen corn

2½ cups sweet red peppers, diced

2½ cups sweet green peppers, diced

2½ cups celery, chopped

1¼ cups small onions, diced

1¾ cups sugar

5 cups vinegar (5%)

2½ tbsp canning or pickling salt

2½ tsp celery seed

2½ tbsp dry mustard

1¼ tsp turmeric

Yields approx. 9 pints

PROCEDURE. Boil ears of corn for 5 minutes. Dip in cold water. Cut whole kernels from cob or use six 10-ounce packages of frozen corn. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan. Bring to boil and simmer for 5 minutes, stirring occasionally. Mix mustard and turmeric in ½ cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer for another 5 minutes. If desired, thicken mixture with flour paste (¼ cup of flour blended in ¼ cup of water) and stir frequently. Fill jars with hot mixture, leaving ½-inch headspace. Adjust lids and process jars in a boiling water canner as prescribed in Table 2.



For additional information about food preservation, visit the Penn State Food Safety Web site at foodsafety.cas.psu.edu and select the Home Food Preservation Web site, or contact Penn State Cooperative Extension in your county.

Prepared by Luke LaBorde, associate professor of food science; Nancy Wiker, senior extension educator in Lancaster County; and Martha Zepp, extension project assistant. Adapted from original material developed by Gerald D. Kuhn, professor emeritus of food science.

Visit Penn State's College of Agricultural Sciences on the Web: www.cas.psu.edu

Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available from the Publications Distribution Center, The Pennsylvania State University, 112 Agricultural Administration Building, University Park, PA 16802. For information telephone 814-865-6713.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901, Tel 814-865-4700/V, 814-863-1150/TTY.

© The Pennsylvania State University 2004

Produced by Information and Communication Technologies in the College of Agricultural Sciences

CAT UK128

7.5M8/04ps3356i