

CANNING 101 AND STRAWBERRY JAM BY THE PIONEER WOMAN

BLOG REFLECTION - KEY

Directions: Using a computer, tablet, or smartphone, visit the blog posts below. Read and enjoy the equally humorous and informative posts by “The Pioneer Woman.” Then, answer the questions for understanding. Canning 101 and Strawberry Jam Part I: <http://thepioneerwoman.com/cooking/2009/08/canning-101-and-strawberry-jam-part-1/>

Canning 101 and Strawberry Jam Part II: <http://thepioneerwoman.com/cooking/2009/08/strawberry-jam-part-ii/>

Questions for Understanding:

1. What are two ways that canning removes the risk of food spoilage by microorganisms in the air? **Heat kills microorganism, the airtight seal prevents new air from contamination the food**
2. Explain the different between the two main types of canning: **How water bath is a large pot with boiling water while a pressure cooker boils to a much higher temperature**
3. List three types of high acid foods: **Jams, jellies, pickles, tomatoes, and most fruit preserves**
4. What are three examples of low acid foods that must be canned in a pressure cooker? **Green beans, asparagus, peas, carrots**
5. What are the four ingredients used for strawberry jam? **Strawberries, sugar, lemon juice, and pectin**
6. Mason jars, rings, and lids are great containers for canning. What part of this set is NOT reusable from year to year? **Lid**
7. What is pectin? **A natural carbohydrate in fruits and vegetables that helps with cell structure**
8. Why does Pioneer Woman suggest keeping your clean mason jars in hot water while you prepare the jam? **To keep them from breaking when pouring hot jam into them**
9. What piece of equipment is needed to hull the strawberries? **A spoon**
10. In relation to food spoilage, why is lemon juice added to the mashed strawberries? **Lemon juice raises the acidity of the strawberries and prevents food spoilage in a hot water bath**
11. What is the name of the “Ball Bible” that Pioneer Woman is referring to? **The Ball Complete Book of Home Preserving**
12. What is an ingredient that Pioneer Woman adds to her strawberry jam (after the pectin) that was not round in her previous recipe list? **One pat of butter**
13. What two pieces of equipment does Pioneer Woman use to get the jam inside of the mason jars? **Wide mouth funnel and a measuring cup**

14. What is headspace? How much headspace is needed for strawberry jam? **Headspace is the amount of space between the top of the jam and the top of the jar.**
15. Why should you run a knife along the inside of the jar after the jam has been poured? **To remove air bubbles**
16. Why is it important to wipe down the outside of the jar, especially around the threads? **To prevent contamination and ensure an airtight seal**
17. How tight should the rings be placed on the jar? **Not very tight- just secured**
18. After filling the jars, how long should they be processed, or boiled, in the large pot? **10-13 minutes**
19. How long must you wait before moving the jars or twisting the rings? **24 hours**
20. If you do not fill a jar completely with jam, can you still heat-process it? Why or why not? **No, do not heat process it. Too much air in the jar will lead to bad preservation. You can store it in the fridge and eat it soon.**