

HUNGRY ARTISAN *Recipe Book*

CANNING RECIPES FOR THE
HUNGRY ARTISAN



Hungry Artisan



Hungry Artisan

**USDA COMPLETE GUIDE TO
HOME CANNING**

[https://nchfp.uga.edu/publications/
publications_usda.html#gsc.tab=0](https://nchfp.uga.edu/publications/publications_usda.html#gsc.tab=0)

Table of Contents

VEGGIES	6
Bread & Butter Pickles	7
Dill Pickles	9
Pickled Brussel Sprouts	11
Pickled Garlic	13
Cowboy Candy (Candied Jalapenos)	15
RELISH	18
Corned Relish	19
Dill Pickle Relish (h)	21
Sweet and Spicy Zucchini Relish (h)	23
SOUPS & SAUCES.	26
Hungry Artisan Marinara Sauce (h)	27
Hungry Artisan Old Fashioned Apple Sauce (h)	29
JAMS & JELLY	32
Strawberry Jam (h)	33
Concord Grape Jam (h)	35
Hot Pepper Jelly (h)	37
BUTTERS	40
Apple Butter (h)	41
Lilikoi (Passionfruit) Butter (h)	43



HUNGRY ARTISAN

VEGGIES

Bread & Butter Pickles

INGREDIENTS

- 1 gallon sliced cucumbers
 - 3 medium onions sliced
 - ½ cup canning salt
 - 1 ½ tsp turmeric
 - 1 ½ tsp whole cloves
 - 2 tsp celery seed
 - 2 tsp mustard seed
 - ½ tsp red pepper flakes
 - 2 tsp canning salt
- For the brine**
- 3 cups vinegar
 - 1 cup water
 - 1 ¾ cup sugar

DIRECTIONS

1. In a large bowl, combine the sliced cucumbers, onion, and ½ cup salt. Mix to incorporate and pour into a large colander. Set inside a large bowl for 3 hours to drain excess water.
2. After 3 hours, discard the drained liquid. Rinse the cucumbers and onion well and allow to drain.
3. Prepare the water bath, 8 pint jars, lids, and rings.
4. In a 4-quart kettle, combine the vinegar, water, sugar, turmeric, cloves, celery seed, mustard seed, red pepper flakes, and 2 tsp salt. Stir to dissolve the sugar and bring to a boil. Reduce to a simmer while preparing the cucumbers in jars.
5. Pack jars with rinsed and drained cucumbers and onions, leaving ½-inch headspace. Pour brine over prepared cucumbers and onions, still leaving that ½-inch headspace. Wipe the rims of the jars with a clean cloth to remove any drips. Place on lids and rings, tightening to fingertip tightness.
6. Place jars in the boiling water bath. Bring back to a boil and boil for 10 minutes. Check with the USDA canning guide and adjust the process time for altitude.
7. Remove from the water bath and cool for 12-24 hours. Remove rings to ensure a good seal and store for up to one year.



Learn more about this recipe at:
<https://www.wyseguide.com/bread-and-butter-pickles/>

Dill Pickles

INGREDIENTS

- 4-5 Pounds Cucumbers, Small ones only
- 4 Cups Water
- 4 Cups Cider Vinegar or white vinegar, 5% acidity
- 1/2 Cup Pickling & Canning Salt
- 1 Onion Thinly Sliced
- 10-15 Garlic Cloves
- 5 Dill Heads or fresh dill sprigs
- 5 tsp Mustard Seeds
- 5 tsp Dill Seeds
- 5 tsp Coriander Seeds
- 5 tsp Black Peppercorns
- 5/8 tsp pickle crisp optional - 1/8 tsp per pint

DIRECTIONS

1. Start your water bath canner in a pot big enough to hold 5 one pint mason jars. The water (and the pot!) should be deep enough once the jars are added there is at least 1 inch of water above the top of the jars. Bring the pot to a boil.
2. Prepare a brine by bringing 4 cups water, 4 cups vinegar and 1/2c salt to a boil.
3. While the brine and canner are coming up to a boil, gently wash cucumbers to remove any dirt and nip off both ends. Either leave the cucumbers whole or slice into 1/2inch slices.
4. At the bottom of each wide mouth pint mason jar, add 1 teaspoon of mustard seeds, dill seeds, coriander seeds, black peppercorns and the dill heads or fresh herb sprigs.
5. Pack tightly with pickles and a few slices of onion. Top 2 with 2-3 garlic cloves. Be sure to leave 1 inch of headspace above the pickles.
6. Cover with brine to just submerge the vegetables, being sure to leave 1/2 inch of headspace above the top level of the brine.
7. Cap and band mason jars to just finger tight and place into boiling water in your water bath canner. Process for 10 minutes for pints (or 15 min for quarts) below 1000 feet of elevation. (15 minutes for pints at 1,000-6,000 feet).



Learn more about this recipe at:

<https://practicalselfreliance.com/dill-pickle-recipe-home-canning/>

Pickled Brussel Sprouts

INGREDIENTS

- 2 pounds Brussel Sprouts
- 5 cups vinegar
- 5 cloves garlic (1 per jar)
- 5 cups water
- 5 hot Cayenne peppers (I used dried, but you can certainly use fresh)
- 7 tablespoons pickling salt
- Spices (optional)

DIRECTIONS

1. Set a stock pot of water on stove to boil with 5 canning jars set inside. Let boil for 15 minutes to sterilize the jars.
2. Set canning jar seals in hot water and leave until you are ready for them.
3. Trim ends of Brussels Sprouts and remove outer leaves.
4. Cut each Sprout in half lengthwise. Let Brussels Sprouts sit in a bowl of cool salted water for 15 minutes.
5. In a large pot, mix the vinegar, water and pickling salt. Bring to a boil, then turn down and let simmer for 10 minutes.
6. After jars are sterilized, fill them with Brussels Sprouts. Add garlic cloves and hot peppers. Add the pickling brine, leaving 1/2 inch of headroom in each jar.
7. Clean rim of each jar using a moistened paper towel.
8. Put the seals on the jars and then add the rings. Tighten jars.
9. Use a canning jar lifter to carefully set the jars in the boiling water.
10. Set timer for 15 minutes and let the water boil.
11. After the time, carefully remove the jars and let them sit on the counter.
12. Do not move the jars for 24 hours.
13. Listen for each jar to ping, meaning it has properly sealed.
14. If a jar remains unsealed, either can it again or place in refrigerator to use first.



Learn more about this recipe at:

<https://countrylivinginacariboovalley.com/easy-pickled-brussels-sprouts-recipe-water-bath-canning/>

Pickled Garlic

INGREDIENTS

- 12 garlic heads (large)
- 625 ml white vinegar (2 ½ cups. 5% acidity or higher.)
- 250 ml white wine (dry. 1 cup / 8 oz.)
- 1 tablespoon pickling salt (aka canning salt)
- 1 tablespoon white sugar
- 1 tablespoon oregano (dried)
- 5 dried chiles (Optional)

DIRECTIONS

1. Wash garlic heads. Separate the cloves of garlic, peel them, and set aside.
2. In a large non-reactive pot combine everything from the vinegar down to the oregano.
3. Bring pot to a boil, then reduce heat and let simmer for 1 minute.
4. Add peeled garlic cloves, simmer another minute.
5. Pack garlic cloves into jars, leaving 2 cm / ½ inch headspace.
6. OPTIONAL: to each jar, add 1 dried chili pepper or ½ teaspoon dried chile flake.
7. Top jars up with pickling liquid.
8. Leave 2 cm (½ inch) headspace for either size of jar.
9. Debubble, top up with more liquid as required to retain headspace.
10. Wipe jar rims.
11. Put lids on.
12. Process jars in a water bath or steam canner for 10 minutes; increase time as needed for your altitude.



Learn more about this recipe at:
<https://www.healthycanning.com/pickled-garlic>

Cowboy Candy (Candied Jalapenos)

INGREDIENTS

- 3 pounds fresh firm, jalapeno peppers, washed
- 2 cups cider vinegar
- 6 cups white granulated sugar
- 1/2 teaspoon turmeric
- 1/2 teaspoon celery seed
- 3 teaspoons granulated garlic
- 1 teaspoon ground cayenne pepper

DIRECTIONS

1. Wearing gloves, remove the stems from all of the jalapeno peppers. The easiest way to do this is to slice a small disc off of the stem-end along with the stem. Discard the stems.
2. Slice the peppers into uniform 1/8-1/4 inch rounds. Set aside.
3. In a large pot, bring cider vinegar, white sugar, turmeric, celery seed, granulated garlic and cayenne pepper to a boil. Reduce heat and simmer for 5 minutes. Raise the heat to boiling again, add the pepper slices, return to a hard boil, then reduce the heat again and simmer for exactly 4 minutes. Use a slotted spoon to transfer the peppers, loading into clean, sterile canning jars to within 1/4 inch of the upper rim of the jar. Turn heat up under the pot with the syrup and bring to a full rolling boil. Boil hard for 6 minutes.
4. Use a ladle to pour the boiling syrup into the jars over the jalapeno slices. Insert a cooking chopstick to the bottom of the jar two or three times to release any trapped pockets of air. Adjust the level of the syrup if necessary. Wipe the rims of the jars with a clean, damp paper towel and fix on new, two-piece lids to finger-tip tightness.
5. *If you have leftover syrup, and it is likely that you will, you may can it in half-pint or pint jars, too. It's wonderful brushed on meat on the grill or added to potato salad or, or, or... In short, don't toss it out!
6. Place jars in a canner, cover with water by 2-inches. Bring the water to a full rolling boil. When it reaches a full rolling boil, set the timer for 10 minutes for half-pints or 15 minutes for pints. When timer goes off, use canning tongs to transfer the jars to a cooling rack. Leave them to cool, undisturbed, for 24 hours. When fully cooled, wipe them with a clean, damp washcloth then label.
7. Allow to mellow for at least two weeks, but preferably a month before eating. Or don't. I won't tell!



Learn more about this recipe at:
<https://www.foodiewithfamily.com/candied-jalapenos/>



HUNGRY ARTISAN

RELISH

Corned Relish

INGREDIENTS

- 18 ears of fresh sweet corn on the cob
- 2 cups diced red bell pepper
- 1 1/2 cups diced green bell pepper
- 1/2 cup minced fresh jalapeno
- 1/4 cup minced garlic
- 2 tablespoons coarse Kosher salt
- 4 teaspoons dried mustard powder
- 4 cups cider vinegar
- 1 cup water
- 2/3 cup light brown sugar

DIRECTIONS

1. Sterilize at least 10 pint jars (you may only use 6, but it's better to have too many jars ready than to have to sterilize more jars while your relish waits!) If you need help learning how to do this, follow these instructions.
2. Shuck the corn and carefully remove the silks. Stand each ear of corn sturdily on its end on a cutting board and use a sharp knife to remove the kernels. Discard the cobs (or use in Corn Stock)
3. In a large stainless steel or other nonreactive pot, stir together all of the ingredients and bring the mixture to a boil, stirring occasionally. When it reaches a boil, reduce the heat to medium low and simmer for 20 minutes.
4. Ladle the hot corn relish into sterile jars, leaving 1/2-inch of headspace in the jar. Remove air bubbles, adjust corn and liquid level if necessary to maintain the 1/2-inch headspace. Wipe and clean the rim of the jars with a paper towel moistened with vinegar. Fix new two piece lids in place and screw the rings to fingertip tightness.
5. Put the filled, lidded jars in a canner, ensure they are covered by at least an inch of hot water, bring to a boil, and process for 15 minutes at a full boil, covered. When the 15 minutes are up, turn off the heat, remove the lid and let the jars rest in the water for 5 minutes before carefully transferring to a wire rack or a clean towel lined counter top.
6. Let them cool, undisturbed, for 24 hours. When they are completely cool, carefully remove the rings, wipe the jars clean, label (with sharpie or sticker), and store on a shelf in a place out of direct sunlight for up to a year.



Learn more about this recipe at:

<https://www.foodiewithfamily.com/zesty-corn-relish-canning/>

Dill Pickle Relish



Coarse Milling Disc

INGREDIENTS

- 8lbs pickling cucumbers
- 2 tsp. turmeric
- ½ cup pickling salt
- 32 oz white wine vinegar (5% acidity or higher)
- 1/3 cup sugar
- 2 Tbsp. dill seed
- 2 ½ cups diced onion

DIRECTIONS

1. Wash the cucumbers under cold running water, trim off both ends. Chop into smaller chunks then put into Hungry Artisan Food Mill, using the coarse milling disc (turning counterclockwise as needed to clear the disc). Put in a large pot or large bowl. Sprinkle with the turmeric plus the salt, mix the vegetables a bit with your hands. Top with enough cold water to cover completely. (The exact quantity of water does not matter.) Let stand for 2 hours.
2. Meanwhile, you can prep the onion (wash, peel, then chop) and set aside.
3. Drain the cucumber, rinse, and drain again.
4. In large pot, mix everything from the vinegar down to and including the dill seed, then stir in the onion and then the cucumber.
5. Bring to a boil, lower to a simmer and simmer for 10 minutes.
6. Pack hot into quarter liter (1/2 US pint) jars or half-liter (US pint) jars.
7. Leave 2 cm (1/2 inch) headspace for either size jar.
8. De-bubble, adjust headspace.
9. Wipe jar rims.
10. Put lids on.
11. Process in a water bath or steam canner.
12. Process either size jar for 15 minutes; increase time as needed for your altitude.
13. Best after at least a month of jar time.



This recipe was adapted from:
[Healthycanning.com](https://www.healthycanning.com)

Sweet and Spicy Zucchini Relish



Coarse Milling Disc

INGREDIENTS

- 2 ½ lbs zucchini (ends discarded) and cut into slices (about 10 cups)
- 3 large Vidalia or other sweet onions sliced (about 4 cups)
- 1 red and 1 yellow pepper seeded and sliced
- 3 medium jalapeno peppers seeded and sliced
- 3 Tbsp. kosher or pickling salt divided
- 6 cups apple cider vinegar
- 3 ½ cups sugar
- 1 tsp. turmeric
- 1 tsp. nutmeg
- 1 tsp. dry mustard
- 1 tsp. cornstarch

DIRECTIONS

1. Place Hungry Artisan Food Mill over a bowl. Cut zucchini into pieces big enough to fit in Hungry Artisan Food Mill. Using the coarse milling disc, mill the zucchini into the bowl (turning counterclockwise as needed to clear the disc). Place milled zucchini into a large colander.
2. Repeat with onions, and then peppers. Place all vegetables into the colander and toss with about 1 tablespoon salt. Stir well to combine vegetables and salt and let sit in the colander for at least 30 minutes to release some of their liquid.
3. Meanwhile, mix remaining ingredients in a large stockpot, and bring to a boil.
4. Add vegetables and return to a boil. Reduce heat and simmer for 30 minutes.
5. Remove pot from heat and let cool to room temperature.
6. When liquid is cool, ladle relish with some of the liquid into sterilized jars, and seal tightly.
7. Discard any extra liquid or use for another pickling project.
8. Refrigerate relish for at least 24 hours, and for up to 4 weeks.



This recipe was adapted from:
[Cravingsomethinghealthy.com](https://www.cravingsomethinghealthy.com)



HUNGRY ARTISAN

SOUPS & SAUCES

Hungry Artisan Marinara Sauce



Coarse Milling Disc



Hungry Artisan
Original

INGREDIENTS

- 14 Roma quartered tomatoes (approx. 3lbs)
- 1 Tbsp. garlic minced
- 1 Tbsp. olive oil
- ¼ tsp. sugar
- 1 tsp. dried basil
- ¼ tsp. ground thyme
- ½ tsp. salt
- Fresh ground salt and pepper to taste

DIRECTIONS

1. In a 6 qt stock pan, heat the oil over medium heat and then add the garlic. Cook, stirring until fragrant, about 1 minute.
2. Add the quartered tomatoes, sugar, basil, thyme, and salt and bring to a simmer. Reduce the heat to medium low and simmer, stirring often, until thick approx. 30 minutes. (Could take a little longer if the heat is too low or the tomatoes are juicy). The longer the dish simmers, the sweeter the flavor.
3. Once the juices from the tomato and ingredients has thickened, remove from heat. Attach the coarse milling disc to Hungry Artisan Food Mill. Place Hungry Artisan Food Mill over a bowl big enough to accommodate the desired amount of sauce, and begin adding the now softened diced tomatoes, one cup at a time, and mill through Hungry Artisan Food Mill (turning counterclockwise as needed to clear the disc). Once completed remove skins from Hungry Artisan Food Mill and repeat until all the tomatoes have been milled.
4. Add fresh ground salt and pepper to taste and serve immediately over your favorite pasta or use alongside your favorite recipes.



Hungry Artisan Old Fashioned Apple Sauce



Medium Milling Disc



Hungry Artisan
Original

INGREDIENTS

- 4 lbs apples, quartered
- ½ cup sugar
- ½ cup water
- 1 to 2 Tbsp. fresh lemon juice (optional)
- Dash cinnamon for serving

DIRECTIONS

1. Quarter the apples and put into 6qt stock pot.
2. Add the water and sugar to pot. Stir around to mix it all up.
3. Turn the heat to med-high and bring to a boil, let boil for 15-20 min. Once the apples are done, they should be tender and easily pierced with a fork.
4. Place Hungry Artisan Food Mill, using the medium milling disc, over a bowl and use a slotted spoon to transfer apples to Hungry Artisan Food Mill. Turning counterclockwise as needed to clear the disc and removing all the skins as you go.
5. Once all the apples have been milled you can then add the lemon juice if desired (to preserve color) and cinnamon. Enjoy!





HUNGRY ARTISAN

JAMS & JELLY

Strawberry Jam



Medium Milling Disc

INGREDIENTS

- 2 quarts strawberries
- 5 cups sugar heaping
- 1/2 cup lemon juice

DIRECTIONS

1. Wash strawberries and remove the stems.
2. Place Hungry Artisan Food Mill over a bowl, using the medium milling disc, mill the strawberries. Then stir in the sugar and let sit for 2 hours.
3. Add strawberry mixture to a large pot and cook slow over medium heat until it boils, stirring often. Then turn up the heat to med-high and boil fast for 5 more minutes or until candy thermometer says 220 degrees F.
4. Add in lemon juice and stir. Boil 5 minutes longer.
5. Pour jam into clean jars and add lids. Place in a hot water bath canner and boil for 10 minutes. Remove from water and let cool to room temperature. Store in a cool dry place for up to 1 year.



This recipe was adapted from:
happymoneysaver.com

Concord Grape Jam



Medium Milling Disc

INGREDIENTS

- 2 lbs fresh local concord grapes (approx. 5 ½ cups)
- 2/3 cup organic raw sugar plus 1 Tbsp.
- juice from 1/2 lemon

DIRECTIONS

1. Separate the skin from the pulp of each grape, by applying pressure to the grape with your thumb and index finger, shooting the pulp right out. It is fun and quite simple to do.
2. Place Hungry Artisan Food Mill over a bowl, using the medium milling disc, mill the grape skins. You will want it mostly smooth but still a tad bit chunky. Stir in the sugar. Transfer to a medium saucepan and add the juice of half a lemon. Bring to a boil over medium heat. Watch it carefully and stir often so it does not stick or scorch. Once boiling, reduce the heat and simmer for approximately 25 minutes until it has reduced and thickened.
3. Meanwhile in a smaller saucepan cook the grape pulp (insides) and 1 tablespoon of sugar over a medium-high heat, bring to a boil and mash the pulp as it cooks to break it down. Once boiling, reduce the heat and allow to simmer as long as it takes for your grape skins to break down. Once the grape skin mixture has thickened, remove the pulp from the heat and strain through a strainer or cheesecloth to remove the seeds. Add the juice that drained out to the grape skin mixture.
4. Allow the jam to continue cooking another 10 minutes until thick. Taste for sweetness and add more sugar if it is not sweet enough for you. This was plenty sweet for me. The jam will continue to thicken as it cools. Trust me. It also thickens a bit more once in the refrigerator, so don't cook it down too much.
5. Allow the jam to cool before pouring it into a cleaned and tightly sealing jar. This jam will keep in the refrigerator for approximately 1 month.



This recipe was adapted from:
tasty-yummies.com

Hot Pepper Jelly



Medium Milling Disc

INGREDIENTS

- 2 ½ cups finely chopped red bell peppers
- 1 ¼ cups finely chopped green bell peppers
- ¼ cup finely chopped jalapeno peppers
- 1 cup apple cider vinegar
- 1 (1.75 ounce) package powdered pectin
- 5 cups white sugar

DIRECTIONS

1. Sterilize six 8-ounce canning jars and lids according to the manufacturer's instructions. Heat water in a hot water canner.
2. Place bell peppers and jalapeño peppers in a large saucepan over high heat; stir in vinegar and fruit pectin. Bring to a rolling boil, stirring constantly. Stir in sugar; bring back to a rolling boil, stirring constantly. Allow to boil for 1 minute, then remove from the heat and skim any foam off the top.
3. Quickly ladle jelly into sterile jars, filling to within 1/4-inch of the tops. Cover with flat lids and screw on rings tightly.
4. Place jars in the rack and slowly lower jars into the canner. The water should cover the jars completely and should be hot but not boiling. Bring water to a boil; cover the canner and process for 5 minutes.



Learn more about this recipe at:
<https://www.allrecipes.com/recipe/17692/hot-pepper-jelly/>



HUNGRY ARTISAN

BUTTERS

Apple Butter



Fine Milling Disc

INGREDIENTS

- 6 lbs mixed sweet and tart apples, unpeeled, un-cored, quartered
- 6 cups apple cider
- 1 cup sugar
- 1 3-inch cinnamon stick
- 3 whole cloves
- ½ tsp. kosher salt
- 1 Tbsp. apple cider vinegar

DIRECTIONS

1. Bring apples, cider, sugar, cinnamon, cloves, and salt to a boil in a large wide pot. Cook over medium-high heat, stirring occasionally, until most of the liquid has evaporated and apples are soft, 1-1½ hours.
2. Discard cinnamon stick. Pass apple mixture through the fine disk of Hungry Artisan Food Mill (turning counterclockwise as needed to clear the disc). Discard peel, seeds, and cloves.
3. Preheat oven to 350°. Transfer apple mixture to a 13×9" baking pan and bake, stirring every 30 minutes, until reduced by half and very thick and dark amber, 1½-2 hours. Stir in vinegar; let cool in pan.



This recipe was adapted from:
Boneappetit.com

Lilikoi (Passionfruit) Butter



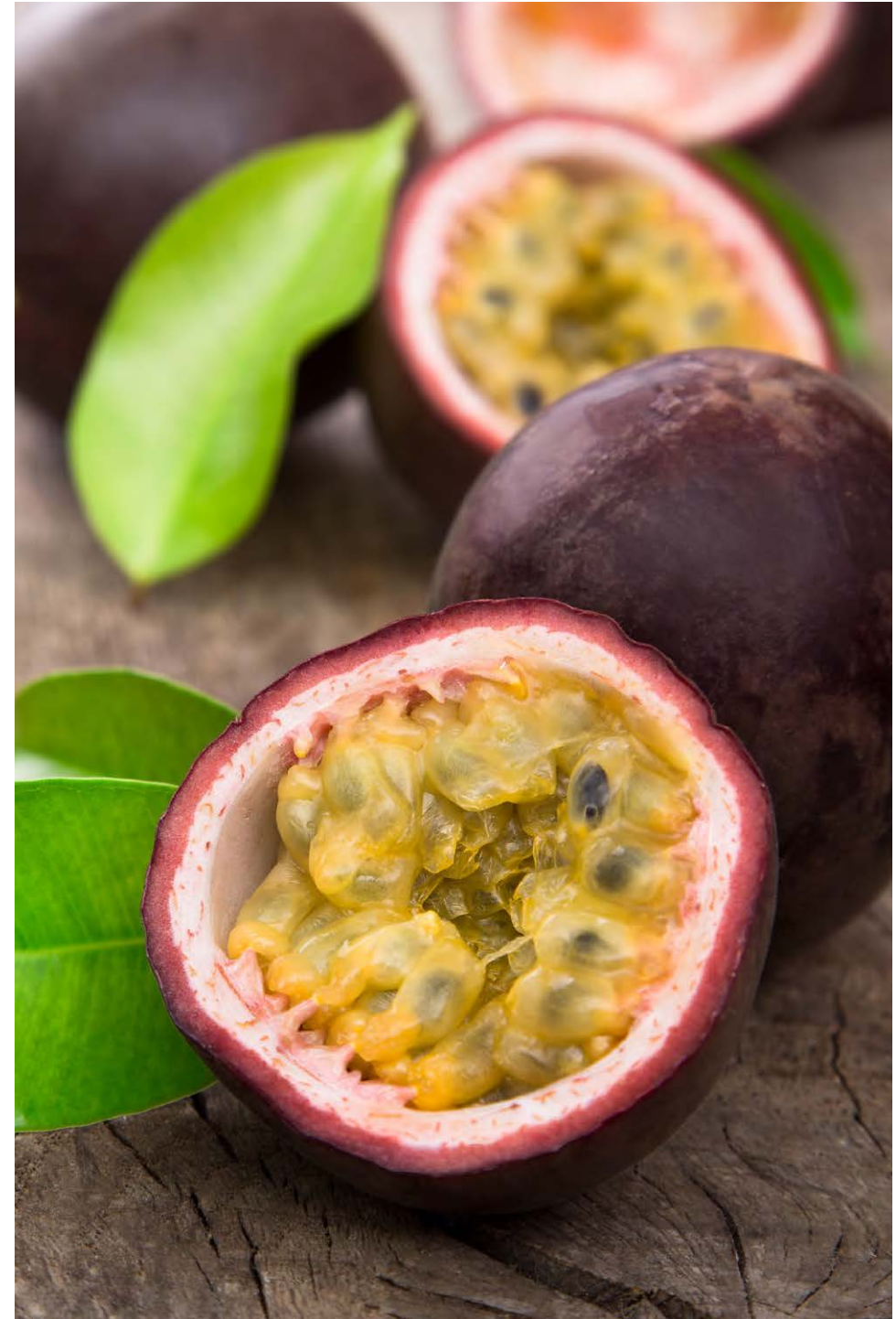
Medium Milling Disc

INGREDIENTS

- 2/3 cup strained passionfruit pulp + 2 Tbsp. of seeds
- 1 Tbsp. lemon juice
- 1/2 cup butter chopped
- 1.6 cups confectionary sugar
- 3 eggs
- 2 egg yolks

DIRECTIONS

1. To make the 2/3 cup strained passionfruit pulp quarter the Lilikoi (passionfruit) then process through Hungry Artisan Food Mill, using the medium milling disc, (turning counterclockwise as needed to clear the disc) till all the pulp has passed through and just the skin and seeds remain. Do not forget to reserve 2 Tbsp. of the seeds.
2. In a medium size pot place passionfruit pulp, passionfruit seeds, lemon juice, butter, and sugar. Cook over a medium heat until the butter has melted, and the sugar has dissolved.
3. In a large bowl place eggs, and additional egg yolks. Whisk eggs until combined.
4. Continue whisking the egg mixture and slowly pour in the passionfruit mixture. It is important to keep whisking while you do this.
5. Return passionfruit curd mixture to the saucepan and continue to cook over a low heat until the mixture has thickened and coats the back of a spoon. Stir continuously. This will take around 6 minutes.
6. Once mixture has cooled place in a sterilized jar and store in the fridge. Passionfruit curd will last for a couple of weeks in the fridge



This recipe was adapted from:
Bellyrumbles.com

www.hungryartisan.com

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