

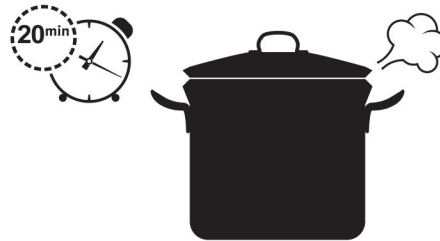


# Safeguards and sterilization of equipment

## Sterilization

It is essential to sterilize jars. There are two safe methods to sterilize jars at home.

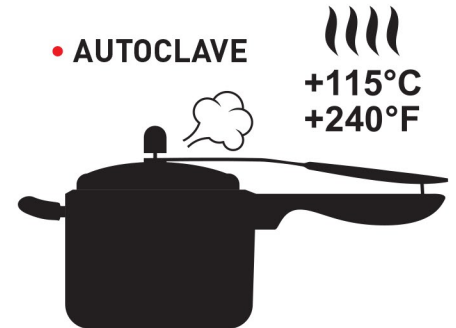
### • BOILING-WATER



For fruits with high acidity level, the jars and tops must be sterilized in a covered pot of boiling water.



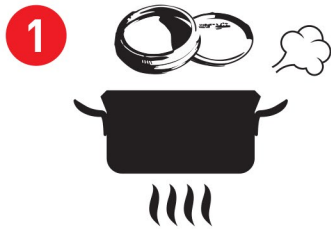
### • AUTOCLAVE



For foods with a lower acidity level, higher temperatures must be used. It is recommended to use a pressure cooker.



## Safeguards



1 If you are using old jars, make sure to discard any that are cracked or damaged and always use new and sterilized tops for proper sealing.



2 Most canning recipes call for the addition of lemon juice or ascorbic acid to increase this acidity level, which protects the ingredients. When filling jars, always leave a headspace of at least 1.5cm.

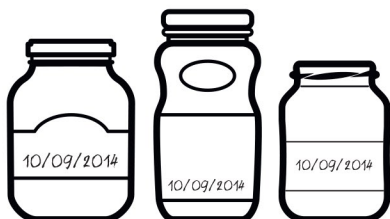


3 After filling each jar, use a damp cloth to wipe jar rims and threads to remove any drips. Cover with the hot lids, screw on the bands until tightened but do not force.



4 When cool, the lid will make a slight popping sound and flatten, indicating that the jar is air-tight. To double-check, you can unscrew the band: the lid should stay attached to the jar and not move. It is this seal that guarantees against spoilage.

## Label & store jars



### 12 to 18 months

Identified, dated and sealed, they should be stored in a cool, dry, dark place and should be used within 12 to 18 months. Once opened, jars should be stored in the refrigerator.



If you notice that gas bubbles have formed and there is seepage, it is an indication that cooking time was insufficient or that the jar was not properly sterilized. The jam, relish or pickles are no longer fit for consumption and must be destroyed.