



# PRESERVING HERBS



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## Drying and Storing Herbs

- Herbs can be used fresh or dried.
- Air drying: Tie herbs in small bundles, hang upside down in a warm indoor location with good air circulation. Drying time varies but herbs are dry when the leaves crumble easily.
- Oven drying spread in single layer on a shallow pan, put oven on lowest setting with door open, or just use heat from pilot light. Stir occasionally.
- Microwave drying place herbs on paper towel, microwave on low and stir between 30 sec intervals.
- Frost free refrigerator drying, place herbs in paper bag to dry.
- Store dried herb leaves whole for best retention of flavor and aroma. Herbs stored in airtight glass containers away from sun or heat will retain their flavor for 6-12 months.

<https://ucanr.edu/sites/mgslo/files/300470.pdf>

<https://ucanr.edu/sites/camasterfoodpreservers/files/337969.pdf>

## Freeze Drying Herbs

Freeze-dried herbs retain more flavor and nutrients than dehydrated herbs. Freeze-drying also preserves more of the texture often lost when herbs are frozen. You must own a freeze dryer to use this method.

Freeze dried herb can last over a year.

## Cooking with preserved dried herbs

### Guide for Using Herbs

Mint: Desserts, lamb, peas, fruit salads, sauces

Cilantro: Mexican and Asian cooking, rice, salsa, tomatoes

Sage: Cottage cheese, game meats, pork, rice, poultry, soups (chicken, minestrone, and vegetable), stuffing

Parsley: Salads, vegetables, pastas

Dill: Tomato dishes, yeast breads, eggs, coleslaw, potato salad, fish, beans, Brussels sprouts, cauliflower, cucumber, summer squash

Oregano: Tomato dishes, beef, game meats, veal, spaghetti, clams, soups (bean, minestrone, and tomato), beans, eggplant, and mushrooms

Rosemary: Dumplings, eggs, game meats, lamb, veal, poultry, fish, barbeque sauce, chicken, beef, soups (pea and vegetable), beans, mushrooms, potatoes, cauliflower, turnips

Thyme: Eggs, game meats, lamb, veal, rice, poultry, barbeque sauce, fish, oysters, chowders, soups (onion, tomato, and vegetable), mushrooms, tomatoes

Basil: Tomato products (juice, pasta sauces, pizza sauce, etc.), eggs, game meats, lamb, veal, rice, spaghetti, vinaigrette, soups (minestrone, pea, potato, and vegetable), beans, eggplant

**Cooking with herbs allows you to add flavor while cutting back on fat, sugar, and salt in recipes.**

### **Ratio of fresh herbs to dried herbs**

When cooking with herbs, keep a general rule of thumb in mind regarding the ratio of fresh to dry: Because dried herbs are often more potent and concentrated than fresh herbs, you need less if they're dry. That means the correct ratio is 1 tablespoon of fresh herbs to 1 teaspoon of dried herbs.

### **Rehydrate dried herbs**

Place the dried herbs in a small bowl of warm water, where the water is covering the herbs completely. Cover the bowl and let it sit for about 10 minutes. Pour the water through a fine strainer. Herb is ready to use!

## **Basil Recipes**

### **Strawberry-Basil Mojitos**

<https://www.foodnetwork.com/recipes/ree-drummond/strawberry-basil-mojitos-7164263>

Strawberry-Basil Puree:

- 2 cups granulated sugar.
- 3 pounds strawberries hulled and quartered.
- 4 cups fresh lime juice
- 2 ounces fresh basil leaves (about 60 leaves)

### Strawberry-Basil Mojitos:

One 750-milliliter bottle light rum  
Club soda, as needed.  
20 stalks fresh basil, for garnish  
4 limes, cut into wedges, for garnish.

#### Directions

For the strawberry-basil puree: To make the simple syrup, heat the sugar and 2 cups water in a saucepan over medium heat, stirring as needed, until the sugar has completely dissolved. Set aside and allow to cool completely.

Add half of the strawberries, lime juice and basil to the bowl of a food processor. Pulse until you reach a consistency that makes you happy. I do 10 to 15 pulses, which leaves a good bit of texture. Transfer to a pitcher or container. Repeat with the other half and add to the same container. Pour in the room temperature simple syrup, mix and chill for at least 30 minutes.

For the strawberry-basil mojitos: Pour 1/2 cup of the strawberry basil puree into each glass. Top with 2 ounces of your favorite light rum, add ice and stir gently to combine. Top off each glass with a splash of soda. Garnish each drink with a stalk of basil and a lime wedge.

## Parmesan-Basil Corn Cakes

<https://www.foodnetwork.com/recipes/food-network-kitchen/parmesan-basil-corn-cakes-5313041>

2 ears corn, shucked.  
1 large egg  
1/4 cup all-purpose flour  
1/4 cup grated parmesan  
1 tablespoon cornstarch  
Kosher salt and freshly ground black pepper.  
Vegetable oil, for coating

#### Directions

Cut the kernels off the corn. Pulse half the corn with the egg in a food processor; transfer to a medium bowl.

Mix in the remaining corn, the flour, parmesan, basil, cornstarch, 1/2 teaspoon salt and some pepper.

Coat a large skillet with oil and heat over medium heat. Cook spoonfuls until golden, 3 to 4 minutes per side.

## Cilantro Recipe

### Lime Cilantro Rice

<https://www.foodnetwork.com/recipes/valerie-bertinelli/lime-cilantro-rice-7151137>

1 teaspoon canola oil  
1 cup long grain white rice  
1 cup chicken stock  
2 to 3 strips lime peel  
1/2 teaspoon kosher salt  
1 tablespoon lime zest plus 2 tablespoons lime juice  
1/4 cup chopped fresh cilantro leaves, plus more for sprinkling.  
2 green onions, green parts only, chopped.

#### **Directions**

Heat the oil in a large saucepot over medium-high heat. Add the rice and toast until lightly golden, about 1 minute. Add the stock, lime peel, salt and 1 1/2 cups water and bring to a boil.

Cover the rice, reduce the heat to low and simmer until all the liquid is absorbed, about 15 minutes.

Let the rice stand, covered, about 5 minutes, then stir in the lime zest, juice, and cilantro. Transfer to a serving bowl and top with more cilantro leaves and green onion.

## **Combo Herb Recipes /Seasoning Blends**

### **Lemon-Herb Compound Butter**

<https://www.foodnetwork.com/recipes/geoffrey-zakarian/lemon-herb-compound-butter-10041220>

4 tablespoons salted butter, at room temperature  
1 tablespoon chopped fresh mint.  
1 tablespoon chopped fresh parsley.  
1 tablespoon chopped fresh tarragon.  
1/4 teaspoon red Chile flakes  
Grated zest of 1 lemon  
1 clove garlic finely grated.  
Freshly ground black pepper

#### **Directions**

In a small bowl, add the butter, mint, parsley, tarragon, chili flakes, lemon zest, garlic, and black pepper to taste and mash it up with a fork. Transfer to a ramekin.

### **Italian seasoning**

1/4 cup dried oregano  
2 TBSP each dried thyme, dried basil, dried marjoram  
1 TBSP each dried rosemary and rubbed sage.

## Ranch seasoning

2TBSP each dried tarragon, dried parsley, dried dill  
1 TBSP each garlic powder, onion powder, salt  
1.5 tsp ground black pepper

## Herbs de Provence

1 TBSP each dried thyme, dried marjoram, dried rosemary, dried basil, dried sage, dried parsley, dried tarragon, dried lavender blossoms

# Rosemary

## Buttered Rosemary Rolls

<https://www.foodnetwork.com/recipes/ree-drummond/buttered-rosemary-rolls-recipe-2107785>

15 frozen, unbaked, un-risen dinner rolls  
Melted butter.  
Coarsely chopped fresh rosemary  
Coarse sea salt

### Directions

Place the dinner rolls in a large lightly buttered skillet, allowing some space between the rolls. Cover with a dish towel or cloth napkin and set aside in a warm place to rise for at least 2 to 3 hours.

When risen, the rolls should be puffy and soft. Brush melted butter onto the rolls. Then sprinkle the rolls with chopped rosemary. Finally, sprinkle with sea salt.

Bake (as instructions on the packet - usually 400 degrees F) for 15 to 20 minutes. Don't be alarmed if you pull them out of the oven and they've risen way over the surface of the pan. Within a minute or two, they'll calm right down.

## Caprese Skewers with Plum Balsamic Drizzle

<https://www.foodnetwork.com/recipes/ree-drummond/caprese-skewers-with-plum-balsamic-drizzle-3180718>

20 bocconcini (mozzarella balls)  
1 cup extra-virgin olive oil  
1 teaspoon red pepper flakes  
Kosher salt and freshly ground black pepper.  
One 15-ounce jar plum preserves  
1 cup balsamic vinegar  
20 fresh rosemary sprigs  
2 pints grape tomatoes

### Directions

Put the bocconcini in a large bowl with the olive oil, red pepper flakes and some salt and pepper. Cover with plastic wrap and marinate in the refrigerator for at least 1 hour.

In a food processor or blender, puree the plums with the balsamic vinegar until smooth.

Pour the mixture into a medium pot and bring to a boil over medium-high heat. Turn the heat down to simmer and cook until the mixture has reduced by about half, several minutes. It should be thick, but remember, it will continue to thicken as it cools. When cool, pour it into a squeeze bottle and refrigerate.

Trim about 2 inches of the leaves off the bottoms of the rosemary sprigs. Skewer a tomato followed by a bocconcino onto each. Arrange on a platter, cover, and refrigerate until ready to serve. Just before serving, squeeze over the plum balsamic drizzle.

## Herb Oils and Vinegars

Infusing oil with fresh herbs and vegetables is a creative way to add flavor and interest to cooking. The basic concept is that the essence of fresh garlic and herbs is infused into oil. Oil infusions are easy to make, but they have a real potential to become unsafe when not properly prepared and stored.

Infused oils are only safe for shelf storage when research-based methods are meticulously followed. Added ingredients (garlic and herbs are common) must be acidified before they are added to oils. That does not mean that you cannot infuse oils without acidifying the added ingredients. **However, failure to acidify will result in a final product that must be stored under refrigeration and used within two or three days.**

In 1991, the Food and Drug Administration mandated the addition of an acid to all commercial garlic-in-oil preparations as a safeguard. The proper addition of acid was thought to be virtually impossible to do correctly in a home or restaurant kitchen. However, current research at the University of Idaho has proven a safe method for infusing oils with home acidified garlic, basil, oregano, or rosemary.

<https://ucanr.edu/sites/camasterfoodpreservers/files/336670.pdf>

A method of preparing a select list of fresh herbs or garlic has been tested that will allow the home food preserver to safely prepare infused oils for long term shelf storage.

Oils that are flavored with fresh herbs or garlic can be a source of food-borne illness—specifically botulism. Because of this, this method of preservation has not been recommended for the home food preserver. However, researchers at the University of Idaho have developed specific guidelines for the home food preserver. This involves acidifying the fresh herbs or garlic before adding them to the oil to absorb the flavor.

Other methods of infusing oils involve using fresh herbs and refrigerating the product to use within 2 to 4 days or preparing the oils using dried herbs and refrigerating the oil for up to three months.

### **Safety of Infused Oils**

Herbs, garlic, and other vegetables used to flavor oils are low acid foods and can be a source of *Clostridium botulinum* spores. When these spores are surrounded by oil an oxygen free environment is created that encourages the growth of the spores at room temperature. As the spores grow, they can begin to produce the botulism toxin, which if consumed can cause botulism, a type of food-borne illness causing serious illness or death. *C. botulinum* spores do not grow in an acid environment or at cool temperatures. If buying infused oils at a store or gift shop, always check the label to be sure that it has been acidified to be safe or other microbial inhibitors have been used.

Researchers at the University of Idaho developed guidelines for infusing oils with garlic and basil, oregano, and rosemary; and a Pacific Northwest Extension publication on Making Garlic- and Herb-Infused Oils at Home provides detailed information on the process.

Note: Use this method only for those items listed. Do not use this method with other vegetables or herbs.

### **Acidifying ingredients**

Immerse raw chopped garlic (chopped into ¼ inch pieces) or stems of basil, oregano, and/or rosemary in a 3 percent solution of citric acid. Citric acid is available where canning supplies are sold.

To make the citric acid solution, stir 1 tablespoon citric acid into two cups water. Soak 1-part peeled garlic, chopped into ¼ inch pieces to 3-parts 3% citric acid solution (⅔ cup coarsely chopped garlic cloves) to 2 cups citric acid solution. Soak 1-part fresh herbs with the leaves still attached to stems to 10 parts 3% citric acid solution or 1½ cups (1.7 ounces) herbs to 2 cups citric acid solution for at least 24 hours before draining the acid solution away.

Keep the herbs or garlic submerged in the citric acid solution by applying a weight, placing a smaller bowl on top works well. The color of the green herb will change when it is acidified.

Less concentrated solutions or shorter soaking times can result in an unsafe product.

You may use one type of herb or a mixture of the basil, oregano, or rosemary, but you cannot mix the garlic with the herbs because the ratio of infusion differs.

### **Select an oil**

Olive oil complements the flavor of herbs and garlic. If you prefer the herb flavor predominate, use a milder oil such as canola oil. Olive oil and canola oil contain fewer polyunsaturated fatty acids than many other vegetable oils and will turn rancid less quickly.

### **Infusion**

The strength of the infusion depends upon the amount of acidified herb or garlic used and the temperature of the oil. The researchers used 1-part acidified garlic or herb to 10-parts oil. Experiment to determine the conditions that produce a result suited to your taste.

Infuse the oils at room temperature for 1 to 10 days—the intensity of the flavor increases over time. Oil may be heated to 140°F for 5 minutes to infuse the oil more quickly. Avoid higher temperatures that could damage the flavor of the oil.

Remove the acidified garlic or herb from the oil when it has reached the desired flavor. It will not harm the product to leave the herb in the oil but may become strong.

Do not add a new sprig of fresh herb to the oil because it will not be acidified.

### **Storage of Infused Oils**

Protect the oil from heat and light. While they can be safely stored at room temperature, the quality will be better for a longer period if stored in the refrigerator or freezer. Dark-colored bottles will protect the oils from light. Make sure the bottles or jars are clean and food grade.

<https://extension.psu.edu/how-to-safely-make-infused-oils>

Vinegars garnished with sprigs of herbs, or a layer of berries are a hot "splash" right now. They are favored by chefs for adding excitement to special dishes. Cooking at home is also enlivened by tantalizing tastes from the blending of flavors with vinegar. Flavored vinegars are easy and safe to make at home, provided some simple precautions are followed.

### **Getting Ready**

**Jars and Bottles** - Only glass containers are recommended for your flavored vinegars. Use glass jars or bottles that are free of cracks or nicks and can be sealed with corks, screw-band caps or two-piece canning lids. Wash containers thoroughly in warm, soapy water and rinse well. (A good bottle brush is a big help for narrow containers.) Then sterilize the clean, warm jars or bottles by completely immersing them in water and boiling for 10 minutes. Prepare the sterilizing bath before you wash the jars or keep the clean jars in warm water until you are ready to put them in for sterilizing.

The best way to prevent breakage is to use a deep pot with a rack in the bottom, such as a boiling water canner. Fill the canner or pot at least half full of warm water. Place the empty, warm jars or bottles upright on the rack and make sure the water level is 1 to 2 inches above the tops of the jars. Bring the water bath to a boil and continue boiling for 10 minutes.

The jars should stay below the boiling water the entire time. After 10 minutes of boiling, remove the jars or bottles from the water and invert on a clean towel. Use canning jar lifters or tongs that grab the containers without slipping. Fill the jars with your vinegar while they are still warm.

### **Lids and Caps**

If using screw caps, wash in hot soapy water, rinse, and scald in boiling water. (To scald, follow manufacturer's directions, or place caps in a saucepan of warm water, heat to just below boiling and then remove from the heat source. Leave caps in the hot water until ready to use.) Use non-corrodible metal or plastic screw caps. If using corks, select new, pre-sterilized corks. Use tongs to dip corks in and out of boiling water 3-4 times. Prepare two-piece metal home canning jar lids according to manufacturer's directions for canning. If using these lids, allow enough headspace between the lid and the vinegar so that there is no contact between them. Plastic storage screw caps that are made for canning jars are also now available and would work well for flavored vinegars.

## Herbs

Allow 3 to 4 sprigs per pint (2 cups) of vinegar. Use very fresh herbs, picked before blossoming, for best flavor. It is best to pick fresh herbs soon after the morning dew has dried.

Use only the best leaves or stems, discarding discolored, nibbled, crushed, or dried out pieces.

Wash the fresh herbs gently but thoroughly. Blot dry on clean paper towels. After herbs are washed and dried, dip them in a sanitizing bleach solution of 1 teaspoon of household chlorine bleach in 6 cups of water. Rinse thoroughly under cold water and pat dry with paper towels.

Dried herbs may be substituted if necessary; allow 3 tablespoons dried herbs per pint of vinegar.

**Fruits, Vegetables and Spices** Favorite fruits for flavoring vinegars are usually raspberries, blackberries, strawberries, peaches, pears and the peel of lemons and oranges. Sometimes they are combined with herbs or spices such as mint or cinnamon. Other popular flavorings include peeled garlic cloves, jalapeno or other peppers, green onions, peppercorns, or mustard seed.

Thoroughly wash all fruits and vegetables with clean water, peel, if necessary, before use. Small fruits and vegetables may be left whole or halved. Larger ones, such as peaches, may need to be sliced or cubed. Allow 1 to 2 cups of fruit per pint of vinegar, or the peel of one orange or lemon per pint of vinegar. Garlic cloves, peppers and chunks of firm fruit may be threaded on clean, thin bamboo skewers for easy insertion and removal.

## Vinegar

Several types of vinegar may be used, but not all give the same results. Distilled white vinegar is clear in color and has a sharp acidic taste by itself. It is the best choice for delicately flavored herbs. Apple cider vinegar has a milder taste than distilled white vinegar, but the amber color may not be desirable. Apple cider vinegar blends best with fruits. Wine and champagne vinegars are generally more expensive than distilled and cider vinegars but are more delicate in flavor. White wine and champagne vinegars work well with delicate herbs and lighter-flavored fruits. Red wine vinegar would work well with spices and strong herbs like rosemary but will mask the flavor of most herbs. Rice vinegar is a mild, slightly sweet vinegar used occasionally for flavoring. Be aware that wine and rice vinegars contain some protein that provides an excellent medium for bacterial growth, if not handled and stored properly. For added safety, use only commercially produced vinegars.

## Flavoring the Vinegar

Place the prepared herbs, fruits and/or spices in the sterilized jars. Avoid overpacking the jars; use 3 to 4 sprigs of fresh herbs, 3 tablespoons of dried herbs, 1 to 2 cups of fruit or vegetables, or the peel of one lemon or orange per pint of vinegar to be flavored. If using basil, 1/2 cup of coarsely chopped leaves may also be used. Often it is preferred to "lightly bruise" mint leaves or the sprigs of fresh herbs to release the flavors and shorten the flavoring process a little. If using dried bay leaves, leave whole for easy removal. A small slit may be cut in whole jalapeno peppers or peeled garlic cloves; wear plastic gloves when working with peppers.

Berries may also be "lightly bruised" as they are put in your container. When using orange or lemon peel, thinly cut off only the colored portion, avoiding the thick white underside. Try to cut the peel in a continuous or long spiral for easy removal later.

Heat the vinegar to just below the boiling point, or at least 190-195° F. Pour over the flavoring ingredients in jars, leaving 1/4-inch headspace. Wipe rims of jars with a clean, damp cloth. Attach lids, corks, or screw caps tightly. Let sit to cool undisturbed.

Store in a cool, dark place. Let sit undisturbed for 3 to 4 weeks to develop flavors.\* Strain the vinegar through a damp cheesecloth or coffee filter one or more times until the vinegar shows no cloudiness. (Skewers of vegetables may be removed first.) Discard the fruit, vegetables and/or herbs.

**Prepare jars and lids as before for final bottling steps.**

Pour the strained vinegar into clean sterilized jars and cap tightly. A few clean berries or a washed and sanitized sprig of fresh herb may be added to the jars before closing, if desired.

\* A Note About Checking Flavors: It takes at least 10 days for most flavors to develop and about 3 to 4 weeks for the greatest flavor to be extracted. However, desired flavors are a matter of personal taste. Crushing, "bruising", or chopping fruits, herbs, and vegetables before adding them to jars can shorten the flavoring process by about a week or so. To test for flavor development, place a few drops of the vinegar on plain white bread and taste. If the flavor has developed to a pleasing point for you, strain the vinegar and continue as above. If flavors seem too strong after the standing time and straining, dilute the flavored vinegar with more of the base vinegar that was used in preparing the recipe.

<https://ucanr.edu/sites/solanomfp/files/348509.pdf>

## Making Pesto

Pesto is simple, only 4 ingredients!

Greens (herbs or leafy greens)

Fresh garlic

Nuts

Oil

Optional: Cheese maybe added if preferred

Pesto is traditionally made with fresh basil, however other herbs to consider include parsley, cilantro, arugula, spinach, kale, or a chard. Or you can make a combination of several.

Nuts used range from pine nuts, walnuts, almonds, and sometimes peanuts.

Season with salt and pepper and a squeeze of lemon juice to taste. Drizzle in the olive oil.

# Pesto Recipe

## Pesto of Possibilities

<https://therapeutic-hort.ces.ncsu.edu/pesto-possibilities/>

4 cups fresh basil leaves (from about 3 large bunches), depending on season basil can be substituted with arugula, cilantro, mustards, parsley.

1/2 cup olive oil

1/3 cup nuts or seeds (any kind!)

2 garlic cloves

1/4 cup freshly grated hard cheese such as Parmesan, Pecorino, Sardo (any cheese will do, even cheddar)

1 teaspoon of lemon juice

1 teaspoon coarse kosher salt

### Directions

Combine first 4 ingredients in blender. Blend until paste forms, stopping often to push down basil.

Add both cheeses and salt, blend until smooth.

Transfer to small bowl. (Can be made 1 day ahead. Top with 1/2-inch olive oil and chill.)

Possible additions: chives, chilies, parsley

## Herbed Jelly Recipes

### Dandelion Jelly

This jelly is clear like apple jelly and has a unique flavor, like honey. Caution: Do not to gather dandelions that have been sprayed with herbicides or pesticides or exposed to other toxic substances.

1-quart dandelion blossoms (not the stems, they are bitter)

1 quart water

1/2 teaspoon orange or lemon flavoring

4 cups sugar

1 package powdered pectin

1. Gather the familiar yellow blossoms early in the morning when their nectar content is highest.
2. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevation, boil jars 1 additional minute for each additional 1,000 feet elevation.
3. Wash blossoms, combine with water in a saucepan, and bring to a boil.
4. Boil 3 minutes and then drain well; save juice and discard blossoms.
5. Measure 3 cups juice and place in saucepan. Add orange or lemon flavoring, powdered pectin, and sugar.
6. Boil 3 minutes.
7. Pour into hot sterilized half-pint or pint jars leaving 1/4-inch head- space. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process half-pint jars in a boiling water or atmospheric steam canner for 10 minutes at 0-6,000 feet elevation, 15 minutes above 6,000 feet.

Source: University of Wyoming Cooperative Extension B-1210.3, 2011

## **Lime Mint Jelly**

Yield: about 10 half-pints

4 to 5 limes

3.5 ounces mint leaves and stems

4-1/4 cups water

7 cups granulated sugar.

3 pouches liquid pectin

4 tablespoons Crème de menthe liqueur

1. Zest limes; measure 3-1/2 teaspoons lime zest. Cut limes in half, squeeze juice; measure 1/2 cup lime juice.
2. Wash mint, removing any brown leaves; discard stems and blossoms. Chop mint until it resembles tea leaves. Combine lime zest, mint, and water in a stainless-steel saucepan.
3. Bring to a boil, reduce heat and simmer 15 minutes. Turn off heat, cover and let steep 20 minutes.
4. Pour mint infusion through a damp jelly bag or damp cheesecloth-lined sieve to collect juice. For clear jelly, strain 2 to 3 times through dampened triple-layer cheesecloth .

5. Combine mint juice, sugar, mint liqueur, and lime juice in a deep stainless-steel saucepan; bring to a rolling boil; boil very hard 1 minute. Remove from heat, add liquid pectin and for 1 minute.

6. Pour hot jelly immediately into hot jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.

7. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: [freshpreserving.com](http://freshpreserving.com), 2018

## **Gingered Red Pear-Rosemary Freezer Jam**

Yield: about 5 half-pints

1 cup sugar

5 tablespoon Ball Instant Pectin

1/2 teaspoon cinnamon

4 to 5 Red Anjou pears, peeled, cored, and coarsely mashed.

2 teaspoons finely chopped rosemary

1 teaspoon finely grated ginger

1 teaspoon orange zest

1. Stir sugar, instant pectin, and cinnamon in a bowl until well blended.

2. Add pears, rosemary, ginger, and orange zest. Stir 3 minutes.

3. Ladle jam into clean jars, leaving 1/2-inch headspace. Apply lids.

4. Let stand until thickened, about 30 minutes.

5. Refrigerate up to 3 weeks or freeze up to 1 year.

Source: [freshpreserving.com](http://freshpreserving.com), 2018

## **Fresh Herb Jelly**

Yield: about 5 half-pints

2 cups loosely packed coarsely chopped herbs.

1-1/2 cups unsweetened apple juice or dry white wine

1 cup water

1 cup white wine vinegar

6 tablespoons Ball Classic Pectin

5-1/4 cups sugar

1. Combine herbs, apple juice, water, and vinegar in a large stainless-steel saucepan. Bring to a boil over medium heat. Remove from heat, cover, and let steep for 15 minutes. Stir well, pressing herbs to extract flavor.

2. Transfer herb mixture to a dampened jelly bag or a strainer lined with several layers of dampened cheesecloth set over a deep bowl. Let drip, undisturbed, for 30 minutes. Measure 3-1/4 cups juice.

3. Transfer herb juice to a clean large, deep stainless-steel saucepan. Whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute. Remove from heat and quickly skim off foam.

4. Ladle hot jelly into hot jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.

5. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: [freshpreserving.com](http://freshpreserving.com), 2018