

P R E S S U R E C A N N I N G

ALTTITUDE:

| DIAL GAUGE:

S T E P B Y S T E P

1. Fill canner with 3 quarts of water.
 2. Set the rack on the bottom of the canner.
 3. Heat water until hot but not boiling.
 4. Wash and rinse your jars and lids. Keep Jars hot until ready to use.
 5. Prepare & Pack Food According to Pressure Canning Recipe Instructions.
 6. Fill Jar with hot water to recommended head space.
 7. Remove air bubbles.
 8. Wipe off rims.
 9. Place seals and rings on jars, tighten finger tight.
 10. Place jars on the rack, being careful not to tilt the jars when moving them into the canner. Make sure the jars aren't touching each other.
 11. Place the cover securely on the canner.
 12. Heat to boiling and allow steam to vent for 10 min.
 13. After the 10 minutes, close the vent or put on your weighted gauge and let the pressure build.
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