

Carrot: Preserve It!

Cranberry Carrot Conserve

Yield: about 6 half-pints

- 1-1/2 cups finely grated peeled carrots
- 1-3/4 cups canned crushed pineapple, with juice
- 3 tablespoons lemon juice
- 1-1/2 cups chopped cored peeled pears
- 1/3 cup dried cranberries
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 package powdered pectin
- 6-1/2 cups granulated sugar
- 1/4 cup toasted chopped pecans

1. In a large, deep stainless steel saucepan, combine carrots, pineapple and lemon juice. Bring to a boil over high heat, stirring occasionally, for 20 minutes.
2. Stir in pears, cranberries, cinnamon and nutmeg. Whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently.
3. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute.
4. Stir in pecans. Remove from heat and skim off foam.
5. Ladle hot conserve into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot conserve. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
6. 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: *Ball Complete Book of Home Preserving, 2012*



University of California

Agriculture and Natural Resources ■ UCCE Master Food Preserver Program

ucanr.edu/mfpcs • 530-621-5502

Carrot: Preserve It!

Cranberry Carrot Conserve

Yield: about 6 half-pints

- 1-1/2 cups finely grated peeled carrots
- 1-3/4 cups canned crushed pineapple, with juice
- 3 tablespoons lemon juice
- 1-1/2 cups chopped cored peeled pears
- 1/3 cup dried cranberries
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 package powdered pectin
- 6-1/2 cups granulated sugar
- 1/4 cup toasted chopped pecans

1. In a large, deep stainless steel saucepan, combine carrots, pineapple and lemon juice. Bring to a boil over high heat, stirring occasionally, for 20 minutes.
2. Stir in pears, cranberries, cinnamon and nutmeg. Whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently.
3. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute.
4. Stir in pecans. Remove from heat and skim off foam.
5. Ladle hot conserve into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot conserve. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
6. 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: *Ball Complete Book of Home Preserving, 2012*



University of California

Agriculture and Natural Resources ■ UCCE Master Food Preserver Program

ucanr.edu/mfpcs • 530-621-5502