

Gifts FROM THE



Kitchen



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

■ UC Master Food Preserver Program ■ Sonoma County

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Produced by the
UC Master Food Preserver
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Table of Contents

HERBS & SPICES

- Italian Seasoning p.7
- Fragrant Herb Salt p.8
- Cheryl's Cajun Spice Blend p.10
- Herbes de Provence p.11
- Homemade Taco Seasoning p.12
- Pumpkin Pie Spice p.13
- Spicy Herb Seasoning p.14
- Apple Pie Spice p.15

POPCORN & SALTS

- Cinnamon Spice Cranberry Popcorn p.17
- Cheesy Taco Popcorn Seasoning p.18
- Grab & Go Pizza Popcorn p.20
- Nutty & Natural Popcorn p.21
- Trio of Popcorn Seasonings p.22
- Lemon Pepper Popcorn Seasonings p.24
- Sriracha Flavored Salt p.25
- Ranch Popcorn Seasoning p.26

CITRUS

- Preserved Lemons p.28
- Lisa's Lemon Powder p.30
- Orange Peel Roses p.32
- Citrus Peel Powder p.33
- Candied Citrus Peel p.34
- Citrus Salt p.36

CRANBERRY

- Cranberry-Orange Flavored Vinegar p.38
- Cranberry Mustard p.40

Fruit-Based Mustard p.42
Cranberry-Orange Marinade p.43
Cranberry Chutney p.44
Cranberry Chutney Cheese Ball p.46
Whole Berry Cranberry Sauce p.47
Cranberry Orange Chutney p.48
Spicy Cranberry Salsa p.50
Cranberry Conserve p.52
Cranberry Nut Bark p.54

NUTS

Tonia's Sweet & Spicy Curried Nuts p.56
Tonia's Rosemary Maple Nuts p.57
Garrapiñada p.58
Spiced Candy Walnuts p.60

FESTIVE BEVERAGES

Mulling Spice for Wine or Cider p.62
Mulled Cranberry Juice p.63
Three Teas for a Cold Winter Day p.64
Hot Cocoa Milk Mix p.67

GIFTS IN A JAR

Nutty Cranberry Granola p.69
Bean Dip for a Crowd p.70
Italian-Style Bean Soup Mix p.72
Tonia's Granola p.74

REFERENCES & RESOURCES

Links to Information p.76
Links to Preserved Lemon Recipes p.77
Lisa's Lemon Bread p.78

Introduction

Welcome to the first edition of *Gifts from the Kitchen* from the UC Master Food Preservers of Sonoma County! We hope you have fun exploring these gift ideas this holiday season!

The University of California Master Food Preserver Program (UC MFP) is a statewide program of the University of California Division of Agriculture and Natural Resources (UC ANR) and administered locally through participating UC Cooperative Extension (UCCE) offices, the outreach arm of UC ANR. The UC MFP Program is a public service and educational program that has taught research-based practices of safe home food preservation to Californians since 1982. Today, there are 21 counties participating in 12 programs based out of UCCE offices throughout the State of California.

The UC MFP Program's mission is to keep Californians safe and well as they use culturally appropriate, research-based practices to safely preserve food in the home. It aims to reduce food waste, increase food security, and provide engaging ways for Californians to explore healthy food.

Approximately 450 UC MFP volunteers and staff throughout the state support one another through informal networks and academic oversight by UCCE specialists based at UC Davis campus to extend educational services to the widest audiences possible through food preservation demonstrations, workshops, and classes for the public. UC MFP volunteers respond to requests for information and provide problem-solving information to members of their community who are interested in home food preservation or are seeking advice regarding food preservation.

We hope this cookbook will inspire you to “preserve today and relish tomorrow” this holiday season. Enjoy!



Herbs & Spices

Italian Seasoning

YIELDS: Approx. $\frac{3}{4}$ cup

INGREDIENTS:

- 3 tablespoons dried basil
- 3 tablespoons dried parsley
- 3 tablespoons dried marjoram
- 3 tablespoons dried oregano
- 1 tablespoon granulated garlic
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- $\frac{1}{4}$ teaspoon red pepper flakes

SUPPLIES:

- Small bowl
- Spoon
- Measuring spoons
- Mortar and pestle or spice grinder
- Funnel
- Airtight jar(s)
- Permanent marking pen
- Labels (optional)

DIRECTIONS:

4. Combine all ingredients in a small bowl and mix thoroughly using a mortar and pestle or a spice grinder for a finer blend.
5. Store seasoning mix in clean, dry, airtight jars at room temperature, in a dark place.
6. Use within 1 year.

USES:

This seasoning mix can be used in the Grab and Go Pizza Popcorn on page 20 and the Italian-Style Bean Soup Mix on page 72 of this cookbook.

Recipe from: UC Master Food Preserver of Sonoma County, Sue Lovelace (2022)

Fragrant Herb Salt

YIELDS: ¾ cup

INGREDIENTS:

4 to 5 garlic cloves

½ cup kosher salt

2 cups loosely packed, fresh herbs such as: sage, rosemary, thyme, savory, basil or cilantro.

2 teaspoons dried lavender buds (if desired)

1 lime, lemon, or other citrus fruit (if desired)

SUPPLIES:

Cutting board

Chef knife

Paring knife

Measuring cups for dry goods

Measuring spoons

Baking sheet

Silicone sheets if using a dehydrator

Spatula

Zester

Bowl

Large spoon

Funnel

Eight-ounce airtight jar (smaller jars can be used)

Permanent marking pen

Labels (optional)

DIRECTIONS:

1. Peel and cut each garlic clove lengthwise through the center, remove the sprout (if any) in the center. The sprout and peel can be saved for later use to make broth.
2. Zest the citrus fruit if being used.
3. Mound the salt and garlic on a cutting board.
4. Mince the garlic and blend it with the salt as you work.
5. Rinse herbs in cool water and shake dry. Place herbs in a mound and coarsely chop them.

6. Add the herbs and citrus zest and/or dried lavender buds, if used, to the garlic salt and chop together to the texture of coarse sand. (Chopping the herbs and salt with the zest helps bind the oils or citrus "essence" together).
7. Spread the salt mixture on a baking sheet or silicone dehydrating sheet.
8. There are three different ways to dry the herb salt mixture:
 - a. Heat the oven to 200°F and then turn the oven off. Place baking sheet in oven, close door, and let it sit overnight to dry.
 - b. Place baking sheet in oven with the oven light on, overnight
 - c. Dry the herb-salt mixes in a dehydrator between 95-115° F for 3 to 4 hours. If you are using citrus zest and garlic, increase the temperature to 125° F for 6 to 8 hours. Check dryness and stir periodically.
9. Store in clean, dry, airtight jars in a cool, dark place.

USES:

Flavored salts can be used to enhance many foods, for example as a seasoning for salads, vegetables, popcorn, avocado toast, corn on the cob, grilled shrimp, sliced tomatoes, etc. Cilantro-Garlic-Lime salt is especially good on homemade tortilla chips, corn salads, or on the rim of a margarita glass.

Recipe adapted from: UC Master Food Preserver Program | [mfp.ucanr.edu File: 4-0009](https://mfp.ucanr.edu/File:4-0009) and [UC Master Food Program | mfp.ucanr.edu File: 4-0010](https://mfp.ucanr.edu/File:4-0010) by UC Master Food Preserver of Sonoma County: Stephanie Alves (2022)

Cheryl's Cajun Spice Blend

YIELDS: Approx. ½ cup

INGREDIENTS:

5 bay leaves
⅓ cup Hungarian paprika
4 teaspoons onion powder
4 teaspoons garlic powder
1 teaspoon black pepper
1 teaspoon white pepper
½ teaspoon cayenne pepper (if desired)
1-½ teaspoons celery seed
1 teaspoon dried thyme
1 teaspoon cumin seed
½ teaspoon dried oregano

SUPPLIES:

Measuring spoons
Small bowl
Spoon
Spice grinder
Funnel
Airtight jar(s)
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. Mix paprika, onion powder, garlic powder, black pepper, white pepper and cayenne pepper in small bowl. Set aside.
2. Grind bay leaves in a spice grinder until finely ground.
3. Add celery seed, dried thyme, cumin seed and dried oregano to bay leaves and grind together until finely ground.
4. Add bay leaf mixture to the spice mix in small bowl and stir to mix.
5. Store in clean, dry, airtight jars in a cool, dark place and use spice blend within one month.

Recipe adapted from: UC Master Food Preserver Program | mfp.ucanr.edu File: 4-0008

Herbes de Provence

YIELDS: Approx. ⅓ cup

INGREDIENTS:

1 tablespoon dried thyme leaves

1 tablespoon dried sweet marjoram leaves

1 tablespoon dried summer or winter savory leaves

1 tablespoon dried rosemary leaves

1 tablespoon dried cracked fennel seeds

2 dried bay leaves, finely ground in spice grinder or with a mortar and pestle

1 teaspoon dried lavender buds

2 teaspoons grated and dried orange zest

SUPPLIES:

Measuring spoons

Small bowl

Spoon

Spice grinder or mortar and pestle

Funnel

Airtight jar(s)

Permanent marking pen

Labels (optional)

DIRECTIONS:

1. Place thyme, sweet marjoram, savory and rosemary leaves in a small bowl. Lightly crumble leaves with fingertips.
2. Add crushed bay, lavender buds, fennel seeds, and orange zest.
3. Stir together to mix well.
4. Store seasoning mix in clean, dry, airtight jars in a dark place.

Recipe adapted from: UC Master Food Preserver Program | mfp.ucanr.edu File: 4-0010

Homemade Taco Seasoning

(Gluten Free)

YIELDS: Approx. 1 cup

INGREDIENTS:

½ cup chili powder

¼ cup onion powder

2 tablespoons ground cumin

2 tablespoons garlic powder

1 tablespoon smoked paprika

2 tablespoons kosher or sea salt (if desired)

1 tablespoon black pepper

cayenne pepper (if desired)

red pepper flakes (if desired)

powdered oregano (if desired)

SUPPLIES:

Measuring spoons

Small bowl

Mortar and pestle or spice grinder (if desired)

Spoon

Funnel

Airtight jar(s)

Permanent marking pen

Labels (optional)

DIRECTIONS:

1. Combine all ingredients in a small bowl and mix. If a finer blend is desired, use a mortar and pestle or a spice grinder.
2. Store seasoning mix in clean, dry, airtight jars at room temperature.

NOTE: 2 Tbsp. = 1 store-bought packet

The great thing about spice blend recipes is that they are customizable! No single ingredient is necessary. Taco Seasoning can be made with or without salt. If a spicier blend is desired, add cayenne and/or red pepper flakes. For a savory twist, add powdered oregano.

USES:

Use two tablespoons of Taco Seasoning per pound of ground beef, chicken, etc. on taco Tuesdays! This seasoning can be used in the “Bean Dip for a Crowd” recipe on page 70 of this cookbook. Add some dried lemon or lime zest and sprinkle on popcorn, homemade tortilla chips or fresh fruits such as watermelon or pineapple.

Recipe adapted from: [How to Make Your Own Taco Seasoning | Mississippi State University Extension Service \(msstate.edu\)](https://www.msstate.edu/extension/service/recipes/how-to-make-your-own-taco-seasoning/)

Pumpkin Pie Spice

YIELDS: Approx. ¼ cup

INGREDIENTS:

4 tablespoons ground cinnamon

1 teaspoon ground nutmeg

1 teaspoon ground ginger

½ teaspoon ground cloves

½ teaspoon of ground allspice (if desired)

NOTE: Individual spices can be adjusted to suit taste.

SUPPLIES:

Measuring spoons

Bowl

Spoon

Funnel

Airtight jar(s) or container

Permanent marking pen

Label (optional)

DIRECTIONS:

1. Mix all spices together in a small bowl until blended.
2. Store any unused spice mix in clean, dry, airtight jars or containers.

Recipe from: UC Master Food Preserver of Sonoma County: Ellie Samuel (2022)

Spicy Herb Seasoning

(Salt Free)

YIELDS: Approx. 1 cup

INGREDIENTS:

3 tablespoons dried basil
3 tablespoons dried marjoram
3 tablespoons dried parsley
3 tablespoons dried thyme
4-½ teaspoons dried chives
2-½ teaspoons dried paprika
2-½ teaspoons dried rosemary
2-½ teaspoons onion powder

SUPPLIES:

Measuring spoons
Small bowl
Spice grinder or mortar and pestle
Funnel
Airtight jar(s)
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. Grind all ingredients together.
2. Pour into a glass jar and cover tightly.
3. Store seasoning mix in clean, dry, airtight jars in a cool, dark place.

USES:

Use as you would salt. This seasoning can be used with pepper as well. This seasoning mix can be used in the Grab and Go Pizza Popcorn on page 20 and the Italian-Style Bean Soup Mix recipe on page 72 of this cookbook.

Recipe adapted from: UC Master Food Preserver Program | mfp.ucanr.edu File: 4-0011

Apple Pie Spice

YIELDS: Approx. ⅓ cup

SUPPLIES:

INGREDIENTS:

4 tablespoons ground cinnamon

1 teaspoon cardamom

1 teaspoon ground nutmeg

1 teaspoon ground ginger

½ teaspoon ground allspice (if desired)

Measuring spoons

Bowl

Spoon

Funnel

Airtight jar(s) or container

Permanent marking pen

Label (optional)

NOTE: Individual spices can be adjusted to suit taste

DIRECTIONS:

1. Mix all spices together in a small bowl until blended.
2. Store any unused spice mix in clean, dry, airtight jars or containers.

Recipe from: UC Master Food Preserver of Sonoma County: Ellie Samuel (2022)



Popcorn & Salts

Cinnamon Spice Cranberry Popcorn

YIELDS: 4 servings

INGREDIENTS:

6 cups air-popped popcorn (approx. $\frac{1}{3}$ cup popcorn kernels)
3 tablespoon brown sugar
3 tablespoon light corn syrup
1- $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon ginger
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{8}$ teaspoon cloves
1- $\frac{1}{2}$ tablespoons light margarine
 $\frac{1}{2}$ cup dried cranberries

SUPPLIES:

Air popcorn popper
Microwave safe bowl
Large bowl
Measuring spoons
Large spoon
Measuring cups for dry and liquid goods
Airtight container(s)

DIRECTIONS:

1. Make popcorn. Place in large bowl.
2. Combine brown sugar, corn syrup, spices, and margarine in microwave-safe bowl; cook on High heat for 2- $\frac{1}{2}$ minutes until bubbly hot.
3. Add dried cranberries to popcorn; pour on hot sugar mixture and toss until well coated.
4. Cool mixture before serving or store in airtight container.

Recipe adapted from: <https://www.popcorn.org/Recipes/All-Recipes>

Cheesy Taco Popcorn Seasoning

YIELDS: Approx. ¼ cup of seasoning
for ½ cup of popcorn kernels or 10 cups
of popped corn

INGREDIENTS:

1 tablespoon ground chili powder
1 teaspoon salt
½ teaspoon ground cumin
½ teaspoon dried oregano
⅛ teaspoon cayenne pepper
2 tablespoons nutritional yeast (or
Parmesan cheese*)

SUPPLIES:

Bowl(s)
Measuring spoons
Measuring cups for dry goods
Spoon
Paper bags (optional)
Funnel (optional)
Airtight jar(s) (optional)
Zipper bags, snack size (optional)
Permanent marking pen (optional)
Labels (optional)

**Use shelf-stable Parmesan cheese if making this recipe for gifting or for use at a later time.*

DIRECTIONS:

1. Mix spices together in a small bowl.
2. Add seasoning to popped popcorn. Mix well to coat. Store any unused seasoning mix in clean, dry, airtight jars.

USES:

This seasoning can be used on air-popped corn or stove-popped corn. It will stick better to popcorn that is stove popped. Individual servings of popcorn can be placed in paper bags along with the seasoning. Fold over the top of bag, shake to coat and enjoy!

To use this seasoning for gift giving, please use the following quantities of ingredients per 1 pint jar:

1- $\frac{1}{4}$ cups of popcorn kernels per jar

$\frac{1}{3}$ to $\frac{1}{2}$ cup popcorn seasoning mix per jar

Quantities of ingredients for $\frac{1}{2}$ cup (about 8 tablespoons) of the mix to be put in plastic zipper bag and added to the pint jar for gifting:

2 tablespoons chili powder

2 teaspoons salt

1 teaspoon cumin

1 teaspoon oregano

$\frac{1}{4}$ teaspoon cayenne pepper

4 tablespoons shelf-stable Parmesan cheese

Recipe adapted from: [Cheesy Taco Popcorn Seasoning](#) by UC Master Food Preservers of Sonoma County: Gina Clemens and Shannon McMath (2022)

Grab & Go Pizza Popcorn

YIELDS: 1 gift jar makes 6 quarts or 24 cups of popped corn

INGREDIENTS:

1- $\frac{1}{3}$ cup popcorn kernels
1 cup grated Parmesan cheese*
2 teaspoons garlic salt
2 teaspoons paprika
1 tablespoon Italian seasoning (Refer to recipes on pages 5 and 12 of this cookbook).
Olive oil cooking spray

SUPPLIES:

Bowl(s)
Measuring spoons
Measuring cups for dry goods
Spoon
Paper bags (optional)
Large sealable plastic container or zipper bag (optional)
Plastic cups (optional)
Popcorn scoop (optional)
Funnel (optional)
Permanent marking pen (optional)
Airtight jar(s) (optional)
Labels (optional)

**Use shelf-stable Parmesan cheese if making this recipe for gifting or use at a later date.*

DIRECTIONS:

1. Make popcorn and place popcorn in a large, sealable plastic container or in a 2.5-gallon plastic zipper bag.
2. Spray popcorn lightly with olive oil cooking spray.
3. Sprinkle spice mix over popcorn and shake to distribute evenly.
4. To serve, scoop popcorn into reusable popcorn containers or plastic cups.

USES: The seasoning in this recipe can be made and placed in a jar along with popcorn kernels for gifting.

Recipe adapted from <https://www.popcorn.org/Recipes/All-Recipes>

Nutty & Natural Popcorn

YIELDS: 3 quarts of popped corn

INGREDIENTS:

2-½ quarts popped popcorn
2 tablespoons sunflower seed kernels
2 tablespoons almonds, finely ground
2 tablespoons walnuts or hazelnuts, finely ground
2 tablespoons wheat germ
4-6 tablespoons melted margarine or butter
1-⅔ cups chopped dried fruits and raisins

SUPPLIES:

Bowl(s)
Measuring spoons
Measuring cups for dry goods
Spoon
Labels (optional)
Plastic gift bags (optional)
Permanent marking pen (optional)
Airtight containers or jar(s) (optional)

DIRECTIONS:

1. Finely grind sunflower kernels and nuts in a food processor or blender.
2. Pour melted margarine over popcorn.
3. Sprinkle with ground nuts and wheat germ; toss to mix.
4. Stir in dried fruits.
5. Store in airtight containers or plastic bags.

Recipe adapted from: <https://www.popcorn.org/Recipes/All-Recipes>

Trio of Popcorn Seasonings

YIELDS: 4 cups of popped corn

INGREDIENTS:

¼ cup popcorn kernels

1 tablespoon olive oil

¼ teaspoon kosher salt

1 tablespoon seasoning of choice*

***SWEET SEASONING:**

(Yield: Approx. ¼ cup)

1 tablespoon brown sugar

1 tablespoon ground cinnamon

1 teaspoon ground nutmeg

½ teaspoon ground ginger

***HERB SEASONING:**

(Yield: Approx. ⅓ cup)

1 tablespoon nutritional yeast

1 teaspoon dried thyme

1 teaspoon dried oregano

¼ teaspoon paprika (smoked or sweet)

***CREOLE SEASONING:**

(Yield: Approx. ¼ cup)

1 teaspoon onion powder

2 teaspoons garlic powder

2 teaspoons dried oregano

1 teaspoon dried basil

⅛ teaspoon dried thyme

1 teaspoon black pepper

⅛ teaspoon ground cayenne pepper

2 teaspoons paprika (smoked or sweet)

SUPPLIES:

Brown paper bag

Small bowl

Large bowl

Spoon

Measuring cups for dry goods

Measuring spoons

Labels (optional)

Permanent marking pen

Airtight jar(s)

DIRECTIONS:

1. Place the popcorn kernels in a brown paper bag and fold the top tight, then place in the microwave for 2 minutes or until the popcorn kernels stop popping.
2. In a small bowl, combine the spices of your desired seasoning blend. Reserve to the side.

3. In a large bowl, combine 1 tablespoon of your desired spice blend, olive oil and salt. Mix well until thoroughly combined. Add in the popcorn and toss until the spice blend is evenly coating the popcorn.
4. Store unused seasoning mix in clean, dry, airtight jars.

USES:

These spice blend flavors can be made and stored in small jars for gift-giving! Place individual spice jars in a gift basket, add a jar of popcorn kernels and a copy of this recipe.

Recipe adapted from: [Popcorn-Spice-Mixes.pdf \(tulane.edu\)](#) and modified for gifting by UC Master Food Preserver of Sonoma County, Gina Clemens (2022)



Lemon Pepper Popcorn Seasoning

YIELDS: Approx. ¼ cup of seasoning
mix per 4 cups of popped corn

INGREDIENTS:

¼ cup popcorn kernels
1 tablespoon kosher salt
1 tablespoon cracked black pepper
½ tablespoon raw sugar
1 teaspoon dried lemon zest
½ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon celery seed

SUPPLIES:

Small bowl
Large bowl
Spoon
Measuring spoons
Zester (optional)
Air popper (optional)
Funnel (optional)
Labels (optional)
Permanent marking pen
Airtight jar(s)

DIRECTIONS:

1. Blend all ingredients together in a small bowl.
2. Toss desired amount over hot popcorn.
3. Store unused seasoning mix in clean, dry, airtight jars at room temperature.

NOTE: The zest of 1 lemon can be substituted for the dried lemon peel if using the seasoning mix immediately.

Recipe adapted from: <https://changingthewaytheworldeats.jwu.edu/documents/popcorn-seasoning-blends.pdf>

Sriracha Flavored Salt

YIELDS: Approx. ½ cup

INGREDIENTS:

½ cup kosher salt

5 teaspoons Sriracha sauce

SUPPLIES:

Baking sheet

Parchment paper

Bowl

Spoon

Fork

Measuring spoons

Measuring cups for dry goods

Funnel

Airtight jar(s)

Permanent marking pen

Labels (optional)

DIRECTIONS:

Heat oven to 200°F

1. Line a baking sheet with parchment paper.
2. In a bowl, mix the salt with the Sriracha.
3. Spread salt mixture evenly on baking sheet.
4. Place baking sheet in oven, close door, and turn oven off.
5. Leave salt mixture in oven overnight to dry.
6. Break up clumps with a fork, if needed.
7. Store in labeled, clean, dry, airtight jars.

Recipe adapted from: <https://ucanr.edu/sites/camasterfoodpreservers/files/333973.pdf>

Ranch Popcorn Seasoning

YIELDS: Approx. ¼ cup of seasoning
mix per 4 cups of popped corn

INGREDIENTS:

¼ cup popcorn kernels
3 tablespoons garlic powder
2-½ tablespoons onion powder
2-½ tablespoons dried parsley
2 teaspoons dried dill
1 tablespoon salt

SUPPLIES:

Small bowl
Large bowl
Spoon
Measuring spoons
Spice grinder (optional)
Air popper (optional)
Funnel
Labels (optional)
Permanent marking pen
Airtight jar(s)

DIRECTIONS:

1. Mix all ingredients together in a small bowl. If a finer powder is desired, use a spice grinder to mix the ingredients.
2. Toss desired amount over hot popcorn.
3. Store unused seasoning mix in clean, dry, airtight jars
4. Should clumps form during storage, they can be broken up with a fork or a spice grinder.

Recipe adapted from: <https://changingthewaytheworld eats.jwu.edu/documents/popcorn-seasoning-blends.pdf>



Citrus

Preserved Lemons

YIELDS: 1 pint jar

INGREDIENTS:

5 lemons

¼ cup canning salt

2 bay leaves

2 cinnamon sticks

½ teaspoon peppercorns (if desired)

SUPPLIES:

Cutting board

Knife

Measuring spoons

Measuring cups for dry goods

Sheet pan (optional, for containing the mess)

Paper towel

1 pint jar with lid

DIRECTIONS:

1. Wash the lemons in warm water scrubbing well to remove any dirt and wax, dry well using paper towels. Set aside. Pre-measure the salt and spices and set aside.
2. Sterilize the jar by boiling the jar in water for 10 minutes. (If you live above 1000 feet in elevation, add 1 minute of boiling time for every additional 1000 feet.) Set aside.
3. Cut the stem ends off the lemons. Discard the ends.
4. Turn each lemon up on its end. Slice the lemons as if you were going to quarter them, but don't slice all the way through. Leave the sections connected at the bottom by about 1/2 inch.
5. Gently pull the sections apart and sprinkle 1 teaspoon salt over each lemon making sure to get salt down between the sections.
6. Place the jar on work surface. One pint jar will hold about 4 lemons
7. Sprinkle 1 teaspoon salt in the jar.
8. Place one lemon in the bottom of a jar. Sprinkle it with 1 teaspoon salt.
9. Use your fingers to press the lemon down into the jar, squeezing out the juice.
10. When the lemon is well squeezed, sprinkle with 1 teaspoon salt. Add the dried spices.
11. Place another lemon in the jar. Squeeze. Sprinkle with another 1 teaspoon salt.
12. Repeat step 11 until the jar is full.

13. Make sure there is enough room left in the jar so that the lemons can be completely covered with lemon juice. If the juice from squeezing and packing the lemons in the jar does not cover the lemons, squeeze another lemon to add juice to completely cover the lemons.
14. Sprinkle the lemons and juice in the jar with the remaining salt.
15. Leave at least 1/4 inch “headspace” in the jar. More headspace is fine, less will make it hard to open the jar without spilling. The lemons should remain completely covered by juice.
16. Center lid on jar. Wipe jar rim with moist paper towel. Screw band down until resistance is met, then increase to fingertip tight. Shake the jar well to mix the contents and distribute the salt.
17. Keep the jar at room temperature for 2 weeks, away from sunlight. Shake the jar each day, thoroughly mixing the contents.
18. After 2 weeks, the lemons are ready to use. Remove pulp and membrane, using only the peel. Rinse the peel under water to remove excess salt and dry with a paper towel. Store the preserved lemons in the refrigerator. Use within 6 months.

USES: Please refer to recipes located in the reference section near the end of this cookbook.

Recipe adapted from: *Ball Complete Book of Home Preserving* (2012)

Lisa's Lemon Powder

YIELDS: Finished quantity varies depending on amount of lemon peels used

INGREDIENTS:

Lemon peels*

This recipe makes use of lemons that have been previously used for juicing. This recipe is a great example of how UC Master Food Preservers focus on reducing food waste, increasing food security, and providing engaging ways for Californians to explore healthy food.

SUPPLIES:

- Cutting board**
- Sharp knife**
- Vegetable peeler**
- Spice grinder or Mortar and pestle**
- Spatula**
- Spoon**
- Funnel**
- Airtight jars or containers for storage**
- Permanent marking pen**
- Labels (optional)**

DIRECTIONS:

1. Cut all lemon peels into 1/4" slices.**
2. Arrange lemon peel slices in a single layer on dehydrator trays.
3. Place trays in dehydrator and dehydrate for 6-8 hours at 135°-140° F or, until fully dry. Drying time can take up to 12 hours.
4. Cool completely, then grind.
5. Store lemon powder in clean, dry airtight jars at room temperature.

*Peels of citron, grapefruit, pomelo, kumquat, lime, lemon, tangelo and tangerine can be used. (Thick-skinned navel orange peel dries better than thin-skinned Valencia peel). If using fruit with thicker pith, remove the outer 1/6 to 1/8 inch of peel. Avoid using the pith as that may cause bitterness.

USES: Lemon (citrus) powder can be added to dishes for enhanced lemon (citrus) flavor without adding liquid. Lemon (citrus) powder can be mixed with an equal amount of salt to

create a lemon (citrus) salt. Lemon (citrus) powder can be packaged for gifting any time of year!

***NOTES FROM LISA: I have not removed the pith for my juiced lemons although I am familiar with recipes that call for this. I dried a small batch first and tested for bitterness. Since there has not been any I continue to use everything.*

I have a lemon bread recipe that is very popular with my family and friends. It's a great recipe to use when your lemon tree is overloaded since it uses 6 lemons. When I make a double batch, I find I have a large pile of 12 lemons remaining. I often dehydrate them. Even before I start the lemon bread, I wash and dry the lemons. Once I have juiced the lemons, I prep them for dehydration. This technique allows me to use the entire lemon rather than overwhelm my compost pile!

The lemon bread recipe mentioned by Lisa can be found in the Reference and Resource section on page 78.

Recipe from: Citrus Peel Powder recipe from UCCE Master Food Preserver Program
"Citrus: Preserve It, Serve It" https://ucanr.edu/sites/mfp_of_cs/files/333872.pdf and UC
Master Food Preserver of Sonoma County, Lisa Meeker (2022)

Orange Peel Roses

YIELDS: Finished quantity varies depending on the number of oranges used.

INGREDIENTS:

Oranges
1 cup sugar
1 cup water
Red food coloring

SUPPLIES:

Measuring cups for dry and liquid goods
Cutting board
Sharp paring knife
Scissors (optional)
Toothpicks
Sauce pot
Heat proof container (optional)
Wire rack
Airtight jar(s) or airtight container
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. Peel orange with sharp knife starting at the blossom end, continue to peel around the orange so that you have one long curl 3/4" WIDE.
2. Place blossom end of curl in the palm of your hand and wind curl around blossom end to make a tight and flat spiral.
3. Hold it together with a toothpick.
4. If you want to, scallop the edge of the spiral with a pair of scissors
5. Place roses in pot with enough water to cover
6. Bring to a boil and discard water or, allow water to cool in a heat proof container and use to water plants in your garden.
7. Repeat the above process 2 more times, for a total of three times.
8. Make simple syrup, one cup water to one cup sugar.
9. Cover roses in pot with simple syrup and add red food coloring to make it rose colored
10. Simmer on low for 20 minutes. Lower heat, if necessary, to keep the simple syrup from boiling dry.

11. Remove orange rose from syrup and cool on wire rack. Once cool, remove toothpicks.
12. Store roses in a clean, dry, airtight jar or airtight container at room temperature.

NOTE FROM ELLIE: These are totally edible (basically fancy orange peel candy) and make great gifts by themselves. They also make wonderful decorations on turkey or ham platters during the holidays. Place an orange rose in the center of a bowl of cranberry sauce, egg salad or tuna salad bowls.

Recipe from: UC Master Food Preserver of Sonoma County: Ellie Samuel (2022)

Citrus Pulp Powder

YIELDS: Finished quantity varies

depending on amount of citrus pulp used

INGREDIENTS:

Citrus pulp from lemons, limes, oranges

SUPPLIES:

Small bowl

Cutting board

Spoon

Parchment paper

Dehydrator

Blender or spice grinder

Airtight jar with lid

Permanent marking pen

Labels (optional)

DIRECTIONS:

1. Spread pulp from juiced citrus in a thin, even layer on parchment paper placed on a dehydrator tray. Remove seeds.
2. Dry at 140°F in a dehydrator for 8-12 hours.
3. Place dried pulp in blender or spice grinder and blend until a fine powder.
4. Store citrus pulp powder in a clean, dry, airtight jar.
5. Use powder in a variety of dishes to add citrus flavor without adding liquid.

Recipe adapted from: UCCE Master Food Preserver Program “Citrus: Preserve It, Serve It”

https://ucanr.edu/sites/mfp_of_cs/files/333872.pdf

Candied Citrus Peel

YIELDS: Approx. 2 cups

INGREDIENTS:

2 grapefruit or 1 pomelo or 3 oranges or

6 lemons

2 cups sugar

3 tablespoons light corn syrup

Water

SUPPLIES:

Measuring cups for dry and liquid goods

Cutting board

Knife

Saucepan

Heavy saucepan

Spoon

Baking dish

Paper towels

Dehydrator trays (optional)

Chopsticks(optional)

DIRECTIONS:

1. Peel the fruit in large strips, using only the zest and white peel. If the white is very thick, trim it down a little.
2. Put the peel in a saucepan, cover with cold water and simmer for 30 minutes.
3. Drain, cover with cold water again, and simmer until tender.
4. Drain and cut the peel into small strips, about $\frac{3}{8}$ " inch wide and 2 inches long. ($\frac{1}{4}$ " is too thin and tends to break. $\frac{1}{2}$ " is too wide to dry completely).
5. Mix one cup of the sugar with the corn syrup and $\frac{3}{4}$ cup water in a heavy saucepan; add fruit peel and stir over low heat until most of the syrup has been absorbed.
6. Cover and let stand overnight.
7. Reheat and bring to a simmer again, then cool a little and drain.
8. In a baking dish, spread several thicknesses of paper towels with the remaining cup of sugar and roll the peel in it, turning so that all the pieces are coated.
9. Let them stand until they are dry enough to handle.
10. Stored airtight, they will stay fresh for several months.

11. If they become too dry put a lemon in the container for a day or two and the candied peel will soften.

Candied Citrus peels can also be made using a dehydrator:

1. Line dehydrating trays with parchment paper and spread a layer of sugar about 1/8" deep.
2. Lay the peels in the sugar and turn each piece using chopsticks to thoroughly coat with sugar. Be sure to fill each tray placing the peel so they do not touch.
3. Dehydrate like any other fruit. About 3 to 3 1/2 hrs.
4. Rotate trays every hour or so to insure they dry evenly.
5. The product should be dry but pliable. Not crispy.
6. Conditioning: loosely pack dried citrus peel in quart jars, 3/4 full, and close with a lid.
7. Shake the jar daily for about a week to release any residual moisture.
8. Store in an airtight container. If dehydrated properly it will keep for a year.

NOTES: If moisture, or condensation, appears on the inside of the jar, return the product to the dehydrator. Dry for another hour or so, then repeat the conditioning process. If your citrus peel is not dried correctly it may mold over time.

USES:

Enjoy like candy. Add candied peels to granola or trail mixes. Use them in pastries, oatmeal cookies, fruit breads, cakes, and even as a cake decoration. Add chopped citrus peel to custards. Use your imagination, there are endless possibilities for the use of candied citrus peels.

Recipe adapted from: <https://ucanr.edu/sites/camasterfoodpreservers/files/333958.pdf> and https://ucanr.edu/sites/mfp_of_cs/files/362038.pdf

Citrus Salt

YIELDS: About 1¼ cups

INGREDIENTS:

- 1 cup flake salt or coarse salt
- 3 tablespoons citrus zest (any kind)

SUPPLIES:

- Measuring cups for dry goods
- Measuring spoons
- Zester
- Cutting board (optional)
- Spoon
- Small bowl
- Rimmed baking sheet
- Spatula
- Fork
- Airtight jars
- Permanent marker pen
- Labels (optional)

DIRECTIONS:

Heat oven to 200°F

1. Mix salt and zest in a bowl; work the zest into the salt with your fingers to release oils and flavor.
2. Spread on a baking tray.
3. Insert the baking tray in the oven and turn the oven off.
4. Let the tray sit in the oven overnight.
5. Use a fork to separate any clumps.
6. Store in a clean, dry, airtight jar at room temperature for up to 2 months.

NOTES: The color of Citrus Salt will fade over time, but this won't affect the taste.

Recipe adapted from: UCCE Master Food Preserver Program “Citrus: Preserve It, Serve It”

https://ucanr.edu/sites/mfp_of_cs/files/333872.pdf



Cranberry

Cranberry-Orange Flavored Vinegar

YIELDS: About five half-pint jars

INGREDIENTS:

1 lb. fresh cranberries
½ cup water
4 whole cloves
2 cinnamon sticks (each ~ 4" long)
1 cup sugar
3 cups white wine vinegar
1 orange sliced into rounds (see tip below)

SUPPLIES:

Small bowl
Large bowl
Strainer
Measuring cups for dry and liquid goods
Knife
Cutting board
Large stainless-steel saucepan
Large spoon
Potato masher
Cheesecloth
String
Paper towels
5 eight-ounce jars with lids and rings
(Use eight-ounce wide mouth jars for a more elegant look)
Boiling water bath or atmospheric steam canner
Ladle
Canning funnel
Headspace measuring tool
Jar lifter
Dish towel
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. Wash and drain cranberries. Set ½ cup aside.
2. In a large stainless-steel saucepan, combine remaining cranberries and water.
3. Bring to a boil over medium-high heat.
4. Reduce heat and boil gently, stirring frequently, until cranberries burst.
5. Remove from heat and, using a potato masher, lightly crush the cranberries.
6. Meanwhile, break the cinnamon sticks into pieces and tie together with the cloves in a square of cheesecloth, creating a spice bag. Set aside.
7. Line a strainer with several layers of cheesecloth and place over a glass measure or bowl.
8. Strain juice without squeezing the cheesecloth and measure 1 cup.
9. Discard cheesecloth and residue or recycle per local regulations.
10. Transfer cranberry juice to a large stainless-steel saucepan and add sugar and reserved spice bag.
11. Cook over medium-high heat until sugar dissolves.
12. Add reserved cranberries and vinegar.
13. Bring to a boil over medium-high heat.
14. Reduce heat, cover and heat gently until cranberries are heated through but haven't burst, about 10 minutes.
15. Discard or recycle spice bag per local regulations.
16. Place 1 orange slice into each hot jar.
17. Ladle hot vinegar into hot jars, leaving ¼ inch headspace.
18. Wipe rims clean with damp paper towel. Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.
19. Place jars in canner, ensuring they are completely covered with at least 1 inch of water.
20. Process in a boiling water bath for 10 minutes, adjusting for altitude is necessary.**
21. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

TIPS:

1. Choose an orange that is the right diameter for your jar size.
2. If using smaller jars, cut the orange slices into halves or quarters as required.

Recipe adapted from: https://ucanr.edu/sites/mfp_of_cs/files/312442.pdf

Cranberry Mustard

YIELDS: About seven 4-ounce jars

INGREDIENTS:

- 1 cup red wine vinegar
- $\frac{2}{3}$ cup yellow mustard seeds
- 1 cup water
- 1 tablespoon Worcestershire sauce
- 2- $\frac{3}{4}$ cups cranberries (fresh or frozen)
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup dry mustard
- 2- $\frac{1}{2}$ teaspoon ground allspice

SUPPLIES:

- Measuring cups for dry and liquid goods
- Measuring spoons
- Blender or food processor
- Medium-sized bowl
- Medium stainless-steel saucepan
- Spatula
- Large spoon
- Whisk
- Ladle
- Boiling water bath or atmospheric steam canner
- Canning funnel
- Debubbling tool
- Headspace measuring tool
- Paper towels
- Jars ($\frac{1}{4}$ - $\frac{1}{2}$ pint preferred) with lids and rings
- Jar lifter
- Dish towel
- Permanent marking pen
- Labels (optional)

DIRECTIONS:

1. In a medium stainless-steel saucepan, bring vinegar to a boil over high heat.
2. Remove from heat and add mustard seeds. Cover and let stand at room temperature until seeds have absorbed most of the moisture, about 1 $\frac{1}{2}$ hours.

3. Prepare canner, jars and lids.
4. In a blender or a food processor fitted with a metal blade, combine marinated mustard seeds (with liquid), water, and Worcestershire sauce.
5. Process until blended and most seeds are well chopped. (You want to retain a slightly grainy texture.)
6. Add cranberries and blend until chopped.
7. Transfer mixture to a stainless-steel saucepan and bring to a boil over medium heat, stirring constantly.
8. Reduce heat to medium-low and boil gently, stirring frequently, for 5 minutes.
9. Whisk in sugar, dry mustard, and allspice. Continue to boil gently over low heat, stirring frequently, until volume is reduced by a third, about 15 minutes.
10. Ladle hot mustard into hot jars, leaving ¼-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding additional hot mustard. Wipe rim clean with a damp paper towel.
11. Place lids and rings on jars, tightening rings finger tight.
12. Place jars in canner, ensuring they are completely covered with at least 1-inch of water.
13. Process jars in boiling water bath or atmospheric steam canner for 10 minutes.**
14. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

****Altitude Adjustments:**

For altitudes 1001 to 3000 feet, increase processing time by 5 minutes

For altitudes 3001 to 6000 feet, increase processing time by 10 minutes

For altitudes 6001 to 8000 feet, increase processing time by 15 minutes

For altitudes 8001 to 10000 feet, increase processing time by 20 minutes

Recipe adapted from: *Ball Complete Book of Home Preserving*, 2012

Fruit-Based Mustard

(Cranberry or Other Fruits)

YIELDS: 7 half-pint jars or 14 quarter-pint jars

INGREDIENTS:

2 cups cranberry puree (Can use mango, apricot, blueberry, raspberry etc.)
½ cup dry mustard
1 cup cider vinegar
½ cup finely diced onion
½ cup sugar
¼ cup flour (Gluten free flour can be used)
¼ tsp turmeric

SUPPLIES:

Measuring cups for dry and liquid goods
Measuring spoons
Blender or food processor
Medium-sized bowl
Saucepan
Whisk
Ladle
Canning funnel
Headspace measuring tool
Paper towels
Jars (¼ pint preferred) with lids and rings
Boiling water bath or atmospheric steam canner
Jar lifter
Dish towel
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. In a bowl, combine mustard with sufficient water to make a smooth paste.
2. Cover and let stand for 10 minutes.
3. Combine remaining ingredients in a saucepan; bring to a boil and cook for 3 minutes.
4. Remove from heat and whisk ¼ cup of the mixture into mustard paste.
5. Repeat until all ingredients are blended.
6. Puree in a blender or food processor.

7. Ladle into hot jars, leaving ¼-inch headspace.
8. Wipe jar rims clean with a damp paper towel. Place lids and rings on jars, tightening rings finger tight.
9. Place jars in canner, ensuring they are completely covered with at least 1-inch of water.
10. Process 15 minutes in a boiling water bath, adjusting for altitude. **
11. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

**Altitude Adjustments:

For altitudes 1000 to 3000 feet, increase processing time by 5 minutes

For altitudes 3001 to 6000 feet, increase processing time by 10 minutes

For altitudes 6001 to 8000 feet, increase processing time by 15 minutes

For altitudes 8001 to 10000 feet, increase processing time by 20 minutes

Recipe adapted from:

https://cecentralsierra.ucanr.edu/newsletters/Master_Food_Preservers_E-News,_Classes,_Events_-_40352.pdf

Cranberry-Orange Marinade

YIELDS: Approx. 1½ cups of marinade

SUPPLIES:

Small bowl

INGREDIENTS:

Liquid measuring cups

¾ cup Cranberry-Orange Vinegar (p.38)

Spoon or whisk

½ cup olive oil

Large bowl

3 tablespoons liquid honey

Salt

Pepper

DIRECTIONS:

1. In a bowl, combine vinegar, olive oil and honey. Add salt and pepper to taste.

USES: Use as a marinade for poultry or, as a salad dressing. Marinate bone-in chicken or turkey in the refrigerator for 4 to 6 hours before grilling.

Recipe adapted from: https://ucanr.edu/sites/mfp_of_cs/files/312442.pdf

Cranberry Chutney

YIELDS: 6 half-pints

INGREDIENTS:

- 3 cups fresh or frozen cranberries
- 1 ¼ cups finely chopped onion
- 1 ¼ cups chopped, candied pineapple
- 3 cloves garlic, minced*
- 2 tablespoons fresh gingerroot, minced
- 1 teaspoon grated orange zest
- ¼ cup freshly squeezed orange juice
- 1 cup red wine vinegar
- 1 ½ cups granulated sugar
- 1 cup golden raisins
- 1 cup water
- 1 teaspoon dry mustard
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- ½ teaspoon cayenne pepper

**Variation: replace garlic with 1 tablespoon prepared horseradish*

SUPPLIES:

- Measuring cups for dry and liquid goods
- Measuring spoons
- Cutting board
- Knife
- Zester
- Large stainless-steel saucepan
- Spoon
- Ladle
- 6 Half-pint jars, lids and rings
- Canning funnel
- Headspace measuring tool
- Debubbling tool
- Paper towel
- Jar lifter
- Dish towel
- Permanent marking pen
- Labels (optional)

DIRECTIONS:

1. In a large, stainless-steel saucepan, combine cranberries, onion, pineapple, garlic, gingerroot, orange zest, orange juice, and vinegar.
2. Bring to a boil over med-high heat, stirring occasionally.
3. Reduce heat to a gentle boil and cook till cranberries become soft and burst, about 15 minutes.
4. Add sugar, raisins, water, mustard, cinnamon, cloves, and cayenne pepper.

5. Boil gently, stirring frequently, for about 15 minutes. Mixture should be slightly runny and will thicken when cooling.
6. Ladle hot chutney into hot jars, leaving 1/2 -inch headspace.
7. Remove air bubbles and adjust headspace, if necessary, by adding more hot chutney.
8. Wipe top of jar rim clean with a damp paper towel.
9. Place lids and rings on jars, tightening rings only finger tight.
10. Place jars in canner, ensuring they are completely covered with at least 1-inch of water.
11. Process for 10 minutes in a boiling water bath. Adjust for altitude, if necessary. **
12. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

****Altitude Adjustments:**

For altitudes 1001 to 3000 feet, increase processing time by 5 minutes

For altitudes 3001 to 6000 feet, increase processing time by 10 minutes

For altitudes 6001 to 8000 feet, increase processing time by 15 minutes

For altitudes 8001 to 10000 feet, increase processing time by 20 minutes

NOTES: Chutneys are condiments that are flavorful and satisfying. They can stand on their own without any embellishment. They are lovely with cheeses, meats, on sandwiches or wraps and as a condiment in a curry dish. Chutneys make wonderful holiday gifts!

Recipe adapted from: https://ucanr.edu/sites/mfp_of_cs/files/314758.pdf

and the *Ball Complete Book of Home Preserving*, 2012

Cranberry Chutney Cheese Ball

YIELDS: 1 cheese ball

INGREDIENTS:

1 package cream cheese (8 oz.), softened to room temperature
2 tablespoons sour cream
2 teaspoons curry powder
½ cup raisins
½ cup dry roasted peanuts
½ cup green onion, chopped
½ cup Cranberry Chutney (more if desired)

SUPPLIES:

Dry measuring cups
Measuring spoons
Cutting board
Knife
Spoon
Medium bowl
Bowl cover or plastic wrap
Mixer
Serving dish or board

DIRECTIONS:

1. Combine cream cheese, sour cream and curry powder in a medium-sized bowl.
2. Using a mixer, cream together until smooth.
3. Stir in raisins, peanuts and onions.
4. Shape mixture into ball then, cover and chill for at least 1 hour.
5. Spoon ½ jar of the Cranberry Chutney over ball and serve.

Recipe adapted from: https://ucanr.edu/sites/mfp_of_cs/files/314758.pdf

Whole Berry Cranberry Sauce

YIELDS: About 6 pints

INGREDIENTS:

8 cups cranberries

4 cups sugar

4 cups water

SUPPLIES:

Large bowl

Strainer

Measuring cups for dry and liquid goods

Large sauce pot

Spoon or whisk

6 eight-ounce jars with lids and rings

Ladle

Canning funnel

Headspace measuring tool

Paper towels

Boiling water bath or atmospheric steam
canner

Jar lifter

Dish towel

Permanent marking pen

Labels (optional)

DIRECTIONS:

1. Wash cranberries; drain.
2. Combine sugar and water in a large saucepot. Bring to a boil, stirring occasionally. Boil 5 minutes.
3. Add cranberries. Continue boiling, without stirring, until skins burst.
4. Ladle hot sauce into hot jars, leaving ½-inch headspace.
5. Wipe rims clean with a damp paper towel. Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.
6. Place jars in canner, ensuring they are completely covered with at least 1” of water.
7. Process 15 minutes in a boiling water bath (20 minutes if 1,000-6,000 ft altitude; 25 minutes if over 6,000 ft).
8. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

Recipe adapted from: [Canning Gifts | College of Agriculture, Forestry and Life Sciences | Clemson University, South Carolina](#)

Cranberry Orange Chutney

YIELDS: About eight half-pint jars

INGREDIENTS:

- 24 ounces fresh whole cranberries
- 2 cups chopped white onion
- 2 cups golden raisins
- 1½ cups white sugar
- 1½ cups packed brown sugar
- 2 cups white distilled vinegar (5%)
- 1 cup orange juice
- 2 tablespoons grated orange zest
- 4 teaspoons peeled, grated fresh ginger
- 3 sticks cinnamon

SUPPLIES:

- Measuring cups for dry and liquid goods
- Measuring spoons
- Dutch oven
- Spoon
- 8 Half-pint jars, lids and rings
- Canning funnel
- Headspace measuring tool
- Debubbling tool
- Paper towel
- Boiling water bath or atmospheric steam canner
- Jar lifter
- Dish towel
- Permanent marking pen
- Labels (optional)

DIRECTIONS:

1. Rinse cranberries well.
2. Combine all ingredients in a large Dutch oven.
3. Bring to a boil over high heat; reduce heat and simmer gently for 15 minutes or until cranberries are tender. Stir often to prevent scorching.
4. Remove cinnamon sticks and discard.
5. Fill hot chutney into clean, hot half-pint jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed.
6. Wipe rims clean with a damp paper towel. Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.
7. Place jars in canner, ensuring they are completely covered with at least 1-inch of water.

8. Process in a boiling water bath for 10 minutes (15 minutes if 1,000-6,000 ft altitude; 20 minutes if over 6,000 ft).
9. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

USES:

Use the chutney as a side dish or spooned over turkey, chicken or pork. It also can be basted onto a ham during cooking for added flavor.

Recipe adapted from: [National Center for Home Food Preservation](#)

Spicy Cranberry Salsa

YIELDS: 6 one-pint jars

INGREDIENTS:

6 cups chopped red onion
4 finely chopped large Serrano peppers
1½ cups water
1½ cups cider vinegar (5% acidity)
1 tablespoon canning salt
1⅓ cups sugar
6 tablespoons clover honey
12 cups (2¾ pounds) fresh whole cranberries, rinsed

Note: Wear gloves when handling and cutting hot peppers or wash hands thoroughly with soap and water before touching your face or eyes.

SUPPLIES:

Cutting board
Knife
Measuring spoons
Measuring cups for dry and liquid goods
Dutch oven
Spoon
Pint jars, lids and rings
Canning funnel
Headspace measuring tool
Debubbling tool
Paper towel
Boiling water bath or atmospheric steam canner
Jar lifter
Dish towel
Gloves
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. Combine all ingredients, except cranberries, in a large Dutch oven.
2. Bring to a boil over high heat; reduce heat slightly and boil gently for five minutes.
3. Add cranberries, reduce heat slightly and simmer mixture for 20 minutes, stirring occasionally to prevent scorching.
4. Fill hot mixture into clean, hot pint jars, leaving ¼-inch headspace.
5. Remove air bubbles and adjust headspace.

6. Wipe rims clean with a damp paper towel Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.
7. Place jars in canner, ensuring they are completely covered with at least 1” of water.
8. Process in a boiling water bath for 10 minutes (15 minutes if 1,000-6,000 ft altitude; 20 minutes if over 6,000 ft).
9. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

USES: Spicy Cranberry Salsa can be used directly as a dip, stirred into cream cheese just before use to make a very different spread, or used as a side item to accompany any meat.

Recipe adapted from: [National Center for Home Food Preservation](#)

Cranberry Conserve

YIELDS: About 4 half-pint jars

INGREDIENTS:

4 cups cranberries, washed
1 unpeeled, finely chopped orange
2 cups water
3 cups sugar
½ cup seedless raisins
½ cup chopped nuts

SUPPLIES:

Cutting board
Knife
Measuring cups for dry and liquid goods
Dutch oven
Spoon
Candy thermometer
4 half-pint jars, lids and rings
Canning funnel
Headspace measuring tool
Debubbling tool
Paper towel
Boiling water bath or atmospheric steam
canner
Jar lifter
Dish towel

DIRECTIONS:

1. Combine orange and water; cook rapidly until peel is tender (about 20 minutes).
2. Add cranberries, sugar and raisins. Bring slowly to boiling, stirring occasionally until sugar dissolves.
3. Cook rapidly, almost to the jelling point of 220°F (about 8 minutes).
4. As mixture thickens, stir frequently to prevent sticking.
5. Add nuts during the last 5 minutes of cooking.
6. Pour hot conserve into hot jars, leaving ¼-inch headspace.
7. Wipe rims clean with damp paper towel. Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.

8. Place jars in canner, ensuring they are completely covered with at least 1” of water.
9. Process for 10 minutes in a boiling water bath adjusting for altitude. For altitudes 1000 to 6000 feet, increase processing time by 5 minutes. For altitudes above 6000 feet, increase processing time by 10 minutes.
10. Remove jars from canner and let cool, undisturbed for 12 to 24 hours then, check seals and store in a cool dark place.

Recipe adapted from: https://nchfp.uga.edu/how/can_07/cranberry_conserve.ht

Cranberry Nut Bark

YIELDS: Approx. 2 cups

INGREDIENTS:

¾ cup dried cranberries
½ cup unsalted shelled pistachios
2 3-ounce dark chocolate bars, chopped
Extra cranberries and pistachios

SUPPLIES:

Dry measuring cups
Parchment paper
Baking sheet
Glass bowl
Spoon
Spatula
Airtight container

DIRECTIONS:

1. Line a baking sheet with parchment paper.
2. Place chocolate in a glass bowl.
3. Microwave on high for 1-minute increments, stirring with a spatula in between, until chocolate is completely smooth.
4. Stir in cranberries and pistachios.
5. Spread the mixture onto the parchment paper-lined baking sheet.
6. Top with extra cranberries and pistachios, pushing firmly with a spatula so the chocolate is firmly in contact with the fruit and nuts.
7. Chill for at least one hour.
8. Break into serving size pieces.
9. Store Cranberry Nut Bark in an airtight container in a cool room.
10. Enjoy within three weeks.

Recipe adapted from: *Health Magazine*, December 2009, by
UC Master Food Preserver of Sonoma County, Nancy Creveling (2022)



Nuts

Tonia's Sweet & Spicy Curried Nuts

YIELDS: 4 cups

INGREDIENTS:

- 1 egg
- 2 cups raw almonds
- 2 cups raw cashews
- 2½ teaspoons kosher salt
- ¼ teaspoon cinnamon
- 1 tablespoon curry powder
- 1 teaspoon smoked paprika

SUPPLIES:

- Measuring cups for dry goods
 - Measuring spoons
 - Beater or whisk
 - Large bowl
 - Spoon
 - Spatula
 - Baking sheet
 - Parchment paper
 - Hot pad
 - Airtight jar(s) or airtight container(s)
 - Permanent marking pen
 - Labels (optional)
-

DIRECTIONS:

Heat oven to 325° F.

1. Beat egg in a large bowl. Add spices and mix together.
2. Add the almonds and cashews.
3. Stir until all the nuts are evenly coated.
4. Spread out on a large parchment lined baking sheet.
5. Bake at 325° F for 35 – 45 minutes or until the nuts are golden brown, shaking pan occasionally.
6. Cool thoroughly, then break up nuts into small pieces and store in clean, dry airtight jars or, an airtight container.

Recipe from: UC Master Food Preserver of Sonoma County, Tonia Seidita (2022)

Tonia's Rosemary Maple Nuts

YIELDS: 8 cups

INGREDIENTS:

8 cups of raw nuts of choice
2 ½ tablespoons olive oil
1/4 teaspoon cayenne pepper
5 tablespoons maple syrup
1 teaspoon smoked paprika
2 tablespoons minced fresh rosemary
2 tablespoons minced fresh garlic
Kosher salt and pepper to taste

SUPPLIES:

Measuring cups for dry goods
Measuring spoons
Large bowl
Spoon
Spatula
Rimmed baking sheet
Parchment paper
Hot pad
Airtight jar(s) or airtight container(s)
Permanent marking pen
Labels (optional)

DIRECTIONS:

Heat oven to 350° F.

1. Mix nuts and other ingredients together in a large bowl.
2. Stir until all the nuts are evenly coated.
3. Spread out on a large parchment lined baking sheet.
4. Bake at 350° F for 30 minutes or until the nuts are golden brown, shaking pan occasionally.
5. Cool nuts thoroughly.
6. Store in clean, dry airtight jars or, an airtight container.

Recipe from: UC Master Food Preserver of Sonoma County, Tonia Seidita (2022)

Garrapiñada

(Caramelized Peanuts)

YIELDS: 2 cups

INGREDIENTS:

2 cups raw peanuts with skins on (can substitute raw almonds for peanuts)

1½ cups granulated sugar

1½ cups water

1 teaspoon vanilla extract

SUPPLIES:

Measuring cups for dry and liquid goods

Measuring spoons

Spatula

Heavy bottom saucepan (a copper pan is best but, not absolutely necessary)

Large spoon

Baking pan

Parchment paper (optional)

Hot pad

Airtight jars, bags or containers

Permanent marking pen

Labels (optional)

DIRECTIONS:

1. Combine peanuts, sugar and water in a heavy-bottom saucepan.
2. Bring mixture to a low boil over medium heat, stirring constantly for 8-10 minutes.
3. Stir in vanilla and mix well.
4. As the water evaporates, the sugar will begin to crystalize forming what appears as a pink sand on the bottom of the pan.
5. When this happens, increase the cooking temperature slightly until the “sand” begins to melt, liquify and stick to the peanuts.
6. Remove from heat and stir well.
7. Transfer peanuts to a baking sheet lined with parchment paper, if desired.
8. Allow to cool and enjoy warm or, allow to cool completely and place in airtight jars, bags or containers at room temperature.
9. For best flavor, enjoy within one week.

NOTES: Garrapiñada is a popular “street food” found in many Latin American countries. Garrapiñada is popular during fall and winter months in Uruguay and Argentina and during the holidays in many other countries throughout Latin America.

This recipe requires patience to ensure that the peanuts become crunchy and the caramel coating does not end up with a burnt taste. It is also best to make one batch at a time. A heavy-bottom saucepan is a must.

Raw almonds can be used instead of peanuts. It is important the nut used have skin for the caramelized sugar to stick to.

If using almonds, 1 teaspoon of cinnamon can be added when the vanilla is added to create Cinnamon Candied Almonds.

Recipe from UC Master Food Preserver of Sonoma County, Gina Clemens (2022)

Spiced Candy Walnuts

YIELDS: 4 cups

INGREDIENTS:

4 cups raw pecan halves, walnuts or almonds
1/3 cup of sugar
2 tablespoons of fresh rosemary or 2 teaspoons of dried rosemary
1 tablespoon of salt
1/2 teaspoon of black pepper
4 tablespoons (1/2 stick) of unsalted butter, melted
1 tablespoon pure vanilla extract

SUPPLIES:

Measuring cups for dry goods
Measuring spoons
Large bowl
Small bowl
Spoon
Spatula
Rimmed baking sheet
Parchment paper (optional)
Hot pad
Airtight jar(s) or airtight container(s)
Permanent marking pen
Labels (optional)

DIRECTIONS:

Preheat oven to 375°

1. Spread nuts on a rimmed baking sheet. Place in oven for 5 to 7 minutes to toast.
2. In a small bowl, combine the sugar, rosemary, salt and black pepper; stir to mix.
3. In an extra-large bowl, combine the melted butter and vanilla. Add toasted nuts and toss to coat. Then add the spice mixture, toss to coat evenly with spices.
4. Line the same baking sheet with optional parchment paper if desired. Spread the coated nuts on the baking sheet. Bake for 8 to 10 minutes, until toasted and fragrant, stirring once halfway through.
5. Sprinkle with additional salt if desired.
6. Cool nuts completely; they will become crisper as they cool.
7. Store nuts in a clean, dry, airtight jar or an airtight container. Enjoy within 1 week.

Recipe adapted from: UC Master Gardener of San Joaquin County, Leslie Warmke by UC Master Food Preserver of Sonoma County, Tonia Seidita (2022)



Festive Beverages

Mulling Spice for Wine or Cider

YIELDS: 1 sachet to mull one 750ml
bottle of wine or cider

2 tablespoons raw sugar
4 cardamom pods

INGREDIENTS:

2 cinnamon sticks
1 teaspoon whole cloves
1 teaspoon red peppercorns
1 teaspoon allspice berries
2 star anise seed pods
1 piece of dried ginger
2 teaspoons dried citrus peel

SUPPLIES:

Measuring spoons
Scissors
Small bowls for each spice
Cheesecloth
Cotton string
Tags
Pen

DIRECTIONS:

TO MAKE A SACHET:

1. Lay a 6"x 6" square of 2-layer cheesecloth on a flat surface.
2. Place your spices into the center then gather up all corners of the cheesecloth.
3. Use a cotton string to tie the sachet closed. When tying the string, add a star anise and cinnamon stick in the knot for a nice presentation. Leave strings long enough so they can be used to attach the sachet to a bottle of wine or cider.

TO MAKE MULLED WINE OR CIDER:

1. Place sachet in a saucepan with the contents of a 750ml bottle of red wine or cider.
2. Heat on low for 15 minutes until hot (do not boil).
3. Discard the sachet or recycle it per local regulations.
4. Serve warm and enjoy!

Recipe adapted from:

<https://www.beafunmum.com/2020/12/homemade-mulled-wine-sachets-christmas-gift-idea>

by UC Master Food Preserver of Sonoma County, Shannon McMath (2022)

Mulled Cranberry Juice

YIELDS: 4 sachets for 1½ quarts of cranberry juice each

INGREDIENTS:

4 cinnamon sticks (4" long),
3 teaspoons whole allspice
2 whole nutmegs, crushed
3 teaspoons grated lemon peel
⅓ cup brown sugar, firmly packed
1 large lemon per sachet, sliced
1½ quarts cranberry juice per sachet

SUPPLIES:

Measuring spoons
Measuring cups for dry and liquid goods
Small bowl
Cheesecloth
Cotton string
Plastic wrap
Ribbons
Tags and pen

DIRECTIONS:

1. Break cinnamon sticks into small pieces and place in small bowl. Add all remaining dry ingredients.
2. For mulling sachets, place equal amounts of the spice mixture onto four six-inch squares of cheesecloth. Wrap cheesecloth around mixture and tie with string.
3. Wrap all sachets with plastic wrap and tie with ribbons.
4. Store the bundles of spices in the refrigerator until ready to use.
5. To make mulled cranberry juice, untie ribbon and remove plastic wrap.
6. Place one mull in 1½ quarts cranberry juice in a large pan, add sliced lemons and bring the mixture to a boil.
7. Simmer for 15 minutes.
8. Serve warm and enjoy!

Adapted from: [Microsoft Word - UCCE Solano Holiday Tips and Tricks 2007 v \(ucanr.edu\)](http://ucanr.edu)

Three Teas

for a Cold Winter Day

YIELDS: Approx.: $\frac{3}{4}$ cup tea blend
for 8-10 cups of tea

INGREDIENTS:

WINTER SPICE BLEND:

$\frac{1}{2}$ cup organic black tea leaves such as Earl Grey
 $\frac{1}{4}$ cup dried currants crushed
2 tablespoons sliced almonds
2 tablespoons whole clove buds
1 organic orange peel dried and diced
 $\frac{1}{4}$ teaspoon freshly grated nutmeg
8 to 10 small cinnamon sticks

CHOCOLATE PEPPERMINT BLEND:

$\frac{1}{2}$ cup peppermint tea leaves
 $\frac{1}{4}$ cup Dutch process cocoa powder*
2 tablespoons finely chopped cacao nibs

VANILLA ROSE ROOIBOS BLEND:

$\frac{1}{2}$ cup rooibos tea leaves
 $\frac{1}{4}$ cup dried rose petals
1 vanilla bean finely diced (or $\frac{1}{2}$ teaspoon dried vanilla bean seeds)

SUPPLIES:

WINTER SPICE BLEND:

Measuring spoons
Scissors
Small bowls for each spice
Cheese Cloth
Cotton string
Tags and pen

CHOCOLATE PEPPERMINT BLEND:

Measuring cups for dry goods
Measuring spoons
Knife
Cutting board
Small bowl
Spoon
Funnel
Airtight jar(s) or, airtight container
Permanent marking pen
Labels (optional)

VANILLA ROSE ROOIBOS BLEND:

Measuring cups for dry goods
Knife
Cutting board
Small bowl
Spoon

Funnel

Airtight jar(s) or, airtight container

Permanent marking pen

Labels (optional)

DIRECTIONS:

WINTER SPICE BLEND:

1. Prepare the dried orange peel: using a vegetable peeler, remove a thin layer of peel from the orange and place on a drying rack. Leave to dry a room temperature for 12 hours.
2. Cut the dried peel into small pieces.
3. Mix the orange peel and remaining ingredients together (except the cinnamon sticks).
4. Store in a clean, dry, airtight jar or airtight container until ready to brew.

TO BREW TEA:

1. Use 1 rounded teaspoon of tea blend per cup of boiled water.
2. Place tea blend in a reusable tea bag or tea strainer and place in your favorite mug.
3. Fill mug with hot water and let steep for 5-10 min.
4. Sweeten to taste.

CHOCOLATE PEPPERMINT BLEND:

1. Sift the cocoa powder into a small bowl.
2. Stir in the peppermint leaves and cocoa nibs.
3. Store in a clean, dry airtight jar or airtight container until ready to brew.

TO BREW TEA:

1. Use 1 rounded teaspoon of tea blend per cup of boiled water.
2. Place tea blend in a reusable tea bag or tea strainer and place in your favorite mug.
3. Fill mug with hot water and let steep for 5-10 min.
4. Sweeten to taste.

VANILLA ROSE ROOIBOS BLEND:

1. Stir all ingredients together in a small bowl.
2. Store in a clean, dry, airtight jar or airtight container until ready to brew.

TO BREW TEA:

1. Use 1 rounded teaspoon of tea blend per cup of boiled water.
2. Place tea blend in a reusable tea bag or tea strainer and place in your favorite mug
3. Fill mug with hot water and let steep for 5-10 min.
4. Sweeten to taste.

NOTE: Whole tea leaves require longer steep times.

USES:

Enjoy the three tea blends noted above on a cold winter evening. These tea blends make excellent gifts for teachers, coworkers and hostesses at holiday get-togethers. Use the jars as stocking stuffers! Just fill $\frac{1}{4}$ to $\frac{1}{2}$ pint jars with each tea blend and decorate the jars including a tag with directions for use.

** Note: Here is a link that explains why Dutch Process Cocoa is used:*

[What's the Difference Between Dutch Process and Natural Cocoa Powder?](#)
[\(seriouseats.com\)](#)

Recipe adapted from: [Holiday Homemade Tea Blends 3 Ways - The Simple Green](#) by UC
Master Food Preserver of Sonoma County, Kathleen Fitzgerald-Orr (2022)

Hot Cocoa Milk Mix

YIELDS: 7 1/2 cups cocoa mix which will
make about 60 cups of hot cocoa

INGREDIENTS:

6 cups non-fat dry milk powder
1½ cups sugar
1 cup cocoa powder
3 tablespoons vanilla powder (1 vanilla
bean can be used if making a single
batch)

SUPPLIES:

Measuring cups for dry goods
Measuring spoons
Large bowl
Large airtight storage container, zip lock
plastic bag, canister
Airtight jars
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. If using a vanilla bean instead of vanilla bean powder, set aside.
2. Mix all ingredients together in a large bowl.
3. Store the mixture in a clean, dry, airtight jar, canister or plastic zip-lock bag.
4. Add a vanilla bean to storage container if making only one large batch.

TO MAKE A CUP OF COCOA:

1. Put 3 heaping tablespoons of the mix into a cup.
2. Next add a small amount of hot water to the cup and stir the mixture until a paste forms.
For extra holiday fun, use a peppermint-flavored candy cane as a stirring stick.
3. Finally, fill cup with additional hot water and stir thoroughly. Serve and enjoy!

From: UC Master Food Preservers of Solano County: *Gifts from the Kitchen*, 2009



Gifts in a Jar

Nutty Cranberry Granola

YIELDS: 6-7 cups

INGREDIENTS:

3 cups rolled oats
2 cups almonds, raw or dry-roasted, sliced
(pecans can be used)
 $\frac{3}{4}$ cup cranberries, dried, unsweetened
 $\frac{1}{2}$ cup maple syrup or honey
 $\frac{1}{4}$ cup applesauce (coconut or olive oil can be used)
3 tablespoons warm water
1 tablespoon chia seeds
1 teaspoon cinnamon
1 teaspoon vanilla extract (or, the zest from 1 orange)

SUPPLIES:

Measuring cups for dry
and liquid goods
Measuring spoons
Large bowl
Small bowl
Baking sheet
Parchment paper
Spatula
Spoon
Airtight jar(s) or
container
Permanent marking pen
Labels (optional)

DIRECTIONS:

1. Line a baking sheet with parchment paper.
2. Prepare chia 'egg' by combining chia seeds with water. Set aside.
3. Mix oats, almonds and cinnamon in a bowl.
4. Add chia 'egg', maple syrup, applesauce, and vanilla extract. Stir to combine.
5. Spread granola on baking sheet and bake for 20 minutes. Flip and cook another 15-20 minutes until granola is crisp and golden.
6. Cool for 1 hour then stir in dried cranberries.
7. Store in an airtight container or clean, dry airtight jars or prepare for gifting.

Recipe adapted from: [Almond Cranberry Granola and PB Fudge Truffles.pdf \(ucdavis.edu\)](#)

Bean Dip for a Crowd

YIELDS:

1 quart jar for gifting (6 cups of dip when prepared)

INGREDIENTS:

TO INCLUDE IN JAR:

1½ cups dried black beans

1½ cups dried pinto beans

2 bay leaves

1 packet or 3-4 tablespoons of taco seasoning mix*

2 tablespoons dried minced onion

1 tablespoon dried parsley flakes

3 bouillon cubes, unwrapped (chicken, beef or vegetable)**

**The Homemade Taco Seasoning included in this book on page 12 can be used with this recipe. If choosing to do that, use only 2 tablespoons as Homemade Taco Seasoning does not contain any filler ingredients commonly found in packaged seasoning mixes.*

*** Bouillon granules or paste may be substituted for bouillon cubes. If choosing to do this, substitute 1 teaspoon of either for each bouillon cube (3 teaspoons total).*

TO MAKE DIP:

2 tablespoons lime juice

2 cups of salsa (mild, medium or hot)

SUPPLIES:

TO ASSEMBLE JAR:

Measuring cups for dry and liquid goods

Measuring spoons

Small bowl

Zipper bag or small storage cup with lid

1-quart food storage jar with lid and ring

Fabric circle

Gift tag

Copy of recipe

TO MAKE DIP:

Large bowl

Strainer

Slow cooker or Dutch oven

Blender or Food processor

Ladle

DIRECTIONS:

TO ASSEMBLE A JAR FOR GIFTING:

1. Layer black beans and pinto beans in a 1-quart food storage jar (alternate bean layers for more interest).
2. Slide the bay leaves down the side of the jar.
3. Place the taco seasoning, onion, parsley and bouillon cubes in a small zipper bag or storage cup on the top inside the jar.
4. Place lid on jar, cover with fabric circle, twist ring on top of fabric covered lid to finger tight.
5. Attach a gift tag with raffia or ribbon.
6. Add a copy of the recipe as part of the gift tag.

TO MAKE BEAN DIP FOR A CROWD:

1. Open jar, remove the seasoning package and bay leaves. Set both aside.
2. Place beans in a bowl and cover with water and let soak for 6-8 hours or, overnight.
3. Drain beans and discard water. This water can be used to water outdoor plants in areas where there are water restrictions due to drought.
4. Place beans in a slow cooker. Add all seasonings and 5-6 cups of water. Cover and cook on low for 9-10 hours. Or, place beans, seasonings and water in a Dutch oven and simmer the bean mixture on low with the lid partially covering for 2½ hours or, until the beans are tender.
5. Remove bay leaves.
6. Ladle 1/2 of the cooked bean mixture into a blender or food processor. Add salsa and lime juice. Cover and process until smooth. Use caution to prevent splashing of hot liquid while blending the bean mixture.
7. Return pureed mixture to the non-blended beans and enjoy!

NOTES: Assemble a gift basket with the jar of beans and spices, a 16 oz jar of salsa, 1 fresh lime and, and a bag of tortilla chips for use during the holidays or to enjoy while watching the Super Bowl!

Recipe adapted from *Gifts from a Jar, Soups, Chili's and More*, Publications International (2003) by UC Master Food Preserver of Sonoma County, Angela Nowicki (2022)

Italian-Style Bean Soup Mix

YIELDS: 1 quart jar for gifting (8-10 servings when prepared)

INGREDIENTS:

TO INCLUDE IN JAR:

1-½ cups dried great northern or navy beans

1-½ cups uncooked medium-sized pasta shells

1 tablespoon dried minced onion

2 teaspoons dried basil leaves

2 chicken bouillon cubes, unwrapped*

1 teaspoon dried parsley flakes

½ teaspoon dried garlic

½ teaspoon ground black pepper

**Bouillon granules or paste may be substituted for bouillon cubes. If choosing to do this, substitute 1 teaspoon of either for each bouillon cube (3 teaspoons total).*

TO MAKE SOUP:

1 bunch of spinach or 2-3 cups of baby spinach, rinsed and shaken dry (if desired)

1 cup pasta sauce

Parmesan cheese to taste

Salt and pepper to taste

SUPPLIES:

TO ASSEMBLE JAR:

Measuring cups for dry and liquid goods

Measuring spoons

Small bowl

Zipper bag or small storage cup with lid

1-quart food storage jar with lid and ring

Fabric circle

Gift tag

Copy of recipe

TO MAKE SOUP:

Strainer

Slow cooker or Dutch oven

Blender or Food processor

Ladle

Large bowl

DIRECTIONS:

TO ASSEMBLE A JAR FOR GIFTING:

1. Place great northern or navy beans into a 1-quart food storage jar.
2. Combine onions, basil, bouillon cubes, parsley, garlic and pepper. Place into zipper bag or plastic cup with lid and place on top of beans in the jar.
3. Add pasta to the jar on top of spice mix.
4. Place lid on jar, cover with fabric circle, twist ring on top of fabric covered lid to finger tight.
5. Attach a gift tag with raffia or ribbon.
6. Add a copy of the recipe as part of the gift tag.

TO MAKE SOUP:

1. Open jar, remove the pasta and seasoning package. Set both aside.
2. Place beans in a bowl and cover with water and let soak for 6-8 hours or, overnight.
3. Drain beans and discard water. This water can be used to water outdoor plants in areas where there are water restrictions due to drought.
4. Place beans in a slow cooker. Add all seasonings, 1 cup of pasta sauce and 5-6 cups of water. Cover and cook on low for 9-10 hours. Or, place beans in a Dutch oven, add all seasonings, pasta sauce and water. Bring to a boil on high heat and reduce to a simmer for 2 to 2 1/2 hours with the lid partially covering for 2½ hours or, until the beans are tender.
5. Add pasta shells and continue to cook for 15 to 20 minutes or until the pasta is tender. Add spinach leaves at the same time as pasta, if desired
6. Serve in individual bowls. Sprinkle with salt, pepper and Parmesan cheese to taste.

NOTES: Assemble a gift basket with the jar of pasta, beans and spices, pasta sauce, a small brick or can of Parmesan cheese, and a loaf of French bread.

Recipe adapted from *Gifts from a Jar, Soups, Chilis and More*, Publications International (2003) by UC Master Food Preserver of Sonoma County, Angela Nowicki (2022)

Tonia's Granola

YIELDS: 8 cups

INGREDIENTS:

1/3 cup oil, of choice
1/3 cup butter, melted
1 teaspoon cinnamon
1 teaspoon ground ginger
1/4 teaspoon salt
1 teaspoon vanilla
1/3 cup honey (or maple syrup)
1 cup chopped dried fruit (raisins, cranberries etc.)
6 tablespoons sesame seeds
6 tablespoons sunflower seeds
1/2 cup nuts of your choice (almonds, cashews, pecans or walnuts. The nuts can be sliced or chopped)
2/3 cup unsweetened coconut
2/3 cup wheat germ and/or flaxseed meal
4 cups old-fashioned oats (not instant)

** This recipe can be adjusted for personal preferences and/or allergies. For those who are allergic to nuts, replace nuts with additional dried fruit.*

SUPPLIES:

Large bowl
Small bowl
Measuring spoons
Measuring cups for dry and liquid goods
Knife
Cutting board
Spatula
Spoon
Rimmed baking pan(s)
Airtight container
Labels or gift tag
Fabric circle(optional)
Permanent marking pen
Airtight pint or quart jar(s) with lids(s)

DIRECTIONS:

Heat oven to 325° F.

1. Mix oats, wheat germ, coconut, sesame seeds, sunflower seeds and nuts together in a large bowl.
2. Combine oil, melted butter, honey, vanilla, salt and spices in a small bowl.
3. Pour over the dry mixture and blend thoroughly.
4. Spread out on a large lightly greased baking pan with a rim (you can use 2 pans if needed).
5. Bake at 325° F for 35 – 45 minutes, stirring every 10 minutes until it is the shade of golden brown you desire.
6. Cool thoroughly, then stir in the dried fruit or raisins.
7. Store in an airtight container or clean, dry airtight jars.
8. If preparing Tonia's granola for gifting, place lid on jar, cover with fabric circle, twist ring on top of fabric covered lid to finger tight.
9. Attach a gift tag with raffia or ribbon.
10. Add a copy of the ingredients or recipe to the gift tag

USES:

Tonia's Granola can be used as a cereal or, quick snack. It can be used as a topping on your yogurt or ice cream or layered in a clear glass to create a parfait.

Recipe from UC Master Food Preserver of Sonoma County, Tonia Seidita (2022)

References and Resources

UC Master Food Preservers of Sonoma County:

[UC Master Food Preservers of Sonoma County \(ucanr.edu\)](http://ucanr.edu)

UC Master Food Preservers Program-Statewide:

[Preserve today, relish tomorrow. - UC Master Food Preserver Program \(ucanr.edu\)](http://ucanr.edu)

Dehydration Resources:

[335543.pdf \(ucanr.edu\)](http://ucanr.edu) “Dehydrating Basics”

[335544.pdf \(ucanr.edu\)](http://ucanr.edu) “Drying Foods Indoors”

[Videos: Dehydration - UC Master Food Preserver Program \(ucanr.edu\)](http://ucanr.edu)

Fermentation Resources:

[Fermented Fruit and Vegetable Factsheet FINAL.pdf \(ucdavis.edu\)](http://ucdavis.edu)

[Videos: Pickling & Fermentation - UC Master Food Preserver Program \(ucanr.edu\)](http://ucanr.edu)

Water Bath and Steam Canning Resources:

[263968.pdf \(ucanr.edu\)](http://ucanr.edu) “Quick Start for Boiling Water Canning”

[Guidelines for Safe Canning of Acid Foods in a Steam Canner \(ucanr.edu\)](http://ucanr.edu)

[Videos: Food Preservation Methods - UC Master Food Preserver Program \(ucanr.edu\)](http://ucanr.edu)

More about Food Safety:

[Videos: Food Safety - UC Master Food Preserver Program \(ucanr.edu\)](http://ucanr.edu)

[Food Safety at Home | UC Food Safety \(ucdavis.edu\)](http://ucdavis.edu)

[Handwashing | UC Food Safety \(ucdavis.edu\)](http://ucdavis.edu)

[Safe Handling of Fruits and Vegetables \(ucanr.edu\)](http://ucanr.edu)

[New USDA 'FoodKeeper' App: Your New Tool for Smart Food Storage | USDA](http://usda.gov)

When Does Cheese Need to be Refrigerated?

<https://ask.usda.gov/s/article/Does-all-cheese-need-to-be-refrigerated>

[Does all cheese need to be refrigerated? \(usda.gov\)](http://usda.gov)

Interested in Learning More about Popcorn?

[Popcorn Board Brochure.pdf](http://popcornboard.org)

What is the Difference Between Dutch Process and Natural Cocoa Powder?

[What's the Difference Between Dutch Process and Natural Cocoa Powder?](#)

[\(seriouseats.com\)](#)

More about Preserved Lemons:

[18 Moroccan Recipes Using Preserved Lemons \(thespruceeats.com\)](#)

[So You Bought a Jar of Preserved Lemons, What's Next? \(food52.com\)](#)

[What do you do with all those Lemons? Try Salt Preserved Lemons! - Preservation Notes -](#)

[ANR Blogs \(ucanr.edu\)](#)

[11 Preserved Lemon Recipes - Bon Appétit Recipe | Bon Appétit \(bonappetit.com\)](#)

Recipes Using Preserved Lemons:

<https://www.thespruceeats.com/moroccan-recipes-with-preserved-lemon-2394296>

<https://food52.com/blog/21804-recipes-that-have-preserved-lemons>

<https://www.thekitchn.com/recipe-moroccan-chicken-with-preserved-lemons-221252>

<https://simplebites.net/how-to-use-preserved-lemons-in-cooking-and-baking-recipe-round-up/>

[PowerPoint Presentation \(ucanr.edu\)](#)

This *Gifts from the Kitchen Cookbook* is available as a PDF file using the following QR code:



Lisa's Lemon Cake

YIELDS: 2 loaves

INGREDIENTS:

FOR THE CAKE:

½ pound (2 sticks) unsalted butter, room temperature

2½ cups granulated sugar (will be divided)

4 extra-large eggs, room temperature

⅓ cup grated fresh lemon zest (6-8 large lemons)

3 cups all-purpose flour

½ teaspoon baking powder

½ teaspoon baking soda

1 teaspoon kosher salt

¾ cup lemon juice, freshly squeezed (will be divided!)

¾ cup buttermilk at room temperature

1 teaspoon pure vanilla extract

FOR THE GLAZE:

2 cups confectioners' sugar, sifted

3½ tablespoons lemon juice, freshly squeezed

SUPPLIES:

Measuring cups for dry and liquid goods

Measuring spoons

Sifter

Zester

Knife

Cutting board

Juicer

Mixer with paddle attachment

Large bowl

Medium bowl

Small bowl

Spoon

Spatula

Parchment paper (optional)

2 8½" x 4¼" x 2½" loaf pans

Cake tester or toothpick

Hot pad

Whisk

Wire rack

Baking sheet

Small saucepan

DIRECTIONS:

Preheat oven to 350F.

1. Bring butter, eggs and buttermilk to room temperature. Grease and flour the loaf pans; you may also line the bottom with parchment paper, if desired.
2. Cream the butter and 2 cups of granulated sugar in a large bowl until light and fluffy. (I use an electric mixer with a paddle attachment and beat for approx. 5 minutes).
3. Add the lemon zest and eggs, one at a time, with mixer on medium speed.
4. Sift together the flour, baking powder, baking soda, and salt in a medium bowl.
5. Combine $\frac{1}{4}$ cup lemon juice, the buttermilk and vanilla in a small bowl.
6. Alternate adding the flour and buttermilk mixtures to the sugar and butter mixture, beginning and ending with the flour mixture.
7. Divide the batter evenly between the loaf pans, smooth the tops, and bake for 45-60 minutes, until a cake tester comes out clean.
8. When the cakes are done, let them cool for 10 minutes.
9. While the cakes are cooling, combine the remaining $\frac{1}{2}$ cup of granulated sugar with $\frac{1}{2}$ cup of lemon juice in a small saucepan and cook over low heat until the sugar dissolves.
10. After the 10 minutes, invert the cakes onto a wire rack that is set over a tray and spoon the lemon syrup over the cakes. Allow the cakes to cool completely.
11. For the glaze, combine the confectioners' sugar and remaining lemon juice in a small bowl. Mix with a wire whisk until smooth.
12. Pour glaze over the top of both cakes, allowing the glaze to drizzle down the sides.

Recipe adapted from: *Barefoot Contessa Parties!* by UC Master Food Preserver of Sonoma County, Lisa Meeker (2022)

Gifts from the Kitchen

Produced by the UC Master Food Preserver Program of Sonoma County

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