

UC Master Food Preserver Internal Recipe Sources

We use research based recipes in our public classes and outreach events from a limited source list. The general rule of thumb is if the process has any risk involved (canning, fermentation), we are limited to USDA, University and *some* Ball recipes. We have the greatest flexibility with refrigerated pickled products, freezing, dehydrating, and freeze-drying because when properly done the temperature and moisture content is insufficient for micro organisms to grow. *Note: the public is not limited to using these resources.*

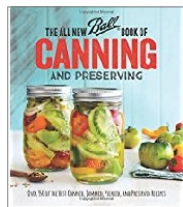
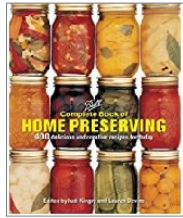
Canning recipes sources:

- [National Center for Home Food Preservation](#)
- [USDA Complete Guide to Home Canning 2015 edition](#)
- [So Easy to Preserve, 6th edition](#), 2014 (*University of Georgia*)
- Pectin manufacturers
- Ball Blue Book, 2014, 2020, 2024
- Ball Complete Book of Home Preserving 2012, & 2020 editions



- All New Ball Book of Canning and Preserving

Note: the original 2016 edition included multiple recipes that conflicted with USDA testing, using fresh lime juice in salsa instead of bottled lime juice, along with errors in other recipes. The 2023 printing was updated to use bottled lemon juice and corrected the recipes. If you refer to the original book for class materials, list bottled lemon juice in your class materials.



- [ballmasonjars.com](#) — (*Ball's website, but don't use vegetable fermentation recipes other than cucumbers and cabbage.*)
- USDA & University Extension Programs
 - * [University of Alaska](#)
 - * [University of California](#)
 - * [Clemson University](#)
 - * [Colorado State University](#)
 - * [Cornell University](#)
 - * [University of Georgia](#)
 - * [University of Idaho](#)
 - * [Michigan State University](#)
 - * [University of Minnesota](#)
 - * [North Carolina State University](#)
 - * [Oregon State University](#)
 - * [Washington State University](#)
 - * Visit [MFP publication library](#) for more resources

Note: we don't teach canning tomatoes in oil.

Fermentation Recipe Sources

- Pickles: see canning sites
- Sauerkraut (*without additions of other vegetables*)
- [Collard Kraut and Sauerkraut](#): Clemson recipes
- [Kimchee & Kombucha](#): Colorado State recipes
- [Sourdough Starter](#): Colorado State University
- [Sourdough](#): University of Alaska, FNH-00061
- *Note: Ball cucumbers and cabbage recipes; no others*

Dairy Recipe Sources

- [Yogurt Made Simple](#): Washington State University
- [Making Yogurt at Home](#): University of Alaska
- [Fresh Mozzarella](#): University of Alaska
- [Fresh Cheese](#): New Mexico University
- [Queso Fresco](#): Oregon State University
- [Understanding and Making Kefir](#) (milk-based), Colorado State University Extension

Meat & Fish Recipe Sources

Must include a cooking step plus cold storage or pressure canning; no fermenting or curing.

- [Making Sausage at Home](#), University of Alaska Fairbanks, FNH-00263
- [Summer Sausage & Deli Style Meats](#), Oregon State University, SP 50-735
- *Most of* [Basics of Sausage Making: Formulation, Processing & Safety](#), UGA Bulletin #1437
Excluded: dry or fermented sausages, pepperoni and dry beef salami; mold-ripened sausages
- [Preparing Safer Jerky](#), University of Georgia, FDNS-E-43-11
- [Smoking Fish at Home – Safely](#), University of Alaska Fairbanks, FNH-00325
- [Other extension publications](#)

Dehydrating & Freezing Recipe Sources

- *Any reputable recipe that follows the food safety and processes recommended by our canning sources.*
- [Excalibur Dehydrator](#) and other manufacturers
- [Freeze Drying](#)