

Food Processing Workshop – Canning

1. Canned Chickpeas

Material:

- Spoon
- Bowl
- Sterilized cans and lids (10x 400 ml)
- 4 l water
- Can sealer
- Pressure canner
- 2 kg of dried chickpeas = 4 kg soaked

Tasks

Produce canned chickpeas

Methods:

Canning
Sterilize the cans, lids at 100 °C for 30 minutes
<p>Preparing the Chickpeas:</p> <p>Soak the dried chickpeas in an ample amount of water for at least 8 hours or overnight. After soaking, the chickpeas should have visibly swollen</p>
<p>Filling the Cans:</p> <p>Fill the soaked chickpeas into the canning jars or cans, filling them up to about two-thirds full. Add water to submerge the chickpeas and leave a small space at the top to allow for expansion during cooking</p>
<p>Sealing and Sterilizing:</p> <p>Seal the cans and sterilize in a pressure canner at 120°C for 120 minutes.</p>
<p>Cooling and Storage:</p> <p>Carefully remove the cans from the pressure canner and let them cool. Store them in a cool, dark place. Ensure that the cans are undamaged before opening them.</p>
The product has a shelf life up to one year and above without cooling as it is sterilized

2. Canned Applesauce

Material:

- Scale
- Bowl
- Water with citric acid (0,1% W/W)
- Cutting board & knife
- Food processor
- Pot and stove
- Serving spoon
- Blender
- Heat stable gloves
- Sterilized cans and lids (15x 400 ml)
- Funnel (sterilized)
- Can sealer
- 5 kg apples
- 500 g sugar
- Cinnamon to taste

Methods:

Applesauce
Sterilize the Cans, lids, and funnel at 100 °C for 30 minutes
<p>Preparing the Apples:</p> <p>Wash and core the apples, then cut them into quarters and remove pieces of bad quality. Place them in a bowl of water with 0.1 % (W/W) citric acid to prevent browning. After all apples are prepared use a food processor to cut them into slices</p>
<p>Cooking the Apples:</p> <p>Put the apples in a large pot. Cook over medium heat with a lid on until they become soft (approximately 20-30 minutes). Use a splash of water to prevent the apples from burning at the beginning. Add sugar and cinnamon to taste.</p>
<p>Pureeing the Apples:</p> <p>Mash the cooked apples into a fine puree.</p>
<p>Filling and Pasteurizing:</p> <p>Fill previously sterilized cans with the funnel leave a bit of headspace. Seal the cans and pasteurize them in a pot at 100 °C for 30 minutes.</p>
<p>Cooling and Storage:</p> <p>Remove the cans from the pot and let them cool. Store the applesauce in a cool, dark place.</p>
<p>The product has a shelf life up to one year and above without cooling as it is pasteurized and its pH is below 4.5</p>