

# Canning Chickpeas: Mastering Shelf Life and Preventing Spoilage

Welcome to your guide on preserving chickpeas through canning. We'll explore the canning process, factors affecting shelf life, and crucial spoilage prevention techniques.



# Essential Canning Equipment



Spoon

For stirring and transferring chickpeas



Bowl

For soaking dried chickpeas



Sterilized Cans

10 cans, 400 ml each



Pressure Canner

Essential for safe sterilization



# Ingredients for Canning Success

## Dried Chickpeas

2 kg of high-quality dried chickpeas, free from dirt or debris

## Water

4 L of clean water for soaking and filling jars



# Step 1: Sterilization

## 1 Prepare Equipment

Gather cans, lids, and other tools

## 3 Submerge Items

Place cans and lids in boiling water

## 2 Heat Water

Bring water to 100°C in a large pot

## 4 Time It

Sterilize for 30 minutes to eliminate microorganisms



## Step 2: Preparing the Chickpeas

1

Measure Chickpeas

Weigh out 2 kg of dried chickpeas

2

Soak Overnight

Cover with ample water for at least 8 hours

3

Observe Swelling

Chickpeas will double in size and weight





# Step 3: Filling the Cans

1

## Fill Cans

Add soaked chickpeas, leaving 1/3 space empty

2

## Add Water

Cover chickpeas completely with water

3

## Leave Headspace

Allow small space at top for thermal expansion

# Step 4: Sealing and Sterilizing

## Seal Cans

Use a can sealer to tightly close each container

## Load Pressure Canner

Carefully place sealed cans in the pressure canner

## Set Temperature

Sterilize at 120°C for complete bacteria destruction

## Process Time

Maintain pressure and temperature for 120 minutes





# Step 5: Cooling and Storage

1

Remove Cans

Carefully take sterilized cans out of the pressure canner

2

Cool Down

Allow cans to reach room temperature naturally

3

Store Properly

Place cooled cans in a cool, dark location



# Understanding Shelf Life

## Unopened Shelf Life

Properly canned chickpeas last up to 1 year or longer when stored in cool (below 20°C), dark conditions.

## Opened Shelf Life

Once opened, transfer to an airtight container. Refrigerate at 4°C or below. Consume within 3-5 days for best quality.

# Preventing Spoilage



## Proper Sterilization

Ensure complete sterilization to prevent bacterial growth



## Secure Sealing

Check for proper lid sealing to prevent air entry



## Careful Handling

Avoid physical damage to cans that could compromise integrity



## Regular Inspection

Check for signs of spoilage before opening or consuming



# Signs of Spoilage



## Bulging Lids

Indicates gas production by bacteria



## Unpleasant Odors

Sign of bacterial growth upon opening



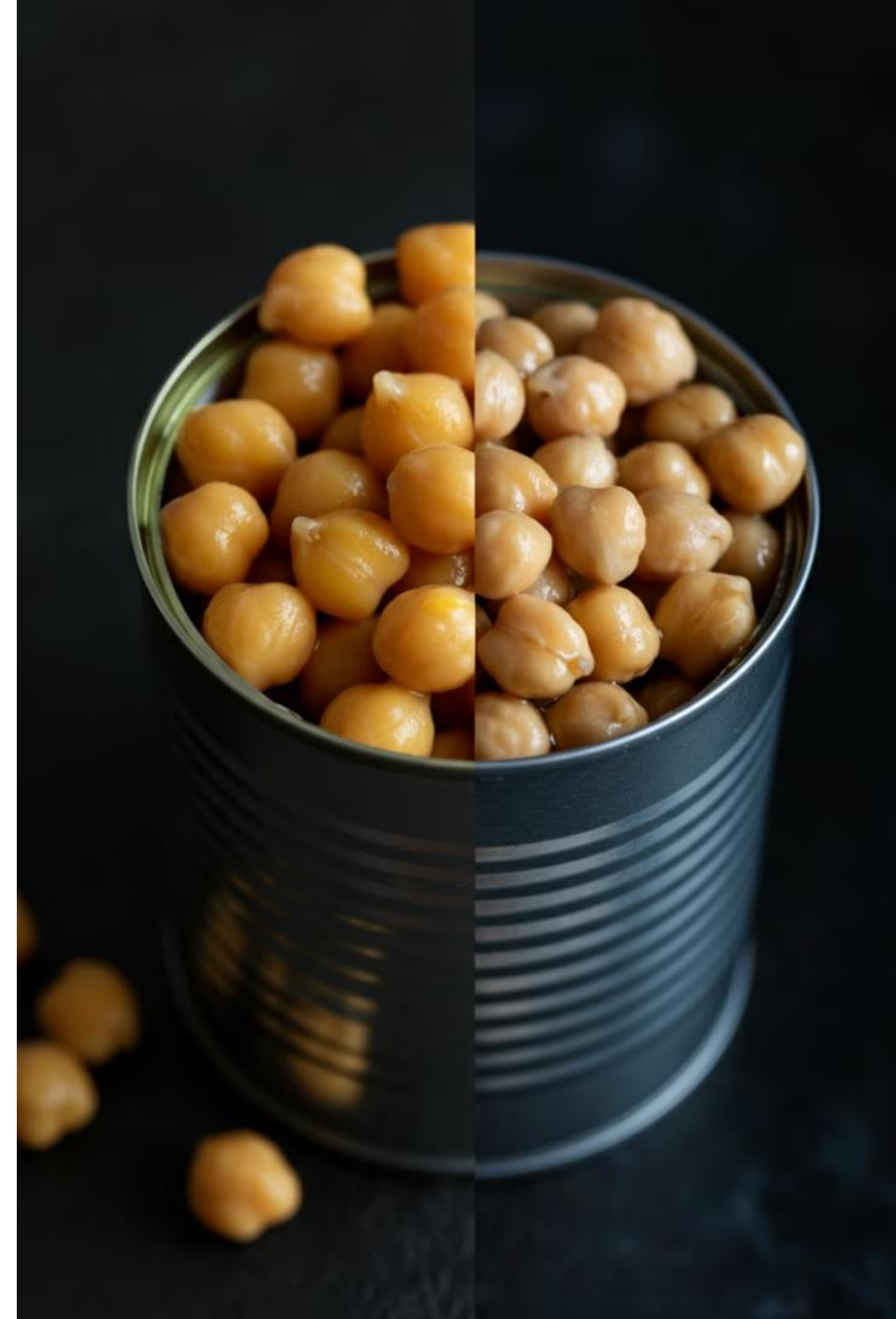
## Leaking or Rusted Cans

Compromises can integrity

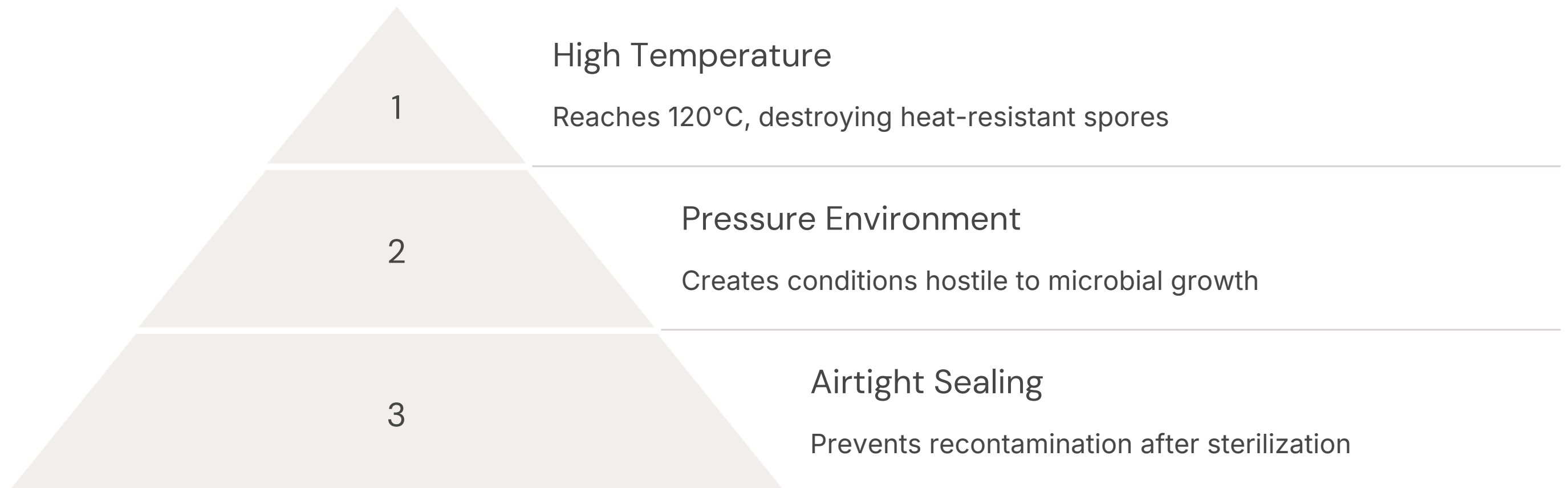


## Discoloration

Unusual color changes in chickpeas



# Role of Pressure Canning





# Best Practices for Extended Shelf Life

1

## Quality Ingredients

Use high-quality, clean dried chickpeas

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2

## Thorough Soaking

Ensure even cooking and hydration

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3

## Proper Sterilization

Maintain accurate pressure and temperature

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4

## Optimal Storage

Keep in cool, dark place away from sunlight



# Conclusion: Enjoy Your Canned Chickpeas

By following these techniques, your canned chickpeas will stay safe and delicious for up to a year or more. Happy canning!

1yr+

Shelf Life

When properly canned and stored

120°C

Sterilization Temp

For complete bacteria elimination

120min

Processing Time

For safe, long-lasting preservation