

ALI'S KITCHEN

How to Can Superior Potatoes

With jars of ready-to-eat potatoes in the pantry, dinner preparation is a breeze

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

While I've been canning for many years using the water bath method, this was my first experience in creating shelf-stable food (safely stored at room temperature in a sealed container) with a pressure canner.

I am beyond excited about the culinary new world opened to us here in the Carter kitchen!

With a 16-quart pressure canner borrowed from my mother-in-law, and my husband, Mike, manning the equipment and assisting with the heavy lifting, we tackled a boxful of Superior potatoes. This resulted in jars upon jars of ready-to-eat potatoes sitting on our pantry shelves.

That one evening and little bit of effort we put into the canning process has simplified my life. Thanks to these jars, I have been able to set a meal on the table in an incredibly short amount of time!

My family has enjoyed our canned potatoes often in the past couple of weeks alongside marinated chicken and hamburgers. The potatoes fry up quickly and beautifully in a pan with a pat of butter and a bit of salt and pepper.

I have used them directly from the jar (with no need to warm them) as a deliciously creamy addition to our green salads, and the potato salad I made last weekend was a breeze with the canned potatoes.

If you are a canning pro, I imagine you can understand my excitement. If you are a canning novice, I encourage you to give it a try. Canning is a wonderful way to preserve potatoes.

There is an incredible sense of accomplishment when you place all those full jars on the shelf knowing that you and your family have access to healthy, nourishing food.

Recipe is adapted from SimplyCanning.com.

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Preparation

Gather your canning supplies:

- pressure canner
- canning jars
- canning seals and rings
- jar lifter and canning funnel
- large pot
- potato peeler
- bowls
- large spoons
- sharp knife
- towels and dish cloths

Processing Times

for Canning Potatoes

Pints - process for 35 minutes

Quarts - process for 40 minutes

ADJUSTMENTS FOR PRESSURE CANNER

Altitude in Feet	Dial Gauge Canner	Weighted Gauge Canner
0-1,000	11	10
1,001-2,000	11	15
2,001-4,000	12	15
4,001-6,000	13	15
6,001-8,000	14	15
8,000-10,000	15	15

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DIRECTIONS

Wash and peel your potatoes.

Cut into 1-2-inch pieces, or you can leave them whole. Your potato pieces should not be bigger than 1 to 2 inches each and can be as small as half-inch in size, though they might get over cooked if too small.

As you cut your potatoes, place them in a pot of water to avoid discoloring.

Cook small, ½-inch pieces for two minutes in boiling water and drain. If you have larger pieces or whole potatoes, boil up to 10 minutes and drain. You want the potatoes to be hot through, but not overcooked. Remember, they should be no larger than 2 inches apiece.

Add one teaspoon of salt per quart to the jar, if desired. This is optional, though I do recommend it unless you

have a health reason to leave the salt out. Salt helps preserve the texture and taste of the potatoes.

Fill clean jars with hot, prepared potatoes, leaving no more than 1-inch head space.

Cover hot potatoes with fresh, boiling water. Don't recycle the water you used to boil the potatoes; it will be starchy and cloudy. Leave 1-inch head space and cover all pieces of potato.

Wipe the jar rims clean, remove any air bubbles and place your lids.

Be sure to use the processing pressure indicated in the accompanying chart as determined by your altitude. See chart on previous page. Enjoy! **BCT**

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