

INGREDIENTS

10 cups (2500 ml) prepared beets
2 1/2 cups (625 ml) white vinegar
1 cup (250 ml) water
1 cup (250 ml) sugar
Spice mixture – choice of:

Traditional: 3 tbsp (45 ml) pickling spice
Sweet Blend: 2 cinnamon sticks, halved 10
whole cloves



PREPARATION

Scrub beets, leaving root and 2 inches (5 cm) of stem intact to prevent bleeding. Place beets in steam oven and cook for 40 minutes

Place mason jars and sealing lids in steamer and steam for 10 minutes

Tie chosen spice blend in a square of cheesecloth, creating a spice bag. Combine with vinegar, water and sugar in a saucepan. Bring to a boil; cover and boil gently 15 minutes. Discard spice bag.

Slip off the beet skins removing tap root and stems.

Pack beets into a hot jar to within 3/4 inch (2 cm) of top of jar. Add hot pickling liquid to cover beets to within 1/2 inch (1 cm) of top of jar (headspace).

Remove air bubbles and adjust headspace, if required, by adding more beets and hot brine.

Wipe jar rim removing any food residue. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight.

Return filled jar to steam oven and press canning function at 195 for 30 minutes.

Remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.

After cooling check jar seals. Sealed discs curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Store for up to a year.