

# **BC STRAWBERRY BREAKFAST PARFAIT**

$\frac{3}{4}$  cup (175 mL) vanilla yogurt

$\frac{3}{4}$  cup (175 mL) granola cereal

1 cup (250 mL) sliced BC Strawberries

In a glass parfait cup spoon 3 tablespoons (45 mL) of yogurt into glass. Layer with 3 tablespoons (45mL) of granola and a layer of sliced strawberries. Repeat layers.

Makes 2 servings

# BC Strawberry Honey

*Smooth and silky, like whipped honey; this luscious, spreadable treat is not as intensely sweet as pure honey. Its wonderful strawberry flavour highlights are sure to make it a hit especially with those who want spreads sweetened with alternatives to sugar. Be sure to use “No Sugar Needed Pectin” as this unique product is designed to gel with alternative sweeteners.*

**4 cups (1000 ml) finely crushed, fully ripe sweet strawberries** (*do not purée*)

**1 cup (250 ml) strawberry or raspberry juice\* or unsweetened (red-colour) bottled fruit juice**

**1 pkg (49 g) BERNARDIN No Sugar Needed Fruit Pectin**

**1-1/2 cups (375 ml) liquid honey**

- Place 5 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
- Combine strawberries and juice in a large, deep stainless steel saucepan. Add Fruit Pectin, stirring until dissolved. Stirring occasionally, bring mixture to a boil. Add honey. Stirring frequently, return mixture to a full boil; boil **3 minutes**.
- Ladle hot mixture into a hot jar to within 1/4 inch (0.5 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more mixture. 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 rack in canner. Repeat for remaining Strawberry Honey.
- When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process *–boil filled jars – 10 minutes.\**
- When processing time is complete, remove canner lid, wait 5 minutes, then 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 lids 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. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

Makes about 5 x 250 ml jars.

\*To prepare fresh berry juice, wash and thoroughly crush 4 cups (1 L) fully ripe strawberries or raspberries. Pour mixture into a dampened jelly bag or cheesecloth lined strainer suspended over a bowl. Let drip 2 hours. If desired, squeeze bag to extract juice. If you do not get a full 1 cup (250 ml) juice, add water to yield this measure.

- **Do not substitute pectins. This recipe requires Bernardin No Sugar Needed Fruit Pectin, a unique product that gels with little or no added sweetener.**

## Boiling Water Canner - Altitude Adjustments

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	ALTITUDE		
* At altitudes higher than 1,000 ft (305 m) increase processing time as indicated in chart.	FEET	METERS	INCREASE Processing Time
	1,001 – 3,000	306 - 915	5 minutes
	3,001 – 6,000	916 – 1,830	10 minutes
	6,001 – 8,000	1,831 – 2,440	15 minutes

	8,001 - 10,000	2,441 - 3,050	20 minutes
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Info.ca@homecanning.com

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# **BC STRAWBERRY MANGO SALSA WITH GRILLED HALIBUT**

- 2. cups (500 mL) diced BC Strawberries
- 1. mango, diced
- ¼ cup (50 mL) diced red onion
- 2. tablespoons (30 mL) fresh lime juice
- 2. tablespoons (30 mL) chopped cilantro
- 1. tablespoon (15 mL) balsamic vinegar
- 1. tablespoon (15 mL) honey
- salt and pepper to taste

In medium bowl; combine all ingredients and mix well. Cover and refrigerate for 1 hour.

## **Grilled Halibut**

- 2. halibut steaks, about 1 inch (2.5 cm) thick
- vegetable oil

Brush halibut with oil. Place on barbecue grill over medium-high heat for 4-5 minutes per side.

Spoon salsa over each steak and serve immediately. Serve remaining salsa separately.

# BC STRAWBERRY NAPOLEONS

- 2. pkgs.(102 g) instant vanilla pudding mix
- 4. cups (1Litre) milk
- 4 cups (1Litre) frozen whipped topping
- 90. unsalted soda crackers
- 4. cups (1Litre) sliced BC Strawberries
- ½ cup (125 mL) chocolate chips, melted

In medium bowl, add pudding mix and milk. Beat for about 2 minutes or until pudding starts to thicken. Fold whipped topping into pudding, mix well.

Line 13x9 (33 x 23cm) baking pan with 1/3 of soda crackers. Spread 1/3 of pudding mixture over crackers, add another layer of soda crackers and pudding mixture, repeat layer once more ending with pudding mixture. Refrigerate for 24 hours or longer.

When ready to serve, arrange sliced BC strawberries on top and drizzle with melted chocolate.

Makes 18 servings

# BC STRAWBERRY TROPICAL TWIST JAM

*Combining strawberries with crushed pineapple gives this popular berry jam a delicious chunky texture and flavourful twist.*

**3 cups (750 ml) coarsely crushed strawberries**

**1 cup (250 ml) crushed pineapple, including juice**

**1 pkg (57 g) BERNARDIN Original Fruit Pectin**

**5-1/2 cups (1375 ml) granulated sugar**

- Place 6 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® in hot water, not boiling (180°F/82°C). Keep jars and lids hot until ready to use.
- Wash, hull and crush strawberries, one layer at a time. Measure 3 cups (750 ml). Measure sugar; set aside.
- In a large deep stainless steel saucepan, combine prepared strawberries, pineapple, 1/2 tsp (2 ml) butter or margarine to reduce foaming, and Bernardin Original Pectin, stirring until pectin is dissolved. Over high heat, bring mixture to a full rolling boil. Add all of the sugar. Stirring constantly, return mixture to a full rolling boil that cannot be stirred down. Boil hard **1 minute**, stirring constantly. Remove from heat; skim off foam, if necessary.
- Quickly ladle jam into a hot jar to within 1/4 inch (0.5 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more fruit mixture. 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 rack in canner. Repeat for remaining fruit mixture.
- When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –*boil filled jars* – **10 minutes**.\*
- When processing time is complete, remove canner lid, wait 5 minutes, then 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 lids 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. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.
- **Makes about 6 x 250 ml jars**

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# BC Strawberry Wine Jelly

*This fabulous translucent jelly is a regal accent for cheese trays, an intriguing glaze on poultry or pork and a show-stopper gift for tea and breakfast lovers.*

- 2 -1/2 cups (625 ml) dry white wine (sugar code 0)**
- 1 cup (250 ml) thinly sliced, fully ripe strawberries**
- 3 -1/2 cups (875 ml) granulated sugar**
- 1 pouch (85 ml) BERNARDIN *Liquid Pectin***

- Place 6 clean 125 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
- Combine wine and strawberries; thoroughly crush mixture.
- Pour into dampened jelly bag suspended over a deep container. Let drip 1 hour to collect juice.
- Measure 2 1/2 cups (625 ml) prepared juice into a large, deep stainless steel saucepan. Stir in all the sugar. To reduce foaming, add 1/2 tsp (2 ml) butter or margarine. Over high heat, bring mixture to a full rolling boil that cannot be stirred down. Add liquid pectin, squeezing entire contents from pouch. Return to a boil; boil hard **1 minute**, stirring constantly. Remove from heat and quickly skim off foam, if necessary.
- Quickly pour jelly into a hot jar to within 1/4 inch (0.5 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more jelly. 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 rack in canner. Repeat for remaining jelly.
- When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –*boil filled jars* – **10 minutes**.\*
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- **Makes about 6 x 125 ml jars.**

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# BC STRAWBERRY YOGURT POPS

- 3. cups (750 mL) BC Strawberries, washed and hulled
- 1 ½ cups (375 mL) low fat strawberry yogurt
- ½ cup (125 mL) low fat milk
- 1. teaspoon (5 mL) vanilla extract

In blender, combine all ingredients and puree until smooth. Pour into ice pop molds; freeze 3-4 hours or until firm.

Makes 4 cups / 14 -16 small ice pops

\*\*Can use small paper cups and freeze until mixture starts to set, about 1 ½ hours. Insert wooden stick into middle of cups, freeze until firm.