

## Salsa Making Laboratory

### Tomato Salsa

- 1.5 kg canned, diced tomatoes
- 340 g tomato paste
- 500 g chopped onions
- 3 jalapeño peppers, seeded, finely chopped
- 2 long green chilies, seeded, chopped
- 2 cloves garlic, finely chopped
- 240 ml bottled lemon or lime juice
- 6.5 g salt
- 6.5 g sugar
- 13 g oregano leaves
- Sterilized jars and lids

To sterilize jars and lids, dip them into boiling water. Remove, cool, and use as soon as possible.

### A word of caution

Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

### Directions:

1. Peel, wash, and chop onions, garlic, peppers.
2. Puree tomatoes in blender or cut into smaller chunks.
3. Combine all ingredients in a large saucepan.
4. Adjust pH of puree to 4 with lemon juice and stir well.
5. Bring to a boil.
6. Boil for 1-2 minutes stirring occasionally.
7. Remove from heat.
8. Fill hot salsa into sterilized jars, leaving ~1 cm of headspace.

9. Add lid and tighten.

10. Flip jars upside down and allow them to cool.

11. NOTE: Do not invert jars until they have cooled.

## Jam Making Laboratory

### Strawberry jam

- 2.5 kg of frozen strawberries
- 2.5 kg of sugar
- bottled lemon juice
- 106 g pectin

To sterilize jars and lids, dip them into boiling water. Remove, cool, and use as soon as possible.

### Directions:

1. Puree strawberries in blender.
2. Transfer strawberries to large pot.
3. Measure pH of strawberry puree.
4. Adjust pH of puree to 3.2 with lemon juice and stir well.
5. Add pectin and stir well.
6. Bring to a boil.
7. Add sugar and stir well.
8. Boil for 1-2 minutes stirring occasionally.
9. Remove from heat.
10. Skim off foam with spoon.
11. Fill hot puree into sterilized jars, leaving ~1 cm of headspace.
12. Add lid and tighten.
13. Flip jars upside down and allow them to cool.
14. NOTE: Do not invert jars until they have cooled.