

## Selecting, Preparing, and Canning: Fruit Purees<sup>1</sup>

---

United States Department Of Agriculture, Extension Service<sup>2</sup>

Of any fruit except figs and tomatoes.

**Procedure:** Stem, wash, drain, peel, and remove pits if necessary. Measure fruit into large saucepan, crushing slightly if desired. Add 1 cup hot water for each quart of fruit. Cook slowly until fruit is soft, stirring frequently. Press through sieve or food mill. If desired for flavor, add sugar to taste. Reheat pulp to boil, or until sugar dissolves if added. Fill hot into clean jars, leaving 1/4-inch headspace. Adjust lids and process.

Processing directions for canning purees in a boiling-water, a dial- or a weighted-gauge canner are given in Table 1, Table 2, and Table 3.

- 
1. This document is FCS 8281, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: May 2003. Reviewed: June 2008. This document was extracted from the *Complete Guide to Home Canning*, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8148, *Guide 2: Selecting, Preparing, and Canning Fruit and Fruit Products*. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
  2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Larry Arrington, Dean

**Table 1.**

| <b>Table 1.</b> Recommended process time for Fruit Purees in a boiling-water canner.                                 |                 |                              |                  |                |
|--|-----------------|------------------------------|------------------|----------------|
|  |                 | Process Time at Altitudes of |                  |                |
| Style of Pack  | Jar Size        | 0 - 1,000 ft                 | 1,001 - 6,000 ft | Above 6,000 ft |
| Hot  | Pints or Quarts | 15 min                       | 20               | 25             |
| *After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars. |                 |                              |                  |                |

**Table 2.**

| <b>Table 2.</b> Process Times for Fruit Purees in a Dial-Gauge Pressure Canner.  |                 |                    |                                       |                  |                  |                  |
|--|-----------------|--------------------|---------------------------------------|------------------|------------------|------------------|
|  |                 |                    | Canner Pressure (PSI) at Altitudes of |                  |                  |                  |
| Style of Pack  | Jar Size        | Process Time (Min) | 0 - 2,000 ft                          | 2,001 - 4,000 ft | 4,001 - 6,000 ft | 6,001 - 8,000 ft |
| Hot  | Pints or Quarts | 8                  | 6                                     | 7                | 8                | 9                |
| *After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face. |                 |                    |                                       |                  |                  |                  |

**Table 3.**

| <b>Table 3.</b> Process Times for Fruit Purees in a Weighted-Gauge Pressure Canner.  |                 |                    |                                       |                |
|--|-----------------|--------------------|---------------------------------------|----------------|
|  |                 |                    | Canner Pressure (PSI) at Altitudes of |                |
| Style of Pack  | Jar Size        | Process Time (Min) | 0 - 1,000 ft                          | Above 1,000 ft |
| Hot  | Pints or Quarts | 8                  | 5                                     | 10             |
| *After the canner is completely depressurized, remove the weight from the vent port or open the petcock. Wait 10 minutes; then unfasten the lid and remove it carefully. Lift the lid with the underside away from you so that the steam coming out of the canner does not burn your face. |                 |                    |                                       |                |