

## 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.

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**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.				