

Bottling fruit – a basic recipe



The best place to look for instructions is with your bottling kit.

You might also find instruction manuals online.

In the meantime, here is a basic way to bottle fruit using the Fowler's Vacola system.

1. Gather together bottles, rings, lids and clips.
2. Soak rings in warm water for 15 minutes before using.
3. Make sure bottles and lids are clean (and free of cracks / chips).
4. Put rubber ring on bottle, check for twists.
5. Pack chopped fruit in bottle (raw or cooked), leave 1 cm gap at the top.
6. Add acid if necessary (see below).
7. Cover fruit with boiling water up to the rim (you can use sugar syrup but plain water is also fine).
8. Use a chopstick or skewer to get air bubbles out, if necessary.
9. Put on lid and a clip, make sure it is sitting horizontal.
10. Repeat until you have enough bottles for the Fowler's cooker.
11. Fill cooker with cool to warm water, until at least 2/3 of bottle height is under water.
12. Heat over 45 mins up to 92 degrees C.
13. Hold for 45 mins at 92 degrees C (for medium sized bottles like numbers 31 & 27).
14. Remove bottles from cooker, allow to cool.
15. Leave clips on for 18 hours.
16. Remove clips and check seal.
17. Label bottles, keep in a cool dark place for up to 2 years.

Add acid to: figs, pears, tomatoes.

Use 1/8 tsp ascorbic acid or citric acid or 1 tblsp lemon juice or vinegar per bottle.

Apples and pears may be dunked in water with acid in it to stop them browning.

No acid needed: apricots, berries, cherries, nectarines, peaches, plums, quince, rhubarb.

All other vegetables (eg beans, zucchini) should be bottled in ½ vinegar ½ water.