

Questa Del Rio News

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IT'S HARVEST SEASON

As fall arrives in northern New Mexico, it's time to embrace the tradition of preserving your fall harvest. In this issue, we celebrate the rich flavors of our region with two canned recipes: a sweet apple pie filling, perfect for cozy desserts; and pickled cucumbers infused with the vibrant taste of Hatch green chiles. These recipes are a delicious way to keep the warmth of the harvest season alive all year long. Happy canning!

CANNED APPLE PIE FILLING

Ingredients

18 c sliced and peeled apples
4 1/2 c white sugar
10 c water
1 c cornstarch
1 tsp salt
3 tbs lemon juice
2 tsp ground cinnamon
1/4 tsp nutmeg

Instructions

1. Prepare the apples

Peel, core, and slice apples into even pieces. To prevent browning, place apple slices in a solution of 1 cup lemon juice and 1 gallon of water, while you prepare the rest.

2. Make the syrup

Pour water into a Dutch oven over medium heat. Combine sugar, cornstarch, cinnamon, salt, and nutmeg in a bowl; add to water, stir well, and bring to a boil. Boil for 2 minutes, stirring consistently.

3. Combine apples and syrup

Drain the apples and immediately fold them into the syrup mixture. Reduce heat, cover, and simmer until apples are tender, about 6 to 8 minutes. Cool for 30 minutes.

4. Canning

Ladle the hot apple pie filling into hot, sterilized quart jars, leaving 1 inch of headspace. Remove any air bubbles, wipe the rims, and secure the lids.

Place jars in a hot water bath canner and fill the canner with just enough water to cover the lids of the jars. Bring the water to a boil and start your timer. Process the jars in the boiling water for 25 minutes or more based on your altitude (See table below).

5. Storage

Once jars are processed and cooled, check the seals*. Store in a cool, dark place. The apple pie filling can last up to a year.



CANNED PICKLED NEW MEXICO CUCUMBERS

Ingredients

4 lb small cucumbers
(pickling cucumbers are ideal)
4 c white vinegar (5% acidity)
4 c water
2 T kosher salt
8 cloves garlic, peeled
8 sprigs fresh dill
4-8 raw Hatch green chiles, split lengthwise (adjust according to desired spice level)
2 t mustard seeds
2 t black peppercorns

Instructions

1. Prepare the cucumbers

Wash the cucumbers thoroughly. If they are large, slice them into spears or rounds. Leave smaller cucumbers whole, but trim off the blossom end.

2. Prepare the brine

In a large pot, combine vinegar, water, and salt. Bring to a boil, stirring until the salt is dissolved.

3. Pack the jars

Into each sterilized pint jar, place 1 clove of garlic, 1 sprig of dill, 1-2 raw Hatch green chiles, 1/2 teaspoon mustard seeds, and 1/2 teaspoon black peppercorns. Pack the cucumbers tightly into the jars, either whole, sliced, or speared.

4. Add the brine

Pour the hot brine over the cucumbers, leaving 1/2 inch of headspace. Remove any air bubbles and wipe the rims before securing the lids.

5. Canning

Process pints 10 minutes and quarts 15 minutes.

6. Storage

After processing, let the jars cool and check seals. Store in a cool, dark place for at least two weeks before enjoying, allowing the flavors to develop. These pickled cucumbers can be stored for up to a year.





PICKLED DAIKON

This is an easy “umami” (savory flavor) packed Japanese style pickled daikon recipe that pairs beautifully with a bowl of rice or that can be enjoyed as a snack or a flavor booster for sandwiches.

Ingredients

2 c daikon, peeled and chopped bite size

Pickling liquid

3 T Japanese soy sauce
1 T Japanese light soy sauce
1 c water
2 T rice vinegar
1 T mirin
1 clove garlic, crushed

Instructions

1. In a bowl, mix all the ingredients for the pickling liquid and stir.
2. Put the daikon in a large tupperware container and pour the pickling liquid over.
3. Mix well, cover and refrigerate for at least 2 days and for up to 1 week for a more intense flavor. When you are happy with the taste, dispose of the pickling liquid.

<https://pickledplum.com/pickled-daikon-japanese-recipe/#tasty-recipes-40808>

I heard that someone in the neighborhood had a large crop of daikon radishes ready to harvest. Here is a Japanese pickling recipe in honor of that information.

REFRIGERATOR PICKLED JALAPEÑOS

Make a quick batch of refrigerator pickled jalapeños with your summer garden harvest. These pickled jalapeños are made in less than ten minutes and ready to enjoy after two days of rest. Perfect for adding to your next burger, or enjoying straight from the jar as a spicy snack!

Prep Time: 10minutes minutes

Resting Time: 2days days

Servings: 9 servings

Ingredients

1 pound jalapeños thin sliced
2 cloves garlic peeled and smashed
1 cup white vinegar
1 cup water
¼ cup granulated sugar
1 tablespoon kosher salt

Instructions

1. Pack two pint size jars with sliced jalapeños and smashed garlic (one clove per jar). Set aside.
2. In a saucepan over medium heat, add vinegar, water, sugar, and salt. Whisk to combine.
3. Heat to boiling and cook for 1 minute, or until sugar is completely dissolved. Remove from heat and allow to cool until warm.
4. Pour liquid into jars to completely cover jalapeños. Depending on how tightly packed your peppers are, you may have leftover brine.
5. Tightly seal and refrigerate for two days to allow peppers to pickle. Store pickles in refrigerator for up to six months.

Notes

Any peppers can be pickled - try this recipe with sliced bell peppers, banana peppers, serrano peppers, or any peppers you have on hand.

Your refrigerator jalapeños need to be stored in the refrigerator. Since they are not canned, they are not shelf-stable and need to be refrigerated.

Your peppers need at least two days to pickle in the brine before enjoying. They are edible immediately, but need at least two days of rest for best flavor.

<https://thetoastykitchen.com/refrigerator-pickled-jalapenos/>

HOW TO SANITIZE



JARS FOR CANNING

1. Wash the jars

First, wash the jars in hot, soapy water. Use a clean sponge or brush to remove any residue or labels. Rinse thoroughly.

2. Sterilize the jars

Boiling water method

Place the clean jars in a large pot of boiling water. Ensure the water covers the jars by at least 1 inch. Boil the jars for 10 minutes to sterilize. Keep the jars hot until you're ready to use them.

Dishwasher method

If your dishwasher has a sanitize cycle, you can use it to clean the jars. Arrange the jars in the dishwasher and run the sanitize cycle. The jars will remain hot in the dishwasher until you're ready to use them.

Oven method

Preheat your oven to 225°F (107°C). Place the clean, dry jars on a baking sheet and heat them in the oven for 10-15 minutes. Let the jars cool slightly before filling. Avoid using this method for jars with plastic lids or gaskets.

3. Keep jars hot

It's important to keep the jars hot until they are filled with your hot canning contents. This prevents the jars from breaking due to thermal shock when filled with hot food.

4. Lid preparation

For metal lids, follow the manufacturer's instructions. Typically, they are not boiled but are usually heated in hot water to soften the sealing compound. Do not overheat or boil them.

* HOW TO TEST FOR JAR SEALS

1. Remove the screw bands when jars have cooled
2. Press the lid center with your finger. If the lid springs up when released, it is not sealed.
3. Tap the lid with a teaspoon. A sealed jar lid will make a ringing sound.
4. Hold the jar at eye level and look across the lid. A sealed jar lid curves down slightly in the center.

Source: NM State University Extension Service