Canned Blueberry Syrup



Your Key Ingredient:

NESCO Smart Canner

Grocery Ingredients:

- 2 cups fresh blueberries (frozen works too)
- 0.3 cups water
- 0.1 teaspoons salt
- 1 tablespoons bottled lemon juice
- 0.5 cups sugar
- 1 teaspoons vanilla extract (optional)

Directions:

1. Mix syrup base: In a non-reactive saucepan, whisk together 5 cups sugarand 0.1 teaspoons salt. Stir in 0.3 cups water and 1 tablespoons bottled lemon juice.

2. Add blueberries and boil: Turn heat to medium-high and stir in 2 cups fresh blueberries (frozen works too). Bring to a boil.
3. Boil: Once boiling, cook for 2 minutes, stirring constantly and scraping the bottom to prevent burning.
4. Puree syrup: Use an immersion blender or food processor to puree the mixture into a smooth, thicker syrup.
5. Add vanilla: Stir in 1 teaspoons vanilla extract (optional), if using.
6. Prep jars and lids: Heat jars in simmering (not boiling) water until ready to use. Wash lids in warm soapy water and set aside with bands.
7. Fill jars: Ladle hot syrup into a hot jar, leaving 1/4 to 1/2 inch headspace. Remove air bubbles and wipe jar rims clean.
8. Load canner: Place the liner pot in the NESCO Smart Canner and set the canning rack in the bottom of the liner pot. Load jars onto the rack.
9. Add water: For water bath setting, jars must be completely covered with water at least 2 inches above the jar tops.
10. Set water bath time: Press the WB/Steam button on the control panel. Press TIME (+) to set 10 minutes (0-1,000 ft), 15 minutes (1,001-6,000 ft), or 20 minutes (above 6,000 ft) depending on your elevation. Make sure the Pressure Limiting Valve is set to Exhaust.
11. Start preheat: Press Start (DO NOT press Pressure Cook). The digital chase will rotate; the unit should reach a boil within 15-25 minutes, shown by a constant stream of steam from the Pressure Exhaust Valve.
12. Start processing timer: Press Start again once you see the constant steam stream – the processing timer will begin automatically. CAUTION: do not press Start a 3rd time, or the unit will shut down completely.
13. Rest, remove, and cool: When the WB function completes,

let the unit rest 20-30 minutes before turning the lid open. Carefully remove jars — lids will pop as they seal and cool. Cover jars with a towel and don’t touch for 24-48 hours. Check seals before storing.

Canning method: Water bath, half-pints/pints — 10 min (0-1,000 ft) / 15 min (1,001-6,000 ft) / 20 min (above 6,000 ft)

Recipe adapted from NCHFP (National Center for Home Food Preservation) — Berry Syrup