

- Prep Time: 30 minutes
 - Cook Time: 30 minutes (including processing)
 - Total Time: 1 hour
 - Yield: 6 pint jars (or 3 quart jars)
 - Intensity Level: Moderate (Requires basic canning knowledge and attention to detail)
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Table of Contents

- [Why This Recipe Works](#)
- [Ingredients](#)
- [Step-by-Step Instructions](#)
 - [Part 1: Preparation \(Intensity: Low\)](#)
 - [Part 2: Packing and Processing \(Intensity: Moderate\)](#)
- [Recipe Notes and Variations](#)
- [Nutrition Information](#)

Why This Recipe Works

The Amish tradition of canning is built on methods that are both safe and effective. This recipe uses a boiling water bath, which is perfect for high-acid foods. While carrots are a low-acid food, this recipe incorporates a small amount of vinegar or lemon juice to the canning

liquid, a classic technique that helps to ensure a safe product while preserving the carrots' natural flavor. The simple brine of water, salt, and a touch of sugar enhances the carrots' own sweetness without overwhelming it. The result is a clean, pure taste that is far superior to most store-bought canned carrots.

Ingredients

- 4-5 pounds of fresh, firm carrots (about 20-25 medium carrots)
- 6 cups of water
- 2 tablespoons of canning or pickling salt (do not use iodized table salt)
- 2 tablespoons of white granulated sugar (optional, but recommended for flavor balance)
- 2 tablespoons of bottled lemon juice or white vinegar (per quart jar, or 1 tablespoon per pint jar) – *This is crucial for safety.*

Equipment You'll Need:

- Water bath canner with a rack
- 6 pint jars or 3 quart jars, sterilized
- New lids and screw bands

- Jar lifter
 - Bubble remover or a thin, non-metallic spatula
 - Clean kitchen towels
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Step-by-Step Instructions

Part 1: Preparation (Intensity: Low)

1. Prepare Your Jars: Wash your jars, lids, and bands in hot, soapy water. Rinse them thoroughly. Keep the jars hot until you're ready to fill them. You can do this by placing them in your water bath canner filled with hot water, or by running them through a dishwasher cycle and keeping them in the hot dishwasher.
2. Prepare the Carrots: Wash and peel the carrots. Remove the ends. You can leave small carrots whole, but for larger ones, cut them into ¾-inch thick rounds, sticks, or coins. The key is to have uniform pieces for even processing.
3. Prepare the Canning Liquid: In a large pot, combine the water, salt, and sugar (if using). Bring the mixture to a boil, stirring to dissolve the salt and sugar. Keep it hot.
4. Prepare the Canner: Fill your water bath canner with enough water to cover the jars by at least 1-2 inches. Start heating the water—it should be hot but not boiling when you add the filled jars.

Part 2: Packing and Processing (Intensity: Moderate)

1. **Add Acid to Jars:** To each sterilized jar, add the required amount of bottled lemon juice or vinegar (1 tablespoon for pints, 2 tablespoons for quarts). Swirl the jar gently to coat the bottom.
2. **Pack the Carrots:** Tightly pack the raw carrot pieces into the hot jars, leaving a generous 1-inch headspace at the top. Packing them tightly helps prevent them from floating during processing.
3. **Add the Hot Liquid:** Ladle the hot canning liquid over the carrots, covering them completely while still maintaining that 1-inch headspace.
4. **Remove Air Bubbles:** Run your bubble remover or a thin spatula around the inside of the jar to release any trapped air bubbles. This is an important step. Add more hot liquid if needed to return to the correct 1-inch headspace.
5. **Wipe and Seal:** Wipe the rim of the jar with a clean, damp cloth. Place the lid on top, then screw on the band until it is finger-tip tight (don't overtighten).
6. **Process in Water Bath:** Using your jar lifter, carefully lower the filled jars into the hot water bath canner, ensuring they are not touching. The water level should be at least 1-2 inches above the tops of the jars. Bring the water to a full, rolling boil. Once boiling, start your timer and process for the recommended time:
 - Pints: Process for 25 minutes.
 - Quarts: Process for 30 minutes.

(Note: Adjust for altitude. For altitudes above 1,000 feet, add 5 minutes to the processing time.)

7. **Cool and Check Seals:** After processing, turn off the heat and carefully remove the jars using the jar lifter. Place them on a towel-lined countertop, spacing them a few inches apart to cool undisturbed for 12-24 hours. You may hear a “ping” sound as the lids seal. After cooling, press the center of each lid; it should be firm and not flex. If it does, the jar did not seal and should be refrigerated and used within a few weeks.

Recipe Notes and Variations

- **Flavor Boost:** For a different flavor profile, you can add a few peppercorns, a clove of garlic, or a sprig of dill to each jar before packing the carrots.
- **Don't Skip the Acid:** The lemon juice or vinegar is not for flavor; it is a critical safety ingredient to ensure the pH level of the canned product is safe for water bath canning.
- **Carrot Selection:** Choose firm, fresh carrots that are free of blemishes. Older, limp carrots will result in a mushy final product.
- **The “Amish” Touch:** True Amish canning often uses heirloom varieties of vegetables. If you have access to a farmers’ market, look for unique carrot varieties like Cosmic Purple or Scarlet Nantes for an authentic touch.

Nutrition Information

Nutrition information is an estimate and will vary based on the specific ingredients and quantities used. This information is for one serving (approximately 1/2 cup of drained carrots).

- Calories: 55
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 250mg (This can be reduced by using less salt in the canning liquid, but note that salt also plays a role in preserving texture.)
- Total Carbohydrates: 13g
- Dietary Fiber: 3g
- Sugars: 6g
- Protein: 1g

- Vitamin A: 300% DV

- Vitamin C: 10% DV

- Calcium: 2% DV

- Iron: 2% DV