

- Preparation Time: 30 minutes
- Canning / Processing Time: 20 minutes (Pints) / 25 minutes (Quarts)
- Depressurization & Cooling Time: 45 minutes
- Total Time: ~1 hour 40 minutes
- Yield: 9 pint jars (or 4 quart jars)
- Recipe Level: Intermediate
- Processing Method: Pressure Canning ONLY (Low-Acid Food)

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Technical Specifications & Intensity Levels

Understanding the pressure requirements is critical for safety and optimal texture when canning low-acid produce.

Parameter	Specification / Target
Canning Method	Steam Pressure Canner
Jar Size	Pint Jars (16 oz / 473 mL)
Headspace	1 Inch (2.5 cm)
Dial Gauge Pressure (0–1,000 ft)	11 PSI
Weighted Gauge Pressure (0–1,000 ft)	10 PSI
Heat Intensity (Processing)	Medium-High (Adjusted to maintain steady pressure)
Heat Intensity (Liquid Pre-boil)	High Boiling (212°F / 100°C)

Note: If live processing at an elevation above 1,000 feet, adjust pressure upwards according to USDA recommendations (e.g., 12–15 PSI depending on gauge type).

Equipment Needed

- 1 Pressure Canner with rack
- 9 Pint mason jars with new lids and bands
- Jar lifter tongs

- Canning funnel and bubble remover / headspace tool
- Large stockpot (for boiling water/brine)
- Sharp chef's knife and vegetable peeler
- Kitchen towels

Ingredients

- Fresh Carrots: 5 lbs (2.25 kg), topped, peeled, and sliced into $\frac{1}{2}$ -inch rounds
- Canning & Pickling Salt: 4.5 tsp (1/2 tsp per pint jar) — *do not use iodized table salt*
- Garlic: 9 small, peeled whole cloves (1 per pint jar, optional)
- Fresh Thyme Sprigs: 9 small sprigs (1 per pint jar, optional)
- Boiling Water: Approximately 3 to 4 quarts of filtered hot water

Step-by-Step Canning Instructions

Step 1: Prep and Sanitize Jars

1. Wash jars, lids, and screw bands in warm, soapy water and rinse thoroughly.
2. Place the jar rack in the pressure canner, set jars on top, and add 2 to 3 inches of water into the bottom of the canner.
3. Warm the canner over low heat to preheat the jars. Keep jars warm until ready to pack to prevent thermal shock breakage.

Step 2: Prepare the Carrots

1. Wash carrots thoroughly to remove all remaining soil.
2. Peel the outer skins off using a vegetable peeler.
3. Slice carrots into uniform $\frac{1}{2}$ -inch coins (or length-wise spears if preferred). Uniform slices ensure even heat penetration throughout processing.

Step 3: Jar Packing (Raw Pack Method)

1. Remove one warm pint jar at a time from the canner using your jar lifter.
2. Add $\frac{1}{2}$ teaspoon of canning salt, 1 whole garlic clove, and 1 sprig of fresh thyme into the bottom of each pint jar.

3. Pack sliced raw carrots tightly into the jar, leaving a generous 1-inch headspace at the top.

Step 4: Add Boiling Water & Vent Bubbles

1. Carefully ladle boiling water over the packed carrots, maintaining 1 inch of headspace from the rim.
2. Slide a non-metallic bubble remover tool down the inside edge of the jar, gently pressing inward to release trapped air bubbles.
3. Re-check headspace after removing bubbles and adjust liquid level with extra boiling water if needed.
4. Wipe the rim of each jar with a damp paper towel to clean off any starch or salt residue.
5. Place the lid flat on top and adjust the screw band until fingertip-tight (do not over-tighten).

Step 5: Pressure Canning Process

1. Lower packed jars into the preheated pressure canner using your jar lifter.
2. Secure the canner lid into place, leaving the vent pipe uncovered.

3. Set burner heat to High. Allow steam to vent continuously from the vent pipe for 10 full minutes to purge all air from the vessel.
4. Place the weighted gauge or close the petcock.
5. Allow pressure to rise until the gauge reads 11 PSI (dial) or the weight jiggles consistently (10 PSI weighted).
6. Adjust heat intensity to Medium / Medium-High to maintain a steady, continuous pressure.
7. Set timer and process pint jars for 20 minutes (25 minutes for quart jars).

Step 6: Depressurization and Cooling

1. Once processing time is complete, turn off the heat source entirely.
2. Do not force-cool the canner. Allow the pressure to return naturally to 0 PSI on its own (takes 30–45 minutes).
3. After pressure returns to zero, carefully remove the weight/vent cover, wait 10 minutes, unlock the lid, and tilt it away from your face to avoid steam burns.
4. Lift jars straight up without tilting and place them onto a clean towel-lined countertop with 1 inch of space between each jar.

5. Allow jars to sit undisturbed for 12 to 24 hours to cool completely.

Quality Testing & Final Storage

After 12 to 24 hours, inspect each jar for proper sealing:

- Press down on the middle of the lid. If it is firm and doesn't pop or spring back, it has formed a vacuum seal.
- Remove screw bands, wipe down jars, label with the recipe name and processing date.
- Store properly sealed jars in a cool, dry, dark pantry. Sealed canned carrots retain optimal quality and flavor for 12 to 18 months.

Nutritional Information

Nutrition values are estimated per 1 pint jar yield (~1 cup drained serving).

Nutrient	Amount Per Serving	% Daily Value
Calories	70 kcal	—
Total Fat	0.3 g	0%
Saturated Fat	0.05 g	0%
Sodium	1,180 mg	51%
Total Carbohydrates	16 g	6%
Dietary Fiber	4.8 g	17%
Sugars	8 g	—
Protein	1.5 g	3%
Vitamin A	1,070 mcg	119%

Nutrient	Amount Per Serving	% Daily Value
Potassium	530 mg	11%
Calcium	56 mg	4%