

A photograph showing several burlap sacks filled with different types of dry beans. The beans include yellow split peas, white kidney beans, light brown beans, dark black beans, green lentils, and red kidney beans. The sacks are arranged in a grid-like pattern, and the background is a solid dark red color.

DEMONSTRATION

CANNING DRY BEANS

USDA COMPLETE GUIDE TO HOME COOKING

PROCEDURE:

“ Place dried beans or peas in a large pot and cover with water. Soak 12 to 18 hours in a cool place. Drain water.

To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain....



CONTINUED 

USDA COMPLETE GUIDE TO HOME COOKING

PROCEDURE:

“...Cover beans soaked by either method with fresh water and boil 30 minutes. Add 1/2 teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill hot jars with beans or peas and cooking water, leaving 1-inch headspace. ■



RAW PACKING BEANS

1. Rinse beans picking out any shriveled or pieces of gravel.
2. Measure out either $\frac{1}{2}$ C. for pint jars or 1 C. for quarts and fill jars.
3. Add $\frac{1}{2}$ tsp. salt for pint of 1 tsp for quart.
4. Cover with filtered water leaving 1" headspace
5. Clean jar rims with damp towel
6. Place clean lid and band on jar



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RAW PACKING BEANS

6. Place inside canner and process at 11 psi for 75 minutes (pints, 90 minutes (quarts)).
7. When processing time is completed and lock is disengaged from canner, carefully remove jars and let rest on a towel placed on a counter for 12-18 hours before removing bands, checking for sealed lids, and storing in a cool location.



But, what about gas?





"The vow of silence. Some days it was really hard to keep."



Beans, Beans, the Magical “Fruit”: The More You Eat the Less You Toot!

Beans are a wonderful food, full of filling protein and fiber, as well as other important vitamins and minerals that nourish a healthy body. Unfortunately, some people choose to avoid this healthful food because they fear intestinal gas or flatulence. However, beans are not a food to be avoided! With all their benefits, it's important to not avoid but regularly enjoy this simply delicious, naturally nutritious food.

A Healthy Gut

There is increasing research and attention about the health of the gut or gastrointestinal (GI) tract, how it contributes to overall physical and mental health, and how certain foods benefit or harm the gut.

A healthy gut is one that digests, absorbs, and eliminates with ease and is free of illness. It's important to eat a diet that feeds a healthy gut. Research suggests that the health of the gut is enhanced with a diet rich in plant-based foods full of fiber.



Northarvest Bean Growers Association



Beans contain fibers called oligosaccharides (all-uh-go-SACK-are-rides), which are non-digestible, fermentable fibers that cause gas...They make their way intact to the colon where they are fermented by beneficial bacteria. Gas is created during this fermentation process.

Winham DM, Hutchins AM. Perceptions of flatulence from bean consumption among adults in 3 feeding studies. Nutr J. 2011;10:128

“ ...Healthy adults were asked to eat half a cup of legumes (pinto beans, black-eyed peas or navy beans) or carrots each day for 8-12 weeks. Initially, half the people reported increased gas, but after 8 weeks they were back to normal levels. These results suggest that while some individuals may experience gas associated with bean intake, regularly consuming beans (~1/2 cup daily) for a period of 8 weeks may reduce bothersome symptoms like bloating and abdominal discomfort.

What's the bottom line? The more often you eat beans, the less often you'll experience GI discomfort!



Gas-Reducing Tips

If fermentation still has you fearful, here are some tips to reduce your fear of flatulence:

1. **Increase your bean intake slowly.** Start by eating 2 to 4 tablespoons of beans per day, and gradually increase consumption to the ½ cup per day recommendation.
2. **Drink more water** each day as you eat more beans.
3. **When soaking dry bean before cooking, change the water several times.** The gas-producing fibers are released into the soaking water, and discarding it removes some of these compounds.
4. **Rinse canned beans** without sauce before eating or using in recipes. (Rinsing also reduces the sodium content of canned beans.)
5. **Cook with herbs.** Certain herbs may also help break down the gas-producing fermentable fibers. Try epazote (commonly used in Mexican cuisine) or asafetida (commonly used in Indian cuisine).
6. **Consider using a gas-reducing enzyme tablet.** These are available over the counter in many pharmacies.

Los Angeles Times

Don't soak your dried beans! Now even the cool kids agree



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Los Angeles Times

Russ Parsons, Sept. 11, 2014

“ Almost every recipe in every cookbook you’ve ever read says you must soak dried beans before you cook them. In almost every case that advice is wrong...

Letting dried beans sit overnight in a bowl of cold water does nothing to improve their flavor or their texture. In fact, it does quite the opposite. While soaking shortens the unattended cooking time of beans somewhat, the time saved is marginal and there are no other labor-saving benefits. Finally, soaking does absolutely nothing to reduce the gas-producing properties of beans...

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Los Angeles Times

Russ Parsons, Sept. 11, 2014

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...What's more, **few commercial canners soak dried beans before cooking. In fact, in a way they don't cook the beans at all. The heat and pressure of the canning process (called the retort) is enough to cook—perhaps even overcook—the beans right in the can.**” ■

www.latimes.com/food/dailydish/la-dd-dont-soak-dried-beans-20140911-story.htm

A photograph of a raw chicken breast and thigh resting on a dark wooden cutting board. A small sprig of green herb is tucked behind the chicken. Overlaid on the image is a black rectangular box containing the word "DEMONSTRATION" in white, and a white rectangular box containing the words "CANNING RAW CHICKEN" in black.

DEMONSTRATION

CANNING RAW CHICKEN

COLD (RAW) PACKING CHICKEN

1. Cut thawed chicken breasts into strips.
2. Fill $\frac{1}{4}$ of a clean, wide-mouth jar then pack down.
3. Fill remainder of jar with chicken, packing down.
4. Add $\frac{1}{2}$ tsp. salt to pints, 1 tsp. to quarts.
5. Clean jar rims with damp towel



CONTINUED ➡



COLD (RAW) PACKING CHICKEN

6. Place inside canner and process at 11 psi for 75 minutes (pints, 90 minutes (quarts)).
7. When processing time is completed and lock is disengaged from canner, carefully remove jars and let rest on a towel placed on a counter for 12-18 hours before removing bands, checking for sealed lids, and storing in a cool location.

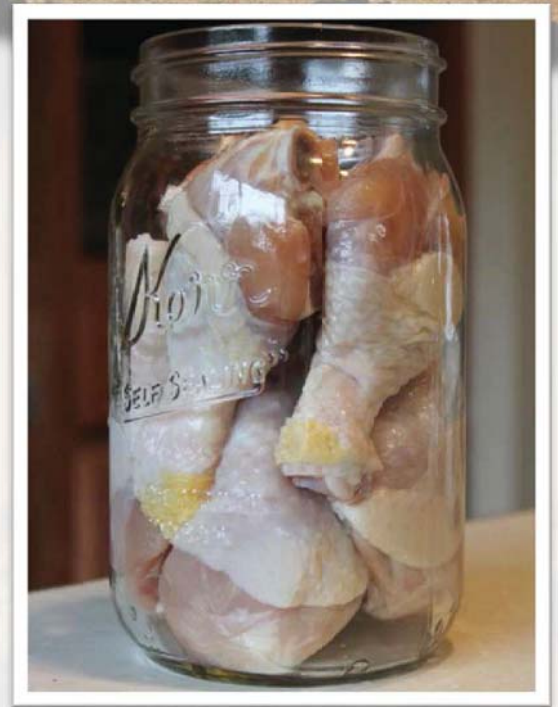




PRESSURE REACHED - SET TIMER

BONE-IN CHICKEN?

YES, you can safely can bone-in chicken. Just remember to check your pressure canning guidelines to get the correct processing time since the density of the contents is different from canning meat only.



THANK YOU!



www.thekinnardhomestead.com

