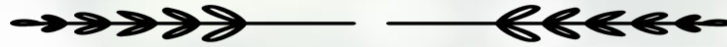


# Canned Sea Asparagus



## Plain Pack

Plain packed canned Sea Asparagus is the perfect ingredient for a wide range of recipes!

1. Choose the jar size of your choice. I recommend using half-pint size for single use, or quart size for large family use.
2. Wash your jars in hot soapy water, while simultaneously boiling your lids and rings in a large pot to sanitize. Dry your jars, lids, and rings. Add a TSP of Salt to the bottom of each jar.
3. In a separate pot, bring 8 cups of water to a rolling boil. Turn off heat and add your Sea Asparagus to blanche.
4. Blanche for 30-40 seconds and add asparagus to prepared jars.
5. In another pot, bring 8 cups of water and a TSP of Salt to a rolling boil. When boiling, turn off heat and add the water to asparagus-filled jars  $\frac{1}{4}$  inch from the top. Dry the rims of the jars and close with lids and rings until snug. Pressure cook at 10 lbs of pressure for 15-20 minutes for a proper seal.

## Canned Pickled

For an additional pickled flavor, follow the same steps as shown in 1-4.

On Step 5, instead of water use the following ingredients:

- 4 Cups Water
- 1 Cup Soy Sauce
- 1 Cup Vinegar
- 4 TBS Pickling Spice
- 6 TBS Brown Sugar

Optional:

- 2 Small Onions
- 1 Sliced Lemon
- 1 Clove Fresh Garlic
- $\frac{1}{2}$  TBS Red Pepper Flakes