

WH6FQE

Canning Recipes

CATEGORY: Desserts

RICE PUDDING

This recipe is made right in the jar and can be made to any size batch depending on the number of jars and amount of ingredients that you have available. Since you will be spooning the pudding out of the jars, either normal or wide mouth jars can be used. I prefer to use a wide-mouth jar for almost everything. This recipe also works for ½-pint jars by halving the ingredients if you prefer to have smaller servings.

1/3 cup White Rice

1/4 cup Raisins

2 tsp. White Granulated Sugar (*Adjust depending on your taste*)

1 tsp. Ground Cinnamon

¼ tsp. Nutmeg

In a well-cleaned, and hot 1-pint Mason Jar add all dry ingredients. Pour boiling hot water into jar leaving a 1-inch headspace. Use a de-bubbler or spoon to mix ingredients.

Wipe rim of jar with a clean napkin or paper towel dipped in distilled white vinegar or hot water with vinegar. Place lid onto jar making sure that it is centered on top of jar. Place a ring on the jar and finger tighten.

Pressure can @ 10 pounds of pressure for 20 minutes following the directions for your pressure canner. (*Adjust pressure depending on your elevation*).

Allow jars to rest and cool undisturbed for 12 to 24 hours then remove rings and check the seals. Label with contents and date and store in a cool dry, dark location as any other canned foods.

I have no idea how long the shelf-life would be on this pudding as I have never been able to keep one on the shelves long enough to see how long they were good for. They get eaten very quickly as they are delicious. I have stored them for up to a year after creating a few huge batches with no issues at all. I see no reason why they would not be perfectly able to be stored long-term.

This method is not approved by the UDSA and I am not recommending that any one do this, this is just how I do it. If you choose to try this, please let me know how you like it.