

2002

Do I Need to Boil My Home-Canned Foods 10 Minutes Before Using?

Charlotte Brennand

Follow this and additional works at: http://digitalcommons.usu.edu/extension_histall

 Part of the [Food Science Commons](#)

Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit [The Utah State University Cooperative Extension Office](#)

Recommended Citation

Brennand, Charlotte, "Do I Need to Boil My Home-Canned Foods 10 Minutes Before Using?" (2002). *All Archived Publications*. Paper 338.

http://digitalcommons.usu.edu/extension_histall/338

This Article is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact dylan.burns@usu.edu.





A weekly question/answer column

**Do I Need to Boil My Home-Canned Foods
10 Minutes Before Using?**

Charlotte Brennand answers:*

There have been some changes concerning boiling home-canned food for 10 minutes before eating. In the past, we always recommended that home-canned meats and vegetables be boiled for 10 minutes before serving. The general guideline today is IF you did everything perfectly, you can skip the 10-minute-boil step after opening home-canned products.

- Do not be creative with the canning recipes.
- Have dial gauge pressure canner lids tested annually.
- Follow the recipes exactly (example, hot pack is still truly hot packed).
- Make altitude adjustments depending on where you live.

The 10-minute boil is a safety precaution to inactivate any toxin present that might cause botulism. IF everything was done right in the pressure canning of meats and vegetables, then there should not be a problem. Properly home-canned fruits have never needed the 10-minute boil.

* Charlotte Brennand is Utah State University Extension Food Safety Specialist