

Bob's *Black Bean and Corn Salsa*

Canned 8/20/15 & 8/29/15

Ingredients

1 pound dried black beans
8 cups fresh sweet corn (about 8 large fresh ears) – cut from cobs
6 lbs garden fresh tomatoes – skinned, cored and coarsely chopped
2 purple onions – finely chopped
5 garlic cloves (pressed)
1/2 cup lime juice (about 2 large limes) pick out any seeds but do not filter pulp
1/3 cup olive oil
1/4 cup red wine
1/4 cup apple cider vinegar
4 tsp canning or kosher salt (not table salt)
1 tsp black peppercorns – finely ground
3 tsp coriander seeds – finely ground
1 cup garden fresh parsley – roughly chopped

Instructions

Clean then soak dry black beans for 12 to 24 hours with at least 3 parts water to 1 part dry beans.
Next day: Prepare jars and canner. This recipe makes about 11 pints. Use only pint or half-pint jars.
Do Not use quarts. You must follow canning protocols separate from this recipe. Place jars, lids and rings into pressure canner with at least 2" water above jars and prepare to sterilize later.

Drain and rinse beans after soaking. Place in large heavy pot with new water and bring to a boil. Reduce heat to a simmer for 60 minutes. (At Wray altitude, the beans will still be a bit 'crunchy'). Let beans cool and soak after cooking. When ready to continue, drain beans in a sieve and slightly rinse. Place in a bowl for later, but don't let them dry out (cover with damp cloth).

Chop onions; add the garlic, and slowly sauté in olive oil until slightly limp. Then add wine, vinegar, and lime juice.

While onions cook, blanch tomatoes, skin and core then coarsely chop. Add tomatoes to the cooking onions as you chop and bring to simmer. Add salt and spices, then mix.

Let simmer for a while (probably 1 ½ hours) to thicken a bit.

Cut corn from ears being careful to not cut into the cob (do not scrape cobs for creamed corn) and place in a large bowl while tomatoes are cooking.

After tomatoes are cooked, add the beans, corn and chopped parsley to the hot tomato mix and bring to a simmer. Be sure to stir occasionally. At the same time, add heat to the pressure canner that has water to cover the pint and/or half-pint jars to sterilize them for the first run.

Heat a tea kettle with water to boiling.

When all is hot, fill sterilized jars to about 1 inch of rim – without packing. Then add hot water to just above the mixture. Wipe the rim and finger-tight place lid and ring on each jar. Cover and keep warm the remainder for the second pressure canning run to finish the recipe.

Place the hot-packed jars in the pressure canner with only a couple of inches of boiling water.

Seal the canner, bring up the heat and exhaust the steam for 10 minutes. Close the breather and bring the canner to 12 ½ or 13 pounds pressure (Wray altitude 3500 ft.). Start the timer for 1 hour and 15 minutes processing time. Be sure to monitor the pressure. When complete, turn off heat and let the canner cool normally. When the pressure is to zero, give the canner an additional 10 minutes then remove the lid away from you. Remove the bottles and place them in a non-drafty location until cool. Then start the next batch of pressure canning for the rest of the recipe.

Check for seal; remove rings, label, date, and store in a cool, dry, and dark location.