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1

Prepare your Le Parfait jars,
clean them and leave to dry naturally.

Ensure that all jars are sound.

Make sure the surfaces are free from chips, scratches or any remnants of food. Clean your jars thoroughly with very hot water and washing-up liquid. If desired, you can add a large spoon of bleach per litre of water. Avoid impact between the jars, as any chips can cause the glass to break.

Don't use a scouring pad to clean your jars.

After cleaning, rinse thoroughly with hot water, and leave to dry naturally – do not wipe.



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2

Select fresh, sound foods to preserve.

Selecting your products.

The products you use should be perfectly fresh, sound and suitable for preserving.
Never use frozen products.
Make sure that peelings and peeled products don't get mixed up.



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3

Prepare your food

Prepare the products you are going to preserve.

Vegetables should be blanched if necessary.

Poultry must be cleaned and gutted.

It is important that these preparation steps are carried out without a break – once you have begun, do not leave the food during the preparation stage.



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Fill your Le Parfait jars

Aim to fill your jars while the preparation is as hot as possible - even boiling. Fill the jar to within 1" (2 cm) of the rim, then wait for a few minutes and make sure that the cooking liquid is distributed evenly over the food, in order to get rid of any air.

Add more liquid if necessary.

Be careful : With Le Parfait Familia Wiss jars, don't use brine or acids (alcohol, vinegar etc.), because it can corrode metallic lids.





5

Seal your Le Parfait jars

When ready to seal your jar, ensure you use a new Le Parfait Super universal rubber seal that exactly fits the jar. (Only Le Parfait seals will fit your Le Parfait Jars perfectly.)

Dip the rubber seal in boiling water before fitting it to the lid. Make sure that the rim of the jar is perfectly clean before sealing, as if anything gets trapped between the rim and the rubber seal, the food will not be preserved properly. For the last step, press the lever down firmly to sterilize your jar.

Remember that you can use vinegar, oil, alcohol or salt to conserve food. In all cases, follow the instructions in your recipe.

If using "Le Parfait Familia Wiss" jars, always use new "Le parfait Familia Wiss" caps, as these are the only caps that will fit your jars.

Make sure that the cap is not out of shape and that the seal is in good condition.

Then tighten the lid without forcing it to sterilize your jar.





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Sterilization

Firstly, place a clean kitchen towel at the bottom of your pressure cooker in order to avoid contact between the jars and the metal. Fill with hot water and place on the stove.

As the water comes to the boil, immerse the jars in the water, taking care not to scald yourself. Place the jars upright, lids up. Brace the jars against each other, using extra empty jars without lids if necessary. The jars must be completely covered with water.

Close the pressure cooker, ensuring the seal is intact. Start counting the time indicated in the recipe from the moment the valve starts letting out steam. Be sure to keep to the times given in the recipe – this will ensure a perfect result every time. When the time is up, remove the pressure cooker from the heat and allow to cool without removing the lid.

Don't remove the valve or bring the pressure cooker into contact with cold water, as cooling too rapidly can cause the jars to open. Once cool, remove the jars and store in a cool, dry, dark place.



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Check the jars

When the jars have cooled down completely - probably the following day - check that the vacuum in the jars is intact by releasing the levers. The lids should remain stuck fast to the jars.

If the lid is loose, this could be due to one of the following:

- Incorrectly filled jar: too little or too much.
- Incomplete sterilization: too short a time or too low a temperature.
- Failure of the seal: debris on the jar or damaged surface.
- Using a rubber seal that has deteriorated through age or overuse, or using the wrong type of seal.

If this happens, correct the fault and carry out the sterilization process again, this time using a new rubber seal.

In the case of Le Parfait Familia Wiss, follow the same procedure, unscrewing the lids. The tops should remain stuck to the jars. If a top comes away, repeat the sterilization process using a new lid.

To keep your preserves for several months, don't put the stoppers on the Le Parfait Familia Wiss jars or re-engage the levers on the Le Parfait Super jars. Keep them in a cool, dry place away from direct light.





8

Opening your jars

Before opening your jar, check that there is still a vacuum as in step 7.

For Le Parfait Super jars, if the lid does not stick to the jar once the lever has been released, or for Le Parfait Familia Wiss jars, the top does not stay stuck to the jar, or if you have any doubts about the condition of the preserves, do not try the contents.

Opening should be carried out by an adult. Pull the tab of the rubber seal in order to allow air into the jar, and the lid will then come loose. With Le Parfait Familia Wiss jars, you should pierce the lid.

For easier opening, we recommend Le Parfait "le tire-rondelles" device which is specifically designed for this use.

