



How to sterilise glass jars, a step-by-step guide

Oct 20 | Written By Laura Main

The idea of sterilising a jar for preserving can feel daunting, but it really is a simple process that will allow you to extend the shelf life of your goodies for a lot longer.

Step-by-step guide

1. Preheat your oven to 180degrees C.

2. Then, the first step is to really go to town on your jars and lids in some hot soapy water. Get right in there! Make sure you get in all the grooves and especially check any ridges on the inside of your lids.



3. Don't dry them with a tea towel – once you've washed them, and got the labels off, place them standing upside-down on a lined oven-proof tray.



4. Pop the tray into the oven while the jars are still wet at around 180degrees C for 10 – 15 minutes.



5. The lids can go in the oven with the jars but I do prefer to boil them for 10 – 15 minutes in a pot of water just to absolutely ensure that there is no residue hiding in the grooves of the lids.
6. The ideal scenario is that your mixture of whatever you are making is ready when the jars come out of the oven. So, it is worth getting started on the sterilising about a half hour before your recipe is ready.
7. Spoon your preserve into the jar and make sure not to get any of it onto the rim of the jar as this is a potential place for bacteria to grow.
8. Don't fill right to the top. Leave about a cm gap between your mixture and the lid.
9. Put the lids straight on and get it tight!

EXTRA TIPS

Your preserves should keep for about 5 -6 months if you are keeping them in a cupboard but I'd advise you check the recipe as some types of preserving lasts longer than others.

To help remove potential air pockets, tap the filled jar on your bench top to knock them out.

I always make sure to sterilise more jars than I think I need – just in case!

The Open Sauce project is supported by the Victorian Government's Recycling Victoria Innovation Fund as part of the [Circular Economy Business Innovation Centre \(CEBIC\)](#).

[Learn more about Open Sauce](#)

Open Sauce

< **Seasonal Produce
Guide: Spring**

**Recipe: Banana Skin
Bacon** >