

# Translations: Pasteurisation de fruits et légumes/40/en

---

- Wash hands, jars and lids thoroughly
- Place a saucepan with a little water on the heat and bring to a simmer
- Roll the jar in the hot water and let it stand upright in the pan, still over low heat

Note: Putting the jar in hot water heats the jar up, ensuring that all of the contents are kept at 80°C when filling it