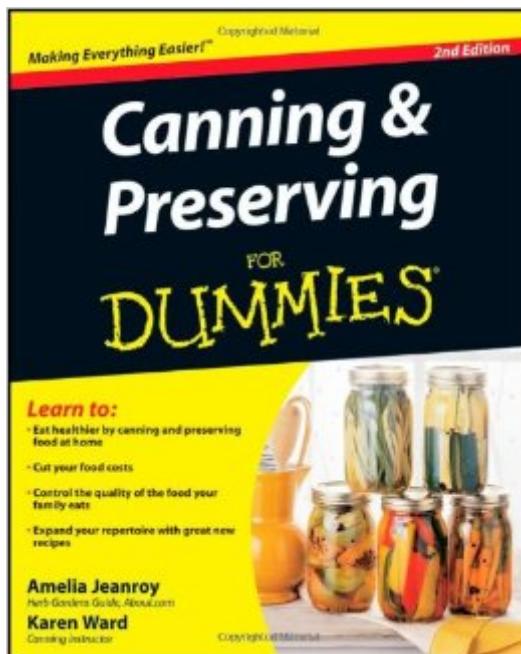


The book was found

Canning And Preserving For Dummies



Synopsis

Everything you need to know to can and preserve your own food With the cost of living continuing to rise, more and more people are saving money and eating healthier by canning and preserving food at home. This easy-to-follow guide is perfect for you if you want to learn how to can and preserve your own food, as well as if you're an experienced canner and preserver looking to expand your repertoire with the great new and updated recipes contained in this book. Inside you'll find clear, hands-on instruction in the basic techniques for everything from freezing and pickling to drying and juicing. There's plenty of information on the latest equipment for creating and storing your own healthy foods. Plus, you'll see how you can cut your food costs while controlling the quality of the food your family eats. Everything you need to know about freezing, canning, preserving, pickling, drying, juicing, and root cellaring Explains the many great benefits of canning and preserving, including eating healthier and developing self-reliance Features new recipes that include preparation, cooking, and processing times Amy Jeanroy is the Herb Garden Guide for About.com and Karen Ward is a member of the International Association of Culinary Professionals If you want to save money on your grocery bill, get back to basics, and eat healthier, Canning & Preserving For Dummies, 2nd Edition is your ideal resource!

Book Information

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Customer Reviews

This book explains canning methods & techniques, along with health dangers of contaminated food, and how this relates to processing methods and times. Although it can get repetitive at times, you cannot read this book and NOT understand how to safely can food! While recipes are arranged by end product (freezing, drying, jellies, etc.), there is ALSO a produce-oriented index in the FRONT of

the book, so I typically look things up that way. For example, for vegetables, there are 1-2 recipes each, but they **ALWAYS** list the processing times for different sizes, so even if you want to can vegetables plain, you can grab the info from the recipes! In fact, Chapter 10, "Preserving the Harvest: Just Vegetables," is all about this topic. So far, the only thing not in this book is squash/zucchini, which are low-acid, because the U.S. lost their original research, and so had to pull their official safety recommendations in light of conflicting research. Can those items with tomatoes and you are all set, or add acid some other way. (Research before doing.) Contrary to popular belief, *flavoring* ingredients do NOT matter to food safety...what matters is the acid level -- NOT sugar, not even salt (unless piles of it are used, like the way Nordic peoples dry fish outside). Acid level is per the vegetables/fruits you are canning, and whether you add acid. Vinegar adds the most acid, which is why **ALL** pickled products can be water-bath canned **ASSUMING YOUR VINEGAR IS 5% ACIDITY** (some flavored vinegars aren't, but I haven't had a problem finding 5-7%). (Note unrelated to this review: according to eHow.com, if you use vinegar **AND** water, it must be at least 2:1 ratio. If a food is extremely low-acid, like squash, I would only feel safe using all vinegar and no water.

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