



Preserving: Putting Up the Season's Bounty

The Culinary Institute of America

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Everything you need to know about home preserving, from The Culinary Institute of America

Home canning and preserving is more popular than ever. It's economical, environmentally smart, and a great way to get the most out of your backyard garden. It's a healthier way to eat, without all the additives and preservatives that are found in most processed foods, and if that's not enough, canning and preserving is a fun and rewarding hobby the whole family can enjoy together.

Preserving, from The Culinary Institute of America, gives you all the information and advice you need to start canning, preserving, and pickling your own foods. The book explains every preserving method (even dehydrating meats for jerky), features plenty of time- and money-saving tips, and covers the vital topics of food safety, must-have equipment, and the long-term storage of preserved foods.

- Features more than 60 recipes for pickles, jams, marmalades, dried foods, homemade condiments, and more, all accompanied by detailed and simple explanations and instructions
- Covers virtually every kind of food and preserving technique available for home cooks
- Includes beautiful full-color illustrations throughout

Whether you want to explore a fun new hobby, enjoy your homegrown vegetables all year long, or add new techniques to your repertoire, you'll find everything you need to know here. With *Preserving*, you'll discover just how fun and delicious home canning and preserving can be.

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