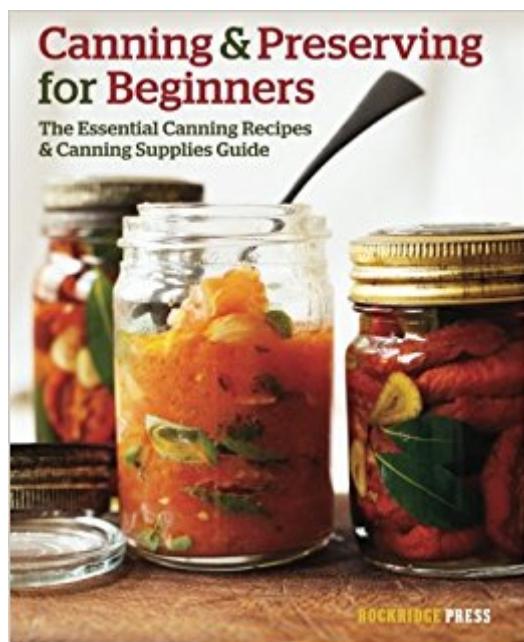


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# Canning And Preserving For Beginners: The Essential Canning Recipes And Canning Supplies Guide



## Synopsis

#1 Bestseller in Cookbooks, Food & Wine The art of canning and preserving food is an invaluable home cooking skill, often passed down from one generation to the next. For those who never had the chance to learn how to can in their grandmother's kitchen, it's never too late to start. **CANNING & PRESERVING FOR BEGINNERS** demystifies the process of home canning for novices, with step-by-step directions and easy, flavorful canning recipes. Get started quickly and painlessly so you can begin making tasty canned goods and preserves with this season's harvest right away. These simple, straightforward recipes will make your first canning experience enjoyable, safe and delicious. **Canning & Preserving for Beginners** will help you quickly become an expert in home canning with: 70 user-friendly canning and preserving recipes. Recipes for making the perfect pickles, relishes, and jams and jellies throughout the year using seasonal fruits and vegetables. Stay safe with comprehensive instructions and safety guidelines that ensure your canning projects are foolproof. Simplify the process of pressure canning meats and prepared dishes to create time-saving meal starters for your pantry.

## Book Information

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## Customer Reviews

"...Filled with clear and easy to follow information and tried and tested recipes that will put your canning nerves at ease. " - Maria Slavik, Sweet Domesticity Blog

I like the simplicity of the recipes, which are great for a beginner. The problem is that this is the most

poorly edited book I have ever seen. I have tried 2 recipes so far, and both have had errors. The Cherry Preserves recipe lists vanilla in the ingredient list, but nowhere in the directions does it tell you where to add it! In the Pickled Green Beans recipe, there is no sugar listed in the ingredient list, but in the directions, it reads to boil the vinegar and water until the salt and sugar dissolve. Should I have added sugar or not? I saw another reviewer who mentioned this problem, but ordered the book anyway because overall, the reviews were so great. When you are a beginner, the last thing you want is to find an error once you have started cooking. I had to consult other recipes online just to decide what to do next.

I'm just beginning my canning journey after harvesting too many early spring vegetables from our garden and feeling overwhelmed about the summer harvest. This book was clear and concise with tons of helpful hints and nice recipes. Between this book and google, I am set. Made 14 jars of water bath pickles and purchased my first pressure canner, following advice from this book. I really feel it is a great tool for the wannabe canning genius!

I like this book it was very helpful. I learned some new things like how to pick produce. I use to just check for ripeness. But now I check for cuts and holes also. The book was easy to read. It gave helpful tips for beginners. I was actually going to get the stuff for canning from a flea market. But the book said that I shouldn't since I wouldn't know if something was broken. That it would be better for me to buy a new one. They said to start out with an less expensive one. Just to make sure I like to can . I also learned that certain tomatoes might not be acidic enough for just a water bath. In the book there is a chart you can use to show what foods can be used for each method. The methods are the water bath and pressure canning. It gives you nice tips like that. Like what to avoid and what is ok.

"Can Do" for Beginner Canners and Preservers After reading Canning & Preserving for Beginners The Essential Canning Recipes & Canning Supplies Guide from cover to cover, I can say I was happily conditioned into knowing the essentials about this process. Having not known a thing about "canning" before beginning to read, I thought I was going to be putting food into cans. But what's in a name? It was clear from the start that the food was going to be processed in jars. My interest was piqued at the outset, and I found the book to be extremely informative, and it also gave a good background as to how and why this practice had developed. Not only is it economical monetarily, it is also saves time in the long run. It is a good common sense approach to this method of preserving

food. It introduces the two different techniques of preservation: the water bath method, and the pressure canning method. So the book is divided into two sections, each devoted to one of these processes. Everything described in this practical guide is clear and thorough; nothing is left to chance. I was greatly impressed with how adequately the issue of safety was addressed here. I liked the recipe choices throughout, finding them very appealing. The pickling chapter also included a refrigerator Kosher Dill Pickle recipe, and a Sweet Refrigerator Pickled Onion Ring recipe, so neither canning process was required for those. Making a gift of Watermelon Rind Pickles was suggested, and that seemed a good idea indeed! I found it intriguing that with watermelon cantaloupe and honeydew, all seasonal foods, nothing has to go to waste when the rinds get used for pickling. It must be pointed out that the directions are crystal, and since each recipe repeats the same basic procedure no step is ever left out. I noted in the pressure canning section, the largest number of recipes was included in the Prepared Food & Meal Starters chapter. It presented an appetizing array of recipes from sauces, gravies, and soups to scrumptious fruit fillings. Supply lists and altitude charts, which factor big time into the canning process, were justly included. Some exquisite pictures of food items were a lovely addition, and the only drawback was that there weren't enough of them. For anyone interested in canning and preserving, or even for someone who is curious about the whole endeavor, this is a must read.

Teresa Grazia-Dei  
August 15, 2013

The Clean Eating Cookbook & Diet takes the ideas of the natural food revolution of the 1960s and forms it into a practical easy to use format for healthy living. The book teaches how to choose foods as close to their natural state as possible. A plan of moderate exercise, small meals (5 to 6 times a day), and a commitment to healthy eating shows how to make a reasonable compromise with research presently available. It gives Superfoods, processes to use, a delightful two week menu plan, and 105 recipes. A handy list of Internet resources offers more information if so desired. It has an honest open conversational tone that lets you decide what is best for you.

My interest in canning and preserving delicious and nutritious food for my family led me to read Canning & Preserving for Beginners, The Essential Canning Recipes & Canning Supplies Guide. The book delivers just that and more in clear, easy to follow directions for anyone who desires tasty, healthy meals as an alternative to what we find on the grocery shelf. The book is divided into canning foods using the Water Bath method and the Pressure Canning method. I learned about purchasing canning equipment and safety tips to ensure my family the best food convenient year round. What I found amazing is that other than preserves and pickles, some of my favorite foods

such as chicken, beef, pasta sauce and even filling for apple cobbler can be canned! The recipes and colorful pictures inspired me to go out and purchase supplies today.

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