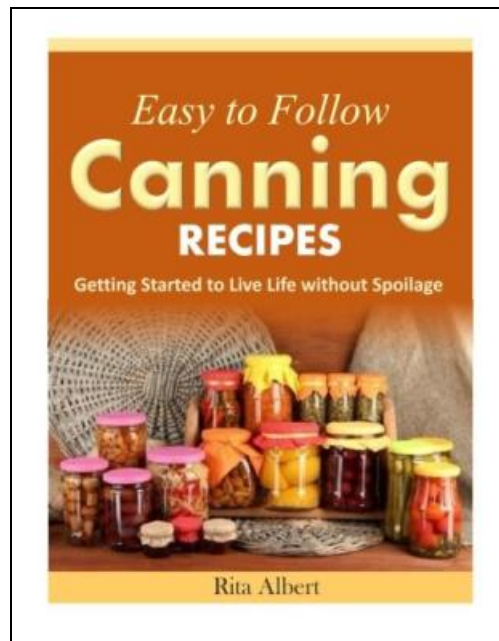


## Easy-To-Follow Canning Recipes: Getting Started to Live Life Without Spoilage



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## EASY-TO-FOLLOW CANNING RECIPES: GETTING STARTED TO LIVE LIFE WITHOUT SPOILAGE



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Canning in your own home offers you a lot of benefits. It helps you save money by preventing food wastage because you can store excess food for future use. It also allows you to have seasonal fruits and vegetables all year round in your pantry. Preparing your own canned foods at home is also safer and healthier because you can ensure that the ingredients are all natural and there are no artificial preservatives added. Based on these benefits alone, canning is definitely a skill that every homemaker needs to know. This book gives you the necessary basic skills that you need to know to start canning foods in your own kitchen. In the first chapter, you will learn how canning works and the basic principle involved in this process. You will also learn more about the many benefits of canning aside from the benefits mentioned above. The chapter also explains the two basic methods of canning-hot water bath and pressure canning. It also provides you a list of all the materials and equipment that you need when canning food in your own kitchen. This book also provides you with 25 simple and easy-to-prepare canning recipes that involve fruits, vegetables, meat, poultry, fish, and grains. You can use the recipes in this book for preparing jams, jellies, marmalades, and other spreads. You can also find recipes on salsas, soups, and sauces. There are also recipes for preserving raw vegetables, meat, poultry, and fish. You no longer have to throw away excess produce in your pantry or buy costly and unhealthy canned foods from the supermarket. By simply learning how to can your own food, you can be store and...



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