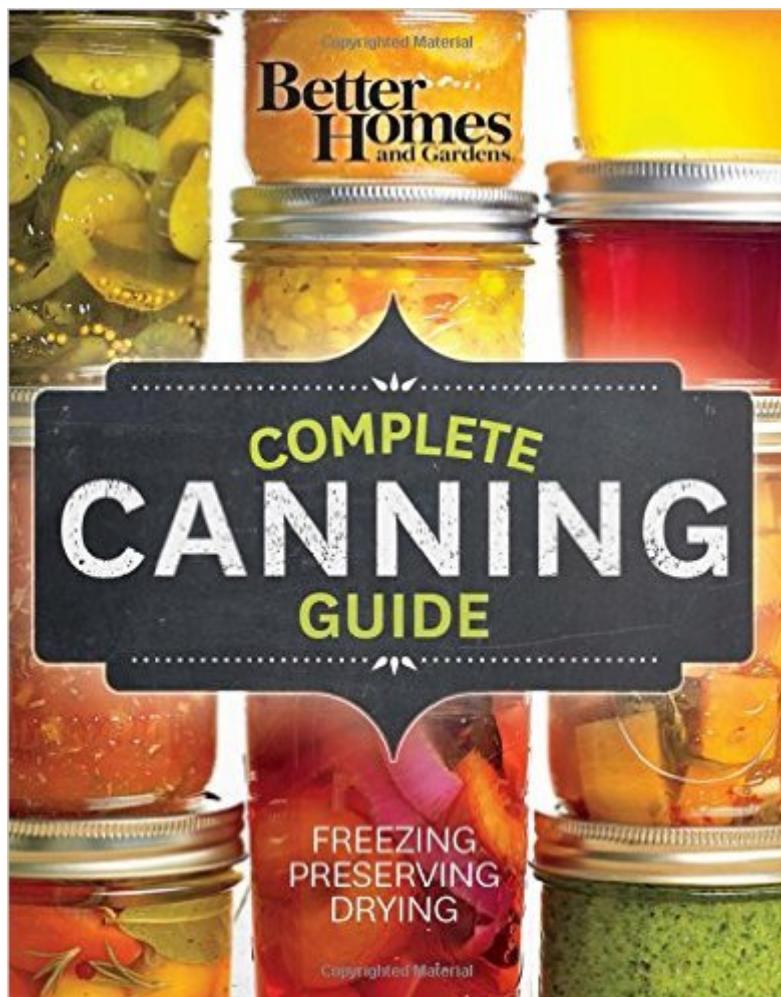


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Better Homes And Gardens Complete Canning Guide: Freezing, Preserving, Drying (Better Homes And Gardens Cooking)



Synopsis

The must-have guide to the best of preserving, from canning and pickling, to fermenting, freezing, and drying; complete with hundreds of farm-fresh recipes. This is the book for everyone who wants to preserve food "from novice to pro" with step-by-step explanations of techniques, ranging from the basics of canning to freezing, drying, fermenting, and pickling. Readers can preserve a range of produce including fruits, vegetables, herbs "anything in season can be kept by" to enjoy later. Included are techniques and recipes for jams and jellies, conserves and fruit butters, condiments, dried treats like fruit leathers and veggie chips, and freezer recipes. Also find recipes for pickles, sauerkraut, relishes, soups "even syrups. And when the tomatoes ripen all at once, check out a chapter on smart ways to preserve them. With the basics covered, the book then moves to inventive recipes such as Honey-Lavender Peaches and Caramel Apple Jam. The experts at Better Homes and Gardens even cover lower-sugar jelly and jam options as well as no-pectin jams. Complete with printed labels to personalize jars, this book takes readers easily from produce to preserved food.

Book Information

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Customer Reviews

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Prep: 35 minutes | Process: 10 minutes | Makes: 6 half-pints 1. In a 6- to 8-quart heavy pot crush 1 cup of the blueberries with a potato masher. Continue adding berries and crushing until you have 4 cups crushed berries. 2. Stir lime peel, lime juice, and mint into crushed berries. Stir in pectin.

Bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil, stirring

constantly. Boil hard for 1 minute, stirring constantly. Remove from heat; remove and discard mint. Quickly skim off foam with a metal spoon. 3. Ladle hot jam into hot sterilized half-pint canning jars, leaving a 1/4-inch headspace. Wipe jar rims; adjust lids and screw bands. 4. Process filled jars in a boiling-water canner for 10 minutes (start timing when water returns to boiling). Remove jars from canner; cool on wire racks. Tip To make it easier to remove the mint, leave a long tail on the string and tie to the handle of the pot. Nutrition Per 1 tablespoon: 39 cal., 0 g fat, 0 mg chol., 1 mg sodium, 10 g carb., 0 g fiber, 0 g pro. Ingredients 6 cups fresh blueberries (about 2 pounds) 1 tablespoon finely shredded lime peel 3 tablespoons lime juice 6 fresh mint sprigs, tied together with 100-percent-cotton kitchen string One 1.75-ounce package regular powdered fruit pectin or 6 tablespoons classic powdered fruit pectin 4 cups sugar

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