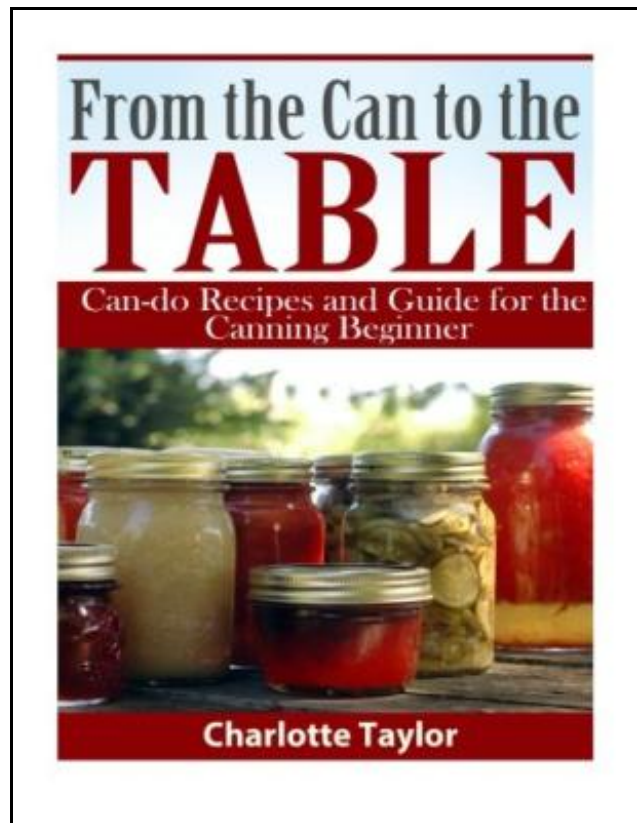


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FROM THE CAN TO THE TABLE: CAN-DO RECIPES AND GUIDE FOR THE CANNING BEGINNER

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.From the Can to the Table, Can-Do Recipes and Guide for the Canning Beginner introduces the reader to the enjoyable and fulfilling world of canning your own food. There s an ongoing resurgence of this traditional preserving method that s been catching the interest of everyone who wants to eat healthy, home-made food without stretching their budget. The reason why home canning is gaining popularity is tackled here in this book. One would think that canning is challenging and takes up too much time, but this book will make the reader realize that the methods and process of canning is easier and more beneficial than they think. A brief background on the fundamentals and history of canning is presented in the book, as well as some guidelines in making sure that proper canning practices are being done in the home. Reading this book will make one realize that canning is worth the effort, as it breaks down different reasons why people opt to do canning instead of just buying commercially prepared food in the supermarket. The step-by-step, easy-to-follow approach utilized in the mechanics of canning will also be clearly explained, showing that these methods are not difficult to learn. The tools, equipment, ingredients and other items that need to be prepared will also be listed down, and their uses will be discussed. The difference between the two methods of canning, water-bath canning and pressure canning, will be explained in detail. Included here are 20 featured recipes using home-canned food that are easy, simple and delicious. With canning considered by many as a lost art that s being revived across America, this book will greatly benefit...



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