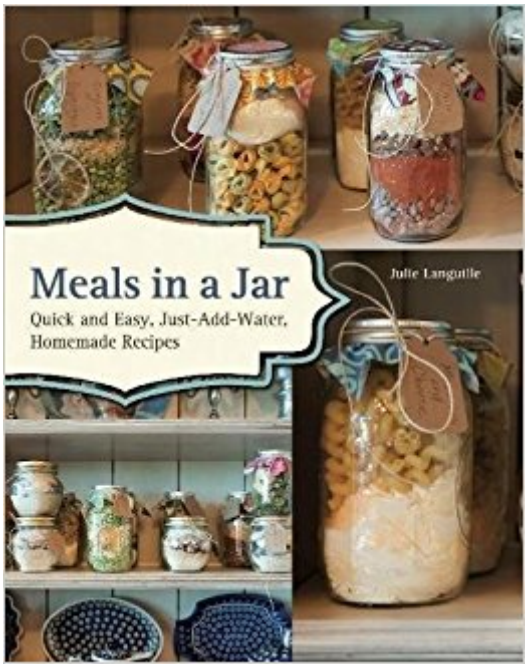
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Meals In A Jar: Quick And Easy, Just-Add-Water, Homemade Recipes



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Synopsis

STOCK YOU PANTRY WITH HOMEMADE MEALSPull it off the shelf. Mix with water. Cook. Serve. ItÃ¢â ¬â„¢s as quick and easy as preparing a box of mac and cheeseÃ¢â ¬â ¢but itÃ¢â ¬â„¢s not store-bought junk, itÃ¢â ¬â„¢s your favorite dishes made from scratch. With Meals in a Jar and a little planning, youÃ¢â ¬â„¢ll have your pantry stocked with healthy, delicious ready-to-cook meals, like:Ã¢â ¬Â¢ Tomato Soup with CheeseÃ¢â ¬Â¢ Cheddar Garlic BiscuitsÃ¢â ¬Â¢ Cornmeal Pancakes with SyrupÃ¢â ¬Â¢ Breakfast BurritosÃ¢â ¬Â¢ Chicken Chipotle SoupÃ¢â ¬Â¢ Carnitas Ã¢â ¬Â¢ Braised Short RibsÃ¢â ¬Â¢ Turkey Pot PieÃ¢â ¬Â¢ Coq Au VinÃ¢â ¬Â¢ Rustic Fruit PieMeals in a Jar is packed with step-by-step instructions for natural breakfasts, lunches, dinners and desserts that allow even the most inexperienced chefs to make scrumptious, nutritious dishes. Not only are the recipes in this book perfect for carry-along camping fare, rushed weeknight dinners and meals for Dad (or even a teenager) to prepare, they can also be life-savers in times of disasters like fires, blackouts or hurricanes.

Book Information

Paperback: 160 pages

Publisher: Ulysses Press; unknown edition (March 19, 2013)

Language: English

ISBN-10: 1612431631

ISBN-13: 978-1612431635

Product Dimensions: 0.5 x 7.5 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 334 customer reviews

Best Sellers Rank: #43,155 in Books (See Top 100 in Books) #53 inÃ Â Books > Cookbooks, Food & Wine > Canning & Preserving #203 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

Julie Languille is passionate about both food and preparedness. She owns a dinner planning website with thousands of recipes compiled to make dinner planning, shopping and cooking easy for families. She teaches workshops on preparedness and long term food storage and regularly hosts food packaging parties where families gather to make pre-packaged meal kits to build their own food storage as well as bless families in need. Julie lives with her husband and family on lovely Whidbey Island, in the Puget Sound near Seattle, and when not cooking loves to read, sail and

kayak in the waters near her home.

Even though I purchased this book at an introductory price, I feel it was $8.35 wasted. It falls far short of my expectations. If I could give it zero stars, I would.One: The book is called "Meals in a Jar," and yet the preferred technique to prepare this food for long term storage uses something called a "retort pouch." So it’s not about storing dry food in a container packed with an oxygen absorber; it’s a book about pressure canning wet/cooked foods. Even the cover photo features dry ingredients stored in JARS. This book should have been entitled, "Meals in a Retort Pouch." Of course, if it had been, I never would’ve purchased it.Two: There’s no resources section in the front or back of the book for finding the products mentioned, like the retort pouches. The one link that appears in the book doesn’t carry them (I checked this last night. They have mylar bags, but they don’t have retort pouches of any size.). So good luck even finding them anywhere, since doesn’t currently have them available.Three: Her method makes MASSIVE amounts of food. I mean, putting together recipes with ingredient lists involving 16 cups of rice. If you’re preparing for a small family or couple, the recipes are less than useless, since many of them make enough food for eight meals that feed six or eight EACH.Four: Pressure canning is not "quick and easy," as this method is described on the cover. As one reviewer here said, "If you are a beginner and want to use this book, please be aware that you should learn to pressure can, and gather up the proper equipment." Guess how many hundreds of dollars and many hours you’ll spend learning all that, before you can even BEGIN to use this book. Like I said, this option is neither quick, easy, nor cheap. I’ve made meals in jars using dry food and that process is very simple AND quick to prepare the food when needed. This process is very convoluted and difficult in contrast. And I don’t know that the end-result is worth all the extra cost and work when dry food and an O2 absorber in a mason jar works far better and can make very tasty food.Five: The brief how-to section on "canning" with a retort pouch didn’t give much information. She makes it seem like you can use a household iron to seal the pouches and then pressure can them. This doesn’t seem like an effective or safe way of sealing the pouches. The industry-standard equipment to process these retort pouches -- chamber vacuum sealers -- cost hundreds or even THOUSANDS of dollars. Do you really think your consumer iron and pressure canner will be sufficient to safely process your food? I don’t.Six: There’s no information in the recipes giving shelf-life of the processed meals. "How long will this be good or safe to eat" is a pretty important piece of information which is completely overlooked. How can I know how long these meals will be good for, when she doesn’t include that information? I’m not risking my family’s safety on this, thanks.I should have been wary when in the blurb about the

author, it mentions she has a "dinner planning website," but the URL isn't given. When I did a web search on the author's name, I couldn't even find this alleged website. Why wouldn't she provide a URL in her bio? She hiding something?Don't waste your time or money on this book; it isn't what you want. There's plenty of good and free information and recipes available on the web for storing meals in jars or mylar bags; this isn't a good resource for such information. Chef Tess the Bakeresse is far more helpful. I have her book, too, and even though some of it is disappointing, it's far more useful than this one will ever be.

This book, Meals in a Jar, has inaccurate information. There is NO properly tested process times for retort pouches of food at home. If this author has paid for thermal process authority development, then fine, but she does not indicate that anywhere in this book. Instead she lists USDA processing times to be used with retort pouches and this is NOT SAFE. USDA process times are intended only for use in the jars or cans listed on the National Center for Home Food Preservation website, recent Cooperative Extension Service publications and in the USDA Complete Guide to Home Canning. The process time is an issue as a cold spot (slowest heating spot) would have to be determined to measure adequate heating during the process time. In a jar or can, in a "still" canning situation like a home canner, the container sits still inside the heating medium of water or steam. Heat penetrates throughout the container in a predictable pattern. The size and shape of a container and then placement inside a water bath or pressure canner makes a difference to the heating pattern and ultimately the process time for a food. You cannot just transfer a canning process from a jar to a pouch of similar size. Certainly the product dimensions would suggest that retort pouches could be processed in home canners, but in order for heat transfer to be effective specialized equipment is needed to maintain package integrity. Additionally, the pressure in this type of pressurized canner is higher than in a home canner; thus the temperature used for processing is higher. to process a retort pouch without overpressure you risk significant seal failure and product safety concerns Other factors that influence process time include the quantity (or fill weight) of food in the container and initial temperature as it goes in the canner. High quality food also relies on exhausting air out of the jars as much as possible. In jars, venting is expected to happen while in the canner, before the lid seals to the jar. In metal cans, there is usually a preheating process before cans are sealed or a complete enough fill there is little residual air before the can is sealed up. Exhausting air out of the pouch before sealing is not addressed in this book. In addition, specialized equipment is needed to seal a reportable pouch, not the method suggested by the author.Julie Cascio, Cooperative Extension, University of Alaska Fairbanks with advice from food specialists at land grant

universities.

I was hoping for something better being this one is recommended by Mother Earth News. However, the author is very big on metallic resealable bags which are not readily available to the general public and there are no USDA standards for home processing with this type of container.Another problem is that most of the meals in jars have suggestions like this?: Barbecue ribs--put together barbecue sauce and keep the ribs separate. Wow--no kidding.Overall, this book is a flop. Very disappointed.

Most recipes involved pressure cooking and using mylar bags. I have a glass top stove and cannot use a pressure cooker on it and the system for the mylar bags very expansive. Without either one-the recipes are useless for me. I dont understand why the book was called "meals in a jar" Most of the recipes dont even use a jar. Maybe a how-to book for the more experienced.

This was just what I was looking for but that was my mistake. This does have some good recipes along with a few things I will be looking into such as tools to cook with. I was looking more for recipes with dry such as sauces you can mix put away and add to anything later. The canning part was great and good information. I have just my husband and me a lot of these recipes are for feeding a much bigger group. I really wanted recipes you just add water to and they cook in a pouch. This is more about canning either in a Retort Pouch or canning jars.I did find the oven and information very useful and will be taking a closer look. Do not get me wrong there is useful information here along with good recipes if you are fixing for a big family or giving as a gift. I found a lot of interesting things just was not what I was looking for.

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