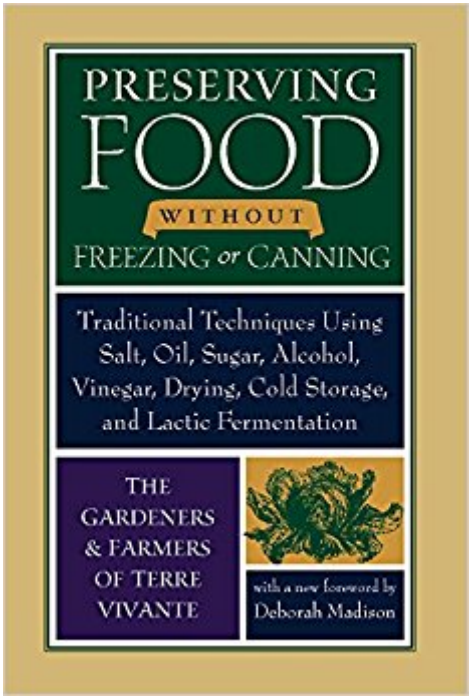
Ebook Directory
the best source of ebook

The book was found

Preserving Food Without Freezing Or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, And Lactic Fermentation



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Typical books about preserving garden produce nearly always assume that modern "kitchen gardeners" will boil or freeze their vegetables and fruits. Yet here is a book that goes back to the futureÃ¢â ¬â •celebrating traditional but little-known French techniques for storing and preserving edibles in ways that maximize flavor and nutrition. Translated into English, and with a new foreword by Deborah Madison, this book deliberately ignores freezing and high-temperature canning in favor of methods that are superior because they are less costly and more energy-efficient. As Eliot Coleman says in his foreword to the first edition, "Food preservation techniques can be divided into two categories: the modern scientific methods that remove the life from food, and the natural 'poetic' methods that maintain or enhance the life in food. The poetic techniques produce... foods that have been celebrated for centuries and are considered gourmet delights today." Preserving Food Without Freezing or Canning offers more than 250 easy and enjoyable recipes featuring locally grown and minimally refined ingredients. It is an essential guide for those who seek healthy food for a healthy world.

Book Information

Paperback: 224 pages

Publisher: Chelsea Green Publishing; New edition edition (April 4, 2007)

Language: English

ISBN-10: 1933392592

ISBN-13: 978-1933392592

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 178 customer reviews

Best Sellers Rank: #97,269 in Books (See Top 100 in Books) #123 inÃ Â Books > Cookbooks, Food & Wine > Canning & Preserving

Customer Reviews

Deborah Madison is a freelance writer and board member of the Foundation for Bio-Diversity and the Seed Savers Exchange, among others. As a freelance writer she has contributed to Cooking Light, Williams Sonoma's Taste, Vegetarian Times, Gourmet, Food and Wine, Bon Appetit, Garden Design, Fine Cooking, Organic Style, the LA Times, Orion, and others.Eliot Coleman has over thirty years' experience in all aspects of organic farming, including field vegetables, greenhouse vegetables, rotational grazing of cattle and sheep, and range poultry. He is the author of The New

Organic Grower, Four-Season Harvest, and The Winter Harvest Handbook, as well as the instructional workshop DVD Year-Round Vegetable Production with Eliot Coleman. Coleman and his wife, Barbara Damrosch, presently operate a commercial year-round market garden, in addition to horticultural research projects, at Four Season Farm in Harborside, Maine.

PRETTY GOOD BUT I HAVE NOT TRIED IT DUE TO MY HEALTH TAKING A DOWN TURN BUT SINCE THEY BUG THE HELL OUT OF YOU TO WRITE A REVIEW I AM WRITING ONE.

Informative and easy to use

Very well written Lots of good tips.

Great book. Lots of wonderful ideas on preserving food.

Good reference for the preservation of food. Many good methods other than freezing or canning.

I've only flipped through it, but it seems to contain a large amount of practical food storage suggestions.

My wife and I are going through the book now. My grandmother was French/German and I remember seeing a lot of the methods described in the book used by her.I'd highly recommend the book. I do, however, have a question and it concerns preserving corn with slaked lime. Though not stated the method implies the preservation of sweet corn. How would slaking be done with sweet corn? I've found plenty of information on using the method for field corn but nothing about sweet corn.Other than that dangler the book is an excellent resource.

I'm a beginner at fermentation, so this book gave me all the info I needed to get started. I used this book more than all the others. Great simple recipes.

Download to continue reading...

Preserving Food without Freezing or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, and Lactic Fermentation Canning Recipes: 150 Home Canning Recipes For Canning and Preserving (Home Canning Recipes, Preppers Food) Canning and Preserving Soups, Stews, and Chili: A Step-by-Step Guide to Canning Delicious Food (Canning

and Preserving for Novices Book 1) Oil Painting: Learn Oil Painting FAST! Learn the Basics of Oil Painting In No Time (Oil Painting Tutorial, Oil Painting Books, Oil Painting For Beginners, Oil Painting Course, Oil Painting) (Volume 1) Food Storage: Preserving Vegetables, Grains, and Beans: Canning - Dehydrating - Freezing - Brining - Salting - Sugaring - Smoking - Pickling - Fermenting Better Homes and Gardens Complete Canning Guide: Freezing, Preserving, Drying (Better Homes and Gardens Cooking) Canning and Preserving: A Simple Food in a Jar Home Preserving Guide for All Seasons: Bonus: Food Storage Tips for Meat, Dairy and Eggs Canning and Preserving Guide for Beginners: Canning and Preserving Cookbook for Fresh Food Year Round Canning and Preserving for Beginners: The Essential Canning Recipes and Canning Supplies Guide Food Preservation & Storage at Home - A Step by Step Guide to Canning, Pickling, Dehydrating, Freezing & Safely Storing Food for Later Use The Ultimate Food Preservation Cookbook: Canning, Freezing and Dehydrating Recipes for Preserving Food Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) Coconut Oil and Apple Cider Vinegar Handbook: Use Coconut Oil and Apple Cider Vinegar for Healing, Curing, Beauty, and Glowing Radiant Skin Green Cleaning with Vinegar: Vinegar Benefits, Cleaning Tips and Vinegar Uses The Complete Guide to Preserving Meat, Fish, and Game: Step-by-Step Instructions to Freezing, Canning, Curing, and Smoking (Back to Basics Cooking) The Complete Guide to Preserving Meat, Fish, and Game: Step-by-step Instructions to Freezing, Canning, Curing, and Smoking (Back-To-Basics Cooking) (Back to Basics Cooking) SURVIVAL: Survival Pantry: A PrepperÃ¢â ¬â„¢s Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Canning and Preserving for Beginners: The Canning Playbook

Contact Us

DMCA

Privacy

FAQ & Help