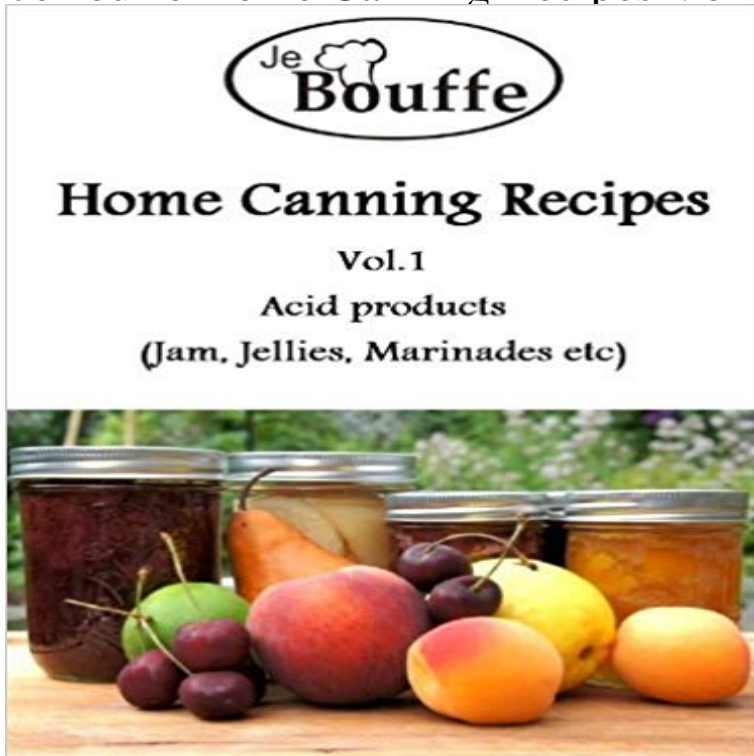


JeBouffe Home Canning Recipes Vol1



You like to eat well but are often stuck for ideas? You like to stroll in the farmers markets? You like to buy fresh vegetables and fruits, but you are looking for ways to enjoy them throughout the year? You want to eat vegetables or fruit full of vitamins even out of season? If you answered yes to most questions. You are a potential candidate to venture into home canning. Consider canning your fruits and vegetables to efficiently store them and they will be and always ready to be enjoyed in the form of jams, jellies and pickles. This book aims to give you the tools to get there. We have selected and tested 54 recipes for your cooking pleasure. This book includes several sections. First a reminder of the method of boiling water bath step by step. Then the recipes, sorted in two index: the categories index (fruits and vegetables) and the topic index (bruschetta, marinated vegetables, chutneys, compotes, jams, jellies, ketchup, jams, relishes, salsas and spreads). Note however that in this book we focused on recipes that allow the use of the in boiling water bath technique of canning. In a forthcoming book we will cover ones that require the technique of canning under pressure (for non-marinated vegetables, meats, poultry and seafood). If you have no previous experience with home canning, get our free guide entitled JeBouffe Home Canning step by step guide. Continue your stroll in the markets, buying plenty of fresh produce and once at home start the cooking and canning to enjoy the good taste of summer even in winter. Why not take the opportunity to prepare canned foods gifts? Offering an assortment of jars of jams and pickles will delight your loved ones. You will enjoy the tastes and aromas of fruit and vegetables even out of season, and have reserves in your closet to compose impromptu meals without having to go shopping. Not to mention the fact that do-it-yourself canning saves the energy

used to store many products in the freezer!The JeBouffe team take this opportunity to sincerely thank its valued friends (testers and tasters, graphic designer and moral support), especially Pauline, Anne-Marie, both Claude, Marie-Eve, Stephane, Sophie, Celine, Benoit and Sebastien. We appreciate their involvement because without them this work would never have this level of quality. And for you readers; we welcome your recipes and comments.Now, to your pots! And enjoy!!

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