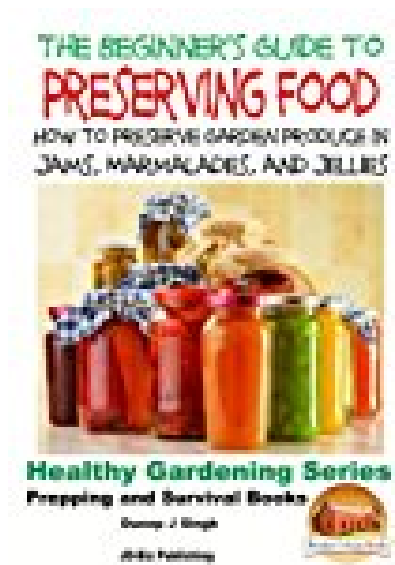


A Beginners Guide to Preserving Food How To Preserve Garden Produce In Jams Marmalades and Jellies



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BOOK SYNOPSIS

A Beginner's Guide to Preserving Food How To Preserve Garden Produce In Jams, Marmalades and Jellies Table of Contents Introduction Homemade Jam Making Jams Equipment Used for Jam and Jelly Making Popular Jam Recipes Apple Ginger Gooseberry Jam Blackcurrant Jam Apple and Blackberry Jam Strawberry Jam Rules for Jam Making Why Is Your Jam Not Keeping Mildew Crystallization Fermentation Marmalades Chunky and Dark Marmalade Popular Four Fruit Marmalade Marmalade Making - Step by Step Guide Popular Marmalade Recipes Banana and Oranges Marmalade Pineapple Marmalade Jellies Choice and Preparation of Fruit Soft fruit Juice Extraction Hard Fruit Juice Extraction Quick Jellies Orange Jelly Apple Jelly Red Currant Jelly Blackcurrant Jelly Flavoring Jellies with Herbs Conclusion Author Bio- Introduction The instinct to preserve food, as it were, for a rainy day is inborn, and is a part of animal instinct. That is why big cats, especially leopards take some portion of their kill and leave it in the branches of trees, intending to come back to the already ready meal the next time they feel hungry. So is this surprising that down the ages human beings have also been using different preserving techniques in order to keep food for a longer time? This food is preserved in vinegar and in oil, depending on your recipe. So in this beginners guide on how to preserve food/fruit, you are going to learn how to prepare fruit, before preserving it. And after that, you are going to cook fruit so that your family can enjoy it long after the season has gone. You can thus make jams, jellies, marmalades and use other traditional methods to save fruit. In ancient times, people used to make jams by pounding fruit pulp and sugar together before heating it. This is a method practiced in many parts of the East and in many ancient cultures, but when we have traditional recipes not asking for so much of exertion on our parts through using a pestle and mortar, why bother! In Elizabethan times, and even before that, jams were eaten with a spoon on special occasions in the form of conserves. That was because sugar was so rare that it was considered to be to be a luxury. Oliver and his friends singing about Food, Glorious Food dreamt of "jam, jelly and custard." Of course, they had never tasted these delicacies, being inmates of an orphanage, where they would be fed just porridge, stale bread and soup morning, evening and night. Fresh fruit, no, they did not taste it. But we have plenty of access to fresh fruit and sugar. So now we can start enjoying the flavor of fresh homemade jams, marmalades and jellies, right now.

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