Ball Complete Book of Home Preserving: 400 Delicious and Creative Recipes for Today

From the experts, the new bible in home preserving.

Ball Home Canning Products are the gold standard in home preserving supplies, the trademark jars on display in stores every summer from coast to coast. Now the experts at Ball have written a book destined to become the bible of home preserving.

As nutrition and food quality has become more important, home canning and preserving has increased in popularity for the benefits it offers: Cooks gain control of the ingredients, including organic fruits and vegetables. Preserving foods at their freshest point locks in nutrition. The final product is free of chemical additives and preservatives. Store-bought brands cannot match the wonderful flavor of homemade. Only a few hours are needed to put up a batch of jam or relish. Home preserves make a great personal gift any time of year.

These 400 innovative and enticing recipes include everything from salsas and savory sauces to pickling, chutneys, relishes and of course, jams, jellies, and fruit spreads, such as: Mango-Raspberry Jam, Damson Plum Jam, Crab Apple Jelly, Green Pepper Jelly, Spiced Red Cabbage, Pickled Asparagus, Roasted Red Pepper Spread, Tomatillo Salsa, Brandied Apple Rings, Apricot-Date Chutney.

The book includes comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils. Specific instructions for first-timers and handy tips for the experienced make the Ball Complete Book of Home Preserving a valuable addition to any kitchen library.

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My Personal Review:
It was my lucky day when happenstance led me to this exciting new book.

There are more than 400 recipes within, basic ones for new home canners and sophisticated recipes for more experienced canners and those newbies with sophisticated palates. New preservers and experienced canners alike will appreciate the section (with lots of illustrations) titled The Art and Science of Home Food Preservation.

The authors and their supporting cast know their stuff and impart that knowledge with clear language and instructions as well as helpful tips in sidebars for nearly every recipe, whether a special use for the preserved product or tips for selecting the best produce and ingredients for the recipe. They’ve answered the call for ethnic recipes and provide recipes the likes of harissa, 14 salsas, and five different chili sauce recipes as well as regional specialties like okra pickles. Among the eighteen chutney recipes, there’s sure to be at least one blue ribbon winner for ambitious State and County Fair competitors around the country.

While the first 378 pages are dedicated to recipes processed in a boiling water bath, there is also a small section about pressure processing for vegetables and combination foods like beef stew and chili.

There are not many photos; I don’t mind that. Those photos that are included are taste-tempting and colorful - I’m pretty sure I can taste that Thai Hot and Sweet Dipping Sauce just looking at the picture of it.

As a prize-winning Fair competitor for more than 25 years, I am really excited about this book and look forward to trying some of its innovative recipes for my family and my friends. I salute the authors and thank them for the newest addition to my preserving library. Saints preserve us!

Barb Schaller  
Burnsville, Minnesota  
2004 Minnesota State Fair Prestigious Processor of the Pantry

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