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Preserving Food without Freezing or Canning: Traditional ...
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4. Preserving by drying 5. Preserving by lactic fermentation 6. Preserving in oil 7. Preserving in vinegar 8. Preserving with salt 9. Preserving with sugar 10. Sweet-and-sour preserves 11. Preserving in alcohol 12. Which method for preserving each food?
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The techniques covered include: Root cellaring, drying lactic fermentation, preserving in oil, preserving in vinegar, preserving with salt, preserving with sugar, sweet-and-sour preserves, & preserving in alcohol. There are not many illustrations, but, the directions are so complete, that I didn't feel a need for them. I also, am an experienced cook. This might not be the book for the beginner.
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