



Cooking Books Box Set #15: Ultimate Canning & Preserving Food Guide for Beginners & Slow Cooking Guide for Beginners (Slow cooking, Cooking For One, Canning ... Food Storage, Quick Cooking, Quick Meals)

Claire Daniels

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Ultimate Canning & Preserving Food Guide for Beginners: Learn the Best Easy and Successful Ways to Can and Preserve Your Food! + Slow Cooking Guide for Beginners: The Top Essential Slow Cooking Tips & Recipes for Beginners!

Canning & Preserving

As we all know, our everyday foods have their respective “life spans.” While some may last a little bit longer than others, there are also some that can’t last for more than a week or even for a couple of days. More often than not, we are also not able to consume the food within its given shelf life. So, we just wish we are can prolong its freshness.

If you face the same problem, here is good news for you: you no longer have to worry about wasting food because you can always can and preserve them! Food canning and preservation is the way that will help us prolong the shelf life of our food.

If you are one of those people who have always been planning to do canning and preserving yet still haven’t started because they do not know anything about this, then it is about time that you learn the basic how-to’s of canning and preserving. Don’t worry; this book will definitely be your best guide when it comes to canning and preserving.

This book contains proven steps and strategies on how to can and preserve your food so that you will be able to prolong shelf life. Specifically, you will find the following topics in this book:

- *The basics of canning and preserving, as well as their benefits*
- *The six basic methods of food preservation*
- *The rules to follow when preserving food*
- *The ingredients and equipment that you will need for canning and preserving food*

Here Is A Preview Of What You'll Learn...

- An Introduction to Canning and Preserving
- Methods of Food Preservation
- Rules to Follow in Food Preservation
- Canning and Preserving Necessities
- Much, much more!

Slow Cooking

We live in a fast paced world. We want everything easy and quick especially in preparing delicious meals for our family. But sometimes, going slow can be quite advantageous.

Slow cooking is a cooking method that utilizes low heat for an extended period of time. The food prepared using this method will become oh-so-tender and more flavorful. In the past, slow cooking involves putting a pot in the stove over a low fire for several hours.

Unfortunately, this leaves room for the homemaker to do anything else since the flame needs constant supervision. If not, the pot may over boil, dry out, and cause a fire if left on for too long even on low. Fortunately, this won't be an issue anymore since the slow cooker has already been invented.

The Slow Cooker:

The slow cooker, also known as a crockpot, is a special electric pot with a glass lid and inset ceramic bowl. It typically has two temperature settings such as low (180°F to 200°F) and high (280°F to 300°F). It uses indirect heat to cook food in a steady and moderated temperature that doesn't result in food, or worse, house burning even when left on for most of the day.

You can turn it on it on the morning before you leave for work and come home to a warm and perfectly cooked dish. You may also turn it on before sleeping at night so you'll get to enjoy a delicious meal as soon as you wake up!

Great Topics Covered:

- Slow Cooking and Slow Cookers
- Dips and Sauces Recipes
- Meat Dish Recipes
- Seafood & Vegetable Dish Recipes
- Poultry Dish Recipes
- Dessert & Snack Recipes
- Much, much more!

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