



Food Preservation Cookbook: 20 Best Canning, Freezing and Dehydrating Recipes for Preserving Food (Paperback)

By Chad Abbot

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Food Preservation Cookbook: (FREE Bonus Included) 20 Best Canning, Freezing and Dehydrating Recipes for Preserving Food Food preservation is an old practice with modern implications. Humans are not the only living creature to preserve and store food, squirrels after all squirrel away their nuts for the winter. But humans are the only living organisms on the planet to have perfected the science of food preservation into an art form. This guide will take you through some of the best food preservation strategies and practices known to man! Learn how to use the best gear, the best sanitary methods, and the best pressurizing, dehydrating, and freezing techniques! Learn important tips and tricks that only food prep veterans understand such as how much space to leave in the head of your cans, and the proper torque adjustment rate for lids, and how long you can dehydrate food in order to reach its full potential! This book has everything you need...



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