



Well-Preserved: Recipes and Techniques for Putting Up Small Batches of Seasonal Foods

Eugenia Bone

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For anyone who's ever headed to their local farmers' market reciting the mantra "I will not overbuy" but has lumbered home with bags overflowing with delicious summer strawberries, zucchini blossoms, and tomatoes, or autumn apples, pears, and cauliflower, this book will be your saving grace.

Well-Preserved is a collection of 30 small batch preserving recipes and 90 recipes in which to use the preserved goods. Preserving recipes like Marinated Baby Artichokes are followed by recipes for dishes like Marinated Artichoke and Ricotta Pie and Sausages with Marinated Baby Artichokes; a Three-Citrus Marmelade recipe is followed by recipes for Chicken Wings Baked with Three-Citrus Marmelade, Shrimp with Three-Citrus Marmelade and Lime, and Crepes with Three-Citrus Marmelade, and so on.

In this book, Eugenia Bone, a New Yorker whose Italian father was forever canning everything from olives to tuna, describes the art of preserving in an accessible way. Though she covers traditional water bath and pressure canning in detail, she also shares simpler methods that allow you to preserve foods using low-tech options like oil-preserving, curing, and freezing. Bone clearly explains each technique so that you can rest assured your food is stable and safe.

With *Well-Preserved: Recipes and Techniques for Putting Up Small Batches of Seasonal Foods*, you will never again have a night when you open your cupboard or refrigerator and lament that there's "nothing to eat!" Instead, you'll be whipping up the seasons' best meals all year long.

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