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# Well-Preserved: Recipes And Techniques For Putting Up Small Batches Of Seasonal Foods



## Synopsis

A collection of 30 small batch preserving recipes and 90 recipes in which to use the preserved goods 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. 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.

## Book Information

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## Customer Reviews

"[Bone's] alluring, easy-to-follow recipes for small quantities of jams, sauces, pickles and cured

meats (more bacon!) are followed by recipes that incorporate them." â "The New York Times" In these waste-not, want-not times, its no surprise that canning and preserving are staging a comeback. What is surprising, though, is how elegant and accessible these endeavors are in the hands of food writer Eugenia Bone." â "Fine Cooking

Eugenia Boneâs writing has appeared in the New York Times, The Denver Post, Saveur, Food & Wine, and The National Lampoon, among other publications.â She is the author of *Mycophilia*, hailed by The New York Times as â "A delicious, suprising and dizzyingly informative book" â and of *Well-Preserved: Recipes and Techniques for Putting up Small Batches of Seasonal Food*. She lives in New York City and Colorado.

This book is beautifully written, if you're looking for a book that has great recipes alongside the canning recipes with a smattering of stories, this book is wonderful, and really taps the romantic and nostalgic points of canning.

The canning recipes are great and the number of jars you put up is the right size for my kitchen. I don't mind that there are a limited number of canning recipes and then recipes on how to use your canned good. I am looking forward to trying some of the recipes once I break into my jars.

This past summer and fall was my first time canning. Though I grew up with parents who were avid canners, my experience was more from an onlooker than much of a participant. I canned several high acid things that required a simple water bath canning method, and used recipes from my hand-me-down copy of "Stocking Up". Late into the fall I ordered *Well-Preserved* on recommendation of a local chef. Great, great, great. She really hit home the important, though relatively simple prep process, talking about sterilization, when its necessary, and when its not, general cleanliness, etc. I've made one recipe thus far, the spiced apples. They tasted delicious, and look absolutely beautiful, there are many more I'll make next season. Highly recommend this book.

Eugenia Bone offers a variety of family proven recipes for canning fruits, vegetables and even tuna and then gives the home canner several interesting recipes to utilize your product. I was intrigued by the thought of putting up small batches for my husband and myself, as well. Although some of her recipes skirt the edge of what local Cooperative Extension agents recommend (e.g. using hot water

bath rather than a pressure canner for pickled red peppers) on further investigation, her method falls within the bounds of the national preservation center. In other words, she taught my Cooperative Extension agent something. I cannot wait to break into my brandied figs and my pear, port and thyme compote!

First off: This is NOT a book about canning. This IS a book about preserving foods. If you're looking for a book about canning, you might as well move on to the next book on your list. If you're looking for a book about preserving, this book has some great ideas. Ms. Bone explains in detail each way to preserve foods: water bath canning, steam canning, freezing, preserving in oil, and smoking/curing. Just like the "Canning for a New Generation" by Lianna Krisoff, this book is organized by season's then by fruits and veggies. She starts with a recipe for preserving (one of the 5 listed above), then follows that recipe with 3 recipes that use your preserved masterpiece. In my excitement when I first received this book, I was a little disappointed when I started to look through it as I was expecting all canning recipes, but as I calmed down and started to read the book (instead of flipping through the recipes and looking at the pictures) I started to have more appreciation for preserving in general. I had no idea that you couldn't just freeze food as is; that you actually have to process it a bit before you freeze it. Living in Phoenix, Az and besides the fact that I don't eat that much meat, I don't believe that I will ever use any of the smoking/curing recipes. It's so hard to find "fresh" seafood as it is and too easy to just run to the market and get gravlax, etc. I have already completed the pickled cauliflower recipe. Next up is Three Citrus Marmalade (BWB canning), Seasoned Red Bell Pepper (BWB canning) and Onion with Marjoram (freezing; the soup that comes along with this preserved batch looks fantastic! I bought 24 white onions on sale for \$.99/lb, it's gonna be hell slicing those but sounds well worth it!). I gave this book 3 stars because the cover can be deceiving as this is not a "canning" book - this is a preserving book.

The book is good. It not only gives you canning instructions, but it has some nice recipes for using the food's you've canned. I'm just disappointed there weren't more everyday foods that I'd like to can. I've got some great stuff coming up in my garden and I want to know some good canning recipes for them. The "Small Batches" aren't as small as I assumed they would be either. All in all, I'll keep the book, but I'll have to continue to make medium-large batches and scour the internet for tried and true recipes.

I've been looking for a good book on canning and preserving vegetables and have seen some

blurbs about this book so I thought I'd give it a try. I should have looked closer because there's really very little about food preserving in this book beyond some very simple basics. The book does, however, have many interesting recipes I'll try, which use the fruits and vegetables the author preserves. The book is well-designed, has outstanding photographs, and a good index. It's good for what it is, a book of recipes with some basics on food preserving. Since I want something a little more comprehensive about the latter, I'm going to order a copy of *Putting Food By* (Plume) and the *Ball Complete Book of Home Preserving*.

This book does well what many other pickling, canning, and preserving books do not: tell you what you can do with your preserved food after the fact. Those recipes are the strength of the book, it is not without its weaknesses. As other commenters have noted, it does not have many initial preserving recipes, and many of those are drawn from other sources. And as noted by others, it's really quite short over all. So if you're looking for an encyclopedic tome on preserving, look elsewhere; that's not what this book sets out to do. But what it does do -- inspiring uses of preserves to make the preserving worth it in the first place -- it does beautifully, particularly for the beginning canner.

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