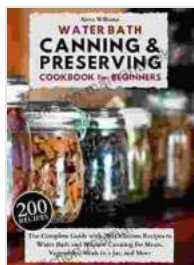


The Complete Guide With 200 Delicious Recipes To Water Bath And Pressure Can Canning



WATER BATH CANNING & PRESERVING COOKBOOK FOR BEGINNERS: The Complete Guide with 200 Delicious Recipes to Water Bath and Pressure Canning for Meats, Vegetables, Meals in a Jar, and More

by Thomas Armstrong

★★★★☆ 4.4 out of 5

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Canning is a great way to preserve food and extend its shelf life. It's also a fun and rewarding way to put up your own food and enjoy the fruits of your labor year-round.

This guide will teach you everything you need to know about water bath and pressure can canning, including:

- The basics of canning
- The different types of canning methods

- The equipment you need
- How to prepare your food for canning
- How to process your jars
- How to store your canned goods

In addition, this guide includes 200 delicious recipes for water bath and pressure can canning, including:

- Fruits
- Vegetables
- Meat
- Poultry
- Seafood
- Jams and jellies
- Pickles and relishes

With this guide, you'll have everything you need to get started with water bath and pressure can canning. So what are you waiting for? Let's get started!

Chapter 1: The Basics of Canning

Canning is a process of preserving food by sealing it in airtight containers and heating it to a high temperature. This process kills bacteria and other microorganisms that can cause food to spoil.

There are two main types of canning methods: water bath canning and pressure can canning.

- **Water bath canning** is used for high-acid foods such as fruits, tomatoes, and pickles. These foods have a pH of 4.6 or below, which means they are acidic enough to inhibit the growth of bacteria.
- **Pressure can canning** is used for low-acid foods such as vegetables, meat, and poultry. These foods have a pH of 4.6 or above, which means they are not acidic enough to inhibit the growth of bacteria. Pressure canning uses higher temperatures and pressures to kill bacteria and other microorganisms.

Both water bath canning and pressure can canning are safe methods of preserving food. However, it is important to follow the instructions carefully to ensure that your food is safe to eat.

Chapter 2: The Different Types of Canning Methods

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- **Pressure can canning** is used for low-acid foods such as vegetables, meat, and poultry. These foods have a pH of 4.6 or above, which means they are not acidic enough to inhibit the growth of bacteria. Pressure canning uses higher temperatures and pressures to kill bacteria and other microorganisms.

Water bath canning is the easier of the two methods, but it can only be used for high-acid foods. Pressure can canning is more complex, but it can be used for both high-acid and low-acid foods.

Chapter 3: The Equipment You Need

To can food, you will need the following equipment:

- **Canning jars:** Canning jars are specially designed to withstand the high temperatures and pressures of canning. They are typically made of glass and have a metal lid with a rubber gasket.
- **Canning lids:** Canning lids are used to seal canning jars. They are made of metal and have a rubber gasket that helps to create an airtight seal.
- **Canning rings:** Canning rings are used to hold canning lids in place. They are made of metal and are placed around the lid and jar before processing.
- **Water bath canner:** A water bath canner is a large pot or canner that is used to process jars in boiling water. It is typically made of aluminum or stainless steel and has a rack to hold the jars.
- **Pressure canner:** A pressure canner is a special type of canner that is used to process jars under pressure. It is typically made of aluminum or stainless steel and has a locking lid that creates a sealed environment.
- **Jar lifter:** A jar lifter is a tool that is used to safely lift jars from hot water or a pressure canner. It is typically made of metal or plastic and has a handle that is long enough to keep your hands away from the heat.

- **Bubble popper:** A bubble popper is a tool that is used to remove air



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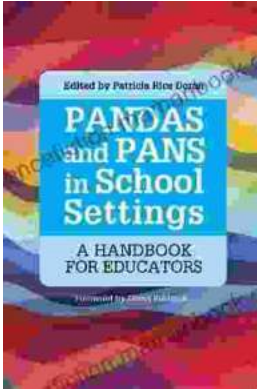
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