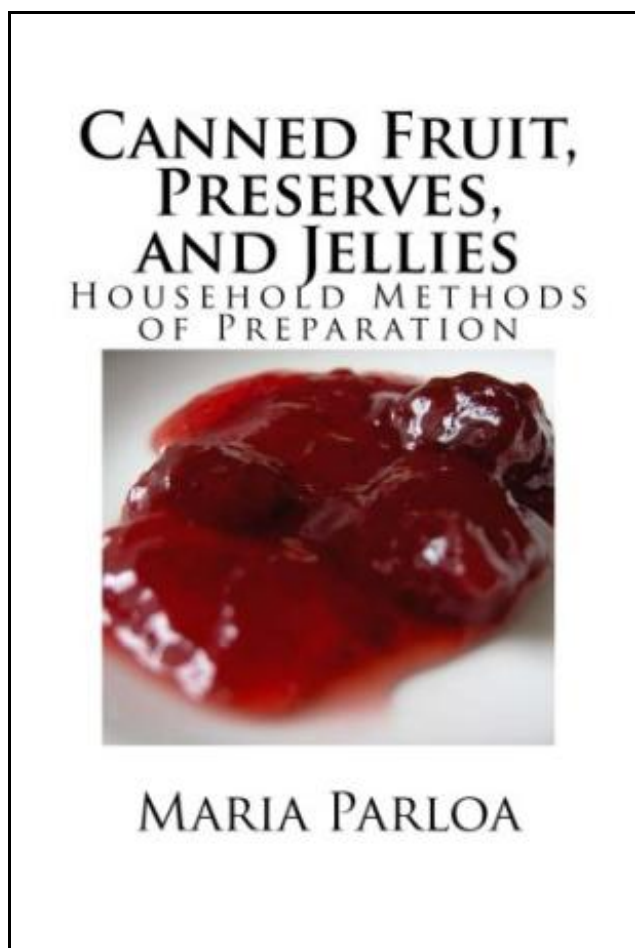


Canned Fruit, Preserves, and Jellies: Household Methods of Preparation



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

CANNED FRUIT, PRESERVES, AND JELLIES: HOUSEHOLD METHODS OF PREPARATION



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Canned Fruit, Preserves, and Jellies Household Methods of Preparation By Maria Parloa Brand New Historical Copy First Published 1917 Fruit preserves are preparations of fruits, vegetables and sugar, often canned or sealed for long-term storage. The preparation of fruit preserves today often involves adding commercial or natural pectin as a gelling agent, although sugar or honey may be used, as well. Before World War II, fruit preserve recipes did not include pectin, and many artisan jams today are made without pectin. The ingredients used and how they are prepared determine the type of preserves; jams, jellies and marmalades are all examples of different styles of fruit preserves that vary based upon the ingredients used. Sample The common fruits, because of their low nutritive value, are not, as a rule, estimated at their real worth as food. Fruit has great dietetic value and should be used generously and wisely, both fresh and cooked. Fruits supply a variety of flavors, sugar, acids, and a necessary waste or bulky material for aiding in intestinal movement. They are generally rich in potash and soda salts and other minerals. Most fresh fruits are cooling and refreshing. The vegetable acids have a solvent power on the nutrients and are an aid to digestion when not taken in excess. Fruit and fruit juices keep the blood in a healthy condition when the supply of fresh meat, fish, and vegetables is limited and salt or smoked meats constitute the chief elements of diet. Fresh fruit is generally more appetizing and refreshing than cooked. For this reason it is often eaten in too large quantities, and frequently when underripe or overripe; but when of good quality and...



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