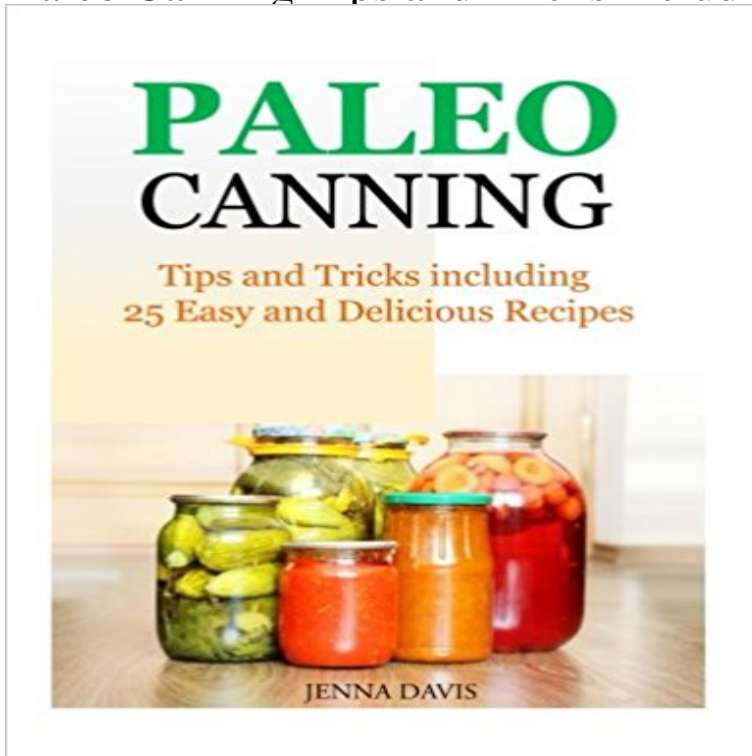


Paleo Canning Tips and Tricks including 25 Easy and Delicious Recipes



Paleo Canning Tips and Tricks including 25 Easy and Delicious Recipes Canning is a method of preserving the flavour of the food by heating it in hot jars to prevent it from spoiling naturally. Canning foods can be a great way to eliminate preservatives and additives in your diet and to ensure that you have enough produce throughout the year. Some people also opt to can their excess produce rather than throw it away. Canning food and even home cooked meals are also more economical than buying pre-packed food in the market. Paleo diet discourages the use of any preservative or eating food that has artificial ingredients. While commercially sold preserves are full of sugar, Paleo recipes try to use natural and Paleo-friendly alternatives like stevia and raw honey. This book contains canning recipes from main meals made from meat, chicken and fish to jams and jellies made from ripe fruits. The recipes found in this book contain natural ingredients that can easily be purchased from your local market. You can adjust the amount of some of the ingredients especially the sweetener to suit your liking just remember that doing so might reduce the preserves shelf life. The basic information at the beginning of this book also tells you the basic principles and methods of canning. This can help you get started in the caning process. Do not miss the Tips and Tricks section after the recipes for more detailed guide on how you can improve your canning skills. The canning process can look very challenging at first especially for beginners but once you get familiar with it, you can start enjoying making your own canned food. You can even start to experiment with different produce to see how it would taste. Remember to take safety precaution in canning and always make sure you are canning in a clean environment to reduce the risk of contamination.

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