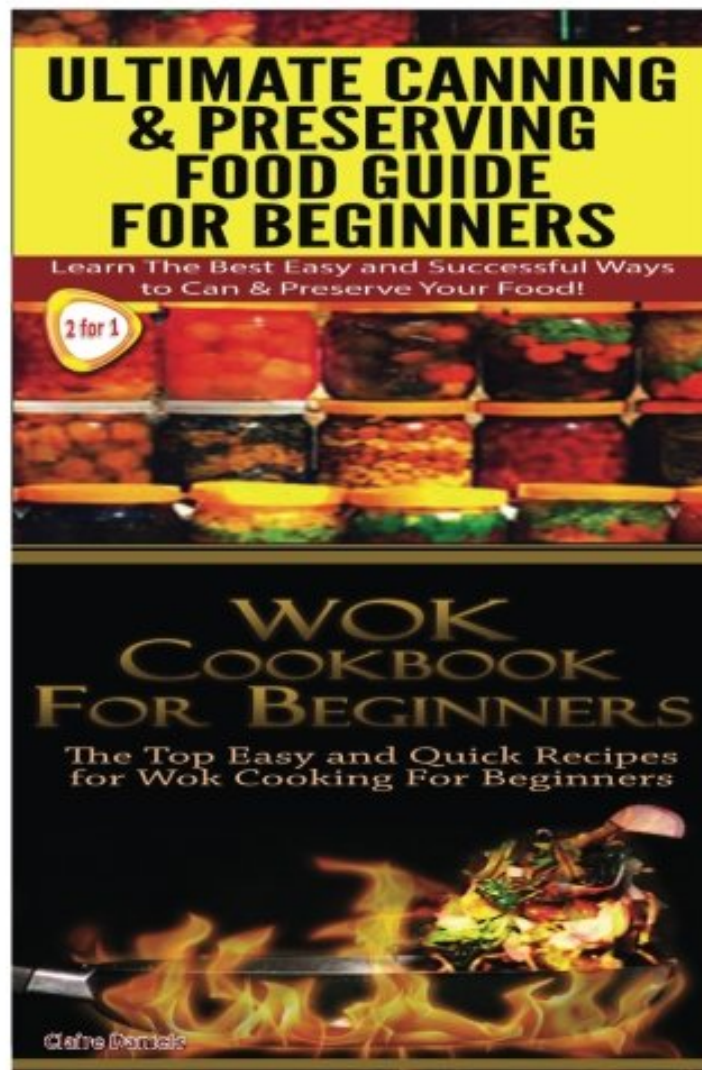


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## Ultimate Canning Preserving Food Guide for Beginners Wok Cookbook for Beginners (Cooking Books Box Set) (Volume 13)

*Claire Daniels*

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Ultimate Canning Preserving Food Guide for Beginners: Learn the Best Easy and Successful Ways to Can and Preserve Your Food! Wok Cookbook for Beginners: The Top Easy and Quick Recipes for Wok Cooking For Beginners! Canning Preserving As we all know, our everyday foods have their respective "life spans." While some may last a little bit longer than others, there are also some that can't last for more than a week or even for a couple of days. More often than not, we are also not able to consume the food within its given shelf life. So, we just wish we are can prolong its freshness. If you face the same problem, here is good news for you: you no longer have to worry about wasting food because you can always can and preserve them! Food canning and preservation is the way that will help us prolong the shelf life of our food. If you are one of those people who have always been planning to do canning and preserving yet still haven't started because they do not know anything about this, then it is about time that you learn the basic how-tos of canning and preserving. Don't worry; this book will definitely be your best guide when it comes to canning and preserving. This book contains proven steps and strategies on how to can and preserve your food so that you will be able to prolong shelf life. Specifically, you will find the following topics in this book: The basics of canning and preserving, as well as their benefits. The six basic methods of food preservation The rules to follow when preserving food The ingredients and equipment that you will need for canning and preserving food Here Is A Preview Of What You'll Learn... An Introduction to Canning and Preserving Methods of Food Preservation Rules to Follow in Food Preservation Canning and Preserving Necessities Much, much more! Wok Cookbook Usually, the wok is used for stir-frying. Therefore, you need to learn how to stir-fry. Aside from being delicious, what is it with stir-frying that you would want to learn how to do it? First and foremost, stir-fried meals are delicious. Aside from that, the resulting meals can be prepared fast. The meals are also really healthy and seasoned. Stir-frying with the use of a wok leads to the creation of meals that can lead to the creation of beautiful works of art in the form of good food. This method is best suited for making meals for one or two people. But if you will choose to cook meals for many people, this can be used, too. Many people see the wok as an unattractive ornament in the kitchen. This notion is common among people who are not aware of the kinds of dishes that can be made from it. But many people are attracted instantly to have one once they tasted the dishes for themselves. Woks are essential for cooking authentic tasting dishes. Cooking techniques covered: General Wok Cooking Tips Easy Wok Recipes Cleaning your Wok More Recipes Much, much more! Purchase your copy today!