



# Preserving in Today's Kitchen: New, Faster Techniques for Preserving Foods at Their Peak of Flavor

*Jeanne Lesem*

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Preserving and pickling the easy, modern way: in small quantities for today's small households. Forget about big jars and hours of work on a hot summer's day. Some recipes call for as few as two ingredients; some don't even require cooking. There are also recipes for beverages, salsas, baked goods, and other desserts using jarred foods as ingredients. Special equipment? Nope. The lingo is defined in a glossary, a source list suggests where to buy wide-stemmed jar funnels (handy but not necessary), pickling lime (a white powder, not fruit) and calorie-reduced pectin.



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