



Salt Sugar Smoke: How to preserve fruit, vegetables, meat and fish

By Diana Henry

Mitchell Beazley. Paperback. Condition: New. 272 pages. Now in paperback. This comprehensive book takes a fresh look at preserving. Jams and jellies, chutneys and pickles, smoked and potted meats and cured fish, cordials and alcohols, vegetables in oil, mustards and vinegars - here are recipes to fill the larder with the most delicious conserves of all kinds. Award-winning food writer Diana Henry has sourced preserves from many different cuisines, from familiar fruit jams to more unusual recipes such as Georgian plum sauce, rhubarb schnapps and Middle Eastern pickled turnips. There is expert advice and instruction on techniques where necessary - from successful smoking (without expensive equipment) to foolproof jellies. As always Dianas irresistible narrative style makes you feel she is in the kitchen with you, guiding you gently through the recipes and providing fascinating background that ranges from the traditions of wild mushroom picking in Italy, Scandinavia and Russia to Simone de Beauvoir (who compared making jam to capturing time). Preserving makes the most of seasonal ingredients and intensifies flavors wonderfully. Its also a delicious way of making everyday food special and giving friends and family something beautifully home-made. From elderflower in spring and summer tomatoes, to autumn berries and...

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