

Morton Salt Home Meat Curing Guide

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this antiquarian book contains a simple and accessible guide to curing meat with a particular focus on using morton s salt and including instructions for sausage making this easy to digest and profusely illustrated guide will appeal to those with an interest in preserving meat and it will be of special interest to collectors of antiquarian literature of this ilk although old much of the information contained within this book will be of utility to the modern reader and it would make for a worthy addition to collections of allied literature the chapters include the triple action cure why do more people use morton s smoke salt than any other kind made easy of butchering the better the cure with morton s smoke salt and more this text is being republished now in an affordable modern edition complete with a new prefatory introduction on curing meat

the newest edition of the most trusted nutrition bible since its first highly successful edition in 1996 the academy of nutrition and dietetics complete food and nutrition guide has continually served as the gold standard resource for advice on healthy eating and active living at every age and stage of life at once accessible and authoritative the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike opting for flexibility over rigid dos and don ts it allows readers to personalize their own paths to healthier living through simple strategies this newly updated fifth edition addresses the most current dietary guidelines consumer concerns public health needs and marketplace and lifestyle trends in sections covering choices for wellness food from farm to fork know your nutrients food for every age and stage of life and smart eating to prevent and manage health issues

introduces beginners to the ancient art of preserving meat fish and game with full color photographs and clear instructions on how to select meats and avoid contamination how to choose smokers and how to use various tools also includes recipes for rubs sauces and marinades

smoke and cure everything from store bought meats to freshly harvested fish and game drawing on more than forty years of experience smoking everything from succulent salmon to whole hogs award winning outdoor writer and photographer monte burch presents this practical handbook for anyone who wants to make their

own smoked or cured products the complete guide to smoking and salt curing introduces beginners to the ancient art of preserving meat fish and game with full color photographs and clear instructions on how to select meats and avoid contamination how to choose smokers and how to use various tools this easy to follow guide also includes delicious recipes for rubs sauces marinades ham sausage bacon and more whether you are a serious hunter or angler seeking to cure and smoke the fish and game you ve harvested yourself or simply a consumer looking to stretch your grocery dollar while creating delicious smoke salmon or cured bacon at home burch will have you making mouthwatering meals in no time

learn to preserve smoke salt and cure foods with smoking and salt curing meats this book gives you all the keys to succeed in the art of smoking if you are a beginner in preserving foods this book will introduce you to this world with a detailed step by step guide you will learn the best way to preserve food and discover a large array of tips and principles about these techniques once you get your copy of this smoking curing and salting book you will discover the world of food preservation and learn this art effortlessly discover all the techniques as well as the more complex processes perfect yourself and develop your own style in addition we have included delicious smoked recipes that you can try yourself at home no expensive equipment is needed to get started so if you are ready to make your own preserved food at home get ready because this book will offer you all the information you need to know about this topic

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