



HESTON BROWN

THE STANDARD COOKBOOK TO

PRESERVING FOOD

Discover more than 25 Easy Recipes to Preserving Food

The Standard Cookbook to Preserving Food

Discover more than 25 Easy Recipes to Preserving Food

By

Heston Brown





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(2) Reduce the Amount of Chemical Preservatives Being Put in Your Food on a Daily Basis

When you preserve your own food, you get to reduce the amount of chemical food preservatives that is added into your food on a daily basis. Not only will this help ensure that you are eating only the healthiest foods possible, but it will also help to ensure that your entire family is eating the healthiest foods possible.

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(3) Reduce the Amount of Food That You Throw Away on a Daily Basis

Did you know that about 1500 cans of food are thrown away nearly every second in the United States alone? If you did not, then this should be a wakeup call for you. If you are an environmentally friendly person and do not wish to contribute to the growing waste production that is made in the US every single second, then preserving your own food will help prevent this. With your own canning jars you do not need to throw them away after every use and in fact can be used up to 13 years if you handle and maintain the cans properly.

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(4) Offer Yourself More of a Variety When It Comes to Food

When it comes to preserving your own food you do not need to limit yourself to dull types of foods you can eat. With preserving foods, you can in fact to give yourself more of a variety of food to enjoy any day of the week. This is especially helpful for those picky eaters within your household.

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Recipe 1: Healthy Pickled Asparagus



Here is yet another healthy preserving recipe that you are certainly going to fall in love with. For the tastiest results I highly recommend using the freshest asparagus that you can find. This is a great dish to make to be used as a garnish or as an appetizer.

Yield: 15 Servings

Cooking Time: 45 Minutes

List of Ingredients:

- 30 Spears of Asparagus, Fresh
- 1/3 Cup of Salt, Coarse
- 2 Quarts of Water, Cold
- 1 2/3 Cups of Vinegar, White in Color and Distilled

- 2/3 Cup of Sugar, White
- 1 teaspoon of Salt, Coarse
- 1 teaspoon of Mustard Seed
- 1 ½ teaspoon of Dill Seed
- 1 Onion, White in Color and Sliced Finely into Rings
- ½ teaspoon of Chili Pepper Flakes
- 2 Sprigs of Dill, Fresh

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Instructions:

1. The first thing that you will want to do is trim the ends of your asparagus spears and cut them into small sized pieces. Place into a large sized bowl with your salt and water and allow to soak for the next 2 hours. After this time drain and rinse under some running water. Pat dry with a paper towels.
2. While your asparagus is soaking, sterilize your canning jars and lids in some boiling water for at least 10 to 15 minutes.
3. Then use a large sized saucepan and place over medium heat. Add in your next 6 ingredients and bring this mixture to a boil. Boil for the next minute.
4. Place your asparagus and boiled mixture into your canning jars. Add in your remaining ingredients and seal with your lids.
5. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
6. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 2: Classic Preserved Dill Pickles



This classic preserving recipe was once given to me by a popular farmer around where I lived and now it is yours to enjoy. For the best results I highly recommend soaking your dill pickles in some ice water for at least 2 hours.

Yield: 64 Servings

Cooking Time: 2 Hours and 15 Minutes

List of Ingredients:

- 8 Pounds of Cucumbers, At Least 3 to 4 Inches in Length
- 4 Cups of Vinegar, White in Color
- 12 Cups of Water, Cold

- 2/3 Cup of Salt, Pickling Variety
- 16 Cloves of Garlic, Peeled and Cut into Halves
- 8 Sprigs of Dill Weed, Fresh
- 8 Heads of Dill Weed, Fresh

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Instructions:

1. The first thing that you will want to do is wash your cucumbers. Then soak the cucumbers in some ice water for the next 2 hours, making sure to refresh the ice as often as necessary.
2. While you are soaking the cucumbers, sterilize at least 8 canning jars and lids in some boiling water for the next 10 minutes.
3. Next bring a large sized pot over medium to high heat. Add in your next 3 ingredients and stir to combine. Bring this brine to a boil.
4. Then assemble your jars by adding 2 halves of your garlic and one head of dill into them. Top off with enough cucumbers to fill up your jars. Last add in more of your garlic halves and sprig of dill.
5. Fill up your jars with your hot brine and seal.
6. Place your jars into a boiling water bath and allow to boil for the next 15 minutes.
7. Remove from bath and store for up to 8 weeks. Enjoy whenever you are ready.

Recipe 3: Pumpkin Style Butter



Here is a preserving butter recipe that I know you are going to want to make over and over again. For the tastiest results I highly recommend serving this particular butter during the fall season and with toast or muffins.

Yield: 40 Servings

Cooking Time: 50 Minutes

List of Ingredients:

- 1, 29 Ounce Can of Pumpkin, Puree Variety
- $\frac{3}{4}$ Cup of Apple Juice, Fresh
- 2 teaspoons of Ginger, Ground Variety
- $\frac{1}{2}$ teaspoon of Cloves, Ground Variety

- 1 ½ Cups of Sugar, White
- 2 teaspoons of Cinnamon, Ground
- 1 teaspoon of Nutmeg, Ground

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Instructions:

1. First combine all of your ingredients into a large sized saucepan.
2. Place over medium heat and bring this mixture to a boil. Once your mixture is boiling reduce the heat to low and allow to simmer for the next 30 minutes or until your mixture is thick in consistency.
3. After this time remove from heat and stir for the next 5 minutes or until your mixture is smooth in consistency. Pour into your canning jars and seal with your lids.
4. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
5. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 4: Mint Style Jelly



This dish is made by using some fresh mint, making it perfect to make during the holiday season. This makes for a great tasting gift to give to your friends and family or to serve alongside your holiday feast.

Yield: 32 Servings

Cooking Time: 30 Minutes

List of Ingredients:

- 1 ½ Cups of Mint Leaves, Fresh and with Stems
- 2 Tablespoon of Lemon Juice, Fresh
- 2 ¼ Cups of Water, Boiled
- 1 Drop of Food Coloring, Green in Color
- 3 ½ Cups of Sugar, White

- ½ Package of Pectin, Liquid Variety

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Instructions:

1. The first thing that you want to do is rinse off your mint leaves and crush them finely. Place them into a large sized saucepan.
2. Add in your water and bring your mint to a boil over medium heat. Once boiling remove from heat and allow to stand for the next 10 minutes before straining.
3. Place your mint back into your saucepan and add in your lemon juice. Add your food coloring.
4. Add in your sugar and heat over high heat. Bring this mixture to a boil, making sure to stir your mixture constantly.
5. Once boiling add in your pectin and stir thoroughly to combine. Boil your mixture for at least 1 minute, making sure that you stir constantly. After this time remove from heat and skim off any foam that forms on the surface.
6. Pour your mixture into your canning jars and seal with your lids.
7. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
8. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 5: Pickled Green Beans



These are delicious green beans that I know you are just going to fall in love with. These beans are very crisp and packed full of a wonderful dill flavor that you won't be able to resist.

Yield: 48 Servings

Cooking Time: 1 Hour and 10 Minutes

List of Ingredients:

- 2 ½ Pounds of Green Beans, Fresh
- 2 ½ Cups of Vinegar, White in Color and Distilled
- 2 Cups of Water, Cold
- ¼ Cup of Salt, Pickling Variety
- 1 Clove of Garlic, Peeled and Finely Chopped

- 1 Bunch of Dill Weed, Fresh
- ¾ teaspoon of Red Pepper Flakes, Crushed and Optional

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Instructions:

1. The first thing that you will want to do is sterilize your canning jars, rings and lids.
2. Then trim your green beans so that they will fit easily into your jars.
3. Next use a large sized saucepan and stir together your next 3 ingredients.
4. Then add in your next 3 ingredients into your jar. Pack in your green beans.
5. Ladle your brine into your jars and seal.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 6: Fresh Fig Preserves



If you haven't tried figs before, then this is one dish I know you are going to love the moment you get a taste of it. Figs naturally are sweet in flavor and packed full of flavor that I know you won't be able to resist.

Yield: 64 Servings

Cooking Time: 2 Days, 1 Hour and 30 Minutes

List of Ingredients:

- 2 teaspoons of Baker's Style Baking Soda
- 5 Cups of Figs, Fresh and with Stems Removed
- 1 Cup of Water, Warm
- 1 ½ Cups of Sugar, White

- 5 Tablespoon of Butter, Soft
- 1 teaspoon of Vanilla, Pure
- 1 Lemon, Fresh and Sliced Thinly
- 1 Tablespoon of Lemon Juice, Fresh
- 1 ½ teaspoon of Cinnamon, Ground Variety
- 1 teaspoon of Ginger, Fresh and Finely Grated
- ½ teaspoon of Cloves, Ground Variety
- Dash of Salt, For Taste and Optional
- 8 Canning Jars with Lids and Rings

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Instructions:

1. First dissolve your baking soda in 2 quarts of cold water. Add your figs and wash thorough, repeating as often as necessary until completely clean.
2. Then add in your next 9 ingredients and stir gently to mix and until your sugar is fully dissolved.
3. Add this mixture to a large sized saucepan and bring to boil over medium heat. Once boiling reduce the heat to a simmer and continue to cook until your figs are golden brown in color and syrupy in consistency. This should take about 1 hour.
4. Add your dash of salt if you desire and remove from heat. Allow to cool completely.
5. Pour into your canning jars and seal with your lids.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 7: Tasty Sweet and Sour Jam



This sweet tasting jam recipe makes for an excellent glaze that you can use the next time you make sweet and sour chicken. Packed full of authentic Chinese style taste, this is one dish you will want to make anytime you craving Asian cuisine.

Yield: 140 Servings

Cooking Time: 3 Hours and 30 Minutes

List of Ingredients:

- 1 Habanero Pepper, Fresh
- 3 Cups of Apricots, Fresh, Pitted and Finely Chopped
- 1 Cup of Shallots, Sliced into Thin Slivers
- ½ Cup of Bell Pepper, Green in Color and Finely Chopped

- ½ Cup of Bell Pepper, Red in Color and Finely Chopped
- ½ Cup of Pineapple, Fresh and Finely Chopped
- ¼ Cup of Tomatoes, Cherry Variety and Finely Chopped
- 2 Cloves of Garlic, Minced
- 1 teaspoon of Cilantro, Fresh and Minced
- ½ teaspoon of Cumin, Ground
- ¼ Cup of Lime Juice, Freshly Squeezed
- 1, 1.75 Ounce Pack of Fruit Pectin, Powdered Variety
- 6 Cups of Sugar, White
- 1 Cup of Brown Sugar, Light and Packed
- ½ teaspoon of Butter, Soft
- 9, ½ Pint Canning Jars, With Lids and Rings, Thoroughly Sterilized

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Instructions:

1. Using a large sized pot placed over medium heat, add in your first 11 ingredients.
2. Once mixed add in your pectin and stir until it is thoroughly combined.
3. Bring this mixture to a boil before mixing in both your sugars. Continue to stir until completely dissolved.
4. Bring this jam back to a boil before adding in your butter. Continue to boil hard for the next 2 to 3 minutes, making sure that you stir this mixture constantly.
5. Turn off your heat and using a spoon discard any foam that may begin to form on your jam.
6. Pack your jam into your sterilized jars and seal.
7. Place your jars into a hot water bath and allow to boil for the next 10 minutes.

8. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 8: Healthy Zucchini Jelly



This is the perfect jelly recipe to make if you are looking to enjoy something on the healthier side. Feel free to use whatever flavor of gelatin you wish for this recipe to make it truly your own. However, I highly recommend using apricot or strawberry gelatin to yield the tastiest results.

Yield: 192 Servings

Cooking Time: 45 Minutes

List of Ingredients:

- 6 Cups of Zucchini, Fresh, Peeled, Seeded and Finely Shredded
- 6 Cups of Sugar, White
- 1, 15.4 Ounce Can of Pineapple, Drained and Finely Crushed
- ½ Cup of Lemon Juice, Fresh

- 1, 6 Ounce Package of Jell-O, Strawberry Flavored or Your Favorite Kind

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Instructions:

1. The first thing that you will want to do is combine your first 4 ingredients together in a large sized pot.
2. Place over medium heat and boil your mixture until your zucchini is clear in color. Once this occurs, remove from heat.
3. Then add in your Jell-O and stir thoroughly until the gelatin completely dissolves.
4. Allow your mixture to cool completely. Pour into your canning jars and seal with your lids.
5. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
6. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 9: Christmas Style Jalapeno Jelly



Just as the name implies, this is a perfect preserving recipe to make during the holiday season and even makes for the great holiday gift to give to loved ones. The best part about this preserving dish is that it is bring red and green in color, making it perfect to bring in the Christmas season.

Yield: 36 Servings

Cooking Time: 30 Minutes

List of Ingredients:

- 1 Cup of Bell Pepper, Red in Color and Finely Chopped
- ½ Cup of Jalapeno Peppers, Finely Chopped
- 5 Cups of Sugar, White
- 1 ½ Cups of Vinegar, Apple Cider Variety
- 1, 6 Ounce Container of Pectin, Liquid Variety

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Instructions:

1. The first thing that you will want to do is remove your stems, veins and the seeds from your bell and jalapeno peppers. Place these peppers into a food process and pulse until thoroughly minced.
2. Then use a large sized pot and place it over high heat. Add in your minced peppers, sugar and vinegar and stir thoroughly to combine.
3. Bring this mixture to a boil and boil for the next 3 minutes. After this time remove from heat and allow to cool for the next 5 minutes.
4. Stir your mixture and then add in your pectin. Stir to thoroughly combine. Allow to cool for the next 2 minutes.
5. Pour your hot mixture into your sterilized jars. Seal your jars with your lids.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Instructions:

1. The first thing that you will want to do is sterilize your canning jars in some boiling water for the next 10 to 15 minutes. After this time remove and set aside to dry completely.
2. Then combine your fruit pectin and fresh grape juice in a large sized pot. Place over medium to high heat and bring this mixture to a boil.
3. Boil for the next minute, making sure to stir thoroughly during the process.
4. Add in your sugar and stir thoroughly until completely dissolved. Once dissolved remove from heat and set aside.
5. Pour your freshly made jelly into your canning jars and seal with your lids.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 11: Traditional Canned Pickled Beets



This preserving recipe is as traditional as it gets. This is a great preserving dish to make if you are a huge fan of beets or know someone who is a fan of beets. Regardless I know you are going to love it.

Yield: 18 Servings

Cooking Time: 1 Hour and 35 Minutes

List of Ingredients:

- 5 1/3 Cups of Vinegar, White in Color and Distilled
- 4 Cups of Sugar, White
- 4 Cups of Water, Warm
- 2 Tablespoon of Cinnamon, Ground

- 1 ½ Tablespoon of Salt, For Taste
- 1 Tablespoon of Cloves, Ground
- 12 Pounds of Beets, Peeled and Finely Sliced
- 6, 1 Quart Jars, Canning Variety and with Lids and Rings

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Instructions:

1. Use a large sized pot and mix together your first 6 ingredients. Bring this mixture to a boil, making sure to stir thoroughly until your sugar is fully dissolved.
2. Add in your beets and continue letting your mixture simmer until tender to the touch. This should take at least 15 to 20 minutes.
3. While your mixture is simmering, take the time to sterilize your jars and lids in some boiling water for the next 5 minutes.
4. Then spoon in your beets into your sterilized jars. Seal with your lids and rings.
5. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
6. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Instructions:

1. The first thing that you will want to do is combine your pomegranate juice and lemon juice together in a large sized saucepan.
2. Add in your sugar and bring this mixture to a boil over high heat.
3. Stir in your pectin and stir thoroughly to combine. Bring this mixture to a rolling boil and boil for the next 2 minutes.
4. After this time remove from heat and skim off any excess foam that may appear on the surface. Remove from heat and allow to cool completely.
5. Pour this mixture into your canning jars and seal with your lids.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Instructions:

1. First use a wide bowl and add in your strawberries. Crush them in small batches until all of your strawberries have been used.
2. Next use a heavy saucepan and mix together all of your ingredients. Place over low heat and cook, making sure to stir thoroughly until your sugar has fully dissolved.
3. Then increase your heat to high and bring your mixture to a rolling boil. Make sure that you stir your mixture often.
4. Pour your jam into your sterilized jars and seal with your lids.
5. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
6. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 14: Mango Flavored Jam



For this particular canning recipe, you can make it using a wide variety of different mangoes if you wish. For the best and tastiest results, I highly recommend using semi ripe mangoes as they will help to yield the best flavor.

Yield: 24 Servings

Cooking Time: 1 Hour

List of Ingredients:

- 2 Pounds of Mangoes, Semi Ripe Variety
- 1 ½ Cups of Sugar, White
- ¾ Cup of Water, Warm
- 3 Threads of Saffron, Optional

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Instructions:

1. The first thing that you will want to do is boil your mangoes in some boiling water until tender to the touch. Once tender remove and allow to cool completely before peeling and scooping out the flesh.
2. Mash your mango pulp until smooth in consistency.
3. Next place your sugar and water into a large sized saucepan and heat over low heat. Bring this mixture to a boil.
4. Once your mixture is boiling, increase the heat to medium or high and continue boiling for the next 10 to 15 minutes.
5. Add in your mango pulp and saffron. Continue to boil for the next 5 minutes. After this time remove from heat and allow to cool completely.
6. Pour this mixture into your canning jars and seal with your lids.
7. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
8. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 15: Sweet Rhubarb Berry Jam



With the perfect combination of 3 different berries and rhubarb, this is one sweet tasting jam recipe that I know you are going to want to make over and over again. However, be careful how much rhubarb you add to this dish as you do not want to make it to overpowering.

Yield: 64 Servings

Cooking Time: 30 Minutes

List of Ingredients:

- 8 Cups of Rhubarb, Fresh and Roughly Chopped
- 3 Cups of Sugar, White
- 1, 21 Ounce Can of Blueberry Pie Filling

- 1, 3 Ounce Package of Jell-O, Strawberry Flavored
- 1, 3 Ounce Package of Jell-O, Raspberry Flavored

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Instructions:

1. First mix together your first 3 ingredients together in a large sized pot placed over medium heat.
2. Bring your mixture to a boil and allow to boil for the next 10 minutes.
3. Then add in both packages of Jell-O and stir thoroughly until completely dissolved.
4. Transfer your mixture into your sterilized jars and seal with your lids.
5. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
6. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 16: Simple Marinated Carrots



This is one preserving recipe that you are going to want to make if you are looking to enjoy healthier food. Feel free to serve this dish hot or cold. Either way you are going to love it.

Yield: 16 Servings

Cooking Time: 30 Minutes

List of Ingredients:

- 2 Pounds of Carrots, Fresh and Finely Sliced
- 1 Bell Pepper, Green in Color, Seeded and Finely Diced

- 1 Onion, Small in Size and Finely Diced
- ½ Cup of Vinegar, White in Color
- ¼ Cup of Oil, Vegetable Variety
- 1, 10.75 Ounce Can of Tomato Soup, Condensed
- ¾ Cup of Sugar, White

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Instructions:

1. First place your carrots into a large sized saucepan with some salted water covering them.
2. Heat over medium to high heat and bring this mixture to a boil and cook for the next 5 minutes. After this time drain them and transfer to a large sized bowl.
3. Add in your green bell peppers and finely diced onions and toss thoroughly to combine.
4. Next combine your remaining ingredients in a separate large sized saucepan and bring to a boil over medium to high heat. Cook for the next minute before removing from heat and pouring over your veggies.
5. Allow to cool completely before pouring into your canning jars. Seal with your lids.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 17: Delicious Apple Butter



While this particular butter recipe may take longer to cook than most of the other recipes that you will find in this book, it is well worth the wait in the end. Feel free to adjust the amount of sugar you want with this recipe.

Yield: 128 Servings

Cooking Time: 11 Hours and 30 Minutes

List of Ingredients:

- 5 ½ Pounds of Apples, Peeled, Cored and Chopped Finely
- 4 Cups of Sugar, White
- 2 teaspoons of Cinnamon, Ground
- ¼ teaspoon of Cloves, Ground

- ¼ teaspoon of Salt, For Taste

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Instructions:

1. First place your apples into your slow cooker.
2. Then use a medium sized bowl and mix together your remaining ingredients until thoroughly combined.
3. Pour this mixture over your apples and mix well.
4. Cover and cook on the highest setting for the next hour.
5. After this time reduce the heat to the lowest setting and continue to cook for the next 9 to 11 hours, making sure to stir occasionally or until your mixture is thick in consistency and dark in color.
6. Remove the cover from your slow cooker and continue cook on the lowest setting for the next hour.
7. Stir with a whisk until smooth in consistency.
8. Spoon this mixture into your jars and seal with a lid.
9. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
10. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 18: Classic Pickled Pickles



Here is another perfect canning recipe that I know you won't be able to get enough. This makes plenty of fresh pickles that you can serve on any dish that you may make.

Yield: 40 Servings

Cooking Time: 1 Hour and 15 Minutes

List of Ingredients:

- 7 Cups of Cucumbers, Fresh, Peeled and Sliced Thinly
- 1 teaspoon of Salt, For Taste
- 2 Cups of Sugar, White
- 1 Cup of Red Onions, Finely Diced
- 1 Cup of Bell Peppers, Green in Color and Finely Chopped

- 1 Cup of Vinegar, Cider Variety
- 1 teaspoon of Celery Seeds

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Instructions:

1. First mix together your cucumbers and salt in a large sized bowl. Set aside and allow to sit for the next hour.
2. After this time add in your remaining ingredients and stir together to combine.
3. Place this mixture into your canning jars and seal with your lids.
4. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
5. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 19: Easy Pickled Blueberries



If you are a huge fan of blueberries, then you really need to try this recipe out for yourself. For the tastiest results I highly recommend serve this over some goat cheese or crackers. Either way I know you are going to love it.

Yield: 96 Servings

Cooking Time: 8 Hours and 40 Minutes

List of Ingredients:

- 3, 3 Inch Pieces of Cinnamon
- 1 teaspoon of Cloves, Whole
- 1 teaspoon of Berries, Whole and Allspice Variety
- 1 ½ Cups of Vinegar, Red Wine Variety
- 2 Quarts of Blueberries, Fresh and Washed

- 1 Cup of Sugar, White
- 1 Cup of Brown Sugar, Light and Packed

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Instructions:

1. Place your cinnamon sticks, cloves and berries into the center of a large sized cheesecloth. Then gather the edges of the cloth and tie with a piece of twine.
2. Place this into a large sized saucepan and pour in your vinegar. Bring this mixture to a simmer over medium heat. Cook for the next 5 minutes.
3. After this time add in your blueberries and continue to cook until completely heated through. This should take about 5 minutes. After this time remove from heat.
4. Next pour your berries and liquid into a colander set over a large sized bowl. Remove your spice bundle.
5. Transfer your berries into your sterilized canning jars.
6. Return your liquid into a large sized saucepan and place back over high heat. Add in your white and brown sugar and stir thoroughly to combine.
7. Bring this mixture back to a boil and boil until thick in consistency. Remove from heat and ladle into your canning jars. Top with your lids and seal.
8. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
9. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 20: Pear Flavored Honey



This dish tastes exactly like honey so much so that I am confident you and your family will truly believe that this dish was made by actual bees. Serve this honey on fresh biscuits or even give it to your friends and family as a holiday gift.

Yield: 64 Servings

Cooking Time: 3 Hours and 45 Minutes

List of Ingredients:

- 8 Cups of Pears, Fresh, Peeled, Cored and finely Chopped
- 1 Cup of Pineapple Juice, Fresh and Unsweetened Variety
- 8 Cups of Sugar, White

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Instructions:

1. The first thing that you will want to do is place your finely chopped pears into a large sized pot.
2. Pour your pineapple juice over your pears and whisk in your sugar.
3. Place over medium to high heat and bring this mixture to a boil, making sure to stir frequently to prevent your mixture from burning.
4. Once your mixture is boiling, reduce the heat to low and continue cooking until your mixture is the same consistency and color as real honey. Once this happen remove from heat and allow to cool completely.
5. Pour into your canning jars and seal with your lids.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 21: Simple Pickled Brussels Sprouts



Even if you aren't a huge fan of Brussels sprouts, I can guarantee that you will surely like this recipe. These sprouts are extremely crunchy and slightly spicy in taste.

Yield: 40 Servings

Cooking Time: 21 Days and 40 Minutes

List of Ingredients:

- 2 Pounds of Brussels Sprouts, Trimmed and Cut in Half
- 5, 1 Pint Jars, Canning Variety and with Lids
- 5 Cloves of Garlic, Evenly Divided
- 1 ¼ teaspoon of Red Pepper Flakes, Crushed and Evenly Divided
- 5 Cups of Water, Cold

- 5 Cups of Vinegar, White in Color and Distilled Variety
- 7 Tablespoon of Salt, Pickling Variety

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Instructions:

1. The first thing that you will want to do is soak your Brussels sprouts in a large sized bowl filled with some salted water for the next 15 minutes.
2. While your Brussels sprouts are soaking, sterilize your jars and lids in some boiling water for the next 5 minutes.
3. Then divide up your soaked Brussels sprouts between your jars.
4. Add in your cloves of garlic and red pepper flakes into your jars.
5. Pour in your vinegar to fill up your jars.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 22: Sweet Lemon Curd



This delicious and sweet recipe is a classic dish that is often made in the United Kingdom. It is perfectly paired with fresh scones and a fresh cup of tea. It is absolutely delicious and I am confident that you will fall in love with it.

Yield: 12 Servings

Cooking Time: 16 Minutes

List of Ingredients:

- $\frac{3}{4}$ Cup of Lemon Juice, Fresh
- 1 Tablespoon of Lemon Zest, Freshly Grated
- $\frac{3}{4}$ Cup of Sugar, White

- 3 Eggs, Large in Size and Beaten Lightly
- ½ Cup of Butter, Unsalted Variety and Cut into Cubes

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Instructions:

1. Use a medium sized saucepan and combine all of your ingredients until thoroughly combined.
2. Heat over low to medium heat and cook until your mixture is thick in consistency. Beat with a whisk until smooth in consistency.
3. Heat for the next 5 minutes before remove from heat and allowing to cool completely. Pour this mixture into your canning jars and seal with your lids.
4. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
5. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 23: Classic Plum Jam



If you are looking for a traditional homemade jam recipe to make, then this is the perfect recipe for you. It is easy to make and absolutely delicious. I know you will want to enjoy it every single day.

Yield: 128 Servings

Cooking Time: 2 Hours and 50 Minutes

List of Ingredients:

- 4 ½ Cups of Plums, Pitted and Finely Chopped
- ½ Cup of Water, Cold
- 7 ½ Cups of Sugar, White
- ½ teaspoon of Butter, Optional
- 1, 1.75 Ounce Package of Pectin, Fruit Variety and Powdered

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Instructions:

1. The first thing that you will want to do is place your plums and cold water into a large sized pot over medium heat and bring this mixture to a boil. Once your mixture is boiling reduce the heat to low and allow to simmer for the next 5 minutes.
2. After this time add in your sugar and butter and stir thoroughly to combine.
3. Bring this mixture to a boil over high heat, making sure to stir constantly during this process. Boil for the next 2 minutes.
4. After this time remove from heat and discard any foam that may form on the surface.
5. Pack your plums into your sterilized preserving jars.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 24: Tasty Jalapeno and Strawberry



This is one of my family's favorite recipes to enjoy during the Christmas holiday and once yours get a taste of it, I know it will be your family's favorite as well. This preserving dish incorporates the sweet taste of strawberries while having the spicy taste of jalapenos.

Yield: 64 Servings

Cooking Time: 9 Hours

List of Ingredients:

- 4 Cups of Strawberries, Finely Crushed
- 1 Cup of Jalapeno Peppers, Minced
- ¼ Cup of Lemon Juice, Fresh

- 1, 2 Ounce Package of Pectin, Powdered Variety and Fruit Flavored
- 7 Cups of Sugar, White
- 8, ½ Pint Canning Jars

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Instructions:

1. First place your crushed strawberries, minced jalapeno peppers, fresh lemon juice and powdered pectin into a large sized saucepan. Place over high heat and bring this mixture to a boil.
2. Once your mixture is boiling reduce the heat to low and allow your mixture to simmer for the next minutes.
3. While your mixture is simmering, sterilize your jars, rings and lids in some boiling water for the next 5 to 10 minutes. Then dry completely with paper towels.
4. Pour your mixture into your canning jars and seal with your lids.
5. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
6. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

Recipe 25: Kumquat Flavored Marmalade



If you are a huge fan of marmalade, then I know you are for sure going to love this recipe. For the tastiest and most delicious results, I highly recommend using only the freshest kumquats and oranges possible.

Yield: 64 Servings

Cooking Time: 13 Hours and 15 Minutes

List of Ingredients:

- 24 Kumquats, Fresh, Rinsed and Sliced Thinly
- 2 Oranges, Fresh, Rinsed, Sliced and Seeded
- 9 Cups of Sugar, White
- 2 Lemons, Fresh and Juice Only
- 8 Cups of Water, Cold

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Instructions:

1. The first thing that you will want to do is place your freshly sliced kumquats and oranges into a large sized pot along with your water. Allow your fruit to soak for the next 12 hours or overnight preferably.
2. The next day bring this mixture to a boil. Once your mixture is boiling reduce the heat to a simmer and allow to simmer for the next 5 minutes.
3. Add in your fresh lemon juice and stir to combine.
4. Continue simmering until a gel begins to form in your pot. Once this occurs remove your pot from heat and skim off any foam that may form on the surface.
5. Pour your mixture into sterilized jars and seal with your lids.
6. Place your jars into a hot water bath and allow to boil for the next 10 minutes.
7. After this time remove from bath and allow to cool completely before placing into your fridge. Serve whenever you are ready.

About the Author

Heston Brown is an accomplished chef and successful e-book author from Palo Alto California. After studying cooking at The New England Culinary Institute, Heston stopped briefly in Chicago where he was offered head chef at some of the city's most prestigious restaurants. Brown decided that he missed the rolling hills and sunny weather of California and moved back to his home state to open up his own catering company and give private cooking classes.

Heston lives in California with his beautiful wife of 18 years and his two daughters who also have aspirations to follow in their father's footsteps and pursue careers in the culinary arts. Brown is well known for his delicious fish and chicken dishes and teaches these recipes as well as many others to his students.

When Heston gave up his successful chef position in Chicago and moved back to California, a friend suggested he use the internet to share his recipes with the world and so he did! To date, Heston Brown has written over 1000 e-books that contain recipes, cooking tips, business strategies for catering companies and a self-help book he wrote from personal experience.

He claims his wife has been his inspiration throughout many of his endeavours and continues to be his partner in business as well as life. His greatest joy is having all three women in his life in the kitchen with him cooking their favourite meal while his favourite jazz music plays in the background.

Author's Afterthoughts

Thank you !!!



Thank you to all the readers who invested time and money into my book! I cherish every one of you and hope you took the same pleasure in reading it as I did in writing it.

Out of all of the books out there, you chose mine and for that I am truly grateful. It makes the effort worth it when I know my readers are enjoying my work from beginning to end.

Please take a few minutes to write an Amazon review so that others can benefit from your opinions and insight. Your review will help countless other readers make an informed choice

Thank you so much,

Heston Brown

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