



Vorratshaltung: Frisch halten, einfrieren, konservieren (German Edition)

Gabriele Lehari

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Welche Methoden gibt es zum Konservieren? Und wie werden Lebensmittel am besten gelagert? Hier erfahren Sie alles vom Einfrieren übers Einkochen und Dörren bis zum Kandieren, vom Fisch und Fleisch räuchern bis hin zum Fleisch pökeln. Die einfachen Rezepte machen Lust, die Vorratshaltung auszuprobieren. Marmelade selber einkochen? Na klar. Ketchup selber machen? Geht ganz einfach. Chutney und Relish selbst zubereiten? Natürlich. Und warum nicht mal neben Gemüse auch Fleisch einwecken oder milchsauer einlegen? Dieses Buch beinhaltet alles für eine reichlich gefüllte Vorratskammer!

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