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**New book about preserving food explains 8 essential methods you can do at home**

Seattle, WA – August 15, 2012 – A new book about preserving food is a practical guide that details the techniques for eight essential methods that have been used throughout history by people around the world. With over 300 recipes, it is one of the most comprehensive books about food preservation among popular canning and preserving books of today. Canning, freezing, and drying foods are perhaps the most common modern ways to “put foods by”. However, other methods may be easier and less expensive to do.

***The Home Preserving Bible***, ($21.00 Alpha Books) is available nationwide beginning September 4, 2012 from booksellers and canning supply retailers. Author Carole Cancler brought together her education in food science, a love of food history, a lifetime of meal preparation and home entertaining, experience in the food industry, and an interest in sustainability, to write this comprehensive book about food preservation with a broad historical context.

For each preserving method, The Home Preserving Bible provides the latest information on procedures, equipment, and safety issues, giving the reader a range of preservation options, whether she likes the do-it-yourself approach or is interested in the latest in modern technology. Here are the eight essential methods anyone can try at home:

* **Canning** in a boiling water bath (high-acid foods) or pressure canner (for low-acid foods)
* **Freezing** foods, including packaging, preparation, and freezer management
* **Drying** foods by any of six different methods
* **Fermenting** foods from cider and vinegar to bread, yogurt, vegetables, and more
* **Pickling** foods using acid, salt, or alcohol, as they do in countries around the world
* **Curing** meats and fish from beef to bacon, poultry and salmon
* **Sealing** foods in fat, as well as several other traditional and modern methods
* **Cellaring** foods to extend the fresh shelf life without refrigeration

Each recipe was carefully chosen to demonstrate one or more of these essential techniques. Many of the 300 recipes are simple to prepare. In some cases, they feature common, everyday foods in uncommon and tasty recipes from cultures around the world. Consider treats like salty Hawaiian dried fruit (known as *crack seed*), Thai-style beef jerky, Haitian “pikliz” salad, and Mexican barbecue sauce. There are also plenty of delicious recipes for preserving everyday foods such as yeasted breads, yogurt and fresh cheese, pickles of all kinds, sauerkraut and other salted foods, tomato products, jam and jellies, sauces and relishes, cider and wine, cured bacon, duck prosciutto, smoked salmon, and more. In the canning section, the recipes are scaled for small, medium, and large batches.

“People around the world have been preserving food for centuries because they had to; unlike today, they lacked a year-round supply of fresh food and mechanical refrigeration. The diversity and cleverness of the methods they used is astonishing. A few of the techniques might surprise you.” says author Carole Cancler. “I want people to learn some of the history and practice food preservation—even if it’s just one method and one food.”

The author, Carole Cancler holds a degree in Food Science and Nutrition from the University of Washington. In addition to her experience as a professional in the food industry, Chef Carole has decades of practice in home canning and preserving. Currently, she focuses on consulting and writing for the food and technology industries. In her spare time, she teaches cooking and preserving classes, and volunteers at local farmers markets in Seattle.

Alpha Books introduced the successful Complete Idiot's Guide® series, which quickly expanded into other categories. Within its mission of "knowledge for life," Alpha brings other original non-fiction and how-to titles to adults who seek to learn new skills or enrich their lives. Alpha joined Penguin Group (USA) in 2003.

*The Home Preserving Bible* by Carole Cancler, New York: Alpha Books, 2012, Paperback, 464 pages, ISBN-13: 978-1615641925 is available nationwide beginning September 4, 21012 from booksellers and canning supply retailers with a suggested retail price of $21.

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