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# Naturally Sweet Food In Jars: 100 Preserves Made With Coconut, Maple, Honey, And More



## Synopsis

The Preserves You Love, SWEETER THAN EVER After years of addressing questions reducing sugar, substituting sugar, and leaving it out altogether, accomplished canner and author Marisa McClellan began to rejigger her recipes, helping her home canners enjoy the flavors of the season without the refined sugars. The result is Naturally Sweet Food in Jars, preserving in the tenor of today's health-conscious audience. The inventive spreads, dips, pickles, and whole fruits in McClellan's third preserving book use only unrefined sweeteners like maple sugar and syrup, coconut sugar, dates, agave, honey, and dried fruits and juices—and less of them. The book is organized by sweeteners, and includes recipes like Sriracha-style Hot Sauce (using honey), Date Pancake Syrup (with maple), Cantaloupe Basil Jam and Marinated Multicolored Peppers (both sweetened with agave), and Fennel and Parsley Relish (sweetened with fruit juice). Her trademark flavor combinations, seasonal awareness, and manageable small batches are here, too, for her longtime readers and a whole new audience, and are just as sweet.

## Book Information

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## Customer Reviews

As the previous reviewer, I too love this author. I have her two other books and enjoy using them for their ease and simplicity and straightforwardness. I'm relatively new to this hobby and I need simple! I thought perhaps this book would be a lot of repeats of her other books and nothing much to hoot and holler about, but I went through it from cover to cover with my sticky tags and have almost 2 dozen ready to dig into of new and innovative recipes. She must have stayed up nights thinking

about all the ways to expand our canning recipe horizons. I can't wait to get started again. I am going to first make some Boiled Cider Jelly bc I have some cider to use up. Then some Beet Ketchup caught my eye, bc I do not like cooked beets, I only like them shredded raw as in coleslaw. Beets are very healthy for you...and in this recipe, I could find myself eating more beets as a tasty ketchup. I also like how Marisa uses gram weights in her listing of ingredients bc when needing 2 1/2 cups of cut up onions, peppers, fruit, etc., the gram weight is also given so you are sure you are getting the amount you need. I just am funny that way, I really like the option of using a digital scale for some items since weight measurement gives consistent results jar after jar. Not only is it helpful for solid measuring, but she mentions that when measuring honey, maple syrup, agave, etc., it is easier to pour it directly into the pot to heat up instead of putting it in a measuring cup then scooping it out...we all know how we lose some of the contents that way and use a rubber spatula to get out every morsel. Bc she knows this, she wants to make even that user friendly, so she gives gram weights for those liquids too, you can pour it into the pot on a digital scale, and no scraping is needing.

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