

## 1: Canning peppers with vinegar - CookEatShare

*The quintessential Italian grandmother, Mamma D'Amato has been cooking and canning for friends, relatives and even senators (her son is outspoken New York Senator Alphonse D'Amato) for more than 60 years. In Cooking and Canning with Mamma D'Amato, she reveals the secrets of her Italian-American kitchen.*

It goes by many different names, NaCl, Halite also known as rock salt, sodium chloride, or salt. This crystalline mineral has been used for over 8, years in food flavorings, trade, religious rituals, and has caused wars because of its scarcity and benefits. It has been used to preserve meats primarily for many thousands of years. Salt is procured from a salt mine, shallow mineral rich spring pools, or from evaporating sea water. Did you know that the word salary is derived from salt? It is because, during the Roman Empire, Roman soldiers were often paid in salt. Sea and table salt is essentially the same thing. They maintain the same basic nutrition value and contain comparable amounts of sodium by weight. Because table salt has been processed into a much more compact salt crystal, it has a higher salty flavor than the other salts. Kosher Salt The difference between sea salt and kosher is that kosher salt has much larger crystal flakes so you have to add more kosher salt crystals to get the same flavoring of table salt. There is no difference between rough sea salt and kosher salt because both are minimally processed from their natural state. Kosher salt has no additives in it and is typically used for brining poultry, salt rubs for meat, or rimming your margarita glass. Canning salt is the purest form of salt. There is no removal of the other minerals during processing like in table salt, although canning salt contains more refined sodium crystals than sea or kosher salt. More importantly, there are no additives in canning salt; this means there are no anti-caking agents or iodine added. Because canning salt is pure, there is less sediment that will be left at the bottom of your canning jars after processing. Table salt is the worst salt to use in your canning, but in a pinch, it will do the job. Also know that if you use table salt in general, your canning liquid will be cloudy. Bottom line " table salt: There are lots of different types of sea salt; I like the Himalayan pink sea salt, it has a nice flavor. Typically coarse sea salt is measured 1 for 1 with table salt, but fine sea salt needs the addition of an extra teaspoon or tablespoon. She used it the same way as canning salt. This is a practical and simple way of continuing your canning day without pausing and dashing out the store for salt. Although depending on the brand you buy, some companies also put additives like anti-clumping agents into this type of salt as well. Bottom line " kosher salt: Simply put, while it is the purest form of salt around, no additives are introduced; all the hard work of grinding up sea or kosher salt is done for you. While having canning salt on hand would be ideal, you have to store it properly in an airtight and waterproof container. Bottom line " canning salt: Salt Shelf Life In case you were wondering, salt in all of its forms has an indefinite shelf life. It should be stored in non-metal containers and kept away from excessive moisture. Keep those two things in mind, and you can be certain that in 10 or 20 years your salt will still be there, ready for your next canning project. So are all these different types of salt a marketing ploy for more money and to fill your pantry shelves with four different kinds of salt?

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*Cooking and Canning with Mamma D'Amato has 3 ratings and 1 review. The quintessential Italian grandmother, Mamma D'Amato has been cooking and canning for.*

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*"Mamma D'Amato is the mother of Senator Alfonse D'Amato from New York, and he and his enthusiastic colleagues, fans of Mamma's incomparable lasagna, have for years raved about her cooking."--Jacket.*

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### 9: Antionette D'amato (Author of Cooking and Canning with Mamma D'Amato)

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