

THE PROCESS OF PRESERVING FOODS



The process of preserving foods by hermetically sealing and sterilization by heat was invented by Nicholas Appert of France in 1809. The French government had put out a call for anyone who may know of a way to keep food from spoiling to preserve food for army and navy use. It would take nearly 50 years for scientists to understand why this process ensured the preservation of food. By 1820 the process of canning reached the United States and in the late 19th century, American scientists perfected canning by understanding the time-temperature heating requirements for sterilizing canned foods. This method is still utilized all over the world today.



Recipe for Canning: Corn and Cherry Tomato Salsa