

FREEZING

- Food is tightly sealed and placed in very cold temperatures.
- **Works well with** - blanched ripe fruits and vegetables; sauces, soups, and stews; raw meats; some dairy products.

DRYING/DEHYDRATING

- Most moisture is removed from food through slow air drying or heating at a very, very low temperature.
- **Works well with** - fresh herbs; sliced fruits.

PICKLING

- An acid like vinegar, salt, and/or other ingredients are added to foods to preserve color and texture. This method often gives food a very tangy or salty taste.
- **Works well with** - fresh vegetables like cucumbers.

FERMENTING

- Beneficial bacteria or yeasts are allowed to grow on certain foods, which prevents bad bacteria from growing there. This method sometimes produces gas bubbles and gives food a slightly tangy taste.
- **Works well with** - milk products; bread dough; sweet drinks.