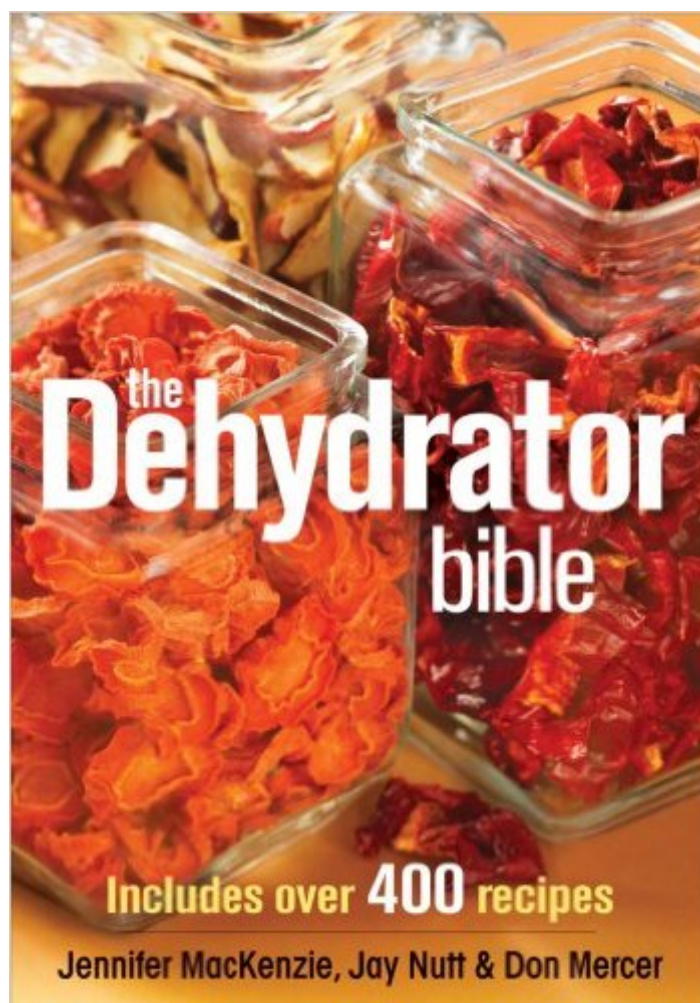


The book was found

The Dehydrator Bible: Includes Over 400 Recipes



Synopsis

A new update of the bestselling book in its field -- 100,000 in print. Whether grow-your-own, bought locally from a farmer's market, or fresh from a regular supermarket, seasonality still affects the quality, abundance and price of good food. It just makes sense to preserve food quality for those times when it's not as plentiful or not available at all. Dehydrating food with this terrific book is easy and creates tasty food year-round. Incorporating the age-old practices of food dehydration takes full advantage of what nature offers. All the wonderful recipes are still here and there is a bonus section on everything from pet treats to crafts and homemade gifts. What has changed is that the "Everything You Need to Know About Dehydrating Foods" section has been expanded to include even more comprehensive and complete information about dehydrating foods along with even more tips and techniques. There are more than 150 recipes for dehydrating everything from herbs and seasonings to fruits, vegetables, meats and fish, plus more than 250 delicious recipes that actually use the dehydrated foods as ingredients. Putting home-preserved food to work for home, RV, boat or campsite has never been easier. The easy-to-follow drying instructions along with time guidelines make even a novice cook feel like a seasoned professional. Planting a few extra rows of tomatoes or beans, picking many strawberries at their peak or buying that big basket of freshly harvested carrots can really pay off later. Loading up the dehydrator will provide personally dried foods the whole year through.

Book Information

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Customer Reviews

THE DEHYDRATOR BIBLE is exactly what I hoped it would be when I ordered it: An excellent dehydrating reference and recipe book that supplements the brief "getting started" guide that came

in the box with my Nesco FD-75PR 700-Watt Food Dehydrator. The book begins with a clear, easy-to-understand chapter that explains how drying works, how to tell when food is dry enough, how to store dried food properly, and when to rehydrate food. It also includes general troubleshooting tips. Next, the book has useful charts that tell you how to handle dehydration for specific herbs (e.g., cilantro, mint, parsley), fruits (e.g., cherries, citrus fruits, peaches, pineapple), and vegetables (e.g., asparagus, radishes, sweet potatoes, tomatoes). For each type of produce, the authors discuss preparation (peel, cut into quarters, etc.), drying (how to arrange on trays, what temperature to use), time (hours required for drying), doneness test (e.g., plums should feel dry and leathery), and tips (e.g., blue or Italian plums give the nicest texture). The book has similar charts for beans, tofu, grains, and dairy products. It also includes a chapter on methods for dehydrating meat, poultry, and fish. The bulk of the book has recipes for cooking "at home" and "on the trail" with dehydrated foods. These recipes are interesting to me, even though I intend to use my dehydrator mostly for fixing fruit snacks, beef jerky, and dried herbs. Should I end up with too many dried peach slices, for example, I can use them to make "Warm Peaches With Ginger".

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