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Dehydration: A Basic Guide To Food Drying



Synopsis

Food drying, also known as food dehydration has been around as long as man has been hunting and catching his prey. Food dehydration is the process of removing water from food to prevent food from spoiling by inhibiting the growth of bacteria and microorganisms, while still retaining most of its nutritional value. With life's uncertainties, natural disasters such as hurricane Katrina & Sandy and the latest killer typhoon to hit the Philippines, it is advised that everyone have a food bank as part of their emergency survival kit. Dehydrated foods, if preserved and stored correctly can last for several years, although the recommended usage time is one year. In this eBook we list foods which are best for dehydration, preparation and drying times for fruits and vegetables, and include some basic dehydration recipes for beef jerky and fruit & vegetable leathers.

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Customer Reviews

This is such a great book!! Everything you need to know about dried food and the process of drying food are in here. This book lists the benefits of drying food toward your health. Best of all the direction on how to dry food is made in a way that anyone can do. I personally loved best is that it

gives a guidelines of the drying time. This a really great to have.

Making apple leather regularly. Four trays takes about 4 1/2 hours. I love it for this in partiicular.

Makes wonderful fun snack.. Dried apples and zuchini did not turn out as I expected. I did not care for them so for now, it is reserved for the apple leather = just apple sauce, cinnamon and a tiny bit of Splenda. Just turn it on and forget it for hours while it does the job.

I liked this book. It has good basic information and explains clearly what you have to do to get good results. I no longer have the energy to spend long hours canning and have gone to dehydration to save garden food for winter use. Your methods are sound and I like the explanations. You also give hints on how to use what you save. Good Book

I have been very interested in food dehydration since my mom bought a food dehydrator and went to to town dehydrating everything she got her hands on. Lets just say there was an abundance of banana chips and apples at our house. My mom even attempted to make jerky which in my opinion was a disaster, but I have never been a huge fan of jerky anyway. I didn't know there was so many things you could dehydrate!!! After reading this book I am intrigued to get my own dehydrator and start dehydrating some food! Not to mention the health benefits to this method. This book is not only super informative about the history and health benefits to dehydration but it tells you how to prepare and dehydrate fruits, vegetables, meats, herbs, etc. It's definitely a must read!!

This is a great book for people interested in drying fruits or food. learn how to dehydrate food and fruits properly. This book even provides a few different recipes and step by step instructions for dehydrating, which can be good for beginners. the benefits of dehydrating food and fruits are also explained. good way to make your own snacks.

Recipes instructions were clear. Loads of tips and information on drying herbs,vegetables,and fruits. I will be making some of the fruit leathers.

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How To Dehydrate, Dry, and Preserve Your Food Food Drying: Food Dehydration and Safe Storage
How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition
(Preserving Herbs, Drying Food, Herbs And Spices) Food Dehydrator Cookbook: A basic guide to

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