



Dehydrating at Home: Getting the Best from Your Dehydrator, from Fruit Leather to Meat Jerkies

Michelle Keogh

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Dehydrating at Home is a practical guide to transforming perishable fruits, vegetables, meats, as well as nuts, seeds, herbs and spices into a pantry of nutritional wonders with a long shelf life. The book takes readers through the entire process for each type of dehydrating with delicious recipes and handy hints and tips. Practical step-by-step instructions ensure that dehydrations are perfect the first time and every time, and innovative flavor combinations will inspire dehydrated delicacies.

The book gives experienced advice on all aspects of food dehydrating, including:

- The advantages of dehydrating at home
- How a food dehydrator works its magic while preventing bacteria growth
- Notes on food safety and retaining flavor and color
- Foods best suited to dehydration
- Variables that affect drying time, such as humidity, food thickness, fat and sugar content
- Preparing food for dehydration
- How to prevent unwanted browning of fruits
- Safe storage
- How to purchase and maintain a dehydrator, plus the best accessories.

Seven chapters cover all foods that can be dehydrated:

- Fruits -- Quick and easy recipes include Double-Dehydrated Coconut Bananas, Apple Pie Cookies, Watermelon Chips with Lime
- Vegetables -- Savory snacks and recipes for preserving a harvest include Kale Chips, Maple-Dipped Fiddleheads, Garlic Zucchini Chips, Honey Orange Beet Chips, Jalapenos
- Leathers -- Roll Ups that children (and adults) will love include Strawberry and Apple, Blueberry with Lemon Curd, Polka Dot Fruit
- Jerky -- Easy recipes for meat, poultry, and fish jerky include Classic Beef, Teriyaki Beef, Turkey, Smoked Salmon, Chinese Pork
- Nuts and Seeds -- Delicious high-protein snacks full of healthy fats include Cajun Pecans, Tamari Almonds, Flaxseed Crackers
- Herbs and Seasonings -- Delicious, long-lasting ingredients for aromatic additions to every meal include Herbs (Parsley, Chives, Thyme, etc.), Vegetable Powders, Ginger, Hot Chili Flakes
- Pet Treats -- The easy ways to watch the health of a pet include Sweet Potato Treats, Chicken Treats, Salmon Skin Nip.

Dehydrating At Home is the ideal reference for cooks with beginning and extensive dehydrating experience alike.

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Shiela Steen:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they doing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled Dehydrating at Home: Getting the Best from Your Dehydrator, from Fruit Leather to Meat Jerkies can be fine book to read. May be it can be best activity to you.

Samantha Bond:

A lot of people always spent their free time to vacation or go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a e-book. The book Dehydrating at Home: Getting the Best from Your Dehydrator, from Fruit Leather to Meat Jerkies it is extremely good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore easily to read this book through your smart phone. The price is not too costly but this book offers high quality.

Adam Gutierrez:

What is your hobby? Have you heard that question when you got pupils? We believe that that question was given by teacher for their students. Many kinds of hobby, All people has different hobby. And you know that little person including reading or as looking at become their hobby. You need to know that reading is very

important along with book as to be the issue. Book is important thing to add you knowledge, except your current teacher or lecturer. You see good news or update in relation to something by book. Different categories of books that can you go onto be your object. One of them is this Dehydrating at Home: Getting the Best from Your Dehydrator, from Fruit Leather to Meat Jerkies.

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