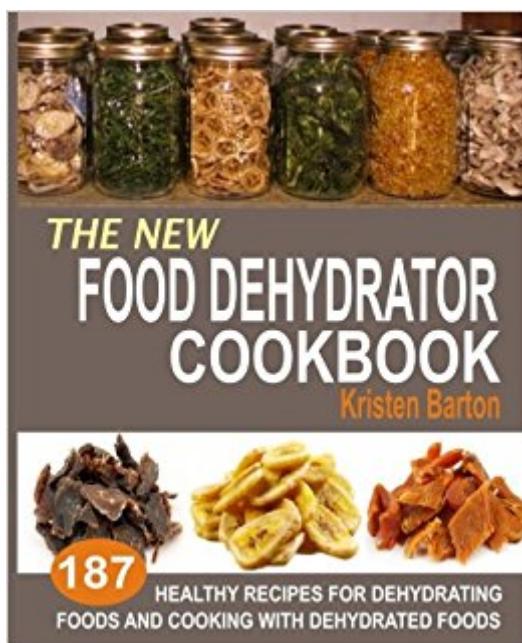


The book was found

# The New Food Dehydrator Cookbook: 187 Healthy Recipes For Dehydrating Foods And Cooking With Dehydrated Foods



## Synopsis

Dehydrating is not just the oldest form of food preservation known to man, it is a great way to have healthy food on your table in season and out of season. The New Food Dehydrator Cookbook contains 187 step by step recipes for creating dehydrated fruits, vegetables, meat, fish, snacks and other foods with intense flavor. You can make the most of your garden harvest, take advantage of sales and cut down the cost of making meals for your family. And most of all, you will know that you are eating healthy food preserved without chemicals. Your kids will love the healthy snacks and meals will be more interesting with the variety of dried ingredients at your disposal. Dehydrating your own potatoes, carrots, onions and other staples means no more last minute runs to the grocery store. Part 1 of The New Food Dehydrator Cookbook provides 137 recipes for dehydrating all types of food including: Dehydrating Fruits And Nuts Dehydrating Vegetables And Mushrooms Dehydrating Meats, Poultry, Seafoods (Jerkies) Dehydrating Grains And Seeds Dehydrating Herbs, Flowers And Making Tea Blends Powders (Spices) And Leathers Dehydrating Herbs, Flowers And Making Tea Blends Dehydrated Tofu, Eggs And Dairy Part 2 has 50 recipes for cooking with dehydrated ingredients including: Breakfast And Brunch Soups, Stews And Chili Meat, Poultry And Seafood Entries Vegetarian And Vegan Entries Sides, Sauces, Stuffings, Pickles & Salsas Desserts Additional information includes Success Tips For Dehydrating, Pretreating Food Before Dehydrating, How To Pack And Store Dried Food, Rehydrating Food and Choosing A Good Dehydrator.

## Book Information

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## Customer Reviews

This is a great read! A multitude of recipes with thorough instructions. I've spotted a couple recipes with errors (Chicken and Rice Salad and Dried Fruit Filling). I believe instead of 1D2 it means 1/2, etc. I'm looking forward to trying many of these ideas.

Good information in the first half of the book. Was not impressed with the recipes.

Our go to book! We are new to dehydrating but I honestly think that we have done everything in here except for dehydrating eggs. Still not quite sure of that one. Anyone know how long this will stay good on the shelf? We vacuum bag everything after dehydration.

Great book - easy to follow directions - just what I was looking for

gift

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