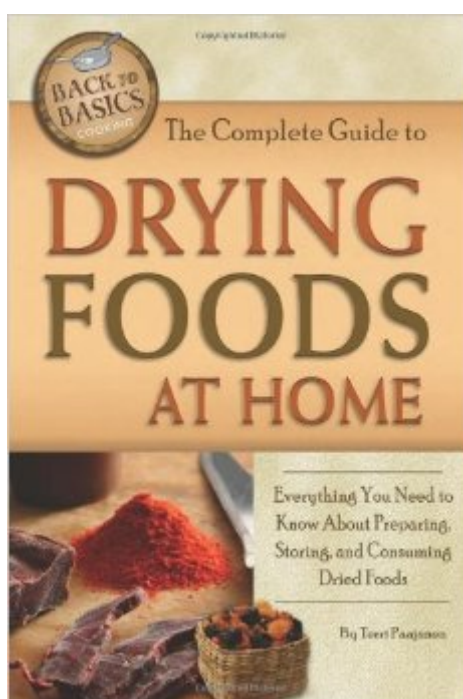


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# The Complete Guide To Drying Foods At Home: Everything You Need To Know About Preparing, Storing, And Consuming Dried Foods (Back To Basics)



## **Synopsis**

Food dehydration is not just for prunes and raisins any more; a recent U.S. study revealed that the dried and dehydrated food industry made more than \$6 billion in revenue in 2009 alone. Thanks to advances in technology, dehydrating foods at home has become easier than ever, allowing you to lock in food's nutritional value while eliminating the water content that causes foods to grow bacteria and mold. Drying foods also gives you a source of raw, nutrient-rich food that is easily available and requires no additional preparation. *The Complete Guide to Drying Foods at Home* provides you with all the information necessary for drying fruits, vegetables, meats, herbs, grains, and even dairy products. This book will provide you with instructions on how to dry foods using a food dehydrator and will also offer you simpler alternatives for how to dehydrate foods using an oven, microwave, or even the sun. You will learn what equipment you need to get started and how to properly store your food to ensure optimal freshness. This book also provides you with recipes for any meal of the day, whether you are looking for an easy breakfast alternative or a quick soup you can prepare for lunch. You will even learn how to prepare foods for young children and pets. Drying your foods will not only provide you with timesaving options for ways to prepare your meals, it will also allow you to reduce the amount of food you throw out each month. Researchers at the University of Arizona found that the average family wastes 14 percent of their food purchases; learning how to dehydrate and store dry foods can ensure the money you spend on groceries will not be thrown out with the trash. We have spent hundreds of hours interviewing dozens of experts who will provide you with all the information you need to start dehydrating your foods. We've spoken with nutritionists and busy parents who advocate drying foods as a way to save time and still prepare healthy meals. This book is filled with delicious recipes and practical tips to help you and your family enjoy the economic and health benefits that dehydrated foods offer. Whether you are looking for money-saving dinner options or a quick recipe for a high-protein trail mix, *The Complete Guide to Drying Foods at Home* offers you all the information you need to start cooking and eating smarter.

## **Book Information**

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## Customer Reviews

"The Complete Guide to Drying Foods at Home" by Terri Paajanen is a comprehensive guide on all the ways to dry and store foods. The author covers all types of drying methods: sun drying, air drying, oven drying, food dehydrators, and microwave drying and explains the drawbacks and benefits of each method. But that isn't all, the author also gives a little history about drying foods, how to properly store it, and using dehydrated foods. For those who are just beginners at drying foods and those who have been doing it for a while, this book is for all those in that range. Ms. Paajanen does an excellent job with educating the reader on the history of drying foods, the different methods, proper storage, safety, what can be dried, using dehydrated foods, and she gives a ton of recipes incorporating dried foods. One example of a recipe in this book: Spiced Apple Leather  
4 apples  
1/2 cup water or apple juice  
1/4 tsp cinnamon  
1/8 tsp cloves  
When she is covering how to dry fruits, vegetables, herbs, bread, nuts, etc., she also gives directions on how to dry them using each method and which method is the best for that item. This book will need to be kept on hand in the kitchen as it will be frequently referred to!

There are many advantages to drying foods at home, such as saving money by buying in bulk, reducing food waste and keeping your food healthful and nutritious, and as Paajanen goes on to explain, home dehydration is not as difficult as you might think. First you need to decide which method of drying you prefer to use. Some methods, such as sun or oven drying may not be suitable for all foods because of the time the process takes and the exposure to moisture or bacteria. Other options such as using a microwave or a food dehydrator are suitable for just about any food. Once you have decided on your method, this book will guide you through the whole range of foods you might want to dry at home. Packed with useful information, it explains not only which the best method for each food is, but also how to prepare the food first, and how long the dehydration process will take. A chapter on storage will help you make sure you keep your dehydrated food

fresh and dry until you want to use it. If that's not enough, Paajanen has also created a wide range of delicious recipes you can make with the food you have dehydrated. From vegetables to fruit, meat and even mushrooms, this book will guide you through the home dehydration process. It is a reader-friendly book that doesn't miss a step from cleaning and preparing the food to storing and cooking it.

If you are new to dehydrators this is a good tool. Open my eyes to what I can do. Was concerned with food safety and this dealt with that very well. Good buy.

Nah find another book. This book is poorly written and the index is worthless. There are no entries in the index for the letter "A" although apples and acid dips are covered in the book. Much of the content is repetitive space filling. The book lacks specific information, for example on page 77 about bananas "Treatment: Treat with a dip to prevent browning", nothing about what type of treatment should be used or where to find it in the book.

The book does have plenty of info on preparing and drying many fruits and vegetables, etc. So, from that respect, it's okay. But most of any given section - let's say on vegetables - consists of recipes, growing your own, and other somewhat unrelated topics. So most of the book is not reflective of the title. Unless, of course, that kind of information is what you seek. I also found that the parts specifically addressing the drying process can be found easily on the internet; and more quickly than reading this book. I guess I was really just disappointed - expecting better/more information on drying, and possibly some "secrets" or "shortcuts" that may have taken me weeks to find on the web - and not finding it (in the book).

The Complete Guide could have been useful if it set some benchmarks, such as how long in the dehydrator of a certain power level for so many apples. That way I could have made adjustments for the unit I have. This book provides even less guidance than the booklet that came with the Nesco FD-1040 Digital Dehydrator I purchased. I ended up using trial and error to find what works. Some of the times in the book differ by over 100% from shortest to longest time, but with no explanation on why so I could adjust. I am new to dehydrating and more than once I opened the dehydrator to check how close I was. The book mentions that the fruit can be coated with honey, but never says how to adjust the time. I underestimated that one by 4 hours. This book fails as a guide because it refuses to recognize there are so many food dehydrators on the market. There are well over 100

dehydrators in alone, some are commercial but most are for home use. Shapes are different, power levels are different, designs are different. It is almost an impossible task to write such a book if you want to do it well. It reminds me of those auto repair manuals that purport to cover all Chevrolet sedans from 1996 to 2007 (e.g. 'Step 1: Remove engine'). I should have recognized that when something says 'Complete' and 'Everything You Need to Know' that it isn't and I should look elsewhere.

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