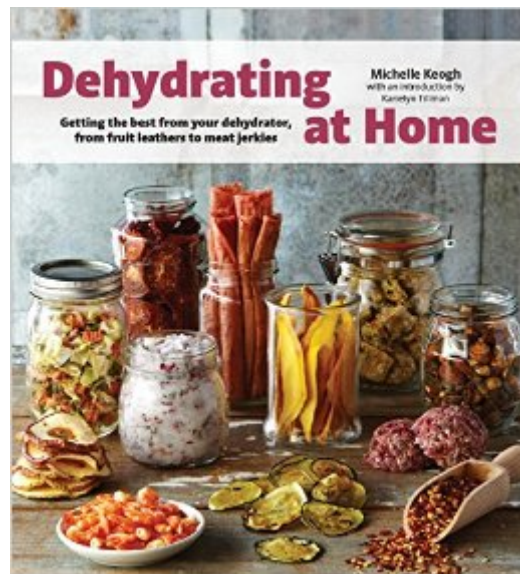


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# Dehydrating At Home: Getting The Best From Your Dehydrator, From Fruit Leather To Meat Jerkies



## Synopsis

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.

## Book Information

Paperback: 192 pages

Publisher: Firefly Books (August 27, 2015)

Language: English

ISBN-10: 1770855866

ISBN-13: 978-1770855861

Product Dimensions: 7.8 x 0.6 x 8.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars (See all reviews) (20 customer reviews)

Best Sellers Rank: #37,888 in Books (See Top 100 in Books) #9 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #17 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #62 in Books > Cookbooks, Food & Wine > Canning & Preserving

## Customer Reviews

I love hearing my dehydrator run! I know it is working hard to help preserve food for my family. "Dehydrating at Home" is the latest addition to my collection of dehydrator guides. This one is very different. Although the publishing house is Firefly, the look of this book is very DK Publishing; thick glossy paper and beautiful full color pictures of most recipes. However, this is not a complete guide to basic dehydrating. Instead, it is a contemporary take on many staples of this method of preservation. For example, instead of "How to make fruit leathers" that you might expect to contain hints and differences for a variety of fruits, there are these recipes: Blueberry and Lemon Curd Leather, Chocolate Cherry Leather, Peanut Butter and Jelly Leather, Salted Caramel Apple Leather. Under "Vegetables" you will find the expected tomatoes but then: Radishes, Kale Chips, Tamari Carrots, BBQ Sweet Potato Chips, Honey Orange Beet Chips. "Jerky" yields the familiar recipes for classic, hot and spicy and teriyaki but then: Chinese Pork Jerky, Salmon Jerky, Dried Shrimp, Salt Cod Jerky. Each section is full of surprising and tasty new ideas. The recipes I have tried have worked perfectly, been easy to prepare, and have been gobbled up by my family. My caution would be to add this to another, more comprehensive book such as "The Dehydrating Bible". While Salted Caramel Fruit Leather is fun to make and yummy to eat, should you ever need to rely on the foods you have dried to feed your family, this would not be the type of food that would sustain you. This book should be seen more as a book of treats than staples to store.

I'm picky about giving out a 5 star on any book but this one really does deserve it. I am so totally impressed with the amount of information and the recipes. These are recipes that lots of people will use and they are of items you would usually have in your refrigerator, cabinet or on the shelf. Just the photos alone will make you drool. I had a dehydrator years ago and never used it because all I could find for recipes was things I really didn't care for or were cheaper to buy. I am now considering getting another one since a.) Dehydrators are more efficient now, b.) They are more cost effective, and c.) it's just getting to darn expensive to go grocery shopping. I do quite a bit of canning and freezing so now I think this is my next step to cutting my grocery bill and eating more healthy without extra added chemicals. Apples are in season right now and guess who loves apple rings. The

recipe in here is for Cinnamon Apple Rings and they look delicious. I love Rhubarb and they have Maple Syrup Dipped Rhubarb. YUM! Make your own Watermelon Chips from a fresh ripe watermelon. So many wonderful recipes from a number of categories. With the recipes in this book I'm sure even the kiddo's will be in love with eating healthy. Why buy fruit roll-ups full of chemicals when you can make your own and know exactly what is in them. Do some veggies or how about some Dried Shrimp or Salmon Jerky. Make your own crackers, do some nuts up with your favorite flavorings. Even cookies, entree's, breads, or how about dehydrated pasta sauce. There is just so much here. I highly recommend this Dehydrating Book to add to your already growing cookbook collection. Want to save a bit of money in the long run then really think about the old ways of preserving without adding all that extra junk that most of us cannot even pronounce.

I've had a very dehydrator sitting in a kitchen cupboard doing nothing. I used it a few years ago for some simple dried fruit but haven't used it since. (Out of sight, out of mind). I know that all I have to do is go to the Internet and look up some recipes but I never got around to it. When this book became available to preview I thought this was a good motivator. This book, like many cookbooks is laid out very nicely and has beautifully done photographs of the finished products. I read the entire book in one sitting so I must say it's not too complicated or extensive. Many cookbooks claim to have healthy recipes and don't but this one does. I'm looking forward to making most of what's contained in this book. Contents: Introduction Basics Fruits Vegetables Leathers Jerky Nuts and Seeds Crackers and Flatbreads Herbs and Seasonings Breakfast Entrées Desserts Main Meals Pets Treats Other Household Uses The book is 192 pages printed on a nice thick glassy paper. Every recipe is easy enough to be completed by even the most novice chef. The only downfall I see in this book is the Internet. With literally hundreds of thousands of recipes on your phone, tablet or computer at your fingertips is any cookbook really necessary anymore?

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Dehydrating Food - A Beginner's Guide

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