

The Beginners Guide To Dehydrating Food 2nd Edition How To Preserve All Your Favorite Vegetables Fruits Meats And Herbs

Dry your favorite fruits, vegetables, and meats, making incredible mealswith the results.

Reading this book, you'll learn: How dehydration works and how food can be preserved from spoiling; Step by Step guide to dehydrating different foods at home; Benefits of dehydrating your food; Different methods of dehydration of food.

Perfect for Cooks & Bakers: **How to Preserve All Your Favorite Foods** When veggies are at their peak of the season, this preserving compendium covering nearly every vegetable is your one-stop source. Brimming with 100 recipes, beautiful full-page color images, step-by-step preservation methods and handy reference charts, this foolproof guide will help you master canning & pickling, fermenting, dehydrating and freezing the most common garden produce. Angi Schneider is a master of preserving. She shares methods that emphasize simplicity yet keep the flavors exciting, and shares tips for working your preserved foods into your family's regular meal plan so nothing goes to waste. A sampling of Angi's everyday family-approved recipes featured in this book are: • Canned Dilly Asparagus • Fermented Corn Salads • Dried Asian Broccoli Crisps • Frozen Carrot Top Pesto • Dried Scalloped Potatoes • Canned Marinara • Dried Pumpkin Pie Roll Ups • And so much more! Angi guides you through the basics of each preservation method, then shares an A to Z guide to preserving common garden vegetables. From asparagus to zucchini and everything in between. Each veggie's chapter includes Angi's growing tips, a reference chart and at least one recipe for each preservation method starting that vegetable. Whether you want to become a more self-sufficient household, reduce food waste for a greener planet or make the most of the fresh produce you have on hand, see how easy and fun it is to fill your pantry with preserved foods your family will be excited to eat.

Dehydrators have transitioned from the kitchens of the world's best chefs onto the wedding registry-and this book reveals why. There's no dinner party with friends, school lunchbox, or weekend-backpack dry bag that isn't made more delicious and nutritious thanks to a dehydrator. In this book are the secrets of creating who-knew-treats-all-kinds-of-jerky, fruit leathers, savory vegetable crisps, flavor-packed powders that add oomph to your cooking, and perfect melt-in-your-mouth meringues. Eighty recipes include ways to incorporate your dried creations in your baking, cooking, and cocktails. Maybe you didn't know you needed a dehydrator. Now you do!

The Complete Beginner's Guide to Dehydrate, Preserve and Store Food with Simple and Healthy Recipes

The Ultimate Air Fryer Oven Cookbook

Fermentation for Beginners: The Step-by-Step Guide to Fermentation and Probiotic Foods

The Ultimate Beginner's Guide to Dehydrating Food: Including Vegetables, Fruit, Meat and More. 50+ Tasty Recipes

Dehydrated Food Recipes

The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals

Preserve Fresh Fruits, Vegetables, Herbs, and Meat with a Dehydrator, a Kitchen Oven, or the Sun

Learn to use your Excalibur Food Dehydrator like a Pro! Get the most out of your Excalibur Dehydrator with 100 delicious recipes and illustrated "how to" instructions tailored specifically for the Excalibur. Want to spend your time creating delicious meals, sides and desserts instead of reading a manual? Then this book is for you! Designed to be the perfect companion for anyone who owns an Excalibur Food Dehydrator, this book contains the following:
LEARN HOW TO: – make a huge selection of perfect meat and fruit jerky and fruit rolls – make delicious gluten-free bread and crackers – create an amazing variety of teas – make exotic and healthy spices – get the absolute most out of your Excalibur. **LEARN HOW TO AVOID:** – wasting food (and save money while you're at it!) – longer than needed dehydration times – messy, sticky dehydrator trays – mediocre results instead of consistent, reliable results. **OUR SIMPLE, NO-RISK GUARANTEE:** Learn how to prepare food with your Excalibur like a pro and enjoy the most tender and flavorful meals, sides and desserts your family and friends will love or we will happily refund you! If you're ready to enjoy the best meals you've ever tasted, then hit that "Add to Cart" button now! **FREE SHIPPING** for Amazon Prime members.

The dehydrator is an incredibly useful tool for long-term food storage and making the most of your garden harvest.

Harness The Power Of Food Dehydration! The Ultimate Beginners Guide to Health Food Dehydration Are You Ready To Improve Your Life With The Food Dehydration? If So You've Come To The Right Place... Here's A Preview Of What This Food Dehydration Contains... An Overview of Food Dehydration Benefits of Dehydrating Your Own Food Dehydration Methods & Techniques Explained Foods You Should & Shouldn't Dehydrate (Must Read!)
Essentials of Drying Food Vegetables and Mushrooms Fruit Recipes Meat and Seafood Edible Flowers for Infusions and Tisanes And Much, Much More! Purchase Your Copy Now And Let's Get Started!

Dehydrating is the ultimate and most versatile way to store food. Even if you've never used a dehydrator before, this book's easy-to-follow instructions will help you learn the craft faster than you thought possible. More precisely, the book will teach you: The basis of dehydration, including what it is, why it is important to dehydrate, how it works, and the many benefits of dehydrating foods. The best foods for dehydrating, including the timing for dehydrating different foods, the different methods of dehydrating, including the modern types of dehydrators, and how to choose an ideal dehydration method. Steps to take to dehydrate different foods, including the place of pre-treating food in the process and how to do it right How to properly store the food you've dehydrated, including the golden rules for perfect storage. Some pro tips for dehydration and all about rehydration Easy to make dehydration recipes for herbs, tea blends, and flowers, with the necessary ingredients and clear and concise instructions on how to prepare each perfectly. How to prepare, pre-heat, and dry fruits, including the place of fruit leather and how to prepare it. A collection of tasty fruit recipes, with elaborate ingredients and easy to follow instructions to make sure you prepare each recipe perfectly. How to pre-treat, prepare, and dry vegetables, with step-by-step guides on how to dehydrate common vegetables and some tasty vegetable recipes. If you're drying in the sun, using an electric food dehydrator or drying in the oven, this book will show you how easy it is to preserve food in a way that makes it last longer than freezing or canning.

Canning, Pickling, Fermenting, Dehydrating and Freezing Your Favorite Fresh Produce

Grow It... Dry It... Enjoy It!

Making Great Dehydrated Meals for Backcountry Adventures

The Beginner's Guide to Dehydrating Vegetables, Fruits, Meat, and Other Foods at Home with Easy Recipes

How to Can, Freeze, Dehydrate, and Ferment Your Garden's Goodness

The Ultimate Beginners Guide to Health Food Dehydration

The Ultimate Recipe Guide

*Everything you need to know to can and preserve your own food With the cost of living continuing to rise, more and more people are saving money and eating healthier by canning and preserving food at home. This easy-to-follow guide is perfect for you if you want to learn how to can and preserve your own food, as well as if you're an experienced canner and preserver looking to expand your repertoire with the great new and updated recipes contained in this book. Inside you'll find clear, hands-on instruction in the basic techniques for everything from freezing and pickling to drying and juicing. There's plenty of information on the latest equipment for creating and storing your own healthy foods. Plus, you'll see how you can cut your food costs while controlling the quality of the food your family eats. Everything you need to know about freezing, canning, preserving, pickling, drying, juicing, and root cellaring Explains the many great benefits of canning and preserving, including eating healthier and developing self-reliance Features new recipes that include preparation, cooking, and processing times **Any Jeanroy is the Herb Garden Guide for About.com and Karen Ward is a member of the International Association of Culinary Professionals If you want to save money, eat healthier, get back to basics, and eat healthier, Canning & Preserving For Dummies, 2nd Edition is your ideal resource!***

A comprehensive guide to food preservation techniques for beginners whether you're a gardener, a hunter, or just a curious home cook, preserving food can be a practical way to produce a wide range of delicious flavors—from sweet and summery strawberry jam to spicy kimchi and savory smoked bacon. The Beginner's Guide to Preserving is packed with detailed information and beginner-friendly guidance for a variety of preservation methods, plus 65 flavorful recipes to put these techniques into action. Learn the essentials of food preservation, and get instructions for pressure and water bath canning, fermenting, dehydrating, salting, smoking, and freezing. The book about preserving food includes: A path to success—Organized by preservation method, each chapter starts with essential tips on safety, terms to know, and a step-by-step guide for your first time using that technique. How-to illustrations—Learn how to safely preserve a wide range of foods with the help of instructional illustrations and clear, simple directions. Handy charts—Explore troubleshooting tips and convenient food charts, complete with prep notes, approximate yield, and processing time for each method. A range of recipes—Discover recipes for classics like dried pickles and baked beans, as well as creative new flavors like wine jelly and tomato leather. Discover the joy of preserving food with help from the Beginner's Guide to Preserving.

This guide to dehydrated foods introduces the history and economic benefits of drying foods and shows how to equip a kitchen, shop for ingredients, and stay safe during food prep. It also teaches proper techniques and reviews the tools needed to make basic recipes for dried fruits, vegetables, and herbs, as well as dried dairy products and meat jerkies. Includes a glossary of terms, further resources, and a list of frequently asked troubleshooting questions.

Dehydrating is the ultimate and most versatile way to store food. Even if you've never used a dehydrate before, this book's easy-to-follow instructions will help you learn the craft faster than you thought possible. More precisely, the book will teach you: The basis of dehydration, including what it is, why it is important to dehydrate, how it works, and the many benefits of dehydrating foods. The best foods for dehydrating, including the timing for dehydrating different foods, the different methods of dehydrating, including the modern types of dehydrators, and how to choose an ideal dehydration method. Steps to take to dehydrate different foods, including the place of pre-treating food in the process and how to do it right How to properly store the food you've dehydrated, including the golden rules for perfect storage. Some pro tips for dehydration and all about rehydration Easy to make dehydration recipes for herbs, tea blends, and flowers, with the necessary ingredients and clear and concise instructions on how to prepare each perfectly. How to prepare, pre-heat, and dry fruits, including the place of fruit leather and how to prepare it. A collection of tasty fruit recipes, with elaborate ingredients and easy to follow instructions to make sure you prepare each recipe perfectly. How to pre-treat, prepare, and dry vegetables, with step-by-step guides on how to dehydrate common vegetables and some tasty vegetable recipes. If you're drying in the sun, using an electric food dehydrator or drying in the oven, this book will show you how easy it is to preserve food in a way that makes it last longer than freezing or canning. Get your copy today, go ahead to the top of the page and order the book!!!

The Beginner's Guide to Dehydrating Food, 2nd Edition

Dehydrating at Home

A Beginner's Guide

Home Book of Smoke Cooking Meat, Fish & Game

Backcountry Eats

Prepper's Dehydrator Handbook

The Ultimate Dehydrator Cookbook

With this book, A. D. Livingston combines a lifetime of Southern culinary knowledge with his own love of authentic home smoking and curing techniques. He teaches how to prepare smoked and salted hams, fish, jerky, and game—adapting today's materials to yesterday's traditional methods. As he writes, "you can smoke a better fish than you can buy, and you can cure a better ham without the use of any chemicals except ordinary salt and good hardwood smoke." This book shows you how, and includes more than fifty recipes—such as Country Ham with Redeye Gravy, Canadian Bacon, Scandinavian Salt Fish, and Venison Jerky—as well as complete instructions for: " Preparing salted, dried fish " Preparing planked fish, or gravlax " Building a modern walk-in smokehouse " Constructing small-scale barbecue smokers " Choosing woods and fuels for smoking " Salt-curing country ham and other meats

Freeze, dry, can, royl cellar, and brine your favorite produce right at home. Janet Chadwick's introduction to the world of preserving provides step-by-step instructions and inspiring easy-to-follow recipes. Pick up a crate of inexpensive, less-than-perfect tomatoes at the farmers' market and turn them into jars of spicy salsa, or buy a few extra peaches and can a delicious batch of jam to serve with Sunday breakfast. You'll extend the summer harvest and find yourself serving up delicious, locally grown food all year long.

The Solar Food Dryer describes how to use solar energy to dry your food instead of costly electricity. With your own solar-powered food dryer, you can quickly and efficiently dry all your extra garden veggies, fruits, and herbs to preserve their goodness all year long—with free sunshine! Applicable to a wide geography—wherever gardens grow—this well-illustrated book includes: • Complete step-by-step plans for building a high-performance, low-cost solar food dryer from readily available materials • Solar energy design concepts • Dry drying tips and recipes, references, solar charts, and more Eben Fodor is an organic gardener with a background in solar energy and engineering. He works as a community planning consultant in Eugene, Oregon.

Move beyond dried apricots and jerky into the amazing world of healthy and delicious dried foods! This ultimate food drying resource has something for everyone: vegetarians, natural and raw food enthusiasts, hunters, fishermen, gourmet cooks, gardeners, and hikers. Children will love the yummy fruit roll-ups. Everyone will be thrilled at how easy it is to preserve fruits, vegetables, and herbs without chemicals or preservatives. Animal lovers will enjoy making treats for dogs, cats, and birds. With more than thirty years of food drying experience, author Mary T. Ball offers straightforward and practical instructions for drying everything from apples to zucchini, without ignoring traditional favorites such as jerky, mushrooms, and bananas. Readers will also find innovative and delicious recipes for cooking and baking with dried foods. The Essential Guide to Food Drying gives readers the recipes, instructions, and inspiration they need to get the most out of their home food dehydrators.

The Ultimate Beginner's Guide to Dehydrating Food: Including Vegetables, Fruit, Meat & More. 50+ Tasty Recipes

Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes

Dried & True

The Pickled Pantry

101 Simple Small Batch Recipes

Canning and Preserving For Dummies

The Food Dehydrating Bible

With the easy-to-follow, step-by-step directions here, anyone can have fun, save money, and create delicious meals by dehydrating food. Learn the basic methods—sun drying, oven drying, net bag, and commercial food dehydrators—before moving on to drying herbs for tea, making your own tasty (and healthier) jerky, and so much more. Also included is a section on the nutritional benefits of drying food. With 164 recipes ranging from breads to desserts, soups to pies, and cereals to entrees, Dehydrating Food is a book for anyone who is interested in learning how to save money and create delicious meals by drying their own food.

Be Well Prepared and Well Fed! With all the uncertainty in the world today, there is peace in preparing. In an emergency, you don't want to depend on a grocery store or government agency to feed your family. Storing food assures your family's self-sufficiency year-round and benefits your budget when you plan correctly. This in-depth, nuts-and-bolts guide to storing food teaches you a variety of food storage methods that you can customize to meet your family's unique circumstances including family size, tastes, ages, health concerns, income, and living conditions. This is not a generic manual on stocking dehydrated meals that have ten-year shelf lives. It's the guide to storing foods your family loves so you can eat well no matter what challenges life throws at you. Inside you'll find: • Food-storage options for 72-hour emergency kits, short-term emergencies and long-term survival. • Food-storage planning methods that incorporate the foods and meals your family loves. • Tips for how to maintain balance and variety in your food storage. • Budget-friendly ways to purchase food for storage. • Easy and practical ideas for cooking with food in storage so nothing expires or goes to waste. • Organization and storage methods for easy food store maintenance. • Water storage and purification methods. • Canning, freezing and dehydrating methods to preserve food you produce at home. Storing food gives you the freedom to stretch your income in tight-budget months, pack quick meals for short-notice trips, and create healthy meals without constantly going to the grocery store. Plus your stored food is available if you do experience an emergency power

outage, natural disaster, long-term illness or job loss. Let this guide help you start building your self-sufficiency and food storage today. A food dehydrator is a versatile kitchen appliance that enables you to easily preserve large quantities of fresh foods and create healthier versions of grocery store treats. Not only can you and your family snack healthier and add variety to your diet, you can save money at the same time! The snack recipes in Dehydrating at Home are a perfect solution for busy families who do not want to compromise when it comes to health and nutrition. Dehydrating at Home features easy recipes for the beginner such as Dried Nectarines, Strawberry-Apple Fruit Leather, or Dried Tomatoes. It also features a wide variety of recipes that take dehydrating to the next level such as Polka Dot Fruit Roll Ups, flatbreads, cookies, and yogurt. The majority of the recipes are inspired by fresh seasonal ingredients that develop upon the ingredients' innate deliciousness. Dehydrating at Home emphasizes foods that store well for months in addition to being easy to grab on your way out the door to school, work, sporting events, or a walk in the woods. The Herbs & Seasonings chapter is an exception to this rule, but its simple recipes strive to make your time in the kitchen easier and more fruitful. Once you learn what to look for in a dehydrator, how to prepare your foods for dehydrating, and how to store your bounty, your dehydrator can become a major player in your kitchen that can save you a great deal of money as well as produce foods that are much fresher and tastier than their supermarket counterparts.

Bestselling author of the Mini Farm series, self-sufficiency expert Brett Markham turns his attention to the timeless art of food dehydrating. An avid food dryer for years, Brett walks you through the simple steps for dehydrating everything from traditional classics like apples and jerky to more unusual fare. Whether you're following a raw food lifestyle or looking for new ways to make the most of your garden's produce, this is an inside look at all aspects of dehydrating. The Food Dehydrating Bible includes: • Straightforward, easy easy-to-follow instructions • Dozens of recipes • Diagrams • One hundred color photographs • And more! This is a must-have manual for beginners and dehydrating gurus alike! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

The Beginner's Guide to Dehydrating Food

Dehydrator Cookbook

A Beginner's Guide to Dehydrating Food

The Farm Girl's Guide to Preserving the Harvest

The Essential Guide for Family Preparedness

A Beginner's Guide to Learn the Methods of Drying Different Types of Foods. How to Dehydrate Fruit, Meat, Vegetables, and Jerky

Dehydrating Foods

An accessible book of 100 easy-to-make recipes for delicious dishes prepared in your air fryer, including roasting, frying, baking, dehydrating, and proofing bread. Authorized by Instant Brands. Air fryer ovens are wildly versatile appliances, and the newest model from Instant Brands, ranked #1 in the category, promises to be the best of them all. They have the requisite air fryer basket, as well as an oven rack, baking sheet, and rotisserie spit. The temperature settings are precise and wide-ranging, allowing you to do everything from dehydrating jerky and proofing bread dough to high-heat roasting and broiling. The Ultimate Air Fryer Oven Cookbook makes use of all of these functions and more! The recipes include family-friendly breakfasts such as baked oatmeal and breakfast burritos, snacks and appetizers such as vegetable spring rolls and Scotch eggs, and a wide variety of lunches and dinners for vegetarians and omnivores alike. Whether you have a fully equipped kitchen or a studio kitchenette, you can cook wholesome and delicious meals for any occasion, all with one countertop appliance.

Food dehydration delivers the vast majority of foods with the same vitamins and minerals as their fresh counterparts, in a remarkable array of concentrated flavors, nutrients and enzymes. According to health professionals, "The dehydration process retains almost 100% of the nutritional content of the food, retains the alkalinity of fresh produce and actually inhibits the growth of microforms such as bacteria." The shriveled state of dehydrated vegetables may make them seem less appetizing than their fresh or frozen cousins at first glance. However, drying vegetables for later use is one of the oldest and easiest methods of food preservation.

This essential companion for putting your food dehydrator to work features instructions and techniques for drying all the most popular fruits and vegetables, along with meat and herbs. You'll learn to dry fruits and vegetables at their peak, giving you an easy and economical way to stock your pantry with apple rings, mango slices, banana chips, dried soup beans, tomatoes, and much more for year-round enjoyment. In addition, drying guidelines for specialty items like meat jerky, fruit leather, dried herb and spice mixtures, backpacking meals, and even baby food round out this friendly handbook.

Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents more than 120 recipes for fermenting 64 different vegetables and herbs. Learn the basics of making kimchi, sauerkraut, and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, you'll enjoy this fun and delicious way to preserve and eat your vegetables.

The Essential Guide to Food Drying

Long-Term Food Storage Techniques for Nutritious, Delicious, Lifesaving Meals

How to Preserve All Your Favorite Vegetables, Fruits, Meats, and Herbs

Easy Techniques for the Freshest Flavors in Jams, Jellies, Pickles, Relishes, Salsas, Sauces, and Frozen and Dried Fruits and Vegetables

Easy Recipes That Satisfy

Food Storage for Self-Sufficiency and Survival

A Beginner's Guide To Dehydrating Food: Guide To Drying Food At Home

Enjoy that fresh harvest! Whether you're using a dehydrator, oven, or the sun's rays, you can easily dry your own vegetables, fruits, herbs, and meat. Teresa Marrone's simple step-by-step instructions cover all the basics you need to know about drying, storing, and rehydrating your favorite foods. With over 140 dried-food recipes — ranging from veggie chips to casseroles and beef jerky to baby purées — you'll be amazed at the variety of healthy and delicious options that dried foods offer.

Do you want to dehydrate your favorite foods directly at home to have them handy all year round without preservatives? Dehydrating at home is becoming increasingly popular because people can enjoy and have fresh and healthy food, without chemical additives and preservatives on a low budget. However, it can be dangerous because, without the right method, if you do not dehydrate them properly, foods can be harmful to health. Expert cook and cooking lover Lydia Reed will explain the process of dehydrating many different foods at home with detailed indications and step-by-step recipes. With this guide to becoming a home dehydrating expert, you will find: - Dehydrating food basics and equipment to improve your skills and become a dehydrating master - Food safety tips to not harm the health of your loved ones - How to Dehydrate: 1. Fruits and Nuts 2. Vegetables 3. Grains and Legumes 4. Herbs and Spices 5. Mixed Flavored Tea and Herbal Teas 6. Meat and Poultry 7. Seafood 8. Bread, Crackers, and Chips - Easy to follow recipes from breakfast to dinner that will allow you to taste dehydrated foods in a modern and original way - And much more! Even if you've never dehydrated food at home, this book is perfect for getting started!You will find complete information on safe dehydration and storage methods, as well as lists of necessary equipment and utensils with detailed step-by-step instructions for beginners. If you are ready to dehydrate your favorite foods at home, then get your copy now!

WALL STREET JOURNAL BESTSELLER Fermented foods are a delicious and rich source of nourishment. Many of our favorite everyday foods like beer, wine, cheese, bread, and yogurt, or beloved family traditions like sauerkraut, corned beef, and kimchi, are the result of fermentation. Besides adding complexity and flavor to many foods, fermentation is also proven to add amazing health benefits—from promoting healthy digestion to allowing our body to fully absorb the necessary nutrients in our food. However, many beginners are skittish about starting the process of fermentation for the first time. With straightforward guides, delicious recipes, and step-by-step instructions, Fermentation for Beginners takes the stress out of at-home fermentation. Whether you are trying fermentation to improve your health, or just want to explore this time-tested culinary skill, Fermentation for Beginners will show you how and why to ferment your own foods, with: • 60 delicious fermented recipes to yogurt to saourghol bread to wine • 13 key ingredients for fermentation • 9 top health reasons to eat probiotic foods • Step-by-step instructions for safe and effective fermentation • Overview of the science behind fermentation • Tips on starting your home fermentation laboratory With the right combination of microbes and a little skill, Fermentation for Beginners will give you all the tools you need to start fermenting your own foods right away.

More than 50 kinds of drying methods for standing fruits, vegetables, meat, and herbs. The best-selling dryer recipes in the United States, 4.7 stars highly praised by Amazon, and the new second edition is on the market! Drying is a time-honored method of food preparation and preservation. This simple and easy-to-handle conditioning method prolongs and condenses the natural and wonderful flavor of food. Dry food can become a snack and can be added to favorite soups and stew. Among the dishes, cakes and biscuits, it is of great benefit to climbers, campers, or anglers who need to carry rations, and it can also help housewives provide delicious food for their families.

Food Dehydration

How to Dehydrate Fruit, Vegetables, Meat & More

A Fun Guide to Creating Snacks, Meals, and Crafts

Cold-Smoking & Salt-Curing Meat, Fish, & Game

How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator

The Canning Kitchen

The Beginner's Guide to Making and Using Dried Foods

"Dehydrating is one of the most effective ways to preserve food for maximum nutrition at very low cost. Sales of dehydrators are soaring as many cooks reject the suspect ingredients in commercially prepared foods. Dehydrating with the recipes in this book is one way to control all ingredients and please the whole family. "--From publisher description.

Food dehydration is the oldest form of food preservation techniques, it has existed for thousands of years under the earliest methods been sun and air drying, where raw food items were spread out under the sun and exposed to hot air for long periods to dry, but these days, with the advancement of modern technology and innovation, there are so many other methods to effective dehydration. This Dehydrator Cookbook includes a detailed guide to cooking, dehydrating, storing, and reheating various kinds of foods, fruits, and vegetables. This Dehydrator Cookbook will help you take advantage of a surplus availability of fresh produce, save your money, and reduce excess food wastage. Below is a list of what you will find inside: Benefits of Food Dehydration Effective Dehydrated Food Storage A Ton of Delicious & Simple Recipes Tips and Tricks to an Effective Dehydration Practical Dehydration Techniques For The Best Results Step-By-Step Instructions For Dehydration Fruits, Vegetables, Meat, and More With a comprehensive step-by-step guide that even a complete beginner will understand, this Dehydrator Cookbook provides you with all the practical knowledge you need to know about food dehydration, and since you are ready to get started, scroll up, click the " Buy Now " link, get your copy today, and enjoy delicious new flavors with this brilliant cookbook!

Preserving food can be one of the most intimidating aspects of homesteading and cooking. Luckily, no one makes it as easy and as much fun as farm-girl-in-the-making Ann Accetta-Scott. For a beginner new to the world of preserving, the ideal tool is a detailed reference guide, and in The Farm Girl ' s Guide to Preserving the Harvest, Ann covers all the basics on canning, dehydrating, freezing, fermenting, curing, and smoking, including how to select and use the right tools for each method. This guide takes home preservers through the beginning, moderate, and advanced stages of preserving. Newcomers can start with a simple jam and jelly recipe using a hot water bath canner, while others may be advanced enough to have mastered the pressure canner and are ready to move onto curing and smoking meat and fish. With more than 30 delicious and healthy recipesAnn's expertise and encouragement, the home preserver will build confidence in the most common methods of preserving.

A modern take on a beloved tradition! The Canning Kitchen blends the traditions of home preserving with the tastes of the modern home cook with 101 simple, small batch recipes and vivid photography. Fill jars with canning classics such as Strawberry Rhubarb Jam and Crunchy Dill Pickles, and discover new classics like Salted Caramel Pear Butter, Cing Terry Barbecue Sauce, and Sweet Thai Chili Chutney. With fresh ideas for every season, you'll want to keep your canning pot handy year-round to make delicious jams, jellies, marmalades, pickles, relishes, chutneys, sweet and savory sauces, and jars of homemade pantry favorites. In addition to year-round recipes, The Canning Kitchen includes all the basics you'll need to get started. Boost your canning confidence with straight-forward answers to common preserving questions and find out about the canning tools you need, many of which you may already have in your kitchen. Get tips on choosing seasonal ingredients and when to enjoy your beautiful preserves. Use the step-by-step checklist to safely preserve each delicious batch, leaving you with just enough jars to enjoy at home plus a little extra for sharing.

The Complete Idiot's Guide to Dehydrating Foods

Fermented Vegetables

The Ultimate Guide to Preserving Vegetables

Complete Dehydrator Cookbook

Dehydrating Food

The Solar Food Dryer

Blending your grandmother's pickling know-how with today's Internet resources, Andrea Chesman shows you how easy it is to fill your pantry with tasty homemade sauerkraut, Salt-Cured Dilly Beans, and Rosemary Onion Confit. Explaining classic techniques in simple language, guiding you to helpful websites, and making you laugh with humorous stories, Chesman provides inspiration and encouragement for both first-time picklers and dedicated home canners. With tips on pickling

everything from apples to zucchini, you'll enjoy exploring the stunning variety of flavors that can fill a Mason jar.

This is a comprehensive introduction to the process of food dehydrating. Today, people are using home dehydrators for drying and preserving all types of foods, and at a fraction of the cost were they to buy commercially dried foods. In this book, you will discover: - Dehydrated Beef Jerky - Dehydrated Salmon Jerky - Dehydrated Turkey Jerky - Dehydrated Coconut Wrap - Dehydrated Banana Chips - Dehydrated Banana Candy - Dehydrated Pineapple Chips And so much more! To get started, simply scroll to the top of the page and click the "Buy now with 1-Click" button!

Make your own high-quality backcountry meals. Are you a seasoned backcountry hiker seeking to lighten your pack? Or, are you a canoe tripper looking to bring variety and savings to your meals? Do you have dietary needs that ready-made meals cannot accommodate? Are you a front country car camper or overnight hiker looking to get deeper into the backcountry? Backcountry Eats is a valuable tool on how to take your trips a step further and explore the backcountry on multi-day adventures. In Backcountry Eats, Kevin Ride demystifies food dehydration techniques and outlines everything you need to know to make your own dehydrated meals for backcountry travel. Within these pages you will discover how to: • select a dehydrator, • dehydrate food of various types (fruit, vegetables, meats, seafood, grains, pasta) safely, • meal plan and ration plan, • portion and package your meals, • select a stove and fuel, • bake in the backcountry, and • protect your food from wildlife.

Backcountry Eats includes a recipe section with over 100 dehydrated recipes featuring simple one pot meals that rehydrate by adding water, but also rounds-out your repertoire with other recipes such as fruit leather, jerky, granola bars, baked items such as bannock, and a variety of hot drinks.

Tips, tricks, and techniques for preparing shelf-stable foods in your dehydrator—from the founder of PreparednessMama. Instead of relying on preservative-filled packaged goods, fill your prepper stockpile with the tastier, healthy alternative—dehydrated foods. Whether you grew it, butchered it or purchased it fresh, it's going to be more delicious and more nutritious if you personally preserve it in your own dehydrator. Packed with everything you need to know about this power method for creating shelf-stable foods, Prepper's Dehydrator Handbook includes: Tips for locking in produce's natural flavor Seasoning recipes for delicious jerkies Drying techniques for delicate herbs Tricks for working in bulk to keep costs down Crucial advice on how to prevent spoilage "Everything you need to know about getting started dehydrating and building up your food supply is in this book. Solar drying, oven drying, dehydrator drying and microwave drying are all covered." —Country Living in Cariboo Valley "This book will be a very important book in my cookbook collection as well as a great reference book for my food storage. I found this to be one of the most complete books on dehydrating that I have seen or owned. I think you will find this to be a very important part of your food storage books too." —Living Life in Rural Iowa

Beginner's Guide to Preserving: Safely Can, Ferment, Dehydrate, Salt, Smoke, and Freeze Food

Mary Bell's Comp Dehydrator Cookbook

My Ultimate EXCALIBUR Food Dehydrator Recipe Book

Getting the Best from Your Dehydrator, from Fruit Leathers to Meat Jerkies

100 Delicious Every-Day Recipes Including Jerky, Tea and Potpourri!

The Beginner's Guide to Preserving Food at Home

The Magic of Your Dehydrator in 80 Delicious Recipes and Inspiring Techniques

The Complete Dehydrator Cookbook: the definitive guide to deliciously easy meals From sun-dried produce in ancient Egypt to salty air-dried fish aboard Viking ships, dehydration is one of the oldest, most versatile methods of preservation—creating foods that are compact, perfect for traveling, and great for a quick snack or backup meal. The Complete Dehydrator Cookbook is your all-in-one guide to easy, affordable home drying, pairing delicious dehydrated foods with easy-to-navigate guidance to get you drying in no time. Whether you're preserving seasonal crops or making protein-packed camping snacks, this dehydrator cookbook takes you through the ins and outs of dehydrating, storing, and rehydrating a wide variety of foods. The Complete Dehydrator Cookbook is also brimming with 125 simple dehydrator recipes for everything from stews and curries to herbal teas and spice blends to ready-to-eat breads, crackers, and cookies. The Complete Dehydrator Cookbook includes: A to Z drying—Explore the essential equipment you'll need, troubleshooting tips, and detailed directions on how to dehydrate more than 75 different kinds of food, including fruits, vegetables, herbs, nuts, yogurt, tofu, meat, pasta, rice, and more. Dehydrated dishes—Enjoy a variety of deliciously healthy recipes in this dehydrator cookbook, including just-add-water instant meals, and snacks like fruit leathers, chips, and jerky. Low temp, big flavors—Raw foodists will find plenty of low-temp, plant-based foods to make, like Mixed Vegetable Bread, Sweet and Salty Dried Almonds, and Double-Chocolate Biscotti. Whether you're on the go or snacking at home, the portable dishes in this dehydrator cookbook will add some deliciousness to your pantry.

From cost-saving to prepping, everybody has their reason for choosing to dehydrate food. Whatever your goal though, you must equip yourself with enough knowledge so that you won't end up wasting good produce. After all, it's only with the right techniques that you'll be able to successfully prepare something that doesn't just look good but is also fragrant and flavorful. This book covers: . Why Dehydrate Foods? - The Best Ways, Temperature and Cooking Times to Dry Foods - Instructions on How To Dry Fruits, Vegetables, Meat, and Herbs with an easy and economical way - The Best Techniques to Preserve Dried Foods - Jerky Recipe - More Jerky Recipes - Snacks Recipes - More Snack Recipes - Fruit Leather Recipes - More Fruit Leather Recipes - Main Course Recipes - More Main Course Recipes

Far from being a fad, food dehydrating is one of the most ancient, effective, and nutritious ways of preserving food. Now, at last, there is a book that teaches absolutely everything there is to know about using an electric food dehydrator to dry foods at home -- and gives more than 100 foolproof recipes for scrumptious snacks and meals made from dried foods. With this extraordinary book, you can learn how to cross junk food and expensive store-bought snacks off your family's shopping list -- and add to your cupboard homemade, preservative-free fruit leathers, candied apricots, beef (and fish) jerkies, "sun" dried tomatoes, corn chips, banana chips, and so much more! Mary Bell gives specific techniques and instructions for preparing every kind of fruit (from apples to watermelon) and vegetable (from asparagus to zucchini). She also provides important shopping tips for buying an electric food dehydrator. The recipes for cooked meals (including mushroom soup, sloppy joes, pesto, and moist banana bread) will make this book a kitchen classic. And recipes for lightweight, filling trail snacks mean that the book will travel, too.

Additional chapters explain to how make herb seasonings, granolas, celery powder, cosmetics, dried fruit sugars, potpourri -- and even pet treats! Food drying is an excellent way for gardeners to preserve their produce. It is a great way to make healthful snacks for the kids. It's perfect for the new wave of thrifty consumers who can't bear to spend dollars at health food stores for treats they could make for pennies themselves. And food drying doesn't use chemicals or preservatives—so it's great for you and for the planet, too! How to smoke a variety of foods, including turkey, cheese, sausage, fish, beef, nuts, wild game. A classic reference.

The Dehydrator Bible

Instructions On How To Dry Fruits, Vegetables, And Herbs: Dehydrating Food For Beginners

From Apples to Zucchini, 150 Recipes for Pickles, Relishes, Chutneys & More