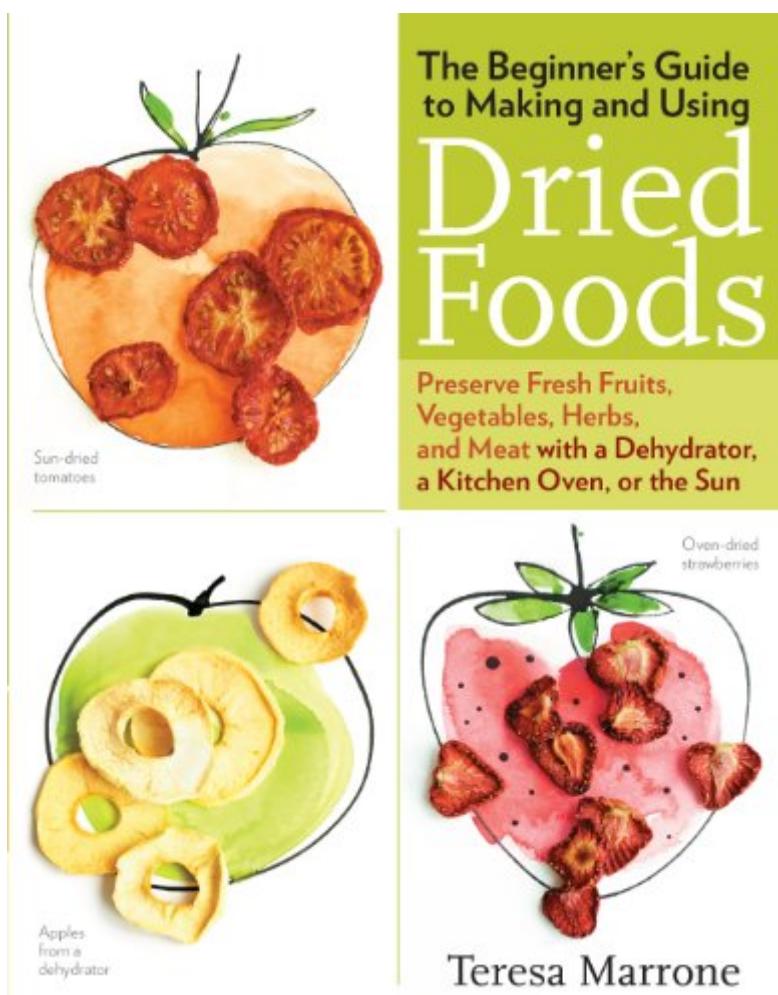


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# The Beginner's Guide To Making And Using Dried Foods: Preserve Fresh Fruits, Vegetables, Herbs, And Meat With A Dehydrator, A Kitchen Oven, Or The Sun





## Synopsis

Enjoy that fresh harvest taste all year. 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 purees • you'll be amazed at the variety of healthy and delicious options that dried foods offer.

## Book Information

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## Customer Reviews

This has EVERYTHING... so much good information on how and what to dry. Great recipes also and a lot of information on building your own food dryer. Wonderful book if you're looking to preserve food like our distant relatives use too.

I bought a new Nesco dehydrator and needed a good source of information. I really like this book. It covers it all. I checked it out of the library first to see if it was what I wanted and then bought it. I've

already been drying tomatoes, apples, strawberries and carrots. The flavor is intensified and we love to snack on the dried food. The book also has some good recipes for using the food you've dried.

Excellent and nearly exhaustive guide to dehydrating food of all kinds. We've just scratched the surface, and it has been fabulously helpful already!

Great book showing and more importantly telling most all can understand how to preserve by dehydrating

This was purchased in addition to my new dehydrator. I found it useful in terms pf more specific guidance working with the different fruits, etc. So far, results good, easy to do, most time is waiting for dehydration to occur.

reading now will start doing this this year.

I have just started to use the book, I have candied apples and dried tomatoes, they both turned out very well. My next project will be drying potatoes, and other vegetables.

this book is really helpful

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