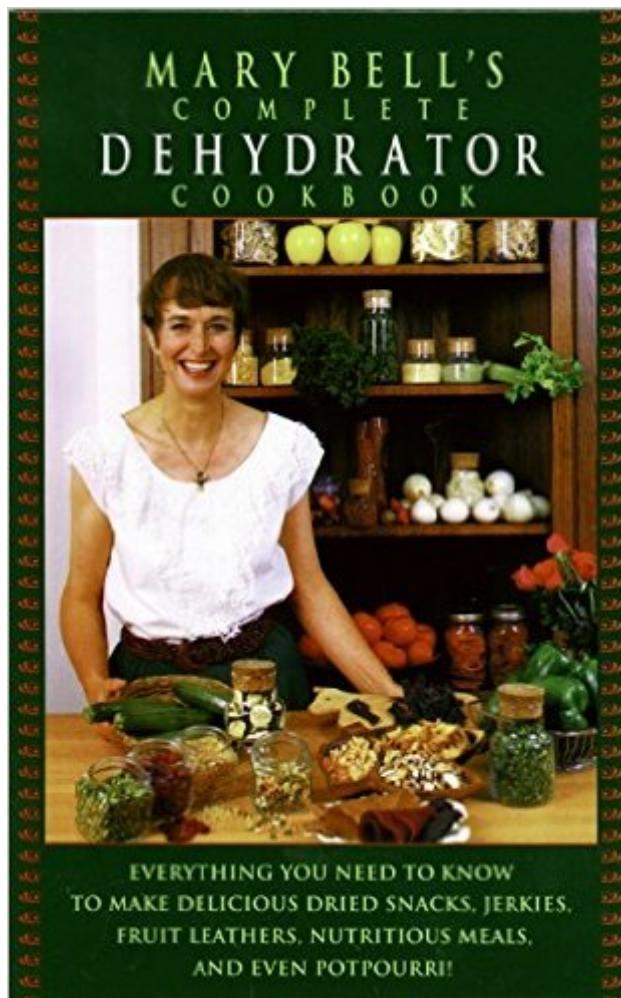


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# Mary Bell's Complete Dehydrator Cookbook



## Synopsis

Far from being a fad, food dehydrating is one of the most ancient, effective, and nutritous 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 how to 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!

## Book Information

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## Customer Reviews

If you have a food dehydrator collecting dust somewhere, get this book and haul it out! This is the best basic book I've seen for preserving foods through dehydration. Not only does she tell you what you need to do \*before\* you dry it, but she tells you what you can do with the stuff after it's dried. Recipes that are useable, recipes for camping, and some that will surprise you - this is a very comprehensive book. This is a must-have for backpackers who want every ounce to count, since dried foods weigh so little. A must for parents who read the "Fruit Roll-ups" label in horror: make your own fruit leathers! She'll tell you how to make fantastic beef jerky, too. If you dry foods, you need this book.

I've had my dehydrator for 5 years and thought I'd dried everything in every conceivable way but Mary Bell has some fantastic ideas. Easy read and easier recipes. Especially liked the section on backpacker food. My dehydrator has been running 24hrs/day since I got this book. Thank you, Mary Bell, for this great book.

Mary Bell's years of experience dehydrating food really shows up in this comprehensive book. The book is interesting reading as well as practical. Mary tells you how to dry the different kinds of foods then continues the discussion with recipes and other ways to use your dried produce. I had been hoping to find out how to dry dairy products such as cheddar cheese and eggs. I will say I was disappointed to find out that there is not much you can do at home to dry dairy products. I tried drying Cheddar cheese shreds, anyway. Seemed like a good idea at the time. What a mistake! I was peeling that greasy, clumpy stuff from my trays for 45 minutes. Thank goodness I only 'tested' 2 trays worth!! I guess if Mary says "Don't do it", from now on I won't. There are many, many items which will dry successfully and just as many variations which you can try out. This book leads you through the process and offers helpful tips and hints along the way. I feel I received very good value for the modest price.

I bought this after I bought my dehydrator, although I would have bought a better dehydrator if I had read this before. This book gives several great reasons why you should consider a dehydrator, and how to make the most of it. I could have never imagined making a tofu cracker, for instance!! After I read it almost entirely in one night, I find it a great reference to go back to, whenever I'm considering dehydrating something new. I couldn't compare this with other titles on dehydrating food since I haven't read them, but I'm quite satisfied with this one. Addition of dehydrated pictures would be a

great addition however.

THIS BOOK IS WONDERFUL!! I had been trying to find a book like this for a couple of years. Mary Bell gives you step by step directions on how to prepare foods for drying.....Not only whole foods, cooked as well. I love the pudding cookies!!! I believe in preparing as much of our food as we can because it is better for our health and well being. Thank you for the step by step book, I have fallen in love with this type of food preserving!!

Mary Bell's book is an excellent reference for the dehydrator user. She includes information for dehydrating fruits, vegetables, meats, and even herbs and flowers. The recipe section tells you how to put it all together and includes recipes for main dish treats, sweet treats, backpacking treats, and even pet treats.

I bought another book at the same time for less money and honestly I can't find where I put it as I haven't even touched it. I had lots of questions about what would I do if I bought my dehydrator. I mean jerky is awesome but I was looking at a pretty expensive dehydrator and I wanted to know that it would be worth my hard earned moolah. This book convinced me that the dehydrator would pay for itself and gave me exact information I was looking for. It also had great bonuses I hadn't thought about, but find invaluable-like the percentage of water in almost every conceivable fruit and vegetable commonly available. Also I too liked the backpacker chapter. Of course the chapter on fruit leathers is constantly referenced for the sake of my four kids. She has some novel ideas that I would have never thought of on my own. My edition was hard back and will stand much wear and tear. Do yourself a favor and get this one!

I have been drying foods and making jerky for over 30 years; but now, after reading Mary Bell's cookbook, I consider myself a rank amateur around my food dryer. What a wonderful insight into the possibilities that I did not know existed. I have several books on the subject, but this is truly the bible for those wishing to save energy, cost and space by replacing a lot of what they normally use their canners and freezers for with the versatile dryer.

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