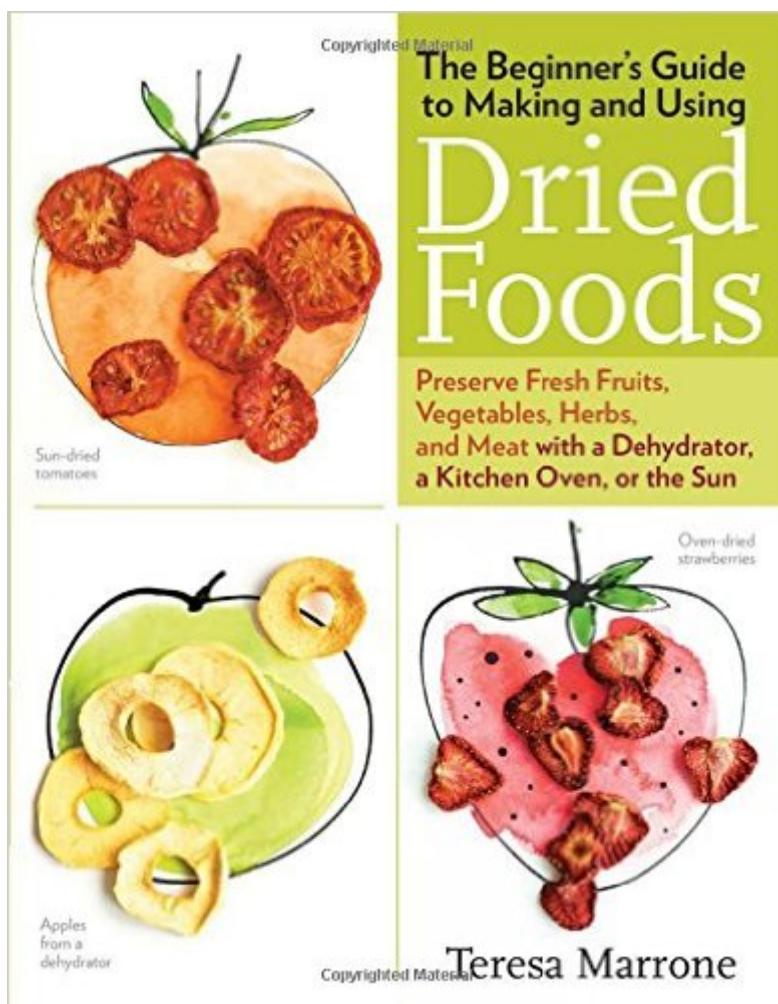


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# The Beginner's Guide To Making And Using Dried Foods: Preserve Fresh Fruits, Vegetables, Herbs, And Meat With A Dehydrator, A Kitchen Oven, Or The Sun



## 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

Paperback: 352 pages

Publisher: Storey Publishing, LLC (July 1, 2014)

Language: English

ISBN-10: 1612121799

ISBN-13: 978-1612121796

Product Dimensions: 6.9 x 0.9 x 9 inches

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

Average Customer Review: 4.7 out of 5 stars — See all reviews (20 customer reviews)

Best Sellers Rank: #121,755 in Books (See Top 100 in Books) #22 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #57 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #145 in Books > Cookbooks, Food & Wine > Canning & Preserving

## Customer Reviews

From using the sun to building a homemade dehydrator to using the oven to using a store bought dehydrator, Teresa covers the various methods of dehydrating, and she even goes over how to build your own dehydrator. In other words, she starts off the book with an introduction to dehydrating foods including tips on equipment and methods utilized in the process of food dehydration. From there, she jumps into dehydrating: Fruits, Vegetables, Herbs and Spices, Meat and Poultry, Leathers, Baby Food, and Prepared Foods. Snacks, Cereal, and Specialties. Dried-Food Mixes for Pantry, Gifts, and Camping. Each chapter includes instructions for dehydrating a variety of items using a dehydrator/convection oven, the sun, or a regular oven. It describes how to test for doneness, the expected yield, and suggestions for use of the dehydrated item. The most unique aspect of this book is that it goes beyond simply dehydrating food to actually using the food that you dehydrated. It has a wide variety of recipes for using your dehydrated foods. It even includes a section on other ways to use your dehydrator such as using it to make yogurt. I've been dehydrating foods on

a regular basis for a couple of years now, but I'm not always creative when it comes to using those beautifully dehydrated foods. You can tell you dehydrate a lot of food when your niece looks into your pantry and states that you have a lot of dried food. When she asked what I did with it all, I allowed her to sample some of the dried fruit which was a hit, but I knew that I wasn't using the food to its fullest potential. The recipes in this book helped me to think outside of the box for using those dried foods in my pantry. Did you know that dehydrated eggplant actually works better in an eggplant dish as it retain a firmer texture than its fresh counterpart? I didn't know that until I read this book. Little tips like that make this book a valuable resource for any kitchen. If you're looking for ideas on how to use some of your dehydrated food stores, you'll want to check out the recipes in this book. If you want healthier and better tasting alternatives for camping/backpacking trips, this book is probably for you. I can't wait to try out more recipes as I put away more of our summer bounty. If I needed to point out a negative to this book, it would be the lack of color photos of the dehydrated foods. The images in the book are cute sketch-like images. I personally enjoy beautiful photographs of food, but the lack of images does not, in any way, take away from the value of this resource. It just would have been a nice to see at least some images of the food. Disclosure: I received a copy of this book to help facilitate the writing of a frank and honest review. A positive review is not required nor guaranteed. All opinions are my own.

I love my dehydrator and am always looking for new ideas on how to maximize its uses to preserve the harvest from my garden so I was excited to pick up this book. While I liked that the book covered various means of dehydrating (solar, electric dehydrator, oven) it quickly became overwhelming as it added considerable length to the section for each fruit and vegetable since the author had to give tips for each method. This does comprehensively cover everything from apples to jerky but the organization of the book leaves a bit to be desired. It feels rather disorganized and hard to follow. I also really, really disliked that each fruit or vegetable did not start on its own page - they were all run together which made quickly locating the information you were after virtually impossible. Overall, this is a good introduction to the subject for complete beginners but those with any sort of experience or those who want a reference book to refer to again and again will find this a bit lacking.

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.

If you are just learning about dehydrating, this is a decent book to start with. It provides a good, general information. Then delves into fruits, vegetables, herbs and spices, meat and poultry, a catch-all chapter with things like potpourris, and a good index. If you already have a firm grasp on dehydrating and are looking for innovative and exciting recipes, this book will disappoint. There is an overview of the dehydrating process: The why, the how, the choices, the alternatives, types of dehydrators. Even if you are familiar with dehydrating, you will still learn a thing or two by browsing through this section. There are also detailed plans for building your own dehydrator. 70 pages. The fruit chapter is 78 pages long, and information is listed by fruit, and in paragraph form: How to select, how to prep, choices for drying, (dehydrator, convection oven, sun-drying, conventional oven), doneness test, yields, uses, list of recipes deeper in the book. There are 45 pages in this section, with several pages for each fruit. Preparing candied fruit: 9 steps, suitable fruits and how to prep them. Doneness test, yields. There are 24 fruit recipes from fruit smoothies, a dried apple pie, applesauce, baked goods and cobblers using dried fruit, trail mix, a basic cranberry-cherry relish using orange juice, couscous with fruit and nuts, strawberry sherbet, to best-ever fruitcake. The vegetable chapter works same as the fruit chapter, with 50 pages itemizing individual veggies, plus 24 pages of recipes. There are 28 recipes: From scalloped asparagus, Harvard beets, basic reconstituted veggies with butter, baked Brussels sprouts, cabbage and apples, eggplant and tomato casserole, a very interesting vegetable broth powder and mock chicken broth powder. Recipes have simple ingredients and basic flavors, nothing you could call "gourmet" or innovative or strikingly creative. Recipes are more examples of how to make use of your reconstituted fruits and veggies. Very few herbs and spices used--despite the fact that there is a chapter on herbs and spices. The herbs and spices chapter is divided by herbs with large leaves like basil, cilantro, mint, (should be hung and air-dried); and herbs on thick, moist stems, like dill, fennel, lovage, (should go into the dehydrator or oven). Herbs with small leaves on tough, wiry, woody stems, like marjoram oregano rosemary tarragon thyme use any drying method. There is a discussion on how to air-dry herbs; how to dry in dehydrator; drying herbs in oven; drying seeds, roots, bulbs, juniper berries; poultry seasoning mix, Italian herb mix, Fines Herbes, Herbes de Provence, herbal teas, some vinegars. The meat and poultry chapter works the same way: There are seven marinades and seasoning blends for jerky; five recipes using dried meats and poultry. Other notes:--Eleven leathers,--Baby foods,--Dehydrating prepared foods like sauerkraut, tomato paste, vegetable crisps, chips and treats, Asian-seasoned beet crisps, cauliflower popcorn, sliced vegetable crisps, veggie tortilla chips, cashew kale chips, or other greens, crackers.--Cereals:

whole wheat flakes, carrot cereal.--Sun jam--how to make.--How to make pasta.-- Veggie burger blend.--Dried food mixes, like minestrone soup mix in a jar, mushroom barley soup, curried winter squash soup, veggie and herb dip mix, Swedish fruit soup mix, spaghetti sauce, hummus.--Mixes for campers.--Catch-all: Breadcrumbs, flowers, five potpourri mixes, simmering spice mix.\*\*I received a temporary download of this book from the publisher.

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.

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