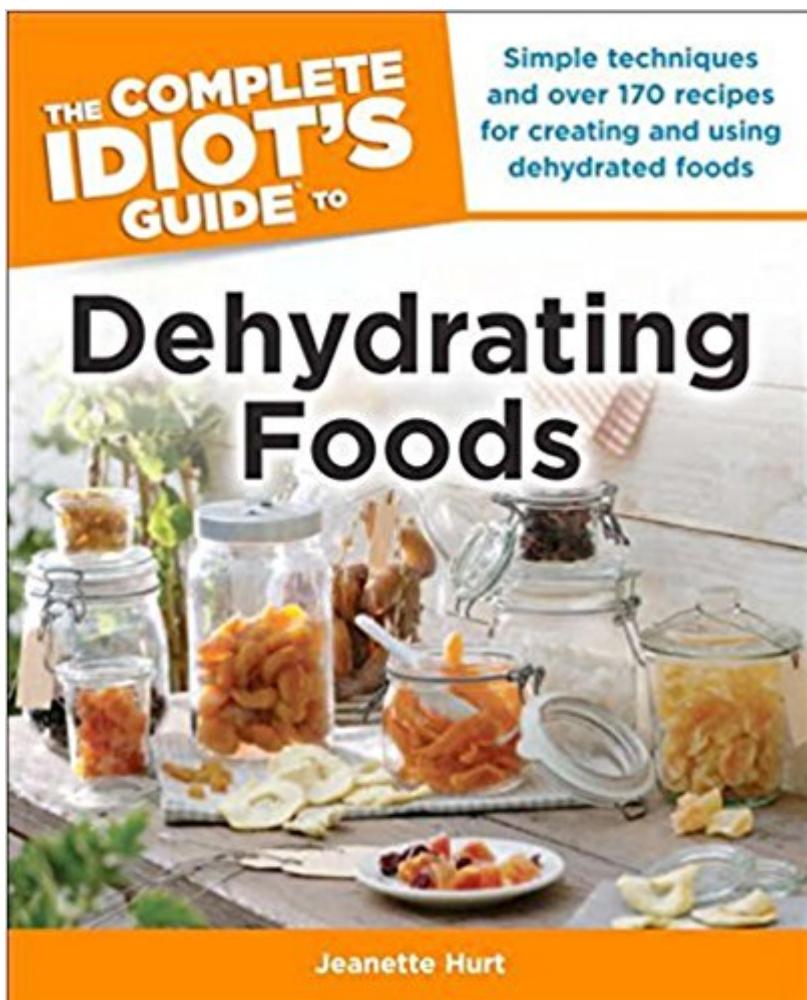


The book was found

# The Complete Idiot's Guide To Dehydrating Foods (Idiot's Guides)



## Synopsis

The Complete Idiot's Guide® to Dehydrating Foods is a comprehensive introduction to the process of food dehydrating. Commercial dehydrators were once too expensive for the typical home, but they've become much more popular in recent years as people have discovered the value and versatility of drying foods at home for snacks such as dried fruits and vegetables, trail mix, jerkies, fruit leathers, and more, all at a fraction of the cost were they to buy commercially-dried foods. Today, people are using their home dehydrators for drying and preserving all types of foods, from fruits and vegetables, to herbs, and even drying flowers for crafts. The authors will take readers through the process, step by step, showing them how to buy the right dehydrator for their kitchen, how to use it properly so their yield and savings are maximized, and even how they can dry foods using less conventional methods, such as a solar dryer or even their conventional oven. Readers will benefit from more than 80 recipes that will enable them to preserve and create wonderful foods that will save them time, money, and bring a entirely new offering of tastes to their kitchen.

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (102 customer reviews)

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## Customer Reviews

Some what new to dehydrating food for storage so I thought this book would help. I learned the science behind dehydrating food and the importance of drying foods properly. A good resource, learned of many foods I did not know I could dehydrate. One thing you have to keep in mind is your dehydrator or method used to dry your foods may vary in the time it takes to be safely done. They thought of that too, and tell you how to check for the best results!

I am new at dehydrating food I have canned for a long time but the Mason Jars are heavy so I decided to start dehydrating takes up way less space and is way lighter on the shelves. This is a easy to understand book love it.

It's a pretty basic book, but helpful. It did give me some ideas that I found interesting. For someone just starting out, this is a great book to read.

This book was not at all what I was expecting. I wanted to find out how to easily dehydrate foods; this book has very complicated ways to accomplish this. According to this book, all foods must be cooked in some manner before dehydrating. Maybe for extremely long term storage, but I am a beginner at dehydrating, and am not looking to put food up for Armageddon; just for snacks and such. I am looking elsewhere for my recipes.

As a beginner at dehydrating this book was a big help. I had lots of questions and was able to find everything I needed to know right here. I'm not confident at starting any new projects but the information helped me through.

Takes you from start to finish. Good reference book and easy to follow. If you're not familiar with dehydrating foods, this is the place to at least start from.

I love it. It so easy and basic to follow. I also bought 3 more copies for friends who also have Food dehydrators.

My husband and I purchased a dehydrator - a big one - about 2 years ago. After many failed attempts of making our own yummy dehydrated bananas, beans, and apples, the only thing we've successfully dried is some herbs from our garden. After spending more money on dried bananas and apples from the store I said "this year we were going to conquer the dehydrator." Its Sept. and before the year ends, I have to figure this out. I love this book because its very basic. It explains the basics of dehydrating foods and it has little tips and tricks throughout the book. It also has recipes which are most helpful. It tells you how to dry herbs and spices and then fruits and jerky and moves into other foods. If you're new to dehydrating I can highly recommend this book. I search quite a while and read many reviews before choosing this book and I'm very happy with my selection.

There is another book that got a lot of reviews but I wasn't sure if the reviews were genuine or if they were written as part of the a strategy to get your book on 's best seller list. This book seemed to have genuine reviews and I can say that I'm very happy with my selection.

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