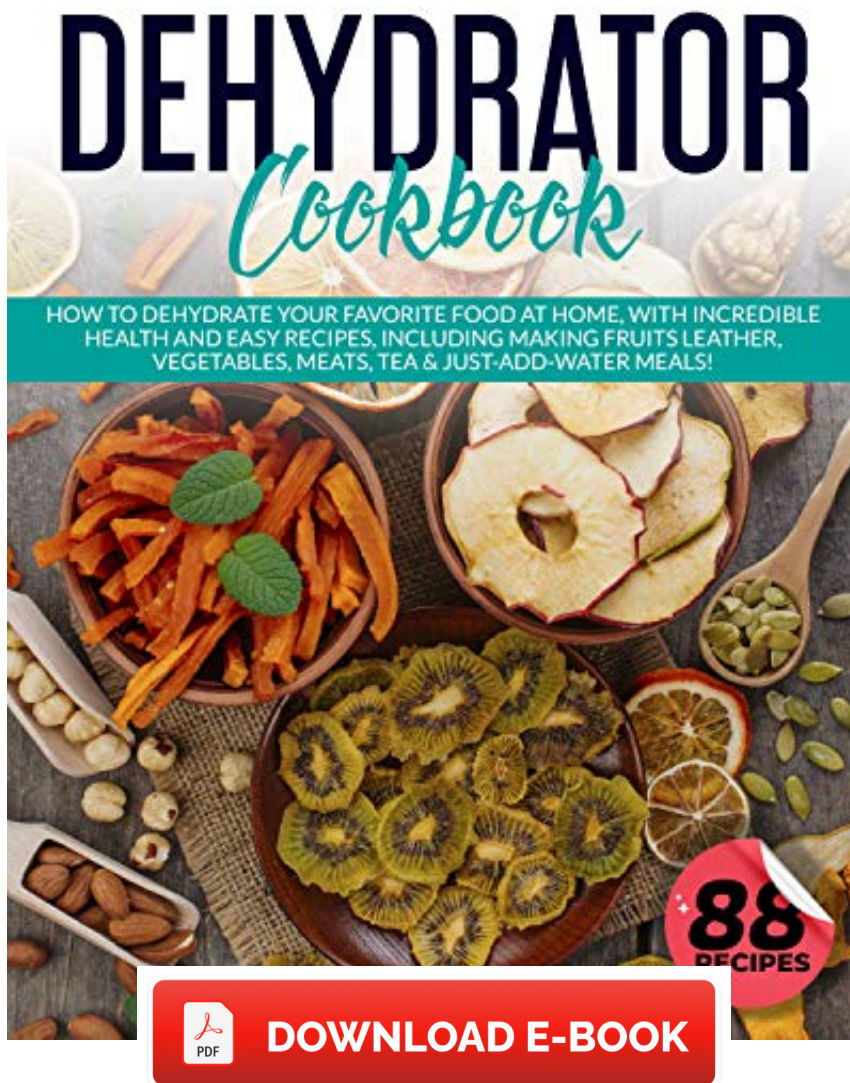


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Dehydrator Cookbook: How To Dehydrate Your Favorite Food At Home, With Incredible Health And Easy Recipes, Including Making Fruits Leather, Vegetables, Meats, Tea & Just-Add-Water Meals!

by  
Renee Pottle



## Synopsis

Are you looking for a complete dehydrator cookbook? Then keep reading...Dehydration is a process of preserving your food together with its nutritional integrity. It's a removal of moisture from the food so bacteria, yeast and mold won't grow and spoil the food. It causes the food to become light weight. This style of preparing food offers you the opportunity to enjoy foods that are crunchy like crackers and vegetable chips, as well as chewy and pliable like fruit leather. You can always have something delicious on hand when you are hungry; this is especially helpful when you find yourself strapped for time and needing something fast. Put simply, food dehydration is the process of drying food to the point where the water content has been extracted. You may think that dehydrators are too expensive but compared to the benefits they can give you; it is a relatively small investment. Food drying has been practiced since the ancient times. The purpose of the process is to preserve animal proteins, vegetables, and fruits after harvest. It used to be done manually by exposing the food under the sun and wind to dry. Recent innovations introduced an easier, faster, and safer way to get this done, and this is through the use of a dehydrator. By eliminating moisture from food, the growth of bacteria is inhibited, and it prevents food from spoiling. This is a useful device since most food have high water content. Different meats contain 50 to 75 percent of water, and vegetables and fruits typically contain 80 to 95 percent of water. This book covers What Is Dehydration? Benefits of Dehydrating Foods All Recipes That Can Be Made Using Dehydration Process And Much More Dehydrating your food is really simple. You'll find some great recipes to get you started in this book. This style of preparing food offers you the opportunity to enjoy foods that are crunchy like crackers and vegetable chips, as well as chewy and pliable like fruit leather. You can always have something delicious on hand when you are hungry; this is especially helpful when you find yourself strapped for time and needing something fast. Why Practice Dehydration? There's a lot more to learn about this method and one main thing is being able to maximize what you have in your own kitchen. You can experiment and come up with much more idealistic way of preserving your food. In addition to that, you will be able to teach your children the beauty of saving money through carefully preserving food without compromising the nutrients they get out of it. Thus, taking into consideration all the benefit you will be getting to include but not limited to saving money and space as well as getting variety of healthy snacks. The process is fast and efficient. It requires minimal preparation time. You don't need to perform sitting, canning or boiling. You only have to cut the food, load the pieces on the dedicated trays, set the temperature accordingly and start the process. You can create a lot of snacks that range from vegetable chips, fruit snacks, and jerky. You can make your own energy bars, granola, and trail mix, which can be expensive when store-bought. Surprise everyone by coming up with your own versions of candied almonds, walnuts, and other nuts with added syrup. Ready to get started? Click "Buy Now"!

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dehydration! In this book, you will find techniques applied to the ancient art of food preservation! As with all of us living through the apocalyptic times we are currently facing, you may be experiencing feelings of fear, anxiety, and panic. This viral pandemic that plagues our nations in 2020, however, though devastating could grow to become far worse. The only way to survive during disasters such as this is to educate, we, follow the directives given by the health organizations, and properly stock up on survival foods. Understanding the importance of proper food storage will be vital in the determining factor as to how long your family is able to survive. By the end of this book you will understand what foods are fortified with a wide assortment of protein, fiber, vitamins, and other nutrients. So as to, be able to specifically look for foods that include such fortifications when shopping to maximize your nutrition and set you up for the best chances at survival. The good thing is that the reduction of moisture in food doesn't affect its nutritional value. Also, the hydrated forms of food can be stored for extended periods in a compact size. With this cookbook, you will not only learn to make delightful meals and snacks to amaze your family and guests, but it will also save your time and money as dehydrated foods are healthier and take less time and money to prepare. Embark with us on this journey and learn the remarkable benefits of dehydrating food. There will be no stopping after that; it's a bet! This book contains proven steps and strategies on how to understand the importance and the process of dehydrating food. You may not realize, but you've been wasting food and money more and more each day. Dehydrating food is not difficult, but there are a few things you need to know before you try it for yourself. Below you will find a collection of tips to help you get the most out of your food dehydration: Always start with high-quality ingredients – choose ripe, unbruised fruits and vegetables and fresh meats. Prepare your food items in the way you want them to be served. For example, if you want to make apple chips then you need to slice the apple – you won't be able to dehydrate a whole apple and then slice it. Try to keep your ingredients uniform in size and thickness to ensure even drying – slices should only be 1/8 to 1/4 inch thickness at the most. Always wash your produce before preparing it for dehydration – this applies to fruits, vegetables, and herbs. If you want to keep fruits and vegetables from browning, brush them with lemon juice. Blanching or lightly steaming vegetables may also help. Maintain a stable temperature in your food dehydrator between 130°F and 140°F with constant air circulation. Once your food is properly dried you should store it immediately in an air-tight container once it has cooled. Store your containers in a cool, dark location. Check your stored food periodically to make sure that it is still dry – the food may spoil if it is exposed to moisture. This book contains proven steps and strategies on how to understand the importance and the process of dehydrating food. You may not realize, but you've been wasting food and money more and more each day. It doesn't have to be like this, and you can make it happen with the use of a single appliance called the dehydrator. Dehydrators nowadays come in different types and sizes. They are handy, easy to use, and they don't depend on the weather to work. You can use it any time you want and anywhere you are. This book contains different recipes that are easy to follow, healthy and yummy, and the kinds of dishes that you can serve every day or when there are special occasions. You can dehydrate different kinds of food and store them for years. You can also use the dehydrator to make treats for your pets and DIY home decors. Once you get the hang of the process, you can even turn this into a profitable venture.

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Dehydrator Cookbook How To Dehydrate Your Favorite Food at home, Dehydrator Cookbook

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### **What people say about this book**

Michael James Wells, "Dehydrating food. The author offers a very good explanation of why do you hydrated food is more healthy and is better for storage. The author has many good recipes for using the dehydrator and gives a very comprehensive explanation of each recipe including how to do it at what temperature and the length of time. I found this book very good for those who want to learn dehydration and the basics of wire that's better for you. I recommend this book for all who want to learn about dehydrating food and how to do it along with the recipes for using with her dehydrator."

J. Mielke, "Not your average dehydrator recipe book. I love the idea of preserving food by dehydrating it. If you are looking for just jerky recipes or trail mix type things this might not be what you are looking for. The food recipes are justa small portion of the recipes provided here. There is also a section on making potpourri, tea and powders. That was unexpected, but I am so glad those recipes were there. There is also a section on "just add water meals." This is great for emergency preparedness or camping. Now we can have meals like beef stroganoff

without all the cooking. There are some recipes on meats, fruits and vegetables, but I can see how some other reviewers were disappointed if they expected dozens and dozens of those types of recipes and instead found potpourri and tea recipes. I am pleased with this book though.”

Riley, “Good recipes.. The book has been an excellent resource for me as a beginner. Stock up on storage containers because the Dehydrator Cookbook will keep you busy as you harvest.”

Amy Melton, “Informative Read. This book talks about what dehydrated food is and different ways to do it. There are a ton of recipes included as well so sure to have something for everyone.”

Lynn, “dehydrate anything!. This book has a very good selection of foods to dehydrate. Make your own chili powder, dried fruit or jerky. Have fun with it!”

Captain, “Recommended. I am so glad that I purchased this book and would recommend it anyone interested in the subject.”

Alison Motley, “Preserving food. There are many different ways to preserve food and one of them is dehydration. With the help of this book you will find out what it is, the benefits of it like, saves space, healthy snacks, saves money. There are different ways to dehydrate if you don't have an electric one and a few ways are by using your oven, or the sun. There are many different recipes. Most common are the jerky's you can make from different meats. But there are also recipes for cookies, chips, fruits, teas and potpourri.”

The book by Renee Pottle has a rating of 5 out of 4.4. 46 people have provided feedback.

## **Book Information**

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Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

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Lending: Enabled

Simultaneous device usage: Unlimited

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