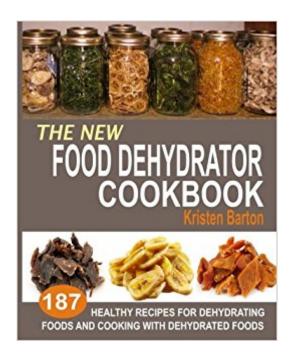


The book was found

The New Food Dehydrator Cookbook: 187 Healthy Recipes For Dehydrating Foods And Cooking With Dehydrated Foods





Synopsis

Dehydrating is not just the oldest form of food preservation known to man, it is a great way to have healthy food on your table in season and out of season. The New Food Dehydrator Cookbook contains 187 step by step recipes for creating dehydrated fruits, vegetables, meat, fish, snacks and other foods with intense flavor. You can make the most of your garden harvest, take advantage of sales and cut down the cost of making meals for your family. And most of all, you will know that you are eating healthy food preserved without chemicals. Your kids will love the healthy snacks and meals will be more interesting with the variety of dried ingredients at your disposal. Dehydrating your own potatoes, carrots, onions and other staples means no more last minute runs to the grocery store. Part 1 of The New Food Dehydrator Cookbook provides 137 recipes for dehydrating all types of food including: Dehydrating Fruits And Nuts Dehydrating Vegetables And Mushrooms Dehydrating Meats, Poultry, Seafoods (Jerkies) Dehydrating Grains And Seeds Dehydrating Herbs, Flowers And Making Tea Blends Powders (Spices) And Leathers Dehydrating Herbs, Flowers And Making Tea Blends Dehydrated Tofu, Eggs And Dairy Part 2 has 50 recipes for cooking with dehydrated ingredients including: Breakfast And Brunch Soups, Stews And Chili Meat, Poultry And Seafood Entries Vegetarian And Vegan Entries Sides, Sauces, Stuffings, Pickles & Salsas Desserts Additional information includes Success Tips For Dehydrating, Pretreating Food Before Dehydrating, How To Pack And Store Dried Food, Rehydrating Food and Choosing A Good Dehydrator.

Book Information

Paperback: 248 pages

Publisher: CreateSpace Independent Publishing Platform (September 26, 2016)

Language: English

ISBN-10: 1539138526

ISBN-13: 978-1539138525

Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 5 customer reviews

Best Sellers Rank: #72,383 in Books (See Top 100 in Books) #12 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #89 in Books > Cookbooks, Food & Wine > Canning &

Preserving

Customer Reviews

This is a great read! A multitude of recipes with thorough instructions. I've spotted a couple recipes with errors (Chicken and Rice Salad and Dried Fruit Filling). I believe instead of 1D2 it means 1/2, etc. I'm looking forward to trying many of these ideas.

Good information in the first half of the book. Was not impressed with the recipes.

Our go to book! We are new to dehydrating but I honestly think that we have done everything in here except for dehydrating eggs. Still not quite sure of that one. Anyone know how long this will stay good on the shelf? We vacuum bag everything after dehydration.

Great book - easy to follow directions - just what I was looking for

gift

Download to continue reading...

The New Food Dehydrator Cookbook: 187 Healthy Recipes For Dehydrating Foods And Cooking With Dehydrated Foods Dehydrator Cookbook: Top 100 Dehydrator Recipes for Jerky, Fruit Leather, Snacks, and Tasty, Healthy, Dehydrated Meals The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) (Volume 1) The Ultimate Healthy Dehydrator Cookbook: 150 Recipes to Make and Cook with Dehydrated Foods Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Food Dehydrator Cookbook: Delicious And Easy Food Dehydrator Recipes Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Whole Food: The 30 Day Whole Food Challenge â "Whole Foods Diet â "Whole Foods Cookbook â "Whole Foods Recipes (Whole Foods - Clean Eating) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes

(Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Welcome to Chinese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Chinese Recipes (Chinese Cookbook, Chinese Food Made Easy, Healthy Chinese Recipes) (Unlock Cooking, Cookbook [#13]) Mug Recipes Cookbook: 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) New England Style Cooking: Authentic Recipes from Connecticut, Maine, Boston, and Vermont (New England Cookbook, New England Recipes, New England Cooking, Boston Recipes, Boston Cookbook Book 1) Dehydrating at Home: Getting the Best from Your Dehydrator, from Fruit Leather to Meat Jerkies Easy Korean Cookbook: 50 Unique and Authentic Korean Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1) Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes Healthy Meal Prep: Healthy Cookbook Recipes for Weight Loss, Paleo Diet, Summer Recipes, American Cooking, Cookbook of Fish, Meat, Chicken, Vegetarian, Vegan, Soups & Stews - Cooking Recipe Anthology Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)

Contact Us

DMCA

Privacy

FAQ & Help