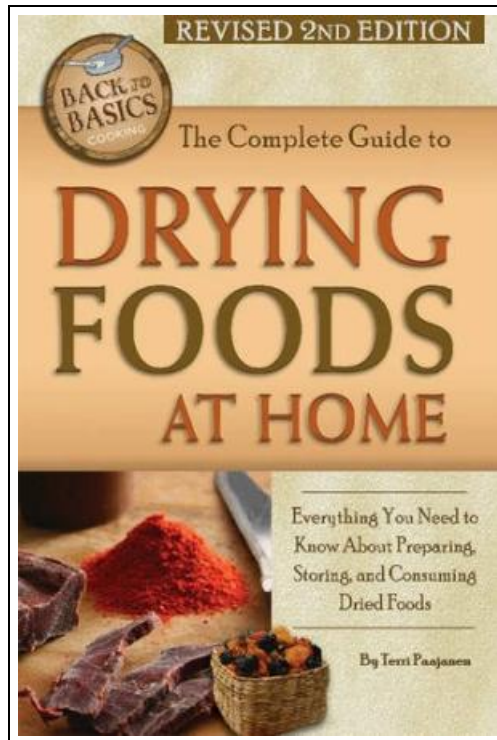


The Complete Guide to Drying Foods at Home: Everything You Need to Know About Preparing, Storing Consuming Dried Foods



Filesize: 4.09 MB

Reviews


This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Junius Herman)

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Atlantic Publishing Co, United States, 2015. Paperback. Book Condition: New. 2nd ed.. 230 x 155 mm. Language: English . Brand New Book. Food dehydration is not just for prunes and raisins any more. A recent U.S. study revealed that the dried and dehydrated food industry made more than \$6.7 billion in revenue in 2013 alone. Thanks to advances in technology, dehydrating foods at home has become easier than ever by allowing you to lock in food s nutritional value while eliminating the water content that causes foods to grow bacteria and mold. Dry food also gives you a source of raw, nutrient-rich food that is easily available and requires no additional preparation. The Complete Guide to Drying Foods at Home provides you with all the information necessary for drying fruits, vegetables, meats, herbs, grains, and even dairy products. This book will provide you with instructions on how to dry foods using a food dehydrator and will also offer simpler alternatives for how to dehydrate foods using an oven, microwave, or the sun. You will learn what equipment you need to get started and how to properly store your food to ensure freshness. This book also provides you with recipes for any meal of the day, whether you are looking for an easy breakfast alternative or a quick soup you can prepare for lunch. You will even learn how to prepare foods for young children and pets. Drying your foods will not only provide you with timesaving options for ways to prepare your meals, it will also allow you to reduce the amount of food you throw out each month. The NRDC reports that the average American household throws out almost \$2,275 worth of food annually. Learning how to dehydrate and store dry foods can ensure the money you spend on...

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