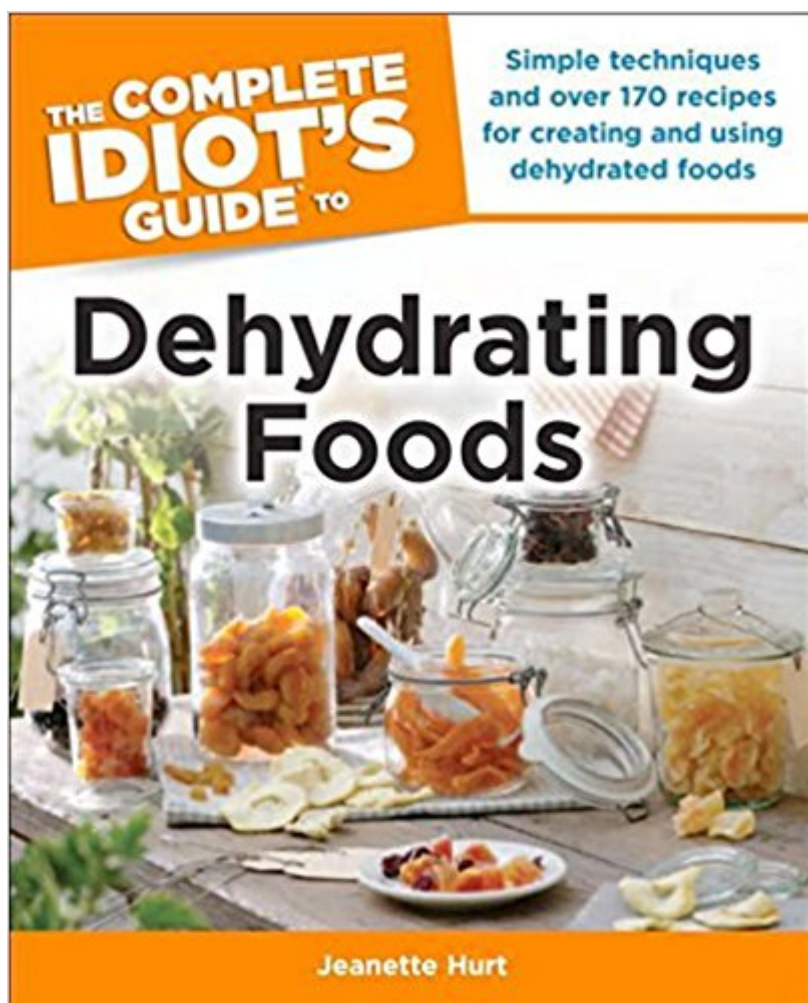


The book was found

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

Series: Idiot's Guides

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Average Customer Review: 4.5 out of 5 stars 116 customer reviews

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Customer Reviews

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.

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

dehydrators.

I received a dehydrator for Christmas and also this book. This book is awesome and has helped me tremendously with learning how to dehydrate and make better nutritious food for my family. I absolutely needed the Idiots guide because I had no idea how to do it!! only wish it told me how to do it without all the preservatives in it.

An absolutely amazing book. Details, recipes and pics for the dehydrating uninformed. Fruits, vegetables, leathers and all sorts of items you can't find anywhere else are all in the same book. Explanations of the whys and wherefores of ingredients and techniques makes it all become clear to the novice.

I checked this book out at the library. I found I was making quite a few recipes. There is a bacon treat recipe that my dogs love. They wont eat the store bought anymore. I found it is cheaper to make the bacon treats then buy them. I also found that the family likes the orange and pineapple leathers. I love the vegetable soup and salsa recipes. This book is worth purchasing for my family.

I am very new to this - so I purchased this book to help me learn how to dehydrate fruits & veggies from my garden. Last year I had such an abundance of tomatoes, carrots, cucumbers, etc. and I didn't know how to preserve them. This book helps explain the process of dehydration, offers tips and tricks, and gives over 80 recipes. This is exactly what I needed to educate and guide me, and to help me enjoy my new dehydrator.

Wonderful! I am just new to the dehydrating scene but this book explains it in the easiest of terms to follow. The 'Idiot' in the title sold me on buying the book. Great recipes included. Fun to do. Wish I had started years ago. I have the Presto dehydrator with temperature controls and it is very compatible with the book.

Great recipes and ideas

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187 Healthy Recipes For Dehydrating Foods And Cooking With Dehydrated Foods 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) The Complete Idiot's Guide to Fermenting Foods (Idiot's Guides) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge [Whole Foods Diet](#) [Whole Foods Cookbook](#) [Whole Foods Recipes \(Whole Foods - Clean Eating\)](#) The Complete Idiot's Guide to Playing Drums, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Spanish: Program 2 (Complete Idiot's Guides) The Complete Idiot's Guide to Conducting Music (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Starting a Food Truck Business (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Starting and Running a Winery (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Amigurumi (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Solar Power for Your Home, 3rd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to the Law of Attraction (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to the Akashic Record (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Classical Mythology, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to American History, 5th Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Kabbalah (Complete Idiot's Guides (Lifestyle Paperback))

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