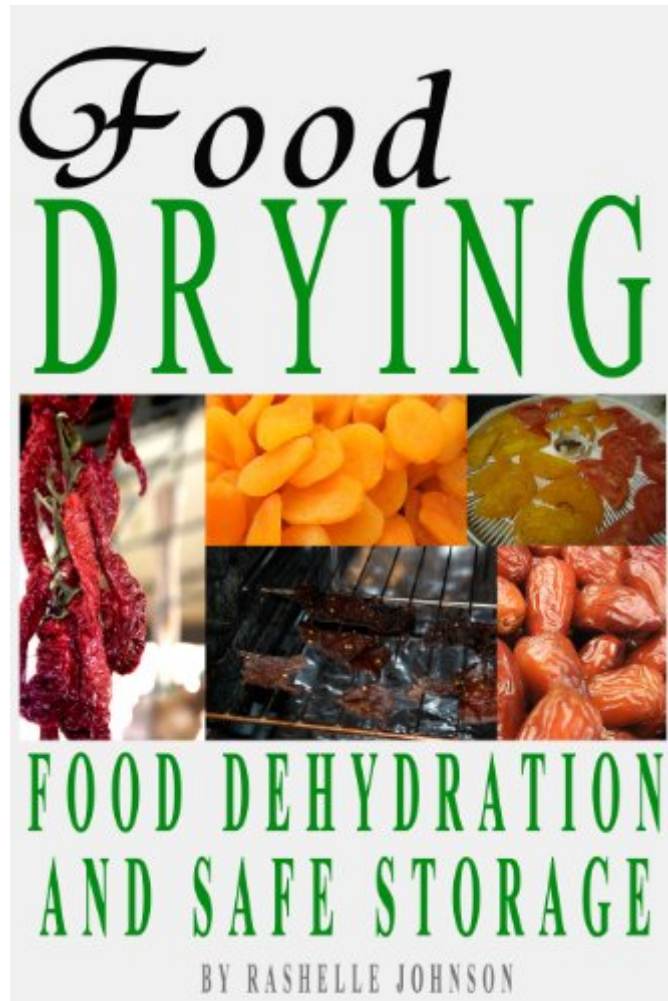


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# Food Drying: Food Dehydration And Safe Storage





## Synopsis

**Food Drying and Safe Storage** This book is chock-full of the information you need to get started dehydrating foods. Learn how to safely dehydrate and store the food you grow, catch and buy. Food drying is made simple using the techniques laid out in this book. Topics covered in this book include the following:- The benefits of food drying.- The nutritional value of dried foods.- How to keep dried foods safe by following the Golden Rules of Food Dehydration.- All of the safe food drying methods are covered, including oven-drying, sun-drying, commercial dryers and freeze-drying.- How to pre-treat food before you dry it for best results.- How to dry fruits, vegetables, meats, fish and herbs and spices. Regardless of whether you're a food drying novice or a seasoned vet, there's something in this book for you. Buy it now and learn everything you need to know to get started drying foods.

## Book Information

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## Customer Reviews

We started drying food a fews yrs back and bought this book to see the different things we had not thought about. it helped us see we could dehydrate more than just meat for jerky. the book was easy to read and helpful. What we really like was the storage information, because we had several batches of meat mold on us when we first began. I keep this book on hand as an easy reference.



Like the author's book on Food Canning, this book has great basic information, including homemade outdoor dehydrator plans. There aren't a lot of recipes, but that's not what food drying is about - it's really about drying ingredients that you can use to make recipes later. My tiny concern with some of the instructions on this book is that the reader is advised to peel most all fruit, even though there are fruits (such as apples) that dehydrate fine with the peel on, and the peel adds extra nutrition and fiber to the end product. But definitely peel your bananas - much better results! ;o)

This book is comprehensive and very readable with an expression of a good sense of humor. Highly recommend!

The directions outlined in this book helped me to prepare and dry foods in several different ways. Not only was I educated about the different methods but also the value of safe storage for those items. I highly recommend this as a book to read in high school so that future adults can choose an alternative means of preparing their foods. I added this book to my favorites.

I love the fact that this small book packs so many options (and so many pictures!) into its pages. Everything from using your handy-dandy Ronco dryer, to making your own, or just using your oven. Emphasis on both taste and safety. This one's a keeper.

Good reference; used this to get started on dry food preparation. I had gotten away from it for awhile and needed a refresher. This book had a few good points. I liked the safety with food handling section. I would recommend this book to anyone interested in drying their own food and storage.

I am new to food dehydration and I found the book helpful. It provided some alternate techniques to the ones that came with the dehydrator. If it had had a section on dehydrating frozen food it would have been nice. What I have done with frozen food as worked well but blanching times for frozen food would have been welcome. I expect that I won't want to run the dehydrator every time I get a little extra produce from the garden, so I will likely freeze until I get a substantial amount. Does the book provide information beyond that which I could have gotten by a web search? That is a question I cannot answer.

A Useful book for the person who is a newcomer to the process of dehydration of food. The method is explained in a clear and concise fashion so that even the beginner can be sure of the safety of



the food being stored. It is a method which saves space in the pantry and freezer while allowing the storage of useful fruits, herbs and vegetables.

I got this as a free Kindle download a while back and just got around to looking at it. It is pretty basic, although I am not sure just how much you need to know to dry stuff. I found parts of it useful and parts not. I was mostly interested in drying some hot peppers. The book is pretty vague about how to do so although it does have a picture of some chili peppers being dried open air in a bunch. The book says you have to blanch veggies to dry them. I have not seen that advice for chili peppers anywhere else.

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