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Preserve It Naturally: A Complete Guide To Food Dehydration



Synopsis

4th. Edition - Softback - 8 1/2 x 11 - 192 pages - Full Color This is our New Edition complete with a Chapter on Raw and Living Foods and more Recipes... Recipes for raw foods, hot/cold appetizers, soups, salads, main/side dishes, sauces, beverages, desserts, snacks, trail mixes, breads, and more. Everything you wanted to know about dehydration and more can be found in this informative book. Chapters on fruits, vegetables, meats, fish, herbs, nuts, grains, dairy products, crafts, cake decorating, potpourri, sachets, macrame beads, dough art, wreaths, raw and living foods and much more.

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Customer Reviews

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We got this to go along with our new Excalibur dehydrator, and it is great - complete guide and background into the dynamics of selection, preparation, and storing of dehydrated fruits, veggies, herbs, spices, meats, ...well, anything! It includes timings for various zones in the U.S. based on relative humidity as a means of helping you gauge how long each type of food might need to reach

full dryness, though of course seasonalities and other conditions affect it - which it discusses in detail. In short, a great reference guide.

Good book on giving times and temperatures to dehydrate all foods. Shows which fruits/vegetables are more a likely candidate to dehydrate. Gives a lot of helpful hints. If you purchase an Excalibur dehydrator, this is the book for you. It is written by those who make that dehydrator. Provides instruction on re-hydrating foods. Gives recipes also.

You will want this book if you are getting into food dehydrating. It's large size, the photos are beautiful, the instructions are easy to understand. A must-have for anyone who has purchased a dehydrator and isn't succeeding.

This is an excellent book that addresses just about everything you ever wanted to know about dehydrating food. They even have some gluten free recipes for crackers and a cookie that sounds very interesting. I recommend it.

This book is very comprehensive guide to dehydrating foods. It is about all anyone would need apart from a dehydrator to preserve and later utilize the dried food. It has helped us make good use of our dehydrator.

I received this book hoping it would help me. When I got the book I could not put it down. It is a great book with a lot of details. It takes you step by step and we love it.

lots of great information and recipes

Useful information and great recipes as promised. Helped me see more potential in my dehydrator.

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