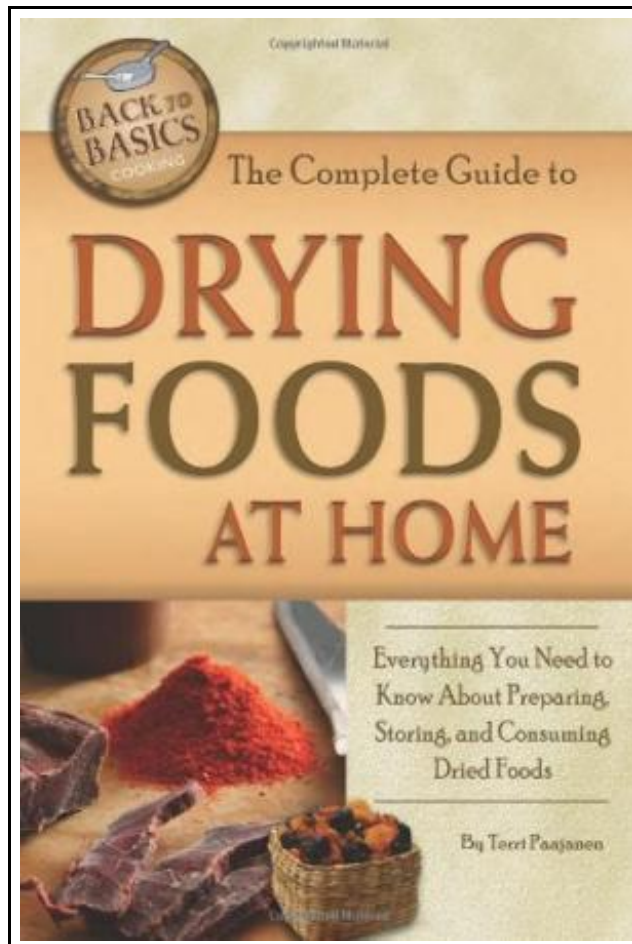


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COMPLETE GUIDE TO DRYING FOODS AT HOME: EVERYTHING YOU NEED TO KNOW ABOUT PREPARING, STORING, AND CONSUMING DRIED FOODS



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Atlantic Publishing Co. Paperback. Book Condition: new. BRAND NEW, Complete Guide to Drying Foods at Home: Everything You Need to Know About Preparing, Storing, and Consuming Dried Foods, Terri Paaanen, 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 billion in revenue in 2009 alone. Thanks to advances in technology, dehydrating foods at home has become easier than ever, allowing you to lock in foods nutritional value while eliminating the water content that causes foods to grow bacteria and mould. Drying foods also gives you a source of raw, nutrient-rich food that is easily available and requires no additional preparation. This guide 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 you simpler alternatives for how to dehydrate foods using an oven, microwave, or even the sun. You will learn what equipment you need to get started and how to properly store your food to ensure optimal freshness. The 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 time saving options for ways to prepare your meals, it will also allow you to reduce the amount of food you throw out each month. Researchers at the University of Arizona found that the average family wastes 14 percent of their food purchases; learning how to dehydrate and store dry foods can...

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