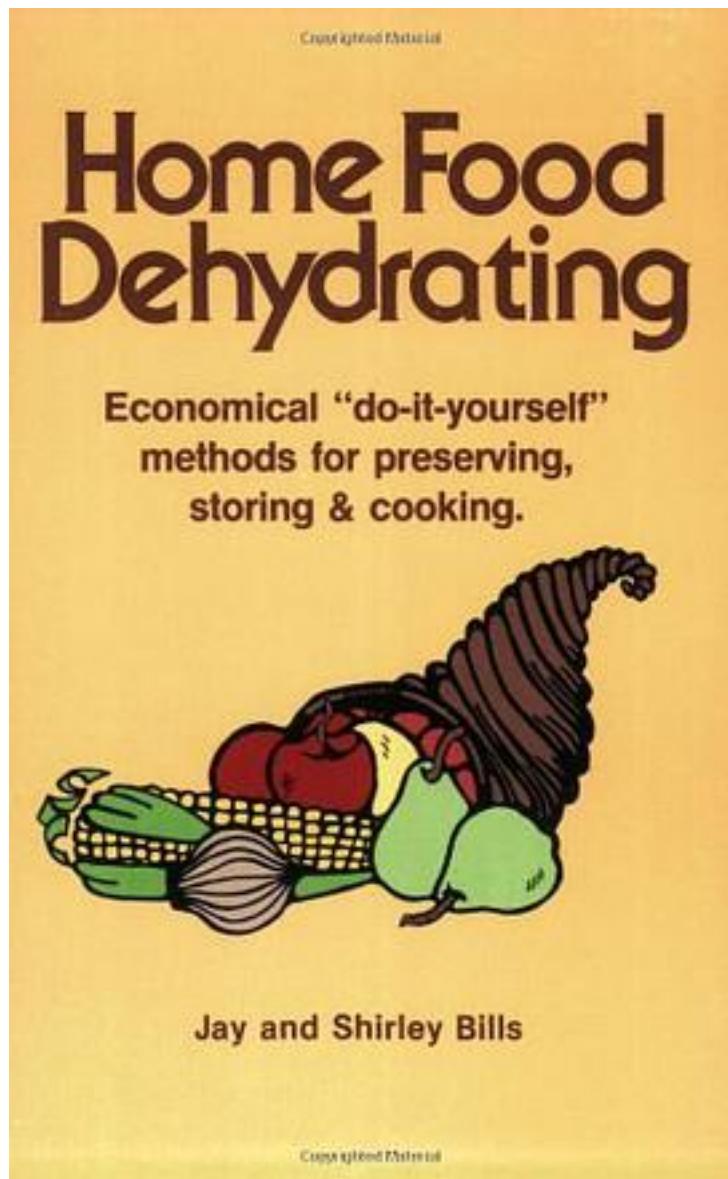


# Home Food Dehydrating



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This valuable book has become a standard text for owners of home dehydrators and is held in high esteem in the food storage industry and by home users everywhere. It presents the basic principles of the dehydrating art with clarity, and provides many useful tips, a host of valuable suggestions, and dozens of delicious recipes for all types of meals. After explaining the nutritional aspects of dehydrating foods, dehydration methods and basic techniques are examined in detail by the authors. The use of preservatives is considered in simple terms. Explanations are then given which tell how to dehydrate various types of foods. Chapters are devoted to dehydrating fruit and making fruit leather. Other chapters tell how to dehydrate vegetables, herbs, and meats. Methods for storing the food after it has been dehydrated are also given. Then come the recipes - simple, delicious, and exciting! They cover the entire array of menus, too: Breads, Desserts, Meats, Milk Shakes, Cakes, Dressings, Pies, Soups, Cereals, Fruits, Sauces, Vegetables, Cookies, Ice Creams, Toppings, and One-dish Dinners. Home Food Dehydrating, a valuable basic guide to the techniques of food preservation, belongs on every homemaker's bookshelf. It holds the keys to success in this vital home-making art.

作者介绍:

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