

Preservation The Art and Science of Canning Fermentation and Dehydration Process Self-reliance Series



BOOK DETAILS

- Author : Christina Ward
- Pages : 320 Pages
- Publisher : Process
- Language : English
- ISBN : 1934170690

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BOOK SYNOPSIS

The dehydrator is an incredibly useful tool for long-term food storage and making the most of your garden harvest. The Ultimate Dehydrator Cookbook contains everything you need to know to get the greatest value from a home dehydrator. • Includes tips on selecting a dehydrator, as well as proper sanitation, storage, and rehydration techniques • Individual entries on how to dehydrate all manner of berries, fruits, vegetables, greens, herbs, and edible flowers include information on how to prep, dehydration temperatures, and times • Includes recipes for making your own teas, herb blends and rubs, flavored oils, instant baby food, jerky, and fruit leathers • Includes nearly 400 recipes for cooking from your dehydrator pantry. There is an entire chapter dedicated to slow cooker recipes using dehydrated ingredients and one on dehydrated meals for backpackers and campers.

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