



The Complete Guide to Drying Foods at Home: Everything You Need to Know About Preparing, Storing Consuming Dried Foods

By Terri Paajanen

Atlantic Publishing Co, United States, 2015. Paperback. Book Condition: New. 2nd ed.. 230 x 155 mm. Language: English . Brand New Book. 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 \$6.7 billion in revenue in 2013 alone. Thanks to advances in technology, dehydrating foods at home has become easier than ever by allowing you to lock in food s nutritional value while eliminating the water content that causes foods to grow bacteria and mold. Dry food also gives you a source of raw, nutrient-rich food that is easily available and requires no additional preparation. The Complete Guide to Drying Foods at Home 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 simpler alternatives for how to dehydrate foods using an oven, microwave, or the sun. You will learn what equipment you need to get started and how to properly store your food to ensure freshness. This book also provides you with recipes for...



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