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Food Drying: How to Safely Dry and Store Food

By Rachel Jones

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x English . Brand New Book ***** Print on Demand *****.This book contains everything you need to learn to safely dry and store food. Food dehydration is a food preservation method that can be used by farmers, gardeners, hunters and fishermen to extend the shelf life of food for long-term storage. Dried food is great for health food enthusiasts, those on a raw food diet and anyone else looking to add tasty and healthy foods to their diet. Safe home drying methods are included in this book. Electric dehydration and oven dehydration are all covered in detail. This handy guide explains how to dry a wide variety of foods: Fruit, Fruit leathers, Vegetables, Meat, Fish, Herbs and spices. 40 fruits and vegetables are covered, including the following:

Artichokes, Asparagus, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Beans, Mushrooms, Onions, Peas, Potatoes, Tomatoes, Apples, Apricots, Bananas, Figs, Grapes, Kiwi, Melons, Papaya, Peaches and nectarines, and more. Individual fruits, fruit leathers are also covered in detail, including the following natural fruit leather recipes: Applesauce, Apple ginger, Banana berry, Coconut, Pineapple, Grape, Green apple, Peach raspberry, Strawberry, Strawberry banana. Buy Food Drying: How to Safely Dry and Store Foods and learn how to dehydrate your own food.



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Reviews

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