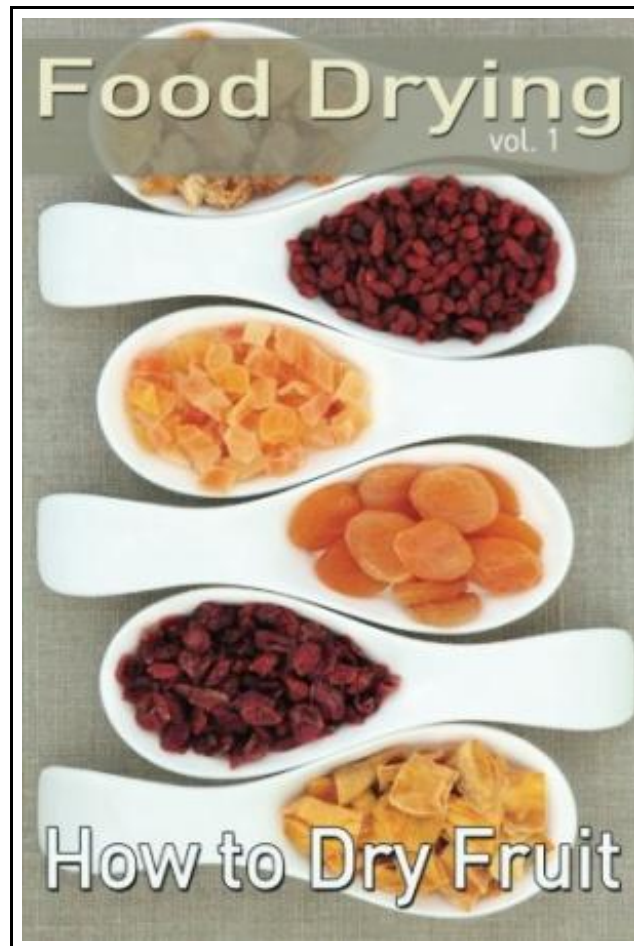


Food Drying Vol. 1: How to Dry Fruit



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Reviews

*Merely no words and phrases to describe. I really could comprehend almost everything using this created e pdf. Your daily life period will be change once you full reading this ebook.
(Mr. Ladarius Stoltenberg)*

FOOD DRYING VOL. 1: HOW TO DRY FRUIT



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Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking to learn how to safely store and dry fruit? Food Drying vol. 1: How to Dry Fruit covers exactly that, giving detailed information on how to prepare and dry more than 35 different types of fruit. From popular dried fruits like apricots, bananas, prunes and raisins to surprise entries like watermelon and cantaloupe, this handy food dehydration guide has you covered. The following topics are covered in this fruit drying guide: Why you should learn how to dry fruit and how fruit drying can save you money. What happens to fruit as it dries. The nutrients that are lost during drying and what you can do minimize loss. 10 different ways to pretreat fruit to prevent enzymatic browning. How to dry fruit using the oven, the power of the sun and a dedicated dehydrator. Conditioning and pasteurizing dried fruit after drying is complete. How to safely store dried fruit to ensure it lasts as long as possible. Here s a sampling of the fruits that are covered in-depth in this book: Apples. Apricots. Bananas. Bilberries. Blackberries. Citrus fruits. Blueberries. Cantaloupe. Cherries. Coconut. Dates. Figs. Dragon fruit. Grapes. Kiwi. Mangoes. Peaches. Pineapple. Plums. Watermelon. and more . . . Detailed drying information is provided for each fruit, and includes the following information: A brief description of the fruit and its health benefits. How to select the best fruits of that type for drying. How to prepare the fruit for drying. Whether pretreatment is necessary, and if so, what pretreatment techniques work best. The drying temperature range that works best. Approximate drying time ranges for the oven, the dehydrator and sun-drying the fruit. How to tell when the fruit is dry. Conditioning, pasteurizing and storing the dried fruit. How to rehydrate the dried fruit before use, if applicable. Buy this book today and learn to preserve your harvest by drying fruit.



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