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# The Ultimate Guide To Food Dehydration And Drying: How To Dehydrate, Dry, And Preserve Your Food

## THE ULTIMATE GUIDE TO FOOD DEHYDRATION AND DRYING



HOW TO DEHYDRATE, DRY,  
AND PRESERVE YOUR FOOD



## Synopsis

The Ultimate Guide To Food Dehydration And Drying How To Dehydrate, Dry, And Preserve Your Food\* Over 5000 Copies Downloaded! Join The Crowd and Download Now! Good preparation means being ready for an unexpected shortage in basic necessities. This makes home food preservation techniques as important as ever in today's uncertain climate. Learning these practical and easy to learn methods will ensure that you're prepared for months up to years with a wide range of nutritional foods. But being prepared isn't the only reason to preserve food; there are several economical, nutritional, and fun reasons to join this movement. Whether you've never considered food preservation or if you're drying food right now, there's something in this book for you. We'll cover food drying and dehydration methods as well as freeze-drying and pickling techniques certain to change the way you look at food. This Guide Will Cover: An in-depth primer into food preservation The awesome benefits of drying, pickling, and freezing Step by step methods and strategies The best foods to preserve at home and why And much more!

## Book Information

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## Customer Reviews

The information presented is basic, but generally useful, but the narrative about some imaginary

friend named Bob gets old after the introduction. The book would have been much better with this character at all. As for the informative parts of the book, well, it's incomplete. In one paragraph, several materials are banned from use for dehydrating without going into any explanation as to why it's wrong to use them. It's touched on with not detail or data to back claims up.

It is absolutely NOT the Ultimate Guide! This book is not what it claims. It only has a few pages of dehydrating while most is about everything from pickling to freezing. I am trying to figure out how to return a Kindle book.

I love beef jerky but the shop price is horrendous so I was really pleased to find this book and see if I could make my own. The book is written in an easy and amusing style, using Bob as a guinea pig to walk us through the various methods of food preservation. Feeling much like Bob I dived into the book and found the instructions easy to follow. I was really pleased to find that you can dehydrate in the oven as well as sun drying, maybe not in my climate, but who knows. The book also includes pickling and freezing. I have a lot of fruit at the moment and will be dehydrating my apples as well as freezing and have raspberries, grapes and onions all ready to try out the methods in this book. Forget expensive shop bought products, make your own from the glut of fruit that is always available and know that it will be healthier as well as cheaper. I highly recommend this book to anyone interested in preserving food.

I just bought this book a day or so ago. From what I have read, more than half way of this book, I love it. I'm going to try several of the recipes in here, especially the jerky (been wanting to make some since forever, lol). I love that he has taken on Bob as a person to explain the in and out of this book, because like Bob, I was confused a bit, and he explains it further to make Bob understand, therefore not making me feel like an idiot, lol. I now understand what I can and cannot do with my food dehydrator now. I haven't used it for a couple of years because it seemed so complicated. My husband has made a few things with it, but other than that, it just sat there for awhile. Now were cleaning up the machine and doing the preps to make sure it is completely cleaned not just washed, so we don't ruin our jerky and other things we have planned to make. (please read the info on how to completely clean and disinfect your machine if you have one). The book also tell you how to cook in the oven, sun, etc. Like I said so far awesome and informative book and I can't wait this this coming weekend to try our first jerky, dried bananas, etc, etc. as I have to get to the stores to buy the stuff I want and need, lol. Happy Dehydrating. Mary

An easy read, this book has a few useful ideas, instructions, and recipes, but "Ultimate" it is not. Not for experienced dehydrator users.

This is more a review of drying methods, pickling, freezing than anything else. I was hoping for drying recipes. There are some nice pickling recipes.

This book is a huge help for anyone who is interested in preserving food without all the nasty chemicals found in most processed store-bought foods. Highly recommend!

Easy direction...fun story behind it lol.....gave me a lot of perspective of pickling and more info on dehydrating. Thanks it was a good read.

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Preserve It Naturally: A Complete Guide to Food Dehydration  
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Homesteading Handbook vol. 5 Food Drying: How to Dry Vegetables (Homesteading Handbooks)  
How To Dry Preserve Fruits & Vegetables (Canning and Preserving Guides Book 2)  
Spice Mixes: Mix Your Own Essential Dry Spices From Around the World to Add Flavor to Your Meals (Dry Herbs & Mixing Spices)  
Dry-Land Gardening: A Xeriscaping Guide for Dry-Summer, Cold-Winter Climates  
Dry-Land Gardening: A Xeriscaping Guide for Dry-Summer, Cold-Winter Climates by Jennifer Bennett (1998-03-01)  
Suck Me Dry 4: Menage Trios (Suck Me Dry Erotic Flash Fiction Series)  
Deshidratacion de alimentos / Food Dehydration (Spanish Edition)  
Food Dehydrator Cookbook: A basic guide to make your own jerky, snack, drying vegetable and fruits  
Canning and Preserving Book for Beginners: Easy Canning Recipes and Supplies to Jump Start Your "How to Can, Preserve and Survival Food Storage  
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