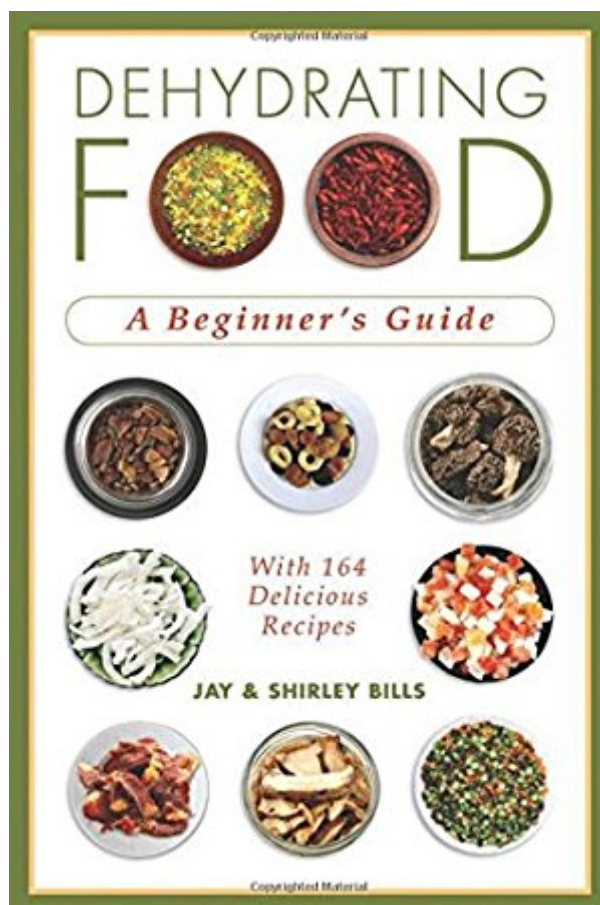


The book was found

# Dehydrating Food - A Beginner's Guide



## Customer Reviews

I have a few raw food cookbooks that call for a Dehydrator, so after purchasing one, I bought this book for some extra ideas! It has some good basic knowledge on the dehydrating processes and some great tips for drying fruit and making fruit leather along with good recipes. But a good chunk of the book seems more interesting in reconstituting food and certainly more than 90% of the recipes are on this topic! The recipes are for things like pea soup - using your dried peas, potato soup using your dried potato. Making a bowl of buttered peas from your dried peas, buttered corn from your dried corn (I think shopping fresh and cooking at once is a healthier and tastier option and never have any intent to dry food for such a purpose..let alone then smother them in butter!! Now if this is what you are looking for this book will be a good find for you - it contains tips and timing for rehydrating foods to get the best out of your cooking. It might be good if you have an abundance of fresh produce from a home garden and need to dry some for use later in the year. In this instance this book is your ideal guide. For me however I was looking for good ideas for my dehydrator and my goal was not to dry out all my fresh produce to use at a later time in basic, farmhouse type cooking! I think this book could have been better described in the product detail then I would have known it was not for me.

I had high hopes for this book--- but after reading it, found many flaws. 1. It's a thinly veiled ad for a certain brand of food dehydrator. The only photos of the equipment are of that particular brand. 2. Food photos are all stock shots of FRESH food, not dried. 3. All recipes, as another reviewer mentioned, involve already dried food and re-hydrating it. I had been hoping for interesting recipes for crackers, breads, fruit-grain combos, etc. -- no such luck. 4. Key details are missing, such as in the (2-page) chapter on drying herbs, what temperature and how long they should be dried at. 5. Too many shortcuts: the authors fill pages by quoting liberally from other experts. 6. Explanations are wordy and confusing. 7. The vegetable and fruit chapters are essentially big charts that were probably taken from the dehydrator manufacturer's literature or research. I don't usually take the time to write reviews here, but this book SO disappointed me that I want to give other people a heads-up so they can avoid wasting their money on it. Bottom line: if you're seeking solid info on food-drying, keep looking.

This book seriously lacks in content. Don't be fooled by the photos. For example, the section on Meat, if put on one page would be less than a page. It has a photo of some meat jerky next to a full page photo of meat, and on the next page, a black and white photo of a dehydrator. No recipes for

making jerky, no timing, no instruction. In the recipe section, the jerky instructions are start with a package of meat marinade (that dry powder stuff), add water, a little salt and liquid smoke. Let that sit (without meat in it) for 30 to 60 minutes, then marinade for 30 minutes. Then put it in the dehydrator until "dry". Seriously?

Having recently gotten a food dehydrator I was looking for some good introductory guides on how to best use the food dehydrator, types of food I could dehydrate, and recipes for dehydrating food. This book does have a lot of recipes but they're mostly for what to do with dried food after it's been dried, essentially, how to incorporate dehydrated food into your cooking which isn't what I was looking for. Being billed as a beginner's guide I expected this to have more introductory material, and not just why dried and dehydrated foods are good for you but how to actually do it. It does provide limited advice on how to prepare certain fruits for dehydrating and does include a few tables with examples of food and how long it might take but it's the same information I could've found in a quick Google search. I was hoping for something more substantial and more beginner friendly.

Got this as a gift and there isn't anything worthwhile in it for me. I have an exalibur dehydrator and always welcome new recipe advice. My mother-in-law, who I like, got this book for me because it TOUTS 164 recipes!!!The recipes are not related to dehydrated recipes in any way shape or form. The recipes are mostly for hydrogenated fatty foods that need baking with maybe the use of reconstituted dried ingredients as 1/18th of the whole set of directions.-1 star for not having actual dehydrated food recipes-1 star for having horrendously unhealthy recipes-1 star for being all, "jazz hands," and intentionally showy to misrepresent the product on the cover of the book. It's not a book with dehydrated food recipes at all.It does have a chapter on the history of dehydration. I'll leave a star for that. And I'll give it a star for the benefit of the doubt.At the end of the day this book is a worthless waste of space on my book shelf. I may end up reselling it on here or using it for kindling on a camp trip.I don't appreciate being taken advantage of via misrepresentation and that is my main issue with this publisher/book.

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