

Kitchen Living Food Dehydrator Manual

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providing detailed information on key areas of post harvest technologies this book is written with small scale processors and entrepreneurs in food processing who have no formal training in food science or food engineering in mind uniquely it will review the hands on aspects of food processing from a largely non academic viewpoint it is written in non technical language and covers everything from the basic science of why food is processed to a description of the main methods used coverage includes all current technologies that are used at the small scale such as why food is processed the historical development of food processing background skills heating and cooling in food processing thermal processing basics and specialised calculations drying food materials statistical manufacturing control and sugar solution calculations in beverage making the target audience for this book is vastly under served with appropriate information and the abundant use of photographs showing the various concepts described in the text makes this book appealing to those required to understand their food process operations

far from being a fad food dehydrating is one of the most ancient effective and nutritious ways of preserving food now at last there is a book that teaches absolutely everything there is to know about using an electric food dehydrator to dry foods at home and gives more than 100 foolproof recipes for scrumptious snacks and meals made from dried foods with this extraordinary book you can learn how to cross junk food and expensive store bought snacks off your family's shopping list and add to your cupboard homemade preservative free fruit leathers candied apricots beef and fish jerkies sun dried tomatoes corn chips banana chips and so much more Mary Bell gives specific techniques and instructions for preparing every kind of fruit from apples to watermelon and vegetable from asparagus to zucchini she also provides important shopping tips for buying an electric food dehydrator the recipes for cooked meals including mushroom soup sloppy joes pesto and moist banana bread will make this book a kitchen classic and recipes for lightweight filling trail snacks mean that the book will travel too additional chapters explain to how make herb seasonings granolas celery powder cosmetics dried fruit sugars potpourri and even pet treats food drying is an excellent way for gardeners to preserve their produce it is a great way to make healthful snacks for the kids it's perfect for the new wave of thrifty consumers who can't bear to spend dollars at health food stores for treats they could make for pennies themselves and food drying doesn't use chemicals or preservatives so it's great for you and for the planet too

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