



## Dehydrating Food: A Beginner's Guide

By Jay Bills, Shirley Bills

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Dehydrating Food: A Beginner's Guide, Jay Bills, Shirley Bills, With the easy-to-follow, step-by-step directions here, anyone can have fun, save money, and create delicious meals by dehydrating food. Learn the basic methods sun drying, oven drying, net bag, and commercial food dehydrators before moving on to drying herbs for tea, making your own tasty (and healthier) jerky, and so much more. Also included is a section on the nutritional benefits of drying food. With 164 recipes ranging from breads to desserts, soups to pies, and cereals to entrees, "Dehydrating Food" is a book for anyone who is interested in learning how to save money and create delicious meals by drying their own food."



**READ ONLINE**  
[ 7.56 MB ]

### Reviews

*Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.*

-- **Felicia Nikolaus**

*These sorts of ebook is the ideal book offered. It can be writter in simple terms rather than confusing. I discovered this pdf from my dad and i advised this publication to understand.*

-- **Mr. Alejandrin Murphy PhD**