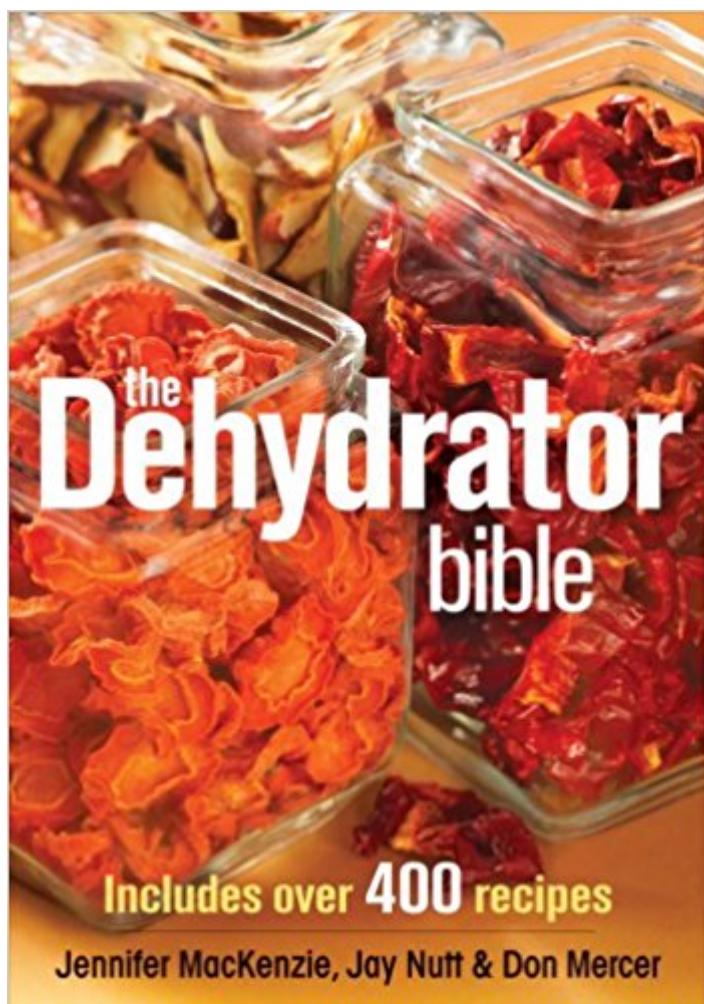


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# The Dehydrator Bible: Includes Over 400 Recipes



## **Synopsis**

A new update of the bestselling book in its field -- 100,000 in print. Whether grow-your-own, bought locally from a farmer's market, or fresh from a regular supermarket, seasonality still affects the quality, abundance and price of good food. It just makes sense to preserve food quality for those times when it's not as plentiful or not available at all. Dehydrating food with this terrific book is easy and creates tasty food year-round. Incorporating the age-old practices of food dehydration takes full advantage of what nature offers. All the wonderful recipes are still here and there is a bonus section on everything from pet treats to crafts and homemade gifts. What has changed is that the "Everything You Need to Know About Dehydrating Foods" section has been expanded to include even more comprehensive and complete information about dehydrating foods along with even more tips and techniques. There are more than 150 recipes for dehydrating everything from herbs and seasonings to fruits, vegetables, meats and fish, plus more than 250 delicious recipes that actually use the dehydrated foods as ingredients. Putting home-preserved food to work for home, RV, boat or campsite has never been easier. The easy-to-follow drying instructions along with time guidelines make even a novice cook feel like a seasoned professional. Planting a few extra rows of tomatoes or beans, picking many strawberries at their peak or buying that big basket of freshly harvested carrots can really pay off later. Loading up the dehydrator will provide personally dried foods the whole year through.

## **Book Information**

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## **Customer Reviews**

This one's an encyclopedia. It's a good resource for recipes on the spot but may be overwhelming if you're starting out. I like to have it on the shelf in case I'm looking to expand ideas but it's recipes

are so literal (an advantage to many) that I prefer to use this to brainstorm my own ideas from rather than to use it each piece. This could apply to all levels of home preservers but I like it best as an on-demand reference as opposed to a manual. (Well Preserved wellpreserved.ca

2011-04-25) Dehydrating is one of the most effective ways to preserve food for maximum nutrition at a very low cost. The Dehydrator Bible recognizes that cooking is a blend of science and art.

Co-authors Jennifer MacKenize, Jay Nutt and Don Mercer combined their professional expertise to take the guesswork out of drying a variety of foods, and sharing successful techniques and recipes.

(Paris Post-Intelligencer 2011-05-18)

Jennifer MacKenzie is a professional home economist, cookbook author and recipe developer. Jay Nutt is a chef and restaurant owner. Don Mercer, Ph.D., P.Eng, is an associate professor in the Food Science Department at the University of Guelph.

THE DEHYDRATOR BIBLE is exactly what I hoped it would be when I ordered it: An excellent dehydrating reference and recipe book that supplements the brief "getting started" guide that came in the box with my A Nesco FD-75PR 700-Watt Food Dehydrator. The book begins with a clear, easy-to-understand chapter that explains how drying works, how to tell when food is dry enough, how to store dried food properly, and when to rehydrate food. It also includes general troubleshooting tips. Next, the book has useful charts that tell you how to handle dehydration for specific herbs (e.g., cilantro, mint, parsley), fruits (e.g., cherries, citrus fruits, peaches, pineapple), and vegetables (e.g., asparagus, radishes, sweet potatoes, tomatoes). For each type of produce, the authors discuss preparation (peel, cut into quarters, etc.), drying (how to arrange on trays, what temperature to use), time (hours required for drying), doneness test (e.g., plums should feel dry and leathery), and tips (e.g., blue or Italian plums give the nicest texture). The book has similar charts for beans, tofu, grains, and dairy products. It also includes a chapter on methods for dehydrating meat, poultry, and fish. The bulk of the book has recipes for cooking "at home" and "on the trail" with dehydrated foods. These recipes are interesting to me, even though I intend to use my dehydrator mostly for fixing fruit snacks, beef jerky, and dried herbs. Should I end up with too many dried peach slices, for example, I can use them to make "Warm Peaches With Ginger". Also, there are a couple of sections of full-color photographs of selected prepared recipes--these, of course, are more or less obligatory in any food book that calls itself a "bible". The last part of the book briefly discusses other uses for a dehydrator, including making cat and dog treats, crafts items (e.g., Christmas ornaments), and gifts (e.g., soup mix, herb teas). I like this book a lot--it's a useful, encyclopedic

kitchen reference to be kept right next to my dehydrator.

I have several pretty good books about dehydrating foods, but this one is hands down the best I've found! Even if it didn't offer recipes (400 of them!) it would still be an excellent resource for drying foods. When I want to know about a book before buying it, I add it to my .com "wish list", then request it through my local library. After reading the library copy I decide whether to buy it or just delete it from my list. The Dehydrator Bible is a definite keeper! This is a later addition to my review above. There seems to be some confusion concerning the title of the book and what it is actually about. It's literally two books in one: part One gives you the "how-to" for dehydrating, then Part Two offers recipes to use your own dehydrated food. I still give it 5 stars!

Anyone who spends an inordinate amount of time running dehydrators in their garage and more drying experiments in the backyard, only to spend more hours logging data into spreadsheets, as co-author Don Mercer woefully admits, has my sit up and take notice attention. However, the dehydrating particulars in the first section of the book seem to gloss over the "why" aspect of dehydration and concentrate on the "how", leaving me with unanswered questions, hence the 4 star rating. I wish Mr. Mercer could have had more input in the book, I think he gladly would have addressed the "why" of things. The recipe sections offer a delightful assortment of both home prepared and backpacking meals including Fisherman's Chowder and No Luck Chowder, for days when the fish aren't biting. One finds it hard to decide on the Fruit Bannock on a Stick or the Blueberry Cheesecake for trail goodies. The recipes span an eclectic variety of tastes from classic favorites to the more contemporary. The mix of dishes, some using all dried ingredients and others incorporating some fresh, provide a provocative view of recipe possibilities for utilizing shelf stable and dry store foods. The food storage enthusiast has much material here to become "absorbed" in.

I love this book. Last night I used my brand new dehydrator for the first time. I followed the directions in the book and it all came out great. I can't wait to try more recipes. This book is "spot on" for timing. A huge THANK YOU!

I use this book at least three times a week. The directions are easy to follow and the recipes are good. So far we have tried everything and it's great tasting. This book will have a lot of use in the future.

This is a really good Dehydrator book. Has lots of helpful hints and recipes. I like my dehydrator and this book has help me find more uses for it.

I got this book for my husband last year for Christmas, to go with his Cabela's Commercial Grade dehydrator and he loves it. Since we aren't home often he has used this a few times and it has been great. We have only done a few vegies and of course beef jerky.

Haven't tried any of the recipes but I have read most of the other Information/instruction sections. I was shocked to see in the recipes that they want you to bake any meats before dehydrating. Not sure if this step is now included due to so much food related illness but my family has been making beef jerky for year and we have always just put the raw marinated beef straight on the racks and into the dehydrator. It is my understanding that even though it is low heat, it is enough to cook the meat while it dehydrates. The method in this book seems like a pain, but if you have food phobia go for it,

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