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KEY=MA - HOGAN SWANSON

The Ultimate Dehydrator Cookbook

The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals

Stackpole Books The dehydrator is an incredibly useful tool for long-term food storage and making the most of your garden harvest. The Ultimate Dehydrator Cookbook contains everything you need to know to get the greatest value from a home dehydrator. • Includes tips on selecting a dehydrator, as well as proper sanitation, storage, and rehydration techniques • Individual entries on how to dehydrate all manner of berries, fruits, vegetables, greens, herbs, and edible flowers include information on how to prep, dehydration temperatures, and times • Includes recipes for making your own teas, herb blends and rubs, flavored oils, instant baby food, jerky, and fruit leathers • Includes nearly 400 recipes for cooking from your dehydrator pantry. There is an entire chapter dedicated to slow cooker recipes using dehydrated ingredients and one on dehydrated meals for backpackers and campers.

The Ultimate Dehydrator Cookbook

The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals

Stackpole Books The dehydrator is an incredibly useful tool for long-term food storage and making the most of your garden harvest.

Quick and Easy Dehydrated Meals in a Bag

Rowman & Littlefield Quick and easy package and prepare meals—just add water. Prepackaged meals in a bag to throw in the crockpot or take on the trail. Includes crockpot meals, family dinners, healthy recipes, meals/foods for campers, hikers, backpackers, snacks, desserts, appetizers and dips, and seasonings. For today's families who want quick and easy to prepare meals For taking on the trail—the outdoor market of hikers, backpackers who want to prepare their own delicious, nutritious foods for pennies a meal Survivalists looking for meals that they can store and keep for whatever the emergency—dehydrated foods keep longer than canned and frozen For those who grow their own foods in the garden and are looking for ways to preserve the bounty For those who want to eat clean and healthy without additives and preservatives, spoilage, or waste

Mary Bell's Comp Dehydrator Cookbook

Harper Collins 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!

The Essential Guide to Food Drying

A Fun Guide to Creating Snacks, Meals, and Crafts

Simon and Schuster Move beyond dried apricots and jerky into an amazing world of healthy and delicious dried foods! This ultimate food drying resource has something for everyone: vegetarians, natural and raw food enthusiasts, hunters, fishermen, gourmet cooks, gardeners, and hikers. Children will love the yummy fruit roll-ups. Everyone will be thrilled at how easy it is to preserve fruits, vegetables, and herbs without chemicals or preservatives. Animal lovers will enjoy making treats for dogs, cats, and birds. With more than thirty years of food drying experience, author Mary T. Bell offers straightforward and practical instructions for drying everything from apples to zucchini, without ignoring traditional favorites such as jerky, mushrooms, and bananas. Readers will also find innovative and delicious recipes for cooking and baking with dried foods. The Essential Guide to Food Drying gives readers the recipes, instructions, and inspiration they need to get the most out of their home food dehydrators.

Dehydrating Food

A Beginner's Guide

Skyhorse Publishing Inc. Dry your favorite fruits, vegetables, and meats, making incredible meals with the results.

How to Dry Foods

Penguin When you dry food, you're saving everything: energy, nutrients, money, and, best of all, taste. This step-by-step guide to drying all kinds of fruits, vegetables, and nuts is also the most comprehensive reference available for methods of drying and home dehydrating equipment. The only book needed to master this age-old culinary tradition, *How to Dry Foods* includes: Step-by-step instructions on how to dry a wide variety of foods Updated information about equipment and drying techniques More than 100 delicious recipes, from main courses to desserts and more Helpful charts and tables for at-a-glance reference Food safety tips Clever crafts that are made from dried foods

Complete Dehydrator Cookbook

How to Dehydrate Fruit, Vegetables, Meat & More

Rockridge Press *The Complete Dehydrator Cookbook: the definitive guide to deliciously easy meals* From sun-dried produce in ancient Egypt to salty air-dried fish aboard Viking ships, dehydration is one of the oldest, most versatile methods of preservation--creating foods that are compact, perfect for traveling, and great for a quick snack or backup meal. The Complete Dehydrator Cookbook is your all-in-one guide to easy, affordable home drying, pairing delicious dehydrated foods with easy-to-navigate guidance to get you drying in no time. Whether you're preserving seasonal crops or making protein-packed camping snacks, this dehydrator cookbook takes you through the ins and outs of dehydrating, storing, and rehydrating a wide variety of foods. The Complete Dehydrator Cookbook is also brimming with 125 simple dehydrator recipes for everything from stews and curries to herbal teas and spice blends to ready-to-eat breads, crackers, and cookies. The Complete Dehydrator Cookbook includes: A to Z drying--Explore the essential equipment you'll need, troubleshooting tips, and detailed directions on how to dehydrate more than 75 different kinds of food, including fruits, vegetables, herbs, nuts, yogurt, tofu, meat, pasta, rice, and more. Dehydrated dishes--Enjoy a variety of deliciously healthy recipes in this dehydrator cookbook, including just-add-water instant meals, and snacks like fruit leathers, chips, and jerky. Low temp, big flavors--Raw foodists will find plenty of low-temp, plant-based foods to make, like Mixed Vegetable Bread, Sweet and Salty Dried Almonds, and Double-Chocolate Biscotti. Whether you're on the go or snacking at home, the portable dishes in this dehydrator cookbook will add some deliciousness to your pantry.

My Ultimate EXCALIBUR Food Dehydrator Recipe Book

100 Delicious Every-Day Recipes Including Jerky, Tea

and Potpourri!

Learn to use your Excalibur Food Dehydrator like a Pro! Get the most out of your Excalibur Dehydrator with 100 delicious recipes and illustrated "how to" instructions tailored specifically for the Excalibur. Want to spend your time creating delicious meals, sides and desserts instead of reading a manual? Then this book is for you! Designed to be the perfect companion for anyone who owns an Excalibur Food Dehydrator, this book contains the following: LEARN HOW TO: - make a huge selection of perfect meat and fruit jerky and fruit rolls - make delicious gluten-free bread and crackers - create an amazing variety of teas - make exotic and healthy spices - get the absolute most out of your Excalibur. LEARN HOW TO AVOID: - wasting food (and save money while your at it) - longer than needed dehydration times - messy, sticky dehydrator trays - mediocre results instead of consistent, reliable results. OUR SIMPLE, NO-RISK GUARANTEE: Learn how to prepare food with your Excalibur like a pro and enjoy the most tender and flavorful meals, sides and desserts your family and friends will love or we will happily refund you! If you're ready to enjoy the best meals you've ever tasted, then hit that "Add to Cart" button now! FREE SHIPPING for Amazon Prime members.

The Dehydrator Bible

Robert Rose Incorporated "Dehydrating is one of the most effective ways to preserve food for maximum nutrition at very low cost. Sales of dehydrators are soaring as many cooks reject the suspect ingredients in commercially prepared foods. Dehydrating with the recipes in this book is one way to control all ingredients and please the whole family. "--From publisher description.

The Complete Food Dehydrator Recipe Book

101 Dehydrator Machine Recipes For Jerky, Fruit Leather, Dehydrated Vegetables and More, Plus Instructions & Pro Tips, in the Ultimate Dehydrator Cookbook!

Independently Published Your food dehydrator can do more than you think! Learn how to use your new (or old) food dehydrator like a Pro! Do you own a Nesco, Excalibur, Presto, Waring, Ronco or other food dehydrator? Then you'll need this book! Amazon #1 Best Seller author Lisa Brian has cracked the code on food dehydrating, and written an easy-to-use yet comprehensive guide to getting the most out of your dehydrator. Here's what you'll learn: * How to get the most out of your new dehydrator * How to dehydrate anything! (from fruit to vegetables, to nuts, to meats) * Proper temperatures for different foods * How to pick foods for dehydrating * How to marinate and prepare foods for dehydrating * How to properly store dehydrated foods PLUS...101 delicious recipes showing exactly how to make: * Vegetable Chips * Fruit Leathers * Granola * Trail Mix * Jerky * And much, much more! (Scroll up and click on book cover to "LOOK INSIDE" and see full recipe table of contents) OUR SIMPLE, NO-RISK GUARANTEE: Learn how to cook with your food dehydrator like a pro, and enjoy the most flavorful snacks and meals that your family and friends will love, or we will refund you! Ready to master your dehydrator like a seasoned chef? Then hit the "Add to Cart" button now! FREE SHIPPING for Amazon Prime members.

Cosori Dehydrator Cookbook

300 Easy & Delicious Recipes for Smart People

The Cosori Dehydrator Cookbook: 300 easy & delicious recipes to help smart people save time and money. Dehydration is one of the oldest, most versatile and best ways of taking advantage of a surplus of fresh produce. This can help save you tons of money, especially if you're buying seasonal fruits or vegetables when they're at their cheapest. Dehydration creating foods that are compact, perfect for traveling, and great for a quick snack or backup meal. The Cosori Dehydrator Cookbook is your all-in-one guide to easy, affordable home drying, pairing delicious dehydrated foods with easy-to-navigate guidance to get you drying in no time. This Cosori Dehydrator Cookbook contains the following categories: Meat Fruits Vegetables Herbs & Powder Crackers Sweets & Desserts Chips Soup Dairy Flour From this cookbook you will learn: What is the COSORI Premium Food Dehydrator? How Does It Work? Best Foods to Dehydrate FAQs About Using a Dehydrator And More... Get a copy of this great Cosori Dehydrator Cookbook and Whether you're on the go or snacking at home, the portable dishes in this cookbook will add some deliciousness to your pantry. Tags: cosori dehydrator, dehydrator cookbook, dehydrator cookbooks, dehydrator cookbook for outdoor adventurers, dehydrator cookbooks for beginners, dehydrator cookbook the complete guide, dehydrated food recipes, dehydrated foods recipes, food dehydrator cookbook, dehydrator recipe book, drying food recipes, vegetable dehydrator

The Dehydrator Cookbook for Outdoor Adventurers

Healthy, Delicious Recipes for Backpacking and Beyond

Rockridge Press

Raw Food For Dummies

John Wiley & Sons The easy way to transition to the raw food lifestyle Celebrities like Demi Moore, Sting, Madonna, and Woody Harrelson as well as experts in diet and nutrition have drawn attention to the newest trend in eating: raw foods. As the demand for raw foods increases, so does the demand for informative and supportive facts about this way of life. *Raw Food For Dummies* shares reasons for incorporating raw food into your diet and life, tips on how to do it, and includes nearly 100 recipes. Whether you're interested in incorporating raw foods into an existing meal plan, or transitioning to a raw foods-only diet, *Raw Food For Dummies* will help. Main areas of coverage include the benefits of eating raw foods, tips for avoiding undernourishment and hunger, information on transitioning to the raw food lifestyle (including where to buy and how to store raw foods), along with coverage of the popular methods of preparing meals, including sprouting, dehydrating, juicing, and greenening. Features nearly 100 recipes covering breakfast, lunch, dinner, appetizers, and snacks Includes advice on transitioning to the raw food lifestyle Written by a veteran vegan chef and culinary arts teacher *Raw Food For Dummies* is for anyone interested in incorporating raw foods into an existing meal plan, as well as people interested in transitioning to a raw foods-only diet.

Meals in a Jar

Quick and Easy, Just-Add-Water, Homemade Recipes

Simon and Schuster Stock your pantry with shelf-stable, homemade meals you can serve in no time with this unique and practical recipe book. With Julie Languille's *Meals in a Jar*, all you have to do is pull one off the shelf, mix with water, cook, and serve. It's as quick and easy as preparing a box of mac and cheese—but it's not store-bought junk, it's your favorite dishes made from scratch. With Julie's easy-to-follow recipes and a little planning, you'll have your pantry stocked with healthy, delicious ready-to-cook meals, like: • Tomato Soup with Cheese • Cheddar Garlic Biscuits • Cornmeal Pancakes with Syrup • Breakfast Burritos • Chicken Chipotle Soup • Carnitas • Braised Short Ribs • Turkey Pot Pie • Coq Au Vin • Rustic Fruit Pie *Meals in a Jar* is packed with step-by-step instructions for natural breakfasts, lunches, dinners and desserts that allow even the most inexperienced chefs to make scrumptious, nutritious dishes. Not only are the recipes in this book perfect for carry-along camping fare or rushed weeknight dinners, they can also be life-savers in times of disasters like fires, blackouts or hurricanes.

Backcountry Eats

Making Great Dehydrated Meals for Backcountry

Adventures

FriesenPress Make your own high-quality backcountry meals. Are you a seasoned backcountry hiker seeking to lighten your pack? Or, are you a canoe tripper looking to bring variety and savings to your meals? Do you have dietary needs that ready-made meals cannot accommodate? Are you a front country car camper or overnight hiker looking to get deeper into the backcountry? *Backcountry Eats* is a valuable tool on how to take your trips a step further and explore the backcountry on multi-day adventures. In *Backcountry Eats*, Kevin Ride demystifies food dehydration techniques and outlines everything you need to know to make your own dehydrated meals for backcountry travel. Within these pages you will discover how to: • select a dehydrator, • dehydrate food of various types (fruit, vegetables, meats, seafood, grains, pasta) safely. • meal plan and ration plan, • portion and package your meals, • select a stove and fuel, • bake in the backcountry, and • protect your food from wildlife. *Backcountry Eats* includes a recipe section with over 100 dehydrated recipes featuring simple one pot meals that rehydrate by adding water, but also rounds-out your repertoire with other recipes such as fruit leather, jerky, granola bars, baked items such as bannock, and a variety of hot drinks.

Dehydrating at Home

Getting the Best from Your Dehydrator, from Fruit

Leathers to Meat Jerkies

Apple Press A food dehydrator is a versatile kitchen appliance that enables you to easily preserve large quantities of fresh foods and create healthier versions of grocery store treats. Not only can you and your family snack healthier and add variety to your diet, you can save money at the same time! The snack recipes in *Dehydrating at Home* are a perfect solution for busy families who do not want to compromise when it comes to health and nutrition. *Dehydrating at Home* features easy recipes for the beginner such as Dried Nectarines, Strawberry-Apple Fruit Leather, or Dried Tomatoes. It also features a wide variety of recipes that take dehydrating to the next level such as Polka Dot Fruit Roll Ups, flatbreads, cookies, and yogurt. The majority of the recipes are inspired by fresh seasonal ingredients that develop upon the ingredients' innate deliciousness. *Dehydrating at Home* emphasises foods that store well for months

in addition to being easy to grab on your way out the door to school, work, sporting events, or a walk in the woods. The Herbs & Seasonings chapter is an exception to this rule, but its simple recipes strive to make your time in the kitchen easier and more fruitful. Once you learn what to look for in a dehydrator, how to prepare your foods for dehydrating, and how to store your bounty, your dehydrator can become a major player in your kitchen that can save you a great deal of money as well as produce foods that are much fresher and tastier than their supermarket counterparts.

Dried & True

The Magic of Your Dehydrator in 80 Delicious Recipes and Inspiring Techniques

Chronicle Books Dehydrators have transitioned from the kitchens of the world's best chefs onto the wedding registry-and this book reveals why. There's no dinner party with friends, school lunchbox, or weekend-backpack dry bag that isn't made more delicious and nutritious thanks to a dehydrator. In this book are the secrets of creating who-knew treats: all kinds of jerky, fruit leathers, savory vegetable crisps, flavor-packed powders that add oomph to your cooking, and perfect melt-in-your-mouth meringues. Eighty recipes include ways to incorporate your dried creations in your baking, cooking, and cocktails. Maybe you didn't know you needed a dehydrator. Now you do!

Preserve it Naturally

A Complete Guide to Food Dehydration

Prentice Hall Direct Guide to safe food preservation through dehydration. Foods running the gamut of fruits & vegetables, meat, fish, herbs, cheeses & tofu, yogurt and even pickles can be home dried. This book is written for the Excalibur Dehydrator, however the information is transferrable to traditional methods of solar drying, air & shade drying, and oven drying.

The Complete Idiot's Guide to Dehydrating Foods

Penguin This guide to dehydrated foods introduces the history and economic benefits of drying foods and shows how to equip a kitchen, shop for ingredients, and stay safe during food prep. It also teaches proper techniques and reviews the tools needed to make basic recipes for dried fruits, vegetables, and herbs, as well as dried dairy products and meat jerkies. Includes a glossary of terms, further resources, and a list of frequently asked troubleshooting questions.

Easy Food Dehydrating and Safe Food Storage

Createspace Independent Pub Food Dehydrating - made Easy! Save Money, stop throwing away spoiled fruits and veggies - dehydrate them instead and serve up healthy treats both you and your kids will enjoy! Follow our "six simple steps" to safely STORE fruit, vegetables, and meat after dehydration for long-term food storage in the comfort of your own home. Learn about Nesco and Excalibur food dehydrators, the FoodSaver vacuum-sealer machine, Vacuum-Sealer bags, Mylar bags, oxygen absorbers, and plastic bins and buckets too! Easy Food Dehydrating and Safe Food Storage is illustrated with how-to photos for dehydrating, storing, and re-hydrating your foods. Included are easy-to-make recipes the whole family will enjoy. To close the book, let's not forget "why" you should begin dehydrating food in these uncertain times - and how having dehydrated food on hand in emergency situations could just save your family's lives. We cover: - How to Dehydrate Fruit, Vegetables, and Meat in Six Simple Steps - Your Dehydrating Fruit HQ - Your Dehydrating Veggies HQ - Dehydrating Pet Food - Make Your Own Chicken Chow Doggie Food - Conditioning Dehydrated Food - Storing Dehydrated Food Safely - Food Dehydrators, the Excalibur and Nesco 'starter' models - Food Vacuum Sealer - FoodSaver brand - Re-hydrating Food - putting the water back in! - Easy Dehydrated Food Recipes - Main meals, Desserts, and Extras! - Frequently Asked Questions - and their answers - "Why" dehydrate food at all? Thanks for your interest, and please feel free to leave a review after reading -- and Thank You again!

Kristen Suzanne's Easy Raw Vegan Dehydrating

Delicious and Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Bread, Granola, Bars and Wraps

Living a Raw vegan lifestyle does NOT require dehydrating, which is why Kristen Suzanne's EASY Raw Vegan recipe books -- other than this one -- rarely call for dehydrating. But if you own a dehydrator, or if you are trying to decide whether or not to buy one, then this book is for you. There are SO many fun and interesting things you can do with dehydrating Raw foods, such as making breads, crackers, wraps, pancakes, granolas, plant leathers (fruit roll-ups, etc.), seasonings, and much more. You can also intensify flavors,

add cooked-like textures to your Raw foods, and even serve warm dishes with the food's nutritional integrity totally intact! This book is a great, thorough, and comprehensive introduction to dehydrating for people who are curious about the subject. It's also a must-have for Raw food enthusiasts who want to experience the full range of experiences in the Raw food cuisine. This Raw food vegan recipe book includes: **SPECIAL OFFER: 10% OFF EXCALIBUR DEHYDRATORS & ACCESSORIES** Dehydrating Fundamentals Recommendations on Which Dehydrator to Buy 55 recipes, including: 19 Using Fruits & Vegetables 5 Using Nuts & Seeds 12 Pancakes, Crackers, Breads & Wraps (Includes Kristen's famous Raw Maple Syrup for your pancakes!) 13 Special Dehydrated Ingredients A "Raw Basics" introduction to Raw food (with 6 basic "must have" recipes) for people who are new to the subject. Also includes links to food photographs at Kristen Suzanne's Web site, KristensRaw.com.

The Solar Food Dryer

How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator

New Society Publishers The Solar Food Dryer describes how to use solar energy to dry your food instead of costly electricity. With your own solar-powered food dryer, you can quickly and efficiently dry all your extra garden veggies, fruits, and herbs to preserve their goodness all year long—with free sunshine! Applicable to a wide geography—wherever gardens grow—this well-illustrated book includes: • Complete step-by-step plans for building a high-performance, low-cost solar food dryer from readily available materials • Solar energy design concepts • Food drying tips and recipes • Resources, references, solar charts, and more Eben Fodor is an organic gardener with a background in solar energy and engineering. He works as a community planning consultant in Eugene, Oregon.

Prepper's Dehydrator Handbook

Long-Term Food Storage Techniques for Nutritious, Delicious, Lifesaving Meals

Simon and Schuster Tips, tricks, and techniques for preparing shelf-stable foods in your dehydrator—from the founder of PreparednessMama. Instead of relying on preservative-filled packaged goods, fill your prepper stockpile with the tastier, healthy alternative—dehydrated foods. Whether you grew it, butchered it or purchased it fresh, it's going to be more delicious and more nutritious if you personally preserve it in your own dehydrator. Packed with everything you need to know about this power method for creating shelf-stable foods, Prepper's Dehydrator Handbook includes: Tips for locking in produce's natural flavor Seasoning recipes for delicious jerkies Drying techniques for delicate herbs Tricks for working in bulk to keep costs down Crucial advice on how to prevent spoilage "Everything you need to know about getting started dehydrating and building up your food supply is in this book. Solar drying, oven drying, dehydrator drying and microwave drying are all covered." —Country Living in Cariboo Valley "This book will be a very important book in my cookbook collection as well as a great reference book for my food storage. I found this to be one of the most complete books on dehydrating that I have seen or owned. I think you will find this to be a very important part of your food storage books too." —Living Life in Rural Iowa

Foolproof Freezer

60 Fuss-Free Dishes that Make the Most of Your Freezer

Hardie Grant Publishing Discover 60 simple and affordable recipes, all with freezer staples at their heart. Organized by the most familiar frozen ingredients and with a few fresh additions, you'll find anything from Fish Pie to Flatbreads and Sweetcorn Fritters to Seafood Gumbo, in this useful collection of reliable recipes. Foolproof Freezer will be the go-to favourite for anyone looking for a tasty meal that is no fuss and easy on the pocket.

The Jerky Bible

How to Dry, Cure, and Preserve Beef, Venison, Fish, and Fowl

Simon and Schuster Learn how to make your own beef, venison, poultry, fish, fruit, and veggie jerky for a money-saving, whole-food, nutritional snack. There is nothing like savory, chewy jerky to satisfy a hunger craving. This delicious treat has seen a resurgence as more and more people have been returning to the basics and adopting a self-sufficient lifestyle. Not only is homemade jerky much less expensive than the packaged kind, but it's also surprisingly simple to make, and it's much more flavorful. This incredibly hardy food has stood the test of time, and it's not hard to see why—it lasts long, tastes great, and travels well. In The Jerky Bible, Kate Fiduccia shows you how to create delicious jerky with instructive step-by-step photos that take you through the process. Inside, you'll

learn how to utilize more than forty flavorful marinades to create a wide range of flavors including Caribbean marinade, sweet beer marinade, and Apple Valley marinade. In addition, readers will learn how to identify the best cuts for jerky, the process behind preparing it, the different types of equipment available for drying jerky, and how the process has changed over the years. Fiduccia offers a wide range of jerky recipes covering beef, pork, chicken, venison, turkey, game birds, and fish. Enjoy more than fifty recipes, such as: Aloha jerky Fast and easy teriyaki jerky Honey Lola sweet venison jerky Brian's hot-to-trot venison jerky On the range jerky Skip the junk food and start enjoying this delicious snack today!

Jerky

The Fatted Calf's Guide to Preserving and Cooking Dried Meaty Goods [A Cookbook]

Ten Speed Press IACP WINNER • This love letter to jerky will make you fall hard for dried meats of all stripes. "Jerky, with its beautiful photographs, fresh and unexpected recipes, and passionate writing, gives an in-depth look into the art and craft of drying meat at home."—*The Art of Eating* Taylor Boetticher and Toponia Miller, James Beard Award-nominated authors of *In the Charcuterie* and owners of San Francisco's acclaimed Fatted Calf Charcuterie, share their favorite recipes and tested techniques for a variety of jerkies and cured meats, from dehydrator and oven drying, to smoking and air drying. Recipes range from classics like the Fatted Calf's signature Bourbon and Molasses Smoked Beef Jerky, to traditional dried meats from around the globe, such as Gueddid, a spicy Moroccan goat jerky; Chinese Rousong or pork floss; and the Italian pork jerky Coppiette di Norcia. In addition to recipes for drying both sliced meats and whole muscles, Boetticher and Miller offer a chapter on cooking with jerky, including dishes like Gingery Cabbage Slaw with Smoky Beef and Herbs, and the meaty breakfast scramble Machacado con Huevos, allowing you to embrace and enjoy jerky in a whole new way. Whether you're a veteran DIY meat curer, or embarking on a jerky affair for the first time, this gorgeously photographed book is your essential guide.

Food Drying at Home

Tarcher Discusses the benefits of and procedures for drying foods naturally, offers tips on wrapping and storing dehydrated produce, and suggests a variety of breakfast, lunch, and dinner recipes

The Art of Gluten-Free Sourdough Baking

eBookIt.com Blending an old world sourdough technique with gluten-free whole grains. Breads, muffins, pancakes, pizza dough and crackers. Gluten-Free Sourdough technique and recipes to bake your own artisanal and highly nutritious sourdough breads. Recipes are also free of dairy, eggs, soy, yeast, gums and chemical leaveners. In addition, they are low in salt, sugars, fat and starch flours. A variety of flours and seeds are used: brown rice, buckwheat, amaranth, teff, sorghum, quinoa, coconut, corn, flax and chia. Excellent taste, easy to digest, long shelf life and no kneading or bread machine required. Directions for making your own starter are included in the book.

The Beginner's Guide to Making and Using Dried Foods Preserve Fresh Fruits, Vegetables, Herbs, and Meat with a Dehydrator, a Kitchen Oven, or the Sun

Storey Publishing Enjoy that fresh harvest taste all year. Whether you're using a dehydrator, oven, or the sun's rays, you can easily dry your own vegetables, fruits, herbs, and meat. Teresa Marrone's simple step-by-step instructions cover all the basics you need to know about drying, storing, and rehydrating your favorite foods. With over 140 dried-food recipes — ranging from veggie chips to casseroles and beef jerky to baby purées — you'll be amazed at the variety of healthy and delicious options that dried foods offer.

Southwest Slow Cooking

Northland Pub "Southwest Slow Cooking" is brimming with 101 kitchen-tested Southwest recipes, specifically created for chefs who enjoy using the popular slow-cookers.

Jerky

The Complete Guide to Making It

Simon and Schuster Don't pay a fortune for jerky at the convenience store?make it yourself with dozens of jerky recipes!If you buy a lot of beef jerky, if you hunt, fish, or hike, or if you're just looking for a healthy low-fat snack, this book is for you. Gourmet dehydrated meat is the most popular meat snack today. It's low in fat and calories and high in protein, making it a favorite among hikers, hunters, bikers, skiers, and those on the go. Make beef jerky, venison jerky, and much more?all without preservatives with names you can't

pronounce. In this DIY guide to making your own jerky in an oven, smoker, or food dehydrator with beef, venison, poultry, fish, or even soy protein?ground or in strips?you'll learn the basics for concocting a simple teriyaki marinade as well as easy gourmet recipes for such exotic jerky delights as Bloody Mary, chicken tandoori, mole, Cajun, and honeyed salmon jerky. Discover the subtleties of cooking with jerky to make everything from slaw, hash, and backpacker goulash to cake and ice cream. This book is more than just instructions and recipes. Author Mary T. Bell makes sure to address safety concerns about dried meat. For a broader understanding, she has included a history of jerky. The jerkies and recipes for using them were taste-tested by family, restaurant staff, friends, and show audiences. So pick up a copy of Jerky now to create your own great-tasting meat snacks! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

The Complete Trail Food Cookbook

Over 300 Recipes for Campers, Canoeists and Backpackers

Robert Rose Provides recipes for trail foods made by combining foods dried at home with store-bought ingredients, with many recipes needing only the addition of water and some requiring no cooking at all.

Making & Using Dried Foods

Storey Publishing Dry and store fruits, vegetables, grains, meats, and herbs with these simple, step-by-step instructions. Includes dozens of recipes and plans for building your own food dryer.

The Art of Preserving

Ancient techniques and modern inventions to capture every season in a jar

Nourish Books Sustainable, low-waste and utterly delectable, preserved food is indispensable to any modern kitchen. Few gifts are more gratefully received than a jar of homemade jam or bottle of handpicked sloe gin, and any meal can be transformed by a sumptuous chutney or jelly on the side. Now everyone can master the art of preserving with this simple, essential guide. More than 100 delicious recipes show how to make the most of any hedgerow-foraged bounty, allotment gluts or leftovers. With clear and comprehensive instructions for curing, drying, pickling and jellying £ as well as recipes for all kinds of jams, chutneys, cordials, cheeses and butters £ every classic is covered, including candied peel, onion marmalade, mango chutney and piccalilli. Alongside time-honoured concoctions, there are modern inventions, such as Banana and Date Chutney, and Grapefruit and Elderflower Marmalade. This is the new and updated edition of The Bay Tree Preserving and Artisan Preserving. Expert tips on troubleshooting and equipment make this a one-stop guide to preserving any fruit, vegetable, fish or meat.

How to Store Your Home Grown Produce

Hachette UK It's wonderful to grow your own fruit and vegetables but what do you do when it all ripens at once? How do you cope with the glut which threatens to overwhelm you? Will help all those who grow their own fruit and vegetables to store their produce properly so that it will last for months and feed the family when the garden's bare. Easy and practical advice on how to bottle, dry, freeze and even salt home grown fruit and vegetables. Discover the taste of your delicious homemade jams, chutneys and ketchups. John and Val Harrison reveal just what you can do with that bountiful harvest and share their 30 years' experience of growing fruit and vegetables and you'll never waste another tomato or courgette again. Praise for John Harrison: 'Britain's greatest allotment authority'. Independent on Sunday.

A Taste of Well-Being: Sadhguru's Insights for Your Gastronomics

HarperElement In an era where a great variety of cuisines are just a restaurant away, it has become difficult to choose what to eat. Food products labelled 'healthy' one day are abruptly dismissed as 'lethal' the very next, while 'celebrity diets' are trashed by nutritionists. So what is the correct diet for your body? The answer lies within. In the Yogic tradition, food is alive, with a prana of its own. When consumed, the quality of the food influences the qualities of your body and mind. In A Taste of Well-Being, you will find recipes that have been perfected in the Isha Yoga Centre kitchen. Ranging from simple juices and salads to complete meals of grains,

cereals and curries, the recipes are peppered with profound insights from Sadhguru on the process of eating and digestion. A book that will help you discover the potential that lies within you and the joy you can derive from the simple act of eating.

The Complete Guide to Pressure Canning

Everything You Need to Know to Can Meats, Vegetables, Meals in a Jar, and More

Rockridge Press *The Complete Guide to Pressure Canning is a safe, practical, step-by-step resource to preserve the low-acid foods that you love. From soups and stews, to meals-in-a-jar, to kitchen staples like broths and beans, pressure canning is a time-honored craft that allows you to safely and affordably preserve the food your family loves to eat. Written by The Canning Diva® Diane Devereaux, The Complete Guide to Pressure Canning delivers everything you need to confidently achieve pressure canning perfection. With The Complete Guide to Pressure Canning you will discover the ease of pressure canning, understand the science behind safe food preservation, and enjoy delicious recipes for stocking your kitchen and feeding your family. In the pages of this all-in-one pressure canning roadmap you'll find: An overview of pressure canning basics that includes guidance for buying a pressure canner and pressure canning fundamentals More than 80 pressure canning recipes for: stocks, broths, soups, and stews; meats including wild game and fish; meals-in-a-jar; tomatoes and vegetables; beans and legumes; and more Pressure canning charts for safely canning vegetables and meats that include quantity, yield, jar size, processing time, and PSI gauge guidance A "First Batches" Chapter that includes two practice recipes for those new to pressure canning With The Complete Guide to Pressure Canning, readers of all skill levels will learn to successfully preserve and serve wholesome, nourishing foods that everyone will enjoy.*

Dehydrating

Simple Techniques and Over 170 Recipes for Creating and Using Dehydrated Foods

Dorling Kindersley Ltd *Perfectly preserve your favorite foods Dehydrating is easy and inexpensive, and the results are loaded with flavor and nutrition. If you have a bumper crop of garden vegetables, scored a deal on in-season fruit at the farmer's market, or have a neighbor with more fresh oregano than they know what to do with, there's no better way to preserve your bounty than by dehydrating! With over 170 recipes for dehydrating fruits, vegetables, jerkies, leathers, trail mix, and even treats for your dog, this definitive guide gives you everything you need to know to make the most of your dehydrator. In this newly updated edition, you'll discover: - A guide on the types of dehydrators available - Pointers on proper food prep and safety storage - Dozens of recipes on dehydrating all kinds of fruits, vegetables, and herbs - Rich and flavorful recipes for dehydrated beef, chicken, duck, and other jerkies - Easy ideas for making chips, granola, croutons, and more with your dehydrator - Satisfying meringues, cookies, and other desserts to satisfy any sweet tooth*

Let's Preserve It

579 recipes for preserving fruits and vegetables and making jams, jellies, chutneys, pickles and fruit butters and cheeses

Random House *This unique and comprehensive recipe book revives the art of making jams, jellies, pickles and chutneys, and celebrates the joys of transforming a surfeit of anything - from apples to whortleberries - into jars full of sweetness. First published in 1970, Beryl Wood's classic Let's Preserve It is the ultimate preserving bible. In this small encyclopaedia, Wood distils the immense knowledge of earlier generations into a jarful of simple, foolproof recipes that will give endless delight both to make and to savour. With guidelines on equipment and preparation, useful hints on cooking and important tips to remember, this A-Z of recipes is an essential book for everyone from the experienced jam-maker to new cooks making preserves for the first time. Classic recipes such as mint jelly, lemon curd and Seville orange marmalade are all here, as well as more unusual combinations and ideas for preserving fruits, herbs and vegetables. 'I've long treasured my battered, second-hand copy of this book, and now that it has been proudly reissued, others will be able to benefit from it too' Nigella Lawson*