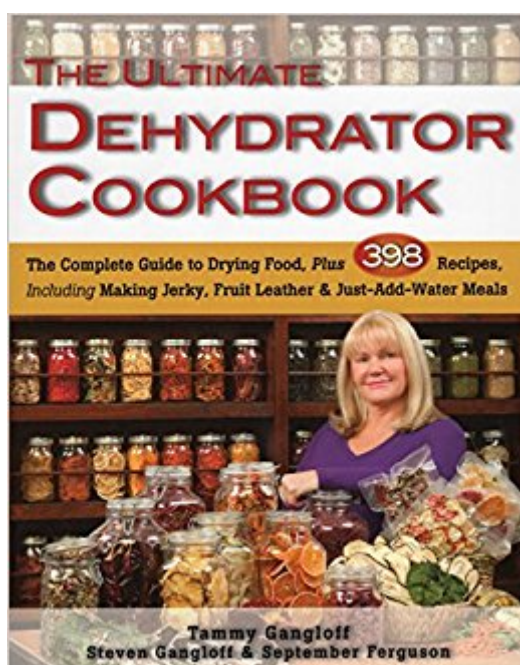


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# The Ultimate Dehydrator Cookbook: The Complete Guide To Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals



## Synopsis

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.

## Book Information

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Best Sellers Rank: #2,045 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators

## Customer Reviews

"The Ultimate Dehydrator Cookbook is just that: the Ultimate...Its 18 chapters cover every aspect of dehydration and cooking with dehydrated foods...This book is great for those who are nervously just getting started on food preservation with all the information needed to successfully preserve food for later. It is also perfect for those who are moderate dehydrator-users already as it supplies exciting ideas to experiment with. I use my dehydrators frequently and consider myself a moderate to experienced home dehydrator and as I read this book I found countless ideas that blew my mind." (A Life Beyond Money blog 2014-09-29)"The amount of detail in this gem of a food preservation book shows...that the authors really know their craft. Things I never would have considered doing with my dehydrator or the foods I had dehydrated! There are 398 recipes included and I don't mean just soups and stews. How about instant soup mixes, packets for dry rubs for flavoring meat

and--wait for it--desserts." (HomesteadDreamer.com 2014-09-22)"Far more than a simple cookbook, the authors preface the recipes with dozens of pages outlining the principles and benefits of dehydration...Fully half the book is dedicated to recipes on using your home-dehydrated foods actively as ingredients, rather than thinking of them as standalone foods. For example, a layered mÃ©lange of dehydrated vegetables in a jar makes a simple just-add-water soup that is not just handy, but makes a thoughtful gift. Smoothies can brim with the flavor of ripe summer fruit year-round." (Sean Timberlake Punk Domestic.com 2014-09-29)"This quickly became one of the most valued books in my library...I can point to numerous examples of things that I just did not know even after three years of dehydrating...You need this book first--BEFORE you start. And you need to pay special attention to the first three chapters--25 pages of easy, enjoyable, plain English reading with plenty of timesaving tips, troubleshooting sections, and references of other places to look in the book for related reading. Once you have done that, you can begin to use this book as your standard, go-to reference for specifics on dehydrating particular goods for particular purposes." (Jo Rellimi Homestead Chronicles.com 2014-10-11)"Whether you are an avid gardener or you bring your produce home from the grocery store, The Ultimate Dehydrator Cookbook will inspire and motivate you!...I was originally unenthusiastic about dehydrating because I'm a home canner...After reading this book, I was very surprised at the amount of nutrients that are lost when it comes to preserving food by freezing, canning and dehydrating. And you guessed it, dehydrating is the best option for preserving those nutrients!...Not only will the book inspire you to dehydrate more, but the wonderful recipe section will have you dreaming up all kinds of meals and desserts for your family." (The Survival Mom.com 2014-10-14)"I was intrigued by the part of the title that mentioned 398 recipes. That alone is a lot of recipes, but for dehydrating food that is huge! I mean how many things can you really dehydrate and/or make with dehydrated food?...Apparently tons! Besides giving you a mega list of recipes, it teaches you how dehydration works...Whether you are a newbie to dehydrating or a seasoned vet, I guarantee that you will learn new, amazing and inspirational things that you will not find in any other book of this genre." (Sharon Pannell The Trailer Park Homesteader blog 2014-11-05)"If you are serious about creating a PREPared kitchen, a dehydrator is a must-have tool for your kitchen, and The Ultimate Dehydrator Cookbook belongs on your shelf. It's really that good." (Jane Baldwin momwithaprep.com 2014-11-12)"From camping foods to holiday feasts, there is something for everyone...and from now on, this is the book I will be recommending. Those new to dehydrating will appreciate the alphabetical list of instructions for almost every fruit and veggie you can think of. Those who already have jars and jars of dehydrated food on the shelves will appreciate the HUNDREDS of recipes making use of them. This is truly the only book

on the subject you will ever need." (Lanette Lepper Mother Earth News.com 2014-10-02)

Tammy Gangloff is an expert and leading authority on food dehydration. She is the face of, and the knowledge and information behind, Dehydrate2Store.com, a leading online resource in food dehydration education. A stay at home mother of four, she is a strong believer in self-reliance and home preparedness, and avidly researched and practiced food canning, freezing, and dehydrating. Most interested in food dehydration, and unsatisfied with the resources available to her to learn the art, she began dehydrating foods full time and developing her own techniques. With her four dehydrators running day and night, Tammy has attempted to dehydrate nearly every available fruit, vegetable, and herb sold in the United States. Tammy first gained widespread recognition through her instructional YouTube videos, and then through the development of Dehydrate2Store. She has since spoken on numerous talk radio shows and podcasts, and has been published in interviews in printed newspapers and online. She has also led talks at preparedness expositions, and served as an expert Technical Editor for *The Complete Idiot's Guide: Dehydrating Foods*. Her fan base through Dehydrate2Store and YouTube includes tens of thousands of Internet followers, and a reach of millions of viewers in the United States and beyond.

Steven Gangloff is a currently pursuing his MD at the University at Buffalo School of Medicine. He graduated top of his class with a degree in Biology and Chemistry with Research Thesis Honors distinction from SUNY Fredonia, and has extensive research experience in genetics and molecular cell biology at SUNY Fredonia and Harvard Medical School. Having additional interests in business, web design, and food science, Steven became the founder/CEO of Dehydrate2Store. Steven also served as an expert Technical Editor for *The Complete Idiot's Guide: Dehydrating Foods* and writes periodically and performs research and development, video direction and production, and site coordination for Dehydrate2Store.

September Ferguson is a stay at home mother of 3 rowdy boys, and holds a degree in Fashion Technologies with interests in business management. Through her mother, September gained a strong interest in food dehydration, particularly in food processing, storage, and dehydration tools and equipment. September is also involved in recipe development and testing for the home food dehydrator.

EVERYONE should have THIS BOOK! It is absolutely the BEST dehydrator book I have, and I have Mary Bell's, Ball Blue Book, and several others. Tammy Gangloff lays out dehydration in SIMPLE steps, LOGICAL sections, Brief yet to the point, with TIPS and insights which only come from experience. I have 3 Excalibur dehydrators and have been dehydrating for over a decade, and

found LOTS of USEFUL, Easy to Grab info while dehydrating, and even new wonderful recipes (for example drying cucumbers and making refrigerator pickles, and several Salsa Mix recipes!) I'm ecstatic! Tammy Rocks!! HIGHLY HIGHLY HIGHLY RECOMMEND this book, "The Ultimate Dehydrator Cookbook"!!!!!!!!!!!!

Oh my gosh! I wouldn't have thought to use my dehydrator to make fruit leather, but it's amazing, especially the peach mango! And it's really low sugar content - only 1 Tablespoon for every 2 cups of fruit! We have fruit trees and we're avid hikers, so this is a game changer for us. My food processor can handle 12 cups at a time, and so can the dehydrator, so I scale the recipe way up (I think 6X). The second and 3rd picture show my peaches off the tree, and dehydrated per the book, ready for fruity oatmeal later on. If you don't have a dehydrator yet, I absolutely love this one. Â Excalibur 3926TB Food Dehydrator, Black

I am thrilled with this book! It's simply Outstanding. Everything about it is perfect. Especially the layout, and the amount of information given, about what to do with each item, to make it come out perfect. I couldn't believe all the additional information that was in it, and so many new things! Recipe's like none I have ever seen before, that will be a huge hit in my home. You will never need another book about dehydrating, that's for sure.

Very glad that you made a book. This book has more than what one can find on your videos. While I took notes from the videos, this book puts everything right at my fingertips. The bonus and reason I purchased was all the recipes using the dehydrated items. Very well done. A good resource to have. That being said I do miss your website and hope to see it back online soon. It is because of your shared experiences in dehydrating that I got involved in it. What a great way to preserve things and use little space. I use our dehydrated items in our regular cooking since it is miles to the nearest grocery store.

I've stopped using the other dehydrator books that I've purchased in the past. This is my absolute only reference now. There is no need for the others. This book is EASY to follow and understand. It has real recipes for real people and a complete index.

In my opinion, it's not worth it, over 50% of the book is the same page duplicated with a different heading for fruit / Vegetable. A one page chart would replace over 100 pages. It fell short of the

hype. If it was a Nice chart with a recipe booklet would be more helpful for the new dehydrator owner. However, it was helpful to get me started and I do use it as a reference once in awhile. This book maybe more helpful to others. Pros: Guide for how to slice, Dehydro time, recipes, some do's & don'ts Cons: Waste of pages with repeating information. Tells you to coat everything with Lemon juice or citric acid but leaves you hanging to figure it out on your own. So why do I buy this book?

This is a real must have! I have celiac disease and so it's much safer if I make my own food. I had cream of mushroom soup the other night out of this world! I use the gum -free flour from Nicole Hunn's "GLUTEN-FREE small bites. " The Ultimate Dehydrator" is loaded with ideas for the whole family, even the pets.

I want to start dehydrating food, and needed lots of guidance!!!! This book is the most amazing I've ever seen of ANY cookbook!! It gives directions for beginners up to the professionals. Over the years, I have had MANY cook books, but this one has to be the best thus far. I do have another favorite cook book I received as a wedding gift 43 years ago. It is the 1972 Betty Crocker hard back book. It has no instructions for using the micro-wave, because the book came out before micro-wave ovens, but it does have some wonderful time tested recipes!!! I purchased a new Betty Crocker cook book a few years ago, but the original I received as a gift is still my favorite.....even with all the food stains and wear.

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