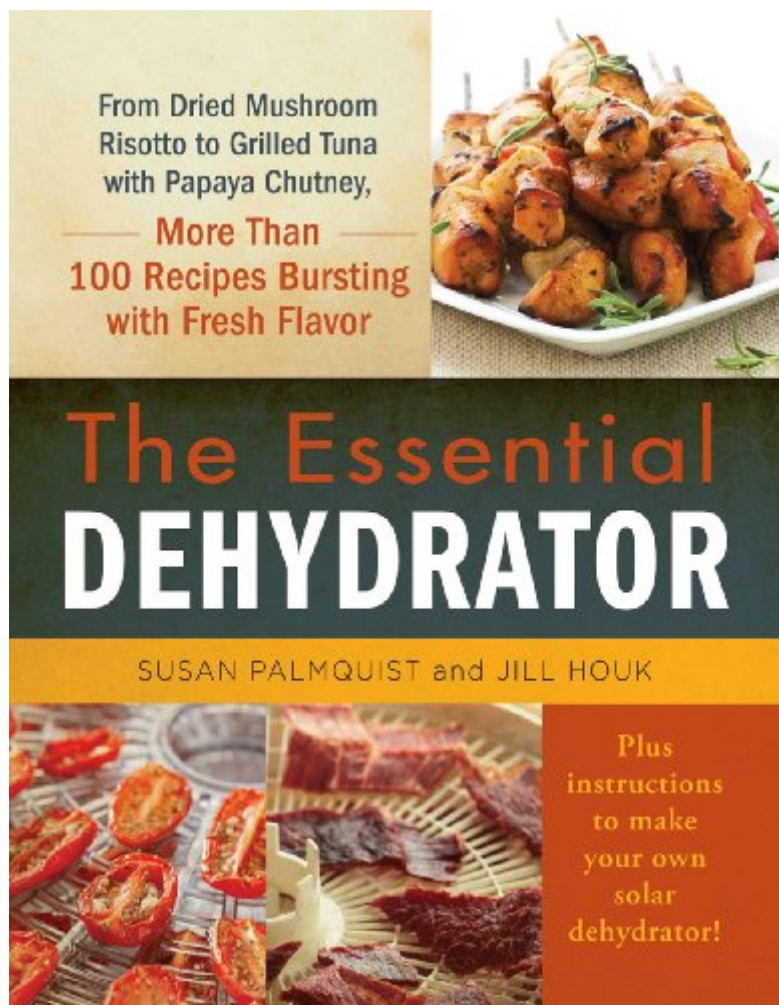




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# The Essential Dehydrator: From Dried Mushroom Risotto To Grilled Tuna With Papaya Chutney, More Than 100 Recipes Bursting With Fresh Flavor



## Synopsis

Create dynamic dishes that pack a punch! It's time to reinvent your favorite foods through dehydration. The Essential Dehydrator shows you how to use this simple technique to turn ordinary dishes into mouthwatering meals that are bursting with flavor and nutrition. Written by experienced health food writer Susan Palmquist and nationally recognized chef Jill Houk, this book features straightforward instructions for using a food dehydrator and hundreds of helpful tips for cooking with dried foods. Once you've mastered the basics, you'll wow your entire family with recipes that are overflowing with robust and vibrant produce, such as: Grilled shrimp skewers with dried mango chutney Corn chowder Spice and chili "rubbed pulled pork Chicken breasts with goat cheese and dried apricots Caramel apple bread pudding The Essential Dehydrator is all you need to guarantee that every meal is packed with only the best taste that nature can offer!

## Book Information

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## Customer Reviews

I just received this book today, and read through it in one sitting. It is well-written, informative, and presented in a way that is not intimidating to dehydrator novices. (Please note, this is not a raw food cookbook, this book incorporates dehydrated items into its cooked recipes.) The food sounds

gourmet, but there are no long, complicated recipes here - these look totally do-able, even for kitchen klutzes such as myself. The photos are appealing and motivating! I'm really looking forward to borrowing my friend's dehydrator and trying out a few of these dishes!

While "essential" may not be the correct term, this is a good dehydrator book. I've been reading a lot of them as of late, mostly from the library before purchase, as I am purchasing an Excaliber dehydrator and always like several good - varied - books on hand. This book is a hardcover, well laid out, easy to read, but over half the book is dedicated to recipes. It includes section of Vegetables, Fruits, Meats and fish, and Dairy and Herbs (altho I'm not sure why those two didn't merit their own sections) It is one of the ones I am keeping.

I checked this book out at the local library and liked so many recipes that I decided to purchase it. I love it.

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