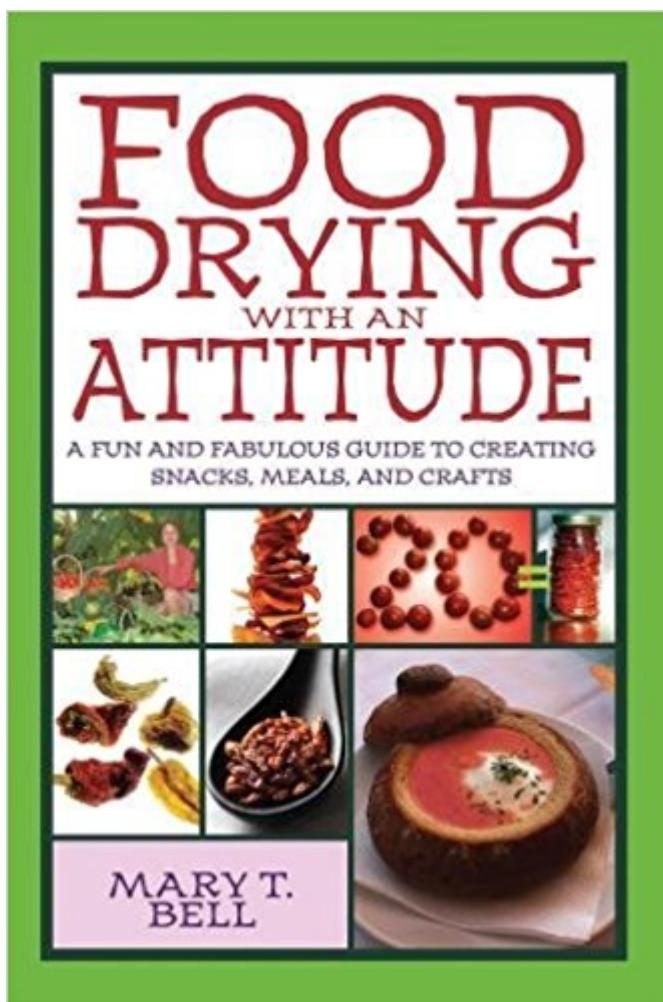


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# Food Drying With An Attitude: A Fun And Fabulous Guide To Creating Snacks, Meals, And Crafts



## **Synopsis**

This ultimate food drying resource has something for everyone: vegetarians, natural and raw food enthusiasts, hunters, fishermen, gourmet cooks, gardeners, farmers, hikers, and even fast food junkies. With more than thirty years of food drying experience, Mary T. Bell offers straightforward and practical instructions for drying everything from yogurt to sauerkraut to blue cheese, without ignoring traditional favorites such as jerky, mushrooms, and bananas. Throughout, Bell offers nutritional tips and highlights the time-, space-, and money-saving benefits of food dehydrating. Also included are descriptions of how various food dehydrators work to give readers a better understanding of the tools of the craft. *Food Drying with an Attitude* gives readers the recipes, instructions, and inspiration they need to get the most out of their home food dehydrators.

## **Book Information**

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## **Customer Reviews**

âœWhat a glorious book! This is now essential reading for our entire culinary team at Charlie Trotter's restaurant.â • ([object Object])

is the author of,, and. She promotes green agriculture and encourages sustainable living.

This is my first and only book about dehydrating food. It sure opened my eyes to all the possibilities you can make with your plant based foods including, crackers, and powdering dried foods for rich tasting soups and spices. There are just as many recipes with veggies as there are for meat. You will find that once you've Digested all the goodies this book has to offer, you will become a creative

expert yourself. I am on a plant based diet, but so what. I'm sure I can improvise a lot of the meat recipes. Potpourri, how to make wreaths, and making your own paper opens the door for your creativity. Every topic is accompanied by watchful good tips so that you can be confident in what you are trying to accomplish. You will enjoy this book!

I am new to the dehydrator game; I haven't bought one yet. I bought this book to help me 1) see if this was something that I would really use, and 2) see if I could narrow down the features I would use (or not). It was very helpful in both respects. Definitely something a newbie could use; I think an experienced user would enjoy it too. Mary Bell has written other books as well and I would definitely look into buying those as well. Her enthusiasm is infectious.

Since I already have Mary Bell's "Complete Dehydrator Cookbook", which showed so much more than I'd ever known before, the title of this book really got my attention. And the recipes!!!

YUMMY!!!! I packed several items when I had to make a trip to my specialist (3 hours each way) and I saved money, ate delicious, nutritious foods and didn't have to do the "fast food" stops like before. Will be doing more before I take a flight to see my family soon so I don't have to deal with the expense and questionable nutritional value of airline food. Also, I have a very small apartment and drying makes more sense than canning. For instance, 10 pounds of blueberries dried fill 2 quart jars and 15 pounds of Bing cherries fill 2 and one half quarts, plus there is so little risk of spoilage. It's so much fun and the dried foods can be used in so many fantastic ways. Try the Strawberry Meringue cookies!!! This book is a fun, educational read and the pictures just makes one's mouth water.

This easy-to-read-and-follow-directions is a complete guide to the introduction of a dehydrator into your life. Because the dehydrating "philosophy" is still new to me, I have been relying on the clear directions and suggestions included. I do suspect that as I gain more knowledge and efficiency that I'll outgrow this book as one does with the primers on any subject. I'm already asking questions and experimenting beyond this quite inclusive volume, but I still need it as I venture forth.

I consider this an essential 'primer' on drying foods. In it the author shares her experience, knowledge and enthusiasm for drying food in a way that feels like a friend passing along methods, tips and techniques that have been honed over years of personal experimentation and testing. I encourage all newcomers to read this book as a point of beginning, because food drying is a

creative art, not an exacting science. This book sparks an excitement for the many creative possibilities one can achieve using a food dryer.

Awesome and amazing book. I am so very happy I purchased this little gem! Now when we camp and travel I can follow my special diet prescribed, with adaptations for my special dietary needs, deliciously and affordably, without relying on supermarkets and eateries in remote areas when camping. I find that incredibly empowering! Sometimes my digestive system is not as rugged as the rest of me and this is a great aid for me in navigation getting out and about. I appreciate & am grateful that that will be easier now! It also has very cool craft and pet recipes.

Being pretty new to food drying (dehydration) I heard this was the ultimate book on how to dry every type of food imaginable. While all the food groups are included I have seen better. The instructions on how to prepare your food to dry is pretty thorough but where it is found lacking is in the time required to dry foods. Most books will give you an idea of how long a particular food will take to dry this book left me scratching my head and wondering.

Mary's book strikes a good balance between the basics of dehydrating food and some innovative ideas for powdering parts of food we wouldn't normally consider eating.

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