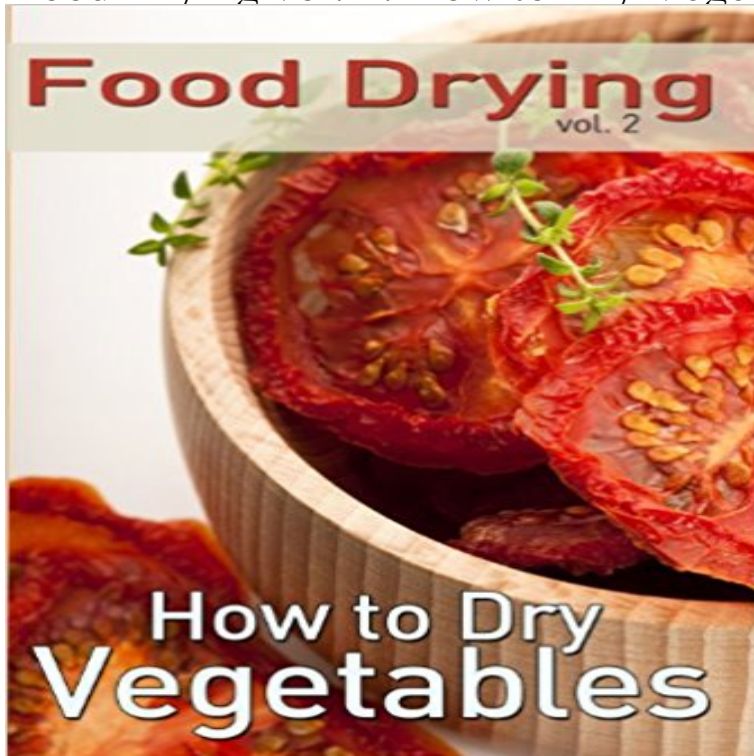


Food Drying vol. 2: How to Dry Vegetables



Are you looking to learn how to safely preserve vegetables by drying them? Food Drying vol. 2: How to Dry Vegetables covers exactly that, giving detailed information on how to prepare and dry more than 30 different vegetables. From artichoke hearts to zucchini, this handy guide has you covered. The following topics are covered in this vegetable drying guide: Why learning to dry vegetables is important, even in this day and age. The vegetable drying process: What happens to vegetables as they dry. How to pretreat vegetables by blanching them to prevent enzymatic browning. Drying trays. How to dry vegetables using the sun, your oven or an electric dehydrator. Conditioning and pasteurizing dried vegetables after drying is complete. How to safely store dried vegetables. The following vegetables are covered

in-depth: Artichokes. Arugula. Asparagus. Beets. Bell peppers. Bok choy. Broccoli. Brussels sprouts. Cabbage. Carrots. Cauliflower. Celery. Chili peppers. Collard greens. Corn. Cucumbers. Eggplant. Garlic. Green

beans. Lettuce. Kale. Mushrooms. Okra. Onions. Peas. Potatoes. Tomatoes. Zucchini. and more . . . Detailed drying information is provided for each vegetable type, including the following information: A brief description of the vegetable and its health benefits. How to select the best vegetables of that type for drying. How to prepare the vegetable for drying. How to blanch the vegetable, if necessary. The drying temperature range that works best. Approximate drying times for the oven, the dehydrator and sun-drying. How to tell when the vegetable is dry. Conditioning, pasteurizing and storing the dried vegetable. How to rehydrate the dried vegetable before use, if applicable. In addition to detailed instructions on preparing and drying vegetables, there are

20+ bonus recipes included. The following recipes are included in this helpful guide: Beet chips. Bell pepper paprika. Bok choy crisps. Dehydrated Sauerkraut Crisps. Dried carrot chips. Cauliflower crunch. Celery salt. Collard green crisps. Popcorn on the cob. Dried cucumber chips. Cucumber powder. Eggplant jerky. Cajun spiced green beans. Spicy kale chips. Kale powder. Dried pumpkin powder. Spinach chips. Spinach powder. Chard chips. Sun-dried tomatoes. Zucchini chips. Buy this book today and learn to preserve your harvest by drying vegetables.

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