

Create dynamic dishes that pack a punch! Its 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 youve mastered the basics, youll 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 chiliâ€“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!

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