



# Dehydrating Foods, Fruits, Vegetables, Fish and Meats; The New Easy, Economical and Superior Method of Preserving All Kinds of Food Materials, with a (Paperback)

By A Louise Andrea

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1920 edition. Excerpt: . CHAPTER XIV RECIPES FOR USING DEHYDRATED VEGETABLES String Beans Preliminary Directions. -- Soak 1 part dehydrated string beans in 3 parts cold water for 8 hours and cook until tender in same water, adding a pinch of soda to accentuate their color, and salt when vegetable is partly cooked. Time required, about 15 hours. String beans restore nicely and to almost their natural green color. Buttered String Beans 1 Cup dehydrated string beans. 3 Cups cold water. 3 Tablespoons butter. Pepper. Soak and cook as directed, then drain, return to fire with butter and toss with a fork until well coated. Turn into a hot vegetable dish, dust with pepper and serve. These may be served on the meat platter as a garnish to broiled steak or chops. Creamed String Beans 1 Cup dehydrated string beans. 3 Cups cold water. 1 Cup Thin...



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