

Dehydrated vegetables

Most vegetables (except celery, tomatoes, onions, capsicum and mushrooms) should be washed, sliced, and blanched prior to drying.

To blanch them, steam for about 4 or 5 minutes and place them in ice water for 5 minutes to stop the cooking process. Drain and pat dry with paper towel.

Dry vegetables in single layers on trays in the dehydrator at the recommended temperature.

When the vegetables are dry, leave them to cool. Then pack them into airtight containers until required.

If vegetables are to be rehydrated and eaten without further cooking, then they need to be cooked prior to drying. Cook them in whatever your preferred method (eg fry onions, boil peas and beans, etc). Then spread them onto the drying trays in the dehydrator.

Beans, green: Stem and break beans into 1-inch pieces. Blanch. Dry 6-12 hours until brittle.

Broccoli: Cut into small pieces. Blanch. Dry 4-10 hours.

Carrots: Peel, slice or shred. Blanch. Dry 6-12 hours until almost brittle.

Cauliflower: Cut, blanch and dry 6-14 hours.

Celery: Finely slice. Dry 6-12 hours until brittle.

Corn: Cook the corn for 20 minutes before chilling. Cut corn off cob after blanching and dry 6-12 hours until brittle.

Mushrooms: Brush off, don't wash. Dry at 90 degrees for 3 hours, and then 125 degrees for the remaining drying time. Dry 4-10 hours until brittle.

Onions: Finely chop. Dry 6-12 hours until crisp. (note: do NOT dry any other vegetables at the same time as the onions to reduce the transfer of flavours!)

Peas: Dry 5-14 hours until brittle.

Peppers, sweet (Capsicum): Remove seeds and chop. Dry 5-12 hours until leathery.

Tomatoes: Dip in boiling water to loosen skins, peel, slice or quarter. Dry 6-12 hours until crisp.

Zucchini: Slice 1/8-inch thick, blanch and dry 5-10 hours until brittle.