



Dried Chili Peppers

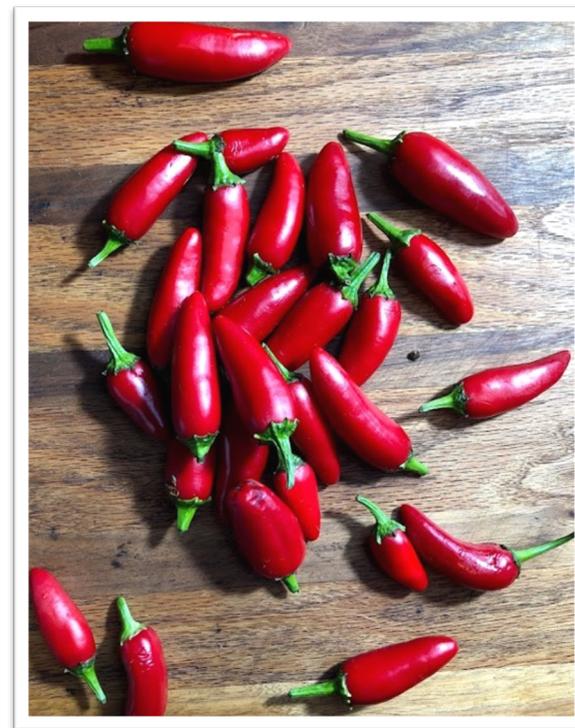
A Fun and Easy Dehydrating Project

- Chilies – the most widely used spice and condiment in the world.
- Members of the large and diverse nightshade family in the genus *Capsicum*.



University of California
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Sacramento County



Selection

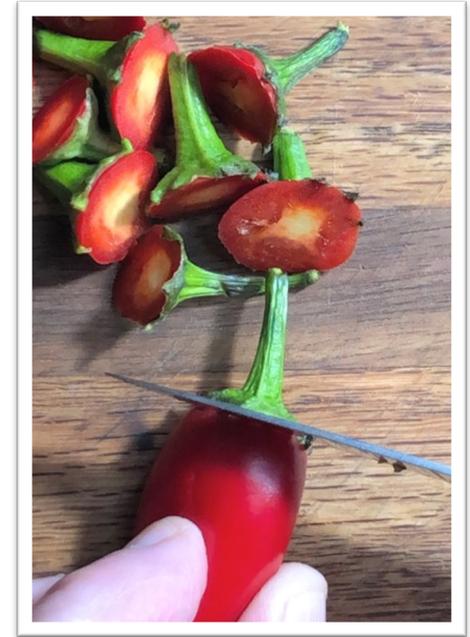
- Look for firm, brightly colored, shiny peppers with no signs of bruising or rotting.
- Store fresh pods in paper towels inside of a plastic bag in the refrigerator crisper for one or two weeks.





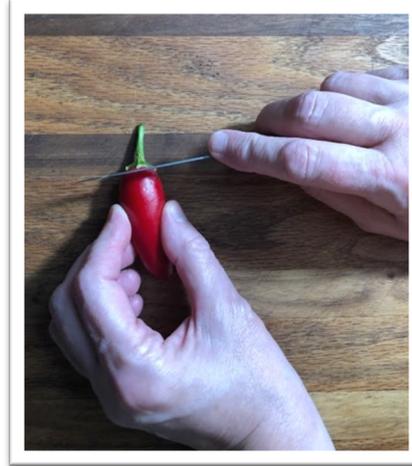
Preparation

- Rinse and dry the pods.
- Remove the stems.
- Wearing gloves, especially when cutting hotter varieties, will help avoid skin irritation.



Preparation *Continued*

- Larger peppers, including bell or pimento, may be halved, quartered or diced prior to drying. This will help the peppers to dry faster.
- You can slightly decrease the heat of a dried chili by removing the seeds and veins.



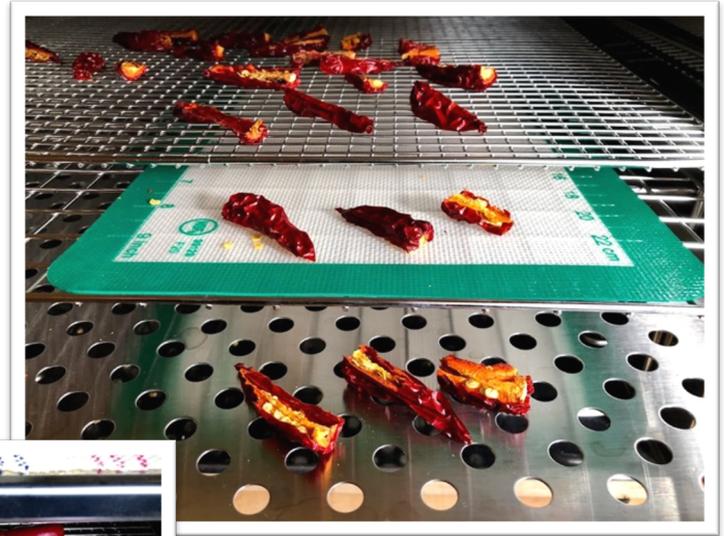
Dehydrating with an Electric Dehydrator

- An electric dehydrator will give the best quality product.
- An appropriate electric dehydrator will have:
 - An enclosed heat source.
 - A thermostatically-controlled temperature dial with settings between 130°F to 150°F. (Different foods are best dried at different temperatures).
 - Fan to distribute the air evenly over the trays.
- There are many good electric dehydrators with many features. When selecting a dryer, keep in mind the products you wish to dry and investigate the capabilities of the models under consideration.
- The Master Food Preservers do not recommend any particular model or models. The photographed dehydrator is just an example.



Loading the Dehydrator

- Some dehydrators have different types of trays. Choosing a tray with smaller holes or using a suitable mat will help prevent the peppers from falling through the holes in the trays.



Temperature and Time

- Drying temperature: 130°F
- Dryness test:
Tough to brittle
- *These peppers took over 30 hours to dry, which is why I cut them in half part of the way through the process. Next time I will cut them right at the start.*



How to Use

- Powder or whirl in a blender or food processor to make crushed red peppers.
- Great for seasoning meat, poultry or other dishes.





A Few Books for Ideas

- *How to Dry Foods* by Deanna Delong
Revised edition 1992
- *The Dehydrator Bible* by Jennifer MacKenzie, Jay Nutt, et al.
2009
- *Mary Bell's Complete Dehydrator Cookbook* by Mary Bell
1994
- *Food Drying with an Attitude* by Mary T. Bell
2008
- *High Trail Cookery: All-Natural, Home-Dried. Palate-Pleasing Meals for the Backpacker* by Linda Frederick Yaffe
1997