



“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

DRYING VEGETABLES

PREPARING VEGETABLES FOR DRYING

Wash vegetables in cold water and pat dry. Most will need to be peeled, trimmed, cored and sliced or shredded. Cut vegetables in thin uniform sizes so they will dry quickly and at the same rate.

PRETREATING VEGETABLES BEFORE DRYING

Most vegetables need to be pretreated by blanching (heating over steam or in boiling water) before they are dried to inactivate the enzymes that cause ripening and eventual decay.

HOW TO DRY VEGETABLES

Arrange prepared vegetables on drying trays in a dehydrator or on cheesecloth in the oven, leaving space between pieces. With shredded vegetables, spread in a thin layer. A controlled temperature and drying time is critical to the quality of dried vegetables. Test for dryness toward the end of the drying period. Dried vegetables should be brittle, crisp, or hard when thoroughly dry. After vegetables are dried and then cooled, pack into airtight containers to store (glass jars, plastic containers, etc.) Check occasionally for moisture once or twice a week—one small piece that is moist can cause the entire batch to mold.

GRATED DRIED CARROTS

1. Cut off the roots and tops. Wash, peel if desired, and grate.
2. Steam blanch for one minute.
3. Dry in a dehydrator until crisp to brittle.

For more information about drying fruits and vegetables, download a publication called Preserving Food: Drying Fruits and Vegetables, University of Georgia Cooperative Extension, Judy Harrison and Elizabeth Andress.

https://nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750- 1397.

CARROT CAKE

No one will believe it's made with dried carrots!

Boiling water

1-1/2 to 3 cups dried shredded carrots

2 cups all-purpose flour

1 cup granulated sugar

1 cup brown sugar, firmly packed

2 teaspoons baking powder

1 teaspoon salt

2 teaspoons baking soda

1 teaspoons cinnamon

½ teaspoon nutmeg

4 eggs

1-1/2 cups vegetable oil

1 cup chopped walnuts or pecans

Cream-Cheese Frosting:

1, 8-ounce package cream cheese, room temperature

½ cup butter or margarine, room temperature

2 teaspoons vanilla extract

1 (1lb.) box powdered sugar

1 cup chopped walnuts or pecans, if desired

Pour boiling water over dried carrots. Let stand to reconstitute 20 to 25 minutes. Drain and measure 3 cups reconstituted carrots. Preheat oven to 350°F. Generously grease and flour two 9-inch, round cake pans or 1 large 9" x 12" x 2" baking pan; set aside. In a large bowl, combine flour, granulated sugar, brown sugar, baking powder, salt, baking soda, cinnamon and nutmeg. In a small bowl, beat eggs and oil and chopped nuts. Pour into prepared baking pan(s). Bake at 25 to 30 minutes or until wooden pick inserted in center comes out clean. Cool in pans on rack 10 minutes. Turn out onto rack to cool completely. When cool, frost with cream cheese frosting. Makes 8 to 10 servings.

Cream cheese Frosting:

In a medium bowl, beat cream cheese and butter or margarine until fluffy. Blend in vanilla. Gradually add powdered sugar. Beat until smooth and creamy. Fold in chopped nuts, if desired, reserving 2 tablespoons to garnish top of cake. Spread frosting over sides and top of cake. If desired, sprinkle remaining nuts on top.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750- 1397.