



UCCE Master Food Preservers of Amador/Calaveras County

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Dehydrating: Camping & Survival Foods

See separate handout UCCE Master Food Preservers of Amador/Calaveras County “Dehydrating Basics” for general information on dehydrating.

Vegetable Soup (Serves 6)

Ingredients:

4 cups water
3/4 to 1 cup dried vegetables (green beans, corn, peas, tomatoes, onions, etc.)
2 packages bouillon granules or cubes
Seasonings to taste (herbs, soy sauce, or curry)
Variation: Add 1/2 cup rice, noodles, lentils, or barley with the other ingredients.

Procedure:

1. Bring water to a boil. Add dried vegetables, bouillon, and seasonings.
2. Simmer about 20 minutes or until vegetables are tender, though chewy. (Freshly dried vegetables will not take as long to reconstitute as those that have been stored for a long time.)
3. Remember to refrigerate leftovers.

Source: *Drying Fruits and Vegetables, 3rd edition, Pacific Northwest Extension Publication, PNW 397*

Mushroom Barley Soup Mix

Ingredients:

1/2 cup dried barley
1/4 cup each dried mushroom slices and dried carrot slices
2 T dried onions, minced
2 T each dried parsley flakes and dried dill
2 bay leaves
2 beef bouillon cubes or 2 teaspoons bouillon granules

Procedure:

Combine all ingredients and seal in Ziploc or vacuum seal bag or jar. To use: Add 1 quart boiling water and simmer until barley is tender. Remove bay leaves before serving.

Source: budget101.com

SOS (Soup or Sauce) Mix (Equal to 9 10.5 ounce cans of cream soup)

Ingredients:

2 cups powdered non-fat dry milk
3/4 cup cornstarch
1/4 cup instant chicken bouillon (regular or low sodium)
2 T dried onion flakes
2 teaspoons Italian seasoning (optional)

Procedure:

Combine all ingredients in a re-closable plastic bag, mixing well. This mix does not need to be refrigerated. To substitute for 1 can of cream soup, combine 1/3 cup of dry mix with 1-1/4 cups of cold water. Whisk until well blended. Cook and stir on stove top or in microwave until thickened.

Tomato Soup using SOS Mix (Serves 3)

Ingredients:

1/3 cup SOS Mix
1-1/4 cups cold water
2 cups tomato sauce

Procedure:

Whisk SOS Mix with water until well blended. Cook and stir on stovetop or in microwave until thickened. Add tomato sauce. Heat thoroughly.

Source: Soup or Sauce (SOS) Mix, Utah State University Cooperative Extension

Dehydrated Veggie Burgers (Makes enough for 6 burgers)

Ingredients:

1 cup crumbled dehydrated refried beans
1 cup dehydrated sliced zucchini
3 dehydrated mushrooms
1 T Vegetable Stock Powder (recipe follows)
1 (1/2 inch) piece dehydrated chile pepper

Procedure:

1. Combine ingredients in a blender and process into a fine powder. Store in 1/4-cup increments (enough to make two burgers). If you vacuum seal with an oxygen absorber, it will keep for 5 years or more in a cool, dry place. If stored in a plastic freezer bag, it will keep for 1 month.
2. To prepare: Add 1/4 cup boiling water to the bag, carefully squish around to mix, seal, and let sit for 2 or 3 minutes. If the mixture is too thick, you can add an extra tablespoon of water.
3. Form the mixture into two even-sized balls, then press each down into a hot, well-greased skillet.
4. Fry until nicely browned and heated through, about 2 minutes per side.

Source: The Ultimate Dehydrator Cookbook, Tammy Gangloff

Vegetable Stock Powder (Makes 2/3 cup powder)

Ingredients:

4 cups water
1 cup chopped fresh onion
4 fresh garlic cloves, peeled
1 fresh green bell pepper, cut in half and seeded
1 fresh red bell pepper, cut in half and seeded
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh tarragon
1 T cornstarch

Procedure:

1. In an uncovered stockpot, combine all the ingredients except the cornstarch and bring to a boil. Reduce the heat to a simmer and cook until all the vegetables are tender and three quarters of the water has evaporated.
2. Using an immersion blender, blend the stock until all the solids are pureed. Stir in the cornstarch and let simmer, stirring until thickened.
3. Pour the puree on a drying sheet set on a dehydrator tray. Slap the tray on the counter a couple of times to level the liquid. Dehydrate at 125°F for 10 hours. The dehydrated stock will be brittle.
4. Break the dehydrated stock into pieces, place in a blender and reduce to a powder. Store in a canning jar with an oxygen pack or a vacuum-sealed bag with an oxygen pack and double-bag in Mylar. Stored this way, it will keep 5 or more years.
5. To rehydrate, add 1 T powdered dehydrated vegetable stock powder per 1 cup boiling water.

Source: The Ultimate Dehydrator Cookbook, Tammy Gangloff

Dried Tomato and Herb Sauce (Makes 3 cups sauce or 2 cups thick sauce for pizza or pasta)

Ingredients:

2 slices dried garlic
1 cup dried tomatoes
2 T dried onion pieces
1 T crumbled dried parsley
1 teaspoon crumbled dried basil
1 teaspoon crumbled dried oregano
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Procedure:

1. In a saucepan, combine mix with 4 cups water; bring to a boil over medium heat. Reduce heat to low; cover, leaving lid slightly ajar, and simmer stirring occasionally for about 20 minutes or until tomatoes are very soft and starting to break down.
2. Using an immersion blender in the pan or transferring to a blender, puree sauce until fairly smooth. Return to pan, if necessary.
3. For a thicker sauce, return to a simmer over medium heat. Reduce heat and simmer, uncovered, stirring often, for about 15 minutes or until desired consistency. Season to taste with salt, pepper, and sugar (if using).

Source: The Dehydrator Bible, Jennifer MacKenzie

One-Pot Spaghetti (Serves 2 or 3)

Ingredients:

1 cup dried mushroom pieces and/or slices
1/4 cup dried diced green bell pepper
2 T dried onions
1 envelope dried spaghetti sauce (8 ounce)
1/2 teaspoon garlic powder
1/2 teaspoon salt
3 cups thin spaghetti noodles

Procedure:

Boil 4 cups water in medium pot. Add mix. Cook stirring frequently, about 5 minutes. If noodles stick, add a little water. Remove from heat, cover, let stand 5 minutes or until noodles are tender.

Source: Excalibur Preserve It Naturally, The Complete Guide to Food Dehydration, Fourth Edition

Seasoned Couscous

Ingredients:

2 cups uncooked couscous
1 T chicken-flavored instant bouillon
1 T dried parsley
1 T dried onion flakes
1 teaspoon dried rosemary, crushed
1/2 teaspoon dried marjoram
1/2 teaspoon garlic powder
1/4 teaspoon pepper

Procedure:

In a medium bowl, combine couscous, bouillon, dried parsley, onion flakes, rosemary, marjoram, garlic powder, and pepper; mix well. Store in an airtight container.

For 2 servings of cooked couscous: Use 1/2 cup of the mix (stir before measuring). In a small saucepan, bring 3/4 cup water to a boil; stir in couscous mix. Remove from heat; cover and let stand 5 minutes. Fluff with a fork before serving.

Source: budget101.com

Zucchini Fritters (Makes 6 fritters)

Ingredients:

1 cup dried shredded zucchini
1 teaspoon salt
1/4 teaspoon pepper
1 T grated lemon zest
1 T minced flat-leaf parsley
1 clove garlic, peeled and minced
2 large eggs, lightly beaten
1/2 cup all-purpose flour
2-4 T olive oil

Procedure:

1. Reconstitute zucchini in 1 cup boiling water. Allow to sit for about 30 minutes, then drain thoroughly.
2. Mix together the drained zucchini, salt, pepper, lemon zest, parsley, garlic, and eggs. Slowly add the flour stirring well so that no lumps form.
3. Heat about 2 T olive oil in a large sauce pan over medium-high heat. When the oil is hot (the oil should sizzle when you drop a tiny amount of the zucchini mixture into it), carefully drop in the zucchini mixture 2 T at a time spacing the fritters a few inches apart.
4. Cook until the fritter bottoms are golden, about 2-3 minutes. Lower the heat to medium, turn the fritters, and cook another 2-3 minutes more, until fritters are completely golden. Remove fritters to a plate lined with paper towels to absorb any excess olive oil. If you need to cook remaining zucchini mixture, add more oil to the pan as needed.

Source: Adapted from "Martha Stewart Living" magazine

Cajun-Spiced Dried Onion Rings (Makes about 3 cups)

Ingredients:

6 small onions
2 T sweet paprika
1 teaspoon salt
1 teaspoon finely crumbled dried thyme
1/2 teaspoon cayenne pepper
1/4 cup red wine vinegar or white vinegar

Procedure:

1. Cut onions crosswise into rings about 1/8-inch thick. Carefully separate layers into individual rings.
2. In a shallow dish, combine onions, paprika, salt, thyme, cayenne, and vinegar. Cover and let stand for at least 1 hour or up to 4 hours.
3. Drain onions, discarding marinade. Place onions on mesh drying trays, setting smaller rings inside larger rings to save space. Dry at 130°F for 8 to 10 hours or until rings are dry and crisp with no signs of moisture inside. Let cool completely on trays or transfer to a container. Store in an airtight container at room temperature for up to 6 months.

Source: *The Dehydrator Bible*, Jennifer MacKenzie

Pumpkin Leather

2 cups canned pumpkin
1/2 cup honey
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon powdered cloves

Procedure:

Blend ingredients well. Spread on a tray or cookie sheet lined with plastic wrap. Dry at 140°F.

Source: *So Easy To Preserve*, Cooperative Extension, The University of Georgia

Anytime Salsa

Ingredients:

1/4 cup dried tomatoes
2 T dried red bell pepper pieces
2 T dried green bell pepper pieces
1 T dried onion pieces
1/2 teaspoon dried hot chile pepper slices (or to taste)
1/2 teaspoon crumbled dried oregano
1 cup boiling water
1/2 teaspoon salt, or to taste
1 T freshly squeezed lime juice or red wine vinegar

Procedure:

In a food processor or mini chopper, combine dried tomatoes, red and green bell peppers, onions, hot peppers, and oregano. Pulse until finely chopped. Transfer to a heatproof bowl and pour in boiling water. Cover and let stand for 30 minutes or until vegetables are soft and liquid is absorbed. Season with salt and stir in lime juice. Use immediately or transfer to an airtight container and refrigerate for up to 5 days.

Source: *The Dehydrator Bible*, Jennifer MacKenzie

Tangy Golden Fruit Snack (Makes about 36 balls)

Ingredients:

1/2 cup dried apricots
1/2 cup dried apples
1/2 cup dried peaches
1/2 cup finely grated dried coconut
1/4 cup finely chopped nuts
1 teaspoon finely grated citrus fruit peel (orange, lemon, lime)
1/2 teaspoon cinnamon
1/4 cup honey (you may want to add 1 more tablespoon of honey if you are using a tart juice such as lemon juice)
1/4 cup citrus juice
Powdered sugar, if desired

Procedure:

1. With a food processor or grinder, grind apricots, apples, and peaches into bits about half the size of a raisin or about 1/8 inch in diameter. Place in a medium bowl.
2. Stir in coconut, nuts, citrus peel, and cinnamon.
3. Slightly warm honey and citrus juices. Stir to mix well.
4. Slowly pour the honey mixture over the fruit mixture, stirring until the mixture sticks together evenly.
5. Form into balls 3/4 to 1-inch in diameter (about 1 rounded teaspoon) and place on drying racks.
6. Dry in food dryer until no longer sticky to the touch (2-3 hours).
7. If desired, roll balls in powdered sugar.

Source: *Drying Fruits and Vegetables*, PNW 397, Pacific Northwest Extension Publication

Trail Mix (Makes 5 cups)

Ingredients:

7 ounces dried fruit, approximately 3 cups
5 ounces mixed nuts, approximately 1 cup
3-1/2 ounces granola, approximately 1 cup

Procedure:

Combine the fruit, nuts, and granola in a large bowl. To store trail mix, place in an airtight glass container. Keep container in a cool, dry place for up to one month.

Source: foodnetwork.com, Alton Brown, *Trail Mix*

Fruit and Oat Muffin Mix (Makes 12 muffins)

Ingredients:

1 cup all-purpose flour
1 cup whole wheat flour
3/4 cup quick-cooking rolled oats
3/4 cup granulated sugar
1/3 cup instant skim milk powder
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon salt
3/4 cup finely chopped mixed dried fruit (apples, pears, peaches, bananas, pineapple, berries, cherries)
1/2 cup chopped toasted walnuts or pecans

Procedure:

In bowl combine flours, oats, sugar, milk powder, baking powder, cinnamon, ginger, and salt. Pour into jar. Add fruit and nuts. Seal tightly; store at room temperature for up to 3 months.

Directions:

In a bowl stir the muffin mix. In another bowl, whisk together 1 egg, 1-3/4 cups water, and 1/4 cup melted butter or vegetable oil. Pour over dry ingredients and stir just until moistened. Spoon into a 12-cup muffin pan lined with paper liners. Bake in a 375°F oven for 25 minutes or until tops spring back when lightly touched. Let cool in pan on a wire rack for 10 minutes. Transfer to rack to cool completely.

Source: *The Dehydrator Bible*, Jennifer MacKenzie

Crunchy Granola (Makes 4-1/4 pounds granola)

Ingredients:

7 cups rolled oats, uncooked
1 cup flaked unsweetened coconut (optional)
1 cup stabilized wheat germ
1 cup sliced almonds
1 cup coarsely chopped pecans or walnuts
1 cup sunflower seeds, raw or toasted
1/2 cup vegetable oil
1/2 teaspoon salt
1 cup pure maple syrup
1 T vanilla extract
5 cups mixed dried fruit

Procedure:

1. Preheat oven to 250°F. Lightly grease two large rimmed baking sheets or line them with parchment. In a few large bowls, combine oats, coconut, wheat germ, nuts, and seeds. Mix well.
2. In a separate bowl, whisk together the oil, salt, maple syrup, and vanilla. Pour the wet ingredients over the dry mixture in the bowl, stirring and tossing until everything is very well combined. Spread the granola on the baking sheets, patting it gently to flatten.
3. Bake the granola for about 90 minutes, stirring the mixture with a heatproof spatula every 15 minutes. You may want to bring the granola at the edge in towards the middle, so it all browns evenly. Reverse the baking sheets in the oven.
4. When the granola is a medium golden brown, remove it from the oven and cool completely on the pans. Transfer the granola to a large bowl, and mix in the dried fruit.
5. Store in a tightly closed container at room temperature for several weeks; freeze for extended storage.

Source: kingarthurfLOUR.com

Cheryl's Cajun Spice Recipe

Ingredients:

- 5 ground bay leaves
- 1/2 teaspoon dried oregano
- 1 T plus 1 teaspoon onion powder
- 1 teaspoon each black pepper, dried thyme, cumin seed, white pepper
- 1/3 cup Hungarian paprika
- 1 T plus 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper (optional)
- 1-1/2 teaspoons celery seed

Procedure:

Pulse bay leaves in coffee grinder until pulverized. Add dried oregano, dried thyme, celery seed, and cumin seed. Pulse together until pulverized. Mix all ingredients well in small bowl, store in airtight container for one month.

Source: UCCE Master Food Preservers of El Dorado County

Jerky Making Overview

Basics

- Jerky is raw fish or meat which has been salted, sometimes smoked, and then dried.
- Beef flank, round and sirloin tip cuts are most economical.
- Wild pig is not recommended for making jerky. (Trichinosis).
- Freeze game meats at 0° for 60 days before drying.
- Freeze fish at 0° for two weeks before drying.
- Poultry is not recommended. Poor texture and flavor.
- Four pounds of lean boneless meat makes one pound of jerky.
- Slice raw meat into 3/16 to 1/4-inch thick strips.

Brine cure

- Salt water mixture is absorbed into the meat from three hours to overnight.

Dry cure

- Mixture of salt and seasonings applied directly to the meat.
- Sodium nitrite
- Morton's Tender Quick
- Commercial jerky seasonings
- Pickling salt

Curing

- Dehydrator drying - 140° to 165°F for the first 3 to 4 hours. Reduce to 130°F for longer time.
- Oven drying - 140° to 160°F for the first 8 to 10 hours. Reduce to 130°F for longer time.
- Smoker drying - 100° to 120°F for 6 to 8 hours. Increase to 140° to 160°F for 2 to 3 hours or until dry.

Dryness test

- Cool a piece of jerky. When cool it should crack when bent but not break. There should be no moist spots

Storing

- If commercial curing products were used, follow package directions.
- Pickling salt curing can be stored at room temperatures for 1 to 2 months.
- If the air humidity is below 30 percent you can store jerky in a container with a loose-fitting lid with holes punched in it.
- Higher humidity requires the jerky be stored in an air tight container.
- Jerky may be refrigerated or frozen in an airtight container to increase the shelf life.

Basic Jerky Recipe

Ingredients:

1 teaspoon salt
¼ teaspoon pepper
1 teaspoon granulated garlic
2 tablespoons Worcestershire sauce
2 tablespoons liquid smoke
1 pound very lean meat thinly sliced ¼ inch thick

Procedure:

Combine mixture. Apply onto the sliced meat, place in a Ziploc freezer bag. Express air then refrigerate for 3 to 12 hours or overnight. Turn the bag several times to keep the marinade working into the meat. Dehydrate at 160°F for 3-4 hours.

Test for dryness. Cooled jerky should crack when bent, but not break. (No moist spots).

Note: I use a pinch more granulated garlic and a splash more Worcestershire sauce than the recipe calls for. I also prefer the overnight marinade. The end product is a little stronger and the marinade helps to break down the tougher meats.

Source: *Dennis Miller, Amador/Calaveras Master Food Preserver*

Sources

National Center for Home Food Preservation: <http://nchfp.uga.edu/>
Various State Cooperative Extensions, Master Food Preservers
Excalibur, Preserve It Naturally, The Complete Guide to Food Dehydration, Fourth Edition
The Dehydrator Bible, Jennifer MacKenzie, 2009
The Ultimate Dehydrator Cookbook, Tammy Gangloff, 2014
Various other magazine and on-line sources