

Dehydration 101
6/13/2024
SF/San Mateo Master Food Preservers
Compiled and Created by E. Beggs 2024

Kale Chips

<https://purekitchenblog.com/the-ultimate-cheezy-kale-chips/#cheezy-kale-chip-sauce-ingredients>



Yogurt Leather

<https://www.dehydratorsamerica.com/dehydrating-recipes/yoghurt-fruit-leather>



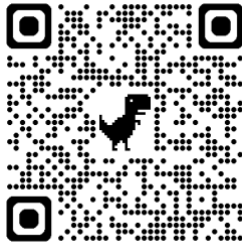
Chamoy

<https://www.muydelish.com/chamoy/>



White chocolate, strawberry and pepita brown butter cookies*

<https://iamafoodblog.com/my-best-salted-brown-butter-chocolate-chip-cookies/>



*use the recipe above as the base, sub white chocolate (I prefer a white chocolate bar, cut up) for the chocolate chips, and add half a cup of salted pepitas. For extra credit, crush up a bag of freeze dried strawberries and add that to the cookie dough when you are mixing in the chocolate and pepitas. Halfway through the bake, smooch a dehydrated strawberry (I do halves) onto the top of the cookie. I also like to sprinkle them with flaky salt.

HERB & SPICE POWDERS

Note that a mortar and pestle works just as well as a high speed blender for all herbs. I recommend purchasing 1 bunch each of

the herbs needed and dehydrating the whole bunch (leaves only). Use the recipes below as loose ratios for the final product, and blend in a way that works for your own taste buds.

Ranch powder:

1 TBSP dehydrated and powdered dill (young fronds)
1 TBSP dehydrated and powdered parsley (leaves and tender stems),
1 TBSP dehydrated and powdered oregano (leaves only) - optional: blanch before dehydrating
1/2 TBSP dehydrated and powdered green onion, scallion or chive powder
2 celery sticks, chopped up, dehydrated, and powdered
1 tsp garlic powder- store bought is fine

Note that a mortar and pestle works just as well as a high speed blender for all herbs

Place your mix in a jar, taste and adjust seasoning accordingly. I store mine in the fridge and it stays bright and flavorful for up to a year

Chermoula- inspired powder

1 TBSP cilantro powder (method described above and in slides)
1 TBSP parsley powder
1/2 TBSP green onion or scallion powder
1 tsp mint powder
1 jalapeño, (optional:dry sautéed till softened/ seared on all sides) seeded and dehydrated, then powdered
1 tsp freeze dried lemon or dried lemon, powdered*
1 tsp mint powder
1/2 tsp young Douglas fir tips, powdered- make sure you can identify a douglas fir, which is a common conifer of California. Bright green young tips work best and can be harvested in the spring and early summer

* I use the lemon zest (removed and dried in strips using a carrot grater) and supremed lemon slices.

Place your mix in a jar, taste and adjust seasoning accordingly. I store mine in the fridge and it stays bright and flavorful for up to a year