DEHYDRATED BERRIES
MAY 19, 2021 – 6:30 P.M. – 8:00 P.M. PDT
PRESENTED BY THE MASTER FOOD PRESERVERS OF SACRAMENTO, CALIFORNIA
DEHYDRATED BERRIES

- Blueberries
- Cranberries
- Raspberries
- Strawberries
BLUEBERRIES

- Wash firm, fresh berries and drain well
- Crack or “Check” berries OR poke each berry several times with a toothpick
- Set dehydrator to 130° - 140° F
- Approximate Dehydrating Time: 18 hours
CRANBERRIES

- Thaw frozen berries in a strainer
- Cut each berry in half
- Set dehydrator to 130° - 140° F
- Approximate dehydrating time: 10 - 14 hours
RASPBERRIES

- Wash firm, fresh berries and drain well
- Place berries hollow side down on fine-mesh tray liners
- Set dehydrator to 130° - 140° F
- Approximate Dehydrating Time: 20 hours
STRAWBERRIES

- Wash and hull firm, fresh berries and drain well
- Slice berries 1/4-inch thick and place on fine-mesh drying trays
- Set dehydrator to 130° - 140° F
- Approximate Drying Time: 8 – 16 hours
DEHYDRATED BERRIES

The finished product!
DEFINITIONS & TIPS

● Conditioning – 4-10 days after drying
  - Place cooled, dry fruit loosely in plastic or glass containers, about two-thirds full
  - Stir or shake containers daily to keep pieces separated

● Drying Prep Work - Crack or “Checking”* skins
  - Dip fruit in boiling water for 30-60 seconds
  - Dip fruit very cold water
  * This method will crack the tough skins or skins with a wax-like coating (blueberries)
SAFETY MEASURES

- Package dried fruits in tightly sealed containers and store in a cool, dry place
- Pasteurizing – Freezer Method
  - Seal dried food in heavy freezer containers (boxes or bags)
  - Freeze for 48 hours
  - Remove and package promptly for permanent storage