

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