

Drying Foods

Vegetable	Preparation	Blanching Time(mins.) with Steam	Cooling Time (mins.) with Cool Water	Dryness Test
Asparagus	Wash thoroughly. Halve large tips.	4-6	4-5	Leathery to brittle
Green Beans	Wash. Cut in pieces or strips.	2-3	2	Very dry brittle
Beets	Cook as usual. Cool & peel. Cut into shoe-string strips 1/8" thick.	Included in cooking	Included in cooking	Brittle, dark red
Broccoli	Trim, cut as for serving Wash. Quarter stalks lengthwise.	3-4	2	Crisp, brittle
Brussels-sprouts	Cut in half length-wise through stem.	7-8	5-6	Tough to brittle
Cabbage	Remove outer leaves quarter and core. Cut into strips 1/8" thick.	3	2	Crisp to brittle
Carrots	Select crisp, tender vegetables. Wash. Cut off roots and tops, peel. Cut in slices or strips 1/8" thick.	3-4	4	Tough to brittle
Cauliflower	Prepare as for serving.	5-6	4-5	Tough to brittle
Celery	Trim stalks. Wash stalks and leaves thoroughly, Slice stalks.	2-3	2-3	Very brittle

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Green Chile Peppers	Wash. To loosen skins, cut slit in skin, then rotate over flame 6-8 min. or scald in boiling water. Peel and split pods. Remove seeds and stem.	None	None	Crisp, brittle, medium green
Red Chile Peppers	Wash. String whole pods together with needle and cord or suspend in bunches, root side up in area with good air circulation.	None	None	Shrunken, dark red pods, flexible
Corn on the Cob	Husk, trim, blanch until milk in corn is set.	3-5	3	Brittle
Corn, cut	Prepare as for corn on the cob, except cut the kernels from the cob after blanching.	3-5	3	Brittle
Eggplant	Wash, trim, cut into 1/4" slices.	3-4	3-4	Leathery to brittle
Horseradish	Wash, remove small roots and stubs. Peel or scrape roots. Grate.	None	None	Brittle, powdery
Mushrooms (see note below)	Scrub. Discard tough woody stalks. Slice tender stalks 1/4" thick. Peel large mushrooms, slice. Leave small mushrooms whole.	None	None	Dry and leathery

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Onions	Wash, remove outer "papershells." Remove tops and root ends, slice 1/8-1/4" thick.	None	None	Very brittle
Parsley and other herbs	Wash thoroughly. Separate clusters. discard long or tough stems. Dry on trays or hang in bundles in area with good circulation.	None	None	Flaky
Peas	Shell.	3-4	3	Hard, wrinkled, green
Peppers and pimentos	Wash, stem. Remove core and seeds. Cut into 1/4"-1/2" strips or rings.	None	None	Tough to brittle
Potatoes	Wash, peel. Cut into 1/4" shoe-string strips or 1/8" thick slices.	7-9	6-7	Brittle
Spinach and other greens (kale, chard, mustard)	Trim and wash very thoroughly. Shake or pat dry to remove excess moisture.	2-3 (until wilted)	2	Crisp
Squash, winter	Cut or break into pieces. Remove seeds and cavity pulp. Cut into 1" wide strips. Peel rind. Cut strips crosswise into pieces about 1/8" thick.	3	1-2	Tough to brittle
Squash, summer or banana	Wash trim, cut into 1/4" slices.	3	1-2	Leathery to brittle

Tomatoes	Steam or dip in boiling water to loosen skins. Chill in cold water. Peel. Slice 1/2" thick or cut in 3/4" sections.	None	None	Crisp
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Instructions for Specific Food Drying

FRUITS (See text for general directions.)

Fruit	Preparation	Pretreatment	Drying Procedure
Apples	Wash. Pare, if desired, and core. Cut in rings or slices 1/8-1/4" thick or cut in quarters or eighths Coat with ascorbic acid solution to prevent darkening during preparation (uses 2 1/4 tsp/cup water).	Choose one: Soak 5 min in sodium sulfite solution. Steam-blanch 3-5 min., depending on size and texture.	Arrange in single layer trays, pit side up. Dry until soft, pliable and leathery; no moist area in center when cut.
Apricots (firm, fully ripe)	Wash. Cut in half and remove pit (do not peel). Coat with ascorbic acid solution to prevent darkening during preparation (1 tsp/cup).	Choose one: Soak 5 min. in sodium sulfite solution. Steam blanch 3-5 min.	Arrange in single layer trays, pit side layer up; pop the cavity up to expose more flesh to air. Dry until soft pliable and leathery; no moist area in center when cut.
Bananas (firm, ripe)	Peel. Cut in 1/8" slices	No treatment necessary; may dip in lemon juice.	Arrange in single layer on trays. Dry until tough and leathery.

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Berries (firm)	Wash. Leave whole or cut in half.	No treatment necessary; may dip in boiling water 15-30 sec., to crack skins. Steam blanch 30 sec. to 1 min.	Spread in layer not more than two berries deep. Dry until hard and berries rattle when shaken on trays.
Cherries (fully ripe)	Wash. Remove stems and pits.	No treatment necessary; may dip whole cherries in boiling water 15-30 sec. crack skins.	Arrange in single layer on trays. Dry until tough, leathery and to slightly sticky.
Citrus peel (thick-skinned with no signs of mold or decay and no color added)	Wash. Thinly peel outer 1/16-1/8" of the peel; avoid white bitter part.	No pretreatment necessary.	Arrange in single layers on trays. Dry at 130 degrees 1-2 hours; then 120 degrees until crisp.
Figs (fully ripe)	Wash or clean with damp towel. Peel dark-skinned varieties if desired. Leave whole if small or partly dried on tree; cut large fig in halves or slices.	No treatment necessary; may crack skins of whole figs in boiling water 15-30 sec.	Arrange in single layer on trays. Dry until leathery and pliable.
Grapes (seedless varieties)	Wash, sort, leave whole on stems in small bunches, if desired, May also remove stems.	No treatment necessary; may crack skins in boiling water 15-30 sec. Steam blanch 1 min.	Spread in thin layer on trays. Dry until pliable and leathery with no moist center.
Melons (mature, firm and heavy for size: cantaloupe dries better than watermelon)	Wash. Remove outer skin, any fibrous tissue and seeds. Slice 1/4-1/2" thick.	No pretreatment necessary.	Arrange in single layer on trays. Dry until leathery and pliable with no pockets of moisture.
	Peel. Cut in half		Arrange in single

Nectarines and Peaches (ripe, firm)	and remove pit. Cut in quarters or slices if desired. Coat with ascorbic acid solution to prevent darkening during preparation (1-tsp/cup)	Choose one: Soak 5-15 min in sodium sulfite. Steam blanch halves 8-10 min., slices 2-3 min.	Arrange in single layer on trays pit side up. Turn halves over when visible juice disappears. Dry until leathery and somewhat pliable.
Pears (Bartlett variety is recommended)	Wash. Pare, if desired. Cut in half lengthwise wash and core. Cut in quarters or eighths or slice 1/8-1/4" thick. Coat with ascorbic acid solution to prevent darkening during preparation (1-tsp/cup)	Choose one: Soak 5-15 min. in sodium sulfite. Steam blanch 5-7 min.	Arrange in single layer on trays pit side up. Dry until springy and suede like with no pockets of moisture.
Plums and prunes	Wash. Leave whole if small; cut large fruit into halves (pit removed) or slices.	No treatment necessary; may choose: Steam blanch halves or slices 5-7 min. Crack skins in boiling water 1-2 min.	Arrange in single layer on trays pit side up, cavity popped out. Dry until pliable and leathery; pit should not slip when squeezed if prune not cut.

(1) Blanching times are for 3,000-5,000 ft. Times will be slightly longer at higher altitudes, or if the quantity of vegetable is large.

(2) Dry in thin layers on trays to desired state of dryness.

(3) **WARNING:** The toxins of poisonous varieties of mushrooms are not destroyed by drying or by cooking. Only an expert can differentiate between poisonous and edible varieties.
