

Adventurous Eating

.....

THE ULTIMATE GUIDE
TO DEHYDRATED FOODS!
PART ONE

The Outdoor Foodie & Wellness

Amanda N Johnson, FNTP



The ultimate guide to your adventure bounty!!

How to dehydrate your own food!

1. Why dehydrate?
2. Invest in some equipment
3. Storage- Long term storage
4. Pick produce when it is in it's prime!
5. Wash your produce!
6. What foods can you dehydrate?
7. Dehydrating fruits
8. Dehydrating veggies
9. Dehydrating Meats
10. Grains/Pasta
11. Herbs/Flowers
12. Dry food completely! * Don't cook the food- dry the food.
13. Experiment!!!!

AND HAVE FUN!

Why should you dehydrate?

- Dehydrating food is one of the oldest and easiest ways to preserve your food.
- Dehydrated food retains almost all nutrients!
- It can save you money.
- Buy in bulk: and dehydrate what you do not eat fresh.
- Less food waste! Preserve your garden bounty or just keep unused food from being tossed into your garbage!
- Control over the quality of food you are eating.
- Dehydrating reduces weight and makes food easier to transport.
- Therefore makes GREAT camping and trail snacks!

Invest in some Equipment!

Choosing a dehydrator: Dehydrators range from \$45 to hundred's of dollars. Choosing one depends on size and special features; Stacking trays and capacity, shelves, circular vs. square shape, temperature settings, some dehydrators have a timer setting as well. More or less it depends on the functionality you prefer.

I personally use a basic dehydrator Nesco that is reasonably priced and has lasted me about 10 years with high use. Easy to clean.



FD-75PR 5 Tray Food & Jerky Dehydrator

\$69.99 In stock ★★★★★ (16 customer reviews)

- 600 watts of drying power provides even heat distribution
- Adjustable temperature control (95°F - 160°F)
- (5) BPA Free trays with 0.8 sq. ft. of drying area per tray - Expandable to 12 trays
- Proudly made in the USA of global and domestic components
- Includes (2) Fruit Roll Sheets, (2) Clean-A-Screens, a sample of Jerky Seasoning & Cure, and a 52-page recipe & instruction book

- 1 + **ADD TO CART**

SKU: FD-75PR
Category: Dehydrators



Additional Accessories & Equipment

As you will be slicing a lot of fruits and veggies a Mandoline slicer will come in handy, although not necessary good knife skills will also be just fine.

A mandoline slicer, ranging in prices from \$25 - \$50. I use OXO Good Grips V- Blade Mandoline Slicer.

Storage Containers!!

Mason Jars ! Inexpensive and easy to find!

Sizes; I mostly use Pint & Half Pint, keep Quart size on hand though.

Lids and rings: Since you are not canning you can re-use the lids. Rings will last years, maybe consider replacing once they begin to rust.

Great opportunity to re-use jars and lids. Ie, peanut butter jars. I also love the Ball "leak-proof" lids! Around \$5 for a set of 6. Totally worth it.



Re-usable storage bags!

Such as: Stasher or Re-Zip Leak Proof (both can be found on Amazon & Target).

Trays!

Fine mesh tray liners & Fruit leather trays! Some foods such as herbs, grains, get very small when dried, the flexible mesh liners and fruit leather trays are essential for successful drying.

Helpful accessories - Not Necessary

Immersion Blender, food processor or blender

Jerky Gun

Salad Spinner - Great for helping remove excess water without bruising produce especially for herbs!

Parchment paper is nice to have on hand.

Apple Corer

Long-Term Storage

Dehydrated fruits can last up to 5 years and veggies possibly up to 10 if properly dehydrated and stored correctly. This is when investing in a vacuum sealing machine comes in handy.

*Note: you can store in a ziplock freezer type of bag- I however, have the best luck with vacuum sealing and then stored in the freezer.

For meats & seafood. If not being consumed within a month, my recommendation is to vacuum seal and store in the freezer.



Pick your produce when it is in it's prime!

You're dehydrating nature's candy! So if you dehydrate tart and sour fruits, that is how it will taste once dehydrated. Pick the ugly over ripe fruit. Trust me it yields the best flavor! Yes, I am talking about those brown spotted bananas!

*Just your friendly reminder-
Always wash your produce!*

Fill a bowl with cold water, a splash of apple cider vinegar and a pinch of sea salt. Let soak for 5 minutes, rinse. Dry.

What foods can you dehydrate?

Truthfully almost everything and anything can be dehydrated from fruit to flowers, meat and seafood. Pro Tip: Foods of HIGH fat content will go rancid more quickly therefore should be avoided.

Foods best NOT Dehydrated

Avocados

Fatty Meats: fat takes a long time to dehydrate and goes rancid quickly

Cheese * You can but .. can easily go rancid

Milk

Store bought condiments

Olives

Butter

Dehydrating Fruits!!

Dehydrating fruit is one of my all time favorites! Fruit can be dehydrated in two ways: sliced and/or blended! Both turn out amazing! Most fruit should be dehydrated around 135 degrees here are some of my fruits and approx dehydrating time*.

Dehydrated fruit makes a delicious trail snack on it's own, fruit leathers, added to granola or oatmeal!

Popular Fruits to Dehydrate:

Apples (8 to 10 hours)
Pears (8 to 10 hours)
Plums (24 -28 hours)
Peaches (10-16 hours)
Watermelon (up to 24 hours)
Strawberries (6-10 hours)
Blueberries (18 to 24 hours)

*Drying times listed are approx as this is significantly dependent on a few factors, where your dehydrator is placed and the thickness of the product. Dehydrate until leathery and pliable.

Pro Tip://

Dehydrating Strawberries!

Dehydrated strawberries taste delicious on their own, added to trail mix, granola or oatmeal!

Rinse and hull strawberries (Best dehydrated in peak season when extra sweet!) Slice strawberries so that they are about 1/4 inch thick. I like to arrange them on the mesh trays as they are easier to remove from the tray.

*Optional: Sprinkle with lime zest before dehydrating

Dehydrate for 6 to 10 hours until leathery and pliable.

Dehydrating Vegetables

Veggies make a delicious and healthy snack, and can be dehydrated to be assembled into a meal for camping and backpacking!

Pro Tip: Generally if you eat the veggie raw you don't need to cook prior to dehydrating. However, if re-hydrating the veggies are best steamed prior.

Frozen Veggies can also be dehydrated! As these vegetables are harvested at their peak and flash frozen they are often a great option and save you some time! If you can't access a fresh bounty.

Veggies should all be dehydrated at 125 degrees to retain nutrients!

Popular Veggies to dehydrate W/ approx drying times. *

Green Beans (6-10 hours)

Beets (8-12 hours)

Carrots (6-8 hours)

Peas (4-8 hours)

Summer Squash (10-12 hours)

Tomatoes (8 - 12 hours)

Mushrooms (4-8 hours)

Riced Cauliflower (6-8 hours)

Note: canned veggies do not dehydrate well due to their high moisture content.

Pro Tip: Riced Cauliflower

Best if you use frozen uncooked riced cauliflower. You can make your own and freeze. I just found it dehydrated the best. Spread out evenly on the fruit leather trays. And dehydrate at 115 degrees until hard. This should take approx 6 to 8 hours depending on the size of the "rice". Please note: you may need to visit 2-3 times and stir the rice around to make sure every piece gets a nice air bath.

Dehydrating Meats!

Now- this one is tricky and took me some trial and error. As meat needs to be heated a proper temperature to assure bacteria is killed.

Note: High fat content meats and seafood don't dehydrate well, as they tend to go rancid too quickly.

All meat should be dehydrated at 145-160 degrees until done.

Best Meats to try to dehydrate:

Canned Chicken

Ground Beef

Beef for jerky - dehydrate at 160 degrees!

Cooked Shrimp

Canned tuna NOT packed in Oil!

Pro Tip:

Dehydrating Ground Beef:

Dehydrating your own meat is a great way to assure some quality protein in the back-country. However, it can be a tad tricky to assure it will re-hydrate and not taste like a mouth full of rocks.

So, to help this! Mix 1/2 cup of Almond flour with your raw beef before cooking. (you can use bread crumbs, I am GF free and the almond flour tasted yummy). Brown as usual. Now that your ground beef is cooked, place on paper towels. You want to soak up as much fat AS POSSIBLE! This will help keep the dehydrated beef more stable. Feel free to mix in seasonings on the cooled and fat drained beef: taco seasoning, salt & pepper- etc.

Place on to the fruit leather trays and spread out evenly so that it is not too crowded. Dehydrate at 145 degrees for approx 6-8 hours until done. You may want to check on once or twice during the dehydrating to bolt off any excess fat. The ground beef will be very hard and dry when done.

Enjoy!

Dehydrating Grains/Pasta/Legumes

Dehydrating your own grains, pasta and legumes! This one is fun!
Cooked rice, pasta, quinoa beans, lentils, etc can be cooked and dehydrated to be added to your meals!

Pro Tip:

Rice: Cook rice as you normally would. Use just salted water, not the time to use a broth especially if it is heavy on the fat content as it will cause it to go rancid quickly, that also goes for adding in butter or coconut oil. Your best bet is to cook with only water for the best results. Dehydrate at 125 degrees for approx. 5-6 hours until hard!
Please note: you may need to visit 2-3 times and stir the rice around to make sure every piece gets a nice air bath.

Dehydrating Herbs/Flowers

Dehydrating your own herbs and flowers is an excellent way to save money! Making your own spice mixtures, teas or just dehydrating a bounty of herbs from your garden so that they don't go bad before you can use them!

Wash and pat dry, arrange evenly on the dehydrator. I prefer to use the small mesh tray so that the little pieces don't fall through. *Thyme actually works best on the fruit leather tray.

Herbs & Flowers should be dehydrated at 95 degrees.

Flowers will take 5 to 8 hours depending on their size
Herbs will vary for 1-4 hours

Pro Tip:

As you prepare herb leaves for drying, begin by removing any long stems and damaged and/or bruised leaves.

It's fine to leave a bit of stem near the leaves as they go into the dehydrator. It also prevents bruising or damaging the leaves, which will reduce their quality when dried. After dehydration is complete, you can separate the leaves from the bits of stem before storing.

I personally prefer to leave Thyme intact completely as it is much easier to dry on the stem.

Dry Food Completely!

Just a reminder: The goal is to dry the food- Not cook it. So setting the temperate higher than the recommended, could possibly over cook and remove the precious nutrients.

Go Experiment!



Recipes:

Tj's Crunchy Crispy Broccoli Florets

Deets://

2 cups mixture broccoli & cauliflower Chopped into florets

1 1/2 Tbsp Olive Oil

1 Tbsp Apple Cider Vinegar

3 Tablespoons Nutritional Yeast

1/4-1/2 Tsp Sea Salt (to taste)

1/2 Tsp Smoked Paprika

Pinch of Cayenne Pepper- Optional

Process://

Combine everything in a bowl & Mix Well.

Place evenly on the fruit leather trays. Dehydrate over night for 8-10 hours at 125 degrees (depending on the size of your florets).

Dehydrate until Crunchy & Crispy! Store in an airtight container, in the fridge.
Best consumed within 2 weeks.



Mushroom Jerky

Deets://

4 Large Portabello mushrooms, stems removed, caps cut into 1/4-inch slices

1/4 Cup Coconut Aminos (I like Big Tree Farms-it yields the best flavor)

1 Tsp Rice Vinegar

1/2 Tsp Toasted Sesame Oil

Pinch of Sea Salt

Process://

Place sliced mushrooms in a bowl with a lid

Combine coconut aminos, rice vinegar, sesame oil and salt, mix well.

Pour on top of mushrooms, place on lid. Shake well.

Marinate in fridge overnight; 8 to 10 hours. Shake a few times if possible.

After marinating, arrange evenly on dehydrator. Dehydrate at 130 degrees for 6 to 8 hours. Remove and let cool to check if done. Should be pliable and leathery.



Sweet & Savory Chili Mango Slices

Deets://

2-4 Ripe Mangoes
1-2 Tablespoons Chili Powder*

Process://

Peel Mango, I like my dehydrated mangoes a tad thick, so when cutting keep them around 3/4 inch thick.

Place in bowl and sprinkle with chili powder, the amount of chili powder is honestly a preference. So, start with a Tablespoon taste and add more if you want! I like them with a far amount so I use about 2 Tablespoons!

*Note: If you are GF make sure your chili powder says Gluten Free. Often flour is added to Chili Powder to keep clumping from happening.

Pro Tip: The chili powder will likely stain your tray! Just place outside in the sunshine for a few hours. And tada!



Diy Herb Salt Seasoning

Deets://

2 Cups Fresh Herbs (such as thyme, sage, parsley, oregano, basil- feel free to mix them all even to add up to 2 cups).

1/2 Sea Salt

Process://

Place herbs in food processor, pulse until a nice chop consistency, add salt slowly until mixed well. Note: You don't want to chop too finely as you want some nice bits of herbs, yet you will want the herbs to dry out nicely.

Arrange evenly on fruit leather tray. Dehydrate at 95 degrees until all herb pieces are dry.

Store in an airtight container. Use on everything.

Spicy Beef Jerky

Honestly your dehydrator will pay for itself in gold with making your own beef jerky! Most on the shelf jerky is loaded with added sugars, preservatives, gluten, MSG and pretty expensive.

Deets://

2lbs Grassfed Top Sirloin Roast - Trim any fat!

1/2 Cup Coconut Aminos (I like Big Tree Farms-it yields the best flavor)

3/4 Teaspoon Sea Salt

1/2 Teaspoon Ground Pepper

1-2 Tablespoons of your favorite hot sauce - I used Yellow Bird Serrano Hot Sauce.

Process://

The meat is easier to cut when partially frozen. Slice into approx 1/4 inch thick strips. Mix salt, pepper and hot sauce with coconut aminos.

Toss with the sliced beef.

Marinate for approx 24 hours in your fridge- visiting 2-3 times to stir/shake to make sure everything is getting a good seasoning bath!

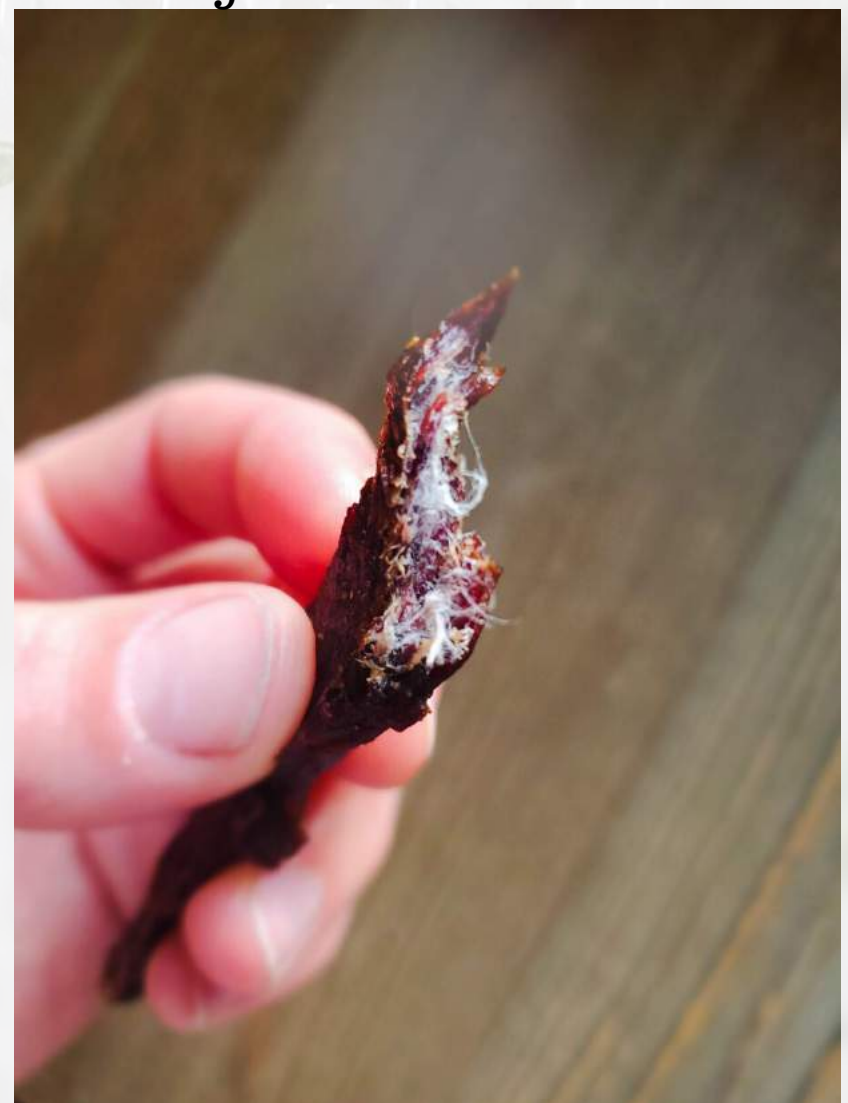
Dehydrate at 160 degrees for 5 to 8 hours until done. I like to check on the jerky every hour or so, you may even choose to flip them, not necessary yet a good idea. Around hour 5 the thinner slices might be done. Tip: remove slice break in half * see photo of texture you are looking for.

The key: use quality ingredients and marinade for at least 24 hours.

Store in an airtight container in your fridge. For extra, vacuum seal and freeze.



*This is the texture you are looking for to assure it is done!



Candied Grapefruit

Get ready! This deliciously sweet and tart treat is delicious!

Deets://

2 Organic Ripe Grapefruit
1/2 Cup Organic Cane Sugar + more for tossing.

Process://

Slice grapefruit into 3/8" slices. Then cut the slices into quarters.

Place into a cooking pot and fill with cold water just enough to cover the fruit. Bring to boil and drain. Repeat one more time. Be gentle with the fruit so that the center of the grapefruit stays intact.

After draining for the 2nd round, place the fruit back in the pot add 1/2 cup of sugar and 1/2 cup of water. Simmer until the peels become slightly translucent.

Drain and sprinkle the fruit with a touch more of sugar.

Place on mesh trays and dehydrate at 125 degrees for 2-4 hours until dry. Store in an airtight container.



Sprouted Sunflower Seeds

Sprouting your own seeds not only will save you money (vs. buying them sprouted), Soaking and sprouting your nuts and seeds will break down most anti-nutrients, increase availability to nutrients and improve the ability to digest them! Yum!

Deets://

1 Cup Raw Hulled Sunflower Seeds (Make sure they are indeed raw).

1 Quart Mason Jar

Sprouting Lid or Nut Milk Bag

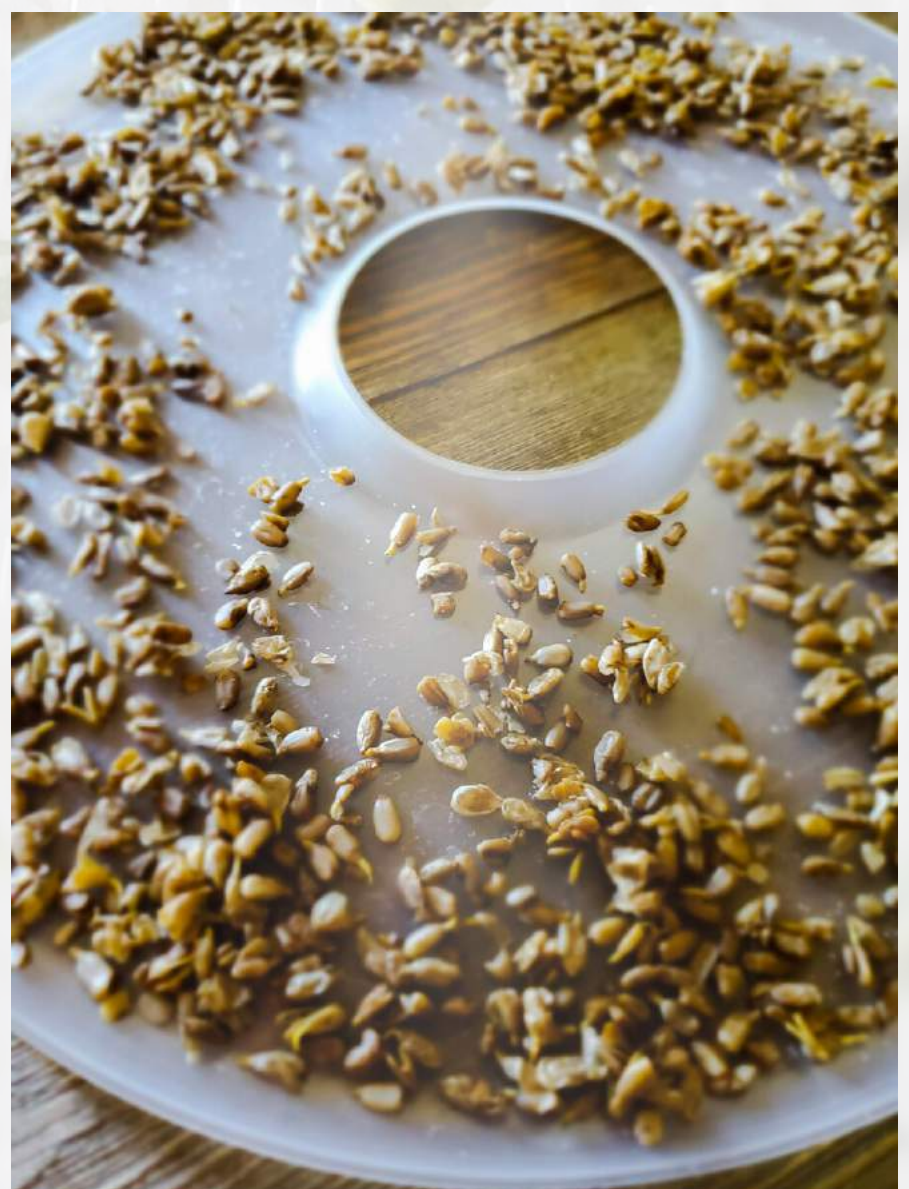
1 Teaspoon Sea Salt

Process://

Place raw sunflower seeds in mason jar, fill with cold filtered water and soak for 2-4 hours at room temperate.

Drain and place upside down on the counter, slightly tilted so they can continue to drain. Rinse 2-3 times a day and place back on counter, upside down and tilted. Continue for 2-3 days until sprouts start to form.

Place on fruit leather trays and sprinkle with sea salt. 1/2 to 1 teaspoon (to your liking). Dehydrate at 105 degrees for 8 to 10 hours until seeds are crunchy. Store in airtight container in the fridge. Use within a few weeks.



No Added Sugar Fruit Leathers

This is all fruit my friends. I think we all can agree we sometimes crave something a little sweet. This is a perfect "sweet" snack!

Deets://

16oz Cleaned & Hulled Organic Strawberries

1 Banana

2 Tablespoons Chia Seeds

Process://

Place the fruit in a high powered blender, until creamy.

Stir in chia seeds and spread evenly onto the leather tray.

Slightly shake side to side to evenly spread out.

Dehydrate at 145 Degrees for 6 to 8 hours. Until leathery and pliable.

Notes: You may find it easier if you spread the fruit onto parchment paper for easier removal. Also, this will be delicious with any combo of fruit.



Blueberries

Truth: I actually went to Costco a few months ago and picked up a bag of dehydrated blueberries. It was me being slightly lazy. I snagged them up as I was mindlessly venturing the store, upon getting home I was heart broken to see- they had been literally soaked in sugar.

Also truth: Blueberries are really one of the easiest to dry. Wash and pick off stems. That's all.

Deets://

12-16oz Blueberries

Process://

Wash and pick off any stems and toss out any that have gone bad.

Arrange evenly on your mesh tray.

Dehydrate for up to 24 hours at 125 degrees.

They will be wrinkled up and crunchy

Toss into trail mix, granola, oatmeal or eaten alone.

Enjoy

Herbal Tea

Spring - Summer your farmer's markets are abundant with exciting herbs and flowers. Take advantage of it!

Examples of herbs & flowers to dehydrate to DIY tea!

Dandelion Flowers 18-20 hours
Nettle 10-12 hours
Chamomile 12-14 hours
Lemon Balm 6-8 hours
Peppermint 6- 8 hours
Lemon Thyme 8 -12 hours
Thyme 8 to 12 hours
Lavender 8 to 10 hours
Rose Hips 6 to 8 hours until hard
Orange Peels 5 to 8 hours until hard

Harvest and/or source herbs and flowers ethically.

Gentle rinse and pat dry.

Arrange evenly on dryer trays- I recommend using the mesh trays or even the fruit leather trays.

Dehydrate at 95 to 105 degrees until done. Time for each will vary.

To check if done, leaves should be brittle and crumble easy.

Store in an airtight container- for months to years. Note: for long term storage keep leaves intact for best flavor.

Once ready to use break leaves/flowers into smaller pieces with a mortar or coffee grinder. I like to use a stainless-steel tea ball for tea.

Note: Herbs & Flowers also make great additions to bath soaks and body products.

Enjoy.

*Thank you for supporting me by buying
this "do it yourself Guide".*

Stay Tuned for Guide Part 2

*"How to assemble your own Backpacking
Meals"*

Until then,

Happy trails & adventures- stay healthy

Amanda

Hey! You can also find me over on my Instagram account for more recipes and inspiration to use your dehydrator!

 @amandanjohnson_ntp

Please- find you make any of these recipes, snap a photo AND tag me
#theoutdoorfoodientp