

# Food Dehydration Basics

This guide provides a structured approach to dehydrating food, a method which helps in preserving fruits, vegetables, and for creating snacks such as jerky and fruit leathers.

## Step 1: **Select Food**

Choose fresh and quality produce or meats. Ensure fruits and vegetables are ripe and free from blemishes, while meats should be lean and trimmed of fat.

## Step 2: **Preparation**

Wash fruits and vegetables thoroughly. Slice food into even, thin pieces to ensure uniform drying. If preparing meat, slice it against the grain for more tender jerky.

## Step 3: **Pre-Treatment**

Blanch vegetables to halt enzyme action; soak fruits in lemon juice or an ascorbic acid solution to prevent browning; marinate meat with desired seasonings for flavor.

## Step 4: **Arrange Food**

Lay the food pieces out on dehydrator trays in single layers, ensuring pieces don't overlap to allow air circulation for even drying.

## Step 5: **Dehydration Process**

Set the dehydrator to the appropriate temperature (usually between 125°F to 135°F for vegetables, 135°F to 145°F for fruits, and 160°F for meat) and let it run for the required time period, which can range from a few hours to a full day, based on the type of food and thickness of the slices.

## Step 6: **Check Dryness**

Check the food periodically for dryness. Fruits and vegetables should be pliable but not sticky, while meat should be leathery but not brittle. Properly dried food should have no visible moisture and must not feel spongy.

## Step 7: **Cool Down**

After the dehydration process, allow the food to cool on the trays for a few hours to prevent condensation during the packaging phase.

## Step 8: **Storage**

Pack the dried foods in airtight containers, vacuum sealed bags, or jars, and store in a cool, dry place. Label the packages with the contents and date of dehydration.

## Step 9: **Monitor Storage**

Check stored dried foods regularly for signs of moisture or spoilage, which may require re-dehydrating or disposal if spoilage is apparent.

# **General Notes**

## **Hygiene**

Maintain cleanliness and sanitation throughout the dehydration process to prevent foodborne illness.

## **Dehydrator Capacity**

Consider the capacity of your dehydrator, and don't overload it, as this may result in uneven drying.

## **Humidity Factor**

Adjust drying times based on the humidity levels of your environment; higher humidity might prolong the dehydration process.

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