

Drying Foods

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Drying or dehydration, the oldest method of food preservation, is particularly successful in the hot, dry climates found in much of New Mexico. Quite simply, drying reduces moisture necessary for bacterial growth that eventually causes deterioration.

Successful dehydration depends upon a slow steady heat supply to assure that food is dried from the inside to the outside. Drying is also an inexact art. Size of pieces, relative moisture, and the method selected all affect the time required to dehydrate a food adequately.

METHODS OF DRYING

Foods may be sun dried with or without a solar dehydrator, in a gas or electric oven, or with a portable electric dehydrator. Dehydrators with thermostats provide better control over poor weather conditions and food quality than sun drying.

An effective solar dehydrator is the shelf above the back seat of a car. Clotheslines are another popular drying rack for ears of corn. Colorful red chile ristras hung from vigas are practical as well as decorative.

Sun drying. Prepared foods are placed on drying trays. Stainless steel screening and thin wood lath are good materials for home-constructed drying trays. As aluminum screening reacts with acids in the fruit, it is less desirable. Do not use galvanized, copper, fiberglass, or vinyl screening.

Trays measuring about 14"X24"X1" are an easy size to handle. If trays are to be used in an oven, they should be 1-1/2" smaller in length and width than oven shelves to allow air circulation.

Place trays of food away from dusty roads and yards. Elevate them at least 1" above the table with spools or bricks to allow good air circulation below the food.

Cover the food with a muslin or cheesecloth tent to protect it from insects. Dry fruits in direct sunlight; move trays periodically to assure direct sun exposure. Place vegetables in the shade to prevent excessive color loss.

If weather turns rainy, you will have to complete the drying process using another method.

To destroy insects or their eggs that may be on sun-dried foods and to remove additional moisture in thicker pieces, heat foods in a 150° oven for 30 min.

Oven drying. Either build trays as described for sun drying or convert oven racks to drying racks by stretching muslin or cheesecloth across the oven rack. Secure with toothpicks or long sewn stitches. Alternate trays in the oven periodically to assure even drying.

Set oven control at its lowest setting, but not below 140–150°. If using an electric oven, wedge a potholder between oven and door to allow a 1" opening. Moisture from the drying food will vent through this opening. Close the door on a gas oven, as vent will permit moisture to escape.

Dehydrator. There are two types of dehydrators: solar and electric. For each type of dehydrator, prepare food and place on racks. If using a solar dehydrator, adjust the position of the food throughout daylight hours to keep in direct sunlight.

Follow manufacturer's instructions for the electric dehydrators. When purchasing an electric dehydrator, select one that has a thermostat to regulate temperature and a fan to circulate air.

General Directions for Preparing Foods for Drying. Refer to the tables at the end of this guide for instructions for specific foods.

Vegetables. Choose tender vegetables. Wash, remove any damaged areas, and cut into even pieces. Blanch, then chill as though preparing for the freezer. *Note:* Do not blanch mushrooms, onions, or sweet peppers.

To blanch in boiling water, use one pound of food for each gallon of boiling water. Immerse vegetable into the boiling water using a wire basket or mesh bag, cover kettle, and boil the recommended time (see table). Blanching water may be reused until it becomes cloudy. Drain vegetables thoroughly.

To steam blanch, place 1" of water in kettle and bring to a rolling boil. Suspend thin layer of vegetables in basket or loose cheesecloth bag. Cover and steam blanch required amount of time (see table).

Fruit. Choose firm, mature fruit. Wash, peel if desired, remove any damaged areas, and cut into even-sized pieces or slices. Some fruits require little or no pretreatment. However, pretreat apples, apricots, bananas, cherries, peaches, and pears by one of the following methods to reduce vitamin and flavor loss, browning, and deterioration during storage.

Immerse fruit in a solution of one of the following to a gallon of water: 1 tbsp of sodium bisulfite or 2 tbsp of sodium sulfite or 4 tbsp of sodium metabisulfite. These pretreatments mixtures are available from some grocery stores, pharmacies, and wine-making shops. Soak fruit pieces for 5 min. and fruit halves for 15 min.

Note: Approximately 5% of asthmatics are sensitive to sulfites. Use one of the following pretreatments if sulfites present a potential health problem:

Dip fruit in a commercial ascorbic acid/water mixture from the grocery store. Follow manufacturer's instructions when preparing and using the solution.

Steam blanch fruit for 5–6 min.; water blanch fruit for 4–5 min. (see information on water and steam blanching above).

Dip prepared fruit in a saline solution composed of 2–4 tbsp of salt and 1 gallon of water for 10–15 min.

Meat. Choose lean cuts of beef or venison. Freeze and remove all visible fat.

DRYING TIMES

Drying time varies widely because of the method selected and the size and amount of moisture in food pieces. Sun drying requires the most time; an electric dehydrator requires the least. Vegetables take from 4 to 12 hours to dry; fruits take 6–20 hours. Meats require about 12 hours. Making raisins from grapes may require days/weeks when dried outside.

When testing foods for dryness, remove a piece from the center of the drying tray and allow it to come to room temperature. Fruits and meat jerky should be leathery and pliable; vegetables should be brittle.

CONDITIONING DRIED FOODS

Food should be conditioned for a week before being packaged for long-term storage. To condition food, place it in a container such as a cloth sack or a clear, covered container and allowing any remaining moisture to redistribute itself through the fruit.

If using a clear, covered container, watch for moisture beads. If they form, continue drying food. If using the cloth bag, hang it in a convenient location and shake the bag daily to redistribute food and moisture.

STORING DRIED FOODS

Place dried food in freezer-weight plastic storage bags, press out air, and then put in containers with a tight-fitting lid. Store in a cool, dark, dry area.

Dried foods store well at room temperature for a month. Refrigerate foods if they will be used within three months; freeze foods for storage periods between three months and one year. Foods should be used within one year.

USING DRIED FOODS

Dried meat, commonly called jerky, is normally not rehydrated and is eaten in the dried state. Dried vegetables used in soups rehydrate during the cooking process.

Rehydrate vegetables by soaking them in 1-1/2–2 cups of water for each cup of dried vegetable. If necessary, add more water during the soaking process. Heat and eat.

Cover dried fruit with boiling water and let stand for 5 min. Drain. Dried fruit may also be steamed for 3–5 min. until plump. Fruits may be eaten immediately or used in a recipe.

MAKING FRUIT LEATHER

Fruit leathers, also called fruit roll ups, can be made from almost all fruits or combinations of fruits. However, peaches, apricots, cherries, and nectarines are ideal. Pears and apples, sufficiently softened, also work well.

Wash well, peel (if desired), cut into pieces, and puree fruit in a blender. Sweeten to taste with sugar or honey. Spread evenly, no more than 1/4" deep, on a cookie sheet. The cookie sheet should either be lightly sprayed with a vegetable shortening or covered with plastic paper.

If using plastic paper, tape edges down to prevent them from folding into the puree. Dry fruit leather until it is slightly tacky to the touch.

When dried, lift leather (including plastic paper if used), and roll or cut into small sections and roll. Storage recommendations are the same as those described previously.

NUTRITIONAL VALUE OF DRIED FOODS

Dried foods retain their protein, mineral and vitamin A content fairly well if soaking water is also consumed. Because they are concentrated into a small

mass, dried foods can also be high in calories. It's important to brush teeth after eating dried fruit because they stick to the teeth.

MAKING SAFE JERKY

Home-prepared jerky was recently identified as the cause of a foodborne illness outbreak in the West. The small electric dehydrator that was used hadn't reached a high enough temperature to kill the harmful bacteria.

E. coli 0157:H7 bacteria can grow in the intestines of animals and contaminate meat during handling. To kill these bacteria, jerky must be heated to 160°F while it is still moist. Because most home dehydrators aren't designed to reach this temperature, the jerky must be heated in another way to guarantee safety. This can be done by precooking.

Precooking in marinade shortens the drying time and makes a more tender jerky. Although the color and texture will be different from conventional jerky, precooked jerky is still tasty.

Note: Research is needed to identify other safe jerky-making procedures. To date, there is no safe procedure for the dry cure method.

To precook jerky

1. Freeze meat before preparing so that it will be easier to slice.
2. Cut partially thawed meat into long slices that are no more than 1/4 inch thick. For tender jerky, cut at a right angle to long muscles ("across the grain"). Remove all the fat possible to prevent off-flavors.
3. Prepare 1-2 cups of marinade of your choice in a large sauce pan.
4. Bring the marinade to a full rolling boil over medium heat. Add a few meat strips, making sure that they are covered by marinade. Re-heat to a full boil.

5. Remove the pan from the range. Using tongs, immediately remove meat from the hot marinade to prevent over-cooking.

Here is a simple marinade recipe:

- 1 teaspoon garlic salt
- 2 cups soy sauce
- 1 teaspoon coarse black pepper

Repeat steps 4 and 5 until all meat has been pre-cooked. Add more marinade if needed.

6. Place precooked strips in single non-overlapping layers on drying racks.
7. Dry in a dehydrator or oven. Test for doneness by letting a piece cool. When cool, it should crack but not break when bent. There should not be any moist or underdone spots.
8. Refrigerate the jerky overnight in a plastic freezer bag. Then check again for doneness. If necessary, dry further.

Keep jerky in the refrigerator or freeze for long-term storage.

Caution: Soaking the meat strips in marinade overnight is not advised. Bacteria will be spread in the kitchen when the marinated strips are drained before precooking. Putting unmarinated strips directly into boiling marinade minimizes a cooked flavor and maintains safety.

"Making Safe Jerky" Prepared by Carolyn Raab, Extension Foods and Nutrition Specialist, Oregon State University. Reviewed by Margy Woodburn, Professor Emeritus, Nutrition and Food Management, October, 1997.

Approved for use in New Mexico by Martha Archuleta, Food and Nutrition Specialist.

| Vegetable | Preparation | Blanching Time ¹ (min.) | | Dryness test ² |
|----------------------|---|---------------------------------------|-------|-----------------------------------|
| | | Steam | Water | |
| Asparagus | Wash thoroughly. Halve large tips. | 4–6 | 4–5 | Leathery to brittle |
| Beans, green | Wash. Cut in pieces or strips. | 2–3 | 2 | Very dry, brittle |
| Beets | Cook as usual. Cool, peel. Cut into shoestring strips 1/8" thick. | 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 lengthwise 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, parsnips | 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 |
| Chile peppers, green | 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. (Wear gloves if necessary.) | None | None | Crisp, brittle, medium green |
| Chile peppers, red | 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 |

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.

| Vegetable | Preparation | Blanching Time ¹ (min.) | | Dryness test ² |
|---|---|---------------------------------------|-------|---------------------------|
| | | Steam | Water | |
| 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 ³ | Scrub. Discard tough, woody stalks. Slice tender stalks 1/4" thick. Peel large mushrooms, slice. Leave small mushrooms whole. | None | None | Dry and leathery |
| 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 |

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.**

| Vegetable | Preparation | Blanching Time (min.) | | Dryness test |
|--------------------------|--|--------------------------|-------|---------------------|
| | | Steam | Water | |
| 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 |

FRUITS. (See text for general directions)

| Fruit | Preparation | Pretreatment | Drying Procedure |
|-----------------------------|---|--|--|
| Apples (mature, firm) | 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 on 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 on trays, pit side 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 choose: •Dip in lemon juice. | Arrange in single layer on trays. Dry until tough and leathery. |
| Berries (firm) | Wash. Leave whole or cut in half. | No treatment necessary; may choose: •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. |

| Fruit | Preparation | Pretreatment | Drying Procedure |
|--|---|--|--|
| Cherries (fully ripe) | Wash. Remove stems and pits. | No treatment necessary; may choose: •Dip whole cherries in boiling water 15–30 sec. to crack skins. | Arrange in single layer on trays. Dry until tough, leathery, and 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° 1–2 hours; then 120° 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 figs in halves or slices. | No treatment necessary; may choose: •Crack skins of whole figs in boiling water 15–30 sec. | Arrange in single layer on trays. Dry until leathery and pliable. |
| Grapes and black currants (seedless varieties) | Wash, sort, leave whole on stems in small bunches, if desired. May also remove stems. | No treatment necessary; may choose: •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. |
| Nectarines and peaches (ripe, firm) | Peel. Cut in half 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 suedelike 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. |

This guide was initially prepared by Alice Jane Hendley, Extension Diet and Health Specialist.

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