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Par le Jour de la Terre™

PRESERVING GUIDE

DEHYDRATION

To eat local
all year
long



DEHYDRATION

THE METHOD IN A NUTSHELL

Less popular is a preserving method familiar to outdoor enthusiasts known as dehydrating, which makes almost any food easily storable and transportable! The good news is that it can easily be made at home using an oven or microwave!



Store for:
4 months to
1 year

How does it work?

- The water in food evaporates, leaving only 5-20%.
 - Bacteria suffocate and have no place to grow!
- The lower the humidity, the less likely they are to survive.



PROPER DEHYDRATION

Whichever appliance you use, you need to wash and dry your food, then cut it into thin slices 1 to 5 mm thick. Use a mandolin if you have one.

Dehydrator

It's the easiest and most efficient way to dehydrate, since it's self-contained and uses less energy than a large oven.

Refer to a recipe or your appliance's instructions to find out the correct cooking time for your preparation.

Oven

Heat at low temperature, leaving the door slightly open to allow moisture to escape. Drying time is long so make sure you can keep an eye on your oven until the end.

Microwave

Use the defrosting function keeping an eye on the food to make sure it doesn't cook. This technique works well for small quantities and allows you to dehydrate things like fresh herbs in just 2 or 3 minutes!

PROPERLY PRESERVING YOUR DEHYDRATED FOOD



- Let your food cool completely before packing to prevent condensation and mould!



- Store dehydrated food in closed containers (in glass jars, bags or hermetically sealed containers) to limit contact with oxygen, great destroyer of foods!

REHYDRATE YOUR FOOD

Since it's all about restoring water to your food, all you have to do is soak it! You can use a bowl of water in the fridge for a few hours (or overnight), or incorporate your dehydrated food directly into recipes that contain a lot of water: soups, broths, sauces, etc.

As you can imagine, the texture of rehydrated food is very different from that of fresh food! To discover these new flavours, you can mix in a food in its different forms within the same recipe and set off on a culinary exploration!



Apple muesli with
fresh and dried
apples



Tomato pasta
with fresh and dried
tomatoes à la
Mediterranean



Mushroom soup,
dried leek powder
and fresh broccoli

