

Asparagus

About 9-10 stalks makes one cup when cut up



Ingredients

Asparagus
Seasonings (optional)

Directions:

1. Wash your asparagus and drain.
2. Cut the asparagus into 2-3 inch long pieces.
3. Bring a pot of water to boil, and prepare an ice bath.
4. Add the asparagus to the boiling water and blanch for 2-3 minutes.
5. Remove from boiling water and immediately place in the ice bath to fully cool.
6. Remove from the ice bath and place in a colander to drip dry.
7. Line your trays with parchment.
8. Spread the asparagus out on your trays.
9. If you wish to season them, sprinkle the seasonings on now.
10. Pre-freeze when possible.
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add the amount of asparagus as you wish to rehydrate to a bowl or a cooking pot. Flood the asparagus with water and let it stand for 8-10 minutes.

If you wish to cook the asparagus, bring your water to boil and cook as normal.

If you wish to eat the asparagus as a raw snack, drain the water and enjoy.

Freeze dried asparagus is also a great snack without rehydrating! Especially with your favorite seasonings on them; I really like some of the rubs for smoking meat, sea salt or seasoned salt.

Notes:

Most of the seasonings will wash off if you rehydrate, however freeze drying with the seasonings on does leave a hint of that flavor on the asparagus. If you eat them as a freeze dried snack, of course you will retain the seasonings and their added flavor.

Nutritional Value Per 1 cup

Calories: 40 Protein: 4 g Fat: 0 g Carbohydrates: 7 g Sugar: 2 g Fiber: 4 g