

Blanched Asparagus

This recipe will fill as many trays as you have Asparagus to fill*

Live. Life. Simple.: [The Secret to Long Lasting Asparagus](#)

Ingredients:

Asparagus (cut down to 2-3 inch long pieces)



Directions:

1. Bring a pot of water to boil, and prepare an ice bath
2. Add Asparagus to the boiling water and cook for 2-5 minutes, remove and place directly in the ice bath until cool.
3. Spread out across your trays
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Note: You can fully cook, so the asparagus is ready to be rehydrated and eaten, fully cooked.

Cycle Time: 24 hours

Rehydration: Soak in cool water, then cook.



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www.freezedryingcookbook.com

*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Cycle times & rehydration for reference only
Large Tray = 8 Cups/tray Medium = 6 Cups/Tray