

Broccoli Florets and Stalks

One bunch, plus one extra bunch of stems filled 1 medium tray and 6 - ¼ C pucks of stalks*

[Adventures in Freeze Drying: Pantry Stock, Onions, Peppers, and Broccoli](#)

Ingredients:

1 Bunch of Broccoli

Extra Stalks if you have them



Directions:

1. Wash your broccoli, I used lukewarm water, a squirt of dawn, and a little bit of vinegar in my sink, and rinsed thoroughly.
2. Cut your broccoli down to small florets, keeping the stalk if you wish to freeze dry the stalks.
3. In a vegetable steamer, bring your water to boiling, place your florets into the steamer basket and steam for 5 minutes.
4. Immediately remove the florets and place in an ice water bath, let sit for several minutes until cooled clear through. Remove from the ice water bath and place in a strainer to drip extra water off.
5. Repeat steps 4 and 5 for your stalks.
6. Spread the florets evenly across the tray, cover with a lid and freeze until solid.
7. I put the stalks into my food processor, added about ½ C water to them and then placed them into silicone molds. Froze until solid, and removed from the molds.
8. Remove lids and Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

I powdered my broccoli stalk pucks to use in soups, smoothies, etc.

Cycle Time: 42.5 Hours, but the pucks were not fully freeze dried yet. The florets were good.

Rehydration:

Broccoli Florets: It is best to add broccoli directly to a recipe while cooking, and add a little extra water if needed to finish rehydrating.

Broccoli Powder: should be added directly to smoothie or soup etc.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray