

Freeze Dried Strawberries for Jam

A Freeze Dried Pantry Video

This recipe will be dependent on your jam recipe, and tray size. Keep amount of fruit needed for 1 batch of jam separated on trays*

[Adventures in Freeze Drying: Can you make jam from freeze dried strawberries?](#)

Ingredients:

Fresh Strawberries:
enough to prepare
your favorite
strawberry jam
recipe



Directions:

1. Wash and core your strawberries.
2. Mash, or use a food processor to process your berries until you have as many cups as needed for your jam recipe.
3. Spread evenly across your tray(s)(I was able to put all 5 cups of the strawberries I needed onto 1 medium tray, so I could prepare 20 cups and put 5 cups per tray for 1 load in my freeze dryer)
4. Using your kitchen scale, find a mass in grams of your tray and strawberries. Keep track of each trays exact mass, by marking trays with painters tape etc.
5. Freeze until frozen solid
6. Freeze Dry
7. Once you are certain that your trays of prepared strawberries are dry. Take a final mass in grams of each tray. Subtract final mass from beginning mass, and write that mass on each package of freeze dried strawberries so you know exactly how much water to add back.
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36+ hours I always add an extra 24 hours extra dry times to loads of strawberries. The seeds can hide moisture

Rehydration: Add back the exact mass of water that was lost during the freeze drying process. Let sit for 30 minutes and then follow your jam recipe

NOTE: Jam made from freeze dried food may not last as long on the shelf. Currently no research is available.



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*XL Tray = 15 Cups/Tray
Small = 4 Cups/Tray

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