

Ketchup

This recipe makes 1 Harvest Right Medium Tray*

[John in Bibs': Freeze Dried Ketchup Powdered And Reconstituted Ep68](#)

Ingredients:

1 C Heinz Ketchup
3 C Boiling Water



Directions:

1. You will want to use a 3:1 ratio of Water to Ketchup
2. I started with 1 C Ketchup and 1 C of boiling Water and stirred
3. Then dump in the bowl and add 2 C of boiling water 1 cup at a time stirring after each addition.
4. Put in your parchment or silicone lined freeze dryer tray with tray dividers and freeze solid.
5. Freeze Dry
6. Using your hands, a food processor, plastic bag and a rolling pin, powder the ketchup. Do this as quickly as possible and get it put away. Store in mylar bags for long term storage, with an O2 absorber
7. Store Appropriately (see Tips and Tricks for storage help)

Cycle Time: varies

Rehydration: Add a little bit of cold water and stir until you reach desired consistency. You can add a splash of vinegar to bring back to a full bodied ketchup taste



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Cycle times & rehydration for reference only

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