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PRESENTS

THE FREEZE DRYING COOKBOOK



VOLUME 2



FREEZE DRIED PANTRY INGREDIENTS * MEALS IN A JAR*
HOMEMADE MEALS * FREEZE DRIED CANDY*
AND MORE

Over 100 Recipes & Freeze Dried Ingredients

WWW.FREEZEDRYINGCOOKBOOK.COM

The Freeze Drying Cookbook

Volume 2

Presented By: Live. Life. Simple

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Before You Begin Using This Cookbook

Cycle Times and Rehydration Methods:

These are being provided as a reference point only, many variables go into how long it will take something to freeze dry, and what exact ratios of water to food you will need to use to reconstitute the food. They are a great tool to help you out, but don't assume that your times and rehydration will be exactly the same as what is stated in the cookbook.

Freeze Dryer Capacities:

See our Freeze Dryer Capacity Page

Freeze Dried Pantry Ingredients and Recipes:

Freeze Dried Pantry Ingredients are items that you freeze dry and store in your pantry to use as ingredients in other things you are cooking, or putting together for a meal in a jar or mylar bag.

Freeze Dried Pantry Recipes are recipes that use 1 or more ingredients from your freeze dried pantry. These recipes are followed by three asterisks in the Table of Contents and on the Content Pages, as well as under the name of the recipe it states: This is a Freeze Dried Pantry Recipe.

Example: Chia Seed Pudding ***

Most Importantly:

Just like when cooking, individual results will vary. Precise measurements, different brands of ingredients, ambient temperature and humidity are just a few of the variables that can and will affect recipes and freeze drying. Make sure you are having fun as you learn to freeze dry, make connections between what the recipes have in common, and what they are lacking compared to normal recipes, and before you know it, you will be adjusting your own favorite recipes to make them just right for freeze drying.

Happy Freeze Drying!
Brian



The Freeze Drying Cookbook

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Helpful Tips and Tricks

Freeze Dryer Capacity
Freeze Dryer Friendly Substitutions
Quick Tips
Storage Tips



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Our recipes indicate the number of cups OR trays – including size – that each recipe produces. Refer to the Freeze Dryer Capacity and Tray Allowance guide on the next page to adjust each recipe to your freeze dryer's size.


Some of our recipes use dividers to divide servings. We recommend using these dividers to assist with rehydration ratios.


**To purchase dividers, visit
www.freezedryingsupplies.com**

Freeze Dryer Capacity and Tray Allowance

	<p>Small Freeze Dryer</p> <p>Each tray holds 5 Cups 6-10 Lb Capacity</p> <p>3 trays = 15 C Capacity</p> <p>4 trays = 20 C Capacity</p>
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	<p>Medium Freeze Dryer</p> <p>Each tray holds 6 Cups 10-15 Lb Capacity</p> <p>4 trays = 24 C Capacity</p> <p>5 trays = 30 C Capacity</p>
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	<p>Large Freeze Dryer</p> <p>Each tray holds 8 Cups 18-27 Lb Capacity</p> <p>5 trays = 40 C Capacity</p> <p>6 trays = 48 C Capacity</p>
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	<p>XL Freeze Dryer</p> <p>Each tray holds 15 Cups 40-50 Lb Capacity</p> <p>6 trays = 90 C Capacity</p> <p>7 trays = 105 C Capacity</p>
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Freeze Dryer Friendly Substitutes

Mayonnaise: Plain yogurt, plain Greek yogurt, plant based yogurt, sour cream (in some cases)

Syrup and Honey : These have a long shelf life and don't FD well. I like to make packets of them. For example with french toast sticks I packaged some syrup in a sealed packet and put it in the bag with the FD'd sealed french toast sticks (for other ideas See sugar substitutes below)

Sugar in baked dishes : bananas, Stevia, or (in some cases)freeze dried watermelon powder or freeze dried banana powder are great sweeteners

Peanut Butter : Powdered PB2 for peanut butter flavor. Can also use Avocado if you just need the "fat" content of the peanut butter for baking

Butter: Use Avocado in place of butter when baking (mash or blend for butter like consistency)

Oil For Cooking/Sautéing : Any kind of broth or plain old water. Just add a little at a time as you sauté.

Oil For Baking: Apple Sauce, Banana, Pumpkin, avocado (cup for cup substitution)

Eggs (Yes, eggs do freeze dry. These are suggestions for vegan recipes):

-Aquafaba (liquid from chickpea cans)

-You can use a quarter-cup unsweetened applesauce for one egg

-Flax Seed Egg: Combine one tablespoon of ground flax seeds with three tablespoons of water for every large egg you need

-Mix a teaspoon of baking soda and a tablespoon of white vinegar together for a light and fluffy substitute for one egg

Heavy Cream:

-Cashew Cream (soak cashews in hot water for 30 minutes, drain, add to a blender with a little water. Add water until thick "cream" consistency)

-1 cup milk with 1 to 2 tablespoons cornstarch or flour. (Whisk milk into cornstarch or flour little by little.)

-Cream cheese whisked with a little water

Buttermilk: -1 tablespoon fresh lemon juice (or light vinegar, such as white, white wine or champagne) to a measuring cup and add enough milk to reach 1 cup

Quick Tips

- ★ If possible, PREFREEZE! Pre-freezing your food saves energy, saves wear and tear on your freeze dryer and makes your batch times faster. If you have a freezer that is running all the time anyway, why not utilize the freezing temps?
- ★ Keep your freeze drying area well ventilated, and climate controlled between 60-78 degrees. It may also be helpful to use a fan aimed at your pump and freeze dryer to help the freeze dryer run at optimal efficiency. You may also want to consider a dehumidifier in the room you are freeze drying in, if in a humid climate.
- ★ If cooking oily meats or foods, rinse with water and pat oils and fats off with paper towels before freeze drying. This can be repeated as needed to extend storage time.
- ★ When doing raw meats, raw eggs or other contagious foods, DO NOT mix with other foods in the cycle to avoid cross contamination. Also, don't forget to label bags and anything that these foods come in contact with. You might remember the contents now, but you may not in the future.
- ★ When doing onions, garlic or other potent and/or stinky foods, follow up with a batch of rice, soups, stir fries or complimentary type foods. This will remove most or all of the smells and add flavor to the follow up batch. If this does not help, clean it.
- ★ To clean your freeze dryer and plexiglass door, DO NOT use bleach or harsh chemicals, they will deteriorate the glass, rubber seals and heat mats as well as potentially get into your food. Some suggested alternatives would be grain alcohol, Vodka, vinegar, rubbing alcohol but best of all, good ol' fashioned soap and water with some elbow grease. Please do your own research before cleaning.
- ★ Weighing your food can be very beneficial in some cases. I prefer to add tray dividers from www.freezedryingsupplies.com to make this even more consistent and accurate. If you make all of your trays weigh close to the same, you can weigh all trays before and after the freeze drying process. This allows you to pinpoint how much weight (in water) needs to be reintroduced.
- ★ DON'T skip the defrost at the end of a cycle. For quick defrosting, PRESS and HOLD the leaf on the upper left of your home screen. This will allow you to manually turn on your tray heaters (as well as other tests). Place a clip-on fan aimed at your vacuum chamber. The fan will move hot air around the chamber quicker than if you were to just do the defrost mode at the end of each cycle. This method usually only takes about 15-20 minutes to defrost instead of hours. DON'T FORGET TO TURN OFF THE HEATERS when you are done.

Storage Tips

*The first thing you need to determine for food storage is the length of storage time desired. If you are only storing short term for personal use, or giving freeze dried food as a gift, then the next sentence may not be as relevant to your situation. The 3 worst enemies of Freeze Dried food are: 1) light 2) moisture 3) oxygen

The reason these 3 things are so detrimental for food storage is because those 3 things are needed for bacteria to grow.

*If this is a product that you desire to reach maximum storage longevity, you will need to eliminate the following 3 things:

1) **MOISTURE** --- If you introduce any amount of moisture to your freeze dried food or the food you are trying to store is not an absolute "0" moisture level, the clock is ticking for end of shelf life. Also, be mindful of your storage location. Just because your food is dry immediately after freeze drying, a humid climate or damp basement can affect storage time. To ensure your best chances of having a "0" moisture level, keep reading for additional practices.

2) **LIGHT** – Light can be avoided by storing your freeze dried food in Mylar bags followed by storage in an area that does not regularly receive any light (natural or man made). 5 mil and 7 mil Mylar bags are capable of blocking all or most light if they are true to their claimed specs. Keep in mind that ball jars will not block much, if any light (see more info below). Mylar bags are not all created equal and I encourage you to do your due diligence, especially before purchasing a large amount. At www.freezedryingsupplies.com we sell 5.5mil Mylar food grade bags that are created by a food bag manufacturer. We are not the thickest or the least expensive, but the bags are USA made by a reputable food storage bag manufacturer.

3) **OXYGEN** --- The two most effective ways I have found to remove oxygen in large amounts and trace amounts are with oxygen absorbers and a chamber vacuum sealer that is capable of sealing thick Mylar bags. In most cases, a 300cc oxygen absorber is enough to eliminate a satisfactory amount of oxygen in the smallest Mylar bags all the way up to a 1 gallon size. Please consult the bag manufacturer especially if you are storing in a bag larger than 10 x14 or 1 gallon size. As for vacuum sealers, I have only found a handful that will

remove a useful amount of oxygen, under vacuum, as well as sealing or double sealing the thickness of Mylar bag needed for long term food storage.

I prefer the Avid Armor USV32 and the Avid Armor ES41 Euro Series because they have the ability to do large size (10x14 or 1 gallon bags) and they can also DOUBLE seal the thickest 7 mil bags. There are other brands out there that are fully capable of doing these things, but for overall price vs. function and quality, these are the best in my opinion. If you would like to get 10% off a chamber vacuum sealer or any other products from AVID ARMOR, you can follow this link <https://avidarmor.com?aff=43> and enter the code **LIVELIFESIMPLE** into the promo code area at checkout.

Rodents

Always keep in mind that rodents can be a huge factor in storage. I have heard on many unfortunate occasions that rodents have broken through containers or boxes and destroyed years worth of effort and food. Keep your freeze dried food off the ground in a rodent free environment or in a rodent proof storage container or box.

Ball/ Mason Jars

If you are using Ball/ Mason jars to store your food, your shelf life will be dramatically reduced due to the fact you are only eliminating moisture and oxygen. Ball jars, even if kept in a dark place, will allow light over time and you will see the food “fade” in color. Another factor to consider when storing in jars is the reliance on a lid seal. If the seal is not properly seated, defective or just has a very slow leak, you run the risk of adding another component of failure into storage.

How to get moisture free food

If you are not 100% certain that your freeze dried food is free from moisture, oxygen and light, proceed with caution. Foods can look and smell alright, but may still be unsafe to eat. Always use your eyes and sense of touch as your first line of defense when it comes to whether or not your food is done. I also feel more confident when the trays removed after a cycle is complete are ALL warm to the touch. As a second line of defense, these things may help determine as well.

INFRARED THERMOMETER – The infrared thermometer is capable of finding cold spots in the center of foods, especially thick items. While there is no magic number you are looking for when using this, a dramatic drop in temperature (ie. one section of the tray reads 87 degrees and one section has readings of 42, there are most likely spots that are not fully sublimated (freeze dried).

FOOD SCALE – Weighing your food can be extremely helpful as well. If you are ever unsure if your food is not done after the cycle is complete, weigh your food and place it back into the freeze dryer for another 2 hours (or more). After that cycle is done, weigh your food again. If the weight is the same as the end of the last cycle, there is no additional water that can be removed. Therefore, your food is as dry as it can be. If the weight is less, repeat the time add process until the two weight readings are the same.

***All above statements are based on my personal experience, and do not necessarily reflect absolute results for the reader. As in every case in our freeze drying cookbook and freeze drying in general, results can vary greatly with varying climates, foods, drying times, products used etc. etc. etc.

Breakfast

Apple Oatmeal Smoothie

Apple Pie Smoothie ***

Blueberry Muffin Biscotti

Breakfast Burrito ***

French Toast Dippers

Fruit Powder Smoothie ***

Porridge ***

Potato Pancakes

Raspberry Chia Breakfast Smoothie



***** Freeze Dried Pantry Recipe Using Freeze Dried Pantry
Ingredients**

Apple Oatmeal Smoothie

This recipe will make 1 Large Smoothie

Ingredients:

2 C of Freeze Dried
Apple Chips or
Slices

½ C Quick Oats

1 C milk of choice

1 C Ice

1 tsp Cinnamon

Pinch of Cloves

Pinch of Ginger

Pinch of Nutmeg



Directions:

1. Using a smoothie blender, add the freeze dried apples and quick oats and powder.
2. Add the other ingredients to the smoothie blender and blend.
3. Add more milk if needed to reach desired consistency.
4. Drink immediately



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Apple Pie Smoothie

This is a Freeze Dried Pantry Recipe

This recipe makes 1 Apple Pie Smoothie

Ingredients: FD = Freeze Dried

3 Tbsp FD Milk Powder
1 tsp Cinnamon
 $\frac{1}{8}$ tsp Nutmeg
A pinch of Ginger
 $\frac{1}{2}$ C FD Apple Powder
-or- 2 C FD Apple Chunks
 $\frac{1}{4}$ C FD Banana Powder
-or- 1 C FD Banana Slices
12 oz Water
Ice (optional)



Directions:

1. Add all ingredients to a blender
2. Blend (if a blender isn't an option, can make in a jar or shaker bottle)
3. Enjoy



Blueberry Muffin Biscotti

This recipe will make 24 muffins, I was able to put 16 muffins in my 4 tray medium freeze dryer

Ingredients:

3 Eggs
½ C Canola Oil
3 tsp Vanilla
2 C Sugar
2 C shredded Zucchini
1 tsp Lemon zest
3 C Flour
1 tsp Salt
1 tsp Baking Powder
¼ tsp Baking Soda
1 tsp Cinnamon
2 C Fresh Blueberries
(OMIT Crumble if Freeze Drying, Double to cover 24 muffins)
For Crumble
⅓ C Flour
⅓ C Sugar
¼ C Butter, softened
Dash of salt



Directions:

1. Preheat oven to 350 °F, and prep to standard muffin tins
2. In a mixing bowl beat together eggs, oil, vanilla, sugar, zucchini, and lemon zest.
3. Add all dry ingredients, and mix until incorporated. Then carefully fold in Blueberries.
4. Scoop muffin batter into prepared tins filling each space about ¾ full
5. IF NOT FREEZE DRYING ALL MUFFINS YOU CAN ADD CRUMBLE TO THE TOP
 - a. Mix all crumble toppings, by using a pastry blender, cutting, or in a food processor. Sprinkle evenly across the top of muffins.
6. Bake 25-30 minutes
7. Cool Completely
8. Slice muffins into 5 slices and place on trays
9. Freeze until frozen solid
10. Freeze Dry
11. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 12 hours

Rehydration: Not intended



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Breakfast Burrito

This is a Freeze Dried Pantry Recipe

This recipe is a freeze drying pantry recipe using individual freeze drying ingredients. This works best if the ingredients are layered in the following order.

Ingredients:FD = Freeze Dried

4 Tbsp FD cooked Sausage
Crumbles
½ Cup FD blanched Potato
Cubes
¼ Cup chopped FD Kale
½ Cup FD Bell Peppers
1 tbsp FD chopped Jalapeno
½ Cup FD Mushroom pieces
¼ Cup FD chopped Onions
½ Cup FD Egg Powder
½ Cup FD Cheese Powder

Tortilla shells
FD Salsa (optional)



Directions:

1. Add ingredients in the order given on the list in layers.
2. Rehydrate allowing for potatoes to soften and partially cook in the hot water
3. Cook mixture like a scramble and add to a soft shell tortilla
4. Add optional salsa or guacamole (freeze dried is best!)

Cycle Time: NA

Rehydration: add 2 cups of hot water and let stand 2-3 minutes after thoroughly mixing. Make sure potatoes have time to soften.



French Toast Dippers

With Syrup and Fruit Dipping Sauce

This recipe will fill as many trays as you choose to fill

Ingredients:

6 eggs	1 loaf of bread (we used Hawaiian bread and it was amazing!)
½ tsp Nutmeg	
1 tsp Cinnamon	
2 Tbsp Stevia or sweetener	<u>Dipping Sauces</u> (see below)
¼-½ C Milk	
½ tsp Vanilla Extract	



Directions:

1. Crack 6 eggs and scramble in a bowl or casserole dish
2. Add Nutmeg, cinnamon, milk & vanilla to the eggs and mix
3. Slice bread into ¾" thick slices, dip into egg mixture only long enough to coat the slice of bread
4. Add to a lightly oiled or coated griddle or pan and brown on each side
5. Try to leave some tenderness if possible (crispy on the outside, tender on the inside)
6. Slice cooked french toast into strips or wedges about the width of your finger
7. Add sticks to a parchment lined freeze dryer tray.
8. Freeze dry with sauces (on separate trays) if desired
9. For your dipping sauce, make a puree from strawberries, blueberries, bananas or other fruit of your choice and add stevia or sweetener if desired (for more ideas, reference our video). Use dividers to portion dipping sauce. You can also package syrup, honey, pb2 into small packets made with your sealer and a mylar bag
10. Store Appropriately (See Storage Tips)

Cycle Time: 20 hours in the medium freeze dryer with premiere pump

Rehydration: Eat these freeze dried with dipping sauces or rehydrate with sauce or syrup for about 20 minutes. Or overnight with a damp paper towel in a ziplock.



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Fruit Powder Smoothie

This is a Freeze Dried Pantry Recipe

This recipe can be made many ways with many ingredients. Here is our mixture using blueberries, bananas, strawberries, kale and chocolate milk using raw powdered ingredients

Ingredients:

60 strawberries = 6 cups
puree= 2 cups powder

10 bananas = 6 cups puree
= 2 cups powder

3.5 lbs. Blueberries = 6 cups
puree= 1 ½ cups powder

6 cups chocolate milk = 1
cup powder



Directions:

1. In a blender, turn all fruit/ vegetable ingredients into a puree using little to no water
2. Add puree onto a parchment or silicone lined freeze dryer tray
3. Freeze dry as usual paying close attention to dryness (fruits can often require extra dry time and in some extreme cases, may require the machine to be defrosted and cycle continued)
4. Place freeze dried fruits/ veggies/ milk into a food processor to create a fine powder
5. Add desired ingredients together using the rehydration formula below as a baseline for water to powder mixture
6. Store powders in a mason jar or mylar using an oxygen absorber
7. Store Appropriately (See Tips and Tricks for storage help)

Rehydration for our example:

2 tbsp Strawberry powder
2 tbsp Blueberry powder
3-4 tbsp Banana powder
2 ½ tbsp Chocolate Milk powder
1 tbsp Kale powder
2 cups water

Shake for 30 seconds to 1 minute



Porridge

This is a Freeze Dried Pantry Recipe

This recipe will make 2 servings in a 1 quart jar or mylar bag

Ingredients: FD = Freeze Dried

2 C FD Precooked
Wild Rice

¼ C FD Blueberries

⅛ to ¼ C FD
Crasins,
Cranberries, or
Golden Raisins

¼ - ½ C Walnuts or
Hazelnuts

¼ C FD Oat Milk or
Heavy Cream

⅛ C Real Maple
Syrup in Mylar
packet

FD Bananas to taste



Directions:

1. Layer ingredients into a Quart Jar or Mylar Bag
2. Vacuum Seal jars, or Impulse seal Mylar
3. Store Appropriately (See Tips and Tricks for storage help)

Rehydration: Add 2 Cups +/- of Hot water to the jar or mylar bag for 5-10 minutes, you can also add ingredients to a pan on the stove and cook for 5-10 minutes



Potato Pancakes

This recipe will make enough pancakes to fill 4 medium trays

Ingredients:

1 C Flour	2 Eggs
Butter	4 Russet Potatoes
Oil	1 C shredded Cheese
1 tsp Baking Powder	½ C Milk
½ tsp black Pepper	
1 tsp Salt	
1 tsp Onion Powder	



Directions:

1. Skin the potatoes, shred them and put them into a mixing bowl.
2. Add the milk and eggs to the potatoes and mix well.
3. Add the flour and mix well.
4. Add cheese, onion powder, salt, baking powder, and black pepper and mix well.
5. You can leave uncooked and freeze until solid and then freeze dry
6. Preheat a large skillet with some butter and oil, then put a large dollop of pancake batter in the pan and cook until done.
7. Pat off as much grease as possible and place on a parchment lined tray
8. Freeze until solid
9. Freeze dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 29 hours	Rehydration: Raw: add a little water until you hit the right consistency and then cook like you would a pancake. Cooked: add some water to a pan, bring the water to a boil with a cooked pancake in it. Once it starts to look doughy, remove from water and cook in a lightly oiled pan.
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Raspberry Chia Breakfast Smoothie

This recipe will fill 1 medium tray

Ingredients:

2 C milk of choice
4 small Bananas peeled
3 C of Raspberries (fresh or frozen)
4 dates, pitted
4 Tbsp Chia Seed
8 Tbsp Water
½ tsp Lemon juice with ¼ C Water



Directions:

1. Soak the chia seeds in the water for 15-20 minutes
2. Chop the pitted dates and add to a small saucepan, add the lemon juice and water, stir and cook until a thick paste is formed. Let cool for 5-10 minutes
3. Add all of the ingredients into a blender and blend until smooth and creamy.
4. Spread evenly across a parchment lined tray, use dividers set to 4 portions to portion for individual servings.
5. Freeze until solid
6. Freeze Dry
7. Using a blender, powder each portion.
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 37 hours	Rehydration: Start with 1 C of water, add 1 portion of smoothie to a blender ball type shaker bottle or add to a blender with the water. Shake/blend well and let sit for a couple of minutes. Add more water and repeat to reach desired consistency.
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Candy

Caramel M&M's

Gelatin Bites

Gummy Bears

Junior Mints

Lemon Heads

Milk Duds

Milky Way Candy Bars

Nerd Gummy Clusters

Skittles

Starbursts



Caramel M&M's

1 Large Bag of Caramel M&M's will fill 2 medium trays

Ingredients:

Caramel M&M's



Directions:

1. Set the temperature of your Freeze Dryer to 135, I always have my machine set to 24 hours of extra dry time, you will only need 4-6 hours to freeze dry these. (You can also run these on a piggy back from another candy run at 135)
2. Start your machine and let it cool for 15 minutes
3. While your machine cools, line your trays with parchment
4. Spread out your M&M's, it's okay if these touch some, but you want some empty space on the trays too as these will double in size.
5. Put the trays in the machine, turn the Candy Mode Button to On, and then press Start. The machine will be set for 1 minute of tray warming, this will allow the machine to come to temperature before it turns the vacuum on.
6. Time is machine and environment dependent. I run 6 hours in the summer, but can run 4 hours in the fall and winter.
7. Store Appropriately (See Tips and Tricks for storage help)

Note: Caramel M&M's and some other chocolate candy have a warning that they may contain Peanuts or Tree Nuts or they do contain Peanuts and Tree Nuts. If you are intending to sell candy and only have one machine, a deep cleaning is necessary before you put any other candy in, if you have multiple machines consider keeping one for running candy that contains or may contain these ingredients.



Gelatin Bites

1 large box of Jello will make approximately 100 cubes or 1 medium tray

Note: Freeze Drying Jello takes a normal freeze drying cycle, **NOT** Candy Mode

Ingredients:

1 Large box of your favorite flavored Gelatin (8- ½ C Servings)

2 C Boiling Water

2 C cold water

Ice Cube Trays
(Mine are 1inx1in cubes 24 per mold)



Directions:

1. Mix the gelatin according to package directions (add 2C of boiling water to gelatine powder, stir until dissolved, then add 2 C cold water)
2. Pour liquid into your ice cube molds, silicone recommended.(I use 24 cube silicone mold ice cube molds for this, and 1 box of gelatine will fill about 4 of these depending on how neat you are while filling your mold)
3. Freeze Jello until frozen solid.
4. To remove molds, run under very hot top water, on just the bottom of your mold for about 30 seconds. Then fold your mold away from itself at each row of jello. Push each cube out from the back of the mold.
5. Place on a silicone lined tray not touching (however these do not expand).
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 hours

Rehydration: Not Intended



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Gummy Bears

This recipe will fill as many trays as you choose to fill

Ingredients:

Gummy Bears
Size does not matter, but space accordingly, allowing for expansion



Directions:

1. Do NOT load trays in freeze dryer yet
2. On the freeze dryer screen push Customize
3. Adjust dry temp to 150 (screen will show Candy/High Temperature Mode).
4. Set extra dry time to 24 hours. 12 hours should get most candy done.
5. Click Save and this will take you to main screen
6. Your screen will show High Temperature Mode, Click Start
7. This will start Cooling Vacuum Chamber (this takes 15 minutes)
8. Add parchment paper to your tray (recommended but not required)
9. Put Starbursts on the tray spaced evenly (dividers work great for this)
10. After 15 minutes your freeze dryer will prompt you to load your trays into the freeze dryer
11. On the same screen be sure "High Temperature Mode Candy Process" to ON
12. Press Continue
13. You will be asked if you want to warm your trays- (I recommend you do warm the trays, unless you are doing a chocolate coated candy)
14. If you choose to warm the trays it will set an automatic 1 minute countdown. You can adjust this if you choose. (I would not recommend warming trays for more than 1 minute with Gummy Bears)
15. After the trays warm the cycle will start
16. After the cycle completes you will have the option to start a new candy batch. This gives you the option to do candy loads back to back.
17. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time:12-16 hours

Rehydration: Not recommended

NOTE: Not all brands of gummy bears freeze dry the same, not every tray within your machine will have the same results. Candy requires patience and learning your machine, along with trial and error to get the best results from your machine.



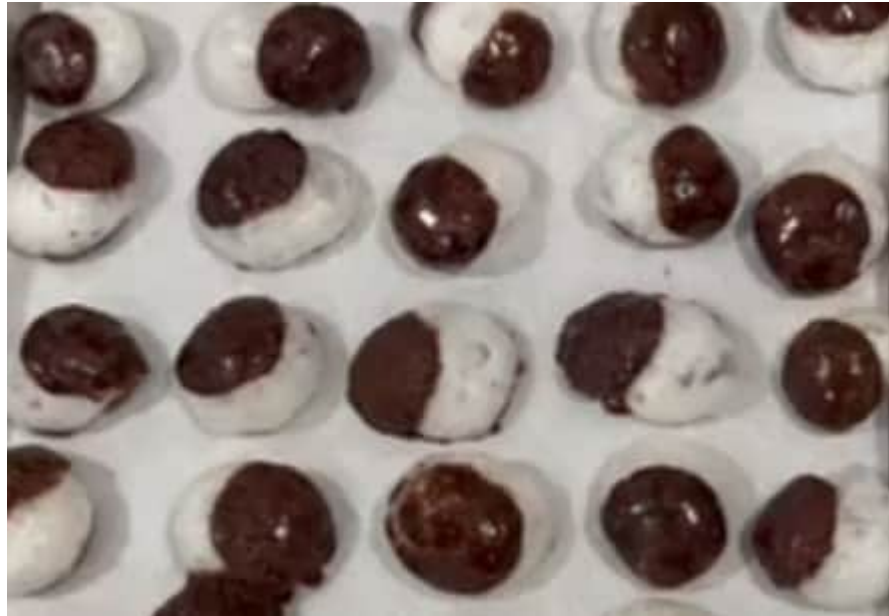
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Junior Mints

6 Theater boxes of Junior Mints will fill 4 medium trays*

Ingredients:

Junior Mints



Directions:

1. Set the temperature of your Freeze Dryer to 135, I always have my machine set to 24 hours of extra dry time, you will only need 4-6 hours to freeze dry these. (You can also run these on a piggy back from another candy run at 135)
2. Start your machine and let it cool for 15 minutes
3. While your machine cools, line your trays with parchment
4. Spread Junior mints out in rows 5-6 mints across in 12-13 rows per tray
5. Put the trays in the machine, turn the Candy Mode Button to On, and then press Skip Tray Warm, the machine and pump will both turn on within 20-30 seconds.
6. Time is machine and environment dependent.
7. Store Appropriately (See Tips and Tricks for storage help)



Lemonheads

2-3 5 oz boxes of Lemonheads will fill 1 medium tray

Ingredients:

Lemonheads
Candy (name
brand)

This does not
work for old
fashioned
sanded lemon
heads



Directions:

1. Set your Freeze Dryer to Candy Mode with a temp of 150°F, start your machine it will cool for 15 minutes.
2. As your machine starts the 15 minute cool down, line your trays with parchment paper, and spread the Lemonheads out evenly across your tray.
3. Preheat your oven to 170°F
4. Once your Freeze Dryer has reached the end of the cool down period, toggle to Candy Mode, then WARM the Trays, set this for 20 minutes (You will not use all of that time, but it allows your machine to not start pulling a vacuum until you put the warm candies in)
5. Once your Freeze Dryer is up to about 125 degrees, put your Lemonheads in your oven for 15 minutes.
6. Once the Lemonheads are done preheating, move as quickly as you can into the freeze dryer, make sure your drain valve is closed, lock your door and then arrow down the remaining tray warming time to 0. The vacuum pump will kick on in a few seconds.
7. You will want these to run for anywhere from 4 to 6 hours.
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 4-6 hours

Rehydration: Not Intended



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Milk Duds

5-6 Theater boxes of Milk Duds will fill 4 medium trays*

Ingredients:

Milk Duds



Directions:

1. Set the temperature of your Freeze Dryer to 135, I always have my machine set to 24 hours of extra dry time, you will only need 4-6 hours to freeze dry these. (You can also run these on a piggy back from another candy run at 135)
2. Start your machine and let it cool for 15 minutes
3. While your machine cools, line your trays with parchment
4. Spread Milk Duds out in rows 5-6 across in 12-13 rows per tray
5. Put the trays in the machine, turn the Candy Mode Button to On, and then press Skip Tray Warm, the machine and pump will both turn on within 20-30 seconds.
6. Time is machine and environment dependent.
7. Store Appropriately (See Tips and Tricks for storage help)



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Milky Way Candy Bars

15 fun size candy bars cut into quarters fill 1 medium tray

Ingredients:

Fun Size Milky Way
Candy Bars

Can use other sizes
but I have found this
works best for me



Directions:

1. Set the temperature of your Freeze Dryer to 135, I always have my machine set to 24 hours of extra dry time, you will only need 4-6 hours to freeze dry these. (You can also run these on a piggy back from another candy run at 135)
2. Start your machine and let it cool for 15 minutes
3. While your machine cools, line your trays with parchment
4. Unwrap and cut your fun size candy bars into quarters, 5 pieces per row spread across the tray.
5. Put the trays in the machine, turn the Candy Mode Button to On, and then press Start. The machine will be set for 1 minute of tray warming, this will allow the machine to come to temperature before it turns the vacuum on.
6. Time is machine and environment dependent. I run 6 hours in the summer, but can run 4 hours in the fall and winter.
7. Store Appropriately (See Tips and Tricks for storage help)

Note: Milky Way candy bars and some other chocolate candy have a warning that they may contain Peanuts or Tree Nuts or they do contain Peanuts and Tree Nuts. If you are intending to sell candy and only have one machine, a deep cleaning is necessary before you put any other candy in, if you have multiple machines consider keeping one for running candy that contains or may contain these ingredients.



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Nerd Gummy Clusters

Recommend nor more than 80-100 Nerd clusters per medium tray

Ingredients:

Nerd Gummy Clusters



Directions:

1. Adjust the temperature on your machine (In the Customize Screen) to 150°F, set extra dry time to 12 or 24 hours. Save
2. Start the machine, let it cool for 15 minutes.
3. Line your trays with parchment paper
4. I choose to use dividers set to 40 portions to keep my candy from sticking together, you can space out without dividers and carefully move trays into freeze dryer. The two middle trays on my medium freeze dryer work best for this.
5. Place trays in your freeze dryer after 15 minutes. Close the door, close the valve.
6. Once the machine has cooled, it will have a toggle for Candy Mode that will say off, toggle to on.
7. The machine will ask if you want to warm trays, select SKIP, your pump will turn on within a few seconds.
8. Let run for 12-14 hours (If your nerd clusters deflate when you take them out, they needed more dry time)
9. At the end of the load it will give you the options for No Defrost, Start Another Candy Batch, and Defrost... you can immediately put more trays of candy in, it will give you the option to warm trays again etc.
10. Store Appropriately: These are fragile and do not store well in mylar bags.

Cycle Time: 12-14 hours

Rehydration: Not Intended



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Skittles

This will make as many trays as you like recommend no more than 2 lbs per medium tray

Ingredients:

Skittles



Directions:

1. Do NOT load trays in freeze dryer yet
2. On the freeze dryer screen push Customize
3. Adjust dry temp to between 135-150 (screen will show Candy/High Temperature Mode).
4. Set extra dry time to 4 - 6 hours. 4 hours should get most candy done.
5. Click Save and this will take you to main screen
6. Your screen will show High Temperature Mode, Click Start
7. This will start Cooling Vacuum Chamber (this takes 15 minutes)
8. Add parchment paper to your tray (recommended but not required)
9. Put a single layer of Skittles on each tray
10. After 15 minutes your freeze dryer will prompt you to load your trays into the freeze dryer
11. On the same screen be sure "High Temperature Mode Candy Process" to ON
12. Press Continue
13. You will be asked if you want to warm your trays- (I recommend you do warm the trays, unless you are doing a chocolate coated candy)
14. If you choose to warm the trays it will set an automatic 1 minute countdown. You can adjust this if you choose.
15. After the trays warm the cycle will start
16. After the cycle completes you will have the option to start a new candy batch. This gives you the option to do candy loads back to back.
17. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 4-6 hours	Rehydration: Not Intended
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Starbursts

This will make as many trays as you like make sure to leave room for them to expand a little

Ingredients:

Starbursts



Directions:

1. Do NOT load trays in freeze dryer yet
2. On the freeze dryer screen push Customize
3. Adjust dry temp to between 135-150 (screen will show Candy/High Temperature Mode).
4. Set extra dry time to 4-6 hours. 4 hours should get most candy done.
5. Click Save and this will take you to main screen
6. Your screen will show High Temperature Mode, Click Start
7. This will start Cooling Vacuum Chamber (this takes 15 minutes)
8. Add parchment paper to your tray (recommended but not required)
9. Put Starbursts on the tray spaced evenly (dividers work great for this)
10. After 15 minutes your freeze dryer will prompt you to load your trays into the freeze dryer
11. On the same screen be sure "High Temperature Mode Candy Process" to ON
12. Press Continue
13. You will be asked if you want to warm your trays- (I recommend you do warm the trays, unless you are doing a chocolate coated candy)
14. If you choose to warm the trays it will set an automatic 1 minute countdown. You can adjust this if you choose.
15. After the trays warm the cycle will start
16. After the cycle completes you will have the option to start a new candy batch. This gives you the option to do candy loads back to back.
17. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 4-6 hours	Rehydration: Not Intended
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Drinks

Arizona Sunset ***

Coffee and Creamer

Coffee Creamer

Eggnog

Empty Nest Protein Smoothie

Holiday Nog

Homemade Orange Juice

Orange Juice in a Jar

Peppermint White Hot Chocolate

Strawberry Lemonade with Basil Slushie***



***** A Freeze Dried Pantry Recipe Using Freeze Dried Pantry Ingredients**

Arizona Sunset

This is a Freeze Dried Pantry Recipe

This recipe makes 1 drink

Ingredients: FD = Freeze Dried

3 Tbsp FD
Orange Juice
powder

1 Cup Water

1 Cup of Sprite

Grenadine to
taste

(Optional)
Maraschino
Cherry for garnish



Directions:

1. Add 3 Tbsp of Freeze Dried Orange Juice Powder to a jar or container that will hold 20 oz of fluid (with a lid that seals tight).
2. Add 1 Cup of cold water, and shake for about 1 minute.
3. Add 1 Cup of Sprite
4. Add Grenadine to taste, garnish with a maraschino cherry.
5. Enjoy!



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Coffee and Creamer

This recipe will fill as many trays as you choose to fill

Ingredients:

1 Cup of Coffee
(brewed the way
you like it)

Fix the cup of
coffee the way
you want with
any cream sugar
etc.



Directions:

1. Brew a cup of coffee the way you want it brewed, add any creamer etc.
2. Using silicone molds, pour the cup of coffee into the molds,(keeping track of how much coffee you had by volume in your cup) and freeze 24-48 hours or until frozen solid.
3. Remove from silicone molds, and place on a parchment lined tray.
4. Freeze Dry (I would recommend at the end of the regular freeze drying cycle, to flip each puck of coffee over, and then continue freeze drying for an additional 12 hours)
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 hours

Rehydration: Add Boiling water to the freeze dried coffee mix, until you reach the volume of coffee you had before freeze drying. (I like to make 20 oz mugs of coffee, so I would add 20 oz of water back to the pucks from one mug of coffee)



Coffee Creamer

This will make as many trays of coffee creamer as you choose to make

Ingredients:

A container of your favorite coffee creamer

Water



Directions:

1. If you are using regular flavored coffee creamer (not sugar free) you will want to mix in a 1:1 ratio with water, to help keep the coffee creamer from making a mess in your machine.
2. Using silicone ice cube molds, pour creamer into the molds.
3. Freeze until frozen solid (24-48 hours) Regular Flavored Coffee Creamer has enough sugar that it will not freeze solid unless diluted with water.
4. Remove from silicone molds and place on a parchment lined tray.
5. Freeze Dry (Depending on how large your molded pieces of creamer are you may want to flip each piece over after the regular freeze drying cycle and then freeze dry for an extra 12 hours.)
6. You can powder the creamer in a smoothie blender, or leave in cubes. The cubes are fragile, and won't hold up in a mylar bag, these would be better stored in a jar.
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 hours

Rehydration: Add directly to your coffee, it will "melt" immediately, stir to help it completely dissolve.



Eggnog

One Gallon of Eggnog was just short of filling 4 medium trays

Ingredients:

1 Gallon Eggnog



Directions:

1. Put trays in Freezer or Freeze Dryer First
2. Add Eggnog to trays
3. Freeze until solid if freezing first
4. Freeze Dry
5. I would powder this before storing.
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My cycle time was about 27½ hours.

Rehydration: Add cold water slowly, mix well, and repeat until you hit desired consistency, I used a 1 C Powder ¼ C Water ratio for water and powder. You may want to use a milk frother to help mix this.



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Empty Nest Protein Smoothie

This recipe makes enough Smoothie to fill 2 medium trays and is 3 servings

Ingredients:

- 2 C fresh or frozen Blueberries
- 1 Handful of Spinach or Kale
- 3 Bananas
- 3 T Chia Seeds
- 4 ½ T PB2 or other Peanut Butter Powder
- 1 tsp Cinnamon
- 3 Scoops/Servings of Chocolate or Vanilla Protein Powder of choice
- 2¼ C Milk of choice



Directions:

1. Add all ingredients into a large blender and blend together until smooth
2. Pour mixture evenly between two trays
3. Add dividers in the 40 configuration, this helps it to freeze dry faster and more evenly
4. Cover with a lid and freeze until frozen solid
5. Freeze Dry
6. Pull out dividers, then powder frozen smoothies in a dry blender.
7. Get a mass of your smoothie powder, divide mass by 3 to know how much mass per smoothie (mine was about 126 g per smoothie)
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time:
26 ½ Hours

Rehydration: Measure out exact mass, or add the amount of powder you want. Put powder in a shaker bottle or jar and add 2 C of cold water, and shake, let sit for 5 minutes and shake again. Add more water to make thinner, or more powder to make thicker. Repeat and then enjoy.



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Holiday Nog (with Whiskey)

This recipe will fill 3 medium trays

Ingredients:

1 Gallon Eggnog
Whiskey of choice



Directions:

1. Pour eggnog onto parchment or silicone lined pans (do not go directly onto pans!)
2. Allow room below the rim of the pans for dividers and transport
3. If you want cubes, add dividers at this time, otherwise cover and pre-freeze
4. Pre-freeze & Freeze dry
5. Package as cubes or put through a food processor to produce a powder
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 23 hours 47 minutes

Using approximately 14.93 kWh of electricity

Rehydration in a blender

For cubes:

7-8 cubes + 1 oz. whiskey + 2-3 oz. water =
4-6 oz drink

For powder:

$\frac{3}{4}$ Cup Powder + $\frac{1}{4}$ - $\frac{1}{2}$ Cup water + 1 oz.
whiskey = 4-6 oz. drink



Homemade Orange Juice Powder

This recipe yields 2-2.5 Cups

Ingredients

2 Oranges
1/2 Cup water



Directions

1. Peel the oranges and add them to a blender (I use a Vitamix) and add water.
2. Blend to desired smoothness.
3. You can save your peels for powdered orange zest!
4. Add to silicone lined freeze drying tray
5. Pre-Freeze
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Helpful Hints

Homemade OJ should not foam up in the freeze drying process like store bought Orange Juice. If you are attempting a concentrate or store purchased OJ, water it down before freeze drying and it will help it to not foam up. Once done, run through a food processor to make a smooth consistency.

Cycle Time: My cycle time typically runs 30-40 hr in large freeze dryer with premium pump

Rehydration for 1 Glass: 1/2 Cup Orange Juice Powder added to 1 cup water. This ratio can change depending on the oranges used.



Orange Juice in a Jar

This will make as many trays as you choose to make

Orange juice can be freeze dried fresh-squeezed, 100% juice or from concentrate. If you are doing orange juice from concentrate, add required water before freeze drying. If doing concentrate or juice from a carton or container, try to avoid high fructose corn syrup and other added sugars. Scan the ingredients for ingredients known to have problems freeze drying. For my video, I used Simply Orange.

Ingredients:

4 cups orange juice
per medium tray



Directions:

1. In a pre-cut parchment or silicone lined freeze dryer tray, pour juice into trays, leaving plenty of room for expanding during freeze drying. I used 4 cups per tray in the medium
2. I have found dividers placed into the tray can help reduce the orange juice from puffing up during the freeze drying cycle.
3. If possible, pre freeze juice for 24 hours or more before freeze drying
4. Freeze dry as usual, periodically checking for excessive puffing to avoid a mess
5. When complete, run the freeze dried orange juice through a food processor to create a fine powder
6. Prepare for a sticky freeze dried product as goes for any high sugar item
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 34 hours 54 minutes

Rehydration: $\frac{3}{4}$ cup (40-50 grams) of orange juice powder + 4 cup of water = 4 cup of orange juice. Shake vigorously for 1 minute and enjoy!



Peppermint White Hot Chocolate

1 recipe will fill approximately 24 ~¼ C molds

Ingredients:

4 C milk of choice (if dairy use skim or 1%)

1 C milk of choice

1 C white chocolate chips

1 tsp Vanilla Extract

½ tsp Peppermint Extract

Pinch of salt

Marshmallows for garnish if desired



Directions:

1. Premeasure your milks, 1 C into a pan and 4 C into a large bowl or measuring cup.
2. Add the extracts to the 4 C of milk
3. Turn your stove to medium low, add the white chocolate chips and stir constantly until the white chocolate is fully melted and incorporated into your milk.
4. Add the 4 C of milk and extracts to your pan, and continue to stir and heat over medium heat until you can feel the heat rising from the mixture.
5. Cool for a while before pouring into round molds (I used 1/4C molds) let cool to room temperature and add marshmallows if desired (this is very sweet already).
6. Freeze, I would recommend freezing for up to 1 week before freeze drying, the longer they freeze the less they blew up in my freeze dryer.
7. Remove from molds, and place on a parchment lined pre-chilled tray. (Make sure your Freeze Dryer is below freezing, 0°F or cooler is best, before putting into the freeze dryer) Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 hours

Rehydration: Add ¼-½ C of boiling water per puck depending on how rich you want the drink to be.



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Strawberry Lemonade with Basil Slushie

This is a Freeze Dried Pantry Recipe

This recipe will make 3-4 slushies

Ingredients:

FD stands for Freeze Dried

2 TBSP FD Lemon Powder

1 C Sugar or Sweetener of Choice

2 QT Water

1½ C FD Strawberry Slices

FD or Fresh Basil to taste



Directions:

1. Make the lemonade using lemon powder, sugar and water in a blender. Add the strawberries, some ice, and basil to taste (can also save and use basil as a garnish only)
2. Blend
3. You can add more ice to get to desired consistency

Tip, you can make extra lemonade and freeze into cubes in your freezer, then use the frozen lemonade instead of ice when making the smoothies.





The recipes in the following section are single item or simple recipes to make pantry stock for your freeze dried pantry. These ingredients can be used in your everyday cooking, including the Freeze Dried Pantry Recipes included in this cookbook. They can also be used to make meals in a jar or mylar bag.

Freeze Dried Pantry Ingredients

Almond Milk, Homemade

Apple Powder

Banana Powder

Blueberries, Fresh

Blueberries, Frozen

Broccoli Florets and Stalks

Cashew Milk, Homemade

Copycat Traeger Homemade Rub

Cream Cheese

Date Sugar

Egg, Perfect Freeze Dried

Garlic

Golden Oyster Mushrooms

Hamburger/Sausage Crumbles

Herbs

Lemonade Powder, Homemade

Lemons

Mango

Milk

Onions, Diced

Peaches, for Pie

Peaches, Fresh or Canned

Peppers, Diced Tri Color

Peppers-Hot

Pickle Powder

Potatoes, Instant Mashed

Potatoes, Raw Sliced

Pumpkin/Squash Puree

Refried Beans Instant Pot

Rice, Garlicky

Rice, White and Brown

Rice, Wild

Ricotta Cheese, Homemade

Sour Cream

Spaghetti Squash

Strawberries for Jam

Tomato Juice, Homemade

Tomatoes, Diced

Yogurt, Unlimited Greek

Yogurt, Unlimited Vegan

Almond Milk, Homemade

1 recipe filled 1 Medium Freeze Dryer Tray

Ingredients:

2 C Almonds

Water

4 C Water



Directions:

1. Put the 2 cups of Almonds in a bowl, and pour water over until about 1 inch over the top of the almonds and let sit overnight. (If you don't have time to let them soak you can boil for an hour instead)
2. Put Almonds in a colander and rinse and let drain a little.
3. Add Almonds to 4 Cups of water in your blender. Blend until creamy (I prefer a vitamix)
4. You can add flavoring at this time if you want.
5. Strain the Almond milk through a straining bag after blending to remove any grainy almonds.
6. Pour onto trays then freeze dry. You can pre freeze it if you want.
7. Store Appropriately (See Tips and Tricks for storage help)

Almond milk seems a little oily, not sure that this would store long term.

Cycle Time: My cycle time was 29 hours for 4 trays of milk products

Rehydration: 1 oz of powder to 5.5oz of Water



Apple Powder

1 average sized apple = about 1 cup of apple paste

Ingredients:

Apples of choice



Directions:

1. Core your apples and add to a blender.
2. Puree until smooth and has a paste like consistency (can add a little water if needed)
3. Pour onto a lined tray
4. You can pre-freeze to speed up the freeze drying cycle
5. Freeze Dry
6. Add the Freeze Dried Pureed Apples back into a blender and use blender to powder
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 39 hours

Rehydration: This will be used in recipes, these are still raw uncooked apples.



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Banana Powder

8 average bananas will make 5 Cups of Banana Paste

Ingredients:

Bananas



Directions:

1. Peel Bananas and add to your blender
2. Puree, you can add a little water if needed
3. Spread evenly on a lined tray
4. You can pre-freeze to speed up the freeze drying process
5. Freeze Dry
6. Using blender, turn the freeze dried banana paste into a powder
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 39 hours	Rehydration: This will be used in other recipes, this is raw uncooked banana
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Blueberries, Fresh

This recipe will make as many trays of blueberries as you choose to freeze dry

Ingredients:

Fresh Blueberries



Directions:

1. Prepare blueberries (wash and let dry etc.)
2. There are 4 ways that will freeze dry well, one produces a slightly more appealing looking final product but will freeze dry:
 - a. Using a sharp paring knife, cut each blueberry in half. This is very time consuming, but speeds up the freeze drying process considerably and is the best looking end product.
 - b. Using a sharp paring knife, simply put a slice through the skin on each berry, not quite as time consuming as cutting in half, takes a little longer to freeze dry, most berries look very nice, a few have some juices kind of leak out and freeze dry on the outside of the berry.
 - c. Using the berry roller tool, or retractable dog brush, simply pierce each berry on your tray. These will take longer, and have more blowouts of juice from these berries so they are not as visually appealing.
 - d. Spread prepared blueberries out on a parchment lined tray, cover with a lid. These will take the longest, and be the ugliest.
3. Freeze until frozen solid (24+ hours)
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: varies by method

Rehydration: not intended, but can be used in baking and smoothies etc.



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Blueberries, Frozen

This recipe will make a many trays of blueberries as you choose to freeze dry

Ingredients:

Store Bought
Frozen Blueberries



Directions:

1. On parchment lined trays, spread the blueberries out evenly into a single layer
2. Freeze Dry
3. Store Appropriately (See Tips and Tricks for storage help)

Note: Blueberries contain tiny seeds and can fool you into thinking they are freeze dried. Extra Dry time is highly recommended before you store for the long term

Cycle Time: 24-48 hours
depending on how full your
trays are

Rehydration:Not intended, but these can be used in baking
and smoothies etc.



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Broccoli Florets and Stalks

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

Ingredients:

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. Put the stalks into the food processor, add about ½ C water to them and then them in pour into silicone molds. Freeze until solid, and remove 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.

<p>Cycle Time: 42.5 Hours, but the pucks were not fully freeze dried yet. The florets were good.</p>	<p>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.</p>
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Cashew Milk, Homemade

One recipe low filled 2 Medium Freeze dryer trays. (more than 1 tray but not enough for two full trays)

Ingredients:

2 C Cashews
Water
4 Cups of Water



Directions:

1. Put the 2 cups of Cashews in a bowl, and pour water over until about 1 inch over the top of the cashews and let sit overnight. (If you don't have time to let them soak you can boil for an hour instead)
2. Put Cashews in a colander and rinse and let drain a little.
3. Add Cashews to 4 Cups of water in your blender. Blend until creamy (I prefer a vitamix)
4. Pour onto trays and freeze dry. You can pre freeze it if you want.
5. Store appropriately (See Tips and Tricks for storage help)

Cashew milk seems oily, not sure that this would store long term.

Cycle Time: My cycle time was 29 hours for 4 trays of milk products

Rehydration: 1 oz of powder to 6 oz of water



Copycat Traeger Homemade Rub

This recipe makes approximately ½ C of seasoning rub

Ingredients: Ingredients may be store bought or FD

4.5 tsp Salt
4 tbsp Brown Sugar
2 tsp Onion Powder
2 tsp Garlic Powder
1 tbsp Paprika
1 tbsp Pepper
4 tsp Cumin
2 tbsp Chili powder
2 tsp Oregano



Directions:

1. Mix all ingredients and store in an airtight container
2. This recipe can be used with many of our recipes
3. Store in an airtight resealable container



Cream Cheese

This recipe will make as much as you choose to make

Ingredients:

Blocks of Cream
Cheese



Directions:

1. Cut blocks of cream cheese down into smaller cubes
2. Place on a silicone or parchment lined tray
3. Freeze until solid
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Note: I think this would be really good stored with some pieces of freeze dried fruit, and you could mix it up and use as a flavored bagel spread.

Cycle Time: My cycle time in a less than full freeze dryer was 13 hours

Rehydration: Add a little bit of cold water and stir until desired consistency is reached



Date Sugar

1 pound of Medjool Dates will make about 1 medium Tray

Ingredients:

Pitted Medjool Dates - or - other pitted dates of choice

Water



Directions:

1. Add 2 cups of water to a high powered blender, add 15 Dates to the water, and puree until smooth.
2. Line your tray with parchment, and then spread the date puree out onto your tray, do not fill more than half way.
3. Repeat step 1 until your trays are filled half way.
4. Add dividers set to 40 portions.
5. Freeze until frozen solid (this will save a lot of time in your machine)
6. Change the initial freeze setting on your freeze dryer to -20°F, set the dry temp to 135°F, save and hit Start. Let your machine cool before putting the frozen date puree in. Run a regular Freeze Drying Cycle, not a Candy Cycle.
7. Freeze Dry
8. Pull out the date puree, remove dividers, and put in the freezer.
9. Defrost your machine.
10. Freeze Dry again, using the same settings from step 6.
11. Let sit a few minutes once removed from the machine, then powder.
12. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: First cycle 40+ hours (no pre freeze) Second cycle 8 hours

Rehydration: Use instead of white cane sugar, in coffee etc.



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Egg, Perfect Freeze Dried

The yield for eggs varies greatly on egg size, mixing, freeze dryer size etc, but following these steps and tips will produce the best results for scrambling or baking! Always do raw eggs but be mindful of spillage and sterilization.

Ingredients:

4 eggs per cup
(see chart below for tray sizes)



Directions:

1. Mix desired amount of eggs in a blender. As a baseline, assume approximately 4 eggs per cup. I like to blend thoroughly for 8-10 seconds but if you blend less, you may be able to fit more eggs in the tray.
2. Add 1-2 tsp of salt or sugar to 4-6 cups of eggs. Depending on your flavor preference, this can be adjusted up or down. The salt and sugar help keep the proteins from separating and clumping. I would not recommend sugar unless you are using the eggs for baking something sweet.
3. Keep your dry temp under 140 degrees to avoid clumping and leave room for expansion during freeze drying
4. After freeze dried, run the eggs through a food processor to produce a very fine powder
5. Sanitize, sanitize, sanitize!
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 40 hours in the XL with no pre-freeze

Rehydration: 2 tbsp egg powder+2 tbsp water = 1 freeze dried egg
For a freeze dried scramble: add freeze dried peppers, mushrooms, onions, cheese, salsa etc.



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Garlic

This recipe will make as much as you choose to make

Ingredients:

Garlic



Directions:

1. Peel the cloves of garlic
2. You can then dice, or gently smash to break the skins open so that moisture can escape during the freeze drying process
3. Put on parchment lined tray and pre freeze
4. Freeze Dry
5. Chop or Powder after freeze drying
6. Store Appropriately (see Tips and Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dry in a garage during high heat and humidity was just shy of 18 hours.

Rehydration: Granulated garlic can be rehydrated with water or just added to cooking



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Golden Oyster Mushrooms

This recipe will make as many Golden Oyster Mushrooms as you can fit in your Freeze Dryer

Ingredients:

Fresh Golden Oyster Mushrooms

Water

Salt



Directions:

1. In a sink with lukewarm salt water, dump your Golden Oyster mushrooms into the sink, and proceed to remove insects and pests and cut each mushroom free of the stock and place mushrooms in a colander to drip dry.
2. Once all of the mushrooms are cleaned, work on placing mushrooms gill side up on parchment lined trays, you can layer your mushrooms if you keep an eye on the stems and make sure they won't be touching the bottom of the rack above each tray.
3. Start Freeze Dryer, wait to load the trays of mushrooms until the machine tells you to.
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: about 24 hours

Rehydration:

1. You can add a wet paper towel to the mushrooms in a brown paper bag and place in your fridge overnight.
2. Spritz with water or broth of choice, let sit for 5-10 minutes and spritz again until rehydration is achieved.
3. Add straight to recipes that already have a liquid content like soup.



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Hamburger/Sausage Crumbles

This recipe will fill 1 medium tray with meat crumbles

Ingredients:

2 lbs Hamburger
or 3 lbs of
sausage

Salt and Pepper
to Taste

1-2 Tbsp Italian
Seasoning

1-2 Tbsp Onion
Powder



Directions:

1. Add spices if desired to the uncooked meat and mix together. Let sit 5-10 minutes
2. Over medium-medium high heat cook the hamburger or sausage in a large pot until cooked through completely, stirring frequently to help make it crumble.
3. Using a colander, strain the meat and let the grease drain off.
4. Remove grease from the cooking pot, rinse the hamburger well, return to pot, and cover with HOT Water
5. Let sit for at least an hour, (or with hamburger you can put it in the fridge overnight and remove solidified fat from the surface)
6. Dump the meat into a colander again and let the water drip off.
7. Turn onto a cookie sheet with paper towels and pat dry.
8. Spread evenly on a parchment lined tray, cover with a lid and freeze until solid.
9. Remove Lid and Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

Approximately 94g of freeze dried hamburger or 80g of sausage has the same volume as a 1 lb package of cooked meat.

Cycle Time: 22 hours including 9 hours of extra dry time.

Rehydration:

Add 2 C of Broth to the equivalent of 1 lb of cooked meat. Stir and let sit for 10-15 minutes.

Move to a pan on the stove, and cook off any remaining broth over low-medium low heat in a simmer.



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Herbs

This will make as many Herbs as you choose to freeze dry

Ingredients:

Basil

Cilantro

Any other herb you wish to freeze dry



Directions:

1. Cut fresh or buy fresh from store
2. Rinse
3. Put on parchment lined tray and pre freeze
4. Freeze Dry
5. Very fragile, can be stored in a jar and add to cooking or crumbled and stored in Mylar
6. Store Appropriately (see Tips and Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dry in a garage during high heat and humidity was just shy of 18 hours.

Rehydration: Just add to whatever you are cooking, just like you would store bought herbs or spices



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Lemonade Powder, Homemade

This Recipe will fill 2 large trays

Ingredients:

2 Lemons

12 Tbsp Stevia

5 C Water

May add more or less Stevia to sweeten to taste



Directions:

1. Cut the ends off of the Lemons, cut lengthwise into quarters, take the center pith and seeds out.
2. Place lemon quarter skins and all into Blender or Food Processor
3. Add 5 Cups of Water and 12 Tbsp of Stevia
4. Line tray with silicone mat
5. Pour onto tray
6. Pre freeze
7. Freeze dry
8. Powder the freeze dried juice to store and reconstitute
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: I did not pre freeze before my cycle, Mixed trays of slices and juices. 32 hrs 43 minutes in Large Freeze Dryer with Premier Pump

Rehydration: 1/3 cup powder and 1 cup of water, can change up to make stronger or weaker to individual taste



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Lemons

3 Pounds of average lemons filled 4 medium trays

Ingredients:

Lemons,
Oranges, or Limes
work great for this if
you want slices to
add to a favorite
drink



Directions:

1. Using Boiling hot water, dip each fruit into the boiling water for up to 60 seconds, then finish rubbing wax off of fruit with paper towels.
2. Slice as evenly as possible. I tried to slice mine no more than $\frac{1}{4}$ inch thick
3. Line trays with parchment or silicone.
4. Space out fruit in single layer. It's okay if they are touching
5. Pre-Freeze in freezer or go straight into the freeze dryer
6. Freeze dry
7. Store appropriately. (See Tips & Tricks for storage help) You can also powder this in a blender to have lemon powder that you can use instead of fresh lemon zest. It will be very concentrated and you won't need much.

My lemons are very potent! One slice will add flavor to multiple 24 oz water bottles of water, and can get overpowering if left to sit...you may want to slice your slices in half before you freeze dry.

Cycle Time: My cycle time was ~24 hours using single layer of fruit in a medium Harvest Right Freeze Dryer with the Premier pump

Rehydration: Not intended



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Mango

6 lbs of Pre-Frozen Mango Chunks will fill 3 medium trays

Ingredients:

Frozen Mango
Chunks

Or

Fresh Mangos



Directions:

1. If using fresh mangos, remove the flesh from the pit and skin the mango.
2. Add fresh or frozen mango chunks to a food processor and process until chunky but not pureed.
3. Spread evenly across freeze drying trays
4. Cover with a lid, and freeze until frozen solid.
5. Remove lids and Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: about 24 hours

Rehydration: This will be done as part of your recipe, this is a pantry stock item



Milk

This recipe yields the rated amount of capacity based on your freeze dryer size (see below)

Ingredients:

16 Cups of Milk = 1 gallon

Large Capacity is 8 cups per tray

Medium Capacity is 6 cups per tray

Small Capacity is 4 cups per tray

You may want to do less than max capacity if you are moving your trays around



Directions:

1. Determine how many cups each tray of your freeze dryer is capable of holding
2. If possible, pre-freeze for 24 hours
3. If prefreeze is not possible, insert trays into the freeze dryer rack and pull out slightly to fill trays. Fill until just below the lip. Pay attention to the rear of the tray. The rack may be slightly tilted for drainage
4. Freeze dry and add dry time if necessary
5. Powder freeze dried milk by running through a food processor
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 60 hrs 42 min in XL freeze dryer with no pre-freeze

Rehydration: 1 oz of freeze dried milk powder + 1 cup water = 1 cup of milk



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Onions, Diced

This recipe will make as many trays of diced onions as you choose to prep

Ingredients:

Onion variety of choice



Directions:

1. Prepare and dice your onions just like you would to cook with fresh diced onion
2. Line your tray(s) with parchment
3. Spread diced onion evenly across your tray(s) and then I recommend covering with a lid
4. Freeze until frozen solid
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: About 24 hours

Rehydration: Freeze Dried Onions make a great snack as is (think Funions) or you can simply add as is to whatever you are cooking. They do great without being rehydrated before being used.



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Peaches, for Pie

This recipe will fill 1 medium HarvestRight tray

Ingredients:

7 Cups Fresh
Peaches peeled
and chopped



Directions:

1. Scald, ice bath, and peel peaches. Remove flesh from pits, and cut into small pieces for your pie. (My Pie recipe calls for 7 cups of peaches, you can use your favorite pie recipe and adjust the amount of peaches)
2. Line your tray with parchment (these are quite stuck together when done and would have been stuck to my tray and partially destroyed if I had not used parchment)
3. Spread your prepared peaches onto your lined tray, weigh your tray and record it, then cover with a lid.
4. Freeze until frozen solid
5. Remove lid and freeze dry
6. Before removing from your tray for storage, get another weight. Subtract the second weight from the first weight, this is the amount of water lost. Record the amount of water lost to your label for storage to help with rehydration.
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: about 31 hours

Rehydration: I would recommend starting with a little less than half of the amount of water lost during the freeze drying process. You can add more water if needed.



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Peaches, Fresh or Canned

This will make as many trays as you have peaches to fill

Ingredients:

Fresh Peaches

Or

Canned Peaches

Highly recommend
a light syrup and not
heavy syrup canned
peach



Directions:

1. Remove pits from fresh peaches and slice thinly, the thinner they are sliced or diced the faster they will freeze dry
2. Empty jars or cans of peaches into a colander in your sink
 - a. Rinse the peaches thoroughly and let them drip for 5-10 minutes
3. Spread evenly onto parchment lined trays, you may be able to freeze dry a second layer by placing parchment between the layers to keep peaches from sticking together.
4. Pre-Freeze until frozen solid
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Approximately 24 hours

Rehydration: Either eat as is as a snack, or turn into a fine powder to add peach flavor to drinks and food.



Peppers, Diced Tri Color

6 Peppers diced filled 1 medium tray

Ingredients:

6 Tri Color Peppers

or

Sweet peppers of choice



Directions:

1. Wash your peppers, I used lukewarm water, a squirt of dawn, and a little bit of vinegar in my sink, and rinsed thoroughly.
2. Cut your peppers, removing stems and **ALL** seeds. (Seeds hold onto moisture, one seed not freeze dried all the way will ruin your peppers in storage)
3. Spread the peppers evenly across the tray, cover with a lid and freeze until solid.
4. Remove lids and Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 42.5 hours along with other stuff in the freeze dryer

Rehydration: These can be eaten as a freeze dried snack, or you can use them in your cooking.

To rehydrate the peppers, $\frac{1}{4}$ C of peppers rehydrated with $\frac{1}{8}$ C of water.

You can just toss the peppers in while you are cooking and add a little extra water if needed.



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Peppers, Hot

This recipe will fill as many trays as you have produce for

Ingredients:

Carolina Reapers

Jalapenos

Anaheim
Peppers

Your hot pepper
of choice



Directions:

1. GEAR UP! Be safe, masks, gloves and eye protection is recommended!!! Save preparing the hottest peppers for last, ventilate!
2. Cut off the tops of your peppers and chop, you can remove the seeds if you desire.
3. Spread out across parchment lined trays.
4. Pre-Freeze
5. Freeze dry
6. I stored mine several different ways:
 - a. I powdered the Reapers using a food processor (wearing a respirator mask). I would also recommend gloves and eye protection. I would recommend doing this in your garage or outside.
 - b. I stored the rest as chopped, in small portions, to throw into stir fries and eggs as I cook.
 - c. I added some straight to freeze dried egg powder, added the water for the eggs, mixed and let them stand, and then cooked.
7. Store Appropriately (See Storage Tips)

Cycle Time: My cycle time was about 19.5 hours.

Rehydration: To rehydrate just the peppers, let them sit in cold water.



Pickle Powder/ Spicy Pickle Powder

This recipe yields 1 medium freeze dryer tray

Ingredients:

(2) 46 oz. jars of pickles

5-8 tbsp sriracha (optional)

1-2 tbsp minced garlic



Directions:

ions:

1. Drain liquid from 2 jars of pickles and rinse pickles. Depending on the desired salt level you would like in your seasoning, you can skip this step
2. Add pickles to a high powered blender and blend until smooth. If you want spicy and/ or garlic pickle powder, add garlic and sriracha.
3. On a pre cut parchment paper lined freeze dryer tray, pour pickle liquid onto trays and freeze for at least 24 hours or until solid.
4. Freeze dry as usual and blend freeze dried pickle liquid until you have a powder texture.
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 31 Hours

Rehydration: not recommended for rehydration



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Potatoes, Instant Mashed

12-15 lbs of potatoes makes 4 medium trays

Ingredients:

12-15 lbs. Potatoes



Directions:

1. Dice the potatoes into cubes for faster cooking. Boil all the potatoes and mash them using no oil butter or additives
2. Try to get the smoothest texture potatoes using the least amount of added water
3. When smooth, take a spatula and add to a parchment lined lined tray
4. Add potatoes until filled up to the rim of the freeze drying pan
5. Add tray dividers in the 40 portion setting to make portion size
6. Freeze in a freezer, then freeze dry
7. Use the portioned potato cubes to determine your storage amount (2 cubes = 1/4 Cup of powder)
8. You can rehydrate these as cubes for a more chunky mashed potato or for a smooth texture, run the cubes through a food processor to make powder
9. Store Appropriately (See Tips and Tricks for storage help)

You can also use 1 tray for potato additives such as sour cream & cilantro

<p>Cycle Time: 34 hours</p>	<p>Rehydration for powder: 1/2 Cup Potato powder + 1 cup HOT water + 1/4 Cup milk + 1 tbsp butter = 1 serving Boil or heat all liquid (1 1/4 - 1 1/2 C) together, add to flakes and whip, let sit for 3-5 minutes</p> <p>Rehydration for cubes: 4 cubes + 1/4 Cup HOT water = 1 serving Let sit for 3 minutes</p>
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Potatoes, Raw Sliced

This recipe will make as many trays as you have product to fill

Ingredients:

Potatoes

With Skin on or off, slice with food processor to keep thin and evenly sliced



Directions:

1. Thinly slice potatoes in a food processor
2. Blanch sliced potatoes in boiling water for about 30 seconds
3. Rinse potatoes in ice water bath
4. Put into colander and let drip for a couple minutes
5. Line the tray with parchment and then spread out blanched potatoes
6. Pre-freeze
7. Freeze dry
8. Store Appropriately (See Storage Tips)

Cycle Time: 25 hours in a mixed load Large Freeze Dryer with a Premier Pump

Rehydration: Add water, let sit, add more water if needed. Then cook however you want to cook them, **These are still RAW**



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Pumpkin/Squash Puree

This recipe will vary by size of Pumpkin or squash used, make sure to not overload your freeze dryer

Ingredients:

1 or more Cooking type Pumpkin or Winter Squash

Water



Directions:

1. Cut Pumpkin or squash in half and remove all seeds.
2. Place cut side down in a baking dish, or in your instant pressure cooker.
3. Add 1 Cup of Water per baking dish or to your instant pressure cooker.
4. Bake for 1 hour at 350°F or 10 minutes at high pressure with a natural release in your instant pressure cooker.
5. Make sure the pumpkin is tender before removing it from the oven or instant pot.
6. Remove skin.
7. Blend flesh in a blender.
8. Spread evenly on a parchment lined tray, making sure not to exceed your weight limit per tray. Adding dividers in the 40 portion will help to speed up the freeze drying process.
9. Cover with a lid and freeze until Solid (24-48 hours)
10. Freeze Dry
11. Powder either in a blender or using a rolling pin and a plastic zip top bag.
12. Store Appropriately (See Storage Tips)

Cycle Time: My cycle time was about 47 hours using 11 hours of my extra dry time

Rehydration: I added about 230g of water to 24 g of freeze dried pumpkin powder to get about 1 cup of reconstituted Pumpkin Puree (This may vary based on type of pumpkin freeze dried)



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Refried Beans, Instant Pot

One recipe makes a little more than 6 cups of refried beans

Ingredients:

1~ 2 lb bag of Pinto beans

1 tsp (2 cloves) Garlic

½ Onion diced

3 C Water

2 TBSP Red Wine Vinegar

1 tsp Sea Salt

1 tsp Cumin

1 tsp Chili Powder



Directions:

1. Soak your pinto beans for 8 or more hours (water needs to be 4-5 inches deeper than bean level)
2. Rinse and strain the beans
3. Place the beans into the instant pressure cooker pot.
4. Add the garlic, onion and 3 Cups of water.
5. Cook on High Pressure for 30 minutes with a natural release.
6. Add the seasonings, and then use an immersion blender or food processor, add water to thin if you want.
7. Line a tray with pre-cut parchment, spread beans out evenly (add dividers if you want to pre-portion for meals) , cover with a lid and freeze until solid.
8. Freeze dry
9. Powder the beans before storing.
10. Store Appropriately (See Storage Tips)

Cycle Time: In a medium mixed load my cycle time was about 39 hours

Rehydration: Add a little bit of water, stir, let sit for a few minutes. Repeat until you reach desired consistency.



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Rice, Garlicky

This recipe will fill 1 medium tray

Ingredients:

5 C Vegetable Broth plus extra for sauteing Garlic

8 cloves Garlic chopped (fresh is best)

3 C White Rice

Salt and Pepper to taste



Directions:

1. In a saucepan large enough to cook your rice, add several tablespoons of broth at medium-high heat. Add the garlic and saute for about 1 minute.
2. Add the rice and the broth to your pan, and bring to a boil.
3. Once boiling, reduce heat to a simmer and cook until all of the liquid is gone, about 15 minutes.
4. Fluff with a fork, add salt and pepper if desired.
5. Let cool.
6. Spread evenly across a parchment lined tray, you can add dividers if you want to pre-portion. Freeze until frozen solid
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 37 hours

Rehydration:

Use a 1:1 ratio. For 1 Cup of Rice and Water, cook for 3 minutes in the microwave, stirring at each minute.



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Rice, Wild

This recipe will make as many trays as you choose to make

Ingredients:

Wild Rice

Water

Ratio of 1:2
1 wild rice:2 water



Directions:

1. Rinse your wild rice
2. Place in instant pressure cooker
3. Add water at the correct ratio
4. Cook under high pressure for 30 minutes
5. Spread evenly across freeze drying tray
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 16 hours

Rehydration: It will take about a 1:1 ratio of wild rice to hot water to rehydrate.



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Rice, White and Brown

This recipe will fill 1-6 cup capacity tray

Ingredients:

White Rice

Brown Rice

Water



Directions:

1. Rinse your rice
2. Add rice and water to instant pot (1:1 ratio) (This is the same for brown and white rice) (if using the stove top, cook according to directions on package)

White Rice: Cook On high pressure in the Instant Pot for 4 minutes. (if using the stove top, cook according to directions on package) Do a quick release on the instant pot

Brown Rice: Cook On high pressure in the Instant Pot for 22 minutes. (if using the stove top, cook according to the directions on the package). Do a quick release on the pressure cooker.

3. Line your trays with parchment or silicone
4. Add rice to trays (3 cups uncooked equals approximately 1 medium tray after cooked)
5. Pre Freeze if time allows
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

Cycle Time: About 36 hours

Rehydration:White Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 3 minutes. Stir at each minute
Brown Rice: 1 Cup FD Rice and 1 Cup water. Microwave for 4 minutes. Stir at each minute



Ricotta Cheese, Homemade

This will make 1-1 ½ Cups of Ricotta Cheese

Ingredients:

4 Cups of whole milk

2 Tbsp Vinegar



Directions:

1. Add 4 cups of whole milk to a pot, crock pot or instant pot.
2. Boil until temperature of milk reaches 180 degrees (if using instant pot, press yogurt button until “boil” shows on screen)
3. Remove from heat and stir in white vinegar or apple cider vinegar for about 1 minute until the mixture is fully mixed and milk starts to get some chunks
4. Let stand for about 10 minutes to 1 hour
5. Pour mixture through a towel or cheese cloth and let sit for at least 30 minutes to separate the solids from the liquids
6. The whey liquids can be saved for rehydration or for baking, smoothies etc.
7. You can freeze until solid covered, or go straight into the Freeze Dryer
8. Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 22 hours 50 minutes using 11.63 kWh of Electricity

Rehydration:

Powder or crush the freeze dried ricotta for best results

Add approximately ½ Cup of water or liquid, stir and let sit for 5 minutes. Stir again and use

A vacuum chamber sealer (like Avid Armor) can also be used to speed up rehydration and provide texture



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Sour Cream

This recipe will make as much or as little as you choose

Ingredients:

Tub of Sour Cream



Directions:

1. Line your freeze dryer tray with parchment or silicone
2. Spread Sour Cream onto trays, you can use dollops, or spread evenly and use dividers to portion.
3. Freeze until solid.
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My cycle time in a less than full freeze dryer was 13 hours	Rehydration: Add a little bit of cold water and stir until desired consistency is reached
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Spaghetti Squash

6 medium Spaghetti squash filled 4 medium trays

Ingredients:

6 Spaghetti Squash

Olive Oil

Season if desired



Directions:

1. Halve and remove seeds, (save seeds to replant)
2. Preheat oven to 400°F
3. Brush squash with some olive oil, season if desired, place on a cookie sheet and bake for 40 minutes to an hour
4. Instead of baking you can use the Instant Pot. Put the trivet in the bottom of the Instant Pot, put squash on trivet, seal lid, set for 7 minutes and pressure cook
5. Once squash is cooked, blot oil off of oven baked squash, peel it into the trays
6. Pre-Freeze or put right into the freeze dryer
7. Freeze dry
8. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dryer was 43 hours

Rehydration: slowly add a little hot water at a time, it gets a little gooey but tastes okay



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Strawberries for Jam

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

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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Tomato Juice, Homemade

This will make about 12 cups of Tomato Juice

Ingredients:

30 medium sized tomatoes quartered	¼ C fresh or freeze dried parsley
1½ C Peppers (Green or Sweet)	1 Chopped Jalapeno with or without seeds
1 C Carrots	¼ C sugar
½ C Celery	¼ C Lemon Juice
1 Diced Onion	1½ Tbsp Salt
2-3 Cloves of Garlic	1 Tbsp Worcestershire



Directions:

1. Quarter your tomatoes and put them into a large pot.
2. Add peppers, carrots, celery, onion, garlic, parsley and jalapeno and cook for 30-45 minutes.
3. Put through the Food Processor or Blender and return to the pot.
4. Add sugar, lemon juice, salt, and worcestershire and return to a boil.
5. Cool
6. Pour onto a freeze dryer tray for pre-freeze until frozen solid.
 - a. You may want to put your tray in the freezer, fill with juice, add stackers, next tray, etc.
7. Freeze Dry
8. Store Appropriately (See Storage Tips) (You can powder before storing if desired)

Cycle Time: My cycle time was 30 and ½ hours in a medium freeze dryer with 3 trays full of liquid tomato products and 1 of tomato chips

Rehydration: Add water, stir, let sit, repeat until desired consistency is reached.



Tomatoes, Diced

This recipe will make as many cups as you have tomatoes for.

Ingredients:

Cored and skinned tomatoes



Directions:

1. Rinse your tomatoes and core them. Drop them in a pot of boiling water for one minute.
2. Scoop them out with a slotted spoon and put them in a bowl of ice water. Now the skins will slip off easily.
3. Core tomatoes
4. Chop tomatoes to desired size
5. Boil for 10-15 minutes
6. Line Freeze Dryer Tray with parchment or silicone
7. Spread out tomatoes (not the water)
8. Pre-Freeze or go straight into the Freeze Dryer
9. Store Appropriately (See Storage Tips)

Cycle Time: My cycle time was 30 and ½ hours in a medium freeze dryer with 3 trays full of liquid tomato products and 1 of tomato chips

Rehydration: Add water, stir, let sit, repeat until desired consistency is reached.



Yogurt, Unlimited Greek

This recipe yields 8-10 cups of yogurt

Ingredients

1 gallon of whole milk
4 tbsp plain yogurt with active cultures



This recipe can be used over and over by saving 4 tbsp of the previous batch. The yogurt has active cultures present that can be the starter for the next batch. This recipe is geared towards an instant pot but can be done many different ways in the same fashion.

Directions:

1. Sterilize your measuring cups, whisk, and instant pot by adding 1 cup of water to the pot. Then place the wire rack in the pot along with other utensils. Pressure cook for approximately 3 minutes.
2. Pour 1 gallon of good quality milk into the instant pot container and press the yogurt button until the instant pot says boil.
3. Place the lid onto the instant pot and bring the milk to a temperature of 180 degrees. (usually takes about an hour) Some instant pots will shut off when the temp is reached, but whisking the milk every 10-15 minutes helps avoid burning the milk.
4. When the milk has reached 180 degrees, place the warm milk into an ice bath and bring the temperature back down to 95-110 degrees
5. When cooled, remove from the ice bath and in a separate bowl add a small amount of warm milk to 4 tbsp of yogurt culture and whisk together.
6. Add the starter mixture back into the warm milk and place back into the instant pot cooker.
7. Press the yogurt button and select desired cook time (9-10 hours). The longer the yogurt is cooked, the thicker it will become and it will become more tart.
8. At the end of the cycle, strain the yogurt into a cheese cloth or towel for several hours or overnight. This will separate the liquid whey from the thick yogurt. The whey can be saved for other baking and uses as well.
9. Add yogurt to pre-cut parchment or silicone lined tray and freeze.
10. Freeze dry and run through a food processor to create a powder.
11. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 33 hours
29 KWh of Electricity

Rehydration: This will vary greatly depending on desired thickness. Whisk or mix thoroughly to achieve smooth texture. 1-1.5 parts yogurt to 1 part water



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Yogurt, Unlimited Vegan

This recipe yields 8-10 cups of vegan yogurt

Ingredients

1 gallon of Almond milk
4 tbsp plain vegan almond yogurt with active cultures



This recipe can be used over and over by saving 4 tbsp of the previous batch. The yogurt has active cultures present that can be the starter for the next batch. This recipe is geared towards an instant pot but can be done many different ways in the same fashion.

Directions:

1. Sterilize your measuring cups, whisk, and instant pot by adding 1 cup of water to the pot. Then place the wire rack in the pot along with other utensils. Pressure cook for approximately 3 minutes.
2. Pour 1 gallon of good quality unsweetened plain almond milk into the instant pot container and press the yogurt button until the instant pot says boil.
3. Place the lid onto the instant pot and bring the almond milk to a temperature of 180 degrees. (usually takes about an hour) Some instant pots will automatically shut off when the temp is reached but i like to whisk the milk every 10-15 minutes to avoid burning it.
4. When the almond milk has reached 180 degrees, place it into an ice bath and bring the temperature back down to 95-110 degrees
5. When cooled, remove from the ice bath and in a separate bowl add a small amount of warm milk to 4 tbsp of almond yogurt culture and whisk together.
6. Add the starter mixture back into the warm milk and place the pot back into the instant pot cooker.
7. Press the yogurt button and select desired cook time (9-10 hours). The longer the yogurt is cooked, the thicker it will become and it will become more tart.
8. At the end of the cycle, strain the yogurt into a cheese cloth or towel for several hours or overnight. This will separate the liquid from the thick yogurt.
9. Add yogurt to pre-cut parchment or silicone lined tray and freeze.
10. Freeze dry and run through a food processor to create a powder.
11. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 33 hours	Rehydration: This will vary greatly depending on desired thickness. Whisk or mix thoroughly to achieve smooth texture. 1-1.5 parts yogurt to 1 part water
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Soups, Sides, and Main Dishes

Beef Stew

Beer Batter for Frying ***

Bourbon Steak Bites

Butter Infused Lobster

Cheeseburger Soup ***

Chicken and Mushroom Soup

Creamy Cheese White Chili

Dad's Firehouse Rigatoni

Deer Loin Tacos

Drunken Noodles (Pad Kee Mao)

Fish Tacos with Mango Salsa ***

Goat Mountain Chicken Noodle

-Soup***

Kimchi

Marsala Golden Oyster

-Mushrooms ***

Midwest Chili

Perfect Freeze Dried Steak

Pumpkin Alfredo

Root Vegetable Stew

Rosemary Apple Infused Pork

-Chops

Salmon

Thanksgiving Leftovers

-Casserole

Tomato Soup in a Jar***

Vegetarian Goat Mountain

-Chicken Noodle Soup***

Wild Rice, Cheese, and Bacon

-Soup

Zucchini Soup

***** Freeze Dried Pantry Recipe**

Using Freeze Dried Pantry Ingredients



Beef Stew

This recipe yield 3 trays on the medium and 2 trays on the large

Ingredients:

1-2 lbs. Beef cubed 1-2 tbsp Broth 2-3 medium sized Onions diced 8 cloves minced Garlic (4 tsp) 6 Carrots diced 6 stalks of Celery diced 6 tbsp Flour 2 Stout Beers 16 oz. 4 Potatoes cubed Au Gratin size 6 cups Broth (your choice) 4 tbsp Soy Sauce or Liquid Aminos 8 tbsp Tomato Paste (6 oz. can) 1 tbsp Thyme 1 tbsp Rosemary Salt and Pepper to taste 2-4 tbsp Brown Sugar



Directions:

1. In a large pot, add cubed beef roast, steak or similar and cook in 1-2 tbsp of broth for 3 minutes or until medium rare
2. Add onion and garlic for 3 minutes
3. Add in small diced carrots and celery and cook until barely tender around 3 minutes
4. Add in flour stirring continuously for 2 minutes
5. Add in 2 stout beers and cubed potatoes and stir
6. Add broth and soy sauce and stir again
7. Add tomato paste, thyme, rosemary, salt, pepper and brown sugar
8. Stir well and bring to a boil, then simmer for 20 minutes or until you reach desired thickness
9. After cooling, spoon onto pre-cut parchment lined trays and use the 10 portion setting on the tray dividers and pre-freeze for at least 24 hours
10. Freeze dry and Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 35 hours	Rehydration: 1/10th of 1 medium tray requires ½ cup of boiling water mixed and let sit for 3 minutes. Stir and serve
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Beer Batter for Frying

This is a Freeze Dried Pantry Recipe

This makes enough batter for 4 servings

This recipe works great in conjunction with our fish tacos and mango salsa recipe

Ingredients: FD = Freeze Dried

1 Cup Flour
1 Tbsp Paprika
1 Tbsp Garlic Powder

1FD Egg
(2 tbsp egg powder
+2 tbsp water)

12oz. Can of beer
(can substitute
sprite or ginger beer
if desired)



Directions:

1. Mix together dry ingredients and then slowly mix in the freeze dried egg.
2. Pour in beer slowly until the desired batter texture is reached. The optimal consistency is pancake batter thickness. You may use 6-12 oz. of beer
3. Dip your meat, vegetable or frying ingredient into the batter. This will work best if the ingredient is dry and the batter is sticking well to the food.
4. Deep fry or pan fry until golden to dark brown batter is crispy but not burned

Take it with you pre-mix directions:

1. Mix all of the dry ingredients including the freeze dried egg powder and place in a jar or a mylar bag. Then store appropriately until used.
2. When ready to use, add 2 Tbsp of water and 6-12 oz of beer. It is recommended to start with 6 oz, mix up, or shake up and then add more beer to get the batter to desired consistency.
3. Dip meat, vegetable or whatever you are going to fry into the batter, and then cook until golden brown.



Bourbon Steak Bites

This recipe will make 3 medium trays

Ingredients:

- | |
|---|
| <p>3 lbs sirloin or lean steak (trim fat if necessary)</p> <p>Garlic</p> <p>Liquid aminos</p> <p>1 oz bourbon</p> |
|---|



Directions:

1. Use a fork to tenderize the steaks, in a glass container, add marinade and then use your vacuum chamber sealers Marinade function. You can seal the meat in a vacuum sealer bag in the vacuum chamber.
2. If you do not have a chamber sealer, you can use a vacuum sealer and bag to marinate the meat too.
3. Grill until you reach medium rare, cover with a foil and let rest for 5-10 minutes. (Meat will not look the same when rehydrated... temp and taste is what is important, not the pink with myoglobin keeping it pink)
4. Slice the cooked steaks into thinner slices. Spread evenly across a parchment lined tray.
5. You can cover with a lid and freeze until solid, or go straight into the Freeze Dryer.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

<p>Cycle Time: 20 hours 34</p>	<p>Rehydration: Remember that the steaks were cooked to medium rare.</p> <ol style="list-style-type: none"> 1. In a pan that will fit into your camber vac,add steak slices, some broth, liquid aminos, garlic, 1 shot of bourbon, splash of sriracha, some worcestershire, spritz with some olive oil, and some water. Place in the chamber using Marinade function. 2. Seal the meat and marinade into a vacuum sealer bag. 3. Reheat and cook in a Sous Vide until meat gets to desired temp (I chose 130°F) (medium rare, medium, etc.) (About 10 minutes to just warm up) 4. Remove from vacuum sealer bag and enjoy
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Butter Infused Lobster

This recipe is dependent on number and size of lobster tails.

Ingredients:

Lobster Tails



Directions:

1. Boil lobster for 1 minute per ounce. Boiling is the best method for cooking because it does not use butter or oil. Butter and flavored ingredients can be added with rehydration.
2. Remove lobster from the pot, and let cool, then remove the shells. Pull apart into smaller pieces, and place on a parchment lined tray.
3. You can freeze until solid covered, or go straight into the Freeze Dryer
4. Freeze Dry
5. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 20 hours 34 minutes (The whole lobster tail needed an extra 10 hours)	Rehydration: You will need a Sous Vide for rehydration. Uncooked Lobster Tail <ol style="list-style-type: none">1. Add the lobster tail, a couple pinches of salt, some melted butter, some garlic powder or fresh garlic etc. into a container that will fit in your chamber vac. Add any other flavor you want. Add vegetable broth or water, enough to keep it submerged. Place in the Chamber Vac Sealer using the Marinade Function.2. Place into a vacuum sealer bag and vacuum seal.3. Cook in Sous Vide at 212°F for 1 minute per ounce4. Remove from vacuum sealer bag and enjoy Cooked Lobster Pieces <ol style="list-style-type: none">1. Add the cooked lobster pieces, a couple pinches of salt, some melted butter, some garlic powder or fresh garlic etc. into a container that will fit in your chamber vac. Add any other flavor you want. Add vegetable broth or water, enough to keep it submerged. Place in the Chamber Vac Sealer using the Marinade Function.2. Place into a vacuum sealer bag and vacuum seal.3. Reheat in the Sous Vide at 130°F (About 10 minutes to just warm up)4. Remove from vacuum sealer bag and enjoy
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Cheeseburger Soup

This is a Freeze Dried Pantry Recipe

This recipe makes a meal for 2 people

Ingredients: FD = Freeze Dried or dried spices

¾ Cup FD cooked Ground Beef or sausage crumbles
3 Tbsp FD diced Onions
3 Tbsp FD diced Carrots (cooked or uncooked)
3 Tbsp FD diced Celery
¼ tsp Basil (spice or freeze dried)
¼ tsp Parsley (spice or freeze dried)
1 tsp FD minced Garlic
1 Bouillon cube minced to a powder or the equivalent of 16 oz. broth
¾ Cup FD Potato Cubes or strings (raw or blanched)
½ Cup FD Cheese Powder
¼ Cup FD milk Powder
Salt/ Pepper to taste
2 tsp FD diced Jalapenos (optional)
½ Cup FD sliced Pickles (optional as a crumbled topper)



Directions:

1. Freeze dry all individual ingredients listed and add to a jar, bag or container in the order listed above
2. Add 3 Cups hot water to the jar, bag or container. Mix, shake or massage bag to mix water into ingredients and let stand for 10-15 minutes.
3. Mix well and enjoy



Chicken and Mushroom Soup

This recipe will low fill 2 medium trays

Ingredients:

3 C Chicken Breast diced	$\frac{3}{4}$ C Mushrooms, washed, dried, and sliced
1 C Chicken Broth	4 cloves Garlic minced
2 C Hot Water	1 tsp Oregano
1 can diced Italian Tomatoes	1 tsp ground Cumin
2 Red Bell Peppers, sliced	Salt and Pepper to taste
1 Red Onion, diced	



Directions:

1. Remove as much fat from the chicken breasts as you can.
2. Preheat your crockpot on low.
3. Add all ingredients to the crockpot, cover with lid, and cook for 6 hours.
4. Using a fork, remove the chicken and break apart, add back to the crockpot.
5. Continue cooking for another 1-2 hours.
6. Let cool, then ladle and spread evenly across parchment lined trays. Use dividers to pre-portion if desired. Cover with a lid and freeze until frozen solid.
7. Remove lids and freeze dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 42 hours	Rehydration: (3 - 1/10 portions is 1 serving of soup) Bring 1 $\frac{1}{2}$ C water to a boil, start by adding 1 C of the boiling water to 1 serving of soup, stir, cover and let stand for 2-3 minutes. Check for consistency and tenderness of the chicken, add more water if desired, stir and let stand for another 2-3 minutes.
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Creamy Cheese White Chili

This recipe will fill 1 medium tray with some left over

Ingredients:

2-15 oz cans Great Northern Beans (rinsed)	¼ tsp salt
2 lbs cubed Chicken Breast or boneless skinless Chicken Thighs	½ tsp Pepper
1½ C Chopped Yellow Onion	3¼ C Chicken Stock divided (¼ cup for browning chicken may not need all the broth for this)
5 cloves minced Garlic	1-4 oz can chopped Green Chiles
¾ C chopped Celery	4 oz Reduced Fat Cream Cheese
1 tsp ground Cumin	



Directions:

1. Wash 1 C of beans, place in a bowl, and mash with a potato masher.
2. Heat a little chicken broth over high heat in a pot. Add the chicken, turning occasionally while cooking the chicken until it is browned. (4-6 minutes)
3. Add the garlic, onion, celery, cumin, and salt, and pepper.
4. Cook until the onions are translucent. (about 5 minutes)
5. Add the mashed beans, whole beans, chiles, and 3 C of stock. Reduce heat to medium and simmer until chicken is fully cooked. (about 3-5 minutes)
6. Remove from heat. Stir in the Cream Cheese, continue stirring until it is melted.
7. Let cool
8. Line your tray with parchment, and spread soup evenly across your tray. Add dividers in the ten portions set up if you want to pre-portion your soup. Cover with a lid.
9. Freeze until frozen solid
10. Remove lid and freeze dry
11. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 Hours	Rehydration: Add a little bit of boiling water and stir until it is about the right consistency, then add a little more boiling water, cover, let sit for 2 minutes, check the chicken, add more water if needed, let sit a little longer if needed.
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Dad's Firehouse Rigatoni

This recipe yields 2 Medium Trays of sauce

Ingredients:

Rigatoni noodles
1 -15 oz. can diced or whole
Tomatoes
2 - 15 oz. cans Tomato Sauce
1 - 12 oz. can Tomato Paste
4 C Tomato Juice
1lb. Meatballs or 1 lb. Stew
Beef
2 lbs. Italian Sausage in casing
1 Red Bell Pepper
1 Onion
8 oz. Mushrooms
2 cloves minced Garlic
1 tbsp Basil
½ tsp Oregano



Directions:

1. This can be freeze dried as individual ingredients or freeze dry sauce and noodles separate
2. Cook Rigatoni noodles while you dice the stew beef/ meatballs and Italian sausage. Keep in mind that smaller chunks (½" or less) will rehydrate better and faster
3. Brown meat and transfer to a paper towel lined tray. For longer food storage, remove as much excess oils as possible. Set aside
4. For the sauce add 1 can diced or whole tomatoes, 2 cans tomato sauce, 1 can tomato paste, tomato juice. Stir and simmer at lowest setting
5. Dice the bell pepper and onion and add to sauce along with cooked meats and sliced mushrooms
6. Stir and simmer on lowest setting for 2-3 hours, stirring every 15-20 minutes
7. Drain noodles and add to a pre cut parchment lined pan
8. Add sauce evenly over parchment lined trays and add tray dividers in the 10 portion setting
9. Prefreeze if possible and Freeze dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time:
31 hours 4 minutes

Rehydration: for a meal in a jar/meal in a bag portion for 2:
Add 2 cups freeze dried noodles and 2 divider squares of sauce to a jar or bag along with 2 cups of boiling water. Let sit for 10 minutes, stirring several times during



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Deer Loin Tacos

This recipe will make 1 medium tray

Ingredients:

1.5- 2 lb. Deer Loin or deer venison
Vegetable or beef broth
Sriracha (optional)
1 Onion diced
4 cloves of Garlic minced
1 Bell Pepper
½ tsp Brown Sugar
1 tbsp Chili Powder
1 tsp Cumin
1 tsp Paprika
1 tsp Salt
½ tsp Pepper
¼ tsp Garlic Powder
¼ tsp Onion Powder
¼ tsp Oregano
¼ tsp Red Pepper Flakes (optional)



Directions:

1. Slice deer into thin strips, place into a dish and fill with broth until meat is submerged
2. In a separate bowl mix together spices and mix into dish with meat and broth
3. If you have a vacuum chamber sealer, run the meat dish through a marinade cycle, otherwise, you can marinate this overnight if desired.
4. In a sous vide bag or crock pot, add a couple splashes of sriracha along with onion, garlic and bell pepper along with the meat and spice mixture
5. Sous vide for 2 hours at 129 degrees or a slow cooker on low for 8 hours, high for 5 hours (make sure there is enough liquid in your slow cooker)
6. Drain off liquid and freeze the liquid (24 hours) or add to a freeze dryer pan (I use ice cube trays) You can also freeze a tray of cheese, diced tomatoes or other fixings
7. Add drained taco meat mixture to parchment paper lined freeze dryer tray with tray dividers in the 10 portion setting, freeze and freeze dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time:
23 hours 12 minutes

Rehydration: for 60 grams of taco mixture, add 3-4 broth cubes and ⅔ cup warm water and let sit for 3-5 minutes
Add lettuce, tomatoes and fixings to a taco or tortilla shell and enjoy!



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Drunken Noodles (Pad Kee Mao)

This recipe will make just under 2 medium trays or 1 large tray

Ingredients:

1 lb Rice Noodles
½ C Soy Sauce or Liquid Aminos
2 Tbsp Brown Sugar
2 Tbsp Oyster Sauce
2 Tbsp Fish Sauce
1 Onion (diced)
4 Green Onions (diced)
1 C Red Peppers (diced)
1 ½ C Fresh Basil (chopped)
1 lb of cooked and diced Tofu, Shrimp, Chicken, Steak, Pork etc.
2 Tbsp minced Garlic
2 tsp Sriracha
1 tsp Ginger paste



Directions:

1. Boil enough water to cover 16 oz of rice noodles
2. While water is heating, combine soy sauce, brown sugar, oyster sauce and fish sauce in a bowl and whisk vigorously until mixed thoroughly and set aside
3. Dice onion, green onions, peppers and fresh basil
4. Once your water is boiling pour over 16 oz. of noodles until fully submerged and let sit for 25-30 minutes or per noodle directions
5. Cook and dice your protein of choice using minimal oil or cook in broth to ensure long term storage. Render fat and rinse or towel off if necessary to remove oils
6. In a separate pan add 1 tbsp sesame oil or broth and cook the minced garlic, sriracha and ginger paste for about 30 seconds
7. To that pan add peppers and onion and cook for 1 minute
8. Drain the rice noodles and in a large wok or frying pan, add together the noodles, pepper/ garlic mixture, cooked protein and the sauce mixture as well as the green onions
9. Mix all ingredients thoroughly while cooking for 1- 2 minutes
10. Add your basil and cook until wilted
11. Add to a parchment or silicone lined tray and push in dividers set to 10 portions
12. Pre Freeze using tray lids and freeze dry
13. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 40 hours 38 minutes	Rehydration: 2/10 of the medium tray, add ¾ Cup of hot water, start with ½ Cups and slowly add water until desired texture is reached. Let stand for 3 minutes, stir, let sit for an additional 2-3 minutes and serve
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Fish Tacos with Mango Salsa

This is a Freeze Dried Pantry Recipe

This will make 4+ servings of salsa

Ingredients: FD = Freeze Dried

For the Mango Salsa

1 Cup FD Mango
¼ Cup FD Onion
¼ Cup FD Bell
Peppers
2 tbsp FD Cilantro
2 tbsp FD Jalapenos
1 Tsp Lime or Lime
Powder (to taste)



Directions:

1. All ingredients are from your Freeze Dried Pantry (recipes for each ingredient can be found in the on-line cookbook)
2. Add all ingredients to a jar or mylar if you wish to store or bring with you, or just add to a small/medium mixing bowl to make at home.
3. Rehydrate with instructions below. (Use our beer batter recipe found in this book to make delicious beer battered fish.)
4. Cut cooked fish into smaller pieces and add to a tortilla or hard shell taco and top with mango salsa.

Rehydration: Add loose ingredients to a bag, jar, or bowl with 1 cup of water. (You can add more if you prefer a thinner consistency) Let stand for 3-5 minutes or until the mango is soft. Stir or rotate the container during rehydration. You can let this sit refrigerated for up to 24 hours to let the flavors fully incorporate.

Recipe Notes: We used Walleye and Northern Pike but many types of fish can be used to make the tacos



Goat Mountain Chicken Noodle Soup in a Jar

This is a Freeze Dried Pantry Recipe

This recipe makes 1-2 servings

Ingredients: FD = Freeze Dried

2C equivalent of Bouillon cube or FD chicken stock/broth

1 Cup FD cooked Egg Noodles

½ Cup FD cubed or shredded cooked Chicken

½ C FD diced Celery

½ Cup FD diced Onions

½ Cup FD thinly sliced Carrots

1 FD Lemon slice

2 tsp Thyme

1 Bay Leaf (optional)



Directions:

Directions:

1. In a quart Mason jar or food storage bag, add ingredients in the order listed.
2. Store Appropriately (See Tips and Tricks for storage help)

Rehydration: Add 4-5 cups of hot water to a jar or bag, mix, and let stand for 3-5 minutes. (In a quart jar, you can fill up just to the bottom of the lip/top of the jar (leaving headspace) with hot water)



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Kimchi

This recipe makes 2 medium trays

Ingredients:

2 Napa Cabbage 2-3 Daikon Radish 2 bunches Green Onions 4 Carrots 150 grams of Ginger Root 12 Garlic Cloves ¼-½ Cup Korean Red Pepper Kosher Salt ½ Cup Fish Sauce 2 Asian Pears or 2 Apples



Directions:

1. Cut the end off the napa cabbage and in half the long way, take each half and cut that long way again. Take each ¼ and cut into 1" pieces
2. Repeat for both cabbages and add to a large mixing bowl
3. Cover the cabbage with at least ½ cup of kosher salt and massage, squeeze and mix the salt thoroughly into the cabbage (this will pull the moisture out for fermentation)
4. Let sit for 1 to 1 ½ hours
5. Dice green onions into ½" pieces and julienne carrots to garnish style strips 1-2" long
6. Dice daikon radish into large julienne style garnish 1-2" similar to carrots
7. To make the paste, peel the ginger root and slice into smaller pieces and add to a food processor. Add cloves of garlic, quartered pears or apples and fish sauce and blend to smooth.
8. Transfer to a bowl and mix in pepper flakes (this can get extremely hot!)
9. After the cabbage has had time to sit, transfer to a colander and rinse most or all of the salt off. This may require some mixing while rinsing
10. Mix all ingredients and paste together in a large bowl
11. Using the Food Funnel, add the mixture to a mason jars and compact down ingredients so all are submerged in liquid. Cap loosely to allow air to escape and let sit for 4-7 days at room temperature. (taste at 4 days to check flavor preference)
12. When it's to your taste preference, screw the lid completely on to stop fermentation.
This will store in the mason jar refrigerated for several months as is until freeze drying.
13. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 39 hours 14 minutes	Rehydration: We recommend rehydrating an entire tray. Add back to a mason jar and add 3 Cups of water to 854 grams of FD Kimchi. Rotate jar frequently over the next 10-20 minutes until rehydrated
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Marsala Golden Oyster Mushrooms

This is a Freeze Dried Pantry Recipe

This makes enough mushrooms to be a garnish for 4

Ingredients: FD = Freeze Dried

2 C of FD Golden
Oyster Mushrooms

5 Green Top
Onions Chopped or
2 Tbsp FD Yellow
Onion

2 Tbsp of Butter

1 Tbsp Olive Oil

1/3 C Chicken Broth

1/3 C Marsala
Cooking Wine

Salt and Pepper to
taste



Directions:

1. Add butter and olive oil to a large skillet and bring to temperature over medium heat.
2. Add onions and saute for 3-4 minutes.
3. Add the freeze dried Golden Oyster mushrooms, chicken broth, and marsala wine.
4. Stir constantly until all moisture is absorbed and mushrooms are evenly rehydrated.
5. Cook until golden brown.
6. Serve with any protein dish.



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Midwest Chili

This recipe will make 4 medium trays of chili

Ingredients:

2 Lbs of Hamburger	Salt and Pepper to taste
2 cans Kidney Beans, drained and rinsed	1-2 Tbsp Italian Seasoning
2 cans Chili Beans	1-2 Tbsp Chili Sauce
4 15.5oz cans Tomato Sauce or 2 32 oz cans	1 Tbsp Chili Powder
2 Cans Petite Diced Tomatoes	1-2 Tbsp Worcestershire Sauce
½ Tbsp crushed Red Pepper flakes	1 large squirt Yellow Mustard
	1 Yellow Onion Diced



Directions:

1. Cook the onion in a little bit of Chicken broth in a separate pan, to keep the onion from soaking up hamburger grease.
2. Put the hamburger in a large stock pot, add salt, pepper, and Italian seasoning to taste, and cook until the hamburger is done.
3. Drain the hamburger, and then rinse very thoroughly with hot water or even boiling water to get rid of as much grease as possible.
4. Return to the stock pot, or crock pot
5. Add all of the remaining ingredients, stir and cook over low heat for 3-4 hours
6. Chill, then spread evenly on parchment lined trays. Then add dividers in the ten portion configuration. Cover with a lid and freeze until solid.
7. Remove the lids, and Freeze Dry.
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 44 hours with 12 hours extra dry time to get to morning

Rehydration: Each 1/10th portion will need about ½ C of boiling water, stir and let sit for 5 minutes, check and add more water if needed, let sit for 5 more minutes.



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Perfect Freeze Dried Steak

This recipe will make as many steaks as you choose to make

Ingredients:

Steak (cut of your choice)
Thin cut and lean



Directions:

***If you pre-cook the meat before freeze drying, your results for rehydration will be better.**

1. Trim all visible fat and if possible choose thin cut steaks (1/2" steaks do better than 1")
2. Sous vide (130 for 2 hours) or grill to **medium rare** (130 degrees) You can cook further when rehydrating if desired. Consider adding marinades or spices to the sous vide bag to cook in. If grilling, marinade or vacuum seal marinade your meat before cooking.
3. If cooking sous vide, freeze the juice and freeze dry for use in rehydration
4. Place the cooked steak on a pre-cut parchment lined freeze dryer tray (you can take a sharpie and write notes onto the parchment paper ie. raw, medium rare etc.)
5. Store Appropriately (See Tips and Tricks for storage help)

<p>Cycle Time: 19 hours</p>	<p>Rehydration: This is where you can get creative! Rehydrate with your sous vide liquid, worcestershire, marinades, beer, spices, broth etc. Cooked meats rehydrate fully within 1 hour and cannot over rehydrate. Oil or Butter is helpful for adding the fat back into meat for texture and taste. Make sure you aren't overcooking with hot liquids. If cooked sous vide, finish in a hot pan or sear for 1 minute on the grill.</p>
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Pumpkin Alfredo

This recipe makes 4 small trays or 20 cups

Ingredients:

2-3 lbs. Linguine or Fettuccine noodles
Cooked Chicken Chunks
1 C Bouillon Broth (flavor of your choice)
6 cloves minced Garlic
2 C Oat Milk, ½ & ½ or Heavy Cream
1 ½ C (6 oz.) Parmesan Cheese
3 C or (2) 15 oz. cans) Pureed Pumpkin
¼ tsp Nutmeg
1 tbsp Parsley
Salt to taste



Directions:

1. Cook noodles until Al Dente, drain and rinse noodles and add back into large pot
2. If adding chicken, cook chicken chunks until done. These can be added to the sauce later or freeze dried separately
3. For the sauce, add bouillon broth, minced garlic, milk or milk replacement, parmesan cheese, pumpkin and nutmeg
4. Cook over medium heat until cheese is melted and sauce is thick and creamy
5. Pour sauce over noodles in pot and mix thoroughly
6. Add noodles and sauce back to heat for 1-2 minutes and ensure noodles are fully coated
7. Add noodles and sauce (tongs are helpful) to freeze dryer trays and top with parsley
8. In the small freeze dryer, I used the 4 portion setting on the tray dividers (1-1 ½ cup servings)
9. Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

Note: Since this alfredo does not use butter, additional salt may be necessary for desired taste. If using heavy cream or ½ & ½ in this recipe, storage results may vary.

Cycle Time: 34 hours in the small pro model

Rehydration: For every 1- 1 ½ cups of freeze dried mixture, add 16 oz. or 1 cup of hot water. Let stand for 3-5 minutes before mixing so the noodles do not get broken up. Mix well and enjoy!



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Root Vegetable Stew

This recipe will fill 4 medium trays

Ingredients:(Vegetables from the store should be washed, and peeled before chopping)

4 C chopped Kale	6 tsp minced Garlic
2 large White Onions, chopped	2 lbs Sweet Potatoes, chopped
2 lbs Parsnips, chopped	2 Bay Leaves
2 lbs of Potatoes, chopped	2 tsp ground Black Pepper
4 Celery Ribs, chopped	1 tsp Sea Salt
2 lbs Butternut Squash, deseeded, peeled, and chopped	2 Tbsp chopped Sage
2 lbs Carrots, chopped/diced	6 C Vegetable broth
	Carrots can take a very long time to rehydrate, the smaller the better



Directions:

1. In a large crock pot, add all of the ingredients except the Kale, stir until mixed.
2. Cook on low for 8 hours.
3. Add Kale and stir until mixed, and let cook for another 10 minutes (if eating right away dish up here)
4. You can freeze dry like this, or you can use an immersion blender to create more of a bisque.
5. Let cool, and spread evenly on a parchment lined tray. You can use dividers if you wish to pre-portion. Freeze Until Frozen Solid
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)NOTE: If turned into a bisque, you may want to powder before you store.

Cycle Time:
50 hours

Rehydration: If powdered, add some boiling water, stir and let sit for 1-2 minutes, then add more water if needed until you reach desired consistency. If a stew, follow the same steps, checking chunks for tenderness/rehydration.



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Rosemary Apple Infused Pork Chops

This recipe is dependent on size and amount of pork chops

Ingredients:

Pork Chops
(no thicker than ½")

Rosemary
Minced garlic
Broth of your choice
3-4 tbsp pure apple
juice + additional for
later

Sliced apples
(optional)



Directions:

1. Trim all fat from pork chops. If the chops are thick, cut them the long way to make them no more than ½" thick to prevent not drying and for easy rehydration. Remove all bones
2. in a bowl or dish, lay down sprigs of rosemary, followed by the pork chops.
3. Then add several tablespoons of minced garlic on top, add apple juice and then submerge pork chops in broth.
4. If you are using a vacuum chamber sealer, use the marinade function to marinate chops, otherwise allow them to marinate for several hours.
5. Put the marinade and meat into a sous vide bag or if using a slow cooker add all contents to the slow cooker pan. Add optional apple slices at this time.
6. If sous vide cook for 2 hours on 140 degrees, if slow cooker, cook until you reach 140 degrees on the chops
7. Place pork chops on pre-cut parchment paper lined tray, add liquid to ice cube trays or molds and pre-freeze
8. Freeze dry
9. Mix together additional apple juice and freeze dried marinade cubes with water.
10. If you have a vac chamber sealer, rehydrate chops in it with warm liquid mixture, otherwise let sit for 3-5 minutes.
11. Once pork chops are rehydrated, you can pan finish or grill finish with oil or butter for 30 seconds on each side for a crisp exterior

Cycle Time:
33 hr 14 min

Rehydration: Mix additional apple juice with cubed marinade and heat. Add back to pork chops and let sit for 3-5 minutes until fully rehydrated



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Salmon

This recipe will make as many trays of Salmon as you choose to make

Ingredients:

Salmon Filets 4 cups water 1/3 Cup Salt 1 cup brown sugar Butter
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Directions:

***If you pre-cook the meat before freeze drying, your results for rehydration will be better. I have not had good results with raw salmon**

1. Start by dividing your salmon into serving size portions or cubes
2. In a bowl, mix water, salt and brown sugar to make a brine and whisk until dissolved
3. Brine salmon for 4-6 hours in the refrigerator
4. Rinse brine off salmon and towel off extra moisture
5. Sous vide (115 for 45 min) or smoke at 180 degrees until internal temp is 140. You can cook further when rehydrating, if desired. Consider adding marinades or spices to the sous vide bag to cook in. Also consider freeze drying the sous vide liquid for rehydration.
6. After cooked, remove salmon skin if desired
7. Place the cooked salmon on a pre-cut parchment lined freeze dryer tray (you can take a sharpie and write notes onto the parchment paper ie. raw, medium rare etc.)
8. Freeze dry and Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 22 hours 21 minutes	Rehydration: This is where you can get creative! Rehydrate with your sous vide liquids or other flavor enhancers. I like to melt a pat of butter per filet and pour over salmon before rehydrating and allow it to soak in for 2-3 minutes. Then submerge filets in WARM water. Do not use hot water or you will start cooking the salmon more. Depending on thickness, filets will usually fully rehydrate within 20-30 minutes. Do not over hydrate or you may end up with a pile of salmon mush.
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Thanksgiving Leftovers Casserole

This recipe yields 8 cups per casserole

Ingredients:

4 C Stuffing divided
4 C (1 lb.) Turkey
¼ C Yogurt
¼ C Cranberry Sauce
2 C mashed Potatoes
½ C Yogurt
Shredded cheese (optional)



Directions:

1. Preheat Oven to 375 Degrees
2. Take 2 cups of stuffing and layer the bottom of a 9x13 casserole dish with stuffing
3. Next layer the shredded turkey over the stuffing
4. In a separate bowl mix ¼ cup greek yogurt with cranberry sauce and spread evenly over the turkey
5. In a separate bowl, mix ½ cup yogurt with mashed potatoes and optional cheese and layer evenly on top of turkey
6. Top with 2 additional cups of stuffing and press stuffing into potatoes to prevent burning
7. Bake for 40 minutes at 375 until center bubbles
8. Cool for 10 minutes and add casserole to pre-cut parchment or silicone lined tray. Add tray dividers in the 10 portion setting
9. Pre-freeze and Freeze dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time:
34 hours

Rehydration: This will vary greatly depending on ingredients used. I had great luck with ½ Cup hot water added to 1/10th of a medium tray. Let sit for 3 minutes and stir. You can also rehydrate in the instant pot with 1/10th portion and ¾ cup of water on high pressure for 4 minutes.



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Tomato Soup In a Jar

This is a Freeze Dried Pantry Recipe

This Makes 4 Servings using your pantry ready freeze dried ingredients

Ingredients: FD = Freeze Dried

2 C FD Tomato Puree or
FD Chopped Tomatoes for
a chunkier soup

2 Tbsp FD Onions

6 Tbsp FD Cashew
Cream

½ Tsp FD Diced Garlic (or
1/8 tsp powdered freeze
dried garlic)

(salt and pepper when
prepared- to taste)



Directions:

1. Add Tomatoes, Onions, Cashew Cream and Garlic to a large Jar
2. Stir or Shake to mix.
3. Seal with an Oxygen absorber for Short Term storage (items in jars are short term storage, mylar will keep longer)

Rehydration:

When Ready to Prepare Add 2 ½ Cups Of Hot Water and Allow to Sit for About 10 minutes.
Stir Or Blend and Serve

You could alternatively place all ingredients in a blender for a smoother texture. A Vitamix works great because it also has the option to heat the soup as it blends.



Vegetarian Goat Mountain Chicken Noodle Soup

This is a Freeze Dried Pantry Recipe

1-2 serving size

Ingredients: FD = Freeze Dried

2C equivalent of Bouillon cube or FD Vegetable stock/broth

1 Cup FD cooked Egg Noodles or your favorite FD Rice

½ Cup FD cubed or shredded cooked favorite Chicken Substitute(ie. Abbots Butcher:Plant Based Chicken or Seitan or Tofu)

½ C FD diced Celery

½ Cup FD diced Onions

½ Cup FD thinly sliced Carrots

1 FD Lemon slice

2 tsp Thyme

1 Bay Leaf (optional)



Directions:

1. In a quart Mason jar or food storage bag, add ingredients in the order listed.
2. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: NA each ingredient was freeze dried, and came out of a freeze dried pantry.

Rehydration: Add 4-5 cups of hot water to a jar or bag, mix, and let stand for 3-5 minutes. (In a quart jar, you can fill up just to the bottom of the lip/top of the jar (leaving headspace) with hot water)



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Wild Rice, Cheese, and Bacon Soup

This Recipe will make 2 medium trays and 1 large serving

Ingredients:

1 C Wild Rice
1 medium Yellow Onion chopped
1 lb Bacon Sausage
2 cans Cream of Mushroom Soup
2 cans Cream of Potato Soup
1 can of Evaporated Milk and 1 can of water
1 lb of Velveeta cubed



Directions:

1. Cook onion in a little bit of chicken broth until caramelized, cook bacon sausage until done, drain and rinse very thoroughly
2. Cook wild rice with 1 1/4 C water in an Instant Pot on high pressure for 3-4 minutes and naturally release for 10 minutes, or follow conventional directions to cook the wild rice.
3. Combine all ingredients in a slow cooker on low heat, stirring occasionally, until all cheese is melted.
4. Spread evenly on a parchment lined tray, use dividers set to 10 portions, cover with a lid and freeze until solid.
5. Remove the lid, and freeze dry.
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 hours

Rehydration: Use 3/4 C - 1 C of boiling water per 2 portions of soup. Add boiling water to the soup, stir until it looks creamy, cover and let sit for 2-5 minutes, stir and eat.



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Zucchini Soup

One recipe will fill 2 medium trays (4 cups each)

Ingredients:

2½ lbs Zucchini, chopped	Salt and Pepper to Taste
2 TBSP Chicken or Vegetable Broth	Olive Oil as a garnishment after rehydrating
1 medium Onion, chopped	Heavy Cream as a garnishment after rehydrating (could use thinly rehydrated cream cheese or Cashew Cream in replacement of Heavy Cream)
4 Garlic Cloves, chopped	
⅓ C Fresh Basil (I used frozen)	
4 C Chicken or Vegetable Broth	



Directions:

1. Prepare all vegetables
2. In a large stock pot, on the stove using medium-high heat, add 2 TBSP of Broth, then add all veggies and saute for about 6 minutes.
3. Add 4 Cups of Broth to the pot, and bring to a boil, reduce heat and simmer for 15 minutes.
4. Add Basil, salt, and pepper, then remove from heat.
5. Using an immersion blender, puree the soup.
6. Let cool
7. Add 4 cups to a parchment lined tray, and add dividers set to 40 portions, repeat with a second tray.
8. Freeze until frozen solid
9. Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 26 hours	Rehydration: 10 squares = 1 portion of soup (about 13 g) Add ¾ cup boiling water, stir until lumps disappear. Let sit for 2 minutes. Check for consistency, add more water if desired.
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Sweets and Treats

Carrot Chips

Cheese Chips

Chia Pudding Bites

Chia Seed Pudding ***

Dehydrated Banana Chips

Dragon Fruit

Fresh Pumpkin Pie

Heart Healthy Flaxseed Crackers

Peach Pie ***

Peaches and Cream Dessert ***

Peachy Mousse Squares

Pumpkin Chocolate Chip

-Cookies ***

Pumpkin Chocolate Chip

-Muffins ***

Queso ***

Queso, Freeze Dried

Roasted Chickpeas: Indian

-Inspired

Salted Caramel Mocha Bites

Strawberry & Raspberry Cream

-Dessert

Thin Mint Fluff Bites

Tomato Chips

Turnip Chips

***** Freeze Dried Pantry**

Recipe Using Freeze Dried

Pantry Ingredients



Carrot Chips

1 bag of sliced carrot chips filled 1 medium tray

Ingredients:

Thinly sliced carrots

Homemade Traeger Rub

Salt and/or pepper to taste

Or Spices of your choice



Directions:

1. Spread Carrots out on tray
2. Sprinkle on seasoning
3. Pre-Freeze
4. Freeze dry
5. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dryer was 28 hours

Rehydration: Not Intended



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Cheese Chips

This recipe will make as many trays as you choose to make

Ingredients:

Blocks of Cheese
of your choice,

White cheeses
have less oils than
yellow cheeses and
they may keep
longer in storage
because of this



Directions:

1. Pre-line your trays with parchment.
2. Thinly slice cheese about $\frac{1}{8}$ inch thick
3. Lay cheese slices flat on parchment, you can layer a few layers, but put parchment between each layer.
4. Place a layer of parchment on top of the last layer of cheese.
5. Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 16 hours

Rehydration: Not intended, these are meant to be eaten like a chip.



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Chia Pudding Bites

This recipe yields 1 medium freeze dryer tray

Ingredients:

3 $\frac{3}{4}$ Cups Milk

2 whole bananas or
freeze dryer friendly
sweetener
equivalent

5 tsp vanilla extract

$\frac{3}{4}$ Cup + 3 tbsp
whole chia seeds



Directions:

1. This recipe can be made with cow's milk or plant/nut milks. Add milk to a blender.
2. Add 2 bananas for natural sweetener, otherwise use the equivalent of freeze dryer friendly sweetener and blend smooth.
3. In a mason jar or air tight container, add sweetened milk mixture
4. Add vanilla extract and chia seeds and mix/shake container thoroughly
5. Put the container into the refrigerator overnight to allow the chia seeds to expand in the mixture. This can be stored for up to 5 days in the fridge. Mix or shake contents a few times during this 24 hours if possible.
6. Remove chia mixture and add to a parchment or silicone lined freeze dryer tray.
7. Top with your favorite topping (strawberries, blueberries, peaches, coconut etc.) and submerge topping into chia pudding.
8. Add tray dividers in the 40 portion setting and pre-freeze if possible
9. Freeze dry as usual ensuring that these thick bites are completely dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 25 hours 14 minutes

Rehydration: Not intended



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Chia Seed Pudding

This is a Freeze Dried Pantry Recipe

This recipe makes 2+ servings

Ingredients: FD = Freeze Dried

1.5 C Milk (dairy or non dairy) (Can use 3 TBSP FD Milk Powder + 1.5 C Water)

1 tsp Vanilla Extract

¼ C + 2 Tbsp Chia Seeds

2 Tbsp FD Banana Powder

2 Tbsp FD Strawberry Powder (or any fruit powder)



Directions:

1. Place all items in a jar, or container with a lid that seals.
2. Mix/shake well.
3. Refrigerate overnight.
4. Enjoy!



Dehydrated Banana Chips

This recipe will make as many trays as you have sliced bananas

Ingredients:

Bananas sliced
thinly ($\frac{1}{8}$ inch is
best)



Directions:

1. Set your machine to 150°F, (Candy Mode) save the setting and go to the home screen and hit start.
2. Line your freeze dryer trays with parchment paper.
3. Thinly slice your bananas and spread out on your tray laying flat. Try not to overlap the bananas, do not put down another sheet of parchment and layer bananas.
4. Once your machine has cooled for the 15 minutes, select Candy mode. Put your trays into the freeze dryer, and make sure the pressure release/drain valve is closed, select Skip, and your machine will start.
5. Let the bananas run for 4 hours, then stop the load, but do not hit defrost, you will end up "starting another candy batch". Flip each banana chip over, and start the new batch, skip warming trays, and let run for another 2 hours minimum.
6. Store Appropriately (See Tips and Tricks for storage help) These will not store as long as Freeze Dried Bananas, but if stored appropriately should last for several years.

Cycle Time: 6-8 hours

Rehydration: Not intended or recommended



Dragon Fruit

This recipe will make as many trays as you have Dragon Fruit to fill

Ingredients:

Fresh Dragon Fruit



Directions:

1. Line your tray/trays with parchment paper and set aside
2. Peel and slice your Dragon Fruits into ¼ inch slices
3. Spread the slices out across trays, you can add a layer of parchment and place a second layer on top of the first. However, the bottom layer may need a few more hours to completely freeze dry.
4. Cover with a lid and freeze until frozen solid
5. Freeze dry
6. Store Appropriately (See Tips and Tricks for storage help)

Note: The seeds in Dragon Fruit can hide moisture. Before putting away for long term storage you will want to make sure that the slices are completely freeze dried.

Cycle Time: 48 hours including the extra 24 hours extra dry time.

Rehydration: Not intended



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Fresh Pumpkin Pie

This recipe will fill 1 medium Harvest Right Tray and make 1 Pumpkin Pie

Ingredients:

2 C Pumpkin Puree
1~ 12 oz can
Evaporated Milk
2 large Eggs, beaten
¾ C packed Brown
Sugar
½ tsp Cinnamon
½ tsp ground Ginger
½ tsp ground Nutmeg
¼ tsp Cloves
½ tsp Salt



Directions:

1. You may choose to wait to add the spices, (or to cut them back) until you reconstitute and bake, they get a little strong when this is baked
2. Combine all ingredients in a bowl until well combined
3. Pour onto a parchment lined tray, add dividers set to 40 portions, helps with removal from tray, and cover with a lid
4. Pre freeze until solid 24-48 hours
5. Remove lid and Freeze Dry
6. Powder in a food processor or with a rolling pin
7. Store Appropriately (See Tips and Tricks for storage help)

THIS IS STILL RAW, with raw eggs, make sure to clean your freeze dryer and handle appropriately

Cycle Time: 36 hours in a mixed load

Rehydration: 1 Pie will reconstitute with about 2¼ - 2½ cups of cool water.
Bake in your favorite pie crust at 400°F for 45-60 minutes



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Heart Healthy Flaxseed Crackers

This recipe yields 1 medium tray and 40 servings using dividers

Ingredients:

3-4 Cups Flaxseed meal or ground Flaxseed

2 Cups Water

Sriracha (optional)

Garlic seasoning (optional)



***These crackers are meant as a daily single serving cracker**

Directions:

1. In a mixing bowl, mix flaxseed meal and water. Add seasoning of your choice into the mix. Garlic or bagel seasonings go well with this mixture. I also like to add a couple squirts of sriracha or hot sauce.
2. Mix thoroughly until you have a paste-like texture. You can add a little extra water to help with spreading on the pan.
3. Spread mixture evenly onto pre-cut parchment lined freeze dryer tray. You can wet the back of a spatula to help with this.
4. Press the dividers into the mixture filled tray (set to 40 portion setting)
5. Freeze dry and remove dividers for a cracker size portion. These are shelf stable for 1-2 months
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 21 hours

Rehydration: not recommended



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Peach Pie

This is a Freeze Dried Pantry Recipe

This recipe will make 1 Peach Pie

Ingredients: Peach Measurement is before Freeze Drying

1 Double Pie Crust of your choice	1 C sugar
7 Cups of Freeze Dried Peaches	½ tsp ground Cinnamon
2 Tbsp of Lemon Juice	⅛ tsp ground Nutmeg
½ tsp Almond Extract	⅛ tsp ground Cloves
⅔ C Flour	½ tsp fine sea salt



Directions:

1. Add 2 C of room temp water to your freeze dried peaches, and the liquid ingredients and let hydrate for about 30 minutes. You can add more water if needed. It is okay if the center of your peaches are not quite completely rehydrated.
2. Preheat oven to 450 °F
3. Place the bottom crust of the pie in a greased pie pan.
4. In a small mixing bowl, add all dry ingredients and whisk together.
5. If you have excess water on your peaches, pour the excess water off.
6. Add the dry ingredients to the peaches and mix thoroughly. Dump the peach mixture into your prepared pie pan and spread out evenly.
7. Top with the second crust, pinching the sides together to seal the crust. Poke holes in the top of the crust.
8. Place in the oven and bake for 10 minutes. Then lower the temperature of the oven to 350 °F and bake until the crust turns golden brown (50-60 minutes) If the edges of your pie are getting dark, you can cover the edges with aluminum foil strips. Pie is done when the filling is bubbly and thick.
9. Cool for 30 minutes before serving



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Peaches and Cream Dessert

This is a Freeze Dried Pantry Recipe

This recipe uses Freeze Dried Peaches from your pantry

Ingredients:

Freeze Dried
Peaches

Vanilla Ice Cream or
Cheesecake Ice
Cream or Ice Cream
Flavor of your
choice



Directions:

Directions:

1. Dish up a bowl of your choice of Ice Cream
2. Top with Freeze Dried Peaches
3. Let the peaches rehydrate as your ice cream melts -or- eat while peaches are still crunchy

Rehydration: You can choose to let the peaches rehydrate some in the ice cream, or you can eat them as a tasty crunchy peachy topper.



Peachy Mousse Squares

This will fill one medium tray

Ingredients:

- 1 -3 oz pkg Peach gelatin (can use sugar free)
- 1 C boiling water
- 3 medium ripe Peaches, pitted and chopped.
- 2 Tbsp Honey
- ¼ tsp Almond Extract
- 1 C whipped topping



Directions:

1. Remove the pits from your peaches, if they are super ripe they can go straight into the blender, if not you may want to cut down a bit first.
2. Add 1 C of boiling water to the Peach Gelatin in a small bowl or 2 C measuring cup.
3. Add the peaches, almond extract, and honey, then puree until the mixture is very smooth and liquidy. (if your peaches aren't very ripe, get them as smooth as you can)
4. Add the peach mixture to a medium bowl, and combine with the gelatine.
5. Refrigerate the mixture for 1½ - 2 hours until it thickens.
6. Using your mixer, beat the mixture on high speed until it becomes light and fluffy and nearly doubles in size. .
7. Gently fold in the 1 C of whipped topping.
8. Spread evenly onto a parchment lined tray, add dividers set to the 40 portion configuration. Add a lid to cover.
9. Freeze until frozen solid, then remove the lid and Freeze Dry.
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 hours with 12 hours of extra dry time.

Rehydration: This is a great treat freeze dried, but it can be rehydrated and it will set back up.

1. Add 8/40 (medium tray) of product to a bowl, and add ¼-½ C of boiling water. Stir until all clumps are dissolved.
2. Refrigerate for 5-6 hours
3. If you want it thinner more applesauce consistency add ½ C of boiling water



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Pumpkin Chocolate Chip Cookies

This is a Freeze Dried Pantry Recipe

This recipe is made with reconstituted Pumpkin Puree from your freeze dried pantry, you could also use reconstituted eggs in this recipe.

Ingredients:

1 C. Pumpkin Puree rehydrated	1 C. Butter at room temperature
3 C. all-purpose Flour	¾ C brown sugar
¾ tsp Salt	1 C granulated sugar
½ tsp baking soda	1 Large egg
½ tsp baking powder	2 tsp vanilla extract
1 tsp cinnamon	2 C mini chocolate chips, or dark chocolate chips
½ tsp nutmeg	
½ tsp ginger	
¼ tsp cloves	



Directions:

1. Preheat oven to 350°F. Line cookie sheets with parchment paper.
2. In a medium bowl, whisk together flour, salt, soda, powder and spices.
3. In a different mixing bowl cream the butter and sugars together until light and fluffy (about 3-4 minutes)
4. Add fresh or reconstituted egg, vanilla, and reconstituted pumpkin puree and mix until combined (about 3 minutes)
5. Slowly add in the dry ingredients, mixing until just combined, then fold in the chocolate chips.
6. Drop by large, rounded Tablespoons onto a parchment lined cookie sheet. Bake for 10-12 minutes until the edges of the cookies start to brown.
7. Let the cookies cool on a cookie sheet for 2 minutes, before transferring to a wire rack to cool completely.

Note: Roughly 24g of pumpkin powder plus 230g of water will yield approximately 1 C of Pumpkin Puree (Ratios may differ depending on the variety of pumpkin used)



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Pumpkin Chocolate Chip Muffins

This is a Freeze Dried Pantry Recipe

This recipe will make roughly 32 regular sized muffins

Ingredients: FD = Freeze Dried

72 g FD Pumpkin Puree	½ tsp ground Ginger
4 Tbsp FD Egg Powder	1 tsp Salt
3½ C All-Purpose Flour	1 C Vegetable oil (or melted coconut oil)
2 tsp Baking Soda	1 C granulated Sugar
3 tsp ground Cinnamon	⅔ C brown sugar
3 tsp Pumpkin Pie Spice	½ C milk
	2 C Chocolate chips of choice



Directions:

1. Preheat oven to 425°F and either spray muffin tins, or line with cupcake liners
2. In a small mixing bowl, weigh out 72 g of freeze dried Pumpkin Puree, stir in roughly 690 g of water (you will want 3 C of rehydrated Pumpkin Puree when you are done, depending on pumpkin variety your rehydration calculation may be different) let sit.
3. In a small bowl, add 4 Tbsp of freeze dried egg powder and 4 Tbsp of cold water and whisk together, let sit.
4. In a large mixing bowl combine flour, soda, cinnamon, pumpkin pie spice, ginger, and salt. Set aside.
5. In a mixing bowl combine the oil, sugars, pumpkin, egg, and milk.
6. Slowly add the wet ingredients to the dry ingredients and mix.. Batter will be slightly lumpy.
7. Add chocolate chips and mix
8. Spoon the batter into liners filling ¾ to all the way full.
9. Bake for 5 minutes at 425°F then reduce the oven temp to 350°F and continue baking for an additional 16-17 minutes, or until done.
10. Allow muffins to cool for 5 minutes before enjoying.
11. Cover tightly and store at room temperature for up to 1 week.



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Queso

This is a Freeze Dried Pantry Recipe

This recipe is for 2 large servings of Queso

Ingredients: FD = Freeze Dried

2 C FD Velveeta
Powder

1 C FD Rotel (or FD
diced tomatoes,
onions, and
Peppers)

½ C FD Hamburger

1 ½ - 2 C Boiling
Water



Directions:

1. Add all of the FD ingredients to a heat safe bowl
2. Add 1½ Cups of boiling water, and stir until semi smooth
3. Cover and let sit for 2-5 minutes
4. Stir
5. Add more water if needed, cover and let sit another 2-5 minutes
6. Enjoy with your favorite chips!



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Queso, Freeze Dried

This recipe will fill 2 medium trays

Ingredients:

2 lbs Velveeta cubed
2 cans Rotel
-or-
1 can of diced tomatoes, a small onion chopped, and peppers of choice
1 lb cooked and seasoned hamburger



Directions:

1. Cube your Velveeta and put into a crockpot on low heat
2. Add 2 cans of Rotel and stir
3. Cook your hamburger, drain and rinse
4. Add hamburger to the crockpot
5. Stir every fifteen minutes until the queso is smooth
6. Spread on a parchment lined tray, and add dividers set to 40 portion
7. Pre-Freeze until frozen solid
8. Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 22 ½ Hours

Rehydration: One serving is 10-12 squares
Add ½ C of boiling water to the squares, with a fork or spoon break apart the squares and stir in the boiling water, cover and let sit for 5 minutes, stir again, add a little more water if necessary, you can also microwave to reheat and let sit until rehydrated. This takes time and patience to rehydrate fully.



Roasted Chickpeas: Indian Inspired

This Recipe will fill 1 medium tray

Ingredients:

3 15 oz Cans of Chickpeas

Olive oil in a spritzer

1 tsp Garlic Powder

1 tsp Paprika

2 tsp Curry Powder

2 tsp Garam Masala

Sea Salt and Pepper (red or black) to taste



Directions:

1. Preheat oven to 400°F
2. Drain and blot the chickpeas before spreading out on a large Jelly Roll pan.
3. Once spread out into a single layer on the pan, spritz sparingly with Olive Oil
4. Roast the chickpeas for about 25 minutes, tossing them 2 times.
5. Move roasted chickpeas into a medium mixing bowl, and toss with seasonings.
6. Spread Chickpeas evenly across a parchment lined tray
7. Freeze until frozen solid
8. Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 hours

Rehydration: Not intended, meant to be eaten as a crunchy snack



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Salted Caramel Mocha Bites

This recipe will make 48 wafer cookie size bites

Ingredients:

1 C Brewed Coffee
(cold)

3 Tbsp Salted
Caramel Mocha
Coffee Syrup

13 Tbsp Milk of
choice (dairy works
best)

1 8 oz Tub Whipped
Topping

1 Box Dove Milk
Chocolate Pudding



Directions:

1. Brew 1 Cup of Coffee and place in refrigerator and let it get cold
2. In a small mixing bowl, add coffee, Salted Caramel Syrup, and milk, then while mixing add the pudding mix. Mix well for 1 minute (Immersion blender is best for this but not required)
3. Let sit for about 2 minutes
4. Add the tub of whipped topping, and mix until fully incorporated.
5. Spoon into molds, and freeze until frozen solid
6. Line your trays with parchment paper, then flip each bite out of the mold and place on your tray
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 20 hours

Rehydration: Not intended



Strawberry & Raspberry Cream Dessert

This will fill 2 medium trays with a little left over

Ingredients:

1 pkg Strawberry Gelatin (Regular or Sugar Free)	1 C Raspberry Yogurt
1 pkg Raspberry Gelatin (Regular or Sugar Free)	2 C fresh or frozen sliced strawberries
2 C Boiling Water	12 ounces whipped topping
2 C Cold Water	
1 C Strawberry Yogurt	



Directions:

1. In a large bowl, add both packages of gelatin, then add 2 C of boiling water and stir until the gelatin dissolves.
2. Stir in the cold water, then add the yogurt and stir.
3. Chill for about an hour, or until mixture becomes syrupy.
4. Stir in sliced strawberries and whipped topping.
5. Spread evenly on parchment lined trays, you may want to use dividers to pre-portion
6. Cover and freeze until frozen solid
7. Remove cover and freeze dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 27 hours	<p>Rehydration: This can be eaten freeze dried without being rehydrated.</p> <p>To Rehydrate and have it reset:</p> <ol style="list-style-type: none"> 1. I used 8/40ths of a medium tray (divider portions) for 1 serving 2. Add ½ cup of boiling water and stir for about 30 seconds 3. Refrigerate for 5-6 hours <p>This will not be the same creamy as if freshly made, however the flavor is spot on.</p>
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Thin Mint Fluff Bites

This Recipe will fill 1 medium tray

Ingredients:

1 sleeve of Thin Mint Cookies (you can substitute about 15 Oreos for Thin Mints)

1 box of Hershey's White Chocolate Pudding

2 C Milk

1- 8 oz Tub of Whipped Topping



Directions:

1. In a medium mixing bowl, mix pudding according to the directions on the box.
2. Add the tub of whipped topping and combine well.
3. Using a rolling pin, add the cookies to a zip top bag, and smash into small chunks and crumbs.
4. Add cookie chunks and crumbs to the pudding mixture and mix well.
5. Either use silicone molds, or spread evenly across a parchment lined tray, and using dividers set to 40 portions, push into the pudding mixture.
6. Freeze unit frozen solid.
7. Remove from silicone molds before freeze drying.
8. Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 hours

Rehydration: Not Intended



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Tomato Chips

How many cups does this recipe make

Ingredients:

Tomatoes



Directions:

1. Slice tomatoes thinly
2. Put in a layer on tray, cover with parchment and put a second layer
3. Pre-Freeze
4. Freeze dry
5. Store appropriately. (See Tips & Tricks for storage help)

Note: Tomato seeds will hide moisture. Tomato chips can trick you into thinking they are done and then go soft because of this.

Cycle Time: My cycle time was 30-½ hours in a medium freeze dryer with 3 trays full of liquid tomato products and 1 of tomato chips	Rehydration: Not intended to rehydrate. Meant to eat as a snack
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Turnip Chips

This will make as many trays as you choose to fill

Ingredients:

Raw turnips
Smoked Paprika
Garlic Salt
Or
Spices of your
choice



Directions:

1. Use a mandolin or food processor to slice the turnips
2. Spread sliced turnip out on tray
3. Sprinkle with seasonings
4. Pre-Freeze
5. Freeze dry
6. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: My cycle time in a medium freeze dryer was 28 hours with other foods

Rehydration: Not Intended



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Revolutionize your freeze drying game with our Freeze Drying Cookbook, Volume 2. This cookbook is far from ordinary. It offers an array of tried-and-true recipes that are tailored for the freeze dryer.

In this Volume you will find meals in a jar, stock your pantry ingredients, homemade meals, FD candy and more. This ultimate guide is an essential resource for successful freeze-drying adventures. Our recipes include detailed instructions on how to prepare and freeze dry your food along with suggestions on how to make it freeze dryer friendly, as well as cycle times and rehydration methods. With comprehensive ingredient lists and step-by-step procedures, you'll be a master of freeze-drying in no time

So, whether you're a seasoned pro or new to freeze drying, this cookbook is sure to become your go-to resource. Get ready to embark on a delicious freeze-drying journey!



Happy Freeze Drying!