

Potatoes-Raw & Sliced

1 medium potato will make about 1 cup sliced



Ingredients

Potatoes

Directions:

1. Wash the potatoes. You do not need to peel them.
2. Thinly slice potatoes in a food processor to keep the slices equally sized.
3. Blanch sliced potatoes in boiling water for about 30 seconds.
4. Rinse potatoes in an ice water bath.
5. Put into a colander and let drip for a couple minutes.
6. Line the tray with parchment and then spread out blanched potatoes
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 25 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

In a bowl, add as many potatoes as you wish to prepare and cover them with water. Let stand for an hour or more, and mix periodically. When they are rehydrated they will still be crunchy because they are still raw uncooked potatoes, so don't expect them to be soft like cooked potatoes. Strain off the excess water.

Notes:

Remember that these are still raw potatoes and should be used as such when you use them. If you will use them in a recipe, rehydrate them prior to incorporating them into a recipe.

Nutritional Value Per 1 cup

Calories: 130 Protein: 3 g Fat: 0 g Carbohydrates: 30 g Sugar: 1 g Fiber: 2 g