

# Rehydration Methods-Reviving Your Freeze Dried Food

The tips below are based on tried-and-true methods, especially useful for tricky or stubborn foods. There's no one-size-fits-all solution, so some experimentation may be required — and that's part of the fun!

## How to Calculate Rehydration Amounts

The easiest way to determine how much liquid to add back to your food is by using a **before-and-after weight method**:

1. Weigh your tray (in grams) **before freeze drying**.
2. Weigh it again **after freeze drying**.
3. Subtract the after weight from the before weight — this gives you the amount of water removed.
4. Divide that number by the number of servings to get the estimated amount of water needed **per serving**.

### Example:

- Tray weight before: 1275g
- Tray weight after: 510g
- Water lost: 765g
- 10 servings = ~76.5g of water per serving

*Using tray dividers makes this process super easy!*

## Tools & Techniques for Rehydrating

### Vacuum Chamber Sealer (*My Favorite!*)

This is a game-changer for infusing flavor while rehydrating:

- Place your food in a container that fits inside the vacuum chamber.
- Add the liquid of your choice (water, broth, marinade, beer, etc.)
- Vacuum-seal the container — this opens the pores of the food.
- When the vacuum is released, the food absorbs the liquid like a sponge.

Works with both freeze-dried and fresh foods!

## Crock Pot / Instant Pot / Pressure Cooker

Great for gently rehydrating and reheating foods:

- Use the included **basket or rack** to keep food above the water.
- The steam slowly reintroduces moisture while preserving texture.

## Steamer

Just like the pressure cooker method:

- Keeps food elevated above the water.
- Steam gradually softens and rehydrates.

## Bamboo Basket (Wicker Steamer)

- Place over a boiling pot of water.
- Gentle steam rises to rehydrate the food.
- Be careful not to burn the bottom — check occasionally.

## Boiling Water

The most common and convenient method:

- Add boiling water slowly while stirring.
- Works great with a food scale and tray dividers for portioning.
- Use our recipes for reliable, repeatable results.

## Ziploc & Damp Paper Towel

Perfect for baked goods like:

- Breads
- Muffins
- Crackers

Place the item in a sealed Ziploc bag with a **damp paper towel**. Leave in the **refrigerator overnight**. This rehydrates slowly without making the food soggy. Flip the item halfway through if needed.

## **Spray Bottle**

- Ideal for tricky foods that just need a little surface moisture.
- Helps prevent over-saturation.
- Also useful for misting a liquid layer before adding toppings (before freeze drying).

## **Refrigerator Rehydration**

- Works well for **slow and safe** rehydration.
- Combine with the **paper towel & Ziploc method**.
- Great for items that might spoil if left at room temperature too long.

## **Sous Vide Method**

An underutilized but fantastic option:

- Add water or any liquid directly into the vacuum-sealed bag.
- Cook low and slow in a water bath.
- Perfect for meats, veggies, and full meals.
- Adds **incredible flavor** — try steak in marinade or broccoli in broth!

## **Final Thoughts**

Rehydrating freeze-dried food isn't just about adding water — it's about **restoring taste, texture, and even elevating flavor**.