

Salmon Freeze Dried

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

[Live. Life. Simple's: Freeze Dried Salmon - - Cooked 4 Different ways with Rehydration!](#)

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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Cycle times & rehydration for reference only

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