

Sea Salt Edamame

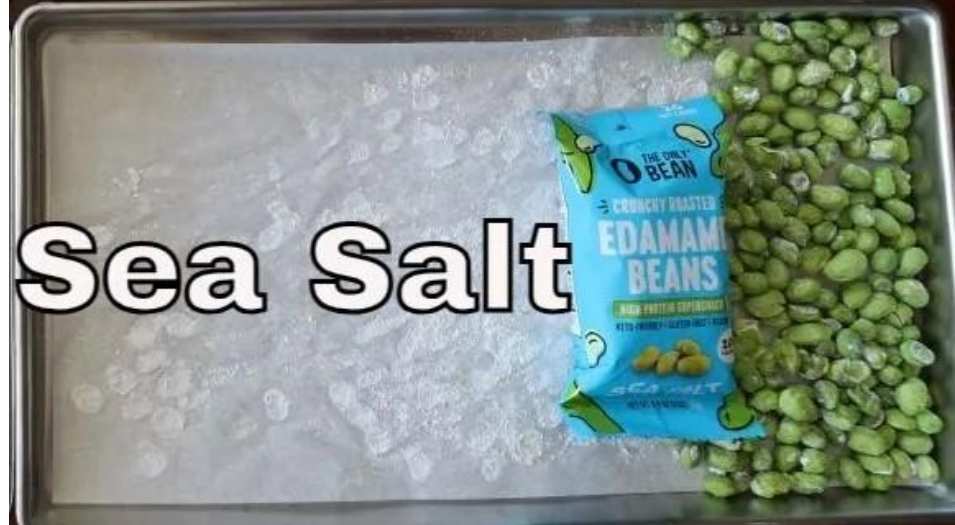
2 C of frozen edamame seeds per small tray*

[Live Life Simple: Tasty Homemade Freeze Dried Edamame Snacks](#)

Ingredients:

1-2 Tbsp Sea Salt
per C of edamame

Frozen Edamame,
steamed and
shucked
(recommend
buying ones that
can be steamed in
the bag)



Directions:

1. Steam the edamame according to directions on the bag.
2. Remove the seeds from the shells.
3. Quickly blitz in a blender or food processor to just nick the skins. (This step isn't required but will shorten the freeze drying time)
4. Add Sea Salt and stir until the beans are all covered
5. Spread evenly across a parchment lined tray
6. Pre-Freeze or go directly into the Freeze Dryer
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 24 Hours

Rehydration: Not intended



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www.freezedryingcookbook.com

*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Cycle times & rehydration for reference only