

Tuna Fish Sandwich

2 batches will fill a medium Freeze Dryer tray, 3 will fill a Large

[Retired at 40's: Freeze Dried Tuna Fish Sandwich - How to Rehydrate Bread](#)

Ingredients:

1 - 12 oz can of Tuna in Water	Dash of Smoked Paprika
2 Whole Dill Pickles chopped	Dash of Sumac (Optional)
1 stalk of Celery chopped	Bread
½ red onion chopped	
1 tsp Dijon Mustard	
1 tsp Lemon Juice	
¾ C Plain Yogurt (Not Greek)	



Directions:

1. Mix all ingredients
2. Line tray with parchment or silicone mat
3. Spread tuna salad out on tray
4. Put sliced bread on a tray
5. Configure dividers into 20 portions and push down into tuna salad
6. Pre Freeze or go straight into the Freeze Dryer

Notes: You can make tuna salad without yogurt or mayo and then rehydrate with mayo and water.

Cycle Time: My cycle time running a mixed load in a Large Freeze Dryer with a Premier Pump was longer because of warmer, humid weather, also did not pre freeze.

Rehydration: To rehydrate bread put into a bag with a damp paper towel for 15-16 hours For the tuna salad add water, stir, let sit, repeat until desired consistency is reached.



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