

Wild Rice

A Freeze Dried Pantry Recipe

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

[Live. Life. Simple's: The Best Freeze Dried Breakfast - - Freeze Dried Porridge](#)

Ingredients:

Wild Rice
Water
Ratio of
1 wild rice:2 water



Directions:

1. Rinse your wild rice
2. Place in instant pressure cooker
3. Add water at the correct ratio
4. Cook under high pressure for 30 minutes
5. Spread evenly across freeze drying tray
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 16 hours

Rehydration: It will take about a 1:1 ratio of wild rice to hot water to rehydrate.



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray