



HARVESTRIGHT



Guide To
FREEZE DRYING

*Learn the Process and Best Practices of Freeze Drying.
Recipes Included!*

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INTRODUCTION

CONGRATULATIONS!

Congratulations! You've purchased a one-of-a-kind Harvest Right Freeze Dryer and now have a new and exciting way of preparing and preserving food. You're probably thinking, "This thing is great! I can't wait to learn all that it can do."

That's where this "Harvest Right Guide to Freeze Drying" comes in. With this guide to freeze drying, and its collection of great recipes, you will learn how to get the most out of your Harvest Right Freeze Dryer.

You'll find directions on how to run and maintain the machine, a brief explanation of how it works, and a few helpful technical tips. You'll also find a range of ideas on how to use the freeze dryer to make truly impressive meals. Whether you're a novice or long-time owner, this handbook can help you gain a new perspective on how a freeze dryer improves your cooking and eating habits.

The possibilities will amaze you!

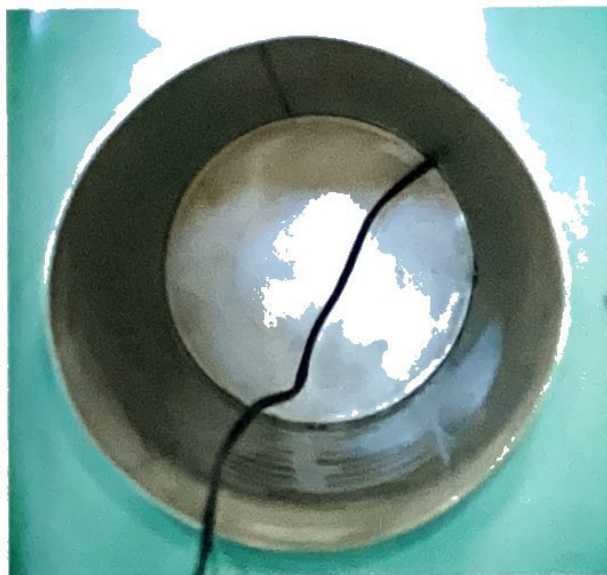


MAINTENANCE TIPS

KEEP THE INSIDE OF THE FREEZE DRYER CLEAN

Wash the freeze dryer trays with soap and water after every batch.

Occasionally, you'll want to remove the shelf that holds the trays, then wipe the shelf with a wet soapy cloth. You can also wash the inner walls of the freeze dryer with soapy water or bleach.

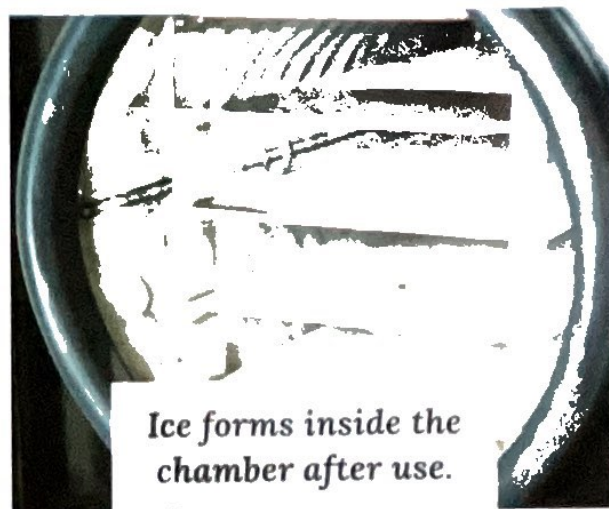


DEFROST AND DRAIN THE MACHINE AFTER EVERY BATCH

Ice will build up on the inner walls of the freeze dryer after each batch. Remove your freeze-dried food and then get rid of that ice by closing the door and running a "Defrost" cycle.

Before you do, make sure that the drain tube coming from the back of the freeze dryer is placed in a sink or a bucket and that the drain valve is open. If you have time between

cycles, you can also just leave the door open and the unit will defrost itself.



Ice forms inside the chamber after use.

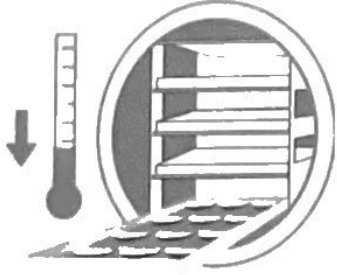
Be sure to empty your bucket, or other container into which the water drains, after every batch. Otherwise, when you open your drain valve to release the pressure in the freeze dry chamber at the end of a batch, the water in your bucket can be pulled into your food chamber. This will destroy the food that you freeze dried.

CHECK THE PUMP'S OIL LEVEL BEFORE EACH USE

The freeze dryer has a vacuum pump attached, and that pump has a gauge on the front showing you where the oil level is. Use the gauge to make sure that the oil level isn't too high or too low.



HOW THE FREEZE DRYER WORKS



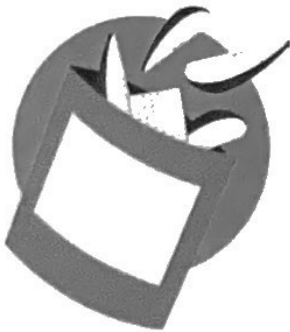
STEP 1

Fresh or cooked foods are placed on the shelves where they are frozen to -40°F or colder.



STEP 2

Once the food is frozen, the freeze dryer creates a powerful vacuum around the food. As the food is slightly warmed, the ice in the food sublimates and changes directly from a solid to a gas. That water vapor is then discarded.



STEP 3

When completely dry, food is removed from the freeze dryer and sealed in moisture and oxygen proof packaging to ensure freshness until opened.



STEP 4

When you are ready to eat the food, simply add water. It will regain its original fresh taste, aroma, and appearance!



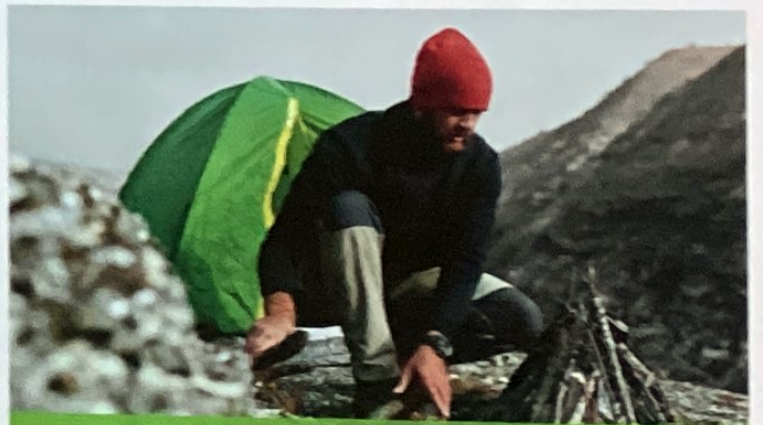
GARDEN & ORCHARD



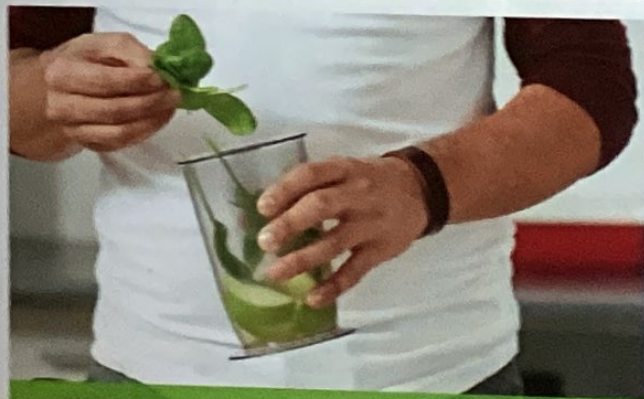
PET FOOD



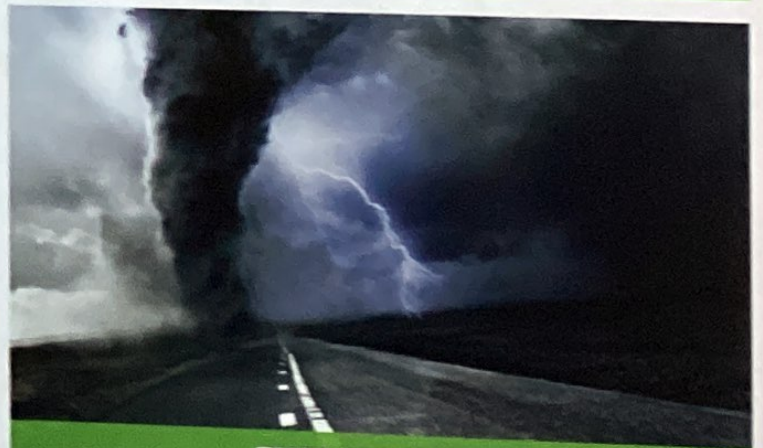
FOOD STORAGE



CAMPING & HUNTING



HEALTHY LIVING




EMERGENCY PREP



BUSINESS

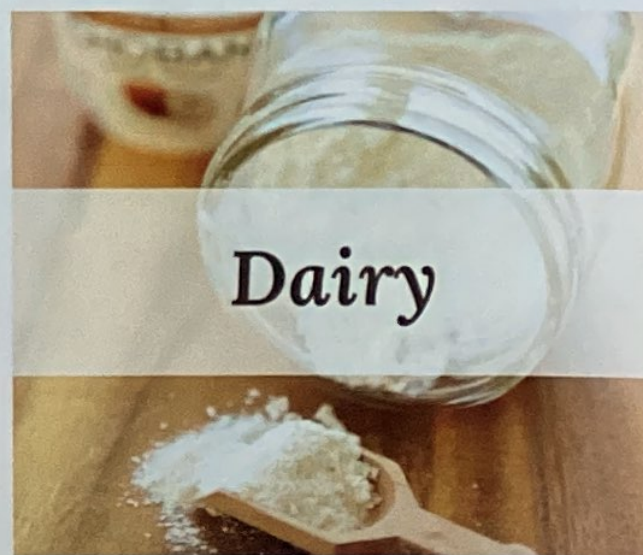
FREEZE DRYING FITS
your lifestyle



**WILL IT
FREEZE DRY?**

WILL IT FREEZE DRY?

All of these foods, and many more, can be freeze dried.
You can have fun experimenting with different foods.



WHAT CAN'T BE FREEZE DRIED?

VERY OILY FOODS

Remember, freeze dryers extract water from food, but the oil will remain in the food. Some foods don't react well because of this. Pure butter, peanut butter, and chocolate do not freeze dry. However, if these items are included in other foods they freeze dry just fine.



Butter cannot be freeze dried.



Freeze-dried Wheat Bread

HONEY, SYRUPS, AND JAMS

These foods make a sugary mess when freeze dried and can't be reconstituted.

BREAD, CAKE, AND MUFFINS

These foods can be freeze dried, but reconstituting such foods in a bowl of water makes for a very soggy texture. However, when reconstituted properly, things like sliced bread, banana bread, pound cake and turkey stuffing turn out perfectly.



We do not recommend freeze drying honey.

HOW TO FREEZE DRY LIKE A PRO

PEEL OR HALVE YOUR FRUITS AND VEGETABLES BEFORE FREEZE DRYING

Many fruits and vegetables have a protective membrane (skin). Because of their membrane, these foods are protected, and make it difficult for the water in the food to get out. When freeze drying these foods, it is necessary to cut them in half or peel the skins away. They should be placed cut side up on the trays. For instance, an apricot that has been cut in half will have the bottom part (skin side) resting on the tray with the cut side up. This allows the moisture to escape from the fruit.

A simple method for halving your smaller, membrane foods, like grapes or cherry tomatoes, is to place them in between two plastic lids. There should be space in between the two lids which will allow you to cut the fruit right down the middle.

All fruits and veggies will work well in the freeze dryer, both raw and cooked. You can opt to blanch veggies if you choose, but it is not necessary except when it comes to potatoes. Be sure to blanch them before freeze drying for best results. Raw potatoes will oxidize and turn black when reconstituting.

DON'T BE AFRAID TO PUT PURE LIQUIDS ON THE TRAYS

Your freeze dryer can handle things like soup, milk, broth, and raw eggs

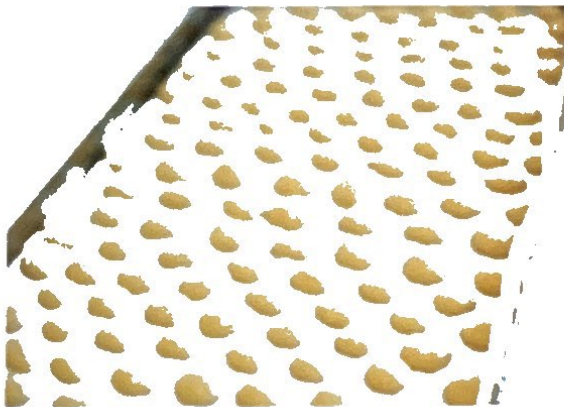


without any trouble. Put an empty tray into the freeze dryer, pull the tray out a few inches, and pour in the liquids. Or, you can pour liquids into your trays and pre-freeze them before putting them in your freeze dryer.



USE PARCHMENT PAPER OR SILICONE MATS TO AVOID STICKY TRAYS

Some sugary foods, like banana slices, yogurt drops, or fruit puree drops can stick to the trays. If you make the slices at least half an inch thick they easily come off the trays. However, if you wish, you can also place parchment paper or silicone mats on the trays prior to freeze drying.



FREEZE DRYING TIMES ARE NOT SET IN STONE

Not all foods are the same and not all foods require the same amount of time to complete a full freeze dry cycle.

Water content, quantity, and cellular structure of food all make a difference in freeze dry time. Pineapple takes longer than sliced turkey. Big squares of lasagna take longer than corn.



The freeze dryer has the capability of determining when food is dry. But, when the food is very dense and pieces are large, it may require extra freeze time and/or dry time.

LABEL ANY MEAT THAT HASN'T BEEN COOKED

The Harvest Right Freeze Dryer works with raw meat and cooked meat alike, but don't assume that freeze drying your meats will make them bacteria-free. Label your jars and bags as "raw" if they're going to hold any uncooked poultry, fish, beef, pork, or eggs. Freeze-dried raw

meats will last as long as freeze-dried cooked meats. However, once you rehydrate them, the raw meat should be used right away because the freeze dry process does not kill bacteria.



Freeze-dried Raw Steak

PRE-FREEZE FOODS AHEAD OF TIME

It is wise to purchase quantities of fresh food when it is on sale. Not only will you save money when you purchase the food you are going to freeze dry, but in five or ten years when costs have risen, it will be all that more valuable. You can prepare large quantities of food for your freeze dryer by cutting it up and putting it on trays in your regular freezer. Or, some customers choose



Preserve your garden harvest.

to buy an extra set of trays and pre-freeze liquids or other foods on their trays. Then, when you have time to freeze dry it, it will be ready to go. Placing your pre-frozen trays of food into an already cold freeze dryer (half hour) may reduce your total freezing time slightly.

The same concept is helpful for harvest season. When you have a lot of produce from your garden or fruit trees—you can easily cut the food up, put it on trays in your regular freezer, and then freeze dry it when you have time.



Buy and freeze dry in bulk to save money.

HOW TO STORE FREEZE-DRIED FOOD

You might be surprised to learn how easy storing freeze dried-food really is. After your batch is complete, follow these simple steps:

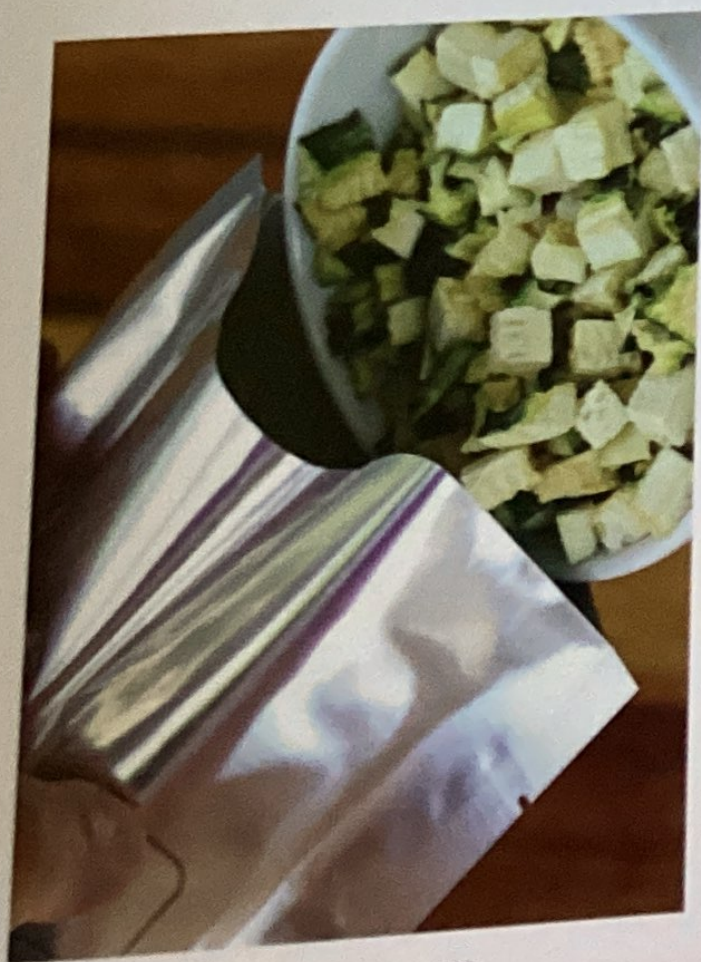
STEP 1: MAKE SURE FOOD IS COMPLETELY DRY

It may help to break a larger piece of food in half and touch it to your tongue to make sure it's not still cold.

STEP 2: PLACE YOUR FREEZE-DRIED FOOD IN A CONTAINER OF YOUR CHOICE

Note: Do not let food sit out or it will begin to rehydrate from moisture in the air.

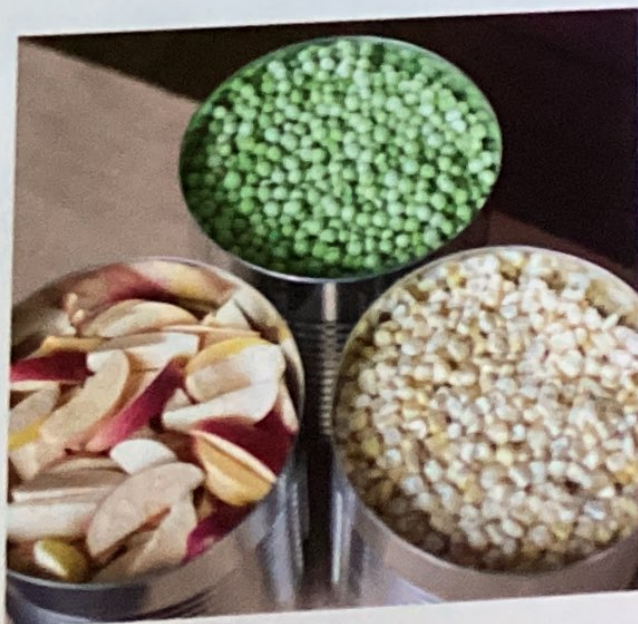
Mylar Bags: The simplest and least expensive option for a 25-year shelf life.



Canning Jars: Perfect for short and long-term storage when stored out of the light in a dark, cool location (pantry, basement, etc.).



#10 Cans: Require an investment in a can sealer, but can be a really great option for long-term food storage.



Vacuum Sealed Plastic Bags: Not as good as other storage methods, but the food should last a few years. (Not recommended for meats or high-protein foods.)



Resealable Containers/Jars: Freeze-dried food does not always need to be stored long-term. Many freeze-dried foods are perfect as a snack when stored in air tight containers even without oxygen absorbers. Placing food in a resealable jar ensures the food is always fresh, offering you and your family a snack at any time. Just freeze dry your favorite foods like fruit, vegetables, gummy bears, yogurt drops or ice cream sandwiches and place them in a snack jar on your counter.

STEP 3: ADD AN OXYGEN ABSORBER

Keep all of your freeze-dried food tasting and looking fresh longer by removing the oxygen.

By far the best way to keep oxygen out of food is to add an oxygen absorber. These nifty little gadgets cost only pennies each, and they do wonders to remove the oxygen from your container. If you like, you can purchase them in our online store.



Note: Once a container has been opened, the oxygen absorber no longer works and should be replaced before re-sealing the container for long-term storage.

STEP 4: CLOSE THE CONTAINER AND PUT IT ON THE SHELF

Mylar Bags: When using space-saving mylar bags, an inexpensive impulse sealer or a hot iron is all you need. Impulse sealers are available in our online store.

Canning Jars: If you use an oxygen absorber, there's no need to vacuum seal your jars, simply twist the jar shut.

#10 Cans: Include an oxygen absorber and seal them using a can sealer.



HOW TO REHYDRATE FREEZE-DRIED FOOD

You'll be amazed by how well freeze-dried food rehydrates. Even full meals can be rehydrated in just minutes, renewed to their original flavor and appearance. Below are some tips.

MEATS

Place cooked meat inside a bowl filled with hot water. Let the meat absorb water until tender (takes just a few minutes). Place raw meat in a bowl of cold water and place in the fridge overnight or until rehydrated. Meat will only accept the amount of water it needs; so no need to worry about over-hydrating it. Remove meat from the water and pat dry.



Pat meat dry with a paper towel once it has been rehydrated.

If the meat was cooked prior to freeze drying, it may be eaten right away or used in cooking. If it was freeze dried while raw, you may prepare it and eat as you would any fresh meat.

FRUITS + VEGETABLES

All produce is delicious as a snack, even without rehydrating, but you can also rehydrate it in a variety of ways.

Raw fruit (fresh or frozen) may be freeze dried and rehydrated. You can put the dry fruit in things like smoothies, cold cereal (with milk), and hot oatmeal. It will automatically rehydrate. Or, you can rehydrate fruit as you would meat. Place it in a bowl filled with cool water, cover, and give it time to rehydrate. That fruit can then be used in things like pies and cobblers.

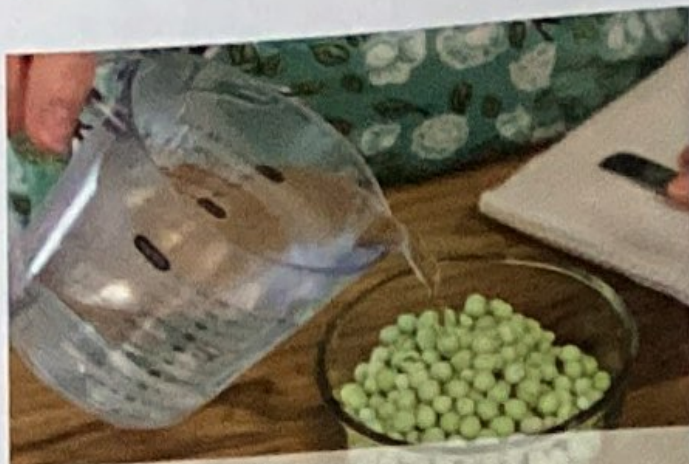


Add water a little bit at a time and stir to proper consistency.

Raw vegetables (fresh or frozen) may be freeze dried and rehydrated. To rehydrate raw vegetables, place them in a large bowl filled with cool water, cover and let sit. Things like green beans may take a few hours. Once the vegetables are rehydrated you can prepare them as you would fresh vegetables.

Cooked vegetables are easy to rehydrate. Place them in hot water for a few minutes, drain and eat. You can throw the dry, raw or cooked vegetables into soups, stews, chili, and spaghetti sauces. They will rehydrate quickly.

Spritz leafy veggies and herbs back to life in a plastic bag with a spray bottle, toss and enjoy as you would a fresh,



Vegetables may be microwaved in water to speed up rehydration.

cooked or steamed leafy veggie, but with the nutrients and taste intact. Put leafy veggies directly into a smoothie or blend them into a powder to add to a sauce or soup.

BREADS + CAKE

Fold a warm, moist paper towel around the slice of bread or cake and let it rehydrate for a few hours. Or place in a plastic bag in a your fridge with a moist paper towel.



Be sure bread is thinly sliced.

FULL MEALS

Slowly add hot or warm water to your meal until it reaches the proper consistency.

Warm the meal further in the microwave, on a stovetop or in the oven, if desired. Steaming foods such as lasagna or spaghetti back to life will help to keep them looking pretty. For additional tips on meal reheating, specifically pastas and casseroles, please refer to page 38.



A close-up photograph of a yellow bowl filled with numerous freeze-dried ice cream sandwiches. The sandwiches are cut into irregular pieces, showing the white ice cream filling and the dark brown, perforated wafers. The bowl is lined with white paper and sits on a light blue surface.

TYPES OF FREEZE DRIED FOODS

Freeze-dried Ice Cream
Sandwiches, pg. 43

MEATS

Freeze-dried meats are incredible—they retain nutritional value, they are easy to rehydrate, and they will last for years and years when properly packaged. Most importantly, meat tastes fresh when it's rehydrated and it retains nearly 100% of its original nutritional value.

Most of us know, canned meats don't taste very good, especially when compared to fresh. And canned meats have a very short shelf life.

You have the option to cook meats before freeze drying, or you can leave them raw. Just remember that freeze drying doesn't remove bacteria.

Be sure to properly label any meat that is freeze dried from a raw state.

Meats are easy to freeze dry. Remove as much bone and fat as possible. Cut into manageable pieces. We recommend that meat is not thicker than the sides of the trays ($\frac{3}{4}$ inches).



Soak in water and pat dry with a paper towel.



Rehydrating meat is easy because it doesn't absorb excess water.

Place cooked meat inside a bowl filled with hot water. Let the meat absorb water until tender (takes just a few minutes). Place raw meat in a bowl of cold water and place in the fridge overnight or until rehydrated. Remove meat from the water and pat dry.

If the meat was cooked prior to freeze drying, it may be eaten right away or used in cooking. If it was freeze dried while raw, you should refrigerate it, or prepare and eat it as you would any fresh meat.

Reseal any unused meat with a fresh oxygen absorber or store it in the fridge/freezer.

FRUITS & VEGETABLES

Freeze-dried fruits and veggies keep their original taste and nutrition. They make great ingredients for recipes, but you will also enjoy snacking on them in their freeze-dried form.

It's best to freeze dry produce after halving or slicing the pieces. Cut fruits and vegetables into bite-size bits or slices, then freeze dry them and eat them in place of unhealthy, commercial snack foods.

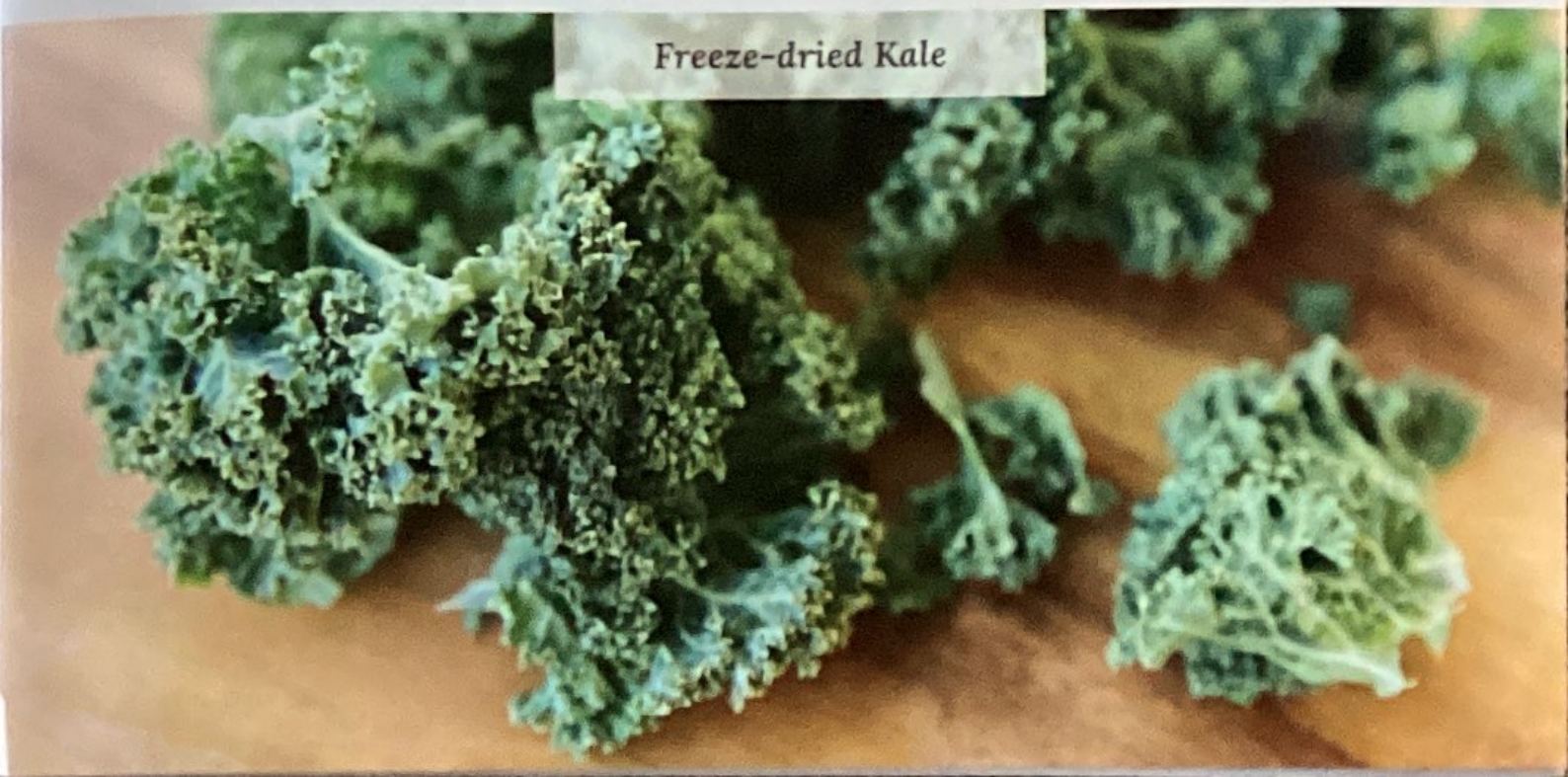
Note: Some foods may require a longer freeze and final dry time in your freeze dryer. Fruits with high sugar content, like pineapple, and items that are very thick (with a lot of water content) will take longer to freeze dry.

Most fresh produce has the satisfying crunch of potato chips, but is infinitely healthier. Just layer foods like kale onto a freeze dryer tray and let the unit work its magic.

Raw fruit (fresh or frozen) may be freeze dried and rehydrated. Place it in a bowl filled with cool water, cover, and give it some time to rehydrate.

To rehydrate raw vegetables, you will need to place them in a large bowl filled with cool water, cover and let sit. When the vegetables are rehydrated you can prepare them as you would fresh vegetables.

Place cooked vegetables in hot water for a few minutes, drain and eat. You can throw the dry, raw or cooked vegetables into soups, stews, chili, and spaghetti sauces.



Freeze-dried Kale

DAIRY

There are many uses for freeze-dried dairy ingredients. Powdered yogurt, for example, makes a delicious addition to a bowl of hot oatmeal in the morning. And you're going to love freeze-dried ice cream.

In order to freeze dry yogurt, sour cream, or other similar products, spread a thick, even layer on a freeze drying tray.



Liquid dairy products are airy and will easily turn to powder after

freeze drying. This powder can be used in other recipes like cake or pancake batters, which will make the food incredibly moist.

Or, simply add water to finely powdered freeze-dried yogurt or sour cream, and it will return to its original, fresh state.

Remember to add water gradually and stir when reconstituting.

Cheese can also be freeze dried; just slice it or grate it before you place the cheese on the trays. Afterward you can snack on the cheese in its freeze-dried form, fold grated cheese directly into baked goods, pastas or casseroles, or wrap a slice in a moist paper towel to rehydrate to its original state.

Milk and eggs can also be freeze dried. Raw eggs can be whisked and freeze-dried raw and the powder can be used to make scrambled eggs or to add to recipes (2 Tbs. of egg powder and 2 Tbs. of water equals one egg). Or, try cooking scrambled eggs with meats or veggies in them and then freeze drying.



HERBS

What do you do with store-bought or homegrown sage and basil before they spoil and turn brown? Preserve your herbs in their freeze-dried state!

Note: Freeze-dried herbs will be just as potent as fresh herbs when the water is removed, plus the flavor will last 25 years.

Layer the herbs onto trays just like you would do with kale or other leafy vegetables. Herbs will be as good as fresh, and even more potent, and can be added right into your favorite recipes.





BREAKFAST SUGGESTIONS

FREEZE-DRIED FRUITS + OATMEAL

After freeze drying blueberries, strawberries, apples, or other fun fruits, you can add them directly to your favorite oatmeal before cooking.

Fresh fruit has to be used quickly, but freeze-dried fruit is ready when you need it, and maintains its crunchy texture, flavor, and nutrition. Because of its unique texture, it's also fun to use fruit as a topping on your oatmeal, yogurt or breakfast parfait.



BREAKFAST OATMEAL + FRUIT

*1 handful freeze-dried fruit
1 serving of cooked oatmeal*

A NEW SMOOTHIE METHOD

Freeze-dried fruits mix better than fresh fruits in your favorite breakfast smoothies.

Smoothies made with freeze-dried fruits and vegetables are packed with nutrition, and they blend really well without an excess of juices or pulp. Plus, freeze-dried fruits have no water, so they add powerful flavor when combined with any other smoothie ingredients.

You can also freeze dry your favorite smoothie recipe and store it as a powder. Simply rehydrate and enjoy.



Grind freeze-dried fruit into a powder and mix in a recipe.

STRAWBERRY BANANA SMOOTHIE

- 1 cup apple juice
- 1 ½ cups water
- 1 freeze-dried banana
- 1 cup freeze-dried strawberries
- ½ freeze-dried apple



Freeze-dried Strawberries
& Bananas



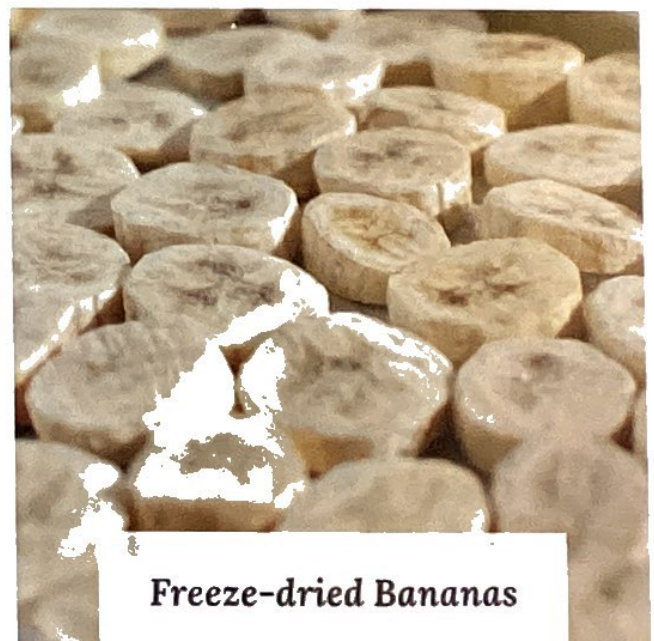
Freeze-dried Blueberries

BERRY BANANA BLEND

- ½ cup freeze-dried vanilla yogurt
- 1 ¼ cups apple juice
- 1 ½ cups water
- 1 freeze-dried banana
- ¾ cup freeze-dried blueberries
- 1 ½ cups freeze-dried strawberries

MANGO BANANA MASH

- ¾ cup mango nectar
- ¾ cup orange juice
- ½ cup water
- ½ freeze-dried banana
- 1 cup freeze-dried mango chunks
- 2 freeze-dried strawberries



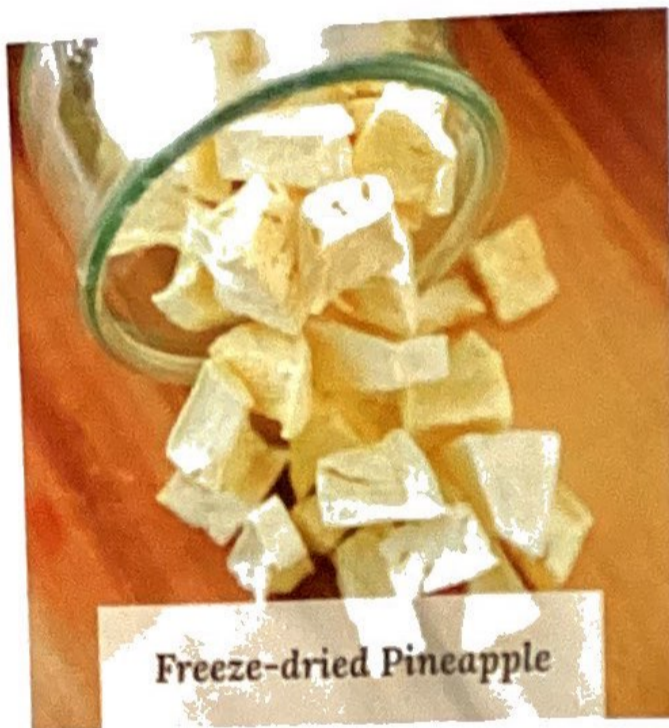
Freeze-dried Bananas

THE VITA-SMOOTHIE

- 1 cup apple juice
- 1 cup water
- 1 freeze-dried banana
- 2 cups freeze-dried spinach
- 1 cup freeze-dried blueberries



Freeze-dried Spinach Powder for Smoothies



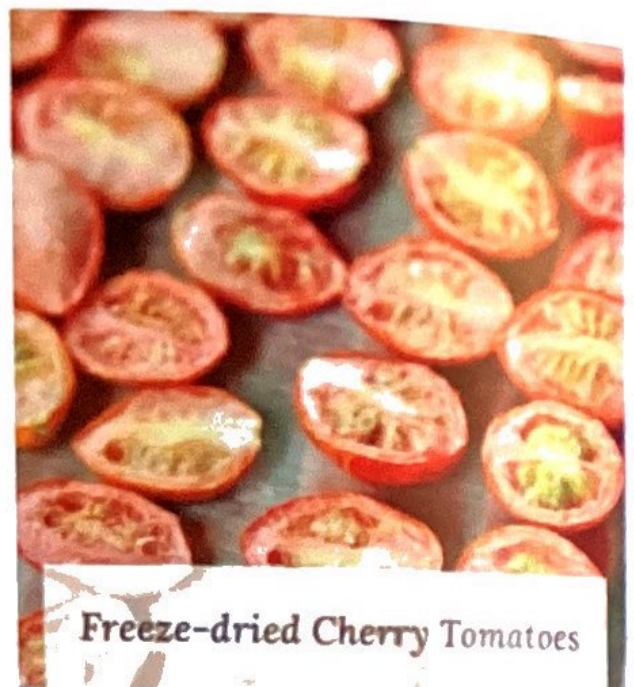
Freeze-dried Pineapple

PINEAPPLE COCONUT BLISS

- 1 cup pineapple juice
- ¼ cup coconut milk
- 1 ½ cups water
- 2 freeze-dried bananas
- 2 tablespoons shredded, fresh or freeze-dried coconut
- 2 cups ice cubes

VEGGIE BLEND

- 2 cups water
- 1 cup sliced, freeze-dried tomatoes
- ½ stalk freeze-dried celery
- 2 sliced, freeze-dried bell peppers
- 1 small slice of freeze-dried lemon
- 8 drops of Worcestershire sauce
- dash of salt



Freeze-dried Cherry Tomatoes

SKILLET-TO-GO

Few have the time to cook a full breakfast in the morning, but a skillet of freeze-dried ham and eggs will reconstitute in a hurry. Many think an “instant breakfast” is just powdered milk with vitamins, but you know better!

Scramble the eggs and fry them with the rest of your ingredients. Remove any grease by patting with a paper towel.



SUGGESTED INGREDIENTS

- 1 dozen eggs
- 2 cups diced ham
- 2-3 bell peppers, cut into pieces
- 1 cup shredded cheese

Place the scrambled eggs on a freeze dryer tray. Place the tray in the freeze dryer and run for a full cycle.

Store the food normally (see How to Store Freeze-Dried Food, page 16). Rehydrate the eggs later by adding a little water and warming in the microwave or by tossing with a little water in a skillet and lightly frying.

We’ve found that if you cook eggs to the point of not quite done (before freeze drying), they taste better when rehydrated.

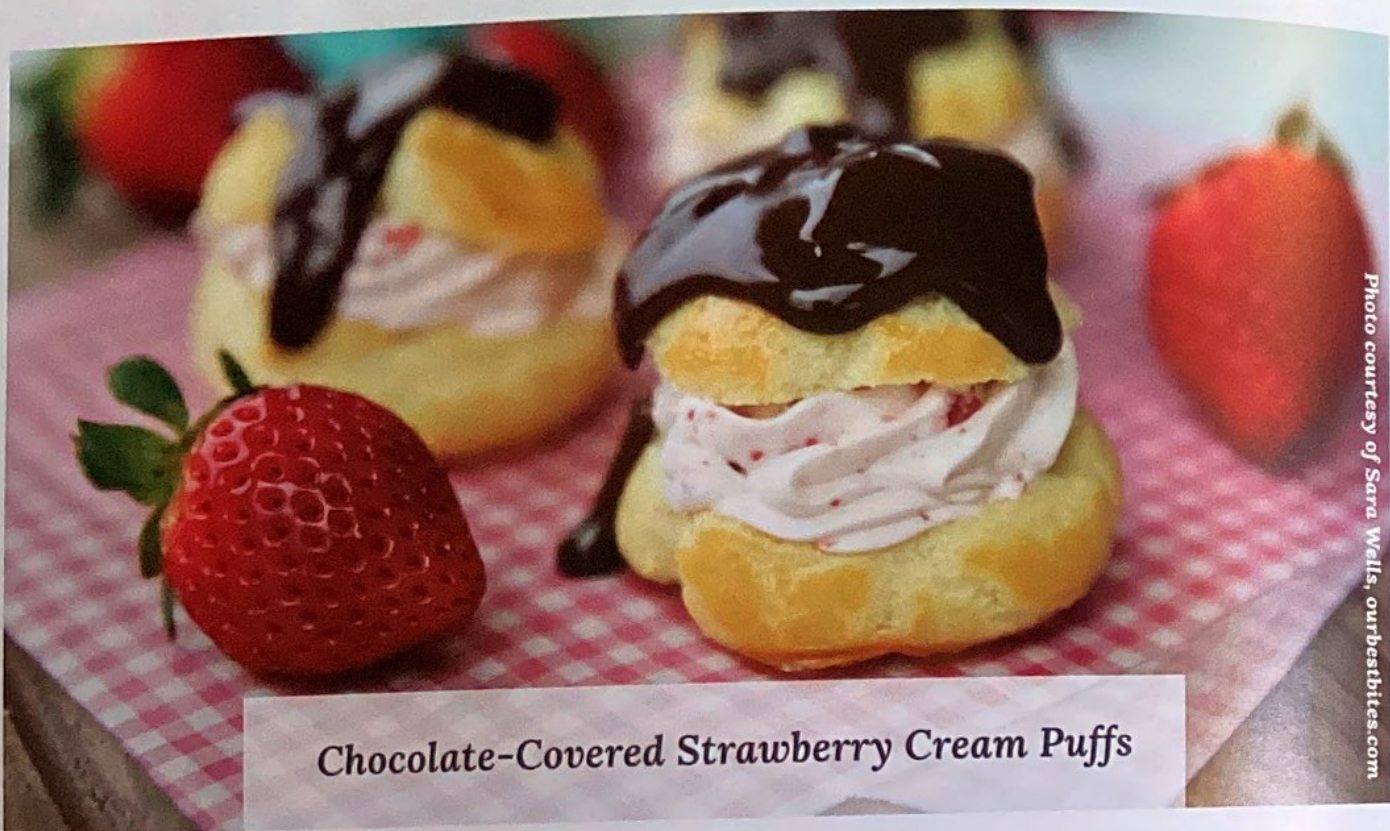
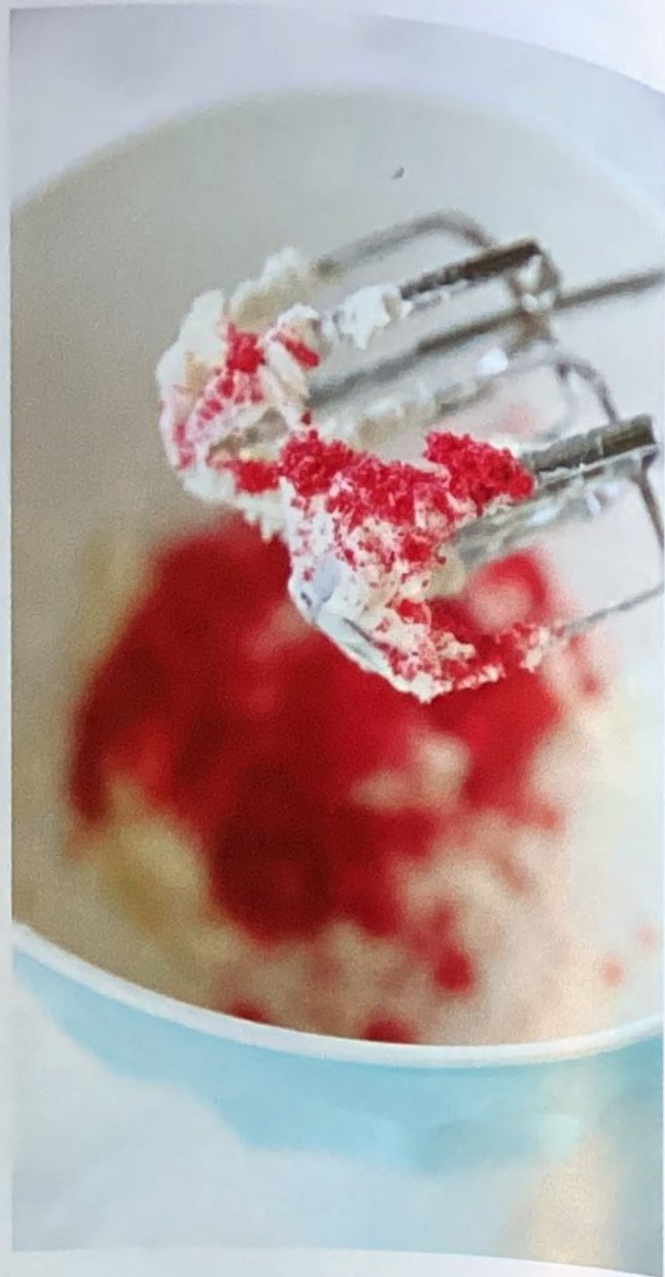
Many customers freeze dry raw scrambled eggs, add a little water when ready to cook, and fry them in a pan as you would normally.



BAKE WITH FREEZE-DRIED INGREDIENTS

Muffins and other baked goods taste delicious when you include freeze-dried fruit. Put blueberries, raspberries, or even bits of freeze-dried oranges into the dry mix of your batter before adding any eggs, oil, or water. You can also crush or blend freeze-dried fruits or flavored yogurts into a powder and mix them into pancake, bread, or muffin batters. Or, try adding natural fruit powders to your favorite chocolate truffle recipe for a punch of flavor! Crushing freeze-dried ingredients is a coveted secret in the culinary world.

One of our happy customers takes this idea a step further by layering the bottom of a fresh apple pie with freeze-dried berries, cherries, or rhubarb. The freeze-dried ingredients soak up the juices from fresh fruit and keep the crust from getting soggy.



Chocolate-Covered Strawberry Cream Puffs

Photo courtesy of Sara Wells, ourbestbites.com



**SNACKS +
BABY FOOD**

HEALTHY CHIPS + CREAMY WHITE BEAN DIP

For a real conversation-starter, serve some healthy freeze-dried and seasoned kale, or other garden vegetables, with this easily reconstituted bean dip at your next party. Your guests are sure to be envious of your kitchen!

Blend all of the following ingredients and spread the mixture evenly on a freeze dryer tray (page 23 shows a similar example with sour cream). It will take about 24 hours to freeze dry this dip.

WHITE BEAN DIP

$\frac{1}{3}$ cup mayo

$\frac{3}{4}$ cup canned white beans

1 clove garlic

$\frac{1}{2}$ shallot, quartered

$\frac{1}{2}$ Tbs. salt

$\frac{1}{8}$ tsp. ground pepper

1 14-oz can artichoke hearts, drained

4 ounce can green chilies

To reconstitute the dip, mix it with water in $\frac{1}{4}$ cup increments until the desired consistency is achieved. You can do this a minute before your company arrives!



For the veggie chips, simply cut your vegetable of choice into thin slices. Place them on a freeze dryer tray and run them for a full cycle.

Once the vegetables are finished freeze drying, lightly spritz them with olive oil and season them with any seasoning you like. They make for a crunchy snack that is healthy, fresh, and flavorful!



Freeze-dried Kale, Squash, Zucchini and Sweet Potato Chips

HEALTHY CHIPS + CREAMY WHITE BEAN DIP

For a real conversation-starter, serve some healthy freeze-dried and seasoned kale, or other garden vegetables, with this easily reconstituted bean dip at your next party. Your guests are sure to be envious of your kitchen!

Blend all of the following ingredients and spread the mixture evenly on a freeze dryer tray (page 23 shows a similar example with sour cream). It will take about 24 hours to freeze dry this dip.

WHITE BEAN DIP

- 1/3 cup mayo*
- 3/4 cup canned white beans*
- 1 clove garlic*
- 1/2 shallot, quartered*
- 1/2 Tbs. salt*
- 1/8 tsp. ground pepper*
- 1 14-oz can artichoke hearts, drained*
- 4 ounce can green chilies*

To reconstitute the dip, mix it with water in 1/4 cup increments until the desired consistency is achieved. You can do this a minute before your company arrives!



For the veggie chips, simply cut your vegetable of choice into thin slices. Place them on a freeze dryer tray and run them for a full cycle.

Once the vegetables are finished freeze drying, lightly spritz them with olive oil and season them with any seasoning you like. They make for a crunchy snack that is healthy, fresh, and flavorful!

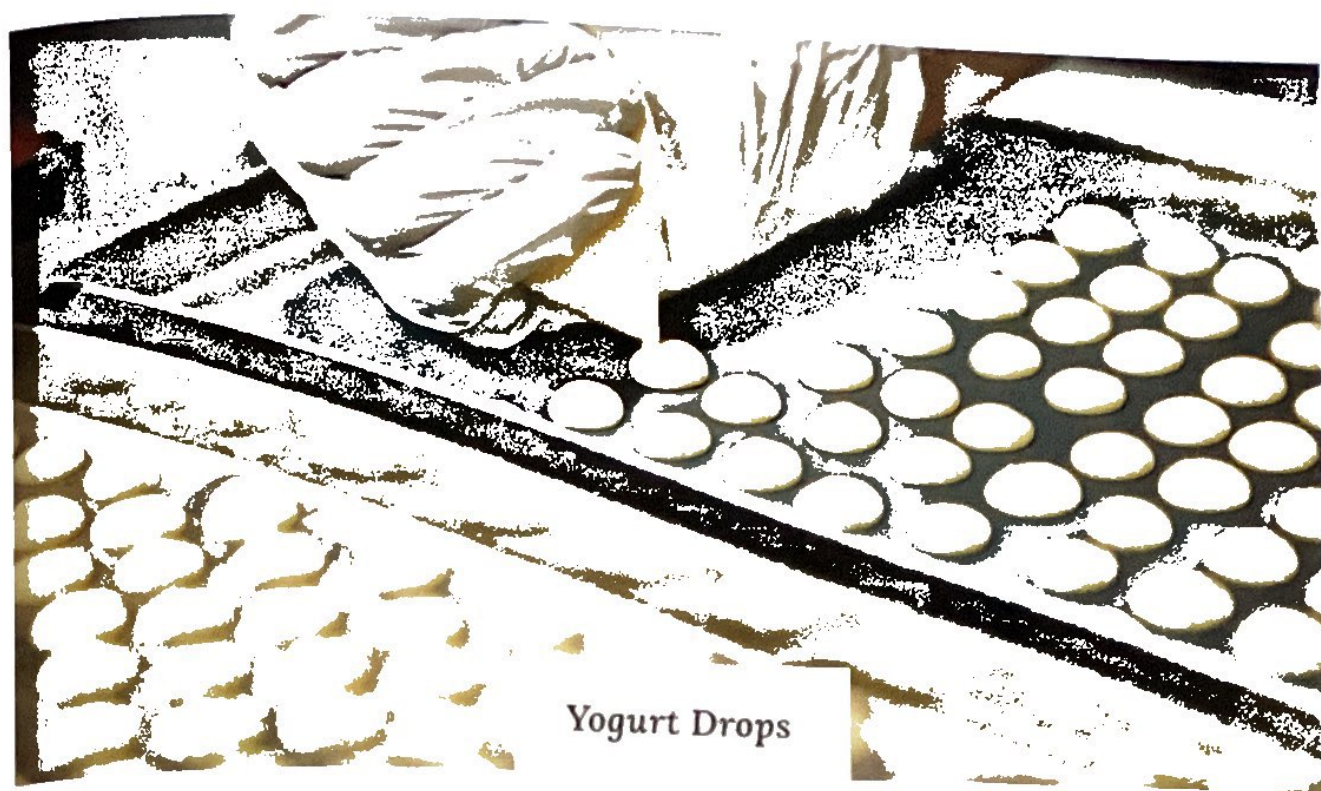


Freeze-dried Kale, Squash, Zucchini and Sweet Potato Chips

TASTY YOGURT DROPS

Most of the snack ideas in this handbook revolve around foods that are still in their freeze-dried state. Yogurt happens to also be a snack that is very tasty when it comes out of a Harvest Right Freeze Dryer. Try giving these yogurt drops to your kids!

Line your tray with parchment paper or a silicone mat. Use a plastic baggie or cake decorator bag to put small dollops of yogurt on a freeze dryer tray. Once freeze-dried, they can be placed in an air-tight jar on the kitchen counter and eaten by the handful.



BABY FOOD

For mothers, having readily available baby food is a relief. Rather than pay grocery store prices for commercially developed baby food, moms can make their own with no harmful preservatives. And best of all, these foods can be rehydrated anywhere, anytime!

SUGGESTED INGREDIENTS

Blend 1 cup of cooked or steamed peas with 1 cup water. Freeze dry.

Blend 2 cups cooked carrots or squash with 1 cup water. Freeze dry.

Blend 1 baked apple with 1 cup water. Freeze dry.

A photograph of a bowl of soup with corn and bacon, a jar of sweet corn, and a wooden cutting board with scattered corn kernels. The bowl is white and filled with a light-colored soup, topped with yellow corn kernels and red, diced pieces of bacon. The jar is glass and filled with yellow corn kernels. The cutting board is wooden and has several yellow corn kernels scattered on it. A white banner with red text is overlaid on the image.

WHAT'S FOR DINNER?

FARMERS
MARKET
Sweet
Corn

AUGUST 2015

EASY-COOK SOUP

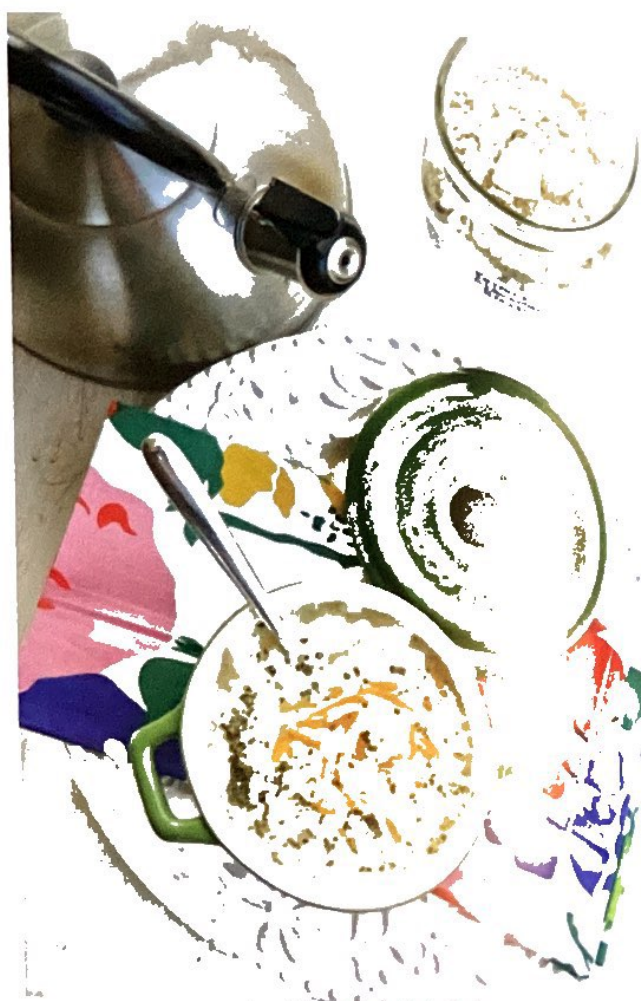
As a wise chef, you can freeze dry soup ingredients together (like beans, rice, pasta, and veggies) and package them in the same container. Then, when you want to make soup at the drop of a hat, pull out the ingredients and add them to broth or hot water for a simple meal.

The cool thing about soups is that this process also works in reverse. You can make your favorite soup as you usually do, but any leftovers can be freeze dried and saved to easily rehydrate later, without losing nutrients.

HEARTY VEGETABLE SOUP KIT INGREDIENTS

- 4 cups zucchini, corn, carrots, and beans
- 2 garlic cloves, sautéed
- 1 small onion, sautéed
- 1 cup tomatoes
- 1 bouillon cube
- 1 cup uncooked rice, orzo, or pasta
- 1 tsp. oregano
- 1 Tbsp. basil

Cut all of the vegetables (and even cooked chicken if desired) into bite-size pieces at one time. Freeze dry and store all of the ingredients together in a mason jar to easily have a soup starter on your pantry shelf.



FREEZE DRYING PASTA ALFREDO

You can preserve full meals like creamy alfredo and rehydrate it at a moment's notice. The pasta tastes incredible, and the texture is far better than noodles that are frozen or canned.

Make the pasta as you normally would (by combining cooked noodles with cooked chicken and warm sauce). Spread it evenly onto a tray and freeze dry.

When you're ready to eat the pasta, transfer freeze-dried pasta to any casserole dish and add about 1 cup of warm water per tray of freeze-dried pasta.

Cover with foil and bake in oven at 350 degrees for 30-45 minutes, stirring periodically. Continue checking until proper consistency is achieved.

Remember this method isn't exclusive to pasta alfredo. You can apply this with any similar dish like lasagna, ravioli, spaghetti and meatballs, etc.

For small servings, add hot water, warm in microwave, cover and let sit until pasta has properly rehydrated.



Rehydrated Pasta Chicken Alfredo

READY-WHEN-YOU-ARE SLOPPY JOES

Sloppy Joe mix freeze dries and reconstitutes really well, as does ground beef. Instead of freezing the beef and then patiently thawing it out before making dinner, make a double batch of cooked ground beef or even a double batch of your sloppy joe mix and freeze dry half of it. Then, when you want sloppy joes, just open a package you have freeze dried, add hot water, and you have instant sloppy joes. They will taste the same as fresh!

The freeze-dried portion will stay fresh for 10 to 15 years. Freeze-dried ground beef takes only seconds to

reconstitute. (Remember to remove as much grease as possible from meat before freeze drying.)

After freeze drying, store the mix in a mylar bag or in plastic ware with an oxygen absorber.

SLOPPY JOES

1 ½ pounds cooked ground beef
Half of a diced onion
Half of a diced bell pepper
¾ cup ketchup
3 tsp. brown sugar
½ tsp. garlic powder

FAST STIR FRY

Stir fry can be quickly freeze dried, and is a cinch to reconstitute. The small pieces can be plated with rice or noodles after rehydration.

FAST STIR FRY

2 Tbsp. vegetable oil
1 pound beef sirloin, cut into 2-inch strips
1 ½ cups fresh broccoli
1 red bell pepper, thinly sliced
2 carrots, thinly sliced
1 small onion, chopped
1 tsp. minced garlic
2 Tbsp. soy sauce
2 Tbsp. toasted sesame seeds

Fry beef in vegetable oil for 3 to 4 minutes, then add the remaining ingredients. Continue frying until vegetables are tender.

Note: You can also pour this stir fry recipe over cooked rice, then freeze dry everything together! Rice reconstitutes well with hot water. The whole meal can be preserved at once, and served later in a few minutes' time.

HAWAIIAN LUAU

This idea comes from Rexburg, Idaho, courtesy of Stephen and Debra M. They buy fruits that are fresh at any season and freeze dry them for later use on the grill during a warm summer night.

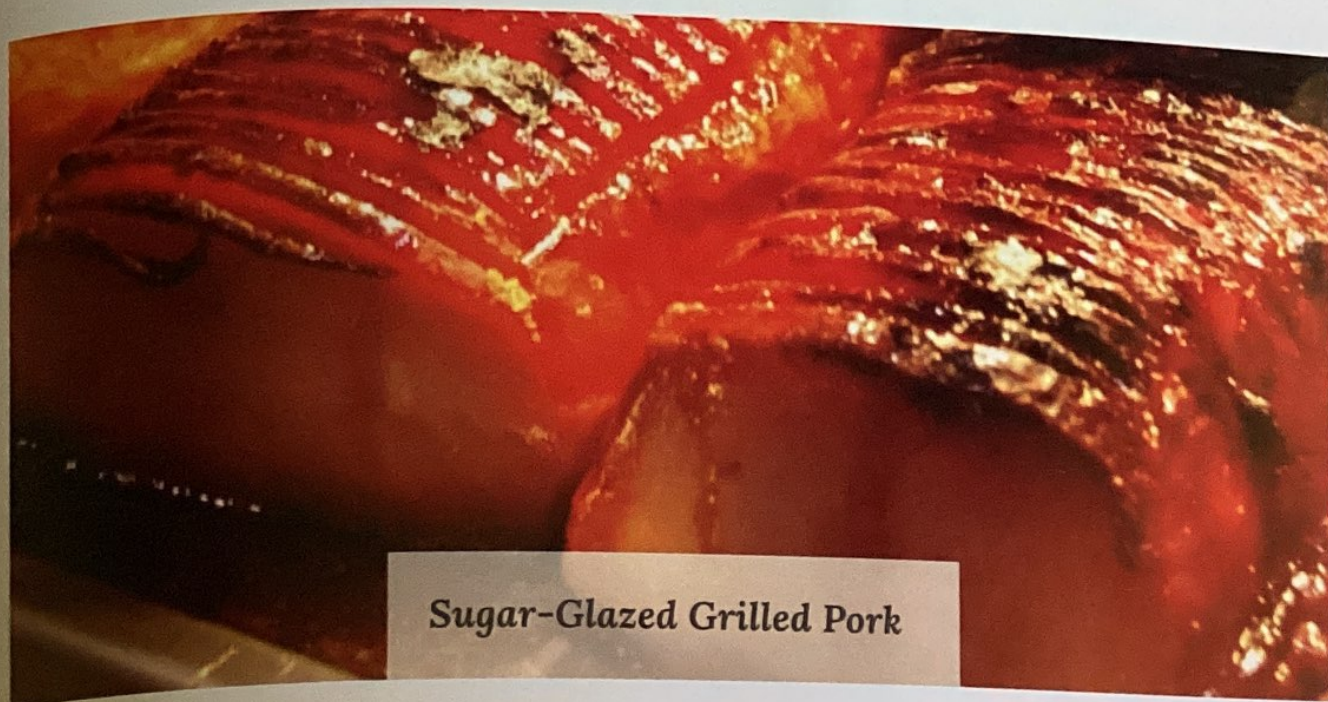
Freeze dry strawberries, oranges, mangoes, pineapple, or whatever else suits your tropical fancy. Then, try Stephen and Debra's recipe for Rosemary-Orange Grilled Pork, detailed below.

SUGAR GLAZED GRILLED PORK

- ½ cup kosher salt*
- ½ cup sugar*
- 2 quarts cold water*
- 2 pork loins (4 pounds each),
trimmed of excess fat*
- 1 cup frozen orange juice
concentrate*
- 4 tsp. brown sugar*
- 6 Tbsp. rosemary*



Mix the salt, sugar, and water in a large bowl. Place pork in the bowl, cover with the sugar water, and let soak for 45 minutes. In a saucepan, mix the orange juice concentrate, brown sugar, and rosemary, and bring to a simmer. Remove the pork and rub with the orange glaze just before grilling. After grilling, dice the pork and freeze dry it for later use, or serve right away with reconstituted, freeze-dried tropical fruit.



Sugar-Glazed Grilled Pork

QUINOA-STUFFED BELL PEPPERS

The best part about this recipe is that you can freeze dry the stuffing ingredients in batches. Then, when the moment is right, rehydrate the stuffing and put it into some fresh bell peppers.

Freeze dry all of the ingredients together.

To rehydrate, mix all of the ingredients with water in 1 cup increments until the desired consistency is achieved. Stuff rehydrated ingredients into halved bell peppers, sprinkle with your favorite cheese, and bake the peppers at 450° F for 30 minutes.

QUINOA-STUFFED BELL PEPPERS

- 1 cup quinoa cooked in 2 cups vegetable stock
- 3 Tbsp. olive oil
- 4 cloves garlic, thinly sliced
- 1 small firm eggplant, trimmed of half the skin, chopped
- 1 small to medium firm zucchini, seeded and chopped
- 1 red onion, chopped
- 1 fresh chili pepper, thinly sliced
OR 1 tsp. dried crushed pepper
- 1 cup fresh flat-leaf parsley leaves, chopped
- 1 cup fresh mint leaves, a handful, chopped
- 2 plum tomatoes, chopped



Quinoa-Stuffed Bell Peppers



AMAZING DESSERTS

Chocolate-Covered
Ice Cream Truffles, pg. 43

CHOCOLATE-COVERED ICE CREAM TRUFFLES

Freeze-dried ice cream is delicious! There are lots of variants, and they all taste great without the hassle of rehydration. We took scoops of freeze-dried ice cream and then poured chocolate coating over each scoop.

INGREDIENTS

16 scoops *freeze-dried ice cream*

1 cup *chocolate chips*

2 Tbsp. *shortening*

(DO NOT try this with *butter, margarine, or oil*)

Put hot water in a large bowl to 1-inch depth (water should be between 100° and 110°F). Put a slightly smaller bowl into the large bowl. In the smaller bowl, mix the chocolate and shortening together. Spoon the chocolate mixture over freeze-dried ice cream scoops.



Chocolate-Covered Ice Cream Truffles

Once you've tried this recipe, you should also try freeze-dried ice cream sandwiches. Cut a slit in the package of each ice cream sandwich or cut them into bite-size squares (like this photo) and place on a freeze dryer tray.



Note: For best results, use high quality ice cream. It's also helpful to get your freeze dryer cold (half hour) before putting ice cream in your freeze dryer.



Ice Cream Sandwiches Prepared for Freeze Drying

FREEZE-DRIED MARSHMALLOWS

Most of us will recognize the taste and feel of freeze-dried marshmallows from a variety of breakfast cereals. With a Harvest Right Freeze Dryer you can recreate these delicious snacks in your own home!

When freeze drying marshmallows there are a couple things to remember. First, they freeze dry faster than most other foods. Second, marshmallows will puff and expand throughout the freeze drying process. Be sure to leave ample space between each marshmallow so that they do not overflow during freeze drying. You may also cut larger marshmallows into fourths or halves for a bite-size snack. We love toasted coconut marshmallows this way!

Marshmallows come in various sizes, shapes and, best of all, flavors.

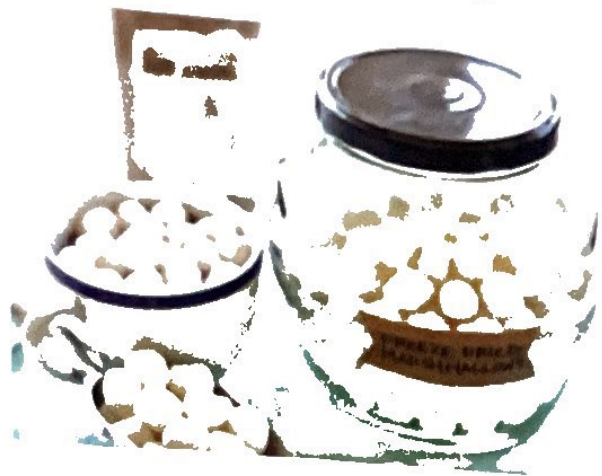
JELL-O® SNACKS

JELL-O® is another tasty treat you can eat after it's freeze dried. People describe the texture as "zesty," "fizzy," and "crunchy."

Whisk all ingredients in a 13×9 pan and refrigerate until firm. Before cutting, dip the bottom of the pan in warm water. Cut the JELL-O®

They can also be used in a variety of ways. You may use them as a bite-size snack, as additional flavor and sweetness in a bowl of breakfast cereal, mixed in your favorite cookie recipe, or add them to your favorite flavor of hot cocoa!

When added to cereal or cocoa they are delicious as they absorb the flavor of the cereal or cocoa they are added to. We encourage you to experiment and find your own favorite flavor combinations!



into cubes, place cubes on a freeze dryer tray lined with a silicone mat or parchment paper, and freeze dry. Simply enjoy them as a crunchy snack!

INGREDIENTS

- 3 small boxes of Jell-O®
- 4 envelopes of Knox unflavored gelatin
- 4 cups boiling water

THE MOST FLAVORFUL FROSTING

Frosting made with freeze-dried fruit not only blends well, it retains more original fruit flavor. We freeze dried raspberries, crushed them into a powder, and mixed them with vanilla frosting. You can try this with any freeze-dried fruit, or even with other freeze-dried sweets.

INGREDIENTS

*Freeze-dried raspberries
(or fruit of your choice)
Vanilla frosting*

Place whole raspberries in the freeze dryer and run a complete cycle. Remove the freeze-dried raspberries and grind them using a mortar and pestle, or by putting the raspberries in a plastic bag and crushing them. Mix the crushed berries into vanilla frosting until desired flavor is reached!



CHEESECAKE BITES

One of the easiest freeze-dried desserts are cheesecake bites.

Make your own or purchase your favorite cheesecake. Place it in your freezer until it is frozen. Once it is frozen, cut the cheesecake into bite-size pieces and place them in the freeze dryer. Once the cycle is complete, enjoy! They are a crunchy, delicious, sweet treat!



Blueberry Cheesecake Bites

FREEZE-DRIED CANDY

Gummy Bears are a delicious treat normally, but when they are freeze-dried, they become a light, airy treat that feels like a cheese puff!



Freeze-dried Gummy Bear

As you can see from this photo, the gummies tend to expand in the freeze drying process. With that in

mind be sure to leave quite a bit of space between each bear as they usually double in size by the time they are freeze dried.



For best results, line the tray with silicone mats or parchment paper. We tried a few different brands, but found we had best results with the Black Forest™ brand of gummy bears. They are naturally flavored and they do not have a protective skin like other brands which makes the freeze drying process go much smoother!



Freeze-dried Taffy



Freeze-dried Skittles

Taffy and Skittles are just some of the candies that when freeze-dried become fun, crunchy treats! Cut taffy in half (or fourths) for bite-size snacking. Make sure to leave plenty of room for taffy to expand.

THAT'S A WRAP

Hopefully you've enjoyed this *Harvest Right Guide to Freeze Drying*. It was designed to provide you with ideas and suggestions, and to get your creative juices flowing. By no means do the recipes in this book represent all of the foods you can freeze dry.

So, experiment! There are a host of uses that even the creators of the Harvest Right Freeze Dryer have yet to discover. Try new things, and let us know when your experiments are a success! You can share your story with us on social media and perhaps we will feature your story in our weekly blog. We would love to hear from you and to include you in our ever-growing, learning community of kitchen innovators.

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We hope that our product fundamentally changes your life for the better!

