

DEHYDRATED CILANTRO

Fresh cilantro has always kinda been an issue for me. No, I don't have that gene that makes it taste like soap. It is just that every time I need it, I have to buy a whole bunch and I NEVER use it all; usually only a small part of it. So I finally got around to dehydrating the leftovers

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Cilantro

SPECIAL TOOLS

- Dehydrator [i]
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls [ii]
- Uncoated Butcher paper

PREPARATION

- 1) Rinse the cilantro and pat dry
- 2) Fine chop the cilantro, stems and all
- 3) Moderately pack to 1 cup in a 1 cup measuring cup [iii]
- 4) Make an "envelope" from the butcher paper that is just slightly smaller than the dehydrator trays
 - a. Use a dehydrator tray as a template
 - b. Cut a piece of butcher that is a little more than twice the length of the dehydrator tray by a few inches
 - c. Fold the butcher paper in half
 - d. Fold the three open edges over a couple of inches on each side so that the resultant "envelope" fits on the tray
- 5) Open the "envelope" and evenly spread 1 cup of the chopped cilantro
- 6) Close the "envelope" with the folded edges up
- 7) Place a dehydrator tray upside down on the "envelope" so that it keeps the folded edges closed
- 8) Place one hand under the "envelope" and one hand over the tray and flip so that the tray is now on the bottom
- 9) Put the "envelope" and tray in the dehydrator
- 10) Repeat steps 3 - 9 for the rest of the cilantro
- 11) Set the dehydrator temperature to 100 deg. F and the timer to 4 hours

12) If the cilantro is not dry by the end of 4 hours, bump up the temperature to 120 deg. F and continue until dry

13) Vac seal the cilantro and store in a cool, dry place, out of direct sunlight (preferably dark if you can swing it) [iv]

HOW MUCH IS HOW MUCH???

1 cup of moderately packed chopped cilantro prior to dehydration is about 73 g

After dehydration, it wound up being about 1/3 cup and about 7 g

NOTES

- i. Well of course you need a dehydrator! That is, unless you live in an area where you can do sun drying or something like that. I have an Excalibur 9 tray and have been pretty happy with it. Wait.... I have two now, but that is another story
- ii. I like the 1 pt. bags for this
- iii. Use multiple measuring cups as required
- iv. I used pint bags the last time (1 portion per bag)

PICTURES

No pictures yet!!!