

DEHYDRATED PORTABELLA MUSHROOMS

So, this is obviously not a meal in itself, but a useful ingredient. I am not quite sure when I started dehydrating portabellas, but I vaguely recall it having something to do with trying to recreate Lipton's Onion Soup mix. The last time I used these was in my "The Accidental Sloppy Joe" (recipe coming [at some point]) and boy was it good!!!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	6 oz. Pack	Slice Portabella Mushrooms

This is another one of those do as many as you want. I think my minimum is three packs, depending on the recipe I am targeting.

SPECIAL TOOLS

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

PREPARATION

- 1) Gently rinse mushrooms [iii]
- 2) Pat dry with paper towels. Remove as much moisture a possible
- 3) Put one pack of mushrooms on one dehydrator rack [iv]
- 4) Set the dehydrator temperature to 125 deg. F and the timer to 7 to 9 hours [v]
- 5) Start checking on the mushrooms at 7 hours. Pull the mushrooms when they are dry and just short of being brittle [v]
- 6) Label 1 qt. vac seal bag for each 6 oz pack of mushrooms with the date and "6 oz. pack of Portabella Mushrooms"
- 7) Vac seal the mushrooms and store in a cool, dry place, out of direct sunlight (preferably dark if you can swing it)

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 qt. bags for this
- iii. OK, I know this is "controversial", but given what they grow in...

- iv. This may vary depending on your dehydrator and how much you are dehydrating, but one pack per rack works for me
- v. The Excalibur guide says 3 – 7 hours and they should be “leathery”, but this time range works for me and what is in my head for their intended use

PICTURES











