<dryingMethod>You can dry beans and peas in an oven if you don’t have a dehydrator. The best type of oven is an electric fan oven but a standard or a gas oven will do the job. Please note that beans dried in this manner are not suitable for sprouting as the blanching kills the germ.

Pod your peas or beans and drop into cold water. The reason for this is you may well have a few pea maggots and they will float out in the water.

Now blanch for about three minutes. Since they inevitably slip through the holes in a blanching basket, we just drop them straight into the blanching water and then use a fine sieve to fish them out.

Don’t cool after blanching, just dry them on a towel before spreading onto trays and drying in the oven. The ideal is to dry at a temperature starting at 50°C/120°F/Gas Mark 0 and then increase the temperature slowly up to 65°C/150°F/Gas Mark 0.

The beans and peas are dry when they are quite crisp. Depending on their size, this takes between 2-3 hours. Pack in tightly corked bottles or airtight containers and store in a dry, dark place.</dryingMethod>