Ingredients\n

Quality peak Brussel Sprouts

Citric acid – 1 teaspoon per gallon of blanching water.

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Instructions\n

Thoroughly wash Brussels sprouts. Cut into halves lengthwise. \n

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Blanch no more than four cups of vegetables for 5 ½ minutes in boiling water.\n

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Remove vegetables from boiling water and submerge briefly in a large bowl of ice, only long enough to stop the cooking action.\n

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Arrange blanched Brussels sprouts in single layers on drying trays.\n

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Dry at 140 degrees F (60°C) in an oven for 6-9 hours or dehydrator for 12-18 hours. \n

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If necessary, turn large pieces over every 3 to 4 hours during the drying period. \n

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Dried Brussels sprouts should be tough to brittle.\n

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Condition Brussels sprouts by placing cooled, dried vegetables loosely in large plastic or glass containers, about two-thirds full.\n

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