<dryingMethod>Preparation

Prepping this great vegetable for dehydrating is fairly simple:

Remove the outer leaves from each head of cabbage.

Stem and core the larger cabbage varieties. Those parts don’t dehydrate or reconstitute that well.

Clean and wash, then let stand or pat dry.

Cut or process the head into quarters, and then into thin strips approximately 1/8” wide. Length can vary with no problem.

Remember, there is no need to blanch the cabbage prior to dehydrating.

Dehydrating

Arrange the the slices onto your dehydrator trays. They can nestle close together, even overlap just a touch.

Turn on your dehydrator to the recommended temperature. Usually between 125 degrees and 135 degrees Fahrenheit.

Dry between 8 – 11 hours depending on the thickness of the cabbage leaves. Don’t forget to rotate your dehydrator trays for even drying.

After your cabbage pieces are fully dry, I suggest letting the cabbage stand at room temp for a night before packaging them for storage.

Storing dehydrated cabbage

There are a wide variety of choices as far as storage containers. For me, it depends on what my goals are. If it is long term storage, then I use everything from canning jars to mylar bags. I make sure to add some type of oxygen absorbers in each container. I don’t suggest using plastic containers of any kind. I have had leakage problems no matter how carefully I store and stack them.</dryingMethod>