Ingredients\n

Cabbage or Chinese Cabbage\n

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Instructions\n

Remove the outer leaves from each head of cabbage. \n

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Stem and core the larger cabbage varieties. Those parts do not dehydrate or reconstitute that well. \n

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Clean and wash, then let stand or pat dry. \n

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Cut or process the head into quarters, and then into thin strips approximately 1/8 wide. \n

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

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

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

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Dry between 8 – 11 hours depending on the thickness of the cabbage leaves. Do not forget to rotate your dehydrator trays for even drying. \n

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

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In order to store use glass canning jars because plastic containers have leakage problems.\n