Ingredients\n

Carrots\n

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Instructions\n

Wash and scrub carrots in cold water. Cut the tops off. Chop into small ¼ inch chunks. \n

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Use a mandolin slicer to make nice thin slices, then just coarsely chop these slices. You could also just do it all with a good sharp knife. \n

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Blanch carrots for 3 to 4 minutes in boiling water. This will help the carrots to dehydrate quicker. It releases some of the juices and stops enzyme actions. \n

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Then plunge them into cold or even ice water. This cools the carrots and stops the cooking process. Use a strainer and then let the carrots drain well before spreading them for the dehydrator. \n

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Drain well and spread in a single layer on a dehydrator tray. Be sure the carrots are spread enough that air flows freely around them. \n

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Dry at 125 degrees until dry and crispy. Check every couple couple of hours and stir them around, rotate trays if needed. This will encourage them to dry evenly. \n

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Dehydrated carrots are done when they are crispy dry. Store in an airtight container.\n