<dryingMethod>What you’ll need:

1 medium head cauliflower

1 teaspoon turmeric powder

1/4 teaspoon salt, or to taste

Method:

1. Remove the outer leaves and stalk from the cauliflower head. Cut into florets.

2. Place the cauliflower florets in a food processor. Pulse until you get the texture of rice or couscous.

3. Cook in your favorite way: by frying, microwaving or roasting. I prefer roasting. It gives to cauliflower rice light, fluffy texture and pleasant nutty flavor.

Preheat oven to 400F/200C. Line a baking sheet with parchment paper. Pour the riced cauliflower onto prepared baking sheet.

Sprinkle with turmeric and season to taste. Mix well and then spread out evenly. Roast for about 15 minutes, mixing once or twice during cooking. Remove from the oven and let cool slightly.

4. Spread the cauliflower rice on dehydrator trays covered with non-stick sheets or parchment paper.

5. Cover with mash sheet to prevent scattering of small dried cauliflower rice pieces throughout the dehydrator.

6. Dehydrate at 135F/57C for about 4-8 hours until completely dry and crunchy.

7. Let cool, then pack into airtight container or zip-lock bag. Store in dry, dark and cool place.

Rehydration:

Dehydrated cauliflower rice rehydrates very quickly. Just mix it with equal quantity of hot water, stir well, and let sit in a cozy for 5 to 10 minutes. If you’ll mix it with other ingredients such as meat or vegetables, rehydration may take a bit longer.