Ingredients\n

Eggplants\n

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Instructions\n

Slice or Dice Your Eggplants, One at a Time.\n

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Select firm, fresh eggplants, as they will preserve better than ones that are already wrinkled or deteriorating. \n

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Prepare only one eggplant at a time, as the flesh discolors extremely fast. \n

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Slice the eggplants into the shapes you prefer. \n

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Blanch your Eggplants for 1 minute in boiling water./n

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Add citric acid or Fruit Fresh to the water, to help the eggplants hold their color.\n

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Immediately put the eggplant pieces in ice-cold water (called "shocking"), to stop the cooking. I usually use a sink full of water, but a bowl works, too. \n

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After a few batches, the water will discolor. Simply pour out the water and get fresh. \n

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I use a commercial dehydrator to dry many of my foods. I have never tried sun-drying eggplant. Scoop each batch onto the screen then spread around as evenly as you can. \n

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You do not need much room between pieces. Just do not clump them together. Set dehydrator temperature to 140\* F.\n

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Jars are usually better than bags for keeping dried food in. If there is a pinhole leak, or you do not get the bag sealed 100%, that means your food is steadily deteriorating.\n

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