Ingredients\n

Green Peas\n

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Instructions\n

Blanch peas in boiling water of steam to prevent enzymatic damage during storage.\n

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Before blanching, prepare an ice water bath to quickly cool the peas and stop the cooking process.\n

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Snow peas take 1 min boiling, sugar peas take 1 1.2 mins boiling, and shelled peas take 2 mins boiling.\n

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Once the time is up, immediately immersing the peas in an ice bath until cool.\n

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Place the peas on screens or trays in the dehydrator or oven.\n

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Set the temperature to 125 degrees Fahrenheit, or the lowest setting your oven allows, and dehydrate for 5 to 13 hours until the peas crisp and become brittle.\n

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