<dryingMethod>Helpful equipment for dehydrating onions:

Food dehydrator

Knife

Cutting board

Spice grinder

Mesh strainer to separate onion flakes from onion powder

Spice jars

Gloves (optional to protect your hands from the strong onion fragrance)

Kitchen goggles (optional to shield your eyes)

Steps for Making Dehydrated Onions

Any onion can be dehydrated, including red, white, and yellow. If you are cutting by hand, you may wish to wear gloves and eye protection to shield yourself from the pungent onion fragrance.

Step 1: Prepare your onions

Remove the onion skins, trim the ends, and slice into even sized pieces. I like to cut the onions in half, and then slice each half into 1/4-inch pieces. Sometimes, I use my food processor’s slicing blade to speed up the process.

The onions can be in any shape, as long as they are all about the same size, so they will dry evenly. You can cut the onions into rings, chunks, or whatever is easiest. Just try to keep the pieces large enough so they don’t fall through the screens of your dehydrator.

Tip: Save the onion trimmings in the freezer for homemade chicken stock.

Step 2: Spread the onions out on the dehydrating screens

Separate the onion segments and spread them out evenly on your dehydrator tray. The onion pieces can touch, but try not to overlap them, or they may not dehydrate evenly.

Step 3: Dry your onions

Dehydrate at 125˚F until completely dry, about 3 to 9 hours depending upon the size of your pieces and moisture content of your onions. It’s ok to stop the dehydrator and start it up again the next day. Follow the instructions for your dehydrator.

Rotate your trays so the onions dry evenly. The dehydrated onions should be crisp and snap when your break them.

Step 4: Package and store your dried onions

Let the onions cool after dehydrating, crush them into onion flakes with your hands or a mallet, and then package into airtight glass containers.

Label, date, and store the jars of dried onion flakes in a dark, cool area. Check the jars in a few days to be sure there isn’t any moisture accumulating on the glass.

I fill small jars for my spice cabinet, and then store the rest of the dehydrated onions in mason jars in my basement food storage area. Properly dehydrated onions will not spoil, but the flavor does diminish over time.