Ingredients\n

Pea Pods\n

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Instructions\n

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

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Blanch pea pods in boiling water for 1 minute.\n

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Snow peas for 1 minute, sugar-snap peas for 1.5 minutes, and shelled peas for 2 minutes.\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.

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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.

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In a dehydrator, stir the peas around after about 2 hours to allow for even drying.\n

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In an oven, it is necessary to stir the peas several times during drying to prevent uneven drying.\n

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