

CAULIFLOWER

1. Wash the vegetables
2. Blanch 1 minute to break up tough fibers.
3. Separate the florets from the stalks.
4. Cut the stalks into 1/2" diagonal slices and cut the florets into 1" uniform pieces.
5. Dehydrate broccoli at 130°F for about 10 hours or until brittle.

Re-hydrated broccoli is best used in soups and casseroles.

To re-hydrate, soak in hot water for 30 minutes or steam for 15 minutes (until tender). For fresher looking broccoli, soak in cold water for 5 minutes before cooking. After soaking, simmer until tender.

Note: it will darken in color when dehydrated but will lighten up when re-hydrated