

DEHYDRATED ONIONS

So, this also is obviously not a meal in itself, but a useful ingredient. I think this one came about with my attempt to recreate Lipton's Onion soup mix along with the dehydrated Portabellas. Also, as with the Portabellas, the last time I used these was in my "The Accidental Sloppy Joe" (recipe coming [at some point]) and boy was it good!!!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	Decent Sized	Onion

I typically do Sweet or Vidalia onions. To be honest, I don't know what, if any, difference there is between Sweet and Vidalia onions.

SPECIAL TOOLS

- Dehydrator [i]
- Food Saver (or similar vacuum sealer)
- Vacuum seal bags or bag rolls [ii]

PREPARATION

- 1) Rinse the onions
- 2) Pat dry with paper towels. Remove as much moisture a possible
- 3) Slice off the root and stem ends
- 4) Remove the outer paper skin and the first thin layer of onion
- 5) Slice the onions perpendicular to the axis into about ¼ inch slices
- 6) Separate the onion rings
- 7) Evenly distribute the rings over enough dehydrator racks to avoid "crowding". Place smaller rings within larger rings as needed [iii]
- 8) Set the dehydrator temperature to 125 deg. F and the timer to 9 to 12 hours [iv]
- 9) Start checking on the mushrooms at 9 hours. Pull the onions when they are dry and just short of being brittle [iv]
- 10) Label 1 qt. vac seal bag for each onion with the date and type of onion
- 11) Vac seal the onions and store in a cool, dry place, out of direct sunlight (preferably dark if you can swing it)

NOTES

- i. Well of course you need a dehydrator! That is, unless you live in an area where you can do sun drying or something like that. I have an Excalibur 9 tray and have been pretty happy with it. Wait.... I have two now, but that is another story
- ii. I like the 1 qt. bags for this
- iii. This may vary depending on your dehydrator and how much you are dehydrating, but one onion per two racks generally works for me
- iv. The Excalibur guide says 4 - 8 hours and they should be "leathery", but this time range works for me and what is in my head for their intended use

PICTURES





















