

## Dehydration Workshop - Teaching Outline

Due to the length of time that dehydrating takes you will have to complete the processing before the workshop. This can still be a hands-on workshop, after the participants finish preparing the food for dehydration you can present the already finished product.

Decide on the method of dehydrating you want to demonstrate. It is recommended that you use a Food Dehydrator for your workshops. See the resources slide for assistance in sourcing one.

While oven drying can be done, it is a tricky process that you will have to learn and practice if you are not already familiar and proficient with it.

Sun drying is not recommended because of the climate conditions of NC.

When using a Food Dehydrator always use the manufacturer's instructions. Using the included recipes (which are kitchen tested) is a good idea because they have been provided with your particular equipment in mind.

There are general guidelines available like those found on the National Center for Home Food Preservation website (see resources slide). Test recipes with your food dehydrator, they may need to be fine-tuned a little.

**Tip:** Become thoroughly familiar with the process by practicing first, this way you will know all of the equipment/supplies you need and in what quantity. When your participants arrive, put them to work first and share the power point after processing has been completed.

### **Important Notes: Meat & Poultry**

Raw beef can be dehydrated, but it is recommended by USDA to heat the meat first to 160°F to protect against the pathogens of concern. Dehydration will discourage pathogenic growth but will not kill pathogens. Follow kitchen tested or manufacturer recommended recipes only.

Game Meat (Venison, Bear, Boar, etc..) has to be freezer treated for 30 days before use because of possible parasitic contamination, see resources slide for more information.

Poultry can be dehydrated if it is cooked first, dehydrating temperatures do not occur high and quickly enough to address the pathogen of concern, salmonella.

Opening Slide

Dehydrating Learning Objectives  
Slide # 2

Case Study  
Slide #3

History of Dehydrating  
Slide #4

Drying Basics  
Slide #5

Sun Drying  
Slide #6

Vine Drying  
Slide #7

Oven Drying  
Slide #8

Food Dehydrators  
Slide #9

Water Activity Video  
Slide #10

Dried Food Quality  
Slide# 11

Packaging and Storing  
Slide # 12

Special Considerations  
Slide # 13

Resources  
Slide #14

References  
Slide #15