



DEHYDRATING HERBS

Oven vs. Dehydrator

My daughter gave me a wonderful CHEFMAN multifunctional oven, and one of the features includes Dehydrating! I use it everyday and finally thought I would try out the dehydrator function. I wanted to compare dehydrating in the oven vs. the dehydrator.



I harvested some spices from my garden and went to work.

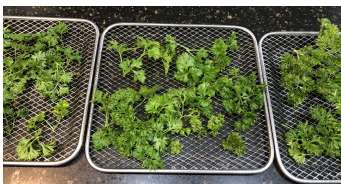
1. I cleaned and rinsed my harvested spices.
2. Separated the leaves and workable stems.

For the oven:

1. Preheating - I was looking to set the oven to 165°f, but the lowest setting I could set was 180°f.
2. Lay parchment over a cooking tray.
3. Spread herbs out minimizing the overlaps, and put in is the oven.
4. Check the dryness after 1.5 hrs. Dehydrating could take approx. 2-10 hours, but for herbs it will be closer to 2hrs. (Fruits closer to 10hrs)

For the dehydrator:

1. No preheating - you can change the temperature, but I left it at it's recommended setting of 165°f.
2. This dehydrator comes with 4 trays. I used one tray at the top to keep any herbs from blowing into the the heating element and fan.
3. Spread herbs out onto the remaining trays, and insert into the dehydrator. Press the start button.
4. Check the dryness after 1.5 hrs. Dehydrating could take approx. 2-10 hours, but for herbs it will be closer to 2hrs. (Fruits closer to 10hrs)



Once Dry:

Let herbs cool once dehydrated. I like to store in an airtight bag or jar. Whether you store the herbs whole, or ground, is your preference. Some say the herb retains more flavor and lasts longer if you store it whole. I have done it both ways.

To grind the herbs, I found this cheap cool **Hand Blender Set**. The chopper bowl works great for grinding the herbs!



Results:

I really preferred the results of the dehydrator vs. the oven and here is why:

1. No parchment needed - saves \$\$
2. Dehydrates at a lower temp.
3. Took less time to complete dehydration.
4. Retained natural herb color, the oven browned it a bit.
5. Uses less energy to use a countertop appliance rather than a large oven -

Items Used:

CHEFMAN Multifunctional Oven

Hamilton Beach Hand Blender Set

Herb Storage Jars