

Dehydrating food

Food can be given an extended life by being dehydrated. Here are some instructional videos on how to do it.

How to dehydrate & store food Part 1	Link
How to dehydrate & store food Part 2	Link
How to dehydrate & store food Part 3	Link
How to dehydrate & store food Part 4	Link
How to dehydrate & store food Part 5	Link
Recipes from Excalibur	Link
A Beginner's Guide to Dehydrating Food	Link/
How to dehydrate food	Link

The last one contains clever solutions for rehydration soups.

Good quality mylar bags with oxygen absorbers are the best solution for keeping emergency food for more than a decade. It is good for all kinds of grains, dehydrated veggies etc and allow you to stay free from worries of pushing yourself to consume food. Same for storing medicines and vitamins as mylar bags with oxygen absorbers keep the goods protected from all the 3 factors (moisture, oxygen and sunlight).

Some options for storing stock are:

1. Dehydrated carrots, beetroots, corn, peas, mushrooms etc.
2. Grains for sprouts as lentils, mug beans, fenugreek and chickpeas
3. Food that needs the least water and time to cook, like oats, rice, buckwheat, quinoa, millet, cracked wheat, couscous etc.
4. Nuts for the good amount of protein they contain

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