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## Freeze Dried ROTISSERIE CHICKEN

MAKES about 8 quart bags
BATCH about 24 hrs
PRE-FREEZE No

### YOU'LL NEED

- 3 store rotisserie chickens (I love Costco's)
- Gloves, if you like
- Quart Mylar bags + oxygen absorbers

### TO USE IT

Eat it like jerky, or rehydrate in warm broth 10–20 min. Chicken noodle soup and fajitas!

### STEPS

1. Pull the meat off the bone, breast first. Let the kids hunt for the last bits.
2. Skip the skin. It's mostly fat, and fat doesn't dry.
3. Tear into bite-size chunks. Single layer, a little space between.
4. Load all 4 trays (Medium) and press Start. Four birds can take about 26 hrs.
5. Done when it feels like Styrofoam, warm, no cool spots.
6. Package warm and fast: about half a tray per quart bag.

> MAMA TIP Start it around dinnertime and it's ready the next evening.

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## Freeze Dried GROUND BURGER

PER TRAY 1½ lb cooked
BATCH about 24 hrs
PRE-FREEZE Not needed

### YOU'LL NEED

- The leanest ground meat you can get (we use venison or elk)
- Optional: cooked onions, peppers, dry taco, Italian or BBQ seasoning (not sauce)
- Parchment (optional)

### TO USE IT

Hot water or broth to cover, 10–15 min, or add dry to simmering sauce: tacos, chili, spaghetti, sloppy joes, shepherd's pie, goulash.

### STEPS

1. Cook the meat all the way through and drain well.
2. Rinse with cool water to wash off fat (and any gamey taste).
3. Stir in any add-ins. Crumble small.
4. Spread 1½ lb per tray (Medium) and press Start.
5. Done when it's darker, crumbly and no cooler than the tray.
6. Package warm with an oxygen absorber. Label the seasoning!

> MAMA TIP Leaner meat = longer shelf life. Fat is what goes rancid.

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## How I Make
# RAW EGG POWDER

PER TRAY about 2 dozen eggs
BATCH about 28 hrs
PRE-FREEZE Yes!

### YOU'LL NEED

- About 2 dozen large eggs per Medium tray (about 4½ cups)
- A big measuring cup for pouring
- Quart Mylar bags + oxygen absorbers

### TO USE IT

1:1. 2 Tbsp powder + 2 Tbsp water = about 1 egg. Let sit 5 min, then cook fully. Great in baking and scrambles.

### STEPS

1. Whisk really well. Never leave yolks whole; the fat won't dry.
2. Pour onto an unlined tray set flat in the freezer.
3. Freeze solid (3 hrs to overnight) so it can't slosh.
4. Load and press Start. Expect lots of ice on the drum.
5. Done = pale yellow wafer with no cool spots, top or bottom.
6. Crunch into powder; about half a tray per quart bag.

> RAW. COOK BEFORE EATING. Freeze drying doesn't kill germs. Label it, cook to 160°F, never snack on it, and clean the machine well after. Pasteurized eggs = less worry.

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## Rhonda's
# RASPBERRY POWDER

PER TRAY 2 frozen blocks
BATCH about 35 hrs
PRE-FREEZE Yes

### YOU'LL NEED

- Pureed raspberries, frozen flat in 3¼-cup bags
- Silicone mats
- Small Mylar bags + small absorbers

### TO USE IT

Smoothies, pancakes, waffles, frosting (gorgeous color!), cake mix, banana bread, cocoa, yogurt and ice cream.

### STEPS

1. Puree the berries and freeze flat in vacuum bags.
2. Peel off the bags; set 2 blocks per tray on silicone mats.
3. Load and press Start.
4. Halfway through, flip the blocks. Dense, seedy bottoms dry slowly.
5. Feel for cool spots and add dry time if needed.
6. Mash the dry blocks into a fine powder in a big bowl.

> MAMA TIP Pack in ¼-cup portions so you only open what you need.

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## Freeze Dried
## PUMPKIN SPICE BARS

MAKES 4 gallon bags
BATCH about 17 hrs
PRE-FREEZE No

### YOU'LL NEED

- 1 box spice cake mix
- 2 eggs
- 1 large can (about 30 oz) pumpkin pie filling
- Greased 9×13 pan, parchment

### TO USE IT

Don't rehydrate! Eat them like spice cookies or biscotti, dunk in milk, or crumble over ice cream.

### STEPS

1. Beat everything on low. It'll be thick as pudding.
2. Wrestle it into the greased pan. Worth it, promise.
3. Bake at 350°F about 40 min, until a knife comes out clean.
4. Cool completely before cutting.
5. Cut bars about 1 × 3 in. (Tiny bites crumble into chaos.)
6. Parchment-lined trays, press Start, then package.

> MAMA TIP Even my pumpkin-hating family ate these. The spice wins.

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## My Favorite Load
## SPLIT PEA SOUP

MAKES about 10 cups
BATCH a day or more
PRE-FREEZE Yes

### YOU'LL NEED

- 1 lb dried split peas, rinsed
- 1 onion, 2 carrots, 2 celery ribs, diced
- 2 cloves garlic, 1 bay leaf, ½ tsp thyme
- 8 cups broth or water
- 1 cup diced lean ham (optional)
- Salt and pepper

### TO USE IT

About ¾ cup hot water per cup, stir, cover 10–15 min, then heat. Or eat it in dry chunks on a hike like I do!

### STEPS

1. Simmer everything 1–1½ hrs, until the peas fall apart.
2. Remove the bay leaf. Season. Cool and skim off any fat.
3. Ladle into trays, under the lip. Pre-freeze flat.
4. Load and press Start. Thick soups take a while.
5. Break the center chunks: dry and warm all the way through.
6. Package right away with an oxygen absorber.

> MAMA TIP Keep the ham lean and trimmed. Fat shortens shelf life.

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# Your Own RECIPE CARDS

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## Recipe for _____

MAKES _____
BATCH _____
PRE-FREEZE _____

**YOU'LL NEED**

**STEPS**

**TO USE IT**

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## Recipe for _____

MAKES _____
BATCH _____
PRE-FREEZE _____

**YOU'LL NEED**

**STEPS**

**TO USE IT**

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