The why and how of Fruit Leathers
Fruit Leathers

• Easy to make
• Can taste exactly like you want them to
• Much better for you
What do you need to make fruit leathers

- Dehydrator or
- Oven or
- Hot Car or
- Hot Attic (least desirable method)
- Fruit
- Stove
- Blender
- Drying sheets
- Cookie sheet
Lets start with peaches

These peaches are seconds from a local Shelburne Falls orchard. Take off the skin, cut them up, blend them or mash them. I use an immersion blender.
Cuisinart CSB-75BC Smart Stick 2-Speed Immersion Hand Blender, Brushed Chrome by Cuisinart

$65.00 $33.28 Prime
Get it by Monday, Aug 10
FREE Shipping on orders over $35
52 offers from $3.99

4.5 stars (2,588)
This is just peaches, I use a little ginger and I boil it on the stove. The object is to boil off some of the water to make it thicker. I put some ground flax seed in here too, it doesn’t have a taste and offers fiber and trace minerals.
I then cook it until it seems thick enough. You want it to have a thickness that won’t run off of the sheet. Worse case scenario is that it will run and take less time but be brittle. If it is too thick it could take longer.
I poured my peach mixture into a container and stored in the refrigerator. It seemed to be easier to work with when it was cold.

I later placed it on a dryer sheet and then shook it to flatten it out. It seems to stick too much to a spatula.
The one thing that I have plenty of is rhubarb. I grow it in old tires from plants that I dug up from my parents backyard in Connecticut. Rhubarb has lutein, antioxidants, calcium and vitamin k.
Rhubarb is stringy and needs to be cut into about 1” pieces. I used frozen strawberries to cook with it.
Rhubarb

I don't add any water so I just start the mixture on the stove at a lower heat and wait for the fruit to start to melt. I experiment with spices. Rhubarb isn't like peaches. It has to soften before I can use the immersion blender.
This is going to get frothy as you cook it. You either have to keep stirring it or you can add just a drop of butter or oil to keep the froth down. See how much has been boiled off.
After I feel confident that the liquid is this enough, I store it in the refrigerator until I am ready to put it on a dryer sheet.
I had some applesauce in the back of my refrigerator and decided to try using it. It was already thick and cold and did not need heating or boiling down. I put it down on the cookie sheet next to the rhubarb sauce.
Let’s start to dehydrate!
Try the attic first

This was the pan that I tried in the attic.

The attic is hot and I thought I’d give it a try.

After 3 days, almost nothing was changed so I had to put it in the dehydrator.
Ford Fusion 2010, any model with windows will work. This took 3 days.

Let’s try the car next
My minimum setting is 170, would be better if it were lower, took from 1:20 pm to 3 am. The beeping of the oven was annoying.
The dehydrator

I'm not going to lie, it is my favorite way to do this. This method took me 24 hours.
Using the dehydrator

Start out with your material on the rack with a drying sheet

I purchased a pack of 9 from amazon. Can use in oven, car and they are washable.
Using the dehydrator

You judge when they are done by color, texture, taste, the ability to peel off of the sheet.
Pros and cons to each method

<table>
<thead>
<tr>
<th>METHOD</th>
<th>PROS</th>
<th>CONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEHYDRATOR</td>
<td>Easier, for models with timers and heat sensors. Fills house with great smells and doesn’t heat up house.</td>
<td>Expensive at first</td>
</tr>
<tr>
<td>OVEN</td>
<td>Easy, set it and go, warms up kitchen in the winter time. Fills house with a nice smell.</td>
<td>Minimum heat setting might be a little high so more watching is required. Ties up oven for over half a day.</td>
</tr>
<tr>
<td>CAR</td>
<td>Use free energy from the sun.</td>
<td>Dependent upon the sun.</td>
</tr>
<tr>
<td>ATTIC</td>
<td>Free energy.</td>
<td>Takes forever, chance of dust etc.</td>
</tr>
</tbody>
</table>
The End!

Happy Drying