

# The Basement Gourmet



## Conversion Chart for Dehydrated and Freeze-Dried Foods

| Fresh Ingredient          | Dried Food                | Use     | Water     | Instructions  |
|---------------------------|---------------------------|---------|-----------|---|
| Apple - 1 medium or 1 cup | Apple slices or dices     | 1-1/2 c | 1-1/2 c   | Add boiling water and let stand for 15 minutes.                         |
| Apricot - 1 medium        | Apricots                  | 1 c     | 1-1/2 c   | Add boiling water and let stand for 15 minutes.                         |
| Banana - 1 large          | Banana slices or dices    | 1 c     | 1 c       | Add boiling water and let stand for 15 minutes.                         |
| Bell peppers - 1 cup      | Bell peppers - red, green | 1/2 cup | 3/4 cup   | Add water and let soften.   |
| Bouillon or broth - 1 cup | Bouillon or soup base     | 1 tsp   | 1 cup     | Add boiling water and stir.   |
| Broccoli - 1 cup          | Broccoli                  | 1/2 cup | 1 cup     | Soak for 15 minutes, heat.  |
| Butter - 1 cup            | Butter powder             | 1 cup   | 1/4 cup   | Mix together to make paste. Chill.                                      |
| Buttermilk - 1 cup        | Buttermilk powder         | 1/4 cup | 1 cup     | Mix cold water into milk with whisk. Chill several hours in fridge.     |
| Cabbage - 1 cup           | Cabbage                   | 1/2 cup | 1-1/4 cup | Add water and let stand for 30 minutes, or until soft.                  |
| Carrots - 1 cup           | Carrot slices or dices    | 1/2 cup | 1-1/2 cup | Simmer carrots in water 15 minutes, until tender.<br>Add 1/2 tsp sugar. |
| Cauliflower - 1 cup       | Cauliflower               | 1 cup   | 1/2 cup   | Soak for 15 minutes, heat.  |
| Celery - 1 cup            | Celery slices or dices    | 1/2 cup | 1 cup     | Soak in warm water 20 minutes. Drain.                                   |
| Corn - 1 cup              | Corn                      | 1/2 cup | 1-1/2 cup | Bring to boil, cover and simmer 30-35 minutes.                          |
| Egg - 1 large             | Egg powder                | 2 Tbsp  | 2 Tbsp    | Whisk cold water into egg powder.                                       |
| Green Beans - 1 cup       | Green beans               | 1/2 cup | 1 cup     | Bring to boil, cover and simmer 12-15 minutes.                          |
| Hashbrowns - 1 cup        | Hashbrown potatoes        | 1/2 cup | 1-1/2 cup | Bring to boil, simmer 10 minutes. Drain and fry.                        |
| Milk, Instant - 1 cup     | Instant milk powder       | 1/4 cup | 1 cup     | Stir and dissolve milk in cold water.                                   |
| Milk, Regular - 1 cup     | Regular milk powder       | 2 Tbsp  | 1 cup     | Dissolve milk in warm water, chill.                                     |
| Mushrooms - 1 cup         | Mushroom slices or pieces | 1/2 cup | 1 cup     | Cover with water and stand for 1 hour, drain.                           |
| Onions - 1 medium         | Onions, chopped or diced  | 1/2 cup | 3/4 cup   | Add water, let stand until soft.  |
| Peaches - 1 medium        | Peach slices or dices     | 1 cup   | 2 cup     | Add water, let stand until soft.  |

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|--------------------------|----------------------|------------|--------------|--|
| Peanut butter - 1 Tbsp   | Peanut butter powder | 1 Tbsp     | 1 tsp        | Add 1 tsp oil, mix thoroughly.                                 |
| Peas - 1 cup             | Peas                 | 1/3 cup    | 1 cup        | Add 1/2 tsp sugar to hot water and peas. Let stand 30 minutes. |
| Pineapple Chunks - 1 cup | Pineapple chunks     | 1 cup      | 1 cup        | Add water, let stand until soft.                               |
| Potatoes, mashed - 1 cup | Potato beads         | 1/2 cup    | 1 cup        | Stir into hot water, cover, let stand 5 minutes.               |
| Potato Dices - 1 cup     | Potato dices         | 1/3 cup    | 1 cup        | Bring to boil, simmer 10 minutes, drain.                       |
| Raspberries - 1 cup      | Raspberries          | 1 cup      | 1 cup        | Add water, let stand until soft.                               |
| Refried Beans - 1 cup    | Refried beans        | 1/2 cup    | 1/2 cup      | Bring water to boil, stir in beans, cook until soft.           |
| Sour Cream - 1 cup       | Sour cream           | 6 Tbsp     | 1 cup        | Mix together until desired consistency.                        |
| Spinach - 1 cup          | Spinach              | 1 cup      | 1-1/2 cup    | Add spinach to boiling water, cook until soft.                 |
| Strawberries - 1 cup     | Strawberries         | 1 cup      | 1 cup        | Add water, let stand until soft.                               |
| Sweet Potatoes - 1 cup   | Sweet potato dices   | 1 cup      | 1 cup        | Boil water, add potatoes, let stand 20 minutes.                |
| Tomato Dices - 1 cup     | Tomato dices         | 1/2 cup    | 1 cup        | Boil water, add tomatoes, let stand 20 minutes.                |
| Tomato Paste - 1 cup     | Tomato powder        | 1 cup      | 1 cup        | Mix together to desired consistency.                           |
| Tomato Sauce - 1 cup     | Tomato powder        | 1/2 cup    | 1 cup        | Mix together to desired consistency.                           |

NOTE: Directions may vary by brand. Check the label on your dehydrated products.