



# Sun Dried Tomatoes

Enjoy the flavorful taste of sundried tomatoes without paying the high super market price. Check out three easy methods to try at home.

## To Start:

Choose a variety of tomato such as roma, pear, plum, cherry or grape tomatoes. These varieties are preferred because they have a lot of pulp and few seeds.

Wash off your tomatoes and clean off any stems. Cut tomatoes in half and if they are more than two inches long, cut them into quarters and scrape out all the seeds. Sprinkle a small amount on salt on each tomato.

### 1.) Oven dried

Preheat oven to 170°F. Place tomatoes on a cookie sheet cut side up and place in the oven for 3 hours. Open oven every hour to allow moisture to escape. After 3 hours, flip the tomatoes and press flat with a spatula. Place back in the oven and check every hour to press with spatula and flip. Can take up to 6 hours to dry completely depending on the size of tomatoes.

### 2.) Dehydrated

Place the tomatoes, cut side up, directly onto the dehydrator trays. Set dehydrator temperature to 140°F. After 4 or 5 hours, turn the tomatoes over and press flat with your hand or a spatula. After a few hours, turn the tomatoes again and flatten gently. Continue drying until done

### 3.) Sun dried

On a hot dry day with low humidity, place tomatoes on drying racks or a surface which will allow air to circulate. If you do not have drying racks, you can use a clean grill grate. Use a net or cheese cloth to protect the tomatoes from bugs and debris. Be sure the tomatoes are placed in direct sun and turn them every 3 hours. This method can take between 8 hours and an entire day depending on the size of tomato. To tell if a tomato is fully dried, it will be the same texture as a dried apricot, not leathery.

\*Be sure to follow proper food safety guidelines when preparing.

