



Berry Fruit Leather





Preparation

- Sanitize work area
- Gather tools
 - Double Boiler
 - Thermometer
 - Blender
 - Measuring Cups
 - Spatula
 - Dehydrator with plastic trays or oven and cookie sheets with plastic wrap.



Preparation

- Gather ingredients

Blueberry Fruit Leather

- 2 cups Blueberries
- 1 cup Applesauce (unsweetened)
- 2 tablespoons Honey



Raspberry Fruit Leather

- 4 cups Raspberries





Prepare the puree

- Fresh fruits must be treated properly so leathers are safe to eat.
 - Thoroughly rinse berries under running water.
 - Place berries in the top of a double boiler. Place water in the bottom of the double boiler and bring it to a boil. Cover and steam the fruit for 15 or 20 minutes or until it is soft and a thermometer placed in the fruit mixture registers 160 F.



Prepare the puree

- Puree berries and mix in applesauce, honey, etc.



- Spread puree evenly onto the drying tray, about ¼ inch thick.



A 12-inch by 17-inch cookie sheet holds about 2 cups of puree.



Dehydrating

- Fruit leather may be dried in an oven or food dehydrator.
- Drying Fruit Leather is not a precise method of food preservation
- Drying time varies with:
 - Equipment used
 - Fruit moisture content
 - Air humidity





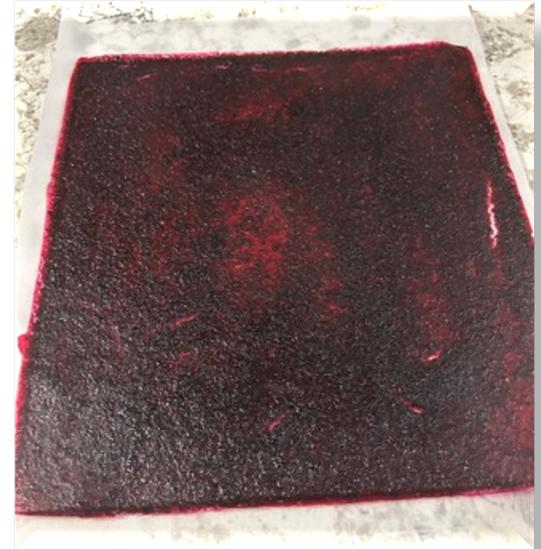
Dehydrating

- Oven drying
 - Test your oven to be sure it can maintain a low enough temperature. set it to the lowest setting.
 - Place an oven-safe thermometer on the rack where food will be placed. Leave the oven door open 2 to 6 inches.
 - Place a fan near the open door to circulate air.
 - Check the temperature. If your oven can maintain a low enough temperature (140 to 145 F), it may be used for food dehydration.
- Dehydrator
 - Follow manufacturer's instructions.



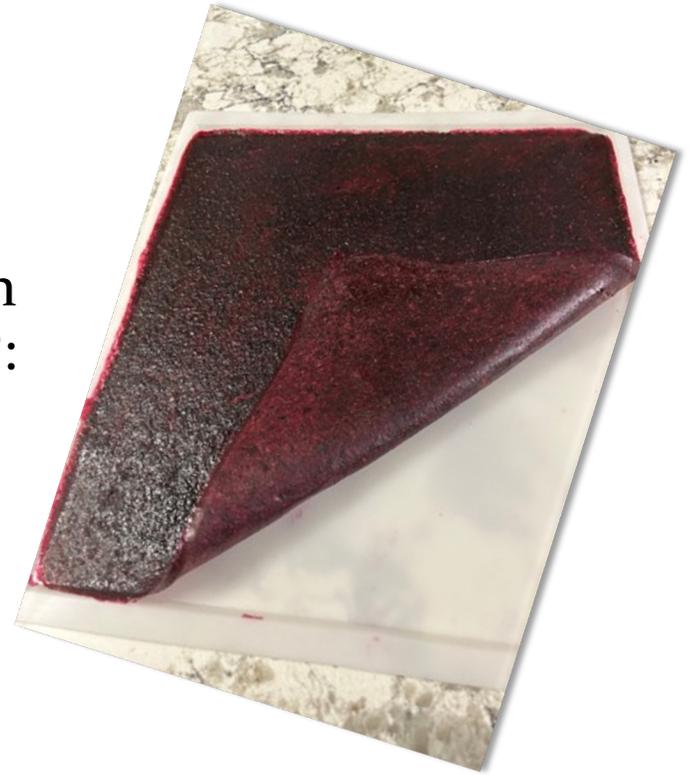
Test for Dryness

- Be sure the fruit has dried sufficiently or it will become moldy during storage.
- Properly dried fruit leather will be slightly tacky to the touch, but it should peel easily from the plastic wrap or tray.
- Test for dryness by touching the leather in several places; no indentations should be evident.



Test for Dryness

- Lift the edge of the leather, which will adhere tightly to the surface, and peel it back about an inch. If it peels readily, it is properly dried. TIP: If the leather has cooled, it may be warmed in an oven at 150 F for a few minutes to help it peel away more easily.
- If the leather cracks or chips, it has dried too long, but it still is edible.



Storing Fruit Leather



- After loosening the edge of the leather from the plastic wrap or pan, loosely roll the leather in plastic wrap or waxed paper in one piece.
- Store the roll in one piece or cut into strips. Place strips/rolls of leather in a plastic bag, glass container or other container.



Storing Fruit Leather

- If the leather has not dried completely, it may become sticky or develop mold growth during airtight storage.
 - Leave container lids/bags sealed loosely until completely dry.
- Store fruit leather in a cool, dry, dark place.
 - Freezer: Lasts one year
 - Refrigerator: Lasts several months
 - Room temperature: Lasts two months



