

Making Sauces and Gravies

Red Sauce for Pasta:

You can make and dehydrate your favorite spaghetti sauce – just make sure all veggies are small diced, otherwise they will not rehydrate without additional cooking. Or you can buy prepared sauce in a jar and dehydrate it yourself.

I usually make a straight tomato sauce using small diced onion and green/red pepper, lots of garlic and Italian herbs.

Dry your sauce in dehydrator on film until it's pretty dry – it will be kind of a cross between fruit leather and a crumbly thing.

If you want meat or additional veggies in this sauce, add them in the final stages, during meal assembly. Dehydrated zucchini, yellow squash, very thin sliced carrots, kale, freeze dried ground beef are all excellent choices.

Pro Tip - when you dehydrate the sauce, measure it. Example: put 2 cups sauce on one tray and weigh it once it's dry. Take that weight and divide it in two. Write it down on the storage bag. Now you know the weight of dried material that will make 1C of reconstituted sauce if you add about ¾ c water.

Alfredo Sauce:

I make a standard alfredo sauce but alter the recipe to use about 25 percent less fat, using less butter and oil. Dry it on film in the dehydrator. It takes a while to dry, and since fat never really dries, it never seems totally done. Do keep it stored in the freezer until you use it, otherwise it goes a little rancid over time.

Do the same weighing process as above for red sauce, so you know how much dry sauce to use in a meal

When I use this in a meal, I add some butter powder and milk when I package it and add or bring a healthy dose of grated parmesan cheese.

Note: you can also make an assembled version of alfredo sauce, which does not require a dehydrator, or the making of Alfredo Sauce. The recipe is called Assembled Salmon Alfredo and is included in this website.

Pesto:

Once again, there tends to be so much oil in pesto, it never really dries and will go rancid if stored at room temp for a long time. It works slightly better if you put the pesto in the blender before dehydrating it.

Curry Sauces:

You can make a curry sauce and dehydrate it on film, but the coconut milk is high in fat so it doesn't dry beautifully...and I would store it in the freezer. I have had better luck buying or making a flavorful curry paste, drying that on film in the dehydrator, then mixing it with dried coconut milk powder (see recipes for example)

Gravy:

You can easily purchase packets of gravy mix, however, most of them are loaded with MSG and salt, so I make my own. I prefer a mix of kuzu root or cornstarch and something like Wondra flour (I am not sure what they do to it, but you can mix it with water, and it does not make lumps).

Obviously, you would use beef bullion for beef gravy and chicken for chicken gravy and vegetable bullion for a vegan gravy

The basic recipe is something like this:

2 Tsp cornstarch or kuzu root (double this and omit flour for gluten free)

1 Tbsp Wondra

An amount of bouillon that will make 1 cup strong broth (see Ingredients for suggestions)

1/4 Tsp each of garlic powder, onion powder, and some herb that will work with your meal

Maybe salt (depends on how much salt is in your bouillon) and pepper

Add 1 cup water to make 1 C gravy

I make this in batches – it's easier than measuring out the ingredients into individual bags.

This will give you 18 Tbsp of gravy mix, enough to make 6 cups gravy:

4 Tbsp cornstarch

½ cup Wondra

4 tbsp bouillon (check your brand, enough to strongly flavor 8 cups water)

2 tsp garlic powder

2 tsp onion powder

2 tsp herb, like thyme or rosemary or a blend

Just under 3 tbsp of the mix to 1 Cup water is your ratio for recipes to make 1 Cup gravy