



Drying Vegetable Leathers¹

Susan Reynolds, M.S.²

Vegetable leathers are made similar to fruit leathers. Common vegetable leathers are pumpkin, mixed vegetable and tomato. Puree cooked vegetables and strain. Spices can be added for flavoring.

Mixed Vegetable Leather

2 cups cored, cut-up tomatoes
1/4 cup chopped celery
1 small onion, chopped
salt to taste

Cook over low heat in a covered saucepan 15 to 20 minutes. Puree or force through a sieve or colander. Cook until thickened. Spread on a cookie sheet or tray lined with plastic wrap. Dry at 140°F.

Pumpkin Leather

2 cups canned pumpkin or 2 cups fresh pumpkin,
cooked and pureed
1/2 cup honey
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon powdered cloves

Blend ingredients well. Spread on tray or cookie sheet lined with plastic wrap. Dry at 140°F.

Tomato Leather

Core ripe tomatoes and cut into quarters. Cook over low heat in a covered saucepan, 15 to 20 minutes. Puree or force through a sieve or colander and pour into electric fry pan or shallow pan. Add salt to taste and cook over low heat until thickened. Spread on a cookie sheet or tray lined with plastic wrap. Dry at 140°F.

-
1. This document is Fact Sheet FCS 8503, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 1998. First published: February 1994. Reviewed: June 1998. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
 2. Written by Susan Reynolds, M.S., former Extension Foods Specialist, University of Georgia, College of Agricultural and Environmental Sciences, Athens. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety Specialist, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean