



Mountain Ear

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A light-weight nutritious food ideal for backpacking or camping, fruit leather is a delicious treat made by drying fruit pulp in a thin sheet and then rolling it up for storage.

It is almost essential to have a blender to make the puree of the raw fruit. Choose fruit that is ripe to get the maximum flavor. Wash and puree fruit and add sweetening and/or flavoring if desired.

Line a cookie sheet with plastic wrap and spread puree approximately one-quarter inch thick evenly over the plastic. A 17x20-inch cookie sheet will hold about 2 to 3 cups of puree. Leave the plastic a bit larger than the cookie sheet for easy removal.

There are two methods for drying fruit leather. To sun dry place in direct sunlight 9-10 hours or until leathery and chewy. When dry and still warm from the sun, roll the fruit, jellyroll fashion, removing the plastic, and store in covered glass jars or plastic bags.

Drying time depends on the temperature and humidity.

To oven dry preheat oven to 200 degrees, set rack low in oven, and bake overnight or until leathery and chewy.

Some recommendations for preparing and flavoring various fruits:

Apples — puree and sweeten to taste;

Apricots — puree and sweeten with one tablespoon of sugar or honey to one cup of fruit;

Peaches — wash and peel, sweetening optional;

Pears — peel and add small amount of water to help puree if necessary, no sweetening needed;

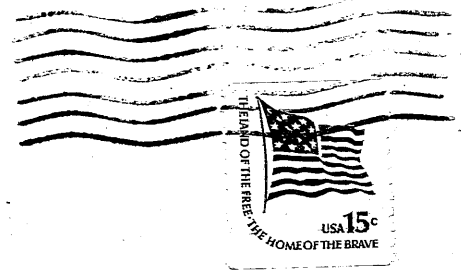
Plums — wash, pit, and puree, sweeten as desired;

Raspberry — wash and puree, sweeten as desired;

Rhubarb — add water to part of fruit to aid pureeing, sweeten as desired.

FRUIT
LEATHER

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