

Freeze Your Assets! Keeping Food Costs Down During Inflation

With Chef Nettie Frank

About Chef Nettie Frank

- Food Networks Chopped
- Food Networks Cake Wars
- Private Chef for Pro Athletes
- Disney Food and Wine Guest Chef
- Red Carpet Events
- Local Television Food Creator
- Food Stylist
- Culinary Institute of America Graduate
- Silver Whisk Catering (20 years)
- Beyond Glaze Bakery (13 years)



Freeze Drying vs Dehydration

- A Dehydrator air dries food at low temperatures and lower heat levels so that the food does not cook in the machine.
- Freeze Dryers work by freezing food, then reducing pressure and adding heat. Increasing the temperature heats the frozen water in the food, changing the water into vapor.



Why does Freeze Drying Save You Money?

- Inflation
- Left Overs
- Unused Product
- Saving Space in your Fridge and Freezer
- Add New Creative Items to your Menu



Mise En Place



- Prepare it to the size you want.
- 24-30 Hours
- Vacuum Seal Pack Bags
- Bag Sealer
- Oxygen Absorbers
- Sharpie
- Trays
- Blender

Where to Get a Freeze Dryer

- <https://harvestright.com/>
- Price Point : \$2,000 - \$4,000



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