

Rehydration Instructions

Day 1:

1. Wash the dried sea cucumbers in fresh water.
2. Place them in a clean cooking pot and fill pot with rain water or bottled water. Water level should be about 4 to 5 cm above the sea cucumbers.
3. Cover the pot and bring contents to boiling point.
4. Reduce heat to maintain soft boil for 2 hours.
5. Turn heat off and leave sea cucumbers to soak overnight in the same water.
6. Leave pot and water sitting on stove or counter top. Do not refrigerate.

Day 2:

1. Remove the sea cucumbers and wash the pot.
2. Repeat steps 2 to 4 from Day 1.
3. Turn heat off and leave sea cucumbers to soak for up to 4 hours.
4. Check sea cucumbers and remove from water once the desired texture is achieved.
Additional cooking can be done if extremely soft texture is desired.

After the rehydrated sea cucumbers cool to room temperature, they are now ready to be used in a recipe. If they are not used after rehydration, place them in the refrigerator. Or they can be stored in the freezer wrapped in plastic wrap for longer storage. Before preparing in recipe, slice open the stomach (white side) and rinse the inside.

