



DEHYDRATOR

COOKBOOK



DRYING TIPS:

Drying time for pre-treatment fruit will vary according to the following factors:

- 1) thickness of pieces or slices
- 2) number of trays with food being dried
- 3) volume of food being dried
- 4) moisture or humidity in your environment
- 5) your preferences of drying for each type of dried food

It is recommended to:



- Check your food every hour.
- Rotate and/or re-stack your trays if you notice uneven drying.
- Label food with contents dried, date and weight before drying. It will also be helpful to note the drying time for future reference.
- Pretreated food will give the best effect in drying.
- Correct food storage after drying also will help to keep food in good quality and save the nutrients.








Temperature Settings












95°F
105°F
115°F
125°F
135°F
145°F
155°F
155-165°F











Uses

Herbs, Flowers, Dough
Yogurt
Soft Vegetables
Hard Vegetables
Citrus Peel
Fruit
Fish
Meat Jerky, Fruit Rolls

| Name | Preparation | Dryness test | Time, hours (approx.) |
|---|--|--------------|-----------------------|
| Apples  | Peel, core and cut slices or rings | Pliable | 5-6 |
| Apricots  | Cut in halves or in slices, remove pit | Pliable | 12-38 |
| Bananas  | Peel and cut into 3-4mm slices | Crisp | 8-38 |
| Cherries  | Pitting is optional, or pit when 50% dry | Leathery | 8-34 |
| Cranberries  | Chop or leave whole | Pliable | 6-26 |
| Red Dates  | Pit and slice | Leathery | 6-26 |
| Figs  | Slice | Leathery | 6-26 |

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|---------------------|---|--|-------------|-------|
| Grapes |  | Leave whole | Pliable | 8-38 |
| Nectarines |  | Cut in half, dry with skin side down. Pit when 50% dry | Pliable | 8-26 |
| Orange rind |  | Peel in long strips | Brittle | 8-16 |
| Peaches |  | Pit when 50% dry. Halve or quarter with cut side up | Pliable | 10-34 |
| Pears |  | Peel and slice | Pliable | 8-30 |
| Strawberries |  | Cut into 3/8 inch slices, other berries whole | No moisture | 8-26 |
| Artichokes |  | Cut into 1/3-inch strips. Boil about 10 minutes | Brittle | 6-14 |
| Asparagus |  | Cut into 1-inch pieces | Brittle | 6-14 |
| Beans |  | Cut and steam blanch until translucent | Brittle | 8-26 |
| Beets |  | Blanch, cool, remove tops and roots, slice | Brittle | 8-26 |

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|-----------------------------|---|--|----------|------|
| Brussels sprouts |  | Cut sprouts from stalk Cut in half length-wise | Crispy | 8-30 |
| Broccoli |  | Trim and cut. Steam tender, about 3-5 min. | Brittle | 6-20 |
| Cabbage |  | Trim and cut into 1/8-inches trips. Cut core into 1/4-inch strips. | Leathery | 6-14 |
| Carrots |  | Steam until tender. Shred or cut into slices | Leathery | 6-12 |
| Cauliflower |  | Steams blanch until tender. Trim and cut. | Leathery | 6-16 |
| Celery |  | Cut stalks into 1/4-inch slices | Brittle | 6-14 |
| Chives |  | Chop | Brittle | 6-10 |
| Cucumber |  | Pare and cut into 1/2-inch slices | Leathery | 6-18 |
| Eggplant/ Squash |  | Trim and slice 1/4-inch to 1/2-inch thick | Brittle | 6-18 |
| Garlic |  | Remove skin from clove and slice | Brittle | 6-16 |
| Hot peppers |  | Dry whole | Leathery | 8-14 |

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|------------------|---|---|-------------|------|
| Mushrooms |  | Slice, chop, or dry whole | Leathery | 6-14 |
| Onions |  | Slice thinly or chop | Brittle | 8-14 |
| Peas |  | Blanch for 3-5 min. | Brittle | 8-14 |
| Peppers |  | Cut into 1/4-inch strips or rings. Remove seeds. | Brittle | 4-14 |
| Potatoes |  | Slice, dice or cut. Steam blanch 8-10 min. | Brittle | 6-8 |
| Rhubarb |  | Remove outer skin and cut into 1/8-inch lengths | No moisture | 8-38 |
| Spinach |  | Steam blanch until wilted | Brittle | 6-16 |
| Tomatoes |  | Remove skin. Cut in halves or slices. | Leathery | 8-24 |
| Zucchini |  | Slice into 1/4-inch pieces | Brittle | 6-18 |
| Mangos |  | Remove skin, slice 3/8" thick, Space out on dehydrator tray | Leathery | 6-16 |

Note: Time and methods of fruit pre-treatment, shown in the table above should be used as a guide only. Customer preferences of vegetables drying might not be the same as shown in the table above.

Yogurt:

You may choose to make flavored yogurt and add sugar, honey, flavorings ,fruit, or other ingredients to taste just prior to eating .

Yogurt flavored with preserved fruit

Ingredients:

- 1/2 cup chopped preserved fruit
- 5 tablespoons of the syrup in which the fruit was preserved
- 5 tablespoons of unflavored yogurt or 1 tablespoon of culture
- 1 quart of milk
- Glass jar with screw-top



Heat the milk until it boils (176°F), for 1 to 2 minutes and starts to climb the side of the Saucepan.

Remove the saucepan from heat and allow the milk to cool to lukewarm (104°F).

To accelerate the cooling down, place the saucepan in cold water. Beat together the culture and milk until smooth .

Add the syrup while beating.

Stir in the chopped fruit.

Transfer mixture into glass jars, and close with screw-top.

Remove some trays from dehydrator and place jars inside.

Dehydrate for 8 to 12 hours.

Do not stir or check yogurt during this time.

Once dehydrating is done, place in fridge. Yogurt will thicken as it cools.

Tip: The dehydrate time depend on the size of the jar and the type of yoghurt you used as the starter. The larger the container the longer the fermentation time. If the yoghurt isn't quite set, place back in the Dehydrator for another hour. Repeat until the yoghurt is set. Remember that the yoghurt will firm up more once it's refrigerated.

• **TIP:** If you like thicker yoghurt place the fermented yoghurt in muslin. Hang and allow the excess liquid to drip out. Leave for an hour and what remains inside the muslin is thick Greek yoghurt.

• **TIP:** Because homemade yoghurt doesn't have any preservatives or stabilizer, the yoghurt will separate when stored in the refrigerator. Give it a quick stir and it will be thick and creamy again.

• **TIP:** If your finished yoghurt is too thin and sour tasting you have left it in the Dehydrator for too long.

Fruit leather:

Strawberry Fruit Rolls

You can substitute the strawberries for blackberries, blueberries or raspberries.

1 teaspoon vanilla extract

500g fresh strawberries, hulled, halved

300g apple puree

1. Set Dehydrator to 155°F.

2. Place all the ingredients in the jug of a blender or bowl of a food processor. Process until smooth.

3. Spoon puree evenly onto greased fruit roll up tray.

4. Place in Dehydrator. Leave for 6-9 hours or until pliable. Roll up each fruit piece to form a log.



Mango Fruit Rolls

800g sliced mango in natural juice, drained

1. Set Dehydrator to 155°F.

2. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.

3. Spoon puree evenly onto greased fruit roll up tray.

4. Place in Dehydrator. Leave for 6-8 hours or until pliable. Roll up each fruit piece to form a log.

Fruit rolls make delicious snacks ready to have on hand. Here are some hints to ensure perfect fruit rolls:

TIP

- Fresh or canned fruit can be used to make fruit rolls, simply substitute weight for weight. However, do not combine a mixture of canned and fresh fruit in the same roll up. If using fresh fruit, make sure it is of good quality without soft or discoloured patches.
- If using fresh fruit, you will need to peel and cook it first so that it can be pureed in a blender for the preparation required to make rolls.
- The prepared fruit must be evenly spread over the fruit roll trays to ensure even drying times.
- The fruit should be spread to an even thickness of about 5mm. The fruit, once pureed, needs to be a spoonable consistency. If the mixture is too runny the end result will be affected.
- If mixture is too runny, you can add pureed apple or pear to the mixture to make up the desired consistency.
- Make sure the fruit rolls are dried continuously at the recommended temperature and time.
- Once dried, the fruit rolls should be pliable and without any soft or sticky patches on top or underneath.
- Remove fruit rolls from trays when still warm and roll up to form logs.
- Wrap in non-stick baking paper and store in an airtight container in a cool, dark place for up to 1 week. Do not store in the fridge as the fruit rolls need to be stored in a moisture-free area to maintain a pliable, chewy texture.
- Suitable fruits for rolls include: Apple, apricot, berries, cherries, mango, peaches, pears, and plums.

Jerky:

Beef jerky

Makes: 250g

Preparation: 10 mins (+ 12 hours marinading time)

Drying: 5 hrs

500g beef fillet or sirloin, excess fat trimmed

½ cup soy sauce

½ cup Worcestershire sauce

1 teaspoon salt



1. Place beef in a shallow glass dish. Pour over combined sauces and salt. Cover with plastic wrap and place in the fridge, turning occasionally, for 12 hours to marinate. Drain. Discard marinade.

2. Use a large sharp knife to cut beef fillet across the grain into 5mm-thick slices. Arrange beef on drying racks. Dry on 155°F for 5 hours, rotating racks halfway through drying process, for 5 hours.

Fish Jerky

2 cups water

2 cups brown sugar

1 cup salt

¼ cup soy sauce

4 fillets firm white fish or salmon, skin removed

2 teaspoons paprika, optional

1. Combine water, sugar, salt and soy sauce in a saucepan over medium heat. Stir until all sugar has dissolved. Set aside until room temperature.

2. Cut fish into 2cm thick strips. Place in cooled marinade. Cover and refrigerate overnight or for at least 6 hours.

3. Set Dehydrator to 145°F.

4. Drain salmon. Lay salmon across the Dehydrator shelves in a single layer.

5. Place in Dehydrator. Leave for 8 hours. Store in airtight container in refrigerator for up to 1 week.

TIP: Remember if you are using salmon or any other high fat fish, the shelf life will be significantly reduced.

TIP

- Choose lean meat without much marbling (fat distributed throughout meat).

IMPORTANT: Meat must be of the highest quality and marinated on day of purchase.

- Marinate the meat in its whole form and slice after marinating. The marinade needs to be salty (see Beef jerky recipe) as this helps draw moisture from the meat reducing the water content and making the meat safe to consume.

- Store the marinated meat in the fridge for up to 12 hours. Drain well.
- The meat needs to be sliced thinly and each slice needs to be of equal thickness, preferably 5mm. You can achieve this with a deli-style meat slicer.
- Sometimes partially freezing the meat first, and then slicing it makes slicing easier. Then thaw meat before arranging on trays to dry.
- Always slice the meat across the grain. Meat sliced with the grain falls apart and can have a chewy texture.
- Dehydrated meat needs to be stored in an airtight container in the fridge for up to 3-4 weeks. If wanting to store for a longer period, label, date and freeze for up to 3 months. Thaw in fridge overnight.
- Once the drying time is complete, cool beef to room temperature and pat surface dry with a paper towel to remove any excess surface moisture and ensure keeping times are safe.

IMPORTANT: Meat must be stored in the fridge or freezer only. Storing meat at room temperature could promote the growth of bacteria if not dried thoroughly.

Cheesy Kale Chips

The ingredients may not look cheesy but the flavor comes from the yeast and miso paste.

2 bunches kale, washed, roughly torn

1 cup nutritional yeast

1 cup white miso paste

2 tablespoons extra virgin olive oil

1 teaspoon sea salt

2 cloves garlic, crushed

1. Set Dehydrator to 125°F.

2. Combine yeast, miso, oil, salt and garlic. Stir to form a paste.

3. Rub kale leaves with miso mixture. Place on Dehydrator shelves.

4. Place in Dehydrator. Leave for 12-13 hours or until crispy. The length of time will depend on the thickness of the kale leaves.

Store in an airtight container for up to one week.



Cheesy Bread

- 1 cup warm water
- 2 tablespoons sugar
- 1 tablespoon yeast
- 4½ cups flour
- ⅓ cup olive oil
- 1 tablespoon dried oregano
- 2 teaspoons salt Filling:500g bacon, cooked
- 2 cups grated mozzarella cheese
- 1 cup grated cheddar cheese



1. Set Dehydrator to 95°F. Line a Dehydrator shelf with baking paper.
2. In a jug combine water, yeast and sugar. Place jug in Dehydrator for 10 minutes. The yeast should be bubbly.
3. Place flour, olive oil, oregano and salt on a work surface. Form into a mound and make a well in the center.
4. Add the liquid ingredients and slowly bring the flour into the center to form a dough. Knead for about 5 minutes or until the dough is elastic and smooth.
5. Lightly grease a large bowl with oil. Place dough in the bowl and place in Dehydrator. Leave for 1 hour or until doubled in size.
6. Remove from the bowl and knead quickly for 1 minute.
7. Roll dough out into a large rectangle. Cover the dough with bacon and cheese. Roll up, using the widest side, into a cylinder. Bring the two ends of the dough together to form a circle. Pinch dough together to seal.
8. Place on a lined Dehydrator shelf. Place in Dehydrator. Leave for 30 minutes. At this point preheat oven to 392°F..
9. Remove dough from Dehydrator and place on metal baking tray. Bake for 20 minutes or until golden and cheese is bubbling.

Nutty Quinoa Granola

- 2 cups quinoa, soaked for 2 hours
- 1 cup pecans, soaked for 2 hours
- ½ cup pumpkin seeds, soaked for 2 hours
- ½ cup sunflower seeds, soaked for 2 hours
- ⅓ cup maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon ground mixed spice
- 1 teaspoon vanilla extract
- 1 teaspoon sea salt
- 2 tablespoons coconut oil
- 6 medjool dates, stones removed, roughly chopped



1. Set Dehydrator to 145°F.. Line non-stick sheet on tray .
2. Drain quinoa, pecans, pumpkin and sunflower seeds.
3. In a large bowl combine all ingredients. Make sure all ingredients are coated in oil and syrup.
4. Spread evenly over 2 Dehydrator shelves.
5. Place in Dehydrator. Leave for 24 hours or until crunchy. Place in airtight container.

Apricot Coconut Cookies

- 2 cups dried dates, stones removed
- 1 cup almond butter
- 1 cup dried apricots
- 1 cup shredded coconut
- ½ teaspoon salt



1. Set Dehydrator to 155°F..
2. Place all ingredients in the bowl of a food processor. Pulse until a chunky paste has formed.
3. Form mixture into 1 tablespoon sized balls. Place on Dehydrator shelves. Press down to flatten.
4. Place in Dehydrator. Leave for 7-8 hours or until firm.
5. Store in an airtight container for up to one week.



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