

NutriWare™

by AROMA®

Digital Food Dehydrator

Instruction Manual



NutriWare™

www.MyNutriWare.com



www.MyNutriWare.com

Model # NFD-600HD

Welcome to the NutriWare™ Family!

With your new Digital Food Dehydrator you are well on your way to a diet that is both healthy and easy. Delicious and healthy dried dishes are now only a few button touches away. Enjoy the great taste of dehydrated fruits, vegetables, or jerkies without the added chemicals and preservatives found in many commercially available products. Tasty fruit and vegetable leathers can now be as fun to make as they are to eat.

Dehydrating is the best way to preserve your food. It is far superior to canning, as the high temperatures needed to process canned foods can destroy as much as 65% of its nutritional value, especially vitamin C, thiamin, and riboflavin.

Liven up your home with your own home-made dried flowers or potpourri.

If there is a baby in your life, make your own baby foods, free of preservative and additives. If local organic produce is used, you can rest assured that your baby is getting the best nutrition possible.

If you are a raw foodist, or are even just interested in trying a few exciting and exotic raw food dishes, the digital controls are ideal to ensure that your food does not lose any of its valuable enzymes or nutrients.

This isn't the only product from NutriWare™. If you are truly committed to leading a healthy lifestyle, NutriWare™ is here to help. Take a look at our website, www.mynutriware.com. There you can browse the other fine products made by NutriWare™, find and share recipes, tips for living and eating healthy, and more. Remember with NutriWare™ you always get back what you put in.

Published By:

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LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$6.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and which may vary from state to state and does not cover areas outside the United States.

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FRUIT LEATHER IDEAS

Feel free to experiment with your fruit leather mixes. Find what combinations taste best to you, use your favorite fruits. Below are a few puree suggestions to get you started. Use fruit juice concentrates, honey or white corn syrup for sweeteners.

APPLE-RAISIN: 6 cups chopped apples and ½ cup chopped dried grapes

APPLE-RHUBARB: 5 cups chopped apples, 1 cup cooked rhubarb and sweetener to taste.

APPLE-BERRY: 3 cups chopped apples, 3 cups berries and sweetener to taste.

APRICOT-PLUM: 3 cups chopped apricots, 3 cups chopped plums and sweetener to taste.

APRICOT-BANANA: 5 cups chopped apricots, 1 cup mashed bananas and vanilla extract to taste.

BANANA-PINEAPPLE: 4 cups mashed bananas, 2 cups chopped pineapple and sweetener to taste.

BANANA-PEANUT BUTTER: 4 cups mashed bananas, 2 cups crunchy peanut butter and sweetener to taste.

STRAWBERRY-RHUBARB: 4 cups chopped strawberries, 2 cups chopped cooked rhubarb and sweetener to taste.

CRANBERRY-APPLE: 3 cups cranberries, 3 cups chopped apples and sweetener to taste.

PEACH-PEAR: 3 cups chopped peaches, 3 cups chopped pears, 1 tsp. cinnamon and sweetener to taste.

CHERRY-APPLE: 4 cups cherries, 2 cups chopped apples, 1 tsp. lemon juice and sweetener to taste.

GRAPE-APPLE: 2 cups grapes and 4 cups chopped apples.

CARROT-APPLE: 4 cups cooked and mashed carrots, 2 cups chopped apple and a pinch cinnamon and/or ground ginger.

PARSNIP-SWEET POTATO: 3 cups cooked mashed parsnips, 3 cups cooked mashed sweet potato, 1 tbs. lemon juice (optional) and 1 tsp. grated fresh lemon peel (zest).

AROMA AND NUTRIWARE

IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Important: Read all instructions carefully before first use.
2. Do not touch hot surfaces or allow them to come into contact with flammable materials.
3. To protect against shock, do not immerse the cord, plug, or base of the dehydrator in water or other liquids.
4. Close supervision is necessary when the appliance is used by or near children.
5. Unplug the dehydrator from the outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions, or if it has been damaged in any manner, return the appliance to an authorized service facility for repair or replacement.
7. Do not use attachments or accessories other than those supplied or recommended by NutriWare or Aroma Housewares. Incompatible parts may be hazardous when used with this unit.
8. Do not allow cord to hang over the edge of a table or counter. Keep cord away from hot surfaces.
9. Do not place dehydrator, cord, shelves, or any other parts on or near a hot gas or electric burner, or in a heated oven.
10. To disconnect, turn the control to "OFF" before removing the plug from the outlet. Never pull on the cord.
11. Operate the dehydrator only in a clean, dust-free area. Dust and dirt can be drawn into the dehydrator and may contaminate the food being dehydrated.
12. Do not place the dehydrator on a towel or carpet. This will reduce or cut off the dehydrator's airflow and can result in damage to the appliance.
13. Always leave at least one inch of space around the dehydrator on all sides for proper ventilation.
14. A short power cord has been provided to limit the chances of becoming entangled in or tripping over the cord. If a longer cord is necessary, an extension cord, rated at 5 amps or more, may be used with proper caution.
15. Do not expose any parts of the dehydrator to temperatures above 180° F.
16. Do not operate near combustible or pressurized spray cans.
17. Place the dehydrator on a flat, heat-resistant surface, and use it in a well ventilated area.
18. Store in a cool, dry place.

SAVE THESE INSTRUCTIONS

RECIPES

Sweet and Sour Turkey Jerky

NOTE: All poultry **MUST** be cooked before drying, to eliminate the possibility of salmonella. Steaming or roasting are the best methods.

Makes approx. ¾ lb.

½ cup balsamic or red wine vinegar	½ cup brown sugar, packed
1 tsp. garlic powder	¼ cup soy sauce
2 tsp. salt	¼ tsp. ground ginger
¾ cup pineapple juice	3 lbs. lean turkey, cut into ¼-inch strips

Use lean turkey breast. Remove any bones and visible fat, which can turn rancid over time. Cut turkey against the grain into long narrow strips about ¼-inch thick. To make cutting easier, partially freeze the turkey.

Mix ingredients together. Marinate turkey for 1 to 24 hours in the refrigerator (depending on how much flavor is desired). Stir mixture occasionally and make sure all meat is covered. Drain before dehydrating.

Dry turkey in a single layer at 145° for 5 to 10 hours, or until it is pliable, but does not break when bent. Check jerky occasionally and remove any fat from the surface of the drying meat with a paper towel.

Vegetable Baby Food

Makes 1 cup

Dehydrated fruits and vegetables make wonderful, wholesome baby food. When you make your own you are able to ensure that your baby get only the best organic fruits and vegetables. The first step is to make vegetable or fruit powder: using vegetables or fruits that are very dry and brittle, chop into small pieces and whirl in a blender until powdery. Store fruit and vegetable powders in air tight glass jars in a dark, cool area until ready to use.

1 cup hot water, milk, or goat's milk ⅓ cup powdered dried vegetables

Pour hot water or milk over vegetable powder and let stand for 20 minutes. Pour mixture into a blender container and blend until smooth.

RECIPES

Spicy Beef Jerky

Makes approx. ¾ lb.

This is a spicier take on traditional beef jerky.

6 tbs. vegetable oil	2 tsp. finely minced garlic
1 cup soy sauce	¼ tsp. ground ginger
6 tbs. brown sugar, packed	Few dashes Tabasco Sauce
3 tbs. sherry	3 lbs. lean meat, cut into ¼-inch strips

Use lean meat, such as flank steak or top round steak. Remove any bones and visible fat, which can turn rancid over time. Cut meat against the grain into long narrow strips about ¼-inch thick. To make cutting easier, partially freeze the meat.

Mix ingredients together. Marinate meat for 1 to 24 hours in the refrigerator (depending on how much flavor is desired). Stir mixture occasionally and make sure all meat is covered. Drain before dehydrating.

Dry meat in a single layer at 145° for 5 to 10 hours, or until meat is pliable, but does not break when bent. Check jerky occasionally and remove any fat from the surface of the drying meat with a paper towel. The dehydrating process will “cook” the meat sufficiently to make sure it is safe for eating.

Sweet and Sour Radish Salad

Makes 1½ cups

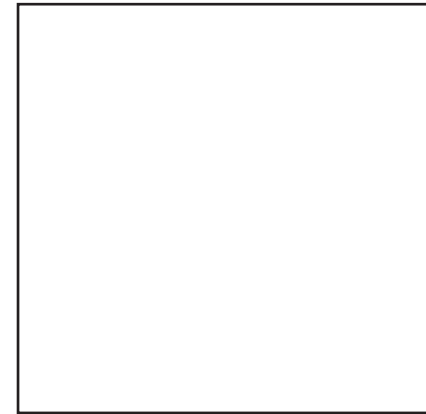
Radishes lose a little color and texture when rehydrated. Mixing them with a marinade, salad dressing or light sauce helps to disguise them.

1½ cups rehydrated radishes
Salt, to taste
3 tbs. sugar
3 tbs. balsamic vinegar
1 tbs. light soy sauce
2 tbs. sesame oil
Toasted sesame seeds for garnish (optional)

In a bowl, sprinkle radishes with salt and let stand for 20 minutes. Mix sugar with vinegar, soy sauce and sesame oil, pour over salted radishes and toss well. Taste and adjust seasonings. Chill. If desired, sprinkle with toasted sesame seeds just before serving.

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risk resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.



POLARIZED PLUG

This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

This appliance is for household use only.

PARTS ID

Venting Lid

Stackable Trays

Dehydrator Base

On/Off Button

Digital Display

Temperature Button

Timer Button

ACCESSORIES

Fruit Leather Sheets

RECIPES

Onion Salad Dressing

Makes 3 cups

Using this as a base recipe, you can substitute different flavors of vinegar, such as balsamic or tarragon. This recipe can also be used as a marinade for meat or poultry.

- 1 cup rehydrated diced white onions
- 2 tsp. chopped rehydrated garlic, or 2 cloves fresh garlic, chopped
- 1½ cups olive oil or other oil
- 2/3 cup white wine vinegar
- 3 tbs. sugar
- 1 tsp. dry mustard
- 1 tsp. salt

Place all ingredients in a blender container and process until thoroughly mixed. (The NutriWare™ Whole Food Blender™ will easily blend these or nearly any other foods. For more information, visit our website at www.mynutriware.com.) Keep refrigerated until ready to serve. Keeps refrigerated for 3 to 4 weeks.

Potpourri, Herb and Flower

Makes approx. 11 cups

Display your colorful potpourri in beautiful glass dishes. If the potpourri begins to lose some of its potency, add a few more drops of essential oil. Essential oils can be found in craft stores, new-age supply and some health and food stores.

- | | |
|----------------------------|--------------------------|
| 6 cups rose petals | 6 bay leaves, crushed |
| 1 cup dried thyme | 1 tbs. allspice berries |
| 1 cup dried rosemary | 2 tbs. dried lemon peel |
| 1 cup dried sweet marjoram | 2 tbs. dried orange peel |
| 1 cup dried lavender | 1 tsp. anise seeds |
| 1 cup dried sweet basil | |

Mix all ingredients and store in an airtight jar in a cool, dark area until ready to use.

RECIPES

Marinated “Sun-Dried” Tomatoes

Makes approx. ¼ lb.

Dehydrated plum tomatoes are the next best things to sun-dried tomatoes and make great marinated tomatoes, which can be used in pasta dishes, salads, pizzas, omelets or other savory hot dishes.

1 lb. dried plum tomatoes
1 tsp. dried basil
1 tsp. minced garlic
Pepper; to taste
6 juniper berries, or 1 sprig rosemary (optional)
Olive Oil

Pack dried tomatoes, basil, garlic, pepper and juniper berries (if using) in a large glass jar. Cover with olive oil, seal well and refrigerate for 1 month. When ready to use, let jar stand at room temperature until olive oil clears and becomes liquidy. Drain off olive oil and cut tomatoes into strips with scissors or a knife. You can use the flavored olive oil in salad dressing or to flavor pasta dishes.

Nectarine Cordial

Makes 1½ quarts

Cordials are generally served as an after-dinner drink. They make great home-made gifts.

1 lb. dried nectarines
2 cups sugar
1 cup brandy
3½ cups dry white wine

Place all ingredients in a sterilized glass jar and stir until sugar dissolves. Cover tightly and let stand at room temperature in a dark place for at least 1 week. Swirl mixture occasionally. Remove fruit when it appears to be turning mushy, usually after about 4 weeks. Strain mixture, discard fruit and transfer cordial to sterilized decorative bottles. Label bottles clearly.

USING YOUR FOOD DEHYDRATOR

Before First Use

1. Read all instructions and important safeguards.
2. Remove all packaging materials and make sure items are received in good condition.
3. Tear up all plastic bags as they may pose a risk to children.
4. Wash all trays and accessories in warm, soapy water. Rinse and dry thoroughly.
5. Wipe down dehydrator base with a damp cloth.
Do not use abrasive cleaners or scouring pads.
Do not immerse the dehydrator base, cord, or plug in water at any time.

Cooking With Your Dehydrator

1. Plug the dehydrator into a functioning electrical outlet.
2. Place items to be dehydrated on the stackable trays. Position the pieces so that they are not touching each other or the other trays. This is because air needs to flow freely for proper drying.
NOTE: Trays have two height options. Depending on the thickness of the food that is to be dehydrated set the trays to either “tall” or “short.”
3. Turn on the dehydrator by pressing the “On/Off” button.
4. Set the desired temperature by pressing the “Temp” button (temperature ranges between 86-176° F). Hold button to quickly scroll through, push and release to toggle slower.
5. Set the desired dehydrating time by pressing the “Timer” button (timer may be set between 1-72 hours). Hold button down to scroll fast, push and release to toggle slowly.
6. Allow the Digital Food Dehydrator to run for the time designated by your recipe.
7. Depending on personal preferences and what is being dried, you may need to rotate the trays once or twice during the dehydration process.
8. Remove pieces immediately once they are done, and enjoy!

Temperature

When setting the temperature, it is best to find a happy medium. While higher temperatures lead to lower drying times, if the heat is too great it may affect the quality. High temperatures can lead to case hardening, where the outer portions of your food are dry, but the inside remains moist. Temperatures that are too low will take a long time to dry, and in doing so use much more electricity than necessary.

USING YOUR FOOD DEHYDRATOR

Drying Time

It is difficult to give an exact drying time due to the numerous factors that come into play. Such as:

- **The moisture content of each food**
- **The thickness or size of food**
- **The humidity and temperature in the room where the dehydrator is operating**
- **The density of the food**

The food that is being dehydrated affects drying time as well. For instance, the age of the food, where and how the food was grown, how it has been stored, and more all are factors in dehydrating time. For hints look at the dehydrating guide, beginning on **page 15**.

PREPARATION TIPS

Cut It Up

One of the most important factors in successful dehydration is how foods are sliced. When drying fruits, it helps to dry foods with the same moisture level at the same time. The thicker the slice, the more moisture it holds. Therefore, thick slices dehydrate slower than thin slices. While the thickness of your slices is mostly a personal preference, it helps to attempt to keep all slices as close to the same thickness as possible to ensure a consistent result.

The skin of many foods naturally protects it. This protective function can hamper the dehydration process. During dehydration moisture escapes best from a cut or broken surface, rather than through the tough skin. Therefore, the bigger the surface area of the cut, the faster the food will dehydrate.

Loading the Drying Trays

When loading food onto the drying trays, it is important to maintain air flow. Use as much of the surface area as possible, but make sure to keep the food in a single layer. If some pieces are not fully dehydrated, it may be because they were covered by other pieces of food.

Smaller pieces of food may shrink to the point of falling through the holes in the drying trays. To prevent this, it is best to use the fruit leather trays for smaller pieces.

RECIPES

Herb-Flavored Fish Jerky

NOTE: All fish **MUST** be cooked before drying. Steaming or roasting are the best methods.

Makes approx. 2 lbs.

Don't let the high amount of salt in these recipes scare you. It is necessary to properly preserve the fish or "cure" it and to achieve the proper texture when dried.

- | | |
|---------------------------------|--|
| 2 tbs. salt | 1/4 tsp. dried thyme |
| 1 tsp. dried celery flakes | 2 tsp. onion powder |
| 1/4 cup dried parsley flakes | 1/4 cup dry white wine |
| 1/2 tsp. crushed dried bay leaf | 4 lbs. lean fish fillets, cut into 1/4-inch strips |
| 1 tsp. pepper | |

Use only very fresh and lean fish fillets. Fish high in oil, such as salmon or smelt, do not dry as well.

Soak fish in salt brine solution for 30 minutes. Remove and rinse with cold water; drain.

Mix salt with other dry ingredients. Rub fish strips with white wine and sprinkle with salt mixture. Refrigerate for 6 hours.

Place cured fish on drying trays in a single layer. Dry at 145° for 12 to 14 hours, or until pliable, but not crumbly.

Lemon Tahini Dressing

Makes 2 1/2 cups

This is a great way to use several different varieties of dehydrated vegetables. Use this dressing on salads or as a sauce for whole grains, such as brown rice.

- | | |
|---------------------------------------|--|
| 1 cup vegetable oil | 1/4 cup chopped rehydrated green bell pepper |
| 1/4 cup lemon juice, or more to taste | 1/4 cup chopped rehydrated celery |
| 1/4 cup tamari or soy sauce | 1/2 cup toasted sesame tahini |
| 1/4 cup rehydrated onion | |

Blend all ingredients with a blender or food processor until smooth. (The NutriWare™ Whole Food Blender™ will easily blend these or nearly any other foods. For more information, visit our website at www.mynutriware.com.) Taste and add more lemon juice if desired. Store in a covered jar in the refrigerator. Keeps for about 2 weeks.

RECIPES

Dried Fruit Trail Mix

Makes 3 cups

Everyone likes trail mix. Don't limit yourself to this combination of fruit. Try at least one different fruit each time - the variations are endless.

1/2 cup chopped dried cantaloupe	1/2 cup chopped dried dates
1/2 cup dried banana slices	1/4 cup chopped dried apricots, peaches, or pears
1/2 cup shredded coconut	1 cup mixed nuts, toasted (optional)
1/2 cup mixed dried red and green grapes	

Toss all ingredients together and store in an airtight container.

Fruit and Nut Treats

Makes 24 bars

Feel free to experiment with different fruits in this recipe, find what combination you like best.

1 1/2 cups mixed nuts, toasted
1/2 cup dried watermelon
1/2 cup chopped dried dates
1/2 cup mixed dried green and red grapes
1/4 cup chopped dried apples
1 tsp. lemon juice
1-2 tbs. dark rum
Confectioners' sugar or shredded coconut for coating

Mix toasted nuts and chopped fruit in a large bowl. Add lemon juice and enough rum to hold mixture together. Form into small log-shaped pieces and roll in confectioners' sugar or coconut until covered. Air dry for at least 24 hours before eating.

PREPARATION TIPS

Preventing Dripping

Some foods, such as very ripe tomatoes, citrus, or sugared fruits, may drip. If too much liquid drips into the bottom of the unit, it may cause damage. Additionally, the dripping from trays above may alter the flavor of the foods below. To lessen dripping, before placing the trays into the dehydrator, tap them firmly downward on a towel to remove excess moisture from the foods.

To catch any remaining dripping during drying, use one fruit leather sheet on each tray. Alternate which side the sheet is on for each tray, so air flow is not restricted.

PRETREATMENT

With many foods it is necessary to pretreat them prior to dehydration. Pretreatment will help foods maintain their color, texture, and flavor. See below for the methods of pretreatment that will be recommended in the dehydration guide beginning on **page XX**.

Ascorbic Acid

Ascorbic acid is used for fruits that tend to turn brown when exposed to air. Otherwise known as powdered vitamin C, use 3 tablespoons ascorbic acid powder per quart of water to make an ascorbic acid solution. Slice the fruit directly into the solution, let stand for 2 minutes, drain well and place on trays to dry.

Citric Acid

Citric acid is also used to prevent the browning of fruits, it can add fresh flavor to the dried product. You can use either lemon juice or pineapple juice to create a citric acid bath. Slice the fruit directly into the juice and let stand in the undiluted juice for 2 minutes. Drain fruit well and place on trays to dry.

PRETREATMENT

Steam-Blanching

Steam-blanching is ideal for most vegetables, since it keeps their internal temperature low, thus retaining more vitamins and enzymes. It also helps retain more of the vegetable's natural color. Place vegetables in a steamer basket (The NutriWare™ Stainless Steel Rice Cooker is excellent at steaming vegetables and more. For further information on it, and other products, visit our website at www.mynutriware.com.) After steaming, immediately chill the vegetables under cold running water, drain thoroughly and place on trays to dry.

Water-Blanching

Water-blanching is quicker than steam-blanching, but more nutrients will be leached out in the water. Place the prepared produce in boiling water and measure the time from when the water resumes boiling. Boil for the recommended time, chill under cold running water, drain thoroughly and place on trays to dry.

Syrup-Blanching

Use syrup-blanching to retain color and add flavor to dried fruits that are intended for rehydrating. Combine 1 cup sugar, 1 cup corn syrup, 2 cups water and 1 tsp. ascorbic acid powder in a heavy saucepan. Bring ingredients to a boil and add prepared fruit. Reduce heat to low and simmer for 5 to 10 minutes, depending on the variety and thickness of the fruit. Syrup-blanched fruit takes longer to dehydrate.

Checking

Checking is used for fruits that have a natural protective coating, such as grapes, blueberries, cherries, cranberries and plums, to make their skins more porous and allow moisture to escape. Checking helps the fruit dry considerably faster, which reduces nutrient loss. Drop fruits into boiling water until the skins burst slightly, about 2 minutes. Drain fruit well and place on trays to dry.

DEHYDRATING GUIDE

Zucchini

PREPARATION: Wash, trim, cut into ¼-inch slices or grate.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 12 hours, until brittle.

REHYDRATE: Soak in hot water for 30 minutes; drain.

NOTE

- Dried zucchini is great for baked goods, such as breads or cakes.
- Dried sliced zucchini works well in casserole dishes.
- Dried sliced zucchini can be seasoned before drying and used as chips for snacking.

RECIPES

Date Sugar

Makes 2 cups
Date sugar is sold in health food stores as an alternative to refined sugar. It is substituted in recipes as a sweetener, but cannot be used as a substitute in baking recipes where the sugar and butter are creamed, as it will not produce the proper texture. Mix date sugar with cream cheese as a spread for tea breads.

1 lb. dried dates

Cut or chop dried dates and grind into fine pieces with a food processor, food mill, or blender. (The NutriWare™ Whole Food Blender™ will easily grind these dates or nearly any other food. For more information, visit our website at www.mynutriware.com.) Spread on drying trays and dehydrate at 100° for 3 to 4 hours, until dry and not sticky. Grind into a fine powder with an electric coffee mill.

DEHYDRATING GUIDE

Tomatoes

PREPARATION: Wash and remove stems. For beefsteak tomatoes, cut into 1/2-inch slices. For plum tomatoes, slice in half lengthwise. Remove seeds if desired.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry beefsteak tomatoes at 100° for approximately 24 hours, until crisp. Place plum tomatoes cut-side down on tray and dry at 100° for 72 hours, until crisp.

REHYDRATE: Soak beefsteak tomatoes in cold water for 15 minutes; drain. Soak plum tomatoes in cold water for 30 minutes; drain.

NOTE

- Dried beefsteak tomatoes work well in sauces, stews and casseroles.
- Dried plum tomatoes are great for marinating and using in pasta dishes, salads or casseroles.

Watermelon

PREPARATION: Remove rind and seeds. Cut flesh into 1/4-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 33 hours, until pliable.

REHYDRATE: Soak in cold water for 1 hour; drain. Watermelon tends to be mushy when rehydrated.

LEATHER: Not recommended for leather.

NOTE

- Dried watermelon is best used as a snack food.

PRETREATMENT

Cooking

Some vegetables, such as beets, should be completely cooked before being dehydrated. It is also possible to dehydrate cooked prepared foods, such as roasted meats and poultry, soups, stews, sauces and even cooked canned foods.

Marinating

Marinating is used when drying meats and poultry. It adds flavor to the final product, and the salt in the marinade helps to preserve the food.

Brining and Curing

Brining and curing are used when making fish jerky. The fish is first soaked in salt-brine solution (1 cup salt to 2 quarts cold water) and is then rubbed with a cure mixture and marinated. The salt in both the brine and the cure helps to draw the moisture from the fish and acts as a “cooking” agent. The curing step also adds flavor to the final product.

FRUIT LEATHERS

Fruit leathers are the rare treat that is not only delicious and fun to eat, but nutritious too. You may have also heard of them referred to as fruit rolls, fruit strips, or fruit jerky. Fruit leathers are fruit that has been pureed and dried in thin sheets to become a tasty, chewy, candy-like snack. When it is made at home, you can eliminate all the preservative and chemicals typically found in commercial varieties.

Making fruit leather is easy with the Digital Food Dehydrator. Start by thoroughly washing the fruit in cold water and removing any stems or leaves left on the fruit. Remove the peel, skin, pits, and seeds as well. Puree the fruit or fruit combination of your choice, adding just enough liquid to the blender to make a smooth, thick puree.

Create the puree to your tastes. If the puree tastes good, then the fruit leather will undoubtedly taste even better! However, it is important not to make the puree too sweet, since when the leather dries, the flavors and sweetness will concentrate.

It is best to use the fruit leather sheets provided with your dehydrator. If none are available, it is possible to use plastic wrap in its place. However, to maintain adequate air circulation it is important to only cover half of each drying tray and to leave the center hole uncovered. If using more than one tray, place the plastic on alternating halves of each tray. Remember that the trays only go in one way, so stack the trays properly on the counter before lining them to assure proper placement of the plastic wrap.

When drying sticky purees, such as bananas, spray a small amount of non-stick spray on the fruit leather sheet or plastic wrap. After all fruit leather sheets are filled, stack the drying trays atop the base. Dehydrate until the fruit puree is a pliable dried texture. It should easily peel off of the fruit leather sheets. If you are not planning on eating them right away, they are best stored in plastic wrap at room temperature.

Spices, chopped nuts, or coconut may be added to the puree for extra flavor. To further enhance the flavor, you may puree several types of fruit together. Feel free to experiment with any combinations you feel may go well together. See our recommended fruit leather recipes on **page 46**.

DEHYDRATING GUIDE

Spinach

PREPARATION: Wash well and remove stems.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° 10 to 12 hours, until brittle.

REHYDRATE: Soak in hot water for 15 minutes; drain. Adding a little lemon juice to the soaking water can freshen the flavor.

NOTE

- Always squeeze spinach dry before using in recipes.

Strawberries

PREPARATION: Wash, hull and cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° approximately 30 hours, until leathery.

REHYDRATE: Soak in hot water for 15 minutes; drain. Strawberries will become mushy if left to soak for too long. Dried strawberries can be added directly to recipes without rehydrating unless the recipe calls for mashed fruit..

LEATHER: Excellent for leather, alone or mixed with other fruit purees.

NOTE

- Use dried strawberries for snacks, in cereals, such as granola, and in dairy products such as ice cream, milk shakes and yogurt.

DEHYDRATING GUIDE

Radishes

PREPARATION: Wash, trim and cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° approximately 15 hours, until crisp.

REHYDRATE: Soak in cold water for 30 minutes, drain.

NOTE

- Dried radishes add spiciness to cooked dishes.
- Toss dried radishes into salads for spiciness and crunch.
- Mix rehydrated radishes into cream cheese as a dip for crudité.

Rhubarb

PREPARATION: Wash, trim and slice stalks into 1-inch pieces. Do not use the leaves as they are poisonous.

PRETREATMENT: Optional. To guarantee tenderness, steam-blanch rhubarb for 1 to 2 minutes; drain.

DEHYDRATE: Dry at 100° approximately 12 hours, until crisp.

REHYDRATE: Soak in cold water for 1 hour; drain. If using as a filling or sauce, place in a saucepan, cover with hot water and simmer until just tender.

LEATHER: Because rhubarb is very tart, it should be mixed with other sweet fruit purees, such as strawberries or apples.

NOTE

- Rhubarb has a tendency to lose color after drying, but also tends to be less tart.

VEGETABLE TIPS

Veggie Chips

A delicious option with dehydrated vegetables is veggie chips. Veggie chips have the great crunchy texture of chips, with all the nutritional benefits of vegetables. Cucumber, eggplant, zucchini, or parsnips are ideal for chips.

There is no need to peel. Simply cut them into very thin slices (about ⅛ inch thick). If the chips will need to be stored longer than five months, it is necessary to steam them prior to drying for 3 to 4 minutes. Sprinkle them lightly with salt or seasoning before drying as desired for extra flavor. Dry until very brittle.

Vegetable Powders

Vegetable powders can be used to make juices, soups, chip dips, salad dressings, and even baby foods. Simply puree the vegetables and dry them into leathers. Dehydrate until very brittle, then immediately blend them into a powder with an electric blender (The **NutriWare™ Whole Foods Blender™** is an excellent tool for creating powders and for any other blending needs. For more information visit our website at www.mynutriware.com).

MEAT, FISH, AND POULTRY TIPS

Important Note: All meat and fish, except beef jerky, must be cooked prior to drying to ensure safety. Do not store dried meat, fish, or poultry longer than two months.

Dried meats are perfect for camping and backpacking, to preserve game, or even as a delicious everyday snack.

It is important to use only very lean meats and to cut away as much fat as possible. Meat should be marinated before drying to add flavor and to tenderize. The marinade should contain salt as well, since it will help to extract water from the meat and to preserve it. However, no oil should be used. Most marinades contain some sort of acid (like tomato sauce or vinegar) because the acid breaks down fibers to help tenderize the meat.

Slicing meat while partially frozen will also make it easier, especially for very thin slices. A food processor or specialized meat slicer can be very helpful, or simply ask the butcher at your local store to slice it for you.

MEAT, FISH, AND POULTRY TIPS

When drying meat for stews or soups, do not forget that the meat must be cooked prior to drying to prevent diseases such as e.coli and salmonella. After cooking, cut the meat into small cubes and place it in the dehydrator. Dry until all moisture has been removed. When you are ready to make your stew, simply re-hydrate the meat by soaking it in water or broth approximately 1-1/2 hours, or until tender.

Beef

Choose lean cuts. Beef flank steak, rounds, or rumps are better choices than chucks or ribs.

Poultry

All poultry **MUST** be cooked before drying. Steaming or roasting are the best methods. Chicken breasts are leaner than dark meat, and thus better candidates for dehydration.

Fish

Steaming fish prior to dehydration is the best preparation method. If you choose to bake it, pre-heat your oven to 200° F and bake for approximately 20 minutes or until fish is flaky. Sole and flounder are excellent choices for dehydration, but nearly any fish will do.

DRYING OTHER ITEMS

Flowers

The flowers should be picked after the dew has dried and before the evening dampness begins. Flowers should be dried as quickly and as soon as possible after picking. Discard any damaged or brown leaves. Place in trays without overlapping. Drying times will vary widely depending on the size and type of flower. Drying time may vary between 2 and 36 hours.

Herbs

Rinse and shake off excess water, then pat dry. Remove dead or discolored leaves. If using seed, pick when pods have changed color. All herbs should be left on the stem, do not remove the stems before or after dehydration. Spread herbs loosely on the drying tray. Dehydration time will vary according to the size and type of herb. Time may vary between 2 and 6 hours.

DEHYDRATING GUIDE

Plums

PREPARATION: Rinse, halve and remove pits. Flatten plum halves by pressing them between your hands. Or, cut halves into 1/4-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry halved plums at 100° for approximately 72 hours. Dry sliced plums at 100° for 30 to 35 hours. Dried plums (prunes) should be leathery with no pockets of moisture.

REHYDRATE: Optional. Soak in cold water for 2 hours; drain. Or, soak in hot water or fruit juice for 10 minutes; drain. You can also steam prunes for 5 minutes; drain.

LEATHER: Dried plums (prunes) work well for leather, but you may wish to mix them with other fruit purees because of their laxative effect.

NOTE

- Dehydrating 2½ lbs. fresh plums yields about 1 lb. dried prunes.
- Use dried plums in both sweet and savory dishes.

Potatoes

PREPARATION: Scrub, peel and rinse. Dice, grate or cut into 1/4-inch slices.

PRETREATMENT: Ascorbic acid or citric acid. Soak in ascorbic acid solution or lemon juice for 5 minutes; drain.

DEHYDRATE: Dry at 100° approximately 8 hours, until crisp.

REHYDRATE: Soak in cold water for 30 minutes; drain and pat dry.

NOTE

- Without pretreatment, potatoes will turn black.
- Dried potatoes are great for layered potato dishes, such as scalloped potatoes, or added to casserole dishes.
- To easily convert recipes that call for potatoes by the pound, weigh the potatoes before dehydration and note the original weight on the storage container.

DEHYDRATING GUIDE

Peppers (Green or Red Bell)

PREPARATION: Wash, remove seeds and ribs, dice or cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 24 hours, until brittle.

REHYDRATE: Soak in hot water for at least 20 minutes; drain.

NOTE

- Dried bell peppers work well in cooked savory dishes, such as soups, stews or casseroles.
- Add dried bell peppers to tossed salads for extra crunch.

Pineapple

PREPARATION: Wash, peel, core and cut into ½-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 72 hours, until leathery but not sticky. Drying time can vary greatly depending on the size of the slices.

REHYDRATE: Soak in hot water for 15 minutes; drain.

LEATHER: Excellent for leathers.

NOTE

- Dried pineapple is most often used in its dried state. It's great in baked goods and candies, or as a snack.
- It is important to remember not to use fresh or rehydrated pineapple in gelatin recipes because the acid in the pineapple will prevent the gelatin from setting.

DRYING OTHER ITEMS

Nuts

Shell and rinse with hot water. Spread in a single layer onto the trays. After dehydration, allow nuts to cool before storing them. Nuts contain a lot of oil, which may cause the nuts to become rancid. Freezing them will help to guarantee their freshness. When you are ready to use the nuts, simply bring them back to room temperature. Depending on the size and type of nut, dehydration time will vary between 18 and 26 hours.

Pasta

The Digital Food Dehydrator is ideal for home made pasta. Simply place your fresh made pasta onto the drying trays in single layers. Let dry for 2 to 4 hours, and it will be ready to pack for storage.

Recrisping

No need to throw out stale crackers, chips, cookies, or cereal now. Save money and cut down on your waste by simply recrisping your stale food. Fill your drying trays with single layers and let dry for 1 hour and your food will be good as new.

STORAGE

Once food is dried, it is important to store it properly. By adhering to the following storage techniques, your food will stay fresh and ready to use for months.

General Storage Tips

- Wait until food is cool before storing.
- Heat and light will cause food to deteriorate. Keep food in a dry, cool, and dark place. The ideal storage temperature is 60° F.
- Remove as much air as possible from storage containers and close tightly. Make sure to use air-tight containers.
- Never store food directly in metal containers.
- Check on your dehydrated food periodically for moisture to ensure it remains dehydrated and that the container is working.
- For best quality, dried fruits and vegetables should not be kept more than 1 year.
- Dried meats, game, poultry, and fish should be stored for no more than 3 months if refrigerated, no more than 1 year in the freezer.
- Vacuum sealing can help to extend storage life by several months, if food has been properly and thoroughly dried.

REHYDRATION

Dehydration is the process of removing moisture. It is not a permanent process, however. Any dehydrated food may be rehydrated back to its natural state. Although some dried foods, such as fruit, are excellent in their dehydrated state, you may want to rehydrate some of your dried foods before eating them. For specific rehydration tips, see the dehydration guide beginning on [page 15](#).

Just Add Water

For chopped or shredded vegetables, and for fruits to be used in cookies, no rehydration is usually needed. If pieces are too crisp and dry, you may try sprinkling 1 tbs. of water per 1/2 cup of dried food.

For vegetables and fruits to be used in souffles, pies, quick breads, doughs, or batters use 2 parts water to 3 parts (by volume) dried food.

For vegetables and fruits which will be cooked in a liquid, such as vegetable side dishes, fruit toppings, or compotes, use 1 to 1-1/2 parts water for every 1 part dried food. Extra liquid may be required for proper cooking.

Re-Hydration Time

- Chopped and shredded foods re-hydrate quickly. Generally, only 15 to 30 minutes is sufficient soaking time.
- Larger vegetable or fruit slices and meat cubes can be re-hydrated overnight in water left in the refrigerator. If time does not allow for that, they may be placed in boiling water for 2 to 3 hours.

Steaming

A fast and effective way of rehydrating is to use steaming, specifically an electric steamer. The **NutriWare™ Stainless Steel Rice Cooker** is ideal for this. With its 100% stainless steel cooking bowl, your food will only come into contact with safe, non-toxic materials. Cover food with water and set the steamer to cook. The hot water and circulating steam will have food back to its original state in no time.

Re-Hydration Hints

- If you drain rehydrated foods, save the liquid. The remaining liquid has great nutritional value. You may freeze it for later use in soups, leathers, pies, or compotes.
- There is no need to rehydrate ahead of time when making soups. Dried vegetables can be added directly to the soup about one hour before serving.
- Do not add spices, salt, bouillon cubes, or tomato products until foods are completely rehydrated. These items may considerably hinder rehydration.
- Some foods take longer to rehydrate than others. Carrots and beans require more time than green peas or potatoes. Basically, foods that take longer to dehydrate will also take longer to rehydrate.
- Try not to use more liquid than necessary for rehydration. Nutrients may be drained away with the excess water. Place dehydrated food in a container and use just enough water to cover the food. Add more water later as needed to replace what the food has absorbed.

DEHYDRATING GUIDE

Pears

PREPARATION: Peel, core and cut into 1/4-inch slices.

PRETREATMENT: Ascorbic acid. Soak in solution for 2 to 3 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 10 hours, until pliable.

REHYDRATE: Soak in cold water for 20 minutes; drain.

LEATHER: Excellent for leather. Add 1 tsp. ascorbic acid for every 3 pears. Pear leather will have a brown color, but the flavor is excellent.

NOTE

- Dried pears are great for snacks, or in baked products, cereal, trail mix and chutney.

Peas

PREPARATION: Shell.

PRETREATMENT: Steam-blanch for 3 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 12 hours, until shriveled and brittle.

REHYDRATE: Soak in hot water for 30 minutes; drain.

NOTE

- Peas are good mixed into hot savory dishes like stews, soups and casseroles.

DEHYDRATING GUIDE

Parsnips

PREPARATION: Wash, peel and cut into ¼-inch slices or shred.

PRETREATMENT: Steam-blanch for 4 minutes; drain.

DEHYDRATE: Dry sliced parsnips at 100° for 16 to 18 hours, until brittle; dry shredded parsnips for 10 to 12 hours.

REHYDRATE: Soak in hot water for 1 hour; drain.

NOTE

- Parsnips are wonderful mashed, or added to cream sauces, stews and casseroles.

Peaches

PREPARATION: Wash, dip into boiling water for 30 to 60 seconds and plunge into cold water. Remove skins. Halve peeled peaches, remove pits and cut into ¼-inch slices.

PRETREATMENT: Ascorbic acid. Soak in solution for 2 to 3 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 30 hours, until pliable.

REHYDRATE: Soak in cold water for 1 hour, or in hot water for 15 minutes; drain.

LEATHER: Excellent for leather. Reduce drying time to approximately 14 hours.

NOTE

- Dried peaches are good for baked goods, such as pies and cobblers.
- Try dried peaches in chutney, cereal, trail mix, ice cream, frozen yogurt and sorbet.

DEHYDRATING TERMINOLOGY

Depending on the type of food used, the results of dehydration will vary. Here is a list of the terminology that will be used in the following dehydrating guide.

CRISP: The food breaks easily when bent. Test foods for crispness when they have fully cooled; warm dried foods may not be crisp even when fully dried. Dehydrate apples, bananas, green beans, cabbage, celery, citrus fruits, corn, garlic, leeks, mushrooms, potatoes, radishes, rhubarb, tomatoes, croutons and cooked meats until crisp.

BRITTLE: The food crumbles easily into smaller pieces. Test foods for brittleness when fully cooked. Dehydrate artichokes, asparagus, avocados, beets, berries, broccoli, Brussels sprouts, carrots, ginger, onions, parsnips, peas, peppers, zucchini, prepared foods, herbs and nuts until brittle.

LEATHERY: The food is shriveled and bendable, but will not crack or crumble. Dehydrate blueberries, cherries, cranberries, dates, eggplant, grapes, pineapple, plums and strawberries until leather.

PLIABLE: The food is soft and easy to fold; it will not break when bent. Dehydrate apricots, cantaloupe, kiwi fruit, mangoes, nectarines, papayas, peaches, pears, watermelon, and meat, poultry or fish jerky until pliable.

DEHYDRATING GUIDE

The following guide and recipes are excerpts from [The Dehydrator Cookbook](#) by Joanna White and appear courtesy of Bristol Publishing. Visit their website at www.aljdklasdfj.com for more information, to order this book, or to view their other fine cooking publications.

NOTE: The temperature listed in each of these guides and recipes is in Fahrenheit.

DEHYDRATING GUIDE

Apples

PREPARATION: Wash, peel (if desired), core and cut into ¼-inch slices or chop. Peels contain a lot of nutrients, but have a tendency to make fruit tougher and take longer to dehydrate.

PRETREATMENT: Ascorbic acid. Soak in solution for 2 to 3 minutes; drain.

DEHYDRATE: Dry sliced apples at 100° for about 6 to 8 hours, until slightly crispy; dry chopped apples for 5 to 6 hours.

REHYDRATE: Soak in hot water for approximately 10 to 15 minutes; drain.

LEATHER: Excellent for leather. If desired, add about ¼ sp. cinnamon, nutmeg, allspice, ginger, or cloves to each quart of apple puree. Naturally sweet apple puree can be mixed with more tart fruit purees as well.

Apricots

PREPARATION: Wash, halve and remove pits.

PRETREATMENT: Optional. There is no noticeable difference when treated with ascorbic acid. However, for better color and flavor if planning to rehydrate, syrup-blanch the apricots.

DEHYDRATE: Place apricots cut-side down on drying trays. Dry at 100° for about 48 hours for untreated apricots and 60 hours for syrup-blanching apricots, until pliable with no pockets of moisture.

REHYDRATE: For cooking, soak in hot water for 15 minutes. For baking, apricots can be used dried.

LEATHER: Excellent for making leathers.

NOTE

- Snipping with scissors is the best method for cutting dried apricots.
- Label the storage container with the original weight of the apricots for ease in using for recipes.

DEHYDRATING GUIDE

Onions

PREPARATION: Remove papery shell, dice or cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 20 hours, until brittle.

REHYDRATE: Soak in hot water for 15 minutes; drain. It is not necessary to rehydrate dried onions before adding to soups or stews.

NOTE

- Add dried onions to hot savory dishes.
- Be aware that dehydrating onions will make the house smell strongly.
- To make onion flakes or powder, place dried onions in a blender, grinder or food mill and process until ground to desired size.
- To make onion salt, mix equal parts salt with finely ground onion powder.

Papayas

PREPARATION: Peel, halve, remove seeds and cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 20 hours, until pliable.

REHYDRATE: Soak in cold water for 1 hour; drain.

LEATHER: Excellent for leathers, especially when combined with other fruit purees.

NOTE

- Dried papaya is good for snacking, but tends to be mushy when rehydrated.
- Dried papaya is delicious in sorbets and frozen yogurts.

DEHYDRATING GUIDE

Mushrooms

PREPARATION: Rinse quickly and cut into ¼-inch slices. Mushrooms absorb water like a sponge, so work quickly.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 18 hours, until crisp.

REHYDRATE: Soak in cold water for 30 minutes; drain. It is not necessary to rehydrate dried mushrooms before adding to soups or stews.

NOTE

- Dried mushrooms are excellent in spaghetti sauces, creamed dishes, and all types of savory casseroles and stuffings.
- Save precious time by indicating the weight of the mushrooms before dehydrating on the storage container of dried mushrooms.

Nectarines

PREPARATION: Peel, remove pit and cut into ¼-inch slices.

PRETREATMENT: Ascorbic acid. Soak in solution for 2 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 30 hours, until pliable.

REHYDRATE: Soak in hot water for 10 minutes; drain. Nectarines tend to lose flavor and color when rehydrated.

LEATHER: Excellent for leathers.

NOTE

- Dried nectarines work well for baked goods, infusions, and snacks.

DEHYDRATING GUIDE

Artichokes

PREPARATION: Wash, remove leaves, remove and discard the fuzzy chokes and cut the hearts into quarters.

PRETREATMENT: Steam-blanch for 4 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 18 hours, until brittle.

REHYDRATE: Soak in boiling water for 15 minutes, adding a little lemon juice to help retain the color; drain well.

NOTE

- Canned artichoke hearts dry beautifully.
- Dried artichoke hearts are good marinated or in appetizer dips.
- Artichokes are good for you, so don't neglect them in your diet.

Asparagus

PREPARATION: Wash and remove tough ends.

PRETREATMENT: Steam-blanch for 3 minutes; drain.

DEHYDRATE: Dry at 100° for 35 to 40 hours, depending on the size of the stalks, until very dry and brittle.

REHYDRATE: Soak in hot water for 30 minutes; drain. Stalks tend to remain slightly tough.

NOTE

- Asparagus has a very high water content, so it requires a long drying time. Make sure asparagus is very dry and brittle before storing to avoid mold.
- Dried asparagus is best used in recipes that require mashed asparagus. Or you can cut it into pieces and mix it into a casserole dish.

DEHYDRATING GUIDE

Avocados

PREPARATION: Peel, remove pit and cut into ¼-inch slices.

PRETREATMENT: Ascorbic acid. Soak in solution for about 5 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 60 hours, until brittle.

REHYDRATE: Soak in hot water for 15 minutes; drain.

NOTE

- Because of its high oil content, avocados take a long time to dehydrate.
- Even with the ascorbic acid bath, avocados will turn a little brown.
- Use dehydrated avocados in recipes that call for mashed avocados, such as baked goods.

Bananas

PREPARATION: Peel and cut into ¼-inch slices. Avoid overripe bananas.

PRETREATMENT: Ascorbic acid. Soak in solution for 2 to 3 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 55 hours, until crisp.

REHYDRATE: Soak in hot water for 10 minutes; drain. About 1 cup of tightly packed dried bananas will rehydrate to 2 cups.

LEATHER: Excellent for leathers, but they can be a little too sweet. Add a little ascorbic acid to prevent discoloration. Add bananas to less sweet fruit purees to achieve a nice flavor balance.

NOTE

- Dried bananas are great as a snack or used in trail mixes or cereals.
- Rehydrated bananas

DEHYDRATING GUIDE

Leeks

PREPARATION: Remove the tough top part of leeks. Cut stalks in half lengthwise and rinse under running cold water to remove all dirt that is lodged between the layers. Cut crosswise into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 18 hours, until crisp.

REHYDRATE: Soak in hot water for 30 minutes; drain. Dried leeks do not need to be rehydrated before adding to soups or stews.

NOTE

- Dried leeks work well in cooked savory dishes like casseroles, soups, and stews.

Mangoes

PREPARATION: Peel, remove seed and cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 20 hours, until pliable.

REHYDRATE: Soak in cold water for 1 hour; drain.

LEATHER: Excellent for leathers.

NOTE

- Mangoes taste great in their dried form. Add them to granola, cereal or trail mix.
- If rehydrated, mangoes are best used in baked goods, cordials, or chutneys.

DEHYDRATING GUIDE

Green Beans

PREPARATION: Wash, snip ends and cut into 1-inch pieces.

PRETREATMENT: Steam-blanch for 4 minutes; drain. To tenderize beans before drying, place in a single layer on a baking sheet and freeze until solid, about 40 minutes.

DEHYDRATE: Dry at 100° for approximately 30 hours, until crisp.

REHYDRATE: Soak in cold water for 2 hours; or soak in hot water for 1 hour; drain. You can add dried green beans directly to soups and stews. However, you may need to add additional liquid to the recipe.

NOTE

- Dried green beans are best served in hot main dishes like stews, soups, or casseroles.

Kiwi Fruit

PREPARATION: Peel and cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 48 hours, until pliable.

REHYDRATE: Soak in hot water for 20 minutes; drain. Kiwi fruit will lose quite a bit of color in the rehydrating process.

LEATHER: Kiwi fruit can be mixed with other pureed fruits.

NOTE

- Dried kiwi fruit is best when eaten in its dried state.
- If you choose to rehydrate, kiwi fruit can be used in baked products in the same manner as mashed bananas.

DEHYDRATING GUIDE

Beets

PREPARATION: Wash and remove tops. Cut in half if large.

PRETREATMENT: Cooking. Steam beets until tender, about 20 to 30 minutes. Peel and cut into ½-inch slices or shred.

DEHYDRATE: Dry sliced beets at 100° for 12 to 15 hours, until brittle; dry shredded beets for 10 to 12 hours.

REHYDRATE: Soak in cold water for 1 hour; drain. Or, soak overnight in the refrigerator; drain.

NOTE

- Dried beets can be finely ground and used to color and flavor sauces or salad dressings.
- To make recipe preparation a breeze, weigh the beets before dehydrating and label the package clearly with their original weight.

Berries

Use blackberries, boysenberries, huckleberries, loganberries, marionberries, or raspberries.

PREPARATION: Remove stems, wash and shake dry.

PRETREATMENT: Not necessary.

DEHYDRATE: Use fruit leather trays if small berries fall through the holes in the drying trays. Dry at 100° for approximately 10 hours, until brittle, depending on the size of the berry.

REHYDRATE: Soak in hot water for 15 minutes; drain well.

LEATHER: Excellent for leather. Strain the seeds from the puree before drying.

NOTE

- Consider straining out the seeds before using rehydrated berries in recipes.

DEHYDRATING GUIDE

Blueberries

PREPARATION: Remove stems, wash and drain.

PRETREATMENT: Checking. Drop blueberries into boiling water for 1 to 2 minutes, until skins are cracked; drain.

DEHYDRATE: Dry at 100° for approximately 10 hours, until leathery.

REHYDRATE: Soak in hot water for 15 minutes; drain.

LEATHER: Blueberries are best if combined with other fruits.

NOTE

- Blueberries lose some of their aesthetic value with dehydrating, but work well for baked recipes, such as muffins or breads..

Broccoli

PREPARATION: Wash; peel the tough skin from the broccoli stalks. Separate the florets from the stalks and cut stalks diagonally into ½-inch slices. Cut florets into uniform pieces.

PRETREATMENT: Optional. If desired, steam-blanch for 4 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 18 hours, until brittle.

REHYDRATE: Soak in hot water for 30 minutes. If short on time, steam for 10 to 15 minutes, until tender. For a fresher look, if planning to serve as a vegetable dish, soak in cold water for 5 minutes. Drain rehydrated broccoli before using.

NOTE

- Rehydrated broccoli is best cut up and served in a casserole dish, or pureed and mixed into custards or creamed soups.

DEHYDRATING GUIDE

Ginger

PREPARATION: Peel fresh ginger and cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 18 hours, until brittle.

REHYDRATE: Soak in boiling water for 1 to 2 hours; drain.

NOTE

- To avoid waste, dehydrate the fresh ginger that is leftover after using it in a recipe.
- One tsp. rehydrated minced ginger is equal to ½ tsp. ground ginger.
- If you don't like to cook fish because of the way the smell it gives your home, place a few pieces of rehydrated ginger around the edges of the fish-baking dish; the room will smell of ginger instead.

Grapes, Red or Green

PREPARATION: Use only the seedless variety. Remove grapes from stems and wash.

PRETREATMENT: Checking. Drop grapes into boiling water for several minutes, until skins are cracked; drain.

DEHYDRATE: Dry at 100° for approximately 80 hours, until leathery with no pockets of moisture.

REHYDRATE: Not necessary, but dried grapes (raisins) can be “plumped” if called for in the recipe by soaking in hot water for 30 minutes.

LEATHER: Excellent for leather, especially when mixing varieties.

NOTE

- Add dried grapes (raisins) to almost any baked product, as well as many savory dishes.
- You'll really notice a difference between the home-dried variety and the commercial brands. Save the home-dried grapes for snacks and special dishes where they will be appreciated.

DEHYDRATING GUIDE

Eggplant

PREPARATION: Wash and cut into 1/2-inch slices.

PRETREATMENT: Not necessary. Eggplant actually turns darker when dipped in ascorbic acid.

DEHYDRATE: Dry at 100° for approximately 20 hours, until leathery.

REHYDRATE: Soak in hot water for 30 minutes; drain.

NOTE

- Dried eggplant is great for use in casseroles.
- For easy measurement, keep track of the eggplants as you dehydrate them and store in separate, clearly labeled containers.

Garlic

PREPARATION: Use firm cloves without bruises. Peel cloves and cut in half length-wise. Remove the green fiber that runs through the middle.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for 6 to 8 hours, until crisp.

REHYDRATE: Soak in cold water for 3 hours in the refrigerator; drain.

NOTE

- To make garlic powder, place dried cloves in a blender or seed grind and process to a fine powder.
- To make garlic salt, mix 1 part garlic powder with 4 parts salt.

DEHYDRATING GUIDE

Brussels Sprouts

PREPARATION: Wash, remove tough outer leaves and cut in half.

PRETREATMENT: Steam-blanch for 3 minutes; drain.

DEHYDRATE: Dry at 100° for 12 to 15 hours, until brittle.

REHYDRATE: Soak in hot water for 30 minutes. For a fresher flavor, add a little lemon juice to the soaking water. Drain before using.

NOTE

- A cheese-flavored sauce is a nice complement to Brussels sprouts' strong flavor.

Cabbage, Red or Green

PREPARATION: Wash, trim outer leaves, remove core and shred into 1/2-inch pieces.

PRETREATMENT: Steam-blanch for 2 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 18 hours, until crisp.

REHYDRATE: Soak in cold water with a little lemon juice for 30 minutes; drain. Dried cabbage is usually added to soups or stews without rehydrating.

NOTE

- If you weigh the cabbage before dehydrating and label the storage container with the original weight, you can estimate the weight of the cabbage after rehydrating.
- Red cabbage will lose some of its color when rehydrated. It is best to use it in soups or stews.

DEHYDRATING GUIDE

Cantaloupe

PREPARATION: Peel, remove seeds and cut into ¼-inch slices.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for approximately 33 hours, until pliable.

REHYDRATE: Soak in cold water for 2 hours; drain.

LEATHER: Excellent for leathers. You may wish to add sweeteners or mix with other fruit purees.

NOTE

- Dried cantaloupe is delicious in trail mix and is a nutritious snack alternative to candy.

Carrots

PREPARATION: Wash, trim tops and peel, if desired. Cut into ¼-inch slices, or shred.

PRETREATMENT: Optional. Steam blanch for 2 minutes; drain.

DEHYDRATE: Dry at 100° for approximately 16 hours for slices or 12 hours for shreds, until brittle.

REHYDRATE: Soak in cold water for 30 minutes; drain. Dried carrots can be added directly to stews and soups without rehydrating.

NOTE

- Dried carrots can be made into baby food, used in baked products, or added to savory dishes like soups, casseroles, and stews.

DEHYDRATING GUIDE

Cranberries

PREPARATION: Wash and drain.

PRETREATMENT: Checking. Drop cranberries into boiling water for 1 to 2 minutes, until skins are cracked; drain.

DEHYDRATE: Dry at 100° for approximately 12 hours, until leathery.

REHYDRATE: Soak in hot water for 15 minutes; drain.

LEATHER: Cranberries are best combined with other fruits.

NOTE

- Canned cranberry sauce does not dry sufficiently to be easily removed from the trays.
- Cranberries can be used like blueberries, either dried or rehydrated before adding to baked recipes.

Dates or Figs

PREPARATION: Wash well. For dates, remove pits and cut in half. For figs, remove stems and cut into halves or quarters.

PRETREATMENT: Not necessary.

DEHYDRATE: Most dates in the supermarket are already sun-dried, but look for fresh ones in large open markets or import stores. Figs are easier to find and come in many varieties. The drying time varies with the type of date or fig. Dry at 100° for 15 to 25 hours, until leathery. Lay dates and figs cut-side down on drying trays.

REHYDRATE: Not necessary.

LEATHER: Dates and figs are usually mixed with other fruit purees for additional flavor, sweetness, and texture.

NOTE

- Use dried dates or figs as a snack, in baked foods, in breakfast cereals, in trail mixes, and in fruit compotes.

DEHYDRATING GUIDE

Citrus Fruits and Peels

Use grapefruits, lemons, limes, or oranges.

PREPARATION: Wash unpeeled fruit and cut into thin, even slices. If drying just the peels, use a vegetable peeler to remove the colored part of the peel; do not include the bitter white pith.

PRETREATMENT: Not necessary.

DEHYDRATE: Dry at 100° for 45 to 55 hours, until brittle. Dry peels for approximately 10 hours, until crisp. Fruit should be very dry before storing or it may mold.

REHYDRATE: Soak dried citrus fruits in cold water for 2 hours; drain. Or, grind into a powder and use as a spice. It is not necessary to rehydrate dried peels, but they can also be ground into powder and used as a spice.

LEATHER: Usually, only a small amount of citrus fruits or peels are pureed with other fruits for flavor. The natural citric acid also helps prevent discoloration.

NOTE

- Use dried citrus fruits to flavor water or punch.

Corn

PREPARATION: Shuck ears and remove silk.

PRETREATMENT: Steam-blanch ears for 4 minutes; drain. Use a sharp knife to remove kernels.

DEHYDRATE: Dry at 100° for approximately 18 hours, until crisp.

REHYDRATE: Soak in hot water for 30 minutes; drain.

NOTE

- Use dried corn for soups, chowders, stews, creamed corn, or casseroles.
- To make cornmeal, grind dried corn kernels with a grinder or food mill.

DEHYDRATING GUIDE

Celery

PREPARATION: Trim leaves and ends, wash and cut into ½-inch pieces.

PRETREATMENT: Soak celery pieces in a solution of 1 tbs. baking soda to 6 cups cold water for 5 minutes. Steam-blanch for 2 minutes; drain. Or, water-blanch celery in the soda solution for 1 minute; drain. The soda solution helps to preserve celery's green color..

DEHYDRATE: Dry at 100° for approximately 18 hours, until crisp.

REHYDRATE: Soak in hot water for at least 1 hour; drain. It is not necessary to rehydrate celery before using it in soups or stews..

NOTE

- To make celery flakes, chop dried celery pieces with a blender until desired texture is reached.
- To make celery salt, mix equal parts salt with finely ground dried celery.
- If planning to grind dried celery into a powder, pretreatment is not necessary.

Cherries

PREPARATION: Remove stems, wash and remove pits.

PRETREATMENT: Checking. Drop cherries into boiling water for 1 to 2 minutes, until skins are cracked; drain.

DEHYDRATE: Dry at 100° for 48 to 52 hours, depending on size, until pliable with no pockets of moisture.

REHYDRATE: Soak in hot water for 15 to 20 minutes; drain.

NOTE

- Dried cherries are an excellent snack.
- Cherries look good after rehydrating and can be used in pies.
- Dried cherries can be used as a substitute for raisins in recipes.