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FOOD DEHYDRATION

A HISTORY AND BACKGROUND

Your Food Dehydrator brings a new dimension to ancient food preservation processes. It lets you enjoy a simpler and more rapid drying process in the convenience of your own home. Now you can have the satisfaction of preparing healthful and delicious treats in the comfort and convenience of your own home and save money and have fun at the same time.

Archeological discoveries indicate that early man sustained himself on natural dehydrated foods and later used heat from the sun or their fires to preserve food harvested during seasons of plenty. Dried foods were found in the pyramids and other burial tombs and centuries later some of it was still in a state of preservation.

The Vikings carried dried foods on their sea voyages. Dried foods have been stored on board ships throughout the world since ancient days. The Pilgrims found the American Indians drying food. Pioneers used dried beef jerky and other dried foods as staples on their journeys across the country. More recently, Astronauts who landed on the moon enjoyed desserts of dried fruit.

Today there is interest in nutrition. Because of the ease and convenience and the economy of preparation and storage, food drying is universally popular. It is ideal for backpackers, hikers, campers, boaters, cooks, gardeners, dieters, and health food enthusiasts. Great way to make tasty snacks for kids.

Dehydration is the one of the easiest and most efficient methods of food preservation. Food is exposed to heat and air in order to remove moisture. Lacking moisture, bacteria and micro-organisms are inhibited. So dehydrated foods can be preserved for long periods without refrigeration and they have far less weight and bulk.

PRINCIPLES OF DEHYDRATION

There are no uniform rules that apply to all food dehydration processes. The best way to become proficient is to experiment using this booklet as a guideline and then adjust your drying techniques accordingly.

Dehydrating is a method of heating the food to evaporate the moisture present and then removing the water vapor formed.

Keeping records is helpful in food dehydration. For instance, you can weigh food before and after dehydration. Record this along with drying times on the labels of your storage containers. It will help you develop consistent quality in food drying.

Tasty ready-to-eat snacks and confections are some of the versatile products you can create by drying fruits and vegetables at home. After soaking in water, the rehydrated foods can be used in favorite recipes for casseroles, soups, stews and salads. Rehydrated fruits and berries can also make excellent compotes, sauces and jellies.

Drying is appealing because the procedure is very simple and requires little equipment. Only minimal storage space is needed.

Most food products release moisture rapidly during early stages of drying. This means they can absorb large amounts of heat and give off large quantities of water vapor while remaining at a temperature well below that of the drying air.

FIVE EASY STEPS TO DEHYDRATE FOOD

1. Slice most foods thin - about 1/4"
2. Do not overlap your food on trays
3. Rotate and turn trays
4. Remove food when it looks and feels dry
5. Place food in air-tight containers - jars or Ziploc®™ bags

PROCEDURE

Fruits and vegetables selected for drying should be the highest quality obtainable - both fresh and fully ripe. Wilted or inferior produce will not make a satisfactory dried product. Immature produce lacks flavor and color that won't be enhanced by drying. Over-ripe produce may be tough and fibrous or soft and mushy.

Prepare produce while fresh and begin drying at once. Wash or clean all fresh food thoroughly to remove any dirt or chemicals. Sort and discard food with decay, bruises, or mold which may affect an entire batch.

It is advisable to peel, pit or core some fruits and vegetables. Smaller pieces tend to dry faster and more evenly.

PRETREATING

Enzymes in fruit and vegetables are responsible for color and flavor changes during ripening. These changes will continue during drying and storage unless the produce is pretreated to slow down enzyme activity.

Blanching can be used in the pretreatment of vegetables. It helps set color and hastens drying by relaxing tissues. It can also help keep flavor during storage and improve reconstitution during cooking.

Many light-colored fruits (especially apples, apricots, peaches, nectarines, and pears) tend to darken during drying and storage. To prevent this darkening, the fruit may be pretreated by blanching or by a suitable dip but effectiveness of pretreatment methods varies.

Fruits and Vegetables may be dipped in the following:

- **Lemon or Pineapple Juice** is a natural alternative (in place of other pretreatments) to reduce unwanted color or browning. Fruit may be sliced right into the juice; remove after a couple of minutes and arrange in trays.

For variety you may dip fruits in **Jell-O powders, lime or orange juice, spices or honey**. For another tasty flavor, sprinkle with cinnamon or coconut. Combine any of the above for your own special taste treats.

- **Sodium Bisulfite:** Ask pharmacist for food safe (USP) grade only. You need only 1 teaspoon of sodium bisulfite dissolved in a quart of water. To help prevent any loss of vitamins and to maintain a bright zesty color. Prepare small amounts of fruit and dip in the solution for 1-2 minutes.

- **Table Salt** can be used as a solution for dipping.

- **Citric Acid or Ascorbic Acid** solutions give a "Vitamin C tart taste." These anti-oxidant granules are available at health food and drug stores. Mix about 6 tablespoons in a pint of water. Dip for minute or two then dry. Great for banana chips and apple rings.

- **Water or Steam Blanching** works - however, blanched fruits may turn soft and become difficult to handle. Fruits with tough skins (grapes, prunes and small dark plums, cherries, figs, and some berries) may be water-blanched to crack the skins. This will allow moisture inside to escape more readily during drying.

- **Syrup Blanching** may help retain the color of apples, apricots, figs, nectarines, peaches, pears and plums. Makes a sweetened, candied food.

RECONSTITUTING FOODS

Not all dehydrated foods need to be reconstituted. Some fruits are preferable in their dried form. Most vegetables taste better when reconstituted.

To reconstitute vegetables for cooking, merely wash product in clean water, then place in an amount of cold, unsalted water and cover. Soak 2 to 8 hours. If possible cook in same water used for soaking. Add more water if necessary. Bring to a boil then reduce heat to simmer until just done. Add salt as desired at end of cooking time. Salt slows down the reconstitution process. As with fresh products, over cooking will diminish flavor and texture. To reconstitute vegetables like carrots, soak in ice water or soak in water in the refrigerator.

Dried foods can be reconstituted by soaking, cooking, or a combination of both, and will resemble their fresh counterparts after reconstitution. Remember dried foods are unique and should not be expected to resemble a fresh product in every respect.

Drying does not render the food free of bacteria, yeasts, and mold. Spoilage could occur if soaking is prolonged at room temperature. Refrigerate if soaking for longer than 1 to 2 hours.

To conserve nutritive value, use the water remaining after soaking and cooking as part of the liquid needed in recipes.

One cup of dried vegetables reconstitutes to about 2 cups. To replace the moisture removed from most vegetables, barely cover them with cold water and soak 20 minutes to 2 hours. Cover greens with boiling water. To cook just bring vegetables to a boil and simmer until done.

A cup of dried fruit reconstitutes to about 1 1/2 cups. Add water just to cover the fruit; add more later if needed. One to eight hours is required to reconstitute most fruits, depending on fruit type, size of pieces, and water temperature. Hot water takes less time. Over-soaking will produce a loss of flavor. To cook reconstituted fruit cover and simmer in the same water they were soaked in.

Tips for optimum maintenance of nutritional value

- Blanch for the correct length of time
- Pack dried foods properly and store in a cool, dry, dark place
- Check dried foods periodically to see that moisture has not been reabsorbed
- Eat dried foods as soon as possible
- Using liquid remaining after reconstitution in recipes

REMEMBER

Always use fresh, quality food and wash everything before starting to dehydrate

1. Best results are achieved when the quality of the food is high. **Select ripe produce in good condition.** Bad food may give an off-flavor to the entire lot.
2. Clean produce is important. **Wash thoroughly**, remove soft or spoiled areas, slice and pre-treat if necessary. Be certain that your hands, cutting utensils and food preparation areas are also clean.
3. Produce may be **shredded, sliced or diced**. Slices 1/4" is usually a good size for efficient drying.
4. Drying times are affected by the size of the load, thickness of the sliced produce, humidity of the air, and the moisture content of the food itself. **You can expect a variation in the drying times.**
5. Be sure to **let the produce cool before testing** for dryness. To test for dryness, cut a piece open - there should be no visible moisture inside. Fruits tend to dry leathery and vegetables dry brittle.
6. Trays may be loaded with foods **barely touching** but not overlapping.
7. About 6% to 10% of the moisture may remain in foods without danger of spoilage. Many dried foods will have a leathery consistency, rather like licorice.
8. **Blanching or steaming** is advisable for vegetables to inactivate the natural enzymes responsible for undesirable color changes. Also, it facilitates quick dehydration and reconstitution. In some cases, blanching is necessary to crack the skins of fruits like plums to allow moisture to escape during the dehydration. Otherwise, the skins may harden while the fruits remain too moist in the center.
9. It is necessary **Rotate the trays** every few hours (depending on the model you have). Just move the bottom trays up and top ones down and turn to right or left. See diagrams on pages 8-9.
10. When correctly dried, the majority of your fruits and vegetables will be soft and pliable after dehydration - without any damp spots. Peaches, pears, figs and dates will be pliable and leathery. Berries, rhubarb, and apples will be more brittle.
11. **To remove seeds** or pits from prunes, grapes, cherries, etc., dehydrate about half way - then pop seeds out. This prevents juice from dripping out.

Before drying pretreated food, remove any excess moisture by placing the food on paper towels or clean cloths. Trays should be loaded with a thin layer of food as directed. If needed, clean cheesecloth can be spread on the trays to prevent food pieces from sticking or falling through. The food being dried should be about 1/4" thick and should not exceed roughly 3/4 of each tray's surface area.

DRYING

Drying time varies according to fruit or vegetable type, size of pieces, and tray load. Rotating and turning the trays helps insure more even drying.

Before testing foods for desired dryness, remove a handful and allow sample to cool for a few minutes. Warm or hot foods seem softer, more moist, and more pliable than when they are cooled.

Foods should be dry enough to prevent microbial growth and subsequent spoilage. Dried vegetables should be hard and brittle. Dried fruits should be leathery and pliable. For long-term storage, home dried fruits will need to be drier than commercially dried fruits sold in grocery stores.

PACKING AND STORAGE

Fruits cut into a wide range of sizes should be allowed to "sweat" or condition for a week after drying to equalize the moisture among the pieces before placing in long term storage. To condition, place fruit in a non-aluminum, non-plastic container and put in a dry, well-ventilated and protected area. Keep away from moisture.

Dried foods should be thoroughly cooled before packing. Package in small amounts so that food can be used soon after containers have been opened.

Pack food without crushing into clean, dry, insect-proof containers. Glass jars or Ziploc®® brand Freezer Bags make good containers. Metal cans with fitted lids can be used if the dried food is first placed in a plastic bag.

Your dehydrated food should be checked about once a month. Should you find mold growing on a piece of the dried food, scrape it off and then pasteurize the contents.

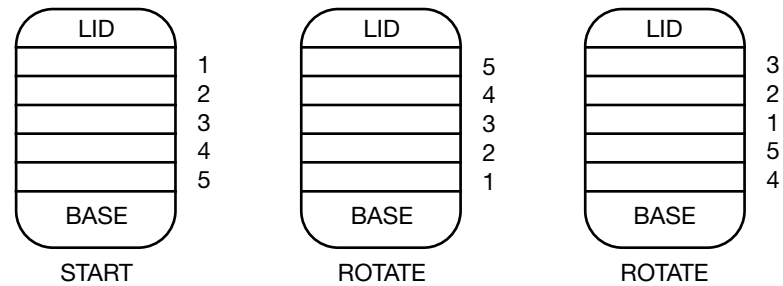
To pasteurize the contents, spread food on a cookie sheet and bake in an oven for 15 minutes at 175 degrees Fahrenheit. Repack in a clean, air-tight container.

MOST IMPORTANT

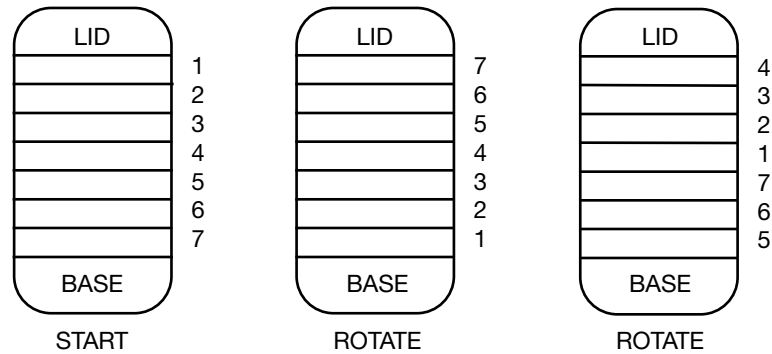
Trays nearest the bottom are exposed to the hottest, driest air and food on them will dry more rapidly. So it is important to rotate the location of the trays during dehydration. Simply move trays as shown in the following diagrams. Also turn each tray a quarter turn sideways to help insure more even drying. Use from 1-9 trays with standard models and up to 15 trays with motorized-fan models.

ROTATING THE TRAYS

5-TRAY CONVECTION AIR MODEL



5-TRAY CONVECTION AIR MODEL



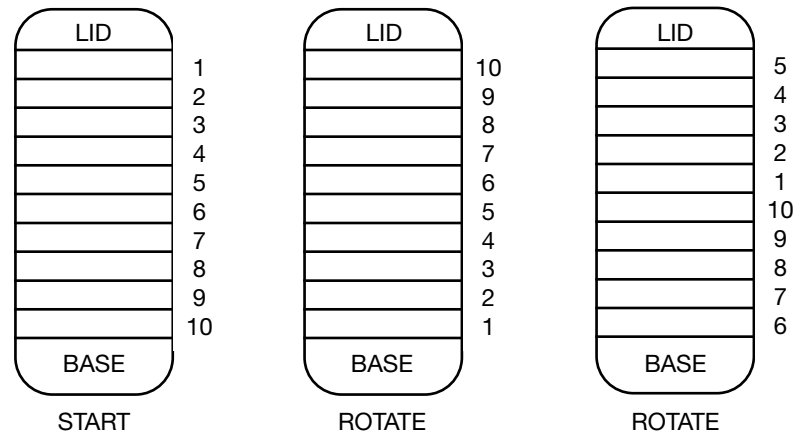
Example: Rotate trays about every 6 hours

Occasionally check to see if your food is dehydrated. Your Food Dehydrator is designed to rely on natural heat convection to carry away moisture from the food. The thickness of your cuts, the moisture content of the food and the relative humidity are all factors in drying.

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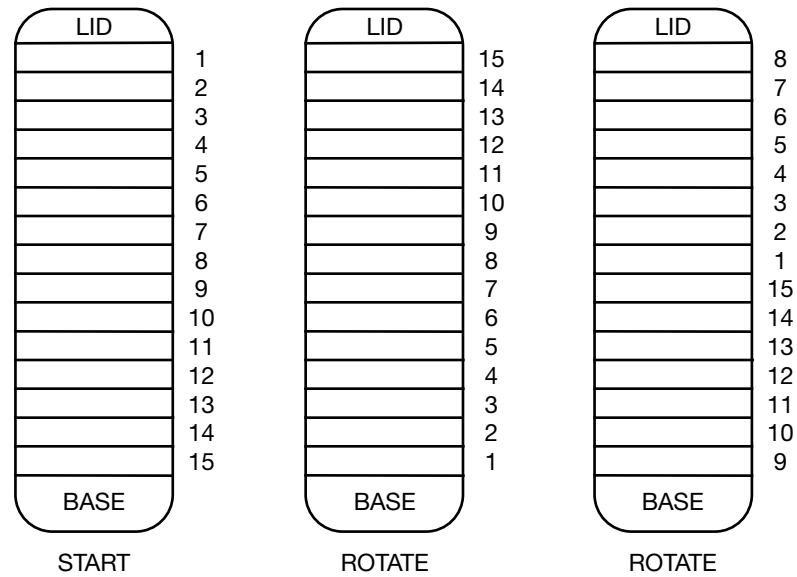
ROTATING THE TRAYS

10-TRAY DELUXE MOTORIZED-FAN MODEL



Example: Rotate trays about every 6 hours

15-TRAY DELUXE MOTORIZED-FAN MODEL



DRYING TABLE FOR FRUITS & VEGETABLES

The times given are approximate. Your drying times will vary with room temperature, humidity, moisture content of the food and how thinly the food is sliced and how many trays you are using.

The presence of natural juices in food will also vary. Some fruit sugars tend to be stickier than others.

ALWAYS THOROUGHLY WASH FOOD BEFORE DEHYDRATION

The Ronco™ Deluxe 10-15 Tray Motorized-Fan Model is 400% faster and will dry foods in 1/4 the time

Fruit	Preparation	Dryness Test	5-7 Tray No Fan	10-Tray With Fan*
Apples	After paring, core, slice into rings and dip in pretreatment solution for 2 minutes. Drain and arrange on tray.	Pliable	1-2 days	6-12 hours
Apricots	Dry in halves and turn inside out or cut into quarters. Pre-treat to help retain color without penetrating skin of fruit.	Pliable	2-3 days (3 trays max)	12 hours
Artichoke Hearts	Slice hearts into 1/8" strips, boil in 3/4 cup water with 1 tablespoon lemon juice for 5 to 8 minutes.	Brittle	1-1½ days	9 hours
Asparagus	Cut into 1" pieces. Tips are best. Stems crushed after drying make an excellent seasoning.	Brittle	1-1½ days	9 hours
Bananas	Remove peel; cut into 1/8" thick slices or use whole.	Crisp	1½ days	9 hours
Beans (Green or Wax)	Cut either French-style or cut into 1" pieces. Blanch by steaming until translucent. Stir beans on tray after partial drying. For more even drying, rearrange inside beans to the outside of the tray.	Brittle	1½ days	9 hours
Beets	Trim off all but one inch of tops and roots. Blanch, cool, remove tops, skin and roots. Dice or slice.	Brittle dark red	1-2 days	12 hours
Berries	Strawberries may be sliced in 3/8" Leave other berries whole. Bathe wax-coated berries in boiling water.	No visible moisture	1½ days	9 hours

Fruit	Preparation	Dryness Test	5-7 Tray No Fan	10-Tray With Fan*
Brussel Sprouts	Cut sprouts from stalks, cut in half length wise through stem.	Brittle	1-2 days	9 hours
Broccoli	Trim and cut as usual. Steam until tender - 3 to 5 minutes.	Brittle	1-2 days	8 hours
Cabbage	Trim. Slice into strips 1/8" thick.	Leathery	1 day	4 hours
Carrots	Select young tender roots. Steam until tender. Cut into slices, shreds, cubes or strips.	Leathery	1-2 days	8 hours
Cauliflower	Separate into flowerets. Place in 2 quarts of water (with 3 table-spoons salt) for 3 minutes. Steam until tender.	Leathery	1½ days	9 hours
Celery	Separate stalks from leaves. Cut stalks into 1/4" slices. Leaves dry first, so remove when dry. Flake leaves after drying, for use in soups, stews, etc.	Brittle	1-2 days	6-9 hours
Cherries	Do not stem until ready to prepare. Pitting is optional, or pit when 50% dry.	Leathery but sticky	1½ days	9 hours
Chives	Chop - spread on tray.	Brittle	1 day	4 hour
Corn	Remove husks, silk and blemishes just before steaming. Blanch on cob until milk is set. Cut from cob & spread over tray. For even drying, stir kernels several times.	Brittle	1-2 days	6-9 hours
Cranberries	Chop for flakes or leave whole.	No visible moisture	1½ days	9 hours
Cucumber	Pare and cut into 1/8" slices	Leathery	1-1½ days	9 hours
Eggplant (all Squash)	Trim, wash and slice 1/4" to 1/2" thick, and spread on tray.	Brittle	1-2 days	6-9 hours
Garlic	Separate into cloves, remove outer skin. Slice, grind or process for seasoning after drying -f desired.	Very brittle	1-1½ days	9 hour
Grapes Seedless (raisins)	Remove stems and place grapes on tray - whole.	Pliable & leathery	1½-3 days (2 trays max)	1½ hours (6 trays max)
Greens (Spinach, Kale, Chard,	Trim tough stems. Steam until wilted, not soggy. Use bottom tray of dehydrator but be careful not	Very brittle	1 day	4 hours

Fruit	Preparation	Dryness Test	5-7 Tray No Fan	10-Tray With Fan*
Turnip, Beet)	to scorch.			
Mushrooms	Select mushrooms with cap curling under-these are young and tender. Wipe off with damp paper towels or brush gently to remove dirt.	Leathery to brittle depending on size.	1-2 days	12 hours
Nectarines	No need to peel. Halve and remove pit. Cut in 1/4" slices and arrange on tray.	Brittle	1½-3 days (3 tray max)	18 hours
Onions and Leeks	Peels and cut into 1/2" slices or nuggets, or chop. Stir several times during drying.	Leathery	1-2 days	12 hours
Okra	Use young pods. Trim and cut into 1/4" circles.	Leathery	1-2 days	12 hours
Orange Rind	Peel in long strips and dry. Do not grate until ready to use.	Brittle	1-1½ days	9 hours
Parsley	Tear into small pieces, dry, then chop if desired.		½-1 day	4 hours
Parsnips	Same as carrots.		1-2 days	12 hours
Peaches	Remove peel during dehydration if desired. Pit when 50% dehydrated. Halve or quarter, with cup side up	Pliable & leathery	2-3 days (3 tray max)	18 hours
Pears	Peel, remove core and woody tissue. Cut into slices or rings, halves, quarters or eighths.	Pliable & leathery	1½-3 days (3 tray max)	24 hours
Peas	Use only tender sweet varieties. Shell and blanch 3-5 minutes.	Brittle	1-2 days	
Peppers (Green and Pimentos)	Halve, remove seeds. Cut into 1/4" strips or rings. May also be chopped. Powdered dried pimentos are Paprika.	Brittle	1-2 days	12 hours
Hot peppers	Always wear rubber gloves to protect your hands when handling hot peppers. Wash and dry whole peppers and arrange on tray to dry.	Leathery	1-2 days	12 hours
Persimmons	Use only ripe fruit. After washing, remove cap and cut in 3/8" slices.	Pliable	1-2 days	18 hours
Pineapple (fresh)	Remove core, cut in slices or wedges or chunks.	Pliable	1-3 days	24 hours
(canned)	Drain and pat dry. Place on trays.	Leathery	1-2 days (3 trays max)	18 hours

Fruit	Preparation	Dryness Test	5-7 Tray No Fan	10-Tray With Fan*
Potatoes	Peeling optional. Slice 3/16" to 1/4", or dice, grate, cut French Fry style. Steam as for beets.	Brittle	2 days	12 hours
Plums	Cut in half and remove pits.	Pliable	1-3 days (3 tray max)	12 hours
Prunes	Same as plums, but soak in boiling water for two minutes first.	Leathery	2-3 days (3 tray max)	16 hours
Pumpkin & Hubbard Squash	Bake or steam small pieces until tender. Cut into strips 1 to 3 inches wide, peel and remove pulp. Slice strips 1/2" thick. Scrape pulp, place in blender to puree. Dry with paper towels.	Leathery	2 days	12 hours
Rhubarb	Use only tender stalks. Wash, cut in 1" lengths.	No visible moisture	1-2 days	9 hours
Rutabagas	Same as carrots, but slice thin.		1-2 days	9 hours
Tomatoes	Remove stems. To remove skin, dip briefly in boiling water then peel. Cut in halves or slices.	Leathery	1½-3 days (max 3 trays)	10 hours
Turnips	Same as carrots but slice thin.		1-2 days	9 hours
Zucchini	See eggplant.		1-2 days	9 hours

Dried or reconstituted fruits and vegetables can be used in a variety of ways:

Use dried fruit for snacks at home, on the trail, or on the ski slopes. Use pieces in cookies or confections.

Serve reconstituted fruit as compotes or as sauces. It can also be incorporated into favorite recipes for breads, gelatin salads, omelettes, pies, stuffing, milk shakes, homemade ice cream and cooked cereals.

Add dried vegetables to soups and stews or vegetable dishes. Use as dry snacks or dip chips.

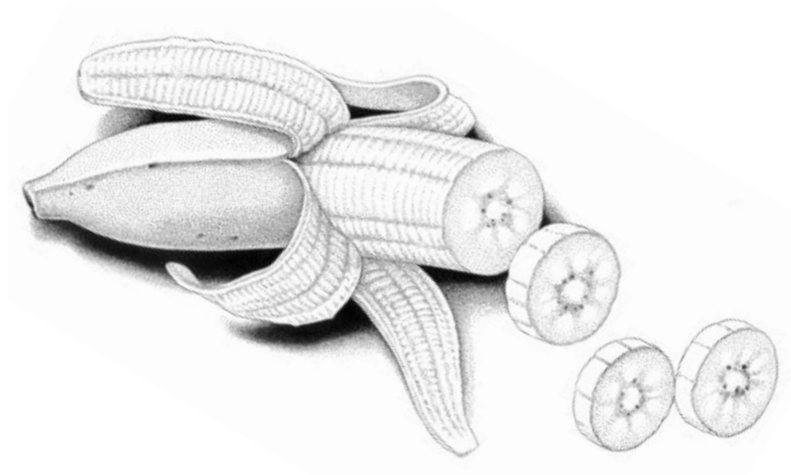
Include reconstituted vegetables in recipes for meat pies and other main dishes, as well as in gelatin and vegetable salads.

Powdered vegetables in the dried form make a tasty addition to broths, raw soups, and dressings.

FRUIT RECIPES

GLAZED BANANA CINNAMON CHIPS

Slice Bananas into lemon juice or ascorbic acid. Drain on paper towel. Arrange on tray. Sprinkle with a mixture of sugar and cinnamon. Dry to shiny crispness.



HONEY GLAZED BANANA CHIPS

Slice bananas and dip into a glaze of 1/4 cup honey thinned with 1/4 cup water. Drain and place on trays. Dry.

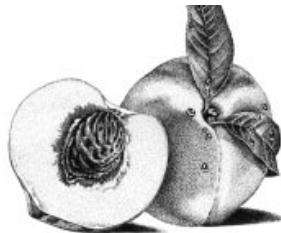
DRIED CANDIED FRUITS

Rinse fruits or fruit rinds and cut into thin strips. Simmer slowly in a solution of approximately 2 cups water and 2 cups sugar for 1 1/2 hours. Test for tenderness. Place on trays and dry until pliable. Cool and store in air tight containers. Use for snacks or in cooking.

FRUIT COMPOTE

Combine any or all of the following dried fruits in whatever amounts you desire. Soak overnight or for several hours in enough water to cover. Add honey or sugar if desired, and grated dried lemon or orange peel or a few sticks of clove.

Apples Bananas Apricots Pineapple Peaches Plums
Nectarines Rhubarb Strawberries Mangos Kiwi



SPICED PEACH PIE

Soak 1 1/2 cups dried peaches in the refrigerator overnight. Then stew until soft (about 45 minutes). Chop peaches. Add a mixture of

1 1/2 tablespoon cinnamon	2 tablespoons flour
1/2 cup white or brown sugar	4 tablespoons melted butter
2 tablespoons water	1/8 teaspoon salt

Add mixture to peaches and stir lightly. Pour into unbaked pie crust, cover with top crust. Bake 35 to 45 minutes until golden brown at 350 degrees.



APPLE PIE

2 cups dried apples	1 tablespoon butter
1 cup sugar brown or white	1 teaspoon cinnamon
1/4 teaspoon salt	1/4 teaspoon allspice
2 tablespoons flour	1 tablespoon butter
1 double pie crust recipe	1/4 teaspoon mace

Reconstitute apples by adding just enough water to cover the apples. More water can be added if necessary. Soak for about four hours. Over-soaking will produce a loss of flavor.

Sift dry ingredients together and mix with the rehydrated apples. Line pie pan with pastry. Fill with apple mixture, dot with butter and cover with top crust. Bake in hot oven (450 F) 15 minutes; reduce temperature to moderate (350 F) and bake 45 minutes longer. Makes one 9-inch pie.

VEGETABLE RECIPES

VEGETABLE SOUP

2 cups dried beef, diced (optional) 8 cups water
1/2 cup diced dried onions Salt & Pepper to taste
1/2 cup diced dried carrots 1/4 teaspoon sage
2 tablespoons chopped dried parsley 1/4 cup dried peas
1/2 cup pearl barley 1 cup dried tomatoes
1 cup dried diced potatoes
1/2 cup dried chopped celery and crushed celery leaves

Put meat and vegetables in soup pot, cover with cold water. Bring almost to a boil, reduce heat and simmer for four to six hours until vegetables are tender. One hour before soup is done add dried diced potatoes. Season to taste.

SCALLOPED POTATOES

4 cups dried, sliced or grated potatoes 1 cup milk
2 cups boiling water 1/2 teaspoon salt
1/2 teaspoon dried onion 1 teaspoon butter
1 1/2 cups grated cheddar or mozzarella cheese

Place half the potatoes in well-buttered 8 X 10 baking dish. Top with layer of half the cheese. Cover with remaining potatoes. Add seasonings to milk and pour over layered potatoes and cheese combination. Dot with butter and top with remaining cheese. Bake at 350 until tender.

CREAMY CORN

Soak corn in sufficient milk to cover. Simmer about 1/2 hour or until tender. Stir in enough flour or cornstarch to thicken slightly. Season to taste with salt, butter, pepper, and/or seasoned salt.

ZUCCHINI CHIPPERS

Before drying, sprinkle zucchini slices lightly with sesame seeds and garlic salt. Serve plain as a nutritious snack or with a dip or ranch dressing.

SALAD SPIKERS

Combine the following dehydrated vegetables:

1/2 cup onions 1/2 cup tomatoes
1/2 cup carrots 1/2 cup bell pepper

When they are dry and crunchy, chop into tiny pieces and add:
1/4 cup roasted sunflower seeds 1 tablespoon of basil or oregano

Mix thoroughly and sprinkle about 1 teaspoonful on salads. Add your favorite salad dressing and toss. Store unused portion in refrigerator to preserve crispness.



TRAIL TREATS

QUICK ENERGY SNACKS

4 cups rolled oats	1 cup chopped dates or apricots
1 cup brown sugar	1/2 cup raisins
1 cup dry roasted nuts	1 1/2 cups coconut flakes

Mix all ingredients together thoroughly. Spread onto tray. Dry until crisp. Seal in individual Ziploc® sandwich bags for munching on hikes and camping trips.

HOME MADE GRANOLA

Less expensive, tastier and fresher than the store-bought variety - and this granola is fun to make!

5 cups rolled oats	1/2 cup brown sugar, firmly packed
1/2 cup wheat germ	1/2 cup honey
1/2 cup dried apple, chopped	1/2 cup sesame seeds
1 cup raisins	1 teaspoon vanilla
1/2 cup chopped dates	1 teaspoon cinnamon
1 cup pecans or almonds, chopped	

Mix all ingredients together until evenly distributed. Dry with paper towel. Spread out on herb screen tray of dehydrator or on cheese cloth. Dry until crispy, then store in an air-tight container or in Ziploc® bags. Great for breakfast, lunches, snack or a topper over ice cream and yogurt.

JERKY RECIPES FOR MEAT AND FISH

Normally raw meat is used for jerky. However, cooked meat as well as raw meat may be dehydrated for later reconstitution. Cut or grind meat to size for recipes before dehydration. You'll find that meat is much easier to work with when it's cut to size before it is dehydrated and becomes crispy.

Be extra careful when making jerky from raw chicken or turkey because salmonella bacteria may be present in the poultry when you purchase it. It is extremely important that both raw chicken and turkey not exceed 1/4" thickness. Marinade must thoroughly permeate the meat (soak for 10 minutes). Do not pat dry or remove any of the marinade sauce. Make absolutely sure that you follow all instructions precisely. Do not consume any food that tastes, smells or looks improper, especially jerky. Wash hands and utensils well.

RAW MEAT FOR BEEF JERKY: Any kind of beef is good for making Beef Jerky. The secret is to trim off all of the fat before slicing. In many cases, your local supermarket butcher will slice the selected meat for you free of charge. We suggest meat be sliced about 1/8" - 1/4" thick. If meat is slightly thicker, increase marination time.

Marinate in a combination of soy sauce sweetened to taste with brown sugar and liquid smoke (optional). Add crushed chili pepper if you like it hot. Marinate the meat for 5-10 minutes. Thicker cuts of meat will need to marinate considerably longer. It is important that the marinade permeate the meat thoroughly.

Place one layer of meat on each tray. If you like slightly thicker slices, then increase the drying time accordingly. Store in clean jars with tight lid or use plastic Ziploc® brand storage bags.

MARINADE FOR BEEF, FISH OR TURKEY JERKY

Makes enough for 4 pounds of meat

1/2 lb brown sugar	3 cups soy sauce
Spices of your choosing	1/4 cup liquid smoke (optional)

Mix ingredients in bowl and let stand while you are cutting the meat. Place beef, fish or turkey into the bowl of marinade, secure lid and let stand about 10 minutes. Shake bowl and turn bowl every few minutes to cover all pieces equally. Drain in sieve or colander. Place on trays and dehydrate. Turn and rotate trays every few hours. Drying time is about 1-2 days for a 5-7 tray (no fan) machine or 8 to 12 hours with the Ronco™ Deluxe 10-15 Tray Motorized-Fan Food Dehydrator.

MAKING YOGURT

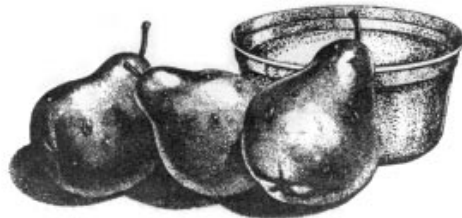
You can make yogurt in your food dehydrator with small plastic or glass cups with lids. Small margarine “tubs” work perfectly. When making yogurt insert at least three (3) trays in Food Dehydrator unit. The yogurt cups must rest on the top tray only just below the lid. Use gelatin to thicken the yogurt.

HOW TO MAKE

1. **Measure 4 cups milk into saucepan. Use whole, low fat, skim milk, or reconstituted non-fat dry milk.**
2. **Heat on stove and remove from heat before boiling.**
3. **Mix in two tablespoons fresh, store-bought plain yogurt.***
4. **Pour into cups and cover with lids.**
5. **Set on top tray for about eight hours.**
6. **Refrigerate before using.**

If a slightly sweet product is desired, add a small amount of honey or maple syrup or sugar to the milk mixture before the yogurt culture is added.

*Check label to be sure it is natural, with no additives and has not been pasteurized after becoming yogurt. Pasteurization after making kills the culture and therefore cannot start a new batch.



FRUIT YOGURT

4 cups (2 pints) washed, halved strawberries, sliced banana or
peeled peaches or nectarines
1 quart unflavored yogurt 1 tablespoon vanilla
1 ½ cups sugar ¼ teaspoon. salt

Puree the fruit in a blender until smooth (makes 3 cups puree).
Combine sugar, vanilla and salt in large bowl. Stir in pureed fruit
and serve or refrigerate for later use.

FOOD DEHYDRATOR CLAY

2 Cups Gold Medal Flour
1 Cup Salt
1 Cup Water

Mix flour and salt together, then add water. Blend mixture by hand. Knead by hand 2 or 3 minutes into a pliable, moist ball.

Roll dough on a well-floured surface, adding flour to the top of the dough so it will not stick. Keep surface well-floured as you roll and turn dough. Cut into shapes or make figurines and then dry.

HOLIDAY ORNAMENTS

Roll dough thin - as you would a cookie. Use cookie cutters for designs. Make extra ornaments to use as testers. You'll break the testers to see if dough is completely dry all the way through.

Sprinkle a little flour on the dehydrator trays and place ornaments (not touching each other) on the trays.

Dehydrate for 2-3 days or 18 to 24 hours with the fan/motor. You really can't over-dry them. Be sure your testers break with a snap and are completely dry inside.

Notes

1. Roll dough as smoothly as possible.
2. Remember not to make ornaments/art too tall. They must fit within the tray height without touching the next tray on the top.
3. Paint with any crafts paint after dehydrating or make dough with food color. Clear spray helps preserve your crafts.

MEXICAN DOUGH ART

2 cups baking soda 1 1/4 cups cold water
1 cup cornstarch

Combine ingredients in pan. Cook, stirring continuously, for about 5 minutes or until mixture thickens and forms into a ball. Knead by hand until smooth. Form into jewelry, figurines, small sculptures, beads or art. Dry in your food dehydrator and paint, if desired. Finish by spraying with a clear plastic to seal and protect.

FOOD DEHYDRATOR CLAY
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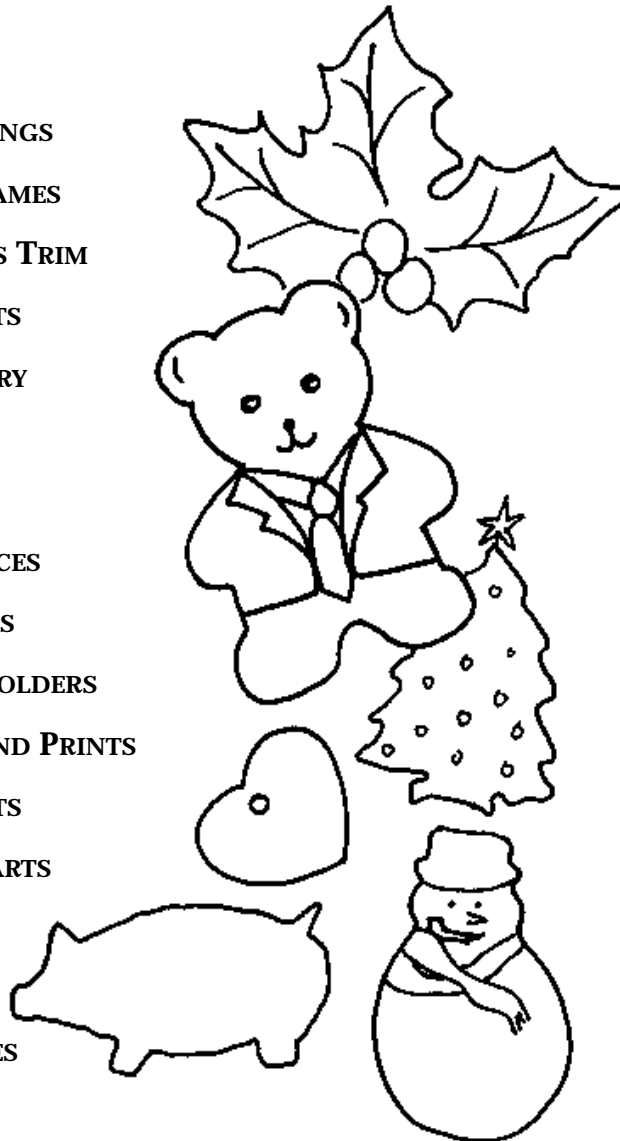
DOG PRINTS

MAGNET ARTS

PINS

TOYS

MINIATURES



HERBS

Most herbs dry overnight. You will have about one pound of dry herbs for every eight pounds of fresh herbs. Dried herbs retain their flavor best if they are crushed just before using. Home dehydration saves a lot of money. Dry chives, oregano, basil, dill, rosemary, thyme, parsley, mint, peppers and almost any herb you can find.

HERB TEAS

Many of your garden herbs can be dried in your Food Dehydrator and stored in air-tight containers for use throughout the year to make delicious, healthful herb teas. Use the leaves and flowers (but not the course stems) of most herbs like chamomile, mint, strawberry, sage, blackberry, blueberry and others. It is simple and economical with the Food Dehydrator. Just steep the dried leaves in a teapot and strain.



SACHETS AND POTPOURRI

Now you can save the beauty of spring and summer and enjoy the sweet-smelling plants you have in your flower and herb garden with the Food Dehydrator. Select petals or small pieces of the flower and place them loosely on the fine mesh tray and place them in your Food Dehydrator. When perfectly dried (about five hours) store the petals in decorative containers or sachet bags that close with a ribbon. You can sprinkle the petals with spices such as powdered cinnamon, whole cloves, a bit of dried rosemary or mint for variety. It is best to keep the container closed until all of the fragrances have blended. Then during the winter months the room can have the smell of fresh springtime. A small bag made of sheer material, tied with a ribbon, and placed in your drawers, will provide a nice lingering fragrance for years.

BABY FOOD

Make nutritious baby food without preservative, stabilizers or additives by using any vegetables or fruits you have previously dehydrated. Simply soak any amount of the produce in an equal amount of warm water. Steam for a few minutes and mash with a fork or puree in blender or processor.



FRUIT ROLL UPS OR FRUIT LEATHER

Select fruits such as peaches, strawberries, bananas, apples, etc. Puree with a kitchen blender or food processor and add a little fruit juice. Sweeten to taste with sugar, honey or fruit juice.

Pour the puree onto the Ronco Fruit Roll Up & Liquid Tray Insert (sold separately) or cover an entire tray with plastic food wrap. Be sure to cut out the middle hole to allow the hot air to circulate up through the center of the trays.

Although you can use 3 trays for making 3 giant roll ups, we recommend you use only 1 or 2 trays at a time. Rotation of the trays is necessary for the fruit roll up to cure properly.

Dehydrate for 1-2 days with the standard models or about 10 hours with the deluxe motorized-fan unit. Drying times will vary with moisture content and humidity.

To release, pull off the dried "Roll-Up" from the plastic food wrap or the Ronco Fruit Roll Up & Liquid Tray Insert and serve.

IMPORTANT NOTICE

Your Food dehydrator has a vent on its top and may have another vent on the bottom depending on the model. Do not operate with top or bottom vent blocked or closed at any time as this will interfere with proper air flow. Do not use oil sprays on the trays.

MAIL ORDER FORM

ITEM	DESCRIPTION	PRICE
1875	Food Dehydrator by Ronco™ (3-Tray)	\$ 99.95
1876	Food Dehydrator by Ronco™ (5-Tray)	\$129.95
1877	Food Dehydrator Slicing Machine	\$ 29.95
1878	Food Dehydrator Slicing Machine w/Corrugated Blade	\$ 39.95
1801	Corrugated Slicing Machine Replacement Blade`	\$ 9.95
1890	Japanese Style Carving Knife	\$ 19.95
1802	Food Glamorizer Kitchen Tool	\$ 9.95
1860	Trays for Food Dehydrators - Each	\$ 9.95
1885	Herb Screen Tray Inserts (Pkg of 3)	\$ 9.95
1886	Herb Screen Tray Inserts (Pkg of 5)	\$ 9.95
1887	Fruit Roll-up & Liquid Tray Inserts (pkg of 3)	\$ 9.95
1810	Food Dehydrator by Ronco with Fan/Motor (10-Tray)	\$189.95

CONVECTION ONLY MODELS ONE YEAR LIMITED WARRANTY

RONCO, Inc. warrants to the original purchaser-owner of this new product that it is free from defects in materials and workmanship for one year from documented date of purchase. We will repair or replace any part of the product, which in our opinion is defective, provided the product has not been abused, misused, altered or damaged after purchase. Use according to directions. This warranty gives you special legal rights and you may have other rights which vary from state to state. Should a defect develop within a year of normal use, you may return it for repair or replacement. Mail together with \$14.00 for base, \$6.00 for top, or \$2.00 per each tray, whichever is applicable, for shipping, handling and insurance.

MOTORIZED FAN MODELS SIX MONTH LIMITED WARRANTY

RONCO, Inc. warrants to the original purchaser-owner of this new product that it is free from defects in materials and workmanship for six months from documented date of purchase. We will repair or replace any part of the product, which in our opinion is defective, provided the product has not been abused, misused, altered or damaged after purchase. Use according to directions. This warranty gives you special legal rights and you may have other rights which vary from state to state. Should a defect develop within six months of normal use, you may return it for repair or replacement. Mail together with \$15.00 for base, \$6.00 for top, or \$2.00 per each tray, whichever is applicable, for shipping, handling and insurance.

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