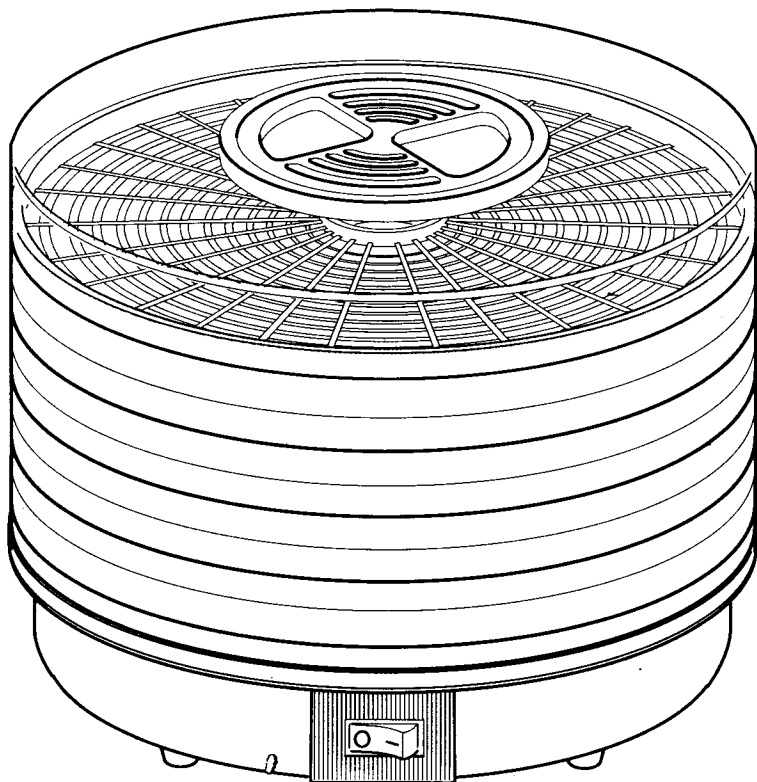

FOOD DEHYDRATOR

Instructions and recipes



LD-1010



Model # 469-1

FOR HOUSEHOLD USE ONLY

IMPORTANT SAFEGUARDS

When using electrical appliances, these basic safety precautions should always be followed, including the following:

- 1- Read all instructions.
- 2- Do not touch hot surface.
- 3- To prevent electric hazards, do not immerse cord, plug or other electrical parts in water or other liquids.
- 4- Close supervision is necessary when any appliance is used near children.
- 5- Unplug the appliance from wall outlet when not in use and before cleaning. Allow appliance to cool before putting on or taking off parts.
- 6- Do not operate appliance if cord has been damaged, or if the appliance malfunctions, or suffers serious damage. Return the appliance to the nearest authorized service facility for examination, repair or adjustment.
- 7- The use of accessory attachments not recommended by the appliance manufacturer may cause injury.
- 8- Do not use outdoors.
- 9- Do not let the cord hang over the edge of a table or counter, or touch hot surface.
- 10- Do not place the dehydrator on or near a hot gas or electric burner, or in a heated oven.
- 11- To disconnect, turn the control to "off" before moving the plug from the outlet.
- 12- Do not use this appliance for other than intended use.
- 13- Do not pour liquids into the appliance.
- 14- Do not operate near combustible or pressurized spray cans.
- 15- To clean the heating base, unplug from wall outlet and wipe with damp cloth or sponge and mild soap. Do not immerse

base or cord in water. Lid and trays may be submerged in warm water and washed with mild soap or washed in top rack of the dishwasher only.

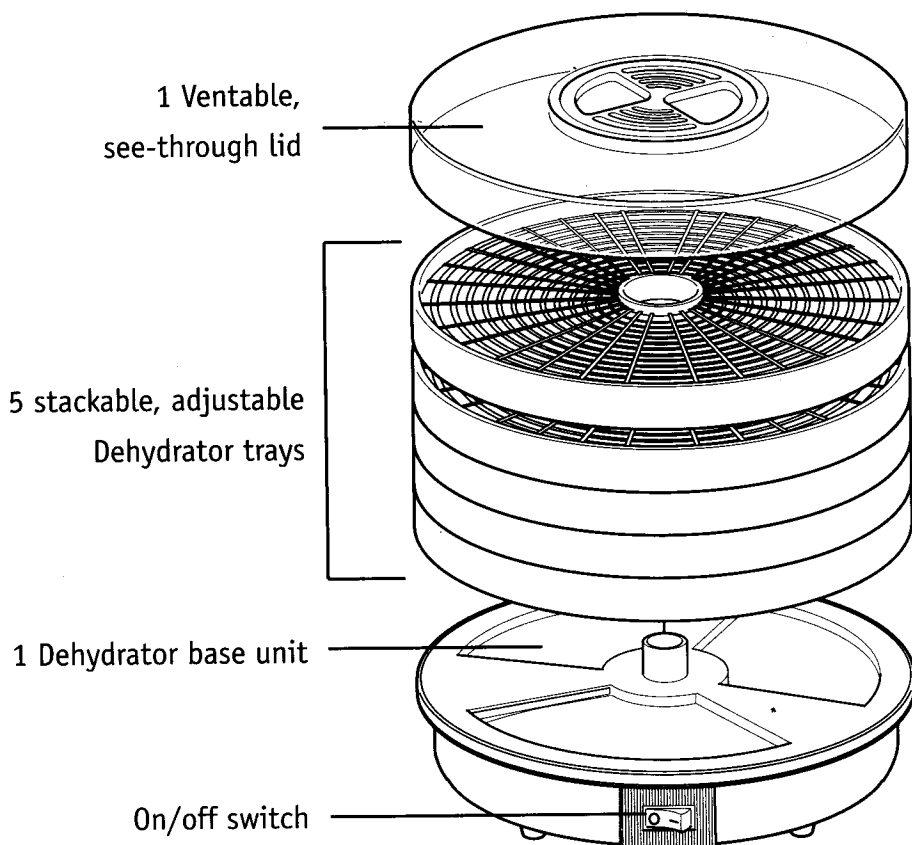
- 16-A short power supply cord is provided to reduce the risks resulting from tripping over or becoming entangled in a longer cord. Extension cords may be used only if the electrical rating is as great as the electrical rating of this appliance (120). If an extension cord is used, it should be arranged so that it will not drape over the counter or tabletop where it can be reached by children or tripped over.
- 17-To reduce the hazards of potential shock, this item has a polarized plug (one blade is wider than the other), which will fit only one way in a polarized outlet. If the plug does not fit, contact a qualified electrician for assistance. Never use this plug with an extension unless it fits properly. Do not attempt to defeat this safety feature.
- 18-Do not operate the appliance on a non-heat resistant glass or wood cooking surfaces, or any table cloth. It is imperative that a heat resistant cooking surface such as Tile, Formica, or any surface protected with heat resistant finish be placed beneath this unit.

SAVE THESE INSTRUCTIONS

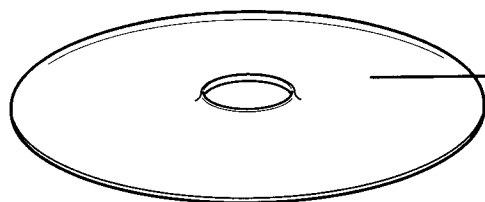
Table of contents

Important Safeguards.....	2
Parts Identification and Quantity.....	5
Food Dehydration.....	6
How to use.....	6
How to clean.....	6
Tips for Dehydrating foods	
Choosing Foods.....	7
Pretreatment of Fruits.....	7
Pretreatment of Vegetables.....	7
Cut Food Uniformly.....	7
Before you start.....	7
Preheat Dehydrator.....	8
Drying Times.....	8
Drying Test.....	8
Label Food.....	8
Storage.....	8
Check for Moisture Regularly.....	9
Rehydrating.....	9
Contamination.....	9
Drying Charts, General Tips and Recipes	
Vegetables.....	10
Fruits.....	14
Fruit / Vegetable Leathers.....	17
Meat Jerky / Marinade.....	18
Nuts.....	19
Dried Flowers / Herbs.....	19
Baby Food.....	20

Parts Identification and quantity



*Please note: this Instruction Book describes the use of a Roll-up sheet (tray) used in handling of liquid fruit type of food. This sheet (tray) is not included in this package but it is available as an accessory described as **Model #469-1A** and is sold by Wal-Mart in the same department as the Food Dehydrator.*



Roll-up sheet
Model #469-1A

Congratulations on your new purchase! The Food Dehydrator is designed to provide you and your family with many years of home food dehydration satisfaction. Use your imagination and you can successfully dehydrate most foods and keep them for months. Please take a moment to read the **Important Safeguards** on page 2.

Food dehydration

Food dehydrating is primarily done to increase preservation time. Dried food can be eaten as is for convenient snacks and lunches, or used in the preparation of meals. Your Food Dehydrator provides a fast, economic way to dehydrate food. We encourage you to experiment by drying different type of food. In so doing, you will discover a whole different world of taste and texture.

How to use:

- 1- Before using your Food Dehydrator, read carefully the instruction manual and thoroughly wash the trays and cover of the dehydrator.
- 2- Prepare the food, according to its type, as indicated in the Drying Charts section(pp. 8).
- 3- Preheat the dehydrator by turning it on 5-10 minutes before loading the first tray.
- 4- Load the trays with the prepared food. Remember that it is the hot air circulation that dries the food, so do not overload the trays, and never overlap the food.
- 5- Dry for the period of time suggested in the charts.
- 6- Once dried, immediately store the food items in bags or containers and place in the refrigerator.

How to clean:

- 1- Prior to any cleaning operation, always unplug the unit from wall outlet.
- 2- To clean the trays and cover, wash them in warm water and soap. Do not use scouring pad or any abrasive cleansers. The trays and cover can be also safely washed in top rack of the dishwasher, **but not the fruit roll-ups tray**, as it will not withstand the high temperature reached by today's dishwashers.
- 3- Wipe the base clean with a damp cloth. **Do not immerse in water.**

Tips for dehydrating food

Choosing foods

Always use good quality foods. Fruits and vegetables in peak season are more nutritious, have more flavor and costs less. Meats, fish and poultry should be as lean and fresh as possible.

Check food for blemishes and bruises. Foods in bad condition may spoil the whole batch. Remove pits, peel or core food before dehydrating. Pretreated foods often look better and achieve better results. Proper storage is also essential to maintain the quality of foods.

Pretreatment of fruits

Fruits become dark and colorless when dry and stored, therefore, we recommend a few alternatives to pretreat fruits.

To prevent browning: Dissolve 2 tbsp of Ascorbic Acid or Citric Acid powder found in most drugstores in 1 gallon of water. Place fruit into solution for 2 minutes. Drain and place on tray.

Pineapple, lemon juice or other fruit juices: slice fruits directly into juice. Wait for 2 minutes, place on tray.

To prevent loss of vitamin C and color: Use Sodium Bisulfite found in most drugstores. Slice fruits directly into desired fruit juice or sodium bisulfite solution.

Dip fruits with protective wax coating in boiling water to remove wax and allow moisture to escape more easily.

Pretreatment of vegetables

A very popular method of pretreating vegetables is to blanch (quickly submerge) vegetables in boiling water or steam. Blanching does not destroy harmful enzymes, but helps keep important nutrients in vegetables.

Cut food uniformly

For best results, slices should not be thinner than 1/4" or thicker than 3/4". Shred, slice or dice foods.

Before you start

Make sure your dehydrator is clean before using it. Wash hands, bowl, containers, counters, boards and all utensils thoroughly.

Preheat dehydrator

The moisture in the food will cause an initial temperature drop inside the dehydrator. Start preheating dehydrator 5-10 minutes before you start dehydrating.

Drying time

Drying temperature is 150° F. Drying times will vary according to quantity, thickness of slices, moisture content of food, number of trays used, temperature, altitude and humidity of the location. Remove as much excess water as possible before starting (this can be done patting dry with absorbent paper).

Please note that the ventable lid can be adjusted. Open the vent on the lid to allow for good air circulation and moisture evacuation. The closed position promotes faster drying. *It is recommended that the vent should always remain fully open.* If you prefer the closed position during dehydration process, it is suggested to open the vent during the beginning of dehydration process to allow moisture to escape and then close the vent. Afterwards, open the vent 10 minutes every 4 hours.

Drying test

Make sure not to overlap foods while drying. Make sure foods are dried completely by checking a few samples (opening or cutting it in the middle). You can increase the drying time depending on the length of time you will keep it in storage. Check dryness after the number of hours indicated in the drying charts and then every hour until slices are crisp, pliable or leathery, depending on the quantity and consistency of what is being dried. In general it is done when the interior is totally dry.

Label food

Labeling each container helps to remind you of the contents, date dried and original weight. There are no absolute rules in dehydrating. Keep record of humidity, weight of produce before and after drying, drying times and temperatures. This will be helpful in improving your drying techniques.

Storage

Wait until cool before storing food (except for fruit roll-ups which must be stored in plastic bags while warm). Foods can be kept longer if stored in cool, dry and dark places. Any container that has stored food before can be used again. Remove all the air you possibly can from the storage container and close tightly. Ideal temperature is 60° F or lower (the lower the better).

Store dry food in plastic bag before storing in metal or glass containers. Avoid containers that "breathe" or have a weak seal. Fill the container as much as possible - air can destroy food. If you are using plastic bags or boiling pouches, squeeze the air out. Fruits and vegetables lose about 90% of their water content. Make your storage plans accordingly.

Check for moisture regularly

Check the contents of your dehydrated food for moisture during the weeks following dehydration. If there is moisture inside, you should dehydrate it for a longer time.

Rehydrating

Dehydrated foods can be rehydrated by soaking in water or by pouring hot water over it. Do not add seasonings, especially salt or sugar, during this process because they may change the flavor of the food. As a general rule, the quantity of water is 1 cup of water for each cup of dehydrated food. For stewed fruits, add 2 cups of water and simmer until tender. Rehydrated foods can be cooked normally.

Fruits and vegetables can be soaked in cold water for 2 to 6 hours inside refrigerator (room temperature can create an environment for harmful bacteria to grow). They can be soaked in hot water or immersed in boiling water for 5 to 10 minutes or until desired consistency, or rehydrated while cooking.

Consume the contents of an opened container as soon as possible and keep the uneaten portion refrigerated to avoid bacteria.

Contamination

If you suspect your food is contaminated, freeze it at 0°F for 48 hours to avoid bacteria growth or heat the food at 175°F for 15 minutes to pasteurize it. Some nutrition may be lost in the process, but it will stop the spoiling.

FOR HOUSEHOLD USE ONLY

Drying Charts

Vegetables

Vegetable	Preparation	Dryness test	time
Artichoke	Cut hearts into 1/3" strips. Boil about 10 minutes in 3/4 cup water containing 1 TBSP lemon juice.	Brittle	18 hours
Asparagus	Wash and cut into 1" pieces. Tips yield a better dried product. Stems, crushed after drying, make an excellent seasoning.	Brittle	18 hours
Beans (Green or Wax)	Cut as desired, steam blanch until translucent. Stir them occasionally during the drying process.	Brittle	23 hours
Beets	Trim off all but one inch of tops and roots. Wash, blanch, cool, remove tops and roots. Dice or slice.	Brittle, dark red	23 hours
Brussels sprouts	Cut sprouts from stalks, cut in half lengthwise through stems.	Crispy	24 hours
Broccoli	Trim and cut as for serving. Steam tender, about 3-5 minutes.	Brittle	18 hours
Cabbage	Trim and cut into strips 1/8" thick. Cut core into 1/4" strips. Use bottom tray of dehydrator.	Leathery	12 hours
Carrots	Select young, tender carrots. Steam until tender. Shred or cut into slices, cubes or strips.	Leathery	8 hours
Cauliflower	Soak cauliflower into 3 TBSP salt per 2 quarts water for 2 minutes. Steam blanch until tender.	Leathery	18 hours
Celery	Separate leaves from stalks, and thoroughly wash both. Cut stalks into 1/4" slices. Leaves will dry first, so remove them when dry. Flake leaves after drying for use in soups, stews, etc.	Brittle	12 hours

Vegetable	Preparation	Dryness test	time
Chives	Chop - spread on trays.	Brittle	6 hours
Cucumber	Pare, cut into 1/2" slices and dry.	Leathery	12 hours
Eggplant, squash	Trim, wash and slice 1/4" to 1/2" thick, spread out evenly on trays.	Brittle	18hours
Garlic	Separate into cloves, remove outer skin. Slice and dry. Grind for seasoning after drying.	Very brittle	18 hours
Greens (spinach, kale, etc.)	Wash thoroughly and trim through stems. Steam blanch until wilted, but not soggy. Use bottom tray of dehydrator.	Very brittle	8 hours
Mushrooms	Clean mushrooms and slice, chop or dry whole.	Leathery to brittle	12 hours
Peas	Use only tender, sweet varieties. Shell and blanch 3-5 minutes.	Brittle	12 hours
Peppers, pimentos	Cut into 1/4" strips or rings. Remove all seeds and wash. Chopped, dried pimentos make great spice.	Brittle to leathery	14 hours
Hot peppers	Wash thoroughly and dry whole.	Leathery	12 hours
Potatoes	Peeling is optional, but removes all eyes. Slice, dice, grate, cut into french fry. Steam blanch until translucent and then rinse thoroughly under cold water. Dry.	Brittle	16 hours
Tomatoes	Wash, remove stems. Dip in boiling water, then in cold water, and remove skin. Cut in halves or slice.	Leathery	20 hours

General tips and recipes - Vegetables

Beans (green): wash, snip off ends, cut into segments or french style. After blanching, you may freeze them solid for 40 minutes to tenderize before drying. Rehydrate by soaking 2 hours in **cold** water.

Broccoli: wash and peel the tough skin from the stalk. Separate the florets and slice the stem into 1/2" slices. Pretreatment is not necessary but you may wish to steam blanch for 4 minutes and then drain. Rehydrate by soaking 1 to 2 minutes in hot water then drain.

Cabbage: wash and trim outer leaves. Steam blanch for about 2 minutes. To rehydrate soak in **cold** lemon water solution for 30 minutes.

Carrots: steam blanch for 4 minutes. To rehydrate soak in **cold** water for 30 minutes.

Celery: pretreat by soaking celery in baking soda water (1 TBSP for 6 cups of cold water) for 5 minutes. Steam blanch for 2 minutes then drain. Soak in hot water for 1 hour to rehydrate.

Celery flakes/salt: chop dried celery in blender for flakes. Add equal amount of salt and flakes and blend till fine for celery salt.

Corn: husk, remove silk and wash. Steam blanch for about 4 minutes. Use a sharp knife and cut kernels off cob. Dehydrate for 14 hours or until crisp. Rehydrate by soaking 30 minutes in hot water.

Cornmeal: Grind dried kernels in a food grinder or food mill until fine.

Eggplant: wash and cut into 1/2" pieces. Do not pretreat as eggplant darkens when pretreated. Dry about 14 hours or until leathery. Soak for 30 minutes to rehydrate.

Ginger root: peel and slice into uniform pieces. No pretreatment is necessary. Dry for about 16 hours or until brittle. Rehydrate by soaking in **boiling** water for 1 to 2 hours (1 tsp rehydrated ginger root is equal to 1/2 tsp ground ginger powder).

Leeks: cut off tops and cut stalk in half and wash in cold water. Cut into 1/4" slices and separate. Dehydrate for about 14 hours or until crisp. Rehydrate by soaking in hot water for 30 minutes.

Mushrooms: rinse but do not soak as mushrooms absorb water. To rehydrate soak in **cold** water for 30 minutes.

Onions: remove paper-like outer shell. Slice or dice. Dry for 14 hours or until brittle. Rehydrate by soaking for 15 minutes in hot water then drain.

Onion flakes/powder/salt: for onion flakes or powder, grind in blender, food processor or food mill until desired size. For onion salt add equal amount of onion powder and salt.

Pepper, green or red: to rehydrate, soak in hot water for 20 minutes then drain.

Potatoes: not necessary to peel, but remove all eyes. Slice, dice or grate. For pre-treatment, steam blanch until translucent or soak in lemon water for 5 minutes; rinse thoroughly and drain. Cover with cold water and soak for 30 minutes to rehydrate.

Tomatoes: rehydrate by soaking 15 minutes in cold water.

Zucchini: wash and slice into 1/4" pieces. Dry for about 12 hours or until tough and brittle. Rehydrate by soaking in hot water for 30 minutes then drain.

Candied Ginger

1 cup Rehydrated Sliced Ginger Root
1 cup Water
1/2 cup Maple Syrup

In a saucepan, simmer rehydrated ginger, water and maple syrup until liquid evaporates (approximately 20 minutes). Remove from heat and spread on a greased roll-up sheet, making sure pieces are not touching. Dry for about 6 to 10 hours or until pieces become brittle.

Vegetable Soup

2 cups Boiling Water	1/2 tsp Dried Thyme
1/2 cup Dried Onion	3 cups Broth
2 cups Mixed Dried Vegetables	3 TBSP Butter
1 clove Garlic, minced	3/4 cup Barley or Small Pasta of choice
1/2 cup Dried Celery	1 TBSP Dried Parsley
1/2 tsp Dried Basil	Salt & Pepper to taste
1 16 oz can of Crushed Tomatoes	

Pour boiling water over the mixed vegetables, onion and celery and set aside for 30 minutes. Heat broth and tomatoes together and add barley or pasta. Add seasonings and boil for 30 minutes. Melt the butter in a frying pan and saute the rehydrated onion and celery until wilted. Add to cooked mixture. Add vegetables and cook for 20 minutes. Season to taste.

Fruits

Fruit	Preparation	Dryness test	time
Apples	Pare, core and cut in slices or rings, Drain and place on tray.	Pliable	23 hours
Apricots	Clean, cut in halves or in slices and place on trays.	Pliable	35 hours
Bananas	Peel and cut into 1/8" slices.	Crisp	24 hours
Berries	Cut strawberries in 3/8" slices. Leave other berries whole.	No visible moisture	12 hours
Cherries	Do not remove stem until ready to prepare Pitting is optional or pit when 50% dry.	Leathery, but sticky	24 hours
Cranberries	Wash well, chop or leave whole.	Pliable	18 hours
Grapes	Remove stems and leave whole.	Pliable	24 hours
Nectarines	No need to peel. Cut in half, dry with skin side down on tray. Pit when 50% dry.	Pliable	36 hours
Orange rind	Peel in long strips and dry. Do not grate until ready to use.	Brittle	12 hours
Peaches	Remove peel during dehydration if desired. Pit when 50% dry. Halve or quarter with cut side up.	Pliable and leathery	42 hours
Pears	Peel, remove core. Cut into slices or rings, halves, quarters or eights.	Pliable and leathery	30 hours
Persimmons	Use only ripe fruits. Wash, remove cap and slice in 3/8" circles or slices.	Pliable	12 hours
Pineapple (fresh)	Remove core, cut in slice or wedges or chunks.	Pliable	24 hours

Fruit	Preparation	Dryness test	time
(canned) Plums	Drain and path dry, place on trays. Wash, leave whole or cut in half and remove pit when half dried.	Leathery. Pliable	24 hours 24 hours
Prunes	Same as plums, but first soak in boiling water 2 minutes.	Leathery	30 hours
Rhubarb	Use only tender stalks. Wash, remove outer skin, cut into 1/8" lengths.	No visible moisture	24 hours

General tips and recipes - Fruits

Apples: wash and peel (if desired). Core and slice into 1/4" slices or rounds. You may wish to pretreat in lemon juice for 2 to 3 minutes prior to drying. This will keep them from darkening. Apples should be slightly crisp. If you wish to rehydrate, cover with hot water and soak for 10 to 15 minutes.

Apricots: wash, halves and remove pits. It is not necessary to pretreat. Apricots should be pliable with no pockets of moisture. To rehydrate, cover with hot water and soak for 15 minutes.

Bananas: You should avoid overripe bananas. Peel and slice. You may wish to pretreat by soaking in lemon juice 1-2 minutes to prevent darkening. To rehydrate, soak in hot water for about 10 minutes.

Cantaloupe: Peel, seed and cut into 1/4" thick pieces. Pretreatment is not necessary. To rehydrate, soak in **cold** water for about 2 hours.

Citrus fruits and peels: these fruits are usually dried with their skins on; however if you wish to dry only their skin, use a vegetable peeler to remove only the colored part of the peel (do not include the white pithy part). It is not necessary to pretreat. These fruits need approximately 30 hours to dry. They should be very brittle. The peel requires about 6-7 hours.

Grapes, blueberries, cherries, cranberries: wash, remove pits from cherries, remove grapes from stems (best if seedless grapes are used), wash and drain cranberries and blueberries. Pretreat by dropping into boiling water for 1 to 2 minutes or until skins are cracked.

Kiwi, mango, papaya: peel, remove seeds and cut into slices. No pretreatment is necessary. Dry until pliable (15 to 24 hours).

Peaches: wash, scald and then dip into cold water to remove skins or remove during dehydration if desired. Rehydrate by soaking in **cold** water for 1 hour.

Pears: peel, core and cut into slices. Pretreat by soaking in lemon juice for 2 to 3 minutes. Rehydrate by soaking in **cold** water for 20 minutes and drain.

Pineapple: wash, peel and remove hard core. No pretreatment is necessary. Rehydrate by soaking in hot water for 15 minutes.

Strawberries: remove stems, wash and shake dry. No pretreatment is necessary. Rehydrate by soaking in hot water for 15 minutes. Drain well before using.

Citrus Cream Cheese Filling

8 oz	Softened Cream Cheese	1	TBSP Dried Powdered Citrus Fruits
1/4 cup	Sugar or Honey	1	cup Dried Raisins or Chopped Nuts

Mix ingredients. Taste and sweeten to your preference.

Cranberry Apple Relish

8 cups	Apples, peeled and sliced	1 cup	Boiling Water
2 cups	Sugar	1/4 cup	Cornstarch
3 cups	Rehydrated Cranberries		

Cook apples, cranberries and 1 cup of sugar in boiling water over medium heat. Stir occasionally to prevent fruits from sticking to bottom of pan. Mix remaining 1 cup of sugar and cornstarch together thoroughly before adding to fruit. Continue cooking and stirring until sugar is dissolved. Juice should be clear. Refrigerate until ready to serve.

Ginger Peach Jam

3 3/4 cups	Rehydrated Peaches	1	pkg Powdered Pectin
2 oz	finely chopped Candied Ginger	5	cups Sugar
1/4 cup	Lemon Juice		

Chop rehydrated peaches and place in pan. Add lemon juice, candied ginger and pectin; stir well. Place on high heat and bring to a boil, stirring constantly. Add sugar, continue to stir and bring to a full boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Fill canning jar with jam and process in hot water bath for 5 minutes.

Fruit Trail Mix

1/2 cup Dried Cantaloupe
1/2 cup Dried Banana Slices
1/2 cup Shredded Coconut
1/2 cup Mixed Raisins

1/3 cup Chopped Dried Dates
1 cup Mixed Nuts (optional)
1/4 cup Dried Apricots, Peaches or Pears

Cut fruits into small pieces and mix together. Add nuts, if desired. Store in airtight container.

Fruit / Vegetable Leathers

Fruit leather: choose any fresh, ripe fruit. Wash, remove stems, pits or any seeds, peel and cut out any bruised sections. Puree in a blender until very smooth and of pouring consistency. Sweeten to taste by adding 1 TBSP of honey, fruit juice concentrate or corn syrup per quart of puree. **Do not use sugar as it will crystallize the puree.** Spread on roll-up sheet and dehydrate for 8 to 10 hours or until leathery.

Vegetable leather: wash, peel, steam blanch, chop and puree until smooth. You may need to add water to make it blend easily. Add spices to taste before drying. Spread on roll-up sheet and dehydrate for about 10 hours or until leathery.

Leather helpful hints

If leather sticks, coat the roll-up sheet with any vegetable oil. You may also line it with plastic wrap. **Do not use wax paper or foil.**

If you experience uneven drying, tilt and shake trays until puree is evenly distributed. Rotate trays if necessary.

If leathers seem too brittle, you have overdried or you need to adjust your vent setting. (Please remember the settings are suggested, you may adjust them to work best for you.)

If your leathers are dark, you may add some lemon juice or ascorbic acid to the puree.

If the leather molds, it was not dry before storing or was exposed to moisture during storage.

To reach the right consistency, combine puree with fruit juices to thin or thicken,

Meat Jerky / Marinades

Meat jerky: use lean meat. Prepare marinade as indicated below. Cut off any visible fat as it can make jerky turn rancid. Cut meat into long narrow strips. Marinate meat 1 to 24 hours (depending on your preference) in the refrigerator and drain. Place roll-up sheet on bottom tray and place meat on trays. Dehydrate for 17 to 30 hours. Beef or fish do not need to be cooked prior to dehydrating. However it is recommended that turkey or chicken be cooked prior to dehydrating.

Simple Marinade

1/2 cup	Teriyaki Sauce	1/4 cup	Water
1/4 cup	Liquid Smoke	1 lb	Lean Meat, cut into strips
1/4 cup	Chopped Green Onions	1/2 tsp	crushed Garlic

Mix ingredients. Marinate at least 2 1/2 hours before drying.

Standard Jerky Marinade

1/2 cup	Soy Sauce	1 1/4 tsp	Salt
1	clove Garlic, mashed	1/2 tsp	Onion Powder
2	TBSP Brown or White Sugar	1/2 tsp	Pepper
2	TBSP Ketchup	2 lb	Lean Meat, cut into strips
1/2 cup	Worcestershire Sauce		

Mix ingredients. Marinate at least 1 hour before drying.

Sweet and Sour Jerky Marinade

1/2 cup	Red Wine Vinegar	2	tsp	Salt	
1/2 cup	Brown Sugar	1/4	tsp	Ground Ginger	
1	tsp	Garlic Powder	3/4	cup	Pineapple Juice
1/4 cup	Soy Sauce	3	lb	Lean Meat, cut into strips	

Mix ingredients. Marinate in the refrigerator for at least 6 hour before drying.

Hot Jerky Marinade

2	tsp	Chili Powder	2	tsp	Pepper
2	tsp	Dried Garlic Powder	2	tsp	Dried Onion Powder
1	tsp	Brown Sugar	2	tsp	Salt
1/2	tsp	Cayenne Pepper	2	lb	Lean Meat, cut into strips
1/2	tsp	Liquid Smoke	1	cup	Water

Mix ingredients. Marinate in the refrigerator for at least 6 hour before drying.

Spicy Jerky Marinade

6	TBSP	Vegetable Oil	6	TBSP	Brown Sugar
1	cup	Soy Sauce	3	TBSP	Sherry
2	tsp	finely minced Garlic	3	lb	Lean Meat, cut into strips
3/4	TBSP	Ground Ginger			Tabasco Sauce (optional)

Mix ingredients. Marinate in the refrigerator for at least 6 hour before drying.

Nuts

Shell and rinse with hot water. Spread in a single layer onto trays. Dry approximately 24 hours or until brittle. Allow nuts to cool before storing. Nuts contain a lot of oil and the oil could cause the nuts to become rancid so you should freeze them to guarantee freshness. When ready to use the nuts, bring them to room temperature.

Nut and Fruit Mix

1	lb	Toasted Almonds	1/4	cup	Shredded Coconut
1	lb	Toasted Brazil Nuts	1/4	cup	Salted Sunflowers Seeds
1	lb	Toasted Cashew Nuts	1/4	cup	Chopped Dried Fruits
1/2	lb	Toasted Pine Nuts	1/4	cup	Marsala or Fruit Juice
1/2	lb	Mixed Raisins			Salt to taste

Mix nuts and set aside. In a saucepan, mix raisins and wine or fruit juice and bring to a boil. Reduce and simmer until liquid is evaporated. Remove from heat and cool. Combine mixture with remaining ingredients and mix well.

Dried Flowers / Herbs

Flowers: the flowers should be picked after the dew has dried and before the evening dampness. 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 depending on size and type of flower. Dry approximately 3 to 36 hours.

Herbs: rinse and shake off excess water. Pat dry. Remove dead, mushy or discolored leaves. If using seed, pick when pods have changed color. Spread herbs loosely on tray and dry for approximately 3 to 5 hours. Drying times will vary according to size and type. You should leave herbs on the stem and remove when drying has been completed.

Herb Potpourri

6	cups	Rose Petals	1	cup	Dried Sweet Marjoram
6		crushed Bay Leaves	2	TBSP	Dried Orange Peel
1	cup	Dried Thyme	1	cup	Dried Lavender
1	TBSP	Allspice	1	tsp	Anise Seed
1	cup	Dried Rosemary	1	cup	Dried Sweet Basil
2	TBSP	Dried Lemon Peel			

Mix ingredients and store in an airtight container in a dark and cool place until ready to use.

Mint Potpourri

2	cup	Dried Lavender	Geranium Petals
1	cup	Dried Whole Mint Leaves	Dried Flower Petals of Choice
1/2	cup	Dried Thyme	Few Drops of Essential Oil of Choice
1/4	cup	Dried Rosemary	

Mix ingredients and store in an airtight container until ready to use.

Baby Foods

Fruits

1/2	cup	Dried Fruit
1/2 to 1	cup	Hot Water or Milk

Chop fruits into small pieces. Pour hot water over fruit and rehydrate for approximately 30 minutes. Puree in a blender till smooth.

Vegetables

1/3	cup	Powdered Dried Vegetables
1/2 to 1	cup	Hot Water or Milk

Use vegetables that are very dry and brittle. Mix in blender till powdery. Pour hot water or milk over vegetable powder and rehydrate for approximately 20 minutes. Puree in a blender till smooth.

Meat and Vegetables Combination

1	cup	Hot Water or Milk
3	TBSP	chopped Cooked Meat
1/3	cup	Powdered Dried Vegetables

Pour hot water over vegetables and rehydrate for about 20 minutes. Add meat and puree in a blender until smooth.