

Ronco®

Always Innovating

Food Dehydrator

5-Tray
White







TABLE OF CONTENTS

| | |
|--|----|
| The Finer Points of Dehydration | 2 |
| Quick Start – Dehydrating Basics | 3 |
| How to Dehydrate and Succeed | 4 |
| Pretreating | 5 |
| Packing and Storing | 7 |
| Rehydrating | 7 |
| Hints and Reminders | 8 |
| Rotating the Trays | 10 |
| Care and Cleaning | 10 |
| Drying Table | 11 |
| Fruit Recipes | 15 |
| Vegetable Recipes..... | 21 |
| Jerky Recipes | 27 |
| Arts and Crafts | 31 |
| How to Eat Like the Vikings | 34 |
| Important Notice and Warranty | 22 |



easy

Just slice, dry and store. The prep work is minimal and the "cooking" is hands-free.

THE FINER POINTS OF DEHYDRATION

The first step in beginning the process of dehydration is to know what dehydration is. Dehydrating is the process of heating food to evaporate moisture inside the food and then removing the water and vapor that is formed.

The second is to know how to keep records of your dehydrated food. This way you'll develop a system and good pattern of quality food drying. We recommend you record the weight of the food before and after dehydration. By labeling drying times on the storage containers will increase the consistency of the quality of dried food.

Once the food is dried and stored, you may use it over a period of time in all the fun recipes and crafts presented in this manual or creations of your own. To obtain a rehydrated state, soak the food in water, and then it is ready to use in all of your favorite recipes. Of course our favorite way to enjoy freshly dehydrated food is to eat it right away as a snack!

Dried foods are tasty, nutritious, lightweight, easy to prepare, store and use.

- There's so much variety! Create yummy snacks from strawberry-apple fruit leather, to glazed cinnamon banana chips, beef jerky and more.
- The Ronco Dehydrator is so easy to use. The prep work is minimal and the "cooking" is completely hands-free.
- Dried foods do not lose nutritional value. You control the ingredients so you know your snacks will be healthy.

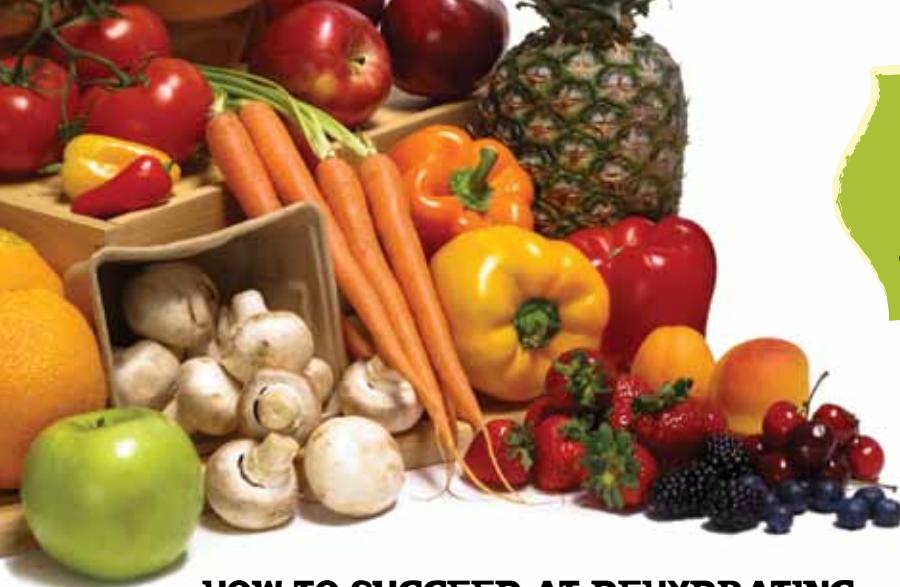
It is very simple and requires minimal storage space for your food; which leaves room for even more dried foods! The best part about it though is, home dehydration saves a lot of money.

QUICK START - DEHYDRATING BASICS



Important Tips:

- Slice most foods thin: 1/8"-1/4"
- Do not overlap food on the trays
- Rotate and turn trays every 2-4 hours
- Place goods in air-tight containers



go green

Preserve locally grown produce and bring homegrown, delicious foods back into your kitchen.

HOW TO SUCCEED AT DEHYDRATING

The fruits and vegetables you are about to use for dehydration should be fresh and fully ripe. We also recommend organic produce whenever possible. Wilted, immature, or over-ripe produce will make a dissatisfaction dried product.

To prepare your produce for dehydration, you should wash all fresh food thoroughly to remove any dirt or chemicals. Once this is completed, make sure not to use any food with decay, bruises, or mold, because it may affect the entire batch of food. Don't forget to peel, pit, or core some fruits and vegetables. Also, smaller pieces tend to dry faster and more evenly.

You should monitor the final stages of dehydration to ensure the food is not over dried. Food should be dry enough to prevent bacterial growth and spoilage. If the food is over dried then it loses quality in taste, texture, and nutrition.

Before testing for dryness, take out a piece and let it cool then feel for dryness.

1. Fruits should not have any spots of moisture, and should be leathery. Another test is to tear the piece in half and then watch for drops of moisture where you tore it. If there is no moisture then the fruit is ready for storage.
2. Vegetables should be brittle.
3. Jerky should be tough.

PRETREATING

Blanching or covering completely in boiling water for a short period of time brings out the enzymes in fruit and vegetables. These enzymes are the reason for color and flavor changes during ripening. Color changes will continue during the drying process unless the produce is pretreated. Blanching also helps set color and dry faster by relaxing the tissues within the produce, keeping the flavors during storage, and improve rehydrating conditions.

Many of the lighter colored fruits such as apples, apricots, peaches, nectarines, and pears, tend to darken during drying and storage. To prevent this, the fruit may be dipped and pretreated.

Recommended Dips for Pretreating Fruits and Vegetables:

1. Lemon or pineapple juice is a natural alternative to reduce unwanted color or browning. Place sliced fruit into juice, removing it after 1-2 minutes and then arrange in trays. For variety you can add Jell-O powders, lime or orange juice, honey or sprinkle with cinnamon or coconut flakes.
2. Sodium Bisulfite: Be sure to ask a pharmacist for food safe (USP) grade only. Dissolve 1 teaspoon of sodium bisulfite in a quart of water. This helps prevent any loss of vitamins. Prepare small amounts of fruit and dip into the solution for 1-2 minutes.
3. Salt can be used as a solution for dipping.
4. Citric Acid or Ascorbic Acid solutions give a tart taste not unlike that of Vitamin C. These anti-oxidant granules are available at health food and drug stores. Mix about 6 tablespoons in a pint of water, dip for 1-2 minutes, and dry. Great for banana chips and apple rings.
5. Water or Steam Blanching: Fruits with tough skin such as grapes, prunes and small dark plums, cherries, figs, and some berries, may be water-blanched to crack the skins. This allows moisture inside to escape more readily during drying.
6. Syrup Blanching may help retain the color in light colored fruits. It also makes sweetened candied foods.

Remember to remove any excess moisture before drying pretreated food by placing the food on paper towels or clean cloths.

Trays should be loaded with a thin layer of food as directed. If needed, a clean cheesecloth can be spread on the trays to prevent food pieces from sticking or falling through.

For best results, the food being dried should be between 1/8"-1/4" thick and should not exceed roughly 3/4" of each tray's surface area.

healthy

Make nutritious
snacks from 100%
natural ingredients
with no additives
or preservatives!



PACKING AND STORING

1. Fruits cut into a wide range of sizes should be allowed to equalize the remaining moisture among the pieces for a week after drying, before placing in long term storage. To do this, place fruit in non-aluminum, non-plastic container and put in a dry, well-ventilated area.
2. Dried foods should be thoroughly cooled before packing. Package in small amounts so food can be used soon after opening.
3. Pack food without crushing, into clean, dry, insect-proof containers.
4. Glass jars or resealable plastic freezer bags make good containers. Metal cans with fitted lids, can be used if the dried food is first placed in a plastic bag.
5. Store in areas that are cool, dry, and dark for longer lasting good quality dried foods. Temperatures for storage should not go any higher than 60 degrees Fahrenheit.
6. Dehydrated food should be checked about once a month, for mold. If mold is found on a piece of the dried food, scrape it off and pasteurize the contents.
7. To pasteurize, spread food on a cookie sheet and bake in an oven for 15 minutes at 175 degrees Fahrenheit. Then repack in a clean, air-tight container.

REHYDRATING

Not all dehydrated food need to be rehydrated. While some fruits are preferred in their dried form, most vegetables are not, and are better when rehydrated.

To rehydrate vegetables for cooking, simply wash the product in clean water, then place in unsalted, cold water and cover, letting it soak for 2-8 hours. If possible, cook in the same water used for soaking, adding more water if necessary. It conserves nutritional value. To rehydrate foods like carrots, soak in ice water or water in the refrigerator.

Dried foods can be rehydrated by soaking, cooking, or a combination of both. They will resemble their fresh counterparts after rehydration. Although they will resemble

fresh fruits in many aspects, dried foods are unique and should not be expected to be exactly like a fresh fruit.

Remember; drying does not render the food free of bacteria, yeasts, and mold. It just makes them inactive. Spoiling may occur if soaking is prolonged at room temperature. Make sure to refrigerate if soaking for longer than 1-2 hours.

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

For dried fruit, barely cover them with cold water and soak 1-8 hours to replace the moisture depending on fruit type, size of pieces, and water temperature. Hot water takes less time. Over-soaking will produce less flavor. To cook rehydrated fruit, cover and simmer in the same water as was soaked in. One cup of dried fruit rehydrates to about 1 1/2 cups. For greens cover them with boiling water.

For maximum nutritional value:

1. Blanch for the correct length of time
2. Pack dried foods properly and store in a cool, dark, dry place
3. Check dried foods periodically to see that moisture has not been absorbed
4. Eat dried foods as soon as possible
5. Use the remaining liquid after rehydration in recipes

HINTS AND REMINDERS

1. Select ripe produce that is in good condition. Bad food may give an off-flavor to the entire lot.
2. Wash thoroughly to remove dirt or chemicals, remove soft or spoiled areas. Slice and pretreat if necessary.
3. Slices should be between 1/8"-1/4" for efficient drying.
4. Drying times will vary according to the size of the load,

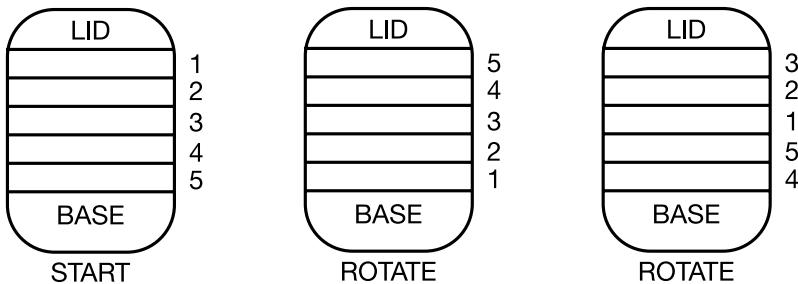
thickness of the sliced produce, humidity of the air, and the moisture content of the food itself.

5. To test for dryness let the product cool, and then cut a piece open. There should be no visible moisture inside.
6. Fruits tend to dry leathery, and vegetables dry brittle.
7. The presence of natural juices in foods, especially fruits, will vary.
8. Some fruit sugars tend to be stickier than others.
9. Trays may be loaded with foods barely touching, but not overlapping.
10. About 6% to 10% of the moisture may remain in foods without danger of spoilage.
11. Many dried foods will have a leathery consistency similar to licorice.
12. Blanching is advisable for vegetables to inactivate the natural enzymes responsible for undesirable color changes. It also makes dehydration and rehydration go faster. In some cases blanching is used to crack the skins of fruits to allow moisture to escape.
13. It is necessary to rotate the trays every 2-4 hours. To do this, move the bottom trays up and top ones down and turn to the right or left. See diagrams on page 10.
14. Trays nearest the bottom are exposed to the hottest, driest air and food on them will dry more rapidly.
15. Turn each tray a quarter turn sideways to help insure more even drying.
16. When correctly dried, most of your fruits and vegetables will be soft and pliable, without any damp spots.
17. To remove seeds or pits from prunes, grapes, cherries, etc., dehydrate about halfway- then pop seeds out. This prevents juice from dripping out.
18. The Dehydrator has two adjustable lid vents and base vents in order to maintain circulation while dehydrating. Do not operate with lid or bottom vent blocked or closed at any time. This will interfere with proper airflow.
19. Occasionally check to see if your food is dehydrated. The Food Dehydrator is designed to rely on natural heat convection to carry away moisture from the food.
20. Do not use oil sprays on the trays.

ROTATING THE TRAYS

Rotate trays every 2-4 hours following the diagram below. We recommend you turn each tray a 1/4 turn every time you rotate for best results.

5 TRAY ROTATION



MOST IMPORTANT

The Food Dehydrator has two vents (adjustable lid vents and base vents) in order to maintain proper circulation while dehydrating. Do not operate with lid or bottom vent blocked or closed at any time, as this will interfere with proper airflow.

Occasionally check to see if your food is dehydrated. Your 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.

It is important to rotate the location of the trays during dehydration. Trays near the bottom are hotter and food on them will dry more rapidly. Simply rotate trays as shown in the diagrams. Turn each tray a quarter turn sideways to help insure more even drying. Do not use oil sprays on the trays.

CARE AND CLEANING

For the most use out of your dehydrator trays, we strongly recommend that you wash the dehydrator trays by hand. If you wash them in the dishwasher, use the low heat/no-heat dry setting only.

DRYING TABLE FOR FRUITS & VEGETABLES

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

Rotate your trays every 2-4 hours. Don't forget to keep the vents open completely when drying moisture heavy foods like watermelon, close vents slightly for low moisture foods like carrots. If there is moisture build up on the lid open the vents to allow moisture to escape.

ALWAYS THOROUGHLY WASH FOOD BEFORE DEHYDRATION

| Fruit | Preparation | Dryness Test | 3-5 Tray |
|-------------------------|--|---------------------|------------------------------|
| Apples | After paring, core, slice into rings and dip in pretreatment solution for 2 minutes. Drain and arrange on tray. | Pliable | 24-36 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 | 48-60 hours (3 trays max) |
| 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 | 24-36 hours |
| Asparagus | Cut into 1" pieces. Tips are best. Stems crushed after drying make an excellent seasoning. | Brittle | 24-36 hours |
| Bananas | Remove peel; cut into 1/8" thick slices or use whole. | Crisp | 36 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 | 36 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 | 24-36 hours |
| Berries | Strawberries may be sliced in 3/8". Leave other berries whole. Bathe wax-coated berries in boiling water. | No visible moisture | 24-36 hours |

| Fruit | Preparation | Dryness Test | 3-5 Tray |
|---|---|--------------------------------------|---------------------------|
| Brussels Sprouts | Cut sprouts from stalks, cut in half length wise through stem. | Brittle | 24-36 hours |
| Broccoli | Trim and cut as usual. Steam until tender - 3 to 5 minutes. | Brittle | 24-36 hours |
| Cabbage | Trim. Slice into strips 1/8" thick. | Leathery | 24 hours |
| Carrots | Select young tender roots. Steam until tender. Cut into slices, shreds, cubes or strips. | Leathery | 24-36 hours |
| Cauliflower | Separate into flowerets. Place in 2 quarts of water (with 3 tablespoons salt) for 3 minutes. Steam until tender. | Leathery | 24-36 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 | 24-36 hours |
| Cherries | Do not stem until ready to prepare. Pitting is optional, or pit when 50% dry. | Leathery but sticky | 24-36 hours |
| Chives | Chop - spread on tray | Brittle | 24 hours |
| 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 | 24-36 hours |
| Cranberries | Chop for flakes or leave whole. | No visible moisture | 24-36 hours |
| Cucumber | Pare and cut into 1/8" slices | Leathery | 24-36 hours |
| Eggplant (all Squash) | Trim, wash and slice 1/4" to 1/2" thick, and spread on tray. | Brittle | 24-36 hours |
| Garlic | Separate into cloves, remove outer skin. Slice, grind or process for seasoning after drying if desired. | Very brittle | 24-36 hours |
| Grapes Seedless (raisins) | Remove stems and place whole grapes on tray. Parchment paper liners may be used to avoid juices dripping in base of dehydrator. | Pliable & Leathery (3 days leathery) | 24-36 hours (2 trays max) |
| Greens (Spinach, Kale, Chard, Turnip, Beet) | Trim tough stems. Steam until wilted, not soggy. Use bottom tray of dehydrator but be careful not to scorch. | Very brittle | 24 hours |

| Fruit | Preparation | Dryness Test | 3-5 Tray |
|------------------------------|---|--|-----------------------------|
| 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. | 24-36 hours |
| Nectarines | No need to peel. Halve and remove pit. Cut in 1/4" slices and arrange on tray. | Brittle | 36-60 hours (3 tray max) |
| Onions and Leeks | Peels and cut into 1/2" slices or nuggets, or chop. Stir several times during drying. | Leathery | 24-36 hours |
| Okra | Use young pods. Trim and cut into 1/4" circles. | Leathery | 24-48 hours |
| Orange Rind | Peel in long strips and dry. Do not grate until ready to use. | Brittle | 24-36 hours |
| Parsley | Tear into small pieces, dry, then chop if desired. | Brittle | 12-24 hours |
| Parsnips | Same as carrots. | Leathery | 24-36 hours |
| Peaches | Remove peel during dehydration if desired. Pit when 50% dehydrated. Halve or quarter, with cup side up | Pliable & Leathery | 36-60 hours (3 tray max) |
| Pears | Peel, remove core and woody tissue. Cut into slices or rings, halves, quarters or eighths. | Pliable & Leathery | 36-60 hours (3 tray max) |
| Peas | Use only tender sweet varieties. Shell and blanch 3-5 minutes. | Brittle | 24-36 hours |
| Peppers (Green and Pimentos) | Halve, remove seeds. Cut into 1/4" strips or rings. May also be chopped. Powdered dried pimentos is Paprika. | Brittle | 24-36 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 | 24-36 hours |
| Persimmons | Use only ripe fruit. After washing, remove cap and cut in 3/8" slices. | Pliable | 24-36 hours |
| Pineapple (fresh) | Remove core, cut in slices or wedges or chunks. | Pliable | 24-36 hours |
| (canned) | Drain and pat dry. Place on trays. | Leathery | 24-36 hours |
| Potatoes | Peeling optional. Slice 3/16" to 1/4", or dice, grate, cut French Fry style. Steam as for beets. | Brittle | 36 hours |

| Fruit | Preparation | Dryness Test | 3-5 Tray |
|--------------------------|--|---------------------|------------------------------|
| Plums | Cut in half and remove pits. | Pliable | 36-60 hours (3 tray max) |
| 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 | 48 hours |
| Rhubarb | Use only tender stalks. Wash, cut in 1" lengths. | No visible moisture | 24-36 hours |
| Rutabagas | Same as carrots, but slice thin. | Leathery | 24-36 hours |
| Tomatoes | Remove stems. To remove skin, dip briefly in boiling water then peel. Cut in halves or slices. | Leathery | 24-60 hours (max 3 trays) |
| Turnips | Same as carrots but slice thin. | Leathery | 24-36 hours |
| Zucchini | See eggplant. | Brittle | 24-36 hours |



economical
Make your favorite, dried foods at home at a fraction of the cost of the grocery store.

USING DRIED OR REHYDRATED FOODS:

- 1 Dried fruit can be used for snacks at home, when you are out and about, and in cookies or other recipes.
- 2 Serve rehydrated fruits in sauces. You can even include it in your favorite dessert recipes.
- 3 Add dried vegetables to soups, stews, and other dishes. Or serve it as dry snacks or chips served with dip.
- 4 Rehydrated vegetables can be used in meat pies and other main dishes as well as salads.
- 5 Powered vegetables go well in broths, raw soups, and salad dressings.

A collection of dried fruits is displayed against a dark wooden background. The fruits include several large, yellowish-brown apple rings, several banana slices, numerous orange-red apricots, dark purple raisins, and several large, textured pineapples. A small chalkboard sign with a wooden frame is positioned in the upper right, containing the text "Fruit Recipes".

Fruit
Recipes



DESSERTS

Spiced Peach Pie

Soak 1 1/2 cups dried peaches in the refrigerator overnight. Then stew until soft (about 45 minutes). Chop peaches and 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°F. Makes one 9-inch pie.

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 at 450°F 15 minutes; reduce temperature to 350°F and bake 45 minutes longer. Makes one 9-inch pie.

HEALTHY SNACKS

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 | Peaches | Strawberries |
| Bananas | Plums | Mangos |
| Apricots | Nectarines | Kiwi |
| Pineapple | Rhubarb | |

FRUITY APPETIZER

Brie with Dried Fruit

1 round (8 oz) Brie cheese

3 tablespoons brown sugar

1/2 cup dried fruit

(cranberries, raisins, apricots)

Toasted baguette slices

3 tablespoons maple syrup

1 tablespoon orange liqueur

1/4 cup coarsely chopped

pecans, toasted (optional)

Heat oven to 350°F. Line cookie sheet with foil. Place cheese on cookie sheet. Bake 10 minutes or until cheese begins to soften.

Heat syrup, brown sugar and liqueur in 8-inch sauté pan or skillet, and bring to a boil. Cook until mixture becomes thick and syrupy.

Place warm Brie on serving plate. Top with dried fruit and pecans. Pour syrup over top. Serve with baguette slices.
Makes 12 servings.





FRUIT ROLLUPS 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, agave nectar or fruit juice.

Pour the puree onto the Ronco Fruit Rollup & Liquid Tray (sold separately). 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 24-36 hours days with the standard models. Drying times will vary with moisture content and humidity.

To release, pull off the cool, dried "Rollup" from the plastic food wrap or the Ronco Fruit Rollup & Liquid Tray and serve.

TRAIL TREATS

Quick Energy Snacks

4 cups rolled oats
1 cup brown sugar
1 cup dry roasted nuts
1 1/2 cups coconut flakes

1 cup chopped dates
or dried apricots
1/2 cup raisins

Mix all ingredients together thoroughly in resealable plastic bags for munching on hikes and camping trips.

Homemade 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 wheat germ |
| 1/2 cup packed brown sugar | 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. Spread out on dehydrator tray lined with cheese cloth or use the Ronco Herb Screen (sold separately). Dry until crispy, then store in an air-tight container or in resealable plastic bags. Great for breakfast, lunches, snack or a topper over ice cream and yogurt.

Crispy Nuts and Seeds

Soaking and drying nuts and seeds reduces phytic acid and enzyme inhibitors which can prevent absorption of nutrients. Many nuts (walnuts, almonds, etc.) should be soaked overnight in salt water and then dried for 12-24 hours until nice and crispy. Soaked and dried nuts and seeds usually taste better.





Vegetable
Recipes



VEGGIES FOR DINNER

Vegetable Soup

| | |
|--|----------------------|
| 2 cups dried beef, diced (optional) | 8 cups water |
| 1/2 cup diced dried onions | Salt & Pepper |
| 1/2 cup diced dried carrots | 1/4 teaspoon sage |
| 2 tablespoons chopped dried parsley | 1/4 cup dried peas |
| 1 cup dried tomatoes | 1/2 cup pearl barley |
| 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 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°F until tender.

Salad Spikers

Combine the following dehydrated vegetables:

1/2 cup onions
1/2 cup carrots

1/2 cup tomatoes
1/2 cup bell pepper

When they are dry and crunchy, chop into tiny pieces and add: 1/4 cup roasted sunflower seeds and 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.

CREATIVE CRACKERS & CHIPS

Jalapeno Corn Chips

3 cups fresh or frozen
(defrosted) corn

1 jalapeno pepper
1 teaspoon salt, to taste

Remove seeds and ribs from jalapeno and chop. Puree corn in food processor, adding water as needed to create an oatmeal consistency. Add in salt and jalapeno and puree until well blended.

Spread thinly (1/8 - 1/4" thick) onto the Ronco Fruit Rollup & Liquid Tray (sold separately) and put in your dehydrator until crispy, flipping once about halfway through dry time (about 8 - 12 hours).

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.



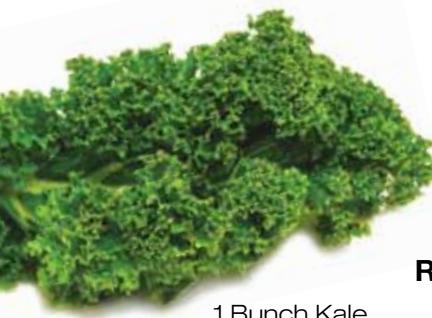
Vegetable Crackers

| | |
|----------------------|---------------------|
| 1 cup flax seeds | 3 cups water |
| 2 medium tomatoes | 1/2 medium onion |
| 2 carrots | 2 celery stalks |
| 2 cloves garlic | 2 teaspoons basil |
| 1 teaspoon dill seed | 1 teaspoon sea salt |
| 1 teaspoon cumin | |

Place the flax seeds in water. Allow to soak overnight.

In a food processor, use a setting. Grate the tomatoes, onion, celery, carrots and garlic. Add the basil, dill seed, sea salt and cumin. Switch to the regular setting on the food processor and blend ingredients, adding enough water to create a smooth mixture. Combine vegetable mixture and flax seeds in a large mixing bowl. At this point, the mixture should have a mild taste. The flavors will become more intense as the crackers dehydrate.

Using a tablespoon, drop spoonfuls of the vegetable mixture dehydrator sheets. Dehydrate for approximately 12 hours, or until the crackers turn easily and have reached your desired level of crispiness.



Raw Kale Chips

| | |
|-----------------------|----------------|
| 1 Bunch Kale | Olive oil |
| Sea Salt | Diced Garlic |
| Juice of Half a Lemon | Pinch of Cumin |

Wash the kale and then cut it into 3 inch long strips. Put the sliced kale in a large bowl and add the olive oil, sea salt, diced garlic, lemon juice, and cumin, all to taste. Use your hands to massage the ingredients into the kale.

Wait for 10 to 20 minutes: the kale leaves should have shrunk a little bit. Now place your marinated kale on a dehydrator tray and turn the dehydrator on to dry for about 7 to 8 hours.



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 food processor.

Instant Baby Food

You can also make instant baby food with your dehydrator by cooking your vegetables first. Cook or steam your desired vegetable until soft. Use a food processor to make a puree and then dehydrate until they are crispy and brittle. Next, use your food processor or blender and blend until it becomes a fine powder.

To reconstitute, heat up 1/8 cup water and add 1 1/2 teaspoons of the vegetable powder to it. Let sit for 1-2 minutes so that it becomes soft. Check the consistency. If it is too thick or concentrated just add a little more water until you reach your desired consistency.



Herbs

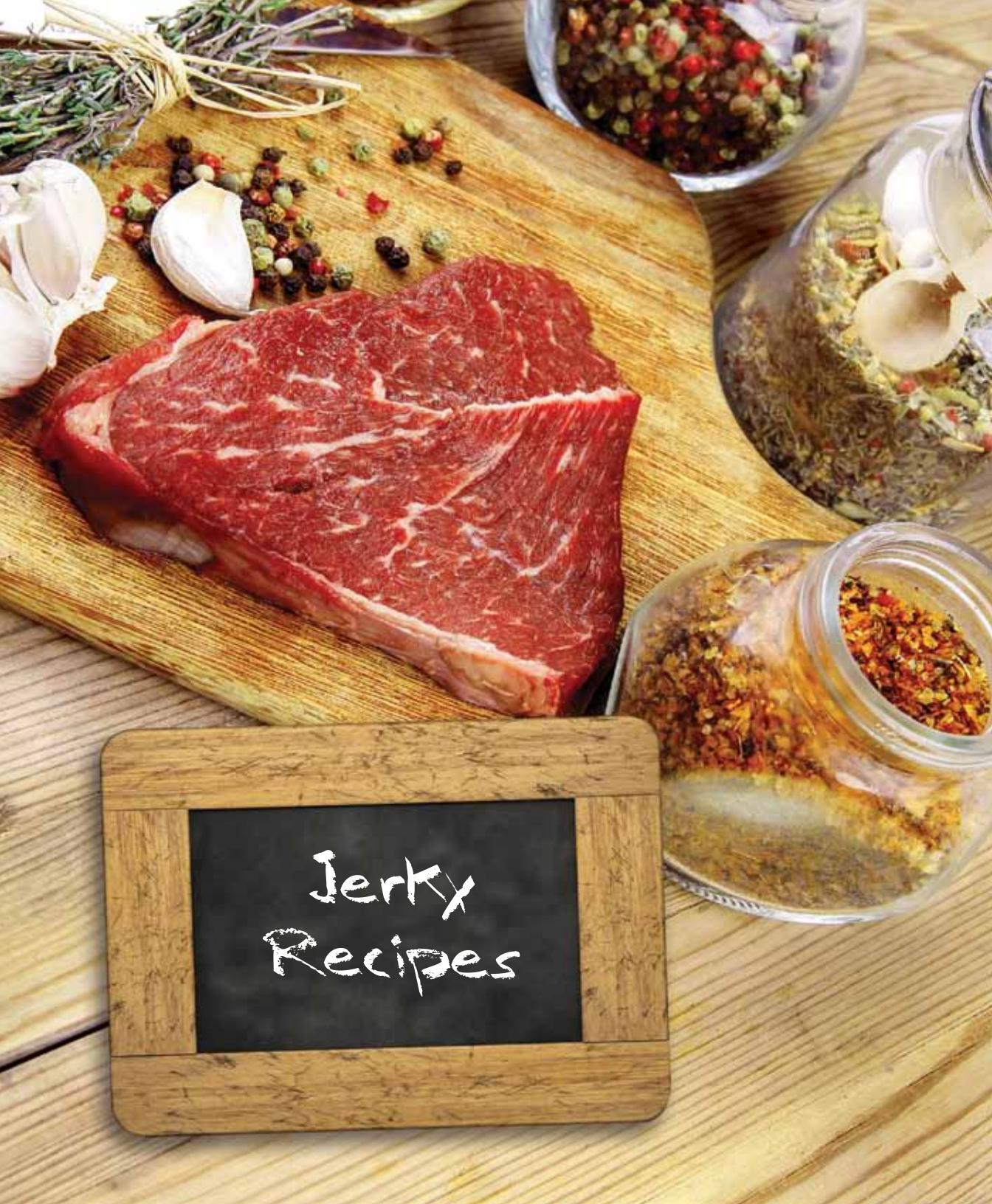
Most herbs dry overnight. You will have about one pound of dry herbs for every eight pounds of fresh herbs. Dried herbs retain their flavor best if they are crushed just before using. Home dehydration saves a lot of money. You can dry almost any herb you can find including dry chives, oregano, basil,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

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 coarse 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.





A large, thick cut of raw meat, likely beef, with prominent marbling, sits on a light-colored wooden cutting board. The board is surrounded by various ingredients: a bulb of garlic, several whole cloves of garlic, a bunch of fresh herbs (possibly rosemary and thyme), and a small bowl filled with a mix of red and black peppercorns. To the right, there are two glass jars containing different types of dry rubs or seasonings; one appears to have a reddish-orange hue, while the other is a darker, more earthy color. The entire setup is arranged on a rustic wooden surface.

Jerky Recipes

Jerky Recipes

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

USE CAUTION when making jerky from raw chicken or turkey due to food borne bacteria, like salmonella, that 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 soak into 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. It is also recommended that raw meat be boiled/blanched at 160 degrees Fahrenheit.

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 the marinating time.

Marinate using the recipe below, or one of our Ronco Jerky Marinades. Marinate the meat for 5-10 minutes. Thicker cuts of meat will need to marinate considerably longer. It is important that the marinade soak into 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 resealable plastic 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 |

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 24-36 hours, depending on the thickness of the slices.

Chinese Jerky Marinade

| | |
|------------------------------|-------------------------|
| 1/4 cup light soy sauce | 2 1/4 tbsp honey |
| 2 1/4 tbsp dry sherry | 3 cloves garlic, minced |
| 3/4 tbsp ginger, minced | 3/4 tbsp sesame oil |
| 3/4 tbsp red pepper, crushed | Dash white pepper |

Combine ingredients and rub thoroughly into meat. Marinade overnight. Drain in sieve or colander.

Place on trays and dehydrate. Turn and rotate trays every few hours. Drying time is about 24-36 hours, depending on the thickness of the slices.





Hot & Tangy Jerky Marinade

| | |
|-----------------------------|------------------------|
| 1 tsp salt | 1/4 tsp cracked pepper |
| 1/4 tsp cayenne pepper | 1 tsp onion powder |
| 2 cloves crushed garlic | 2 tbsp steak sauce |
| 3 tbsp worcestershire sauce | 1/2 tsp paprika |

Combine ingredients and rub thoroughly into meat. Marinade overnight. Drain in sieve or colander.

Place on trays and dehydrate. Turn and rotate trays every few hours. Drying time is about 24-36 hours, depending on the thickness of the slices.

Hawaiian Jerky Marinade

| | |
|-------------------------|------------------------|
| 1 tsp salt | 1 tsp ground ginger |
| 1 tbsp brown sugar | 1/4 tsp pepper |
| 1/8 tsp cayenne pepper | 1 crushed garlic clove |
| 1/4 cup pineapple juice | 1/4 cup soy sauce |

Combine ingredients and rub thoroughly into meat. Marinade overnight. Drain in sieve or colander.

Place on trays and dehydrate. Turn and rotate trays every few hours. Drying time is about 24-36 hours, depending on the thickness of the slices.

A gingerbread man hangs from a wooden frame sign that reads "Arts & Crafts".

Arts &
Crafts

ARTS AND CRAFTS

Turn your dehydrator into family fun. You can get creative and make fun decorations, gifts for Mother's Day & Father's Day and Holiday ornaments. Great fun on any rainy day.

Here's a handful of ideas to get you started:

- Wreaths
- Napkin Rings
- Photo Frames
- Christmas Trim
- Ornaments
- Fun Jewelry
- Dolls
- Figurines
- Centerpieces
- Name Tags
- Candle Holders
- Child Hand Prints
- Dog Prints
- Magnet Arts
- Pins
- Toys
- Miniatures



Food Dehydrator Clay

2 cups flour
1 cup water

1 cup salt

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 48-60 hours. You really can't over-dry them. Be sure your testers break with a snap and are completely dry inside.

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 craft paint after dehydrating or color dough with food coloring prior to molding. Clear spray helps preserve your crafts.

Mexican Dough Art

2 cups baking soda
1 cup cornstarch

1 1/4 cups cold water

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.



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 all year long.

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 5 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 springtime. A small sachet bag may be placed in your drawers to provide a nice lingering fragrance for years.



How to Eat Like the Vikings (A Brief History of Dehydration)

Archeologists have discovered that early man sustained himself on natural dehydrated foods. They did this by using the heat from the sun or their fires to preserve food harvested during plentiful seasons.

Dried foods have been found in pyramids and other tombs, and even centuries later some of it was still completely preserved! For this reason early civilizations used dehydrated foods on long journeys. The Vikings carried dried foods on their sea voyages, Pilgrims found Native Americans drying food, and pioneers used dried beef jerky and other dried foods as staples on their journeys across the country. And now in our own time, the Astronauts use dehydrated food up into space because it is lightweight and does not take up that much room.

Today, modern society is taking an increased interest in the nutritional value of dehydration. Dehydrating is simple, healthy, green and economical. With the Ronco Dehydrator you still save money, and the process goes much faster than the sun dried method.



Always Innovating

IMPORTANT NOTICE

Your Ronco 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.

ONE YEAR LIMITED WARRANTY

Ronco Holdings, Inc., warrants the original purchaser or 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.

For repair or replacements please call Customer Service at 1.855.85.RONCO, or submit a support ticket online at <http://ronco.support.com>.

For more information on our Dehydrators, visit us online at www.RoncoDehydrator.com.



Always Innovating

Ronco Holdings, Inc.
15505 Long Vista Dr., Ste 250
Austin, TX 78728

1.855.85.RONCO
www.RoncoDehydrator.com



Food Drying Basics

Drying is one of the oldest methods of preserving food and compared with other methods, drying is quite simple. In the beginning, a lot of salt had to be used to preserve foods, and they were dried in the sun. Today we have the Ronco Food Dehydrator to help in the process of drying.

Whether you garden, buy from local farmers or are conscious of the high cost of store bought dried products, drying foods at home is easy, nutritious and delicious.

Dried foods can be eaten on the spot for snacks or stored to enjoy seasonal foods all year.

