

Excalibur®

AMERICA'S BEST DEHYDRATOR

10 TRAY DIGITAL & STAINLESS STEEL – EXC10EL MANUAL



Excalibur®

AMERICA'S BEST DEHYDRATOR



Excalibur®
Dehydrator Ultra Series

EXC10EL



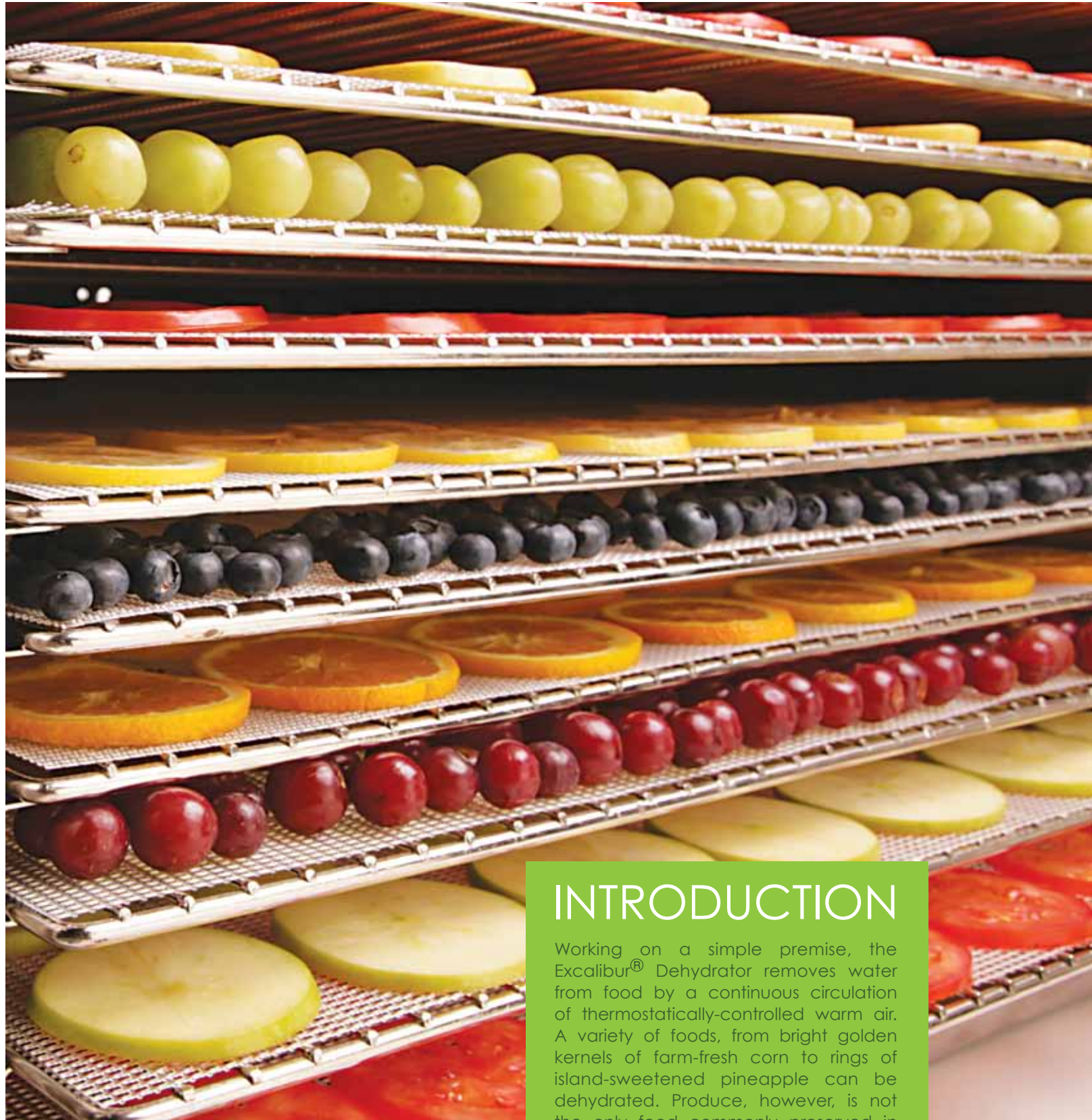


DRY IT, YOU'LL LIKE IT.



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INTRODUCTION


Working on a simple premise, the Excalibur® Dehydrator removes water from food by a continuous circulation of thermostatically-controlled warm air. A variety of foods, from bright golden kernels of farm-fresh corn to rings of island-sweetened pineapple can be dehydrated. Produce, however, is not the only food commonly preserved in a food dryer! Slices of beef, chicken, fish or even venison can be marinated in a combination of sauces and spices and easily transformed into homemade jerky. A carton of yogurt spread over a sheet of Paraflex® or plastic wrap, dries, and becomes a vividly colored, taffy-like snack or fruit roll.

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IMPORTANT SAFEGUARDS

WHEN USING ELECTRICAL APPLIANCES, THESE BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED.

1. Read all instructions.
2. Do not touch hot surfaces.
3. To protect against electrical hazards do not immerse any part of the dehydrator, cord, or plug in water or other liquid.
4. Close supervision is necessary when any appliance is used near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return 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 hazards.
8. Sharp utensils should not be used inside the dehydrator.
9.  **CAUTION HOT SURFACE: THE DEHYDRATOR DOES GET HOT TO THE TOUCH.**
10. Do not let cord hang over the edge of the table or counter, or touch hot surfaces.
11. Do not use outdoors.
12. Do not place on or near a hot gas or electric burner, or in a heated oven.
13. Always plug cord into the wall outlet before turning machine on. To disconnect, turn switch to "off" before removing plug from wall outlet.
14. Do not use appliance for other than intended use.
15. Do not remove the ground pin on your power cord.
16. Avoid contacting moving parts.
17. Clean only sides and bottom, don't wipe any electrical components.
18. This appliance should not be used by children or persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge of using the appliance. Only persons who properly understand the safe use of the appliance the hazards involved shall use this appliance. Children should only operate the appliance under close supervision and in no case should they play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
19. This appliances is not intended to be operated with an external timer or separate remote control system.
20. The symbol on the product or its packaging indicates that this product must not be disposed of with your other household waste. Instead, it is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for recycling of waste, electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where you can drop off your waste for recycling, please contact your local authority, or where you purchased your product.
21. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

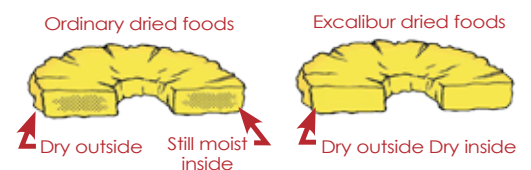


SAVE THESE INSTRUCTIONS.

Excalibur dries BETTER, FASTER & SAFER thanks to our **HYPERWAVE™ FLUCTUATION TECHNOLOGY!**

Ordinary dehydrators produce constant, unchanging heat causing "case hardening," a dry surface with moisture trapped inside — a perfect environment for yeast, mold, and bacteria growth.

Excalibur's Adjustable Thermostat lets you take advantage of Hyperwave™ Fluctuation (changing heat through the drying cycle) for faster, better, safer dried foods. As the temperature fluctuates up, the surface moisture evaporates. Then, as the temperature fluctuates down the inner moisture moves to the drier surface. The food temperature stays LOW enough to keep the enzymes active, and the air temperature gets high enough to dry food fast, overcoming yeast, mold, and bacteria growth and spoilage.



Parallexx® Horizontal Airflow — Fast, even dehydration.

The fan, heating element, and thermostat are in the back. Cool air is drawn in, heated, and distributed evenly over each tray. This exclusive design helps the food dry faster, retain more nutrients, and look and taste better, without tray rotation.



10 STAINLESS STEEL TRAYS WITH DIGITAL CONTROLLER



Digital Interface Controller Adjustable Thermostat

Lets you select precise drying temperature. 95°F to 165°F.



99-Hour Timer 2 Time / 2 Temperature

Program 2 time durations and 2 temperatures for faster drying times.



Armoured Glass Doors

Strong and durable. Allows visibility to the process of dehydrating.



Removable Drip Tray

Pan catches crumbs, making clean up that much easier.



Large Drying Capacity

10 tray/16 square foot capacity dries large batches.

Hyperwave™ Technology

Fluctuates temperature to dry surface moisture and move inner moisture to the dryer surface.

Easy to Clean

Back mounted controls, dishwasher-safe trays.

Parallex™ Horizontal AirFlow

Distributes air for fast, even dehydrating.

AMERICA'S BEST DEHYDRATOR

EASY AS:



1

Simply wash, slice and load food onto the dehydrator trays. No boiling water, steam pressure, jars or elaborate preparations are necessary.



2

Next, place trays in the dehydrator and set the time(s) and temperature(s). Within hours your food is dried and ready to eat or store.



3

Lastly, remove the dried food and store in any convenient airtight container or bag. Trays may be placed in the dishwasher.

TROUBLE SHOOTING GUIDE



All Excalibur® Dehydrators are checked three times for any electrical or mechanical problems. They are shipped in perfect working order. If you see any damage to the machine due to rough shipping you must report it to the shipper or dealer you purchased from. Excalibur® will not be responsible for damage due to shipping.

Technical support may be contacted at (800) 875-4254 or (916)381-4254 from 8am-5pm Mon-Fri Pacific Standard Time.

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Problem

Answer

Nothing turns ON

Test the outlet with another appliance that works. Test the dehydrator on another outlet that you know has power.

Fan makes a rubbing noise

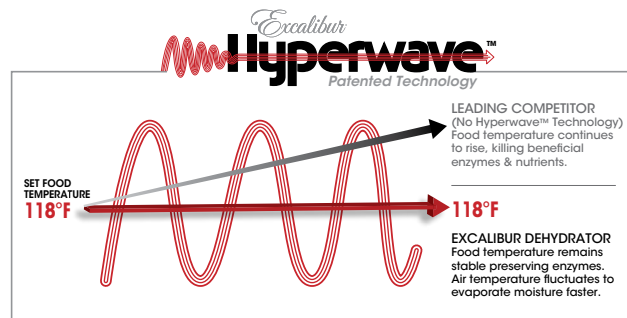
Due to rough shipping the trays may have been forced into the fan's protective screen. Take out the trays, and blow on the fan blade to locate where it is rubbing against the screen. You may need to turn the fan on and press gently against the screen and listen where the noise increases. With a pair of needle nose pliers pull the screen away from the fan blade at point of contact.

No heat, but fan works

Remove trays and check for any loose wires. There may be a piece of dust or shipping debris blocking the tiny electrical points in the thermostat, or it may simply be stuck due to rough shipping.

Accessories are missing

Kitchen accessories are shipped in the dehydrator box with exception of larger items like the apple peeler, v-slicer, jerky gun or cannon. They are placed on the side of the dehydrator and may have slid underneath. Double check by removing all packaging. Paraflex® sheets are the same color as the corrugated box, so look closely.

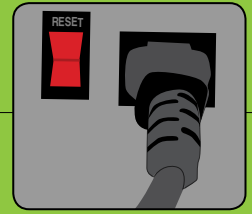


For Product Registration or if you have Warranty Questions,
please contact Excalibur Customer Service at
(800) 875-4254 or (916) 381-4254 from 8am-5pm Mon-Fri Pacific Standard Time.

ONE TIME / ONE TEMPERATURE CYCLES Operating Instructions

Step 1

Connect power cord into back of unit and plug in to power source.



Step 2

Turn power switch on from back of unit.



Step 3

Default temperature is set to Fahrenheit (F). To select Celsius (C), press the "Start" key and the "Time Subtract" key simultaneously for two seconds.



Step 4

Set temperature & time. Press temp key once to change by 1° increments or "press and hold" for rapid change. Press time key once to change by 1 minute increments or "press and hold" briefly for 15 minute increments. Continue to "press and hold" for rapid hour change.



Step 5

Press START to begin



Step 6

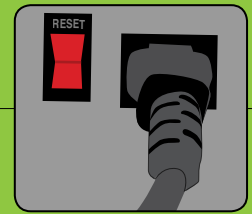
Press STOP to end or cancel program.



TWO TIME / TWO TEMPERATURE CYCLES Operating Instructions

Step 1

Connect power cord into back of unit and plug in to power source.



Step 2

Turn power switch on from back of unit.

Step 3

Default temperature is set to Fahrenheit (F). To select Celsius (C), press the "Start" key and the "Time Subtract" key simultaneously for two seconds.



Step 4

To select two time, two temp mode, press the "Stop" key and the "Time Subtract" key simultaneously for two seconds.



Step 5

Set temperature & time. Press temp key once to change by 1° increments or "press and hold" for rapid change.



Step 6

Press time key once to change by 1 minute increments or "press and hold" briefly for 15 minute increments. Continue to "press and hold" for rapid hour change.



Step 7

Press the "Stop" key and the "Time Subtract" key simultaneously for two seconds.

Step 8

Set temperature & time. Press temp key once to change by 1° increments or "press and hold" for rapid change.



Step 9

Press time key once to change by 1 minute increments or "press and hold" briefly for 15 minute increments. Continue to "press and hold" for rapid hour change.

Step 10

Press START to begin



Step 11

Press STOP to end or cancel program.



FRUITS DRYING GUIDE



Dry best at 135°F/57°C

Food	Preparation	Test	Time
Apples	Pare, core & cut into 1/4" slices or rings. May be sprinkled with cinnamon if desired.	Pliable	7-15 hours
Apricots	Wash, cut in half, slice and remove pit. Push in backs dry skin side down.	Pliable	20-28 hours
Bananas	Peel & cut into 1/8" slices.	Leathery or Crisp	6-10 hours
Berries	Leave whole. For wax skin berries pretreat by crazing.	Leathery	10-15 hours
Cherries	Remove stems & pits. Cut in half & place skin side down & sticky on tray. Will be like raisins, watch to prevent over drying.	Leathery & Sticky	13-21 hours
Cranberries	Same process as berries.	Pliable	10-12 hours
Figs	Wash, cut out blemishes, quarter & spread one layer deep, skin side down.	Pliable	22-30 hours
Grapes	Wash, remove stems & cut in half or leave whole, skin side down. Blanching will reduce drying time by 50%.	Pliable	22-30 hours
Nectarines	Wash, pit and peel. Cut into 3/8" slices, dry skin side down.	Pliable	8-16 hours
Peaches	Wash, pit and peel-if desired 1/4" slices.	Pliable	8-16 hours
Pears	Wash, remove core, peel 1/4" slices, or 1/4 the pear.	Pliable	8-16 hours
Persimmons	Wash, remove cap & peel 1/4" slices.	Leathery	11-19 hours
Pineapple	Peel, remove fibrous eyes and core. Cut into 1/4" slices or wedges.	Pliable	10-18 hours
Prune Plums	Wash, cut in half, remove pit and pop the back to expose more surface to the air.	Leathery	8-16 hours
Rhubarb	Wash, cut into 1" lengths.	Leathery	6-10 hours
Strawberries	Wash, cut off caps, slice 1/4" thick.	Leathery & Sticky	7-15 hours
Watermelon	Cut off rind, cut into wedges and remove seeds.	Pliable & Sticky	8-10 hours

*for raw & living foods - use 105°F/the drying time is extended



VEGETABLES DRYING GUIDE



Dry best at 125°F/52°C

Food	Preparation	Test	Time
Asparagus	Wash & cut into 1" pieces.	Brittle	5-6 hours
Beans, Greens or Wax	Wash, remove ends, cut 1" pieces or French style.	Brittle	8-12 hours
Beets	Remove all but 1/2" of the top scrub thoroughly, steam until tender. Cool, peel & cut 1/4" slice or 1/8" cubes.	Leathery	8-12 hours
Broccoli	Wash & trim, cut stems into 1/4" pieces. Dry florets whole.	Brittle	10 -14 hours
Cabbage	Wash, trim & cut into 1/8" strips.	Brittle	7-11 hours
Carrots	Wash, trim tops, peel if desired. Cut into 1/8" cubes or circles.	Leathery	6-10 hours
Celery	Wash thoroughly, separate stalks, cut into 1/4" strips.	Leathery	3-10 hours
Corn	Shuck corn, trim silk & steam until milk is set. Cut off from cob & spread on tray, stirring several times while drying.	Brittle	6-10 hours
Cucumber	Wash, slice 1/8" thick.	Leathery	4-8 hours
Eggplant	Wash, peel, slice 1/4" thick.	Leathery	4-8 hours
Mushrooms	Brush off dirt or wipe with damp cloth, slice 3/8" slice from cap through stem ends. Spread in single layer on tray.	Leathery	3-7 hours
Okra	Wash, trim, slice 1/4" circles.	Leathery	4-8 hours
Onions	Remove root, top and skin, 1/4" slices, 1/8" rings or chop. Dry at 145°F/63°C.	Leathery	4-8 hours
Peas	Shell peas, wash and steam only until they indent, rinse with cold water, blot dry with paper towel.	Brittle	4-8 hours
Peppers	Remove stem, seeds and white section. Wash and pat dry, chop or cut 1/4" strips or rings.	Leathery	4-8 hours
Popcorn	Leave kernels on cob until well dried, then remove from cob and dry until shriveled.	Shriveled	4-8 hours
Potatoes	Use new potatoes, wash and steam for 4-6 minutes. Cut French style, in 1/4" slices, 1/8" circles or grate.	Brittle or Leathery	6-14 hours
Pumpkin	Cut into pieces, remove all seeds. Bake or steam until tender, scrape pulp from skin and puree in a blender. Pour onto Paraflexx® sheets or kitchen parchment paper. When dry cover with plastic wrap & roll.	Leathery	7-11 hours
Summer Squash	Wash, peel if desired, cut into 1/4" slices.	Leathery	10-14 hours
Tomatoes	Wash & remove stems, slice 1/4". Circles & for cherry/grape tomatoes, slice in half, dry skin side down.	Leathery or Brittle	5-9 hours
Winter Squash	Wash & cut into pieces, bake or steam until tender, puree pulp in blender, pour onto Paraflexx® drying sheets.	Brittle	7-11 hours
Yams	Wash, steam until just tender, peel and cut into 1/4" slices.	Brittle	7-11 hours
Zucchini	Wash & cut into 1/4" slices or into 1/8" slices for chips.	Brittle	7-11 hours

*for raw & living foods - use 105°F/the drying time is extended

RAW & LIVING FOODS

In 1963 Dr. Ann Wigmore and Victoras Kulvinkas founded the Hippocrates Health Institute in Boston, MA where they taught their patients about the benefits of a completely raw, organic diet. Today this raw food lifestyle has evolved into a worldwide movement, with Ann and Victoras being recognized as the movement's mother and father.

What are Living Foods?

Ann Wigmore Foundation: "Living foods or raw foods are uncooked, free from animal products, organic, easy to digest, rich in enzymes, and highly nutritious. They include home grown sprouted grains and beans, vegetables, fruits, nuts, fermented preparations, dehydrated snacks and delicious deserts such as fruit and nut pies and fruit ice cream."

As you bite into a raw fruit or vegetable, you are experiencing the full potential of vitamins, minerals, and enzymes in one compact package. There is no nutritional loss caused by the heat of cooking, nor loss of water-soluble vitamins and minerals. If your produce was organically grown, it is free of chemicals, color dyes or preservatives. One of the most important characteristics of raw foods, is they are easier for your body to digest than cooked food. The enzymes are what make raw foods easier to digest than cooked foods. When food is cooked the enzymes become deactivated by heat. During the digestive process, the natural food enzymes assist your body's digestive enzymes in breaking down food into digestive proteins. By eating more raw foods, your body does not have to work as hard to digest the foods, which gives your body more vibrant energy in other areas, making you feel stronger, healthier and happier.

Dehydration is the best way to preserve the essence of raw fruits and vegetables. Dehydrating does not subject foods to the high temperatures associated with cooking, or traditional canning methods. When raw food is heated to an internal food temperature of 118°F/48°C or higher, for an extended period of time, its nutritional values begin to deteriorate, especially enzymes. Canning also leaches out water-soluble vitamins and minerals, which also depletes the healthy qualities of the raw-living foods.

ORGANIC,
EASY TO DIGEST,
RICH IN ENZYMES.





Why Excalibur® is Superior for Living Foods

There are two important elements when dehydrating living foods to preserve the enzymes. The first element is the proper control of temperature, and the second, is the time it takes the food to dehydrate. If the temperature is too high the enzymes can be destroyed, but if the temperature is too low, the food takes longer to dry, causing it to spoil or grow bacteria.

With the Parallexx™ Horizontal-Airflow Drying System and an adjustable thermostat, Excalibur® Dehydrators are uniquely suited for dehydrating raw foods while retaining the highest food qualities. The adjustable thermostat allows you to control the air temperature, and the rear-mounted fan that creates the Parallexx™ Horizontal-Airflow Drying System provides fast and even drying. With these two features, Excalibur® Dehydrators are able to keep the food temperature low enough to preserve the enzymes while raising the air temperature high enough to dry the food quickly, preventing mold and bacteria from growing. Most stackable dehydrators are poorly designed with no temperature control, or fan to properly circulate the air, and they dry from the bottom up requiring frequent rotating of the trays.

Excalibur® adjustable thermostat has been specifically designed to create a proper fluctuation in the air temperature. As the air temperature fluctuates up, it quickly evaporates moisture from the surface of the food. Then as air temperature fluctuates down, moisture from the center of the food moves to the dryer outer surface. This proper fluctuation in temperature also helps to keep the food temperature very constant throughout the entire dehydrating cycle.

Food Temperature vs. Air Temperature

During the dehydration process the food temperature is generally 20 to 30 degrees F cooler than the air temperature, due to the effects of evaporation. As the warm air blows across the food, moisture is evaporated from the food's surface, creating a cooling effect that keeps the food temperature cooler than the air temperature. Keep in mind that the dial settings represent air temperature, so the air temperature may be as much as 25 degrees higher.

Enzymes and Temperature

There are many varying opinions among raw foodists concerning the temperature at which enzymes become deactivated. The most frequently quoted temperature is 118°F/47°C / (food temperature) based upon the studies of Dr. Edward Howell. However, he also states that the optimal temperatures for enzymes are between 45°/7°C and 140°F/60°C, and temperatures above 140°F/60°C will destroy all enzymes. We have discovered through research and testing, that the second of these two statements is more accurate when dehydrating, and that enzymes can actually withstand food temperatures into the 140°F/60°C. According to Dr. John Whitaker, a world recognized enzymologist, and emeritus professor and Dean of the Food Science and Nutrition department at UC Davis in California; most enzymes do not become deactivated until they reach between 140°F/60 °C and 158°F/70°C. This supports Howell's statement of 140°F/60°C, as well as our tests and scientific experiments. We have tested food samples for enzymatic activity that were dried at temperatures up to 145°F/63°C and found it to be the same as in the foods dried at lower temperatures.

Enzymes are also most susceptible to damage by high heat while the food is wet. Once a high percentage of the food's moisture has been removed, the enzymes become more stable or dormant, and can withstand food temperatures higher than 155°F/68°C, according to Viktoras Kulvinskas. When the food is rehydrated with water or in the digestive track the enzymes become active again and assist your body's enzymes in the digestive process.

How to use your Dehydrator for Living Foods

According to Ann Wigmore and Viktoras Kulvinskas, the best way to preserve the living enzymes, and overcome the potential of spoilage or bacteria growth, is to set the dehydrator on the highest temperature setting for the first two or three hours, then turn it down to less than 120°F/49°C for the remaining time. During the initial hours the food temperature will not exceed 118°F/47°C because of the high moisture content in the food. Neither will the air temperature immediately rise to 145°F/63 °C. It may take several hours to get up that high. Following this procedure will cut the lengthy (30+ hours) drying time in half. If you cannot be there to turn the dehydrator down you may set at a lower temperature between 105°F/41°C and 120°F/49°C, but keep in mind that the lower the setting, the longer it will take to dehydrate.

TEMPERATURE GUIDE

Following this guide will ensure the use of proper temperatures when drying foods. If the heat is too high, the food may "case harden" which means it will feel dry on the outside; yet inside, it is still moist. If the heat is set too low, drying time and use of electricity is increased.

Timing

Drying times, are enormously dependent upon multiple factors. These factors include the amount of humidity in the air, the moisture content of the food being dried and the method of preparation.

Humidity: Air must be kept in motion. Stagnant air will soon take on as much moisture as it can hold, and then drying will no longer take place. Drying must be a continuous process so the growth of micro-organisms is prevented. Check with your local weather service to determine the day's humidity level. The closer the humidity is to 100%, the longer it will take for your food to dry.

Moisture Content: The actual amount of water in the food you are drying is also a major consideration. Water content of a fruit or vegetable can vary due to growing season, rainfall and environmental factors, as well as the ripeness of the food.

Slicing: Uniform slicing is the last factor contributing to the length of the drying cycle. Successful drying is only possible if the food you are drying is properly sliced, (not more than 1/4" thick) and spread evenly in a single layer on the drying trays, successful drying should be yours!

Cleaning

Your machine is easy to clean, both inside and out. The interior food contact areas and exterior of your Excalibur Food Dehydrator should only be cleaned by wiping with a soft cloth or sponge dampened with warm water and a mild detergent. The dehydrator can then be rinsed using a soft cloth or sponge dampened with clear water. **DO NOT USE** harsh chemicals or abrasive materials for cleaning. **DO NOT** immerse any portion of this appliance in water except the trays.

"I THINK
DEHYDRATORS
SHOULD BE
CALLED FLAVOR
CONCENTRATORS"

—SARMA MELNGAILIS,
author Living Raw Food



PREPARATION

Pre-treatment

Pretreating food is not an essential procedure when using your Excalibur® Food Dehydrator. There are basically two types of pre-treatment, dipping and blanching. Pretreating will help maintain:

Color: reduces oxidation of foods such as apples and potatoes keeping them from turning a rust-like color.

Nutrients: helps retain the minimal loss which tends to occur during the drying process.

Texture: the chance for fiber deterioration in the produce is lessened.

There are basically two types of pre-treatment: dipping and blanching.

Dipping

Dipping is a treatment used primarily to prevent fruits or vegetables from oxidizing.

Sodium Bisulfite: When mixed with water, sodium bisulfite is a liquid form of sulfur. It is the most effective and least expensive anti-oxidant. Use only a food-safe grade of sodium bisulfite that is made especially for dehydration. Sodium Bisulfite is available directly through Excalibur®.

If subject to sulfur allergic reactions, check with your physician before using Sodium Bisulfite as a dip.

Fruits: Mix 1 1/2 tablespoons of Sodium Bisulfite in one gallon of water. Soak fruit slices for five minutes and halved fruit for fifteen minutes. Rinse.

Vegetables: Recommended for steam blanching only. Add 1 teaspoon Sodium Bisulfite to each cup of steaming water and blanch as you would normally. This is particularly recommended for vegetables to be stored in excess of three months.

Ascorbic Acid-Citric Acid Dip: is simply a form of vitamin C. Citric acid is found in all citrus fruits. These citrus type dips are available through Excalibur, in drug or health food stores in crystal, powder or tablet form. Soak the prepared produce in a solution of 2 tablespoons of powder to 1 quart of water for 2 minutes.

Fruit Juice Dip: Citrus juices, such as pineapple, lemon or lime, may be used as a natural anti-oxidant. Stir 1 cup of juice into 1 quart of lukewarm water and soak for 10 minutes. Note: fruit juice is only 1/6 as effective as pure ascorbic acid and may add taste to your food.

Honey Dip: Honey dips are used quite frequently on fruits to be dried. Many dried fruits sold in the grocery store or in health food stores have been treated this way. The honey will make fruit considerably sweeter and will add calories as well. Dissolve 1 cup of sugar in 3 cups of hot water. Allow mixture to cool until lukewarm, and add 1 cup honey. Dip fruits in small batches, remove with a slotted spoon and drain thoroughly before dehydrating.

Blotting off any excess moisture with paper towels before placing the food in the dehydrator is the final important step. Excess moisture of foods will prolong the drying cycle.

Blanching

Blanching, as a means of pre-treatment, can be done either in boiling water or by steaming the foods. This pre-treatment is sometimes referred to as "checking" or "crazing." You can use this method most effectively on tough-skinned fruits (sometimes having natural protective wax coating) such as grapes, plums, cranberries, etc. By boiling fruits in water for 1 to 2 minutes, the skin "cracks" and allows the moisture to more readily escape, thus the drying time is faster.

Water Blanch: Fill a large pan over half-full with water. Bring the water to a boil and stir the food directly into the boiling water. Cover and blanch for approximately 3 minutes. Remove food from the boiling water and place it into ice water to cool. Blot with a towel to remove excess water before drying.

Steam Blanching: Using an old fashioned, pan-type steamer, fill the lower portion with 2 inches of water. The perforated upper section is then filled with food. Let the water rapidly boil approximately four minutes. Remove food from the boiling water and place it into ice water to cool. Blot with a towel to remove excess water before drying.

Electric Steamers: Electric steamers are perhaps the best means for blanching. The electric steamer will aid in the retention of nutrients, bring out the food's most vivid color and heighten the natural flavor of the produce. Follow the set guidelines provided in your electric steamer's operating manual for blanching individual fruits and vegetables.

STORAGE & RECONSTITUTION

Containers for dried foods should be safe from moisture and insects. Glass jars with tightly fitted lids, plastic zip-lock and vacuum/heat-sealable bags are recommended storage containers. Food-safe metal cans, such as coffee cans or cookie tins, may be used to store individual bags for extra protection.

Your dried foods should be stored in a cool, dark and dry area. The ideal temperature for food storage is 50° - 60°F/10° - 16°C. Storing foods in this manner further protects the flavors and colors of your dried products from fading.

Reconstitution

Properly dried foods rehydrate well. They return practically to their original size, form and appearance. If carefully handled, they will retain much of the aroma and flavor as well as their minerals and an appreciable amount of the vitamins. There are several methods of reconstituting dehydrated food, including soaking foods in water or juice, placing food in boiling water, cooking, or using an electric steamer. It is important to remember not to add salt, sugar or spices during the initial five minutes of reconstitution as these additives hinder the absorption process.

An Electric Steamer is one of the most efficient and successful means of rehydrating foods. The food is placed into the rice bowl, and covered with a liquid. The circulation of the steam will aid in permeating the food and plumping it back to its original, fresh state. For best rehydration results, follow the guidelines given in your electric steamer's operating manual.

Soaking: place the pieces in a shallow pan, cover with the liquid, and allow 1 to 2 hours for the rehydration process to occur. If rehydrating overnight, place the pan in the refrigerator.

Boiling Water: To reconstitute vegetables, place 1 cup of dried vegetables into 1 cup boiling water. Soak for 5 to 20 minutes. Prepare according to your recipe. To reconstitute fruits, place 1 cup of water and 1 cup dried fruit into a pan and simmer until tender.

Cooking: For vegetable side dishes, fruit toppings or compotes, use 1 part liquid to 1 part dried food. For foods used in soufflés, pies and quick breads, add 2 parts of liquid to 3 parts dried food. When cooking fruits, place them into a saucepan with boiling water, turn heat to low and simmer 1 to 15 minutes or until tender.

The following charts are guidelines for the preparation, timing and testing of various fruits and vegetables. If the humidity level is low on the days you are drying, your drying times will be closer to the first amount of hours listed. If the humidity is high, it will be closer to the second amount of hours listed.



Excalibur®

AMERICA'S BEST DEHYDRATOR



Model EXC10EL

IN THE FOLLOWING PAGES

An Introduction to your Dehydrating Lifestyle.

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RECIPES INCLUDED

LEATHERS & FRUIT ROLLS



LEATHERS & FRUIT ROLLS

Leathers are an easy answer to the often heard request of "What is there to eat?" Yogurt, leftover fruits or vegetables can be pureed, sweetened and spiced and made into a nutritious, high-energy snack food. Spread the puree, produce thinly on Paraflexx® sheets or plastic wrap and dehydrate, transforming the liquid into a chewy, quick-energy snack! Leathers are so simple to make! Select ripe or slightly overripe (but not spoiling) produce that blends and tastes well together. Strawberries and rhubarb, or bananas and pineapple make great combinations. Wash, remove any blemishes, stems or pits and peel produce if desired. Keep in mind produce skins are highly nutritious. Puree the produce in a blender until it is smooth.

Pour 1 1/2 to 2 cups of puree onto the Paraflexx® or plastic wrap covered trays. Since the edges tend to dry more rapidly, the poured puree should be 1/8" thick at the center and 1/4" thick at the edges. Place the prepared puree in the dehydrator with the temperature set at 135°/57°C. Average drying time for leathers is 4-6 hours. When the leather has dried, it will be a bit shiny and non-sticky to the touch. Allow the leather to cool and peel it from the tray. Roll it into a tight cylindrical shape. A piece of plastic wrap, measured to fit the length and width, is then tightly wrapped around the leather.

Fruit

Tart fruits such as rhubarb and cranberries require sweetening before drying. To the fruit puree, add from 1/4 to 1/2 cup of honey or sugar. The amount of sweetener added is dependent on your personal preference. Apple leather can be flavored with ground cinnamon or nutmeg.

Peanut butter and banana leathers can be made with 4 ripe bananas and 1 cup old-fashioned peanut butter. Try adding coconut or chopped nuts to the leather for an even more interesting taste and texture! Be sure to refrigerate leathers containing nuts as the oil in them may shorten the leathers shelf life. Dry at 135°/57°C.

Yogurt

Yogurt when spread onto Paraflexx® sheets or plastic wrap and dried becomes a vividly colored taffy-like snack. Make yogurt, add flavoring such as pureed strawberries or peppermint extract. For best results with commercially made yogurt, use pre-stirred yogurt. Cut the rolled yogurt leathers into 1/2" pieces and re-dry the individual "bites" for 1 hour. Re-drying the yogurt after it has been cut will help seal the edges and prevent the pieces from sticking in the storage container.

Vegetables

Vegetables can be steamed until tender, pureed and mixed with herbs and spices. Tomato puree mixed with Italian herbs can be dried and later rehydrated for use as tomato paste or sauce. Gazpacho leathers made from tomato, cucumber, onion, green pepper and herbs is a delicious, low calorie treat! Carrot leathers can be the base for a cream soup. Using your imagination, experiment a bit to find out what you will like the most! Dry at 125°/52°C.

APRICOT-CHERRY LEATHER

WHAT YOU NEED:

1 cup apricots
1/2 cup cherries
honey or sugar to taste

HOW TO PREPARE:

Puree apricots with a small amount of water. Add cherries and sweetener; blend and pour onto Paraflexx®, kitchen parchment paper, or plastic wrap. Dehydrate at 135°F/57°C until leathery.





JERKY

Western BBQ Jerky

WHAT YOU NEED:

1 lb. lean meat
1 tsp. salt
3 T brown sugar
¼ tsp. pepper
1/3 cup red wine vinegar
1/8 tsp. cayenne pepper
1 tsp. onion powder
½ tsp. garlic powder
1 tsp. dry mustard

HOW TO PREPARE:

Mix all ingredients except meat in shallow dish or bowl. Stir well. Cut meat into 3/16 -inch-thick pieces.

Place in marinade making sure meat is covered. Cover and refrigerate for at least 12 hours. Place meat on dehydrator trays and dry at 155°F/68°C until meat cracks, approx. 5-6 hours. Serves 1.



JERKY

Many recipes are available, but it's fun to make up your own concoction. You can use virtually any combination of the following ingredients: soy, Worcestershire, tomato or barbecue sauce; garlic, onion or curry powder, seasoned salt or pepper.

Pick a lean cut of raw meat as free from fat as possible; the higher the fat content, the shorter the storage life of the jerky. The best way to get uniform pieces is with a meat slicer, but a sharp knife will do. When using a knife, partially freezing raw meat will make slicing easier. Slice the meat either with or across the grain. Jerky cut with the grain will be chewy; cut across the grain will be very tender but more brittle. Cut into strips 1" wide, 3/18" thick and as long as you want. Once sliced, cut off all visible fat.

To better preserve your jerky, apply either dry or brine cure prior to dehydrating. Dry cures are salt and seasoning mixtures rubbed into the meat surfaces. Brine cures or marinades combine water with the salt and seasoning. Meat is soaked in the brine until the salt is absorbed.

The Process

To dry cure, spread the meat strips in a single layer on a cutting board or some other flat surface. Sprinkle the curing mixture on both sides of the strips. Coat the strips evenly. Layer the strips one on top of another in a glass, plastic, or stoneware container that is sealed tightly.

Meat for brine curing should be layered with the cure pored over it to cover the top layers. Place the container in the refrigerator and marinate for 6-12 hours (or preferably overnight.) Turn the strips over several times to ensure thorough coating.

Dehydrating

Shake off any excess cure and spread the meat strips in a single layer on the dehydrator trays. Dry at 155 °F/68°C for approximately 4-6 hours, occasionally blotting off any fat droplets that appear on the surface. While drying, the temperature will go up and down around the set point - this is important to dry correctly. Your meat will hit 160° if you use the 155° - set point on the dial.

Always test jerky using a cooled piece. Properly dried jerky, when bent, should crack but not break.

Storage

Package cooled jerky in air-tight containers such as zip-top or vacuum sealed bags. For best flavor retention, package the jerky into individual serving sizes and store in a cool, dark, dry place. If beads of moisture form on the inside of the storage container, the jerky is not dry enough and could mold - dry longer.

Beef Jerky

Flank, round and sirloin tip cuts are the best to use when making beef jerky. Rich in protein, beef is also high in phosphorus, iron, and riboflavin. See page 19, whole meal prep.

Game Jerky

Deer, bear and elk meat can all be made into jerky. Venison makes excellent jerky because it has no marbled fat. Flank or round cuts are best for this purpose. Before drying, game meat should be frozen for 60 days at 0°F/-18°C. This should kill any disease causing bacteria that may be present. To prepare, follow instructions for beef jerky.

Poultry Jerky

For something uniquely different, try cooked chicken or turkey jerky. For this kind of jerky, you can use the same cures as you would for meat. Since poultry is very fibrous, expect your jerky to be somewhat more brittle than its beef counterpart. Dry at 155°F/68°C until dehydrated throughout (about 4 hours.)

Fish Jerky

Dehydrating fish is not a process to treat lightly. Fish for jerky must be extremely fresh to prevent spoilage before it can be dried. Be on the lookout for the oil content of the fish. Fatty or oily fish, like tuna, spoil rapidly and, unlike meat, there is no way to simply cut off the fat. Dehydrating these types of fish is inadvisable (see chart below.)

Curing: Make up a cold brine consisting of 3/4 cup salt to 1 1/2 quarts water and place the fish in it to marinate for about 1/2 hour. Rinse the fish thoroughly to remove traces of salt; then arrange the pieces on a cutting board. Coat the fish with a dry cure which may be made up of any combination of salt and seasonings. Layer the coated fish in an airtight glass or plastic container. Refrigerate for 6-10 hours.

Remove the fish from the refrigerator and shake off any excess cure. Lay the strips on the dehydrator trays so none are touching, and dry for approximately 12-14 hours at 155°F/68°C.

Testing: When you squeeze the fleshy part of a cooled piece of fish between your thumb and forefinger, it should never be crumbly or crunchy. Finish by smelling and tasting the fish. The jerky should have a mildly fishy flavor and aroma. Fish jerky should contain 15% to 20% water and there should be no visible surface moisture.

Storage: Store according to beef jerky storing instructions.

Fish/Shellfish	% Fat
Catfish*	5.2
Cod	0.53
Croaker	2.5
Flounder	1.4
Greenland Turbot	3.5
Grouper	1.0
Haddock	0.5
Halibut	4.3
Lake Trout*	11.1
Mackerel*	9.9
Monkfish	1.5
Mullet*	6.0
Ocean Perch	1.4
Pollock	1.3
Rainbow Trout*	6.8
Rockfish	0.2
Salmon*	9.3
Sea Bass	1.6
Sea Herring	2.8
Sea Trout	3.8
Shark*	5.2
Shrimp	1.6
Smelt	2.0
Snapper	1.1
Sole	1.4
Tuna*	5.1
Whitefish*	7.2
Whiting	1.3
Yellow Perch	1.1



Nacho - Cheese Kale Chips

WHAT YOU NEED:

- 1 cup cashews
- 1 cup shredded carrots
- 1 cup filtered water
- 2 tablespoons nutritional yeast
- 2 teaspoons chili powder
- ½ teaspoon lemon juice
- 1 teaspoon salt
- 1 teaspoon pureed garlic (about 2 cloves)
- ½ teaspoon onion powder
- ½ teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper
- ½ pound stemmed curly kale (about 1 ½ large bunches)

HOW TO PREPARE:

Soak the cashews in water for 4 to 6 hours. Rinse and drain. To make the cheese sauce, combine the cashews, carrot, water, nutritional yeast, chili powder, lemon juice, salt, garlic, onion powder, cumin, and cayenne, blend until smooth and creamy. Wash and dry the kale. Toss the kale with the sauce. Place the leaves on Excalibur dehydrator trays covered with a nonstick sheet. Make sure that each leaf is separated from the others. This ensures that the leaves dry quickly and evenly. Dehydrate at 105°F/41°C until completely crisp, about 12 hours or longer. Roll tight into bite size lengths and serve. Keep refrigerated.



VEGETABLES

VEGETABLES

You can dry a different vegetable each day for a month and still not go through the entire list. Some are more suitable for dehydrating than others but once you get started, you'll want to try them all.

What do we get from vegetables? Vegetables are rich sources of vitamins and minerals. Some of the important nutrients they contain include: vitamin A, vitamin C, niacin, phosphorus, calcium, and iron - all of which are preserved, although not in their entirety, when properly dehydrated. Peas and members of the bean family contribute protein. In addition, vegetables are vital suppliers of bulk, indigestible fiber that aids in the digestive process. One thing you probably won't gain from vegetables is weight. One-half cup of most vegetables contains less than 50 calories; starchy vegetables, like potatoes and beans, may have 50 to 100 calories per 1/2 cup serving.

To preserve most of this goodness in your dehydrated food, start with vegetables that are ripe and in prime condition. Buy or pick the crispest, freshest, most flavorful ones that can be obtained. Dehydrating retains most of the nutrition and good taste, but it can't improve on the original quality of the food. The fresher the vegetables are when processed, the better they will taste when rehydrated and cooked.

General Rules for Dehydrating Vegetables

Take extra care when drying vegetables because they spoil and deteriorate much more quickly than fruits. This doesn't imply that the novice dryer should shy away from them - not at all. Just pay close attention to dehydrating procedures given here and in Chapter 3, and you'll have great results.

Dehydrating

Vegetables have a lower moisture content than fruits, so cooler drying temperatures must be employed. If the temperature is too high, the vegetable pieces will "case harden." (See page 28 for an explanation of case hardening.) Set the dehydrator's thermostat at 125°F/52°C and spread vegetables in a single layer on the drying trays. Leave space between pieces for better air circulation; do not overlap pieces. Note: For tomatoes and onions, dry at 155°F/68°C instead of 125°F/52°C. In case of other exceptions, always refer to the individual listings before beginning to dry. Different vegetables may be dried together as long as none are strong-smelling. Some strong-smelling vegetables include onions, peppers, and brussels sprouts.

Examine the produce from time to time until you are experienced enough to judge approximately how long each vegetable must dry. Drying time varies with the type of vegetable, the thickness of the pieces, how ripe the vegetables are, the load on the trays, and particularly the outside humidity. A humid or rainy day extends normal drying time considerably. On average, vegetables need anywhere from 4 to 14 hours to adequately dehydrate. But don't become upset if your time varies considerably from the ones listed; it can and does happen. If your model has a timer, use it. It will help you monitor the times without constant clock-watching. Also, keep in mind that rotating the trays 180°F/82°C halfway through the process will hasten drying.

Testing

When vegetables contain no more than 5% moisture, the vegetables are dry. Since there's no measuring device available to tell you when this point has been reached, you must rely on testing. Take a few samples from the center trays and allow them to cool. Feel and taste for the proper texture, which for most vegetables is somewhere between leathery and brittle. Again the more you dry, the easier it will become for you to judge these subtle differences.

When you're satisfied that the batch is done, turn off the dehydrator. Cool the vegetables in a bowl or in the dehydrator unit. Keep the door shut and you'll prevent dust from contaminating the food. In 30 minutes to 1 hour, transfer the food to the proper storage containers following the procedure given in Chapter 3. Leaving food in the dehydrator too long will cause it to reabsorb moisture from the air and become sticky.





FRUITS

FRUITS

You'll have fun drying fruit; it's one of the oldest and most popular dehydrated foods. Enjoy dried fruit as a naturally sweet snack, in your favorite recipes, candied, or in good tasting leathers. Apples, peaches, bananas, and pears are long-time dehydrating favorites. But why stick to the tried and true? Dare to dry dates, have a fling with figs, or perk yourself up with persimmons. Challenge yourself to master them all!

General Rules for Dehydrating Fruits

Before we take a look at specific dehydrating techniques for specific fruits, let's review some of the important points of drying fruits.

Preparation and Pretreatment. For a high quality end product, choose only a high quality, mature fruit. When fruits are mature their natural sugar content and nutritional content is high. Remove the moisture quickly to prevent spoilage. Use only firm fruit to dry into slices. Overripe and bruised fruits may turn black and look burnt. Bananas are also best when the fruit has brown speckles on the peel. When the skin has turned black, the banana may be pureed for leather or used to make banana bread.

If fruits (or vegetables) are to be dried with skins on, they should be washed thoroughly. In all likelihood, many of them have been commercially waxed or sprayed if purchased at a market. Most waxes and sprays can be removed by washing in a biodegradable cleaner or a vinegar water solution and then rinsing in clear water. If, however, the wax or spray cannot be removed, we recommend peeling before drying. Some fruits, like grapes and certain berries, have a natural wax coating that must be removed by checking. See Chapter 3 for checking instructions. Since quality begins to deteriorate the minute you start washing, prepare only as much fruit as you can dry at one time.

Uniform slicing can make a big difference in how evenly your fruit dries; pieces of differing thickness will require varied drying times. The smaller you make the slices, the faster the drying time and the better the quality. Small fruits, like berries, can be left whole, but larger ones should be halved, sliced, or diced. Trim away any unavoidable bruised areas.

There are pros and cons for peeling. Try fruits both ways to find the method you prefer. There are many ways to pretreat fruit. They are discussed in the pretreatment section in Chapter 3. Here again it is a matter of individual preference. The only way to discover the method you like best is to try different ways.

Dehydrating

Most fruits do not have strong odors, so feel free to dry them together. What odors do exist are kept from mixing by the horizontal airflow of quality dehydrators. Arrange the fruit in a single layer on the drying trays, leaving some space between pieces for better air circulation. The skin side (if left on) should be down to prevent juice from dripping. Small berries should be stirred occasionally to promote uniform drying. Do not add fresh fruit to a batch that is nearly dry; the increased humidity will cause the partially dried food to reabsorb moisture and possibly spoil. For exact instructions, refer to the fruit dehydrating guide. Remember: Your times may vary considerably from those listed.

Testing

Since dried fruits are generally eaten without being rehydrated, they should not be dehydrated to the point of brittleness. Most fruits should have a 10 to 20% moisture content when dried.

Cool several pieces of fruit and test for dryness. Cut the pieces in half; there should be no visible moisture. Now feel and taste—they should be anywhere from pliable to brittle depending on the particular fruit. It's better to have the fruit a little too dry than to have it too moist and run the risk of molding. When you are satisfied that the fruit is dry, cool it in the dehydrator or in a bowl for 30 minutes to 1 hour, and then remove and package.

Blueberry Cookies

WHAT YOU NEED:

2 cups Blueberries
2 cups Almonds
blanch & soak over night
1 cup soaked raisins (small cup)

HOW TO PREPARE:

Blend all ingredients to a crumbly consistency. Drop 1 teaspoon of mixture on Excalibur® dehydrator tray. Dehydrate at 115°F for 18-22 hours until dry. Turn cookies over about halfway through drying cycle.



TRAILMIXES, GRANOLA & NUTS



TRAILMIXES, GRANOLA & NUTS

Looking for an after school energy snack or a healthy treat before a big game? Heading out on the trail? Dried fruit and nut trail mix is easy to do in an Excalibur dehydrator and you can personalize it to your taste. Add dry fruits to include natural sugars, all the while controlling the sugar and salt content. These snacks also reduce pounds of juicy goodness into ounces for lightweight meals and snacking on longer backpacking trips.

Nuts about Nuts!

Nuts, seeds and legumes are packed with healthy fats, protein and minerals. It is recommended that you prepare nuts, by soaking them. They contain phytic acids and enzyme inhibitors to keep them from sprouting until nature delivers the elements they need to grow. By soaking, enzyme inhibitors are neutralized, the beneficial enzymes are activated and the vitamin content increases. Soaking makes seeds, nuts and legumes easier to digest and the nutrients more easily absorbed. After nuts are done soaking for a period of 8-16 hours, place on drying trays and dehydrate. Time and temperature will vary based on the recipe.

Granola & Energy Bars

Homemade granola and energy bars are a healthy, nutritious, energy-packed, and delicious treat. Most of the store-bought granolas are high in sugar, contain unhealthy fats and oils, and are packed full of fillers and unnecessary ingredients. Make your own deliciously sweet combination of granola with all the good-for-you ingredients your body craves. For example, whole oats are full of good-for-you fiber, protein, vitamins and minerals like folate, iron, and magnesium. You can add coconut oil or macadamia nut oil to you mix too. It's full of nutrients and adds a really nice light flavor! Truth is, you can use any healthy oil you like the taste of except olive oil. We don't recommend for granola because it has such a strong flavor. Oils high in omega-3 fats, like flaxseed oil, are extremely good for you but should be avoided because they are meant to be consumed raw and go rancid when heated. Adding nuts and seeds to your granola adds flavor, texture, extra nutrients and added healthy protein. Add a small amount of unsweetened dried fruit too, to keep the taste sweet and the sugar content low. Adding maple syrup or honey is also a good additive for granola.

Trail Blazers & Preppers

You know who you are! With an Excalibur, you can make healthy, delicious meals, snacks and desserts. Dehydrate and store for years at a fraction of the space and the weight of canning. Freeze-dried backpacking meals are always light on veggies and heavy on starches. With an Excalibur, you can make your own meals heavy on the veggies, if you choose, and without the unwanted ingredients that you don't like! Dehydrate meat, vegetables, fruit, bread and starches like potatoes and rice. Rehydrate at a later date. Also, home-dehydrated meals take up half the space of store-bought freeze-dried meals so you can carry a week's supply of backpacking food without hiring a goat. For more information and ideas, please visit Chef Glenn at www.backpackagingchef.com

Candied Pecans

WHAT YOU NEED:

1 cup soaked, rinsed and towel blotted
pecan halves
1/2 cup maple syrup
1 tsp cinnamon
Pinch of nutmeg

HOW TO PREPARE:

Toss the soaked pecans, maple syrup, cinnamon and nutmeg together and spread them on a Paraflexx® sheet. Dehydrate pecans at 105°F for 12 hours or until they are crisp in a Excalibur® dehydrator. Enjoy as a snack or salad topper, or use in desserts, like Black Bottom Pecan Pie. Store Candied Pecans or other flavored nuts in a sealed glass jar in the refrigerator for up to 3 months.





HERBS & SPICES

Basil

WHAT YOU NEED:

Basil Leaves

This herb is an excellent seasoning commonly employed in Italian and Mediterranean style cooking. Its leaves add a pleasant, spicy flavor to tomato and potato dishes, vegetable juices, cheese and egg mixtures, salads, and many types of meat. Although it has a savory clove-like aroma, basil actually belongs to the mint family. The leaves must be dried quickly to avoid molding. Because of its very delicate nature, treat basil carefully to prevent damage.

HOW TO PREPARE:

Wash plant leaves the evening prior to harvesting; if the leaves are still wet, they may turn brown when dried. Clip leaves before the flowers open. Subsequent cuttings may then be made. Throw away dirty leaves. Space the leaves on the trays so they are not touching. Dehydrate the leaves at no more than 95°F/35°C until the leaves are crisp enough to crumble in your hand.

HERBS & SPICES

Herbs and spices are sometimes a neglected part of our cookery. Use your Excalibur® dehydrator to dry your own freshly grown herbs! Buy bulk quantities of fresh herbs and spices, dry them and create special teas and seasonings. Left-over parsley will no longer be wasted...as drying herbs and spices require rather simple preparation:

As far back as the beginning of recorded history, people have been using herbs and spices as food, beverages, medicines, and in superstitious practices. Ancient Greeks and Romans ate parsley to keep from getting drunk. Hippocrates, "the father of medicine," used mustard in some of his preparations. In fact, if it weren't for the importance of herbs and spices to food preparation, we might not be living here today; remember that one reason Columbus was trying to find a shorter route to the East was to increase Europe's supply of spices.

General Rules for Dehydrating

Herbs and spices are delicate plants, and they must be treated delicately if they are to retain their valued aroma and flavor. Herbs should always be dried separately from other foods; the higher temperatures necessary for and increased humidity caused by moister food would adversely affect the herbs' quality.

Harvesting

Because the freshest herbs make the tastiest dried ones, you might consider growing some of your own. Select a sunny location for your herb garden, tend it regularly, and watch it grow. Many herbs - such as chives, ginger, mint, oregano, parsley, and sage - can also grow successfully indoors most of the year.

The actual time of year to harvest your herbs depends on the part of the plant to be used. Remove flowers when the buds are half open, but not fully in bloom. Harvest leaves when they are young and tender. Seeds are best when their color changes from green to brown or gray, but before the pods burst and scatter their contents. Dig out roots in the fall when the plant is fully grown.

When harvesting your herbs, always use scissors and cut them; don't pull or tear them out. If you live in a dusty or heavily traveled area, be sure to rinse off your plants the day before you plan to harvest. This will give them a chance to dry off overnight. Generally, the best time of the day to harvest any herb is as soon as the morning dew has evaporated.

Preparation

As mentioned, herbs and spices require rather simple preparation. First, trim off any dead or discolored plant parts. Wash off the leaves and stems of most herbs in cool water. A sink spray attachment is ideal for this purpose because it is gentle. Flower heads should be rinsed thoroughly before the petals are removed. Discard damaged parts. Keep the heads whole for use in teas. After it is sufficiently dried, remove the outer covering of the herb seeds by rubbing it between your hands. Be sure to dry the seeds thoroughly.

The possibility of insect contamination exists with some seeds, so it is a good idea to freeze the seeds for 48 hours prior to dehydrating. While not always necessary, the freezing method is still a good precaution to follow and will eliminate the frustration of drying a whole winter's stock of herbs only to lose it to insect infestation. However, do not freeze seeds that you intend to use for planting or they will not germinate.

Dehydrating

Your dehydrator will produce herbs and spices of the highest quality because of its controlled temperatures and air circulation; the old brown bag methods just can't compete. Preheat the dehydrator with the thermostat set for 95°F/35°C. Some plants may require temperatures up to 105°F/41°C, but temperatures any higher than this will ruin the flavor. Place the prepared plants on the trays in a sparse layer. When dehydrating large clusters, remove alternate trays so that the tops of the clusters are not touching the tray above. Most herbs and spices require 2 to 4 hours to dry completely, but some may take longer. Make sure you remove the herbs and spices from the dehydrator as soon as they are dry; dehydrating beyond this point destroys many of the oils, vitamins, and minerals. When tested, they should be crisp and crumbly.

Storage

Herbs, seeds, and spices have somewhat special packaging requirements. The containers must not only keep out air and moisture, but also light. Sunlight will fade the herbs' colors and flavoring oils. Dark colored glass jars are excellent for purpose, but you can also cover clear ones with brown paper or black plastic. Never herbs in cardboard boxes or paper bags; they are not adequate protection insects, plus the paper tends to absorb the flavoring oils. Only keep what you will be immediately using in the kitchen; the moist air from cooking will cause the herbs deteriorate faster. Smell your dried herbs before using. If the odor is faint or dusty, won't be much good as seasoning.





PET TREATS

PET TREATS

More and more Americans are tuning in to the food system, trying to avoid nasty artificial ingredients. And increasingly, people are looking harder at what's best for their four-legged family members, too.

Healthy dog treats are a great starting point because you can easily whip them up in your kitchen. While these recipes are intended for preparation in a food dehydrator, which can help retain more nutrients, you can use your oven set on a low temperature and get a similar dehydrating effect.

Size Matters

When your making dehydrated dog treats, keep in mind the size of the dog. If your making them for small dogs or toy breeds, remember they have itty bitsy mouths and tiny little teeth and need a smaller size and less crunchier dog treat, where as a Golden Retriever or Weimaraner can take on the larger more crunchier sizes of dog treats -- you can check this by breaking a few dog treats in your hand to see how hard they are.

Practice makes perfect so just adjust your dehydration process as you go. Hey, if the first batch you make is too hard for your dog, don't throw them away! Give them to a fellow dog lover who has a big dog that can handle them!

Preparation

1. Use healthy, fresh, whole ingredients to create homemade dog treats free of additives and preservatives.
2. In a large bowl, mix all ingredients and form into a ball. On a flour-dusted cutting board, roll out the dough to about 1/4-inch thick.
3. Cut with bone-shaped cookie cutter or any cutter shape your pet will like.

Dehydrating

1. Dehydrate at the highest setting—145°-155°F (63°-68°C)—until done, approximately 6 to 8 hours.
- 2 For crunchier treats, dehydrate longer until they have the consistency you like.

These treats should be very dry, so add time as necessary.



Fluffy's Chicken Delights

WHAT YOU NEED:

8 oz. boiled chicken liver
1/2 C. cornmeal
1 C. wheat flour
1 tsp. garlic powder
1 tsp. beef bouillon

1 large egg
1 T. yeast flakes
2 T. vegetable oil
Parmesan cheese, set aside

HOW TO PREPARE:

Blend all ingredients in food processor until a dough is formed. Roll out dough about 1/4 inch thick. Lay on dehydrator trays and sprinkle parmesan cheese on top. Dehydrate at 155°F/68°C until done. Approximately 1 hour before the dough is finished dehydrating, cut into shapes or squares. Finish dehydrating until thoroughly dry.

YOGURT



YOGURT

Homemade yogurt is economical and easy when made in your dehydrator.

Residents of Middle Eastern countries have revered yogurt as a staple food for thousands of years, but it didn't really become popular in the United States until the late 1940s. Yogurt is low in calories and cholesterol and is reputed to slow the aging process.

Yogurt is extremely easy to make. All that is required is 4 cups milk, 1/2 cup powdered milk, and 2 tablespoons of plain yogurt. Use either whole, low fat, or skimmed milk; it's up to you. For authentic Middle Eastern yogurt, you would have to substitute goat's or sheep's milk for cow's milk. The yogurt, though, must be plain; there's no substituting. This means that it is natural with no additives and has not been pasteurized after becoming yogurt. Pasteurizing kills the culture, preventing the yogurt from being used to start new batches.

Making Your Yogurt

Add the powdered milk to the fresh milk and heat to boiling for a few seconds. The powdered milk gives the yogurt a creamier texture. Allow the milk to cool to 120°F/49°C; then take 1/4 cup of the mixture and stir in the yogurt. When it is thick and sauce-like, pour it into the remaining milk and mix well.

Spoon the yogurt into clean glass jars that have lids or into plastic yogurt cups. Place the containers on the bottom of the dehydrator, set the temperature for 115°F/46°C, and heat for 3 hours. Using a higher temperature would destroy the yogurt culture. If the yogurt has set, cool it. If not, continue to check the batch every 15 minutes until it does.

After the finished yogurt has cooled, add the fruit or flavoring before placing it in the refrigerator. If sweetening is desired, use powdered sugar or honey to maintain the thick, smooth texture. For a variation, blend 1/2 cup of fruit with 1/4 cup water and make a sauce to pour over the yogurt right before it is eaten.

Yogurt Leather

Prepare your "dehydrator-made" yogurt as previously described; then add jam, fruit, or fruit sauce and puree. You can also use prestirred commercial yogurt if desired. Yogurt leather is dried exactly the same as fruit leather (see Chapter 4), but you can make an interesting variation by dropping the puree on the trays in spoonfuls rather than pouring. The result is little bite-size "kisses" that can be used as party candy.

Yogurt Facial

When making yogurt in your dehydrator, make an extra batch for a facial. The following facial yogurt recipe will help refine and clear your complexion.

1. Wash, rinse, and pat dry the face.
2. Apply mixture of 1/4 cup yogurt and 1/2 juiced lemon.
3. Leave this mixture on the face while bathing or for at least 15 minutes.
4. Rinse off with tepid water. You may also rub a cut cucumber over the face at this point.

FROZEN YOGURT

WHAT YOU NEED:

- 1 1/4 C. dried strawberries, raspberries, peaches, bananas, or any other favorite fruit.
- 1 C. Milk
- 1 C. Homemade yogurt
- 2-4 T. honey (optional)

HOW TO PREPARE:

Blend dried fruit with milk in blender. Add yogurt and honey. Pour into freezer container. Freeze until crystal form around edges. Stir. Freeze until firm. 4 servings.





RAISE BREAD & RECRISPING

RAISE BREAD & RECRISPING

Yes, you can use your Excalibur Dehydrator to make your bread rise! An Excalibur can make a big difference in speeding up the time it takes for dough to rise. Remove the trays from the dehydrator, set the thermostat to 115°F / 46°C and allow the unit to pre-heat. Place a shallow pan of water on the bottom of the dehydrator. Insert a drying tray above the water and place the bowl of dough on the tray. Cover the dough with a cloth to keep it from drying out. Allow the dough 30 minutes to 1 hour of time to rise. When it has risen, continue with preparation to your recipe.

Re-Crisping

You'll never have to throw away crackers, chips, cookies or cereals that have become stale. With an Excalibur, recrisp these items by placing them in a single layer on the drying trays. Dry them at 145°F / 63°C for 1 hour.

Bread Crumbs, Stuffing Mixes & Poultry Seasonings

Put your extra breads of all types in your Excalibur to dry for making bread crumb recipes. Dry slices, burger buns, dog rolls, and other breads until they are crispy. Crumble by hand or process for a few seconds in your food processor. Store in air tight containers until needed. Add your favorite herbs and spices to create stuffing mixes for side dishes or poultry stuffing.



WHEAT BREAD

WHAT YOU NEED:

1 package dry yeast	1/2 cup hot water
2 cups warm water	1/2 cup brown sugar, packed
2 tbsp sugar	3 tbsp shortening
2 tsp salt	4 cups whole wheat flour
4 cups white flour	

HOW TO PREPARE:

Place yeast in warm water. Add sugar, salt, and white flour. Beat until smooth. Cover and put in warm dehydrator until light in color and bubbles appear on top of dough, approximately 1 hour.

Combine hot water, brown sugar, and shortening. Cool to lukewarm. Add to yeast mixture. Now add whole wheat flour and mix until smooth. Turn dough out onto lightly floured surface. Knead about 10 minutes using a little wheat flour on your hands until dough loses its stickiness. Place dough into greased bowl; turn over once to grease top of dough. Cover. Let rise in warm dehydrator until double. Punch down dough. Cut in half with knife.

Shape each half to form a ball; cover and let rise 10 minutes. Place into lightly-greased loaf pans, cover, and let rise until double. Bake at 375°F/191°C approximately 40 to 50 minutes.

PASTA



PASTA

Your dehydrator is perfect for preparing pasta. Store bought varieties can't compete with the taste of homemade; you'll notice the difference with the first bite.

Make and cut the noodles according to the recipe directions. No need for separate pasta racks! Place strips of freshly made pasta in single layers onto your drying trays. Dry for 2 to 4 hours at 135°F/57°C. Store in airtight packages. Dried noodles can be used in soups and casseroles; as a main dish buttered; or in a cream, tomato, or cheese sauce.

Smaller types of pasta dry fastest and recook in bags at a faster rate. Rehydration is equal amounts of water to pasta. As a tip, under cook your pasta by one to two minutes, as it will finish cooking while being rehydrated. In camp use boiling water, and let sit in a cozy for 5-15 minutes.

Rehydrating Dehydrated Cooked Pasta

1. Bring a pot of water to the boil.
2. Drop the desired amount of pasta in the boiling water and give it a stir.
3. Depending on the thickness of the pasta, it will usually rehydrate in just a few minutes.
4. Spaghetti rehydrates almost instantly. By the time you give it a stir, it is already limp and ready to use.
5. Remove from the water and serve.

What to do with Dehydrated Pasta

1. Perfect for soups and stews
2. Excellent for thermos bottle cooking and MRE's
3. Serve with your favorite sauce
4. Use in salads and one dish meals



PASTA PRIMAVERA WITH DRIED TOMATOES

WHAT YOU NEED:

- | | |
|--|--|
| 8 oz. Rotini, Twists or Spirals, uncooked | 1 cup carrot sliced thin |
| 1 T. olive or vegetable oil | 1 medium red onion, cut into eighths |
| 2 cloves garlic, minced | 1/4 cup chicken broth |
| 1/8 tsp. hot red pepper flakes | 1/4 cup lightly pack fresh basil leaves, chopped |
| 1 cup tender fresh green beans, cut into 1" pieces | 1/2 cup oil-packed dried tomatoes, chopped |
| 2 small zucchini, sliced | 1/4 cup grated Parmesan cheese |
| 2 small yellow squash, sliced | 1/4 cup chopped fresh parsley |

HOW TO PREPARE:

Prepare pasta according to package instructions. Drain. In medium skillet, heat oil and garlic. Stir in red pepper flakes. Add zucchini, squash, carrots and onion and stir-fry until tender-crisp about 5 minutes. Add chicken broth and simmer 1 minute. Toss together pasta, vegetables, basil and dried tomatoes. Garnish with Parmesan cheese and parsley. Serves 4.

Cottage Cheese

WHAT YOU NEED:

1 gallon of pasteurized milk and either 4 tablespoons unflavored yogurt made in your dehydrator
1/2 cup fresh buttermilk, or 1/4 tablet of rennet (an enzyme) dissolved in 1/2 cup warm water

HOW TO PREPARE:

Pour the milk into a crock and warm it to room temperature, about 72°F/22°C. Mix in the yogurt, buttermilk, or rennet and cover the crock with cheesecloth. Place the crock in the dehydrator and hold the temperature inside at 85°F/29°C for 12 to 18 hours until clabbered. Clabbering means that the milk has separated to form thick, solid "curd" and watery, liquid "whey."

When the milk has thickened into curds and a little whey lays on the surface, the cheese is clabbered. Now your next task is to cut the curd as follows. Use a long-bladed knife and make all cuts approximately 1/2" apart. (1) Holding the knife vertically, make straight up and down cuts across the curd. (2) Now slant the knife and make diagonal slices down through the cheese following the cuts of step 1. Make the first cut at a 45° angle, but gradually straighten the blade so that the last cut is nearly vertical. (3) Repeat the process of step 2, only slant the knife in the opposite direction. (4) Turn the crock 180°F/82°C and make a final set of vertical cuts to form a crosshatch pattern on the surface. This cubing process helps the sour whey to drain out.

The Final Steps. Place several inches of water in a large pan, set the crock in it, and heat to 115°F/46°C. Hold the cottage cheese at this temperature for 1/2 hour, stirring occasionally. Once the time is up, line a colander with cheesecloth and pour in the curds and whey. Allow the whey to drain off; otherwise, it will give the cottage cheese a bitter taste. To get rid of even more of the sour taste, dip the colander in cold water and gently stir the curds to wash away the last traces of the whey. Let the curds drain thoroughly. If desired add 1 teaspoon salt per pound of cottage cheese and 4 to 6 tablespoons of cream. After refrigeration, your cottage cheese will be ready to eat as is or in fruit salads, dips, cheesecake, and casseroles.



CHEESE

CHEESE

The low temperatures of your dehydrator are ideal for ripening milk into cheese. Cottage cheese is unripened cheese - that is, it has not been aged. Hard cheeses, on the other hand, are pressed, dipped in paraffin wax, and aged. Longhorn, cheddar, Colby, and Romano are all hard type cheeses. In addition, there are the semi-hard or soft cheeses: Scamorze, Neufchatel, and cheese spreads. These are generally milder in flavor than the hard cheeses and are only aged for a short time, if at all.

Making a Hard Cheese

The following instructions are for making a "generic" hard cheese; to cover all the different types individually would require a book in itself.

Scald 1 gallon of milk and allow it to cool; making cheese in smaller amounts is just not practical. Add 1/2 cup buttermilk or yogurt to the cooled milk and stir well for 2 minutes. Buttermilk and yogurt act as starters, substances that produce the acid needed to give cheese its distinctive flavor. In addition to giving the cheese its flavor, the acid also discourages the growth of bacteria. Set the thermostat on your dehydrator for 90°F, remove the trays, place the container of milk on the bottom of the unit, and heat for 12 to 24 hours. When the milk has a slightly acidic taste, it is ripened and ready for use.

Adding the Rennet

Enzymes in rennet speed the clabbering, or curd formation, of the cheese. Rennet is an animal by-product. If you are a vegetarian, there is also an all-vegetable rennet available. Allow the milk to cool back to room temperature; then add 1 teaspoon liquid rennet or 1 rennet tablet dissolved in 1/2 cup water. Mix well, cover the container, and let it stand for 1 to 2 hours until clabbered.

Cutting the Curd

Slice the curd in crosshatch and diagonal directions as described in the cottage cheese recipe. Return the forming cheese to the dehydrator, which you've set at 110°F/43°C. Hold the cheese at that temperature, stirring occasionally, until the curd is firm. This usually takes from 30 to 45 minutes. Test its consistency by squeezing a handful of the curd. If it breaks easily, the cheese is ready.

Draining the Whey

Line a colander with cheesecloth, pour in the curds and whey, and drain. Stir the curds with your hands until it gets a rubbery texture; it should squeak when you chew a piece. At this point, sprinkle on 1 to 2 tablespoons of flake salt and mix it in thoroughly. As soon as the salt has dissolved and the curds have cooled to 85°F, pour the mixture into a cheeseform that has been lined with cheesecloth. You needn't buy a special cheeseform, though these are available; a 2 pound coffee can with holes punched in the bottom and set in a shallow container works well.

Pressing the Curd

Place a circle of cheesecloth over the curds and insert a wooden follower. A follower is a circle of 1/2 plywood cut to fit inside the form; it serves to evenly flatten the top of the cheese. If you glue a small block of wood to the top of the follower, it will be much easier to remove. Now place a 1 pound coffee can, open side down, on top of the follower and set a board on top of that - forming a pyramid-type arrangement. The small can should protrude up several inches higher than the top of the form.

With all the paraphernalia in place, pile 3 or 4 bricks on top of the board. These will press and compact the loose curds into the familiar solid cheese round you see in stores. After 10 minutes, remove the bricks, board, can, and follower, and drain off any whey that has collected in the form. Replace the follower and other parts, increase the weight to 6 to 8 bricks, and press the cheese for an additional hour.

Dressing

Remove the newly pressed cheese from the form and peel off the cheesecloth. Dip the cheese in warm water to remove any lingering fat and smooth over small holes and cracks with your fingers. Cut two cheesecloth circles slightly larger than the cheese round and a strip 2" wider and long enough to wrap around the cheese with a slight overlap. Roll up the cheese, place it in the form, and press with 6 to 8 bricks for a final 18 to 24 hours.

Drying and Paraffining

Remove the cheese from the form for the last time and wipe it with a dry cloth. Next, wash the cheese in hot water and smooth over cracks and holes with your fingers. The cheese is now ready to begin the drying phase. Place it on a shelf in a cool, dry place - the crisper or vegetable drawer of your refrigerator is a good spot that is also free from insects and pests. Turn and wipe the cheese daily for a period of 3 to 5 days until the rind - the hard outer covering - has started to form.

For better preservation, the cheese must be paraffined before it is stored any longer. Heat 1/2 pound of paraffin wax to 210°F/99°C in a pie pan deeper than half the height of the cheese round. Always heat wax in a double boiler type arrangement over water; heated directly, it may take on a burned smell. When the wax is hot, dip in half the cheese for approximately 10 seconds, remove, and allow the paraffin to harden. Complete the job by dipping the other half of the cheese in the hot paraffin and allowing to dry.

Curing

Most cheese will improve in flavor for several months. After a month, sample the cheese and reseal it if it is not ready. If mold develops, scrape off the moldy parts, rub with salt, and reseal. Date your cheeses, making a note of any special method used so that you can develop your own recipes.





POTPOURRI,
ARTS & CRAFTS

POTPOURRI, ARTS & CRAFTS

Your dehydrator can help satisfy your creative cravings by shortening the drying times for ceramics, dough art or decoupage. It's a boon for the impatient! You can even use your dehydrator to dry photographs.

Potpourri

Nearly any garden blossoms, leaves, herbs, spices or cones can be used for potpourri. Fixatives must be added to the potpourri to prevent the fragrances from evaporating. Orris, benzoin, calamus and oak moss are common fixatives. Flavoring oils can usually be purchased from a craft supply shop or catalog. Using scissors, cut only unblemished herbs and flower heads; one decaying leaf or petal can destroy a whole potpourri. Spread the petals or herbs sparsely over the drying trays. Try to avoid drying both at the same time to prevent the distinctive fragrances from mixing. Dry for 6 to 8 hours at 110°F/43°C until dry and brittle. Let cool.

Making the Potpourri: Use 1 quart (4 handfuls) of herbs and flowers, 1 to 2 tablespoons of mixed spices, and 1 to 2 tablespoons of fixative. If adding a flower oil, use it sparingly to avoid concealing the other aromas. 3 to 5 drops is more than enough. Place the dried flowers and herbs in a large glass or stainless steel bowl and toss them gently with your hands to mix. In a separate small glass dish, combine the spices, fixative, and flower oil and blend well. Take the combined spices and sprinkle them evenly over the flower mix, gently crushing some of the herbs as you do.

Sachets: Your potpourri mix can also be sewn into sachets to be placed in drawers and closets or on the backs of chairs and sofas for a sweet aroma.

Drying Flowers

You'll definitely have "flower power" when you start making your own dried flowers with your dehydrator. The controlled conditions of the dehydrator make sure that all parts of the flower dry quickly and evenly. Flowers tend to darken as they dry, so select ones that are several shades lighter than the desired final product.

Photographs

Treat and wash as usual; then shake or blot off the excess liquid. Place on the dryer trays. Dry until no wet spots remain. Note: Dry only photographs that have been printed on resin-coated stock; other paper types will crinkle unless pressed flat.

Pomander Balls

These charming, old-fashioned aromatic delights dry quickly and easily in a dehydrator. For each pomander, select a ripe, attractive apple, lemon, lime, or orange. Using an ice pick or awl, punch holes evenly all over the skin of the fruit and push a whole clove in each; the skin should be completely covered. Roll the ball in a mixture of 1/2 oz ground cinnamon, 1/2 oz ground allspice or nutmeg, 1 tsp powdered orris root, and a sprinkling of glitter. Thoroughly coat. Let it stand in the mixture for several days, turning occasionally. Next arrange on a Paraflexx® sheet and place in Excalibur dehydrator with the thermostat set at the lowest temperature. Dry till shrunken and lightweight; then tie a long ribbon or cord around it for hanging..

Dried Macrame Beads

With a little ingenuity, you can dehydrate vegetables for use as beads in macrame and other crafts.

Dough Art

Dough art is a fun craft for children and adults. It's inexpensive and requires no special equipment beyond your dehydrator. Roll the dough, coil it, braid it, stamp it, or press it to make wall plaques, napkin rings, jewelry, figurines, small sculptures, and even Christmas tree ornaments.



YEAR-ROUND SEASON FOR FRUITS/VEGETABLES

January

Good Buys: Avocados, Bananas, Cabbage, Cauliflower, Mushrooms, Pears, Potatoes, Turnips and Winter Squash.

February

Good Buys: Avocados, Bananas, Broccoli, Cabbage, Cauliflower, Kumquats, Mangos, Mushrooms, Pears, Tangerines, Winter Squash.

March

Good Buys: Artichokes, Asparagus, Avocados, Bananas, Broccoli, Grapefruit, Kumquats, Lettuce, Mushrooms, Radishes, Spinach.

April

Good Buys: Asparagus, Bananas, Cabbage, Chicory, Escarole, Onions, Pineapple, Radishes, Rhubarb, Spinach, Strawberries.

May

Good Buys: Asparagus, Bananas, Celery, Papaya, Peas, Pineapple, Potatoes, Strawberries, Tomatoes, Watercress.

June

Good Buys: Avocados, Apricots, Bananas, Cantaloupe, Cherries, Corn, Cucumber, Figs, Green Beans, Limes, Mangos, Nectarines, Onions, Peaches, Peas, Peppers, Pineapple, Plums, Summer Squash.

July

Good Buys: Apricots, Bananas, Blueberries, Cabbage, Cantaloupe, Cherries, Corn, Cucumbers, Dill, Eggplant, Figs, Gravenstein, Apples, Green Beans, Nectarines, Okra, Peaches, Peppers, Prunes, Watermelon.

August

Good Buys: Apples, Bananas, Beets, Berries, Cabbage, Carrots, Corn, Cucumbers, Dill, Eggplant, Figs, Melons, Nectarines, Peaches, Pears, Peppers, Plums, Potatoes, Summer Squash, Tomatoes.

September

Good Buys: Apples, Bananas, Broccoli, Carrots, Cauliflower, Corn, Cucumbers, Dill, Figs, Grapes, Greens, Melons, Okra, Onions, Pears, Peppers, Potatoes, Summer Squash, Tomatoes, Yams.

October

Good Buys: Apples, Bananas, Broccoli, Grapes, Peppers, Persimmons, Pumpkin, Yams.

November

Good Buys: Apples, Bananas, Broccoli, Cabbage, Cauliflower, Cranberries, Dates, Eggplant, Mushrooms, Pumpkin, Sweet Potatoes.

December

Good Buys: Apples, Avocados, Bananas, Grapefruit, Lemon, Limes, Mushrooms, Oranges, Pears, Pineapple, Tangerines.





IN THE FOLLOWING PAGES

Celebrity Chefs and their Dehydrating Recipes

Excalibur
AMERICA'S BEST DEHYDRATOR

JOIN US AND OUR
ROUND TABLE OF
CELEBRITY CHEFS
AND THEIR RECIPES
AS WE TAKE A
JOURNEY TO
RAW FOOD.

Tess Masters



Australian-born Tess Masters is a cook, writer, actor, voiceover artist and author of The Blender Girl cookbook. She shares her enthusiasm for healthy fast food on theblendergirl.com.

As a presenter and recipe developer, Tess collaborates with leading food, culinary, and lifestyle brands. She has been featured in the LA Times, Vegetarian Times, InStyle, Real Simple, Clean Eating, Chow.Com, Today.Com, and Glamour.Com among other publications and websites. Away from the blender, Tess enjoys a diverse performance career. She has toured internationally with stage productions, worked in film and television, and lent her voice to commercial campaigns, audiobooks, and popular videogame characters.



GRAB-AND-GORGE GARLIC KALE CHIPS

What You'll Need:

- 1 large bunch of curly green kale – about 8 firmly packed cups
- 1 cup raw cashews soaked in filtered water for 2 – 4 hours (soaking is optional)
- 1/8 cup filtered water as needed for desired consistency
- 3 Tbsp freshly squeezed lemon juice
- 1/4 cup nutritional yeast to taste
- 1 whole bulb of garlic (about 8-10 cloves) chopped roughly
- 1 tsp Celtic sea salt
- 1 Tbsp coconut nectar (optional)
- 4 teaspoons granulated garlic

Let's Get Started!

- Rip the kale from off the stalks (discard the stalks), wash and place in a colander to drain. You want a little bit of water left on the kale.
- Transfer to a large bowl.
- Place all the ingredients except the granulated garlic in a food processor until smooth, thick and creamy. You want something like the consistency of hummus. You might need to add a little bit more water.
- Take small handfuls of the cashew cheese and massage into the kale. I use kitchen gloves for this. Repeat this until all of the mixture has been added and the kale is evenly coated with no large clumps of "cheese".
- Toss through the granulated garlic so that it is evenly distributed.
- Place the kale evenly on dehydrator sheets and dehydrate at 115°F/46°C for about 8 hours until crisp.
- If you don't have a dehydrator you can place them on baking sheets in the oven on the lowest setting for about 10-12 hours.

NUT-FREE VERSION

What You'll Need:

- 1 large bunch or curly green kale – about 8 firmly packed cups
- 2 1/2 Tbsp cold pressed extra virgin olive oil
- 1/4 cup nutritional yeast
- 3 tsp granulated garlic
- 1 tsp Celtic sea salt
- 3 tsp extra granulated garlic (to toss through)

Let's Get Started!

- Rip the kale from the stalks (discard the stalks), wash, and place in a colander to drain slightly. You want a little bit of water left on the kale.
- Stir all of the other ingredients (except the extra garlic) together in a bowl.
- Massage the mixture into the wet kale.
- Sprinkle the extra granulated garlic onto the kale and toss through.
- Place in your Excalibur dehydrator on 105°F/41°C or about 4-6 hours until crispy.



A true superstar -- Carol Alt. Since her days as the world's most famous supermodel, Carol Alt has been a multi-award-winning actress that has appeared in more than 65 films; host of countless TV and radio shows; had a number one music hit in Europe; graced the cover of over 700 magazines; worked as a dedicated philanthropist; and is now also a skincare entrepreneur, jewelry designer, and bestselling author on raw food nutrition. She's written three raw food books: *EATING IN THE RAW*, *THE RAW 50*, and *EASY SEXY RAW*. As well as raw food recipes, check out Carol's natural skincare line, Raw Essentials.



Pizza Crust:

- 1 cup ground flax seeds or chia seeds
- 2 tbsp. onion powder
- 5 cups roughly chopped mixed vegetables (some favorite combinations are cucumber and broccoli stalk, fennel and broccoli stalk, or zucchini)
- 2 cups soaked raw walnuts or pecans
- 2 garlic cloves
- 1 tbsp. plus 1 tsp. fresh lemon juice
- 2 to 4 drops liquid stevia OR 1 tbsp. plus 1 tsp. raw honey
- 1 tsp. sea salt or more to taste
- ¼ cup fresh basil leaves

*Makes two 8-inch pizza crusts

Mama Tanya's Favorite Tomato Sauce

- ¾ cup sun-dried tomatoes
- 1 large ripe tomato, seeded and roughly chopped
- 1 small garlic clove (optional)
- Small handful of basil leaves
- 1 tsp. dried oregano
- 2 tsp. pizza seasoning or Italian seasoning
- 1 ½ inch piece fresh ginger, peeled and chopped
- Pinch of cayenne pepper
- 2 to 4 tbsp. cold-pressed extra-virgin olive oil
- 2 tbsp. pitted sun-dried olives
- Sea salt

*Makes about 2 cups

Mama Claire's Red Wine Vinaigrette

- ¼ cup Eden raw red wine vinegar
- ½ cup cold-pressed extra-virgin olive oil
- 2 tsp. raw agave nectar, raw honey, or coconut nectar
- 1 tbsp. fresh lemon juice
- ½ tsp. sea salt
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- ½ tsp. dried basil

*Makes ¾ cup

Pizza Salad

- 1 head of romaine or green leaf lettuce
- 1 or 2 medium tomatoes, seeded and chopped (optional)
- 1/2 medium red onion, thinly sliced
- 1/4 cup sun-dried olives, pitted and sliced (optional)

To make the pizza crust:

Combine the flax meal and onion powder in a medium bowl and set aside. Place the chopped vegetables, walnuts, garlic, lemon juice, stevia, and salt in a food processor or high-speed blender and process until smooth, scraping the sides of the machine a couple of times or tamping down with the tamper if using a blender. Add the basil and pulse until well incorporated but with small bits remaining visible. Add the flax meal and onion powder and stir until well combined. Spread out half the dough on a Paraflexx®-lined Excalibur dehydrator tray in a circle about 8 inches in diameter and ½ inch thick. Repeat with the remaining dough on a second lined tray. Place in the dehydrator and set the machine to 105°F/41°C and dehydrate for 6 to 8 hours or overnight. Flip the crust onto a dehydrator screen (remove the Paraflexx®) and continue to dehydrate until the desired crispness is obtained, 2 to 8 hours, or longer if you like your crust very crisp.

While the pizza crust is dehydrating, make the sauce: In a medium bowl, soak the sun-dried tomatoes in water to cover for 1 hour to soften. In a blender or food processor, combine the sun-dried tomatoes and their soaking water, the fresh tomato, the garlic, if using, the basil, oregano, pizza seasoning, ginger, and cayenne and blend until smooth. With the motor running, slowly add the oil through the hole in the top of the food processor and blend well.

Add the olives and pulse until chopped. Season with salt.

To make the vinaigrette: Place all the dressing ingredients in a jar with a lid, cover, and shake until the mixture is emulsified.

To make the salad:

Combine the lettuce, tomatoes, red onion, and olives in a bowl and toss well with enough of the vinaigrette to coat

To assemble:

Spread the pizza sauce over the crusts. Arrange the salad over the crusts, cut the pizza into slices, and serve. *Serves 2-4

Hints and Tips:

The pizza crust takes under 30 minutes to put together, but it does involve some advance planning to soak the nuts, and a full day for dehydrating the pizza crust. A strategic way to go about this is to put together the crust the night before, dehydrate the first side while you sleep, then flip it, go to work, and come home to pizza night. That will give you a crisp crust. For a softer crust, you can start in the morning and it will be ready for dinner. You can make the sauce a day ahead as well. Tanya and Claire suggest doubling the recipe and freezing half of the crust after dehydrating. This way, whenever you are in the mood for a pizza, all you have to do is defrost briefly in the dehydrator.

If you think you won't be eating the entire pizza at one sitting, leave the crusts plain, cut them into individual portions, and let everybody top their own as they like. (Kids love the "make your own pizza" theme.) This keeps the dough from getting soggy and you can save the crust for another meal and top it on the spot.

Blythe Metz

VEGAN KALE CHIPS



Blythe Metz, host of the web series Blythe Raw Live. This weekly one hour live show airs on Ustream or BlyththeRaw.com. Blythe interviews leading experts in natural health and nutrition, makes easy raw food recipes, shares raw beauty treatments and environmental education. As an accomplished writer, actress, lifestyle personality and eco entrepreneur, Blythe uses her platform to affect social change. Metz's passion for natural wellness and the environment inspired her to create a line of 100% organic and wild crafted essential oils and body butters. Blythe believes plants are our intended medicine. She is dedicated to teaching people how to use plants to enhance health and happiness in every way. She holds a Masters Degree in Metaphysical Sciences from the University of Metaphysical Sciences and is currently earning her PhD in the same field. Pick up a copy of her book, THE SUPERNATURAL DIET.

What you will need:

1 bundle organic kale (usually 12-15 leaves)
6 tbsp. cold pressed organic olive oil
2 tbsp. nutritional yeast
1 ½ tbsp. chili powder
1 ½ tbsp. nama shoyu OR wheat free Tamari OR 1/4 tsp. Celtic sea salt for GF
(*see note in post)

Let's Get Started!

1 bundle organic kale (usually 12-15 leaves)
6 tbsp. cold pressed organic olive oil
2 tbsp. nutritional yeast
1 ½ tbsp. chili powder
1 ½ tbsp. nama shoyu OR wheat free Tamari OR 1/4 tsp. Celtic sea salt for GF
(*see note in post)

- Simply wash kale, rip leaves from stem, put stems in composter, and tear leaves into small-ish pieces.
- Mix olive oil, nutritional yeast, chili powder, and nama shoyu together.
- Massage this mixture into the kale firmly with both hands, like kneading bread. It's a chance to interact with the powerful nutrients that recreate us. The loving energy we transmit to the food actually affects the food. Especially raw foods because they have a high water content, and water has been proven to have memory and hold energies.
- Simply place prepared kale on an Excalibur dehydrator tray with a regular mesh sheet.
- Dehydrate on 105°F/41°C for about 12 hours.
- Feel free to omit the chili powder if you don't want it spicy.
- Play around with other spices like fresh cilantro, mustard and cumin.
- Kale chips will store for a couple of weeks. But they always get eaten in a couple of days. They are great for school and work lunches, and snacks.



Eva Rawposa



Eva Rawposa created Uncooking101.com with business partner Venita Hale. Eva is a raw chef and vegan health educator, who is passionate about sharing her knowledge about eating raw foods after noticing such a dramatic improvement in her health thanks to a raw foods diet. Determined to create an online community where people could come together, learn and share their experiences with raw foods, she created Uncooking 101.

SUPER EASY FALAFEL WITH LEMON GARLIC AIOLI

To make the falafel:

2 cups roughly chopped carrots
1 cup dry sunflower seeds
1/4 cup flax seeds, ground (after grinding, equals 1/3 cup)
1 cup fresh parsley, chopped finely
3 Tbsp. diced onion
1 clove minced garlic
1/4 tsp. Celtic sea salt
1/2 tsp. ground cumin
1/2 tsp. curry powder
1/2 cup sesame seeds (*to be added after processing)

Preparing the Falafel:

- First, add only the carrots to the food processor, and process until your carrots are nearly a paste. (Very well chopped!)
- Next add in the sunflower seeds, flax seeds, garlic, and spices and process until well mixed. Finally, add the onion and parsley, making sure to scrape the sides as needed to mix everything together well.
- Move to a large bowl, and add the sesame seeds by hand.
- Roll 1 Tbsp. at a time into falafel balls. Place these balls directly onto your Excalibur dehydrator sheets and dehydrate for 2-12 hours depending on how moist you prefer the inside to be. The longer you dehydrate, the more crisp the outside becomes.

To make the lemon garlic aioli:

1/4 cup dry cashews
2 cloves garlic
1/8 tsp. salt
1 lemon, juiced

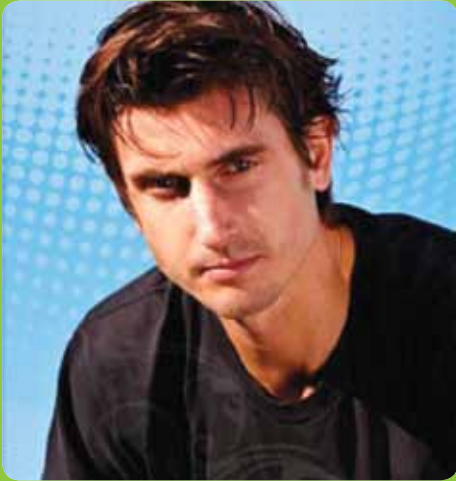
Preparing the Lemon Garlic Aioli:

- Process the cashews, garlic, and salt in a coffee grinder or spice grinder until there are NO remaining chunks.
- Remove from the food processor, add to bowl with the lemon juice, and whip with a fork.
- FOR you can turn this aioli into a fabulous dressing by blending 2/3 cup cashews soaked in 2/3 cup water with 1/2 of a preserved lemon in your Blender.

These falafels are fantastic as appetizers, or for use in raw wraps or as a topping on salads.



Brendan Brazier



Brendan Brazier, formulator of VEGA, and creator of Zon Fitness, and Thrive Foods Direct. Brendan is widely considered by many as an authority in plant-based nutrition. He trains elite sports stars and celebrities, consults and develops products for top companies, and is a notable public speaker. Brendan Brazier is a Canadian former pro ironman; formulator of the amazing VEGA products, (widely considered in health and athletic circles as the best protein supplements in the world), and bestselling author of the THRIVE series: THRIVE, THE THRIVE DIET, THRIVE FITNESS, and THRIVE FOODS. Brendan recently launched Thrive Foods Direct, a food delivery service based on the nutritional philosophy in his books.

VEGAN "TOASTED" APPLE CINNAMON CEREAL

What you will need:

1/2 apple, diced
1 cup gluten free oats or sprouted quinoa
1/2 cup diced raw almonds
1/2 cup ground flaxseed
1/2 cup hemp flour
1/2 cup unhulled sesame seeds
1/2 cup sunflower seeds
1 1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/4 tsp. ground stevia leaf
1/4 tsp. Celtic sea salt
1/4 cup hemp oil or Vega Antioxidant & Omega Oil
1/4 cup blackstrap molasses
2 tbsp. fresh apple juice

Let's Get Started!

- Combine the apple, oats, almonds, ground flaxseed, hemp flour, sesame seeds, sunflower seeds, cinnamon, nutmeg, stevia, and sea salt and stir until well combined.
- Blend together the hemp oil, molasses, and apple juice.
- Combine the liquid and dry ingredients and mix well.
- Spread on lined Excalibur dehydrator sheets.
- Dehydrate on 115°F/46°C for 24 - 48 hours depending on how much "crunch" you want.
- If you don't have a dehydrator, you can use the lowest setting of your oven.
- Break up into pieces and enjoy.

*This will keep refrigerated for up to 2 weeks.

*Makes 4 cups or about 5 servings.



Heather Pace



Heather Pace from SweetlyRaw.com. At 14, Heather became a health conscious vegan after reading FIT FOR LIFE. Heather attended culinary school at the age of eighteen and worked in various restaurants, bakeries, and as a personal chef. She has authored 4 raw dessert e-books, teach raw food classes, and have hosted several raw dessert challenges on her blog, Sweetly Raw. Her 13 years of veganism (including 5 years of mostly raw vegansim) recently ended when she became quite sick, and chose to adopt a whole foods diet which includes animal products and cooked food.

VEGAN OATMEAL CRUNCH CEREAL

What you'll need:

- 1 cup packed almond pulp (leftover from making homemade almond milk)
- 3/4 cup dried unsweetened shredded coconut
- 2/3 cup finely ground oats (regular oats, gluten free oats, or raw oat groats)
- 1/3 - 1/2 cup maple syrup or raw agave
- 2 Tbsp. filtered water
- 2 tsp. non alcoholic pure vanilla extract
- 1/8 tsp. Himalayan salt

Lets get started!

- Mix all ingredients together.
- Spread out on Paraflexx® sheets in your Excalibur Dehydrator and dehydrate at 145°F/63°C for 2 hours.
- Turn the temperature down to 115°F/46°C and continue to dry for 8-10 hours (or until very dry and crunchy), flipping onto the mesh screen halfway through.

*If you want squares, spread it out thin on your Paraflexx® sheets and score into the size you want.

If you want little clusters, add an extra 1/2 cup dry coconut and simply sprinkle bits onto the Paraflexx® sheets before drying.

Enjoy topped with raw homemade almond milk.



Jason Wrobel



Jason Wrobel is a world-renowned leader in organic raw vegan cuisine, culinary education and epicurean entertainment. With a focus on radical simplicity and artful presentation, he imbues his ecstatic raw food creations with the energy of fresh, local, organic produce and the healing properties of raw superfoods, which have rendered his dishes hands-down favorites among celebrity clients, and regular folk alike. Jason is also the host of the first longevity cooking show on television, *How to Live to 100*, which debuted on The Cooking Channel in January 2013. His DVD, *Simple Vegan Classics*, is an international bestseller, which teaches people how to prepare easy and nutritious raw vegan foods. He is also the host of *The J-Wro Show*®, on YouTube, showcasing healthy recipes, lifestyle transformation tips and culinary comedy. www.jasonwrobel.com



FUDGE BROWNIES

Superfood Brownie Mix

8 cups raw pecans, soaked for 8 hours & dehydrated for 24 hours, until crisp
1 1/2 cups dates, pitted & packed
1 1/2 cups raw cacao powder
1/2 tbsp. Vitamineral Green or other green superfood powder
1/2 tbsp. maca powder
1/2 tsp. Himalayan Crystal Salt or Celtic sea salt
1/4 tsp. shilajit powder
1/2 tsp. ground cinnamon
1/2 cup dried goji berries, reserved
1 tsp. ground vanilla powder
1 cup crushed raw pecans, reserved

Warm Fudge Sauce

2 3/4 cups clear raw agave nectar,
coconut palm nectar or Jerusalem Artichoke inulin
1 cup raw cacao powder
1 1/4 cup extra-virgin raw coconut oil
1/4 cup raw cacao butter
1/4 cup mesquite powder
1/4 tsp. Himalayan Crystal Salt or Celtic sea salt

For the Brownies:

In a large mixing bowl, soak the pecans for a minimum of 8 hours. Drain the water, rinse the pecans in fresh water and use your Excalibur dehydrator to dehydrate on Paraflexx® sheets for 24 hours, until crisp and dry to the touch. In a large food processor, pulse the pecans into medium-size crumbs, until mealy. Be sure not to over process, as the pecans can break down easily and become pecan butter. Add the dates slowly into the mixture and process until very well combined. The mixture should be somewhat cakey – a slightly moist batter with a little texture. Add the raw cacao powder, Vitamineral Green, maca, sea salt and shilajit powder and process. Once ready, the mixture should begin to “ball up” in the food processor as the raw cacao powder becomes well incorporated. Take the brownie mix out of the processor bowl and add to the baking dish. Spread the mixture evenly into the baking dish and fold in the reserved pecans and dried cherries. Mix with your hands. Press with even, medium pressure to make a flat, even distribution of the batter. Chill in the refrigerator for 30 minutes to 1 hour to set the brownie batter. Once set, cut the brownies to the size you desire. If you want warm brownies, place them in the Excalibur dehydrator at 118°F/48°C for 20 minutes to warm.

For the fudge sauce:

Add the agave nectar and coconut oil to a high-speed blender and blend until very smooth. Add the remaining ingredients, except the cacao butter, and blend again. Once an ultra-smooth consistency is attained, add the cacao butter (either solid or liquefied) and blend again. Place in the Excalibur dehydrator at 105°F/40°C for 10 minutes before serving with the Superfood Brownies. *Yields 16-20 medium brownies (Standard 9x13 baking dish)

Recipe Variations:

Instead of dried goji berries, try golden berries, mulberries or black cherries for an extra superfood nutrient kick OR substitute dried organic pineapple or mango for tropical tango brownies. Experiment and play, baby!

Dina Lauro



Dina Lauro, found of Chunkie Dunkies raw vegan cookies. After attending Natural Gourmet Institute and completing an internship at the Hippocrates Health Institute in Florida, Dina's life changed and Chunkie Dunkies was born. Dina's business is growing rapidly and quickly becoming one of the premier raw vegan cookie companies in the country! Chunkie Dunkies are sold at Whole Foods, a few national retailers and distributors and online at www.chunkiedunkies.com. Dina's desire to make the "BEST" tasting cookies is stronger than ever!



CHUNKIE DUNKIES RAW VEGAN APPLE RAISIN WALNUT COOKIES MUFFINS

What you'll need:

- 1 cup gluten free oats, ground
- 3 cups of mixed raw nuts (raw almonds, walnuts or pecans)
- 1 Tbsp. + 1 tsp. ground cinnamon
- 1 & 1/8 tsp. Celtic sea salt
- 4 organic apples (sweeter varieties)
- 2 apples chopped and 2 apples blended
- 3/4 to 1 cup liquid sweetener (maple syrup or raw agave)
- 3 Tbsp. coconut oil
- 1 Tbsp. alcohol-free natural vanilla extract
- 1 cup raisins
- 1 cup walnuts, chopped
- 1 cup gluten-free oats, whole

Lets get started!

- In food processor, using the "S" blade, grind nuts into flour.
- Add 1 cup of oats to nut mixture and process into flour.
- Add cinnamon and salt into the mixture and pulse until incorporated.
- Remove nut mixture and place in bowl.
- In the food processor, using the "S" blade, add 2 apples that have been cored and pulse them into a chunky texture. These will be folded into your dough to give the cookies a nice texture.
- Remove the pulsed apples and put them aside.
- In your food processor, add the sweetener, coconut oil, and vanilla and blend.
- Add the other half of the apples (non shredded but cored) and blend well.
- Remove wet mixture and place into dry mixture bowl.
- Add raisins, chopped walnuts, whole oats, and chunky apples to your dough and mix very well with hands.
- Place cookie dough in the fridge to set for about an hour.
- Shape cookies with an ice cream scoop and place on Excalibur dehydrator trays (without Paraflexx® sheets) and dehydrate for 8 to 12 hours at 115°F/46°C until desired texture is achieved.

Marie-Claire Hermans



Marie-Claire Hermans from Ravishing Raw. Marie-Claire is a raw food chef, author, and coach in Belgium, Europe. She specializes in making raw food look and taste like cooked food. This is especially helpful for raw food beginners who are craving cooked foods during their transitional period. Those of you who sign up for Marie-Claire's free newsletter will receive explanations of the benefits of eating live raw foods, menu ideas, and shopping lists.



LASAGNA STACKS / MILLE FEUILLES

Vegetables required per person:

1/2 to 1 small round zucchini
1/2 red bell pepper
1/2 yellow bell pepper
Fresh basil to taste
1/2 pack of wild mushrooms
some sprigs of fresh thyme
a sprig of fresh rosemary
1/4 tsp. of Celtic sea salt or more to taste
organic cold pressed extra virgin olive oil

To make the cocktail sauce:

1/2 red bell pepper
2 tbsp. cold pressed extra virgin olive oil
1/4 cup sun dried tomatoes (soaked in oil)
1/4 cup of raw cashew nuts or pine nuts

Next prepare the vegetables:

- Cut the round zucchini in two halves.
- Slice up the zucchini with a wide potato peeler or a mandolin. Make about 5 to 6 thin slices
- Place them on a plate and cover them up with olive oil.
- Sprinkle some sea salt on top to soften.
- Marinate for one hour until they are soft and look like cooked.
- You can speed up the process by placing them in your Excalibur dehydrator for about a half hour and then covering them up with plastic to keep them moist.

In the meantime:

- Slice up the bell peppers into small strips.
- Slice up the mushrooms.
- Throw everything into separate bowls.
- Add fresh herbs and sea salt to taste.
- Pour olive oil generously on top, mix and let marinate for about 20 minutes.
- Spread the marinated veggies on a Paraflexx® sheet on Excalibur dehydrator sheets.
- Let them soften in your dehydrator at 108°F/42°C for about 60 minutes.

To assemble:

- Take a nice plate and start with a slice of zucchini at the bottom.
- Place some of the marinated vegetables on top and a few leaves of basil.
- Top with a new slice of zucchini.
- Put a spoon of cocktail sauce on the side of the plate and draw a line with the "head" of the spoon.
- Finish with some fresh herbs out of your garden or some course black pepper.
- Serve like this or warm them up in your dehydrator at 108°F/ 42°C.

Some tips from Marie-Claire:

- If you want a thinner sauce, add a little bit of water.
- These vegetable stacks are perfect with a fresh green salad.
- The longer these vegetables marinate, the softer they become.
- Enjoy as a starter, vegetable side, or main meal.



Matt's recipe Onion Bread Crisp,
(Courtesy of Matt Amsden, RAWvolution)

ONION BREAD CRISP

What you'll need:

- 1 large yellow onion
- 2 cups ground flaxseeds
- 2 cups ground sunflower seeds
- 3/4 cup coconut aminos or Nama Shoyu (*not gluten free)
- 3/4 cups cold pressed extra virgin olive oil

Lets get started!

- Peel and halve the onions.
- In a food processor, cut the onions using the slicing blade.
- Transfer the cut onions to a mixing bowl, add the remaining ingredients, and mix until the ingredients are thoroughly combined.
- Evenly spread 1 1/2 cups of the mixture on an Excalibur dehydrator tray lined with a Paraflexx® sheet.
- Dehydrate at 100°F/38°C for 36 hours, removing the Paraflexx® sheet after the first 24 hours.
- Once dehydrated, cut into 9 equal pieces (2 cuts horizontally, 2 cuts vertically).
- Makes about 2 1/2 trays



Kristina's recipe Zucchini Chips
with Marinara Dip,
(Courtesy of Kristina Gabrielle
Carillo-Bucaram, founder of
Fully Raw and Rawfull Organic)

ZUCCHINI CHIPS WITH MARINARA DIP

For Zucchini Chips:

- 2 - 4 zucchinis

Preparing the Zucchini Chips:

- Slice the zucchini into slices with a knife or with a mandolin.
- Place the slices in your Excalibur dehydrator and leave in for as long as desired.
- The longer that you leave the slices in the dehydrator, the more crisp they become.
- These "chips" were left in the dehydrator about 6 hours on a low setting of about 105° to 115°F (41° to 46°C).
- Once done, organize them beautifully on a platter and get ready to make your marinara!

For Marinara:

- 1-2 ripe fresh tomatoes
- 3 stalks of Swiss chard
- Juice of 1/2 Lemon (Optional)
- 1/2 cup fresh cilantro
- 1/2 cup fresh basil
- 1/4 cup of fresh oregano or thyme (optional)
- 1/2 red bell pepper for an added kick (optional)
- Celtic sea salt to taste

Preparing the Marinara:

- Place all of your ingredients into a food processor and process until you achieve the desired consistency.
- Serve and enjoy!



Christy's recipe Pumpkin Nut Cakes
and Caramel Cashew Cream,
(Courtesy of Christy Smith,
Nutrition Therapist, Whole to Healthy)

PUMPKIN NUT CAKES

- 1/2 cup raw pumpkin seeds, soaked 4-6 hours
- 1/2 cup raw walnuts
- 1/2 cup raw pecans

- 2 medjool dates
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. Celtic sea salt

- Pulse your ingredients in the food processor until the mixture holds together when pressed against the side of the bowl.
- Dump out onto waxed paper and flatten/roll out to about 1/4" thick.
- At this point you could cut them into circles with a cookie cutter.
- Place on Paraflexx® sheets in your Excalibur dehydrator at 115°F/46°C for 6 hours, flipping half way through. You can also place them on the regular dehydrator screens after 3 hours for a drier texture. These can be dehydrated for longer, depending on what texture you want. The longer they are in the dehydrator, the crunchier they become.
- These cakes store very well. You could make them days ahead, or even freeze them for a future event.

Caramel Cashew Cream

- 1 cup raw cashews (soaking not necessary)
- 1/4 cup date paste
- 1 tbsp. maple syrup or raw agave

- 2 tsp. maca powder
- 2-3 tbsp. filtered water,
until desired consistency

- Blend all the ingredients in your high speed blender until smooth, but still thick.
- You can always add more spices or sweetener to this until it suits your taste buds.
- This can be stored in the refrigerator for 3-4 days before use.

HELPFUL HINTS & TIPS

Cut all your items the same thickness.

If you don't, they'll dry at different times. A slicer is helpful.

Do small or Large batches.

If you are doing a small batch, put the remaining empty trays in the dehydrator. Your dehydrator is designed to work with all or none of the trays.

Experiment with your drying times.

Everyone's tastes are different. You may like some food dried longer for a crispier texture. You may like other dried less for a chewier texture. Be sure to write down the food and times so you remember what you like!

Store your Paraflexx® sheets in the bottom of the dehydrator.

This is a great way to protect your sheets when you're not using them. They can also double as a drip liner at the bottom of your dehydrator for easy cleaning.

Cleaning tips for Paraflexx® sheets.

DO NOT SOAK your Paraflexx® sheets. This will damage them. Simply wipe down with a warm, soapy cloth. Then again with clean water. That's it.

Register your warranty online:

<http://www.drying123.com>

Not sure your foods are dry enough?

Put some of your foods in an air-tight bag and check it in a few minutes – if you see water droplets in the bag then you need to dry the food more. Some small fogging is normal as the food cools off.

One side of my drying trays seems to be dried before the other.

What should I do?

Because your dehydrator may dry one side faster than the other, halfway through the drying cycle you may want to turn the trays 180°. This will speed up the dehydration process and will reduce energy consumption.

My apples and pears have darkened to a rusty-brown color while drying.

Are they safe to eat?

Yes. Fruits that have turned brownish color are safe to eat. Many fruits will oxidize during the drying process. Oxidation happens when the flesh of the fruit is exposed to air. By pretreating fruits oxidation is reduced.

Why should the edges of my fruit leather be thicker than the center?

With fruit leathers, the edges of the mixture tend to dry first. If the edges are the same thickness as the center, they will dry too quickly and become brittle.

My fruit leathers are very thin and brittle. I'd like to make them like the ones sold commercially.

How can I do that?

Juicy fresh fruits, such as strawberries, can be too runny to create a thick, chewy leather like the commercial types. By simply adding a banana when pureeing, the mixture will become thick and the fruit leather will as well. Be sure to pour 3/4 to 1 cup of puree on each tray and allow it to spread out. Remember, the poured puree should be 1/4" thick at the edges.

If I powdered my dried vegetables, what could I use them for?

Powdered onion and garlic, of course, are favorite seasonings for meats and sauces. Powdered tomatoes can be reconstituted into tomato sauce, paste, catsup, juice or soup. Powders are easy to make. A blender or food processor will give you the finest texture. Simply place pieces of dried vegetables into a blender and process. Store in air-tight bottles or jars.

As items dry, should they be removed to allow better circulation for still moist foods and avoid over drying?

Yes. As foods dry, remove them from the trays and package. The other still moist pieces should remain in the dehydrator until they are completely dry. However, if you have sliced your food into uniform pieces and have turned your trays 180° halfway through the cycle, your load should be finished at the same time.

Do you have more detailed information in your Manual?

Check out our dehydrator book, *Preserve It, Naturally!* over 250 page book. It contains hundreds of color pictures and diagrams! The book completely details every aspect of drying from mint leaves to pistachio nuts. It has detailed directions for craft ideas, instructions for yogurt and cheese making, dehydrating grains and even making baby food! There are 275 recipes using home dried fruits, vegetables, meats and grains for you to try, experiment with or use as a guideline while concocting your own!

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