

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Dehydrator

DHR-20A

For your safety and continued enjoyment of this product, always read the Instruction Book carefully before using.

CONTENTS

Important Safeguards.....	2
Special Cord Instructions.....	2
Introduction.....	3
Operating Instructions.....	3
Before Using.....	3
Usage.....	3
Parts and Features.....	4
How to use the Fruit Roll-up Sheet.....	5
Cleaning and Maintenance.....	5
Food Selection.....	5
Vegetable Preparation and Treatment.....	5
Fruits and Nuts, Preparation and Treatment.....	7
Herbs and Flowers.....	8
Useful Tips.....	8
Food Storage.....	8
Dehydrator drying guide.....	9
Recipes.....	10
Warranty.....	15

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. Always unplug appliance from outlet when not in use or before cleaning. Allow plenty of time to cool before adding or removing parts.
3. Never touch hot surfaces. Use handles or knobs.
4. Avoid using the appliance in the presence of children. Close supervision is necessary when appliance is used by or near children or individual with certain disabilities.
5. To avoid electrical shock, never immerse plugs, cord, or the base assembly in any liquids.
6. Never operate any appliance with a damaged cord or plug, or one that has malfunctioned or been damaged in any way. Immediately return the appliance to the nearest authorized service facility for analysis.
7. Using accessory attachments not recommended or sold by the appliance manufacturer may cause electric shock, injury, or fire.

8. Never use outdoors.
9. Never let the cord hang over the edge of a table or counter or touch hot surfaces.
10. Never place on or near a hot gas or electric burner or in a heated oven.
11. Never use this appliance for any other use than that for which it is intended.
12. To disconnect, first turn control knob to OFF, then unplug from electrical wall outlet.
13. Never pour liquids into the appliance.
14. Never operate near combustible or pressurized spray cans.
15. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
16. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
17. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.
18. 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.
19. Children should be supervised to ensure that they do not play with the appliance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the counter top or tabletop, where it can be pulled on by children or tripped over.

INTRODUCTION

The dehydration of fruits and vegetables is one of the earliest methods of food preservation. Since their discovery and cultivation, plums and grapes have been sun-dried into prunes and raisins. These dried fruits and vegetables make great snacks or desserts, and it's easy to dehydrate different meats to make jerky. Dehydration is a healthy way of preserving food because bacteria growth is inhibited by the removal of moisture. You can even use your food dehydrator to dry flowers and make potpourri! Before using your food dehydrator, be sure to take time to read the "Important Safeguards" and all other instructions in this manual.

OPERATING INSTRUCTIONS

This appliance is meant for household use only. First, place it on a level surface, and then insert the plug into electrical outlet.

The food dehydrator is equipped with a short power-supply cord, reducing the risk of tangling or tripping over a longer cord. Extension cords can be used with the proper attention paid to safety concerns. When using a longer, detachable power-supply cord or extension cord, the marked electrical rating of the extension cord should be the same or greater as the electrical rating of the appliance, and the longer cord should not drape over the counter top or table where children could pull it or it could be tripped over unintentionally.

BEFORE USING

1. Unpack the food dehydrator with care.
2. Wash all of the dehydrator trays and lid

in warm, soapy water. Rinse well and dry completely.

3. Wipe the dehydrator base with a clean and dry, soft cloth or sponge. Never immerse base, plug or cord in water or any other liquids.

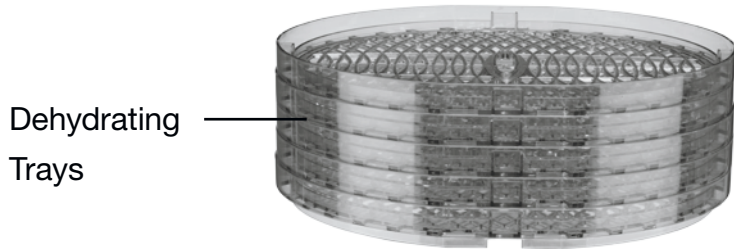
USAGE

1. First, ensure the unit is turned to the OFF position and unplugged before preparing to use.
2. Wash the trays and lid before each use to prevent food contamination.
3. Place the base on a flat, smooth counter top surface.
4. Prepare food to be dehydrated as instructed, depending on the type of food; never overlap food or overload trays.
5. Arrange food on trays, stack up the trays, and set them aside.
6. Trays can accommodate a variety of food sizes with small adjustments.
7. Plug unit into electrical wall outlet. Set control knob to desired setting.
8. Place stacked trays on base and cover the top tray with the lid. Then allow the food to dry for the recommended length of time (drying time depends on the food type).
9. Top lid vent holes must be kept clear of any objects.
10. Monitor the food while it is dehydrating and check it for desired doneness. It may be necessary to rotate the racks during drying as bottom racks will dehydrate faster than top racks. Once cooled, remove individual pieces and store in food-safe containers or plastic bags, preferably airtight. Leave the pieces that are not yet done in the dehydrator and monitor them until done.
11. Store the pieces that are not going to be eaten in the next few days in the freezer. When storing food in the freezer, use containers or bags designed specifically for freezer storage.
12. Switch the unit to OFF and unplug after using.
13. Wash the dehydrator trays and lid after each use. Wipe the base with a soft, slightly damp cloth or sponge; never let water or any other liquid get into the base. Be sure the trays and lid are completely dry before storing them back on the base.

CAUTION:

- Do not block cover vents.
- Do not block bottom vents.

PARTS AND FEATURES



HOW TO USE THE FRUIT ROLL-UP SHEET

Your unit comes with one fruit roll-up sheet.

To prepare fruit roll-up sheet, lightly spray a paper towel with cooking spray and rub over the fruit roll-up sheet. Follow preheating preparation instructions which can be found in the recipe section of the instruction book for Yoghurt Fruit Roll-Ups, Spiced Apple Trail Mix Leather and Strawberry Banana Leather. Once your fruit roll-up sheet is ready, place on top rack of unit as shown in Fig. 1.



Fig. 1

CLEANING AND MAINTENANCE

Dehydrator racks, top cover and fruit roll-up sheet are all dishwasher safe.

To clean unit base, unplug from outlet and wipe clean using a damp cloth. Wipe dry with a clean cloth.

NOTE: Any other servicing should be performed by an authorized service representative.

FOOD SELECTION

Select foods for dehydration that are in good condition. Fruits should have just become ripe since they contain the highest amount of natural sugar and provide the best results. Vegetables should be fresh and crisp. Avoid fruits that are not ripe; they yield unpredictable results and often have a flat, bitter taste. Overripe fruits and vegetables with spoiled portions should also be avoided. Cut off any bruised or marred portions of the fruits and vegetables before dehydration. Meat, poultry and fish should be fresh and lean. Preparation, dehydration time and foodstorage method will also influence their quality and taste. Follow preparation, dehydration and storage instructions in this manual to ensure the best-tasting, highest quality dried foods.

IMPORTANT

If you suspect food contamination, do not attempt to use the dehydrator. Discard the food.

VEGETABLE PREPARATION AND TREATMENT

Vegetables are low in acid and have less sugar than fruits, so they require a little more effort. Some vegetables are better frozen than dried, so remember to be selective in the vegetables you choose.

PREPARATION

Only the highest quality vegetables should be selected for drying. Wash them carefully just before dehydrating to remove dirt and bacteria. Most vegetables should be peeled, trimmed, cut or shredded prior to drying.

PRETREATMENT

Blanching vegetables prior to drying is recommended. This destroys the enzymes that can produce "off" flavours when stored and lead to poor texture and poor rehydration. Steam blanching is a better method than water blanching because more flavour and vitamins are retained. Vegetables can also be microwaved.

STEAM BLANCHING

Layer prepared vegetables in the top portion of a steamer or a steamer insert and steam until the vegetables are heated through, but are not cooked enough to eat (usually 2 to 3 minutes). Stir to ensure all vegetables are evenly blanched. Quickly transfer steamed vegetables directly to drying trays.

MICROWAVE BLANCHING

Microwave ovens can easily be used to blanch fresh vegetables. Prepare vegetables the same way as for steam blanching. Place vegetables in a covered casserole dish with a small amount of water (refer to your microwave oven cooking chart). Cook for $\frac{1}{4}$ to $\frac{1}{3}$ the time listed in the chart, stirring after half of the blanching time. Vegetables blanched in a microwave will be more brightly coloured than those that are steam blanched. Quickly transfer blanched vegetables directly to drying tray.

VEGETABLE PREP

Asparagus	Divide tips from stems by snapping in half. Tips are best for drying, but dried stems can be crushed and used for seasoning.
Beans (green)	Snip off ends and cut as desired. Blanch, then place in the freezer for 30 to 45 minutes.
Beets	Trim, leaving about 2cm of the top and root. Blanch, allow to cool, then cut off the top and root. Slice.
Broccoli	Trim and cut into pieces. Steam for about 4 to 5 minutes.
Carrots	Wash, peel, and cut into 1cm long pieces. Steam for about 4 to 5 minutes.
Corn	Remove husk, wash and steam blanch the whole piece of corn. Allow to cool, then shear the corn from the cob.
Celery	Break leaves off their stems. Place leaves separate from stalks in tray(s).
Chives	Wash, dry, and mince.
Cucumber	Wash, peel, trim and slice about 5mm thick.
Garlic	Separate and peel cloves. Cut cloves into halves or slices.
Mushrooms	Remove any soil and remove stem. Dry the mushroom whole, cut in half or sliced.
Onions	Trim off the ends and peel. Cut into rings or dice.
Peppers (pimientos)	Wash and remove core. Cut into halves, quarters, rings or strips.
Peppers (jalapeños)	Wash and dry whole.
Potatoes	Wash, peel, and cut or slice as desired; steam blanch. Rinse under cold water and pat dry before placing on tray(s). Note: If you wish to leave the skin on, you must wash and scrub the potato and remove all the eyes and scars with the tip of a potato peeler or paring knife.
Tomatoes	Wash and remove stems. Using a ladle or tongs, dip into boiling water and then into an ice water bath. You will be able to remove the skin easily. Cut into halves, quarters or thick slices.

Fruit and Nuts Preparation and Treatment

FRUIT

Nearly all fruits can be dried at home, but some will require more drying time than others; the guidelines offered here will help get you started. It is recommended that you select the fruits that are in season and experiment with those first.

Preparation

Wash and inspect fruits and remove any bruised or overripe parts. Peel if desired. Cut larger fruits in half. If the pieces vary too much in size, slice them to 5-10mm thick for even drying. Smaller fruits such as grapes and cherries may be dried whole. Remove pits or stones from fruits such as plums, cherries, apricots, etc. Always peel fruits that have been artificially waxed. Peeling is optional with other fruits – for instance, dried pear skins tend to be grainy, and peach skin peels are a little fuzzy.

Most fruits, like pineapples, grapes, strawberries, and plums, can be placed directly on the drying trays as they are prepared. However, some fruits will turn brown when exposed to air (apples, apricots, peaches, and pears). Following the guidelines set below, you can pretreat these fruits to slow this browning and to prevent loss of vitamins A and C. To pretreat them, the cut pieces should be kept in a holding solution until you have sufficient fruit to dry.

Pretreatment

Below are several optional methods of pretreatment. You don't always need to pretreat food in order to dry it; however, pretreatment can make food look better, increase the shelf life and even enhance the nutritional value. Experiment with both treated and untreated food to see which will work best. Remember, proper storage is critical to the quality of the final product, whether treated or untreated.

Sodium Bisulfite

Use food-safe (USP) grade only. Dissolve 1 teaspoon of sodium bisulfite in 1 litre of water. Dip small amounts of fruit in the solution for 2

minutes. This helps prevent loss of vitamin C and maintains a bright colour. Sodium bisulfite is available in most pharmacies/drugstores.

Natural Pre-Dips

With their high vitamin C content, pineapple and lemon juice are natural alternatives to other pretreatments to reduce browning. Slice fruit directly into juice. Remove after about 2 minutes and place on trays. Fruits may also be dipped in honey, lime or orange juice, gelatin powders or sprinkled with coconut to give them an exotic flavour. Use your imagination!

When drying fruit halves, especially apricots, it has been suggested that popping the back ("inside out") will speed drying time. This is true, but it also results in the loss of the nutritional juices to the bottom of the dehydrator. Instead, cut each half in half again to give the end product more nutritional value, a brighter colour, and faster reconstitution capabilities.

Apples	Wash thoroughly and peel if you wish. Cut in half and core, then slice into smaller pieces. Pretreat with lemon juice to prevent browning.
Apricots	Wash, cut open and remove pit. If desired, cut into quarters.
Bananas	Peel and slice. Pretreat with lemon juice to prevent browning.
Cherries	Wash and remove pits.
Coconut	Drain the milk, open shell and remove coconut meat. Dry and cut into small chunks.
Figs	Wash, remove stems and cut into halves or quarters. Place dry skin side up.
Grapes	Remove stems and wash.
Papaya	Wash, peel and cut into chunks.
Peaches	Wash, slice in half and remove pit. If desired, cut into quarters.
Pears	Wash, peel, slice in half to remove core. Cut into chunks or slices. Pretreat with lemon juice to prevent browning.
Pineapple	Remove spiny skin, core and cut into chunks or wedges.
Plums	Wash, cut in half and remove pit. If desired, cut into quarters.
Strawberries	Hull, wash and slice or leave whole, as desired.

NUTS

To dry nuts, first shell and rinse them with warm water. Pat dry and spread out on trays. Most nuts will take approximately 20 to 30 hours to dehydrate and they should be allowed to dehydrate until brittle.

Allow them to cool after dehydrating. Any nuts that will not be consumed within a few days should be frozen to ensure freshness. Allow them to defrost before eating.

HERBS AND FLOWERS

To dry herbs and flowers, first rinse and pat dry. Remove any dead, mushy or discoloured portions, leaving the stem intact. Spread herbs or flowers on tray and allow to dehydrate for about 2 to 7 hours, depending on their type and size. Remove from tray and allow to cool when drying is complete. Remove the leaves or buds from stem and break them apart. Crush if desired.

For best results, pick flowers after the rising sun evaporates the morning dew and before the cool evening mist settles on the petals. Be aware of flowers that have been sprayed with insecticides or other harmful chemicals; do not use these. If you are dehydrating flowers at the same time as herbs, place flowers on the bottom trays and herbs on the top trays; this prevents any debris from the flowers falling on the herbs.

USEFUL TIPS

- Wash and clean the dehydrator before using if it has been stored for a long time.
- Fresh vegetables and fruits are best for dehydrating; canned goods do not dehydrate well.
- All vegetables and fruits should be cleaned before preparation and pretreatment.
- Prepare and pretreat fruits and vegetables as outlined in this manual for best results.
- It is usually not dangerous to leave the dehydrator on for a long period of time when required, but make sure that it is in a safe location. Read the Important Safeguards section on page 2 of this manual, and exercise caution when using the dehydrator.

- Exact dehydrating time can vary greatly, depending on the type of food used, its size and quality, the quantity placed on trays and your personal preferences. Keeping your own notes on the type of food, weight before and after drying, total drying time, and final results will enable you to achieve the desired outcome, every time!
- Most recipes will work well with dried foods. By experimenting with the recipes offered in this manual, you'll soon discover your own unique ways of using dried foods. You'll also be able to find books on the topic in bookstores, both locally and online.
- For best results, it is recommended to rotate the trays midway through the dehydration process. For example, move the bottom tray to the top, as items in the bottom rack will dehydrate faster than those on top.

FOOD STORAGE

Packaging

In order to keep well, dried foods must be carefully packaged. Pack dried foods in plastic freezer bags, squeezing out as much air as possible. (You can also use heat-sealable bags.) Store plastic bags inside airtight metal, plastic or glass containers. When you store foods in rigid containers without putting them into freezer bags first, you expose the dried foods to air, which will negatively impact them. Vacuum packaging will greatly extend the shelf life of your dried foods – vacuum packaging equipment for home use can be found in some stores.

Storage Conditions

Store appropriately packaged dried foods in a cool, dark place. The colder the food is kept, the longer the quality will be maintained. For every 8°C drop in temperature, the shelf life increases 2 to 3 times, so if you have room in a refrigerator or freezer, keep your dried foods there. If not, find the coolest place in your home to store dried foods. Light also causes the quality and nutritive value to deteriorate, so keep dried foods in opaque or dark-coloured containers.

APPROXIMATE TEMP. SETTINGS:	
LOW	45°C
MEDIUM.....	60°C
HIGH.....	80°C

Drying times are dependent on the positioning of the trays, how much the trays are loaded and how often you rotate the trays. Please review the instruction booklet for full details.

FOOD	PREPARATION	TEST	SETTING	APPROXIMATE DRYING TIME
Apples	Slice apples 6mm thick and arrange on tray(s)	Rotate trays 2x during cycle	Medium	7 hours
Bananas	Slice ripe bananas 6mm thick and arrange on tray(s)	Rotate trays 2x during cycle	Medium	8 hours
Beef Jerky	Trim fat off top round roast, slice 6mm thick and arrange on tray(s)	Rotate trays 1 x during cycle	High	5 hours
Beets	Peel fresh beets, slice 3mm thick and arrange on tray(s)	Rotate trays 1x during cycle	Medium	5 hours
Blueberries	Arrange whole blueberries on tray(s)	Rotate trays 2x during cycle	Medium	36 hours
Broccoli	Break up broccoli florets into small pieces and arrange on tray(s)	Rotate trays 1x during cycle	Medium	4½ hours
Carrots	Slice carrots 3mm thick and arrange on tray(s)	No rotation needed	Medium	7 hours
Celery	Slice celery 6mm thick and arrange on tray(s)	No rotation needed	Medium	6 hours
Fish Jerky	Slice fresh salmon 6mm thick and arrange on tray(s)	Rotate trays 2x during cycle	Medium	20 hours
Grapes	Slice seedless grapes in half and arrange on tray(s)	Rotate trays 2x during cycle	Medium	48 hours
Herbs	Arrange herbs on tray(s)	No rotation needed	Low	4 to 6 hours
Kale	Arrange kale leaves on tray(s)	No rotation needed	Medium	2½ hours
Mango	Slice fresh mango 3mm thick and arrange on tray(s)	Rotate trays 1x during cycle	Medium	5 hours
Mushrooms	Slice fresh mushrooms 6mm thick and arrange on tray(s)	Rotate trays 1x during cycle	Medium	4½ hours
Pineapple	Slice fresh pineapple 6mm thick and arrange on tray(s)	Rotate trays 2x during cycle	Medium	10 hours
Poultry Jerky	Semi-freeze chicken breast, slice 6mm thick and arrange on tray(s)	Rotate trays 1x during cycle	High	6 hours
Raspberries	Arrange whole raspberries on tray(s)	Rotate trays 2x during cycle	Medium	26 hours
Strawberries	Slice whole strawberries 12mm thick and arrange on tray(s)	Rotate trays 2x during cycle	Medium	11 hours
Summer Squash	Slice yellow squash 6mm thick and arrange on tray(s)	Rotate trays 1x during cycle	Medium	5 hours
Tomatoes	Slice tomatoes 6mm thick and arrange on tray(s)	Rotate trays 1x during cycle	Medium	7 hours
Yams	Slice yams 6mm thick and arrange on tray(s)	Rotate trays 2x during cycle	Medium	5 hours

Shelf Life

Because fruits have a naturally high sugar and acid content, they dry well and store for longer periods of time than vegetables. When properly packaged and stored at room temperature or below, most fruits will maintain a high quality and nutritional value up to a year. Most vegetables are best when eaten within six months. **FRUITS AND VEGETABLES KEPT BEYOND THE RECOMMENDED TIME MAY NOT BE AS NUTRITIOUS OR TASTE AS GOOD, BUT WILL NOT SPOIL UNLESS THE PACKAGING IS NO LONGER INTACT.**

RECIPES

Beef Jerky	9
Tuna Jerky	9
Spicy Beef Sticks.	10
Teriyaki Chicken.	10
“Sun”-Dried Tomato Basil Spread.	10
Yoghurt Roll-Ups	11
Spiced Apple Trail Mix Leather	11
Tropical Granola.	11
Strawberry Banana Leather.	12
Salt and Vinegar Potato Crisps.	12

Beef Jerky

8 servings

- 700** grams flank steak
- $\frac{1}{3}$ cup Worcestershire sauce
- 2** tablespoons Liquid Smoke
- $\frac{1}{4}$ cup light soy sauce
- 2** tablespoons light brown sugar
- 2** cloves fresh garlic
- $\frac{1}{4}$ teaspoon fresh ground black pepper

Place meat on a plate and freeze for 1 hour. This will make it easier to slice the meat into thin strips. Slice meat into 5mm-wide strips, cutting against the grain. Combine remaining ingredients. Marinate beef strips for a minimum of 30 minutes in the refrigerator. Place strips on the racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 8 hours, or until desired doneness, flipping strips once about halfway through. Depending on the uniformity of the strips, the racks may require rotating throughout the dehydrating process, as bottom racks will dehydrate faster than top racks. Store beef jerky in an airtight container in the refrigerator or freezer.

Nutritional information per serving:
Calories 165 • carb. 6g • pro. 18g • fat 7g • sat. fat 3g
• chol. 34mg • sod. 423mg • calc. 39.9mg • fibre 0g

Tuna Jerky

6 servings

- 450** grams fresh tuna steak
- 1** tablespoon fresh, grated ginger
- 2** teaspoons crushed fresh garlic
- $\frac{1}{4}$ cup light soy sauce
- $\frac{1}{4}$ cup orange juice
- 2** tablespoons rice wine vinegar
- 1** teaspoon light brown sugar

Place the tuna steak flat on a cutting board and cut in half. Place the tuna on a plate and freeze for 1 hour. This will make it easier to cut the tuna into thin strips. Stand tuna up with flat, cut edge on the board. Slice into 5mm pieces, then cut into about 1cm-wide strips. Combine ginger, garlic,

soy sauce, orange juice, rice wine vinegar and brown sugar. Marinate tuna for a minimum of 30 minutes in the refrigerator. Place strips on racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 6 hours, or until desired doneness, flipping strips once about halfway through. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store tuna jerky in an airtight container in the refrigerator or freezer.

Nutritional information per serving:

*Calories 124 • carb. 3g • pro. 18g • fat 4g • sat. fat 1g
• chol. 28mg • sod. 384mg • calc. 11.6mg • fibre 0g*

Spicy Beef Sticks

About 15 servings, 2 sticks each

- 1.4 kilograms ground beef**
- 1 tablespoon paprika**
- 1½ teaspoons cayenne pepper**
- 1½ teaspoons crushed red pepper**
- 1 tablespoon garlic powder**
- 4 tablespoons Worcestershire sauce**
- 2 teaspoons curing salt**

In a large bowl, combine all ingredients until just incorporated. To make the sticks, form a small piece of the meat mixture into a ball and then roll into 12cm by 1cm sticks. Place the sticks on a sheet pan. Refrigerate overnight, uncovered. Place the sticks on the dehydrating racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 6 hours or until desired doneness. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store beef sticks in an airtight container in the refrigerator or freezer.

Nutritional information per serving:

*Calories 201 • carb. 2g • pro. 17g • fat 14g • sat. fat 5g
• chol. 61mg • sod. 182mg • calc. 20mg • fibre 0g*

Teriyaki Chicken Jerky

8 servings

- 1.2 kilograms boneless, skinless chicken breasts**
- ½ cup teriyaki sauce, your favourite brand**
- ¾ cup pineapple juice**
- 1½ tablespoons Liquid Smoke**
- ¾ teaspoon crushed red pepper**

Trim the chicken breast of any fat. Place trimmed breasts on a sheet pan and freeze for 1 hour. This will make it easier to slice the chicken into thin strips. Slice the chicken into 5mm strips. Combine teriyaki sauce, pineapple juice, Liquid Smoke, and crushed red pepper. Marinate chicken strips for a minimum of 1 hour in the refrigerator. Place strips on racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 6 hours, or until desired doneness, flipping strips once about halfway through. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store chicken jerky in an airtight container in the refrigerator or freezer.

Nutritional information per serving:

*Calories 179 • carb. 5g • pro. 33g • fat 2g • sat. fat 0g
• chol. 81mg • sod. 340mg • calc. 22mg • fibre 0g*

“Sun”-Dried Tomato Basil Spread

10 servings, ¼ cup each

- 10 Roma tomatoes, all close in size**
- 240 grams ½-less-fat cream cheese**
- ½ cup light mayonnaise**
- ¾ cup light sour cream**
- 1 fresh garlic clove, crushed**
- ¼ cup fresh grated Parmesan cheese**
- 2 tablespoons chopped fresh basil**
- 2 spring onions, light to dark green, chopped**
- Salt and pepper, to taste**

Quarter the tomatoes and place on racks, cut side up. Cover and dehydrate on medium for

15 hours or until dry and leathery. It may be necessary to rotate the racks during drying. Chop the dehydrated tomatoes into smaller pieces. Combine tomatoes, cream cheese, and mayonnaise in a food processor until the tomatoes are incorporated and it becomes a consistent mixture. Move the tomato mixture to a large bowl. Stir in sour cream, garlic, Parmesan, basil, spring onions, and salt and pepper. Serve with your favourite bread or crackers.

Nutritional information per serving:

*Calories 124 • carb. 6g • pro. 4g • fat 10g • sat. fat 4g
• chol. 18mg • sod. 320mg • calc. 83mg • fibre 1g*

Yoghurt Roll-Ups

Makes 2 roll-ups

- 1 240ml cup vanilla Yoghurt, your favourite brand**
- 2 tablespoons jam, your favourite flavour**

Combine Yoghurt and jam. Using a rubber spatula, spread the Yoghurt in an even, thin layer on the fruit roll-up sheet. Place the sheet on a rack. Cover and dehydrate on high for 5 hours, or until the Yoghurt is no longer gooey throughout. Peel leather from sheet and cut in half. The leather may be rolled up in plastic wrap and stored at room temperature for later use.

*Fruited Yoghurt can be substituted for vanilla, but fruit chunks do not easily spread evenly.

Nutritional information per half sheet roll-up:

*Calories 152 • carb. 29g • pro. 6g • fat 1g • sat. fat 1g
• chol. 6mg • sod. 81mg • calc. 198mg • fibre 0g*

Spiced Apple Trail Mix Leather

Makes 2 fruit leathers

- $\frac{2}{3}$ cup unsweetened applesauce**
- Pinch ground cinnamon**
- Pinch ground nutmeg**
- $\frac{1}{2}$ teaspoon honey**

- $\frac{1}{4}$ teaspoon fresh lemon juice**
- 1 tablespoon dried cranberries, chopped fine**
- 1 tablespoon walnuts, chopped fine**

In a medium bowl, combine the applesauce, cinnamon, nutmeg, honey, and lemon juice. Using a rubber spatula, spread the applesauce in a thin, even layer on the fruit roll-up sheet. Sprinkle evenly with dried cranberries and walnuts. Lightly press the cranberries and walnuts into the applesauce. Cover and dehydrate on medium for 4 hours, or until the applesauce is no longer wet throughout. Peel leather from sheet and cut in half. The leather may be rolled up in plastic wrap and stored at room temperature for later use.

Nutritional information per half sheet fruit leather:

*Calories 94 • carb. 15g • pro. 0g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 2mg • calc. 8mg • fibre 1g*

Tropical Granola

7 servings, $\frac{1}{2}$ cup each

- 3 cups old-fashioned oats**
- $\frac{3}{4}$ cup coconut, shredded and dried**
- $\frac{1}{2}$ cup wheat germ**
- $\frac{1}{3}$ cup brown sugar**
- $\frac{1}{2}$ cup dried cranberries**
- $\frac{1}{2}$ cup dried pineapple, small chunks**
- $\frac{1}{2}$ cup banana chips, small pieces**
- 1 cup pecans, chopped**
- 1 tablespoon orange zest**
- 1 tablespoon vanilla extract**
- $\frac{1}{4}$ cup butter, melted**
- 2 tablespoons agave nectar, or honey**
- $\frac{1}{3}$ cup maple syrup**
- $\frac{1}{4}$ teaspoon salt**

In a large bowl, combine the dry ingredients and vanilla. In a small bowl combine the butter, agave or honey, maple syrup and salt. Pour the butter/syrup mixture over the oat mixture. Stir to combine. Divide the granola mixture among three dehydrating trays, using parchment paper to line the trays. Clump the mixture in your hand as you divide it to form clusters. Cover and dehydrate on high for 3 hours, or until the granola is no longer

wet. Rotate the clusters halfway through the dehydrating process. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store the granola in an airtight container at room temperature.

Nutritional information per serving:

*Calories 318 • carb. 44g • pro. 8g • fat 13g • sat. fat 5g
• chol. 9mg • sod. 59mg • calc. 45.8mg • fibre 6g*

Strawberry Banana Leather

Makes 2 fruit leathers

- ¾ cup fresh strawberries, hulled and chopped**
- ½ fresh banana, sliced**
- ½ tablespoon honey**
- ½ teaspoon fresh lemon juice**
- Cooking spray**

Combine all ingredients except cooking spray in a blender and purée until smooth. Lightly spray a paper towel with cooking spray and rub over the fruit roll-up sheet. Pour the strawberry mixture evenly on the sheet. Cover and dehydrate on high for 4 hours, or until the purée is no longer wet throughout. Peel leather from sheet and cut in half. The leather may be rolled up in plastic wrap and stored at room temperature for later use.

Nutritional information per half sheet fruit leather:

*Calories 63 • carb. 16g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 12mg • fibre 2g*

Salt and Vinegar Potato Crisps

4 servings

- 3 medium-size russet potatoes, skin removed if desired**
- 1 cup apple cider vinegar**
- 2 tablespoons olive oil**
- Coarse salt to taste**

Cut the potatoes into thin slices about 3mm thick, creating round chips. Soak the potatoes in the vinegar for 8 to 12 hours. This step is necessary so the potatoes do not taste chalky. Drain the potato slices well, transfer to a bowl, and toss with olive oil. Lay the potatoes in a single layer on parchment paper-lined racks. Sprinkle with salt. Cover and dehydrate on high for 8 to 12 hours or until desired crispiness. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store the crisps in an airtight container at room temperature.

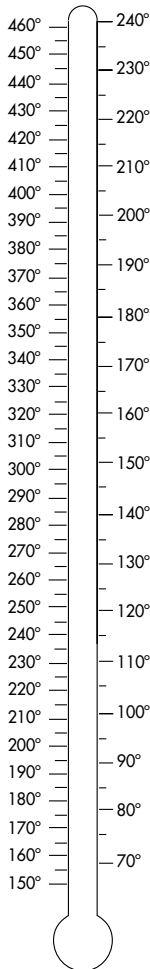
Nutritional information per serving:

*Calories 198 • carb. 29g • pro. 3g • fat 7g • sat. fat 1g
• chol. 0mg • sod. 302mg • calc. 25mg • fibre 2g*

Weights, Measures and Conversions

Temperature °F / °C

Fahrenheit Celsius



Metric cup & spoon sizes	
cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids		
Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

Limited Three-Year Warranty

other than ordinary household use. This warranty excludes all incidental or consequential damages.

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Dehydrator that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Dehydrator will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Dehydrator should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1800 808 971 (AUST), 0800 435 000 (NZ) for additional information from our Consumer Service Representatives.

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Cuisinart Service Centre at 1800 808 971 (AUST), 0800 435 000 (NZ) before returning the product for service. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® Dehydrator has been manufactured to the strictest specifications and has been designed for use only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as by use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or

©2016 Cuisinart
Cuisinart® is a registered trademark of Cuisinart,
East Windsor, NJ 08520
1-800-726-0190

Cuisinart Australia
24 Salisbury Road
Asquith, NSW 2077

Cuisinart New Zealand
44 Apollo Drive
Mairangi Bay, Auckland, New Zealand

Printed in China

Any other trademarks or service marks
referred to herein are the trademarks or
service marks of their respective owners.