



ATTENTION

If any components of this unit are broken, do not operate properly, or for product returns, please contact Weston Products LLC at

1-800-814-4895

Outside the U.S. call 440-638-3131.

For the online catalog, log onto www.westonproducts.com.

Exclusively imported by Weston Products LLC, Strongsville, Ohio

PROBLEM SOLVING

- PROBLEM:** Moisture in the storage container.
- CAUSE:** Incomplete Drying.
Food is cut unevenly, causing incomplete or uneven drying.
Drying foods left at room temperature too long after cooling, allows moisture to re-enter the foods.
- PREVENTION:** Test several pieces of food for dryness before removing it from the **Dehydrator**.
Cut foods evenly.
Cool quickly and package immediately in an air-tight container.
-
- PROBLEM:** Mold is on the dehydrated food.
- CAUSE:** Incomplete Drying.
The food was not checked for moisture content within a week.
The storage container is not air-tight.
The storage temperature is too warm.
Case hardening may have occurred, meaning the food was dried at too high of a temperature and the food was only dry on the outside, not the inside.
- PREVENTION:** Test several pieces of food for dryness before removing it from the **Dehydrator**.
-
- PROBLEM:** Brown spots on vegetables.
- CAUSE:** Too high of a drying temperature was used. Food is over-dry.
- PREVENTION:** Dry foods at appropriate temperatures. Use the "**Drying Guide**" on the **Control Panel** as reference. Check foods often for dryness.
-
- PROBLEM:** Food sticking to **Trays**.
- CAUSE:** Food is not being turned over during the dehydration process.
- PREVENTION:** After one hour of dehydrating, use a spatula and flip the food. Flip the food often until it is no longer sticky.



10 TRAY STAINLESS STEEL DEHYDRATOR

MODEL NO. 74-1001-W



CAUTION!

**DEHYDRATOR
SURFACES
BECOME HOT!**



SSS **HOT** SSS
DO NOT TOUCH!

CAUTION! EDGES MAY BE SHARP!

2 TEMPERATURE CONTROL 3 HOUR TIMER Power Switch

DRYING GUIDE	
ITEM	°F
HERBS	95-125 (35-50)
RAISING BREAD	170-215 (32-40)
YOGURT	115 (46)
VEGETABLES	135-145 (45-57)
FRUIT & FRUIT BOLS	135-145 (45-57)
MEATS, FISH & BERRY	145-155 (60-65)

PREPARATION OF FOODS

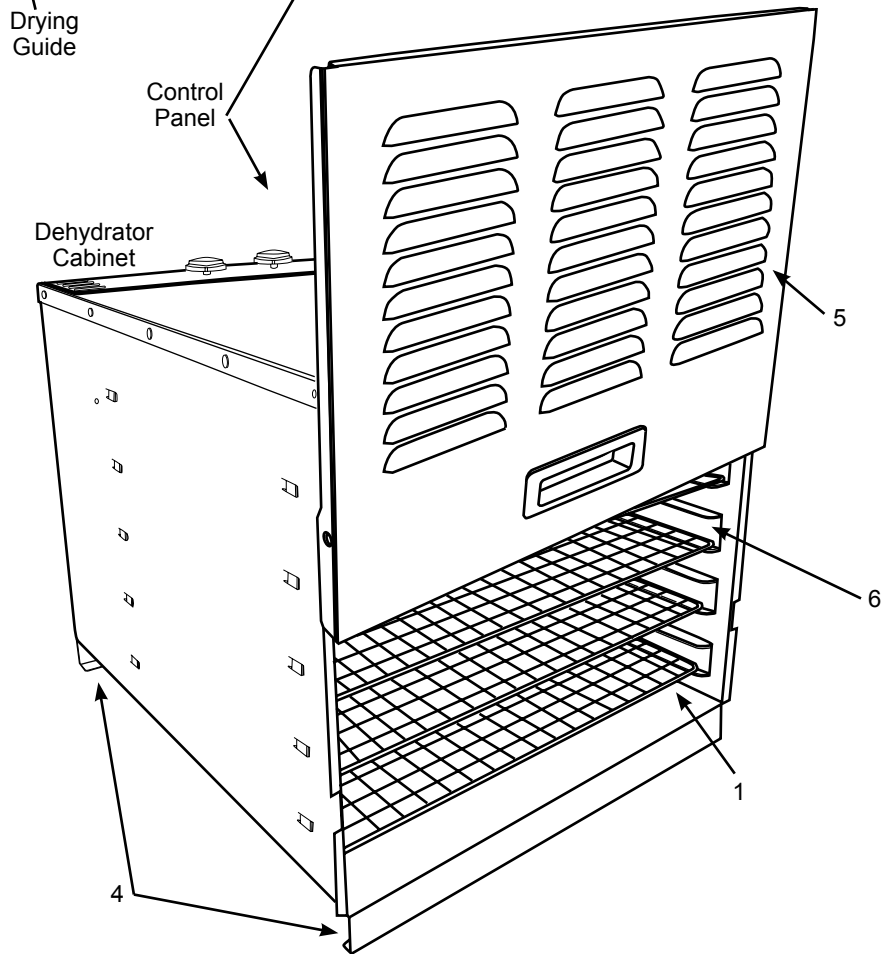
- Keep food dry, uniform in size, 1/2" (2.0 cm) thick or less.
- Do not freeze, thaw, or refreeze food to be dehydrated.
- Do not stack the food slices on the racks.
- Do not use any oil or fat on the food.
- Do not use any preservatives or additives.
- Follow all food safety guidelines.

SAFETY WARNINGS!

- IMPORTANT:** Read & fully understand all instructions and warnings prior to using the Dehydrator.
- Use only a 3-prong electrical plug. **DO NOT** use a 2-prong electrical plug. **DO NOT** use a 4-prong electrical plug. **DO NOT** use a 3-prong electrical plug with an adapter. **DO NOT** use a 3-prong electrical plug with a ground lift adapter.
- To prevent electrical shock, do not touch the electrical plug to a grounded surface.
- DO NOT** immerse in water or liquids. **DO NOT** use the dehydrator with wet food or hot liquids. **DO NOT** use the dehydrator with any other food.
- Unplug the Dehydrator when not in use.
- IMPORTANT:** Never use the Dehydrator with any other food.

WESTON STAINLESS STEEL DEHYDRATOR

CAUTION! DEHYDRATOR SURFACES BECOME HOT!



WARNING!! Before cleaning or servicing the Dehydrator, make sure it is unplugged from the power source. It is important to read & fully understand all of the instructions & safeguard prior to use of the Dehydrator.

CAUTION! EDGES MAY BE SHARP!

WESTON WARRANTY INFORMATION

SAVE THIS WARRANTY INFORMATION FOR YOUR RECORDS!

Weston Products LLC warrants to the ORIGINAL RETAIL PURCHASER of this product that if operated in accordance with the printed instruction accompanying it, then for a period of 1 year from the date of purchase, the product shall be free from defects in material and workmanship.

The Warranty Card, along with a copy of the original receipt, must be received by Weston Products LLC within 30 days from purchase date for the warranty to apply. Failure to send the completely filled out Warranty Card, along with a copy of the original receipt, will void the warranty.

The product must be delivered to or shipped freight prepaid to Weston Products LLC for warranty services, in either its original packaging or similar packaging affording an equal degree of protection. Damage due to shipping is not the responsibility of the company. Weston Products LLC charges a \$35.00 per hour bench charge. **NOTE:** No repairs will be started without the authorization of the customer. The return shipping cost to the customer will be added to the repair invoice.

Weston Products LLC will repair (or at its discretion, replace) the product free of charge, if in the judgment of the company, it has been proven to be defective as to seller's labor and material, within the warranty period.

New or rebuilt replacements for factory defective parts will be supplied for one (1) year from the date of purchase. Replacement parts are warranted for the remainder of the original warranty period.

For non-warranty repairs, contact Weston Products LLC's Customer Service at 1-800-814-4895 M-F 8am-5pm EST (outside of the United States 440-638-3131) to obtain a Return Merchandise Authorization Number (RMA Number). Weston Products LLC will refuse all returns that do not contain this number. **DO NOT RETURN THE UNIT WITHOUT PROPER AUTHORIZATION FROM WESTON PRODUCTS LLC.**

LIMITATIONS: The warranty is void if the product is used for any purpose other than that for which it is designed. The product must not have been previously altered, repaired, or serviced by anyone else other than Weston Products LLC. If applicable, the serial number must not have been altered or removed. The product must not have been subjected to accident in transit or while in the customer's possession, misused, abused, or operated contrary to the instructions contained in the instruction manual. This includes failure caused by neglect of reasonable and necessary maintenance, improper line voltage and acts of nature. This warranty is not transferable and applies only to U.S. and Canadian sales.

Except to the extent prohibited by applicable law, no other warranties whether expressed or implied, including warranty merchantability and fitness for a particular purpose, shall apply to this product. Under no circumstances shall Weston Products LLC be liable for consequential damages sustained in connection with said product and Weston Products LLC neither assumes nor authorizes any representative or other person to assume for it any obligation or liability other than such as is expressly set forth herein. Any applicable implied warranties are also limited to the one (1) year period of the limited warranty.

This warranty covers only the product and its specific parts, not the food or other products processed in it.

CUT ALONG THE DOTTED LINE AND SEND THE WARRANTY CARD ALONG WITH A COPY OF YOUR ORIGINAL PURCHASE RECEIPT TO:

Weston Products LLC
20365 Progress Drive, Strongsville, OH 44149

WESTON WARRANTY CARD

SEND THIS CARD ALONG WITH A COPY OF YOUR ORIGINAL PURCHASE RECEIPT TO:
 WESTON WARRANTY, WESTON PRODUCTS LLC, 20365 PROGRESS DRIVE, STRONGSVILLE, OH 44149

Customer Name: _____

Address: _____

City/State/Zip: _____

Telephone Number: (____) _____

E-Mail Address: _____

Original Date of Purchase: ____/____/____

Product Model #: _____

Serial # (if applicable): _____

APPLE & CREAM FRUIT LEATHER

6 apples, peeled & cored
1 cup plain non-fat yogurt

1/2 tsp cinnamon
2 1/2 tsp nutmeg

1/4 tsp cloves

- Puree the ingredients in a food processor or blender until smooth
- Line the **Trays** with plastic wrap or silicone fruit leather sheets (*sold separately*)
- Spread the puree over the lined **Trays** until it is about 1/4" (0.6 cm) thick (the edges will dry quicker than the center; pour the puree thinner at the center of the **Tray**)
- Set the **Dehydrator** to about 135-145°F (57-63°C) for 4-5 hours (*a longer drying time may be necessary*)
- Dehydrate until leathery and pliable but not sticky
- Allow to cool slightly, then serve/store

NOT-SO SUN DRIED TOMATOES

7 lb firm, ripe Roma tomatoes, stemmed & quartered
1 tsp dried oregano

1 tsp dried thyme

1 tsp dried basil
2 tsp salt

- Scrape out all the seed of the tomatoes without removing the pulp
- Mix the basil, oregano, thyme and salt together
- Place the tomatoes skin side down onto the **Trays**
- Sprinkle the seasoning mixture over the top of the tomatoes
- Set the **Dehydrator** to about 140°F (60°C) for 6-9 hours (*a longer drying time may be necessary*)
- A few hours through the dehydrating process, gently turn the tomatoes over and press flat with a spatula, repeat this step every few hours until the tomatoes are dried
- Allow to cool slightly, then serve/store

CHEESY CORN CHIPS

1 cup creamed corn
1 cup grated sharp cheddar cheese
1/8 tsp cayenne pepper

1 Tbsp chopped onion
1/2 cup diced res & green bell peppers
1/8 tsp chili powder
salt to taste

- Puree the ingredients in a food processor or blender until smooth
- Line the **Trays** with plastic wrap or silicone fruit leather sheets (*sold separately*)
- Spread the puree over the lined **Trays** in a ring until it is about 1/4" (0.6 cm) thick (the edges will dry quicker than the center; pour the puree thinner at the center of the **Tray**)
- Set the **Dehydrator** to about 130°F (55°C) for 10 hours (*a longer drying time may be necessary*) Or until dry on one side
- Lift the entire corn ring off of the **Trays**, turn over and dry for 2 more hours or until crisp
- Break into pieces when done
- Salt to taste

ORANGE SMOOTHIE ROLLS

1 1/2 cup applesauce
2 tsp dried orange ground

1 apple, peeled, cored & chopped
1 1/2 tsp vanilla

- Puree the ingredients in a food processor or blender until smooth
- Line the **Trays** with plastic wrap or silicone fruit leather sheets (*sold separately*)
- Spread the puree over the lined **Trays** until it is about 1/4" (0.6 cm) thick (the edges will dry quicker than the center; pour the puree thinner at the center of the **Tray**)
- Set the **Dehydrator** to about 135-145°F (57-63°C) for 4-8 hours (*a longer drying time may be necessary*)
- Dehydrate until leathery and pliable but not sticky
- Allow to cool slightly, then serve/store

COMPONENT LIST

DIAGRAM NUMBER	PART DESCRIPTION	PART NUMBER
1	Stainless Steel Tray (10)	74-1007
2	Temperature Control Knob	74-1009
3	Timer Control Knob	74-1008
4	Feet (4)	74-1005
5	Door with Handle	74-1006
6	Shelf Bracket -Left Side (5)	74-1002
	Shelf Bracket -Right Side (5)	74-1003

If any components of this unit are broken or the unit does not operate properly, call Weston Products LLC Toll Free at

1-800-814-4895 Outside the U.S. call 440-638-3131
Monday thru Friday 8:00am-5:00pm EST.

ACCESSORIES Sold Separately

The Original Jerky Kit	02-5001-W
PRO-2300 Vacuum Sealer	65-0201
Vacuum Sealer Bags & Rolled Bags (6" x 10", 8" x 12", 11" x 16", 8" x 24", 15" x 18", 8" x 50', 11" x 50', 15" x 50')	Assorted
Professional Stainless Steel Mandoline Vegetable Slicer	01-0006

These products and many more products can be ordered by visiting
WestonProducts.com or by calling
Weston Products Toll Free at 1-800-814-4895
Monday thru Friday 8:00am-5:00pm EST. Outside the U.S. call 440-638-3131

GENERAL SAFETY RULES



READ AND FULLY UNDERSTAND ALL INSTRUCTIONS AND WARNINGS PRIOR TO USING THIS UNIT. YOUR SAFETY IS MOST IMPORTANT! FAILURE TO COMPLY WITH PROCEDURES AND SAFE GUARDS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE. REMEMBER: YOUR PERSONAL SAFETY IS YOUR RESPONSIBILITY!

1. **DO NOT** block the air vents at the rear of the Dehydrator. Keep the Dehydrator at least 12" (30.5 cm) away from any wall to allow for proper air circulation.
2. **DO NOT** operate the Dehydrator on or near flammable surfaces such as carpeting.
3. It is **IMPORTANT** to monitor the Dehydrator while in use. **NEVER** leave the Dehydrator unattended.
4. To avoid unintentional starting, make sure the power switch is in the "OFF" position before connecting the Dehydrator to the power source.
5. **CHECK FOR DAMAGED PARTS.** Before using the Dehydrator, check that all parts are operating properly and perform the intended functions. Check for binding of moving parts, mounting and any other conditions that may affect the operation. Do not use if power cord is damaged or frayed.
6. **ALWAYS DISCONNECT** the Dehydrator from the power source before servicing, changing accessories or cleaning the unit. Unplug the Dehydrator when not in use.
7. **KEEP CHILDREN AWAY. NEVER LEAVE THE APPLIANCE UNATTENDED.** The Dehydrator is **NOT A TOY.**
8. The Manufacturer declines any responsibility in the case of improper use of the Dehydrator. Improper use of the Dehydrator will **VOID** the warranty.
9. Electrical repair must be done by an authorized dealer. Use only factory original parts and accessories. Modification of the Dehydrator will **VOID** the warranty.
10. **DO NOT** pull the power cord to unplug. The use of extension cords is not recommended.
11. Be sure the Dehydrator is stable during use. All four feet should be secure on a level

surface. The Dehydrator should not move during operation.

12. **DO NOT** operate the Dehydrator outdoors or near any flammable or combustible materials.

13. **USE IN A WELL VENTILATED AREA.** It is suggested to use the Dehydrator in a garage or similar structure.

14. To prevent electric shock, **DO NOT IMMERSER THE UNIT IN WATER OR LIQUID.** Serious injury and electric shock could result. **DO NOT** use the machine with wet hands or bare feet. **DO NOT** operate near running water.

15. **NEVER** open or remove the back panel of the Dehydrator.

16. Disconnect from power source before cleaning the components of this machine. **READ ALL DIRECTIONS** on how to clean this Dehydrator before attempting to clean it. After cleaning, make sure Dehydrator is completely dry before reconnecting to the power source -if not; **ELECTRIC SHOCK** may result.

17. **DO NOT** operate the Dehydrator on a hot stove-top or inside an oven. **DO NOT** allow the power cord to drape over the Dehydrator or hot surfaces.

18. **BEWARE!** Some surfaces of the Dehydrator may become very **HOT** during use! Serious injury may result!

19. Edges may be sharp! Use caution when handling!

20. **DO NOT** use while under influence of drugs or alcohol.

21. Household use only.

SAVE THESE INSTRUCTIONS!

Refer to them often and use them to instruct others.

RECIPES

U.S. VOLUME CONVERSIONS

1 tsp	5 ml
1 Tbsp	15 ml
1/8 cup or 1 fl oz	30 ml
1/4 cup or 2 fl oz	60 ml
1/3 cup	80 ml
1/2 cup or 4 fl oz	120 ml
2/3 cup	160 ml
3/4 cup or 6 fl oz	180 ml
1 cup or 8 fl oz or 1/2 pint	240 ml
1 1/2 cup or 12 fl oz	360 ml
2 cups or 16 fl oz or 1 pint	475 ml
3 cups or 1 1/2 pints	700 ml
4 cups or 2 pints or 1 qt	950 ml
4 quarts or 1 gal	3.8 L

U.S. WEIGHT CONVERSIONS

1 oz	28 g
1/4 lb or 4 oz	113 g
1/3 lb	150 g
1/2 lb or 8 oz	230 g
2/3 lb	300 g
3/4 lb or 12 oz	340 g
1 lb or 16 oz	450 g
2 lb	900 g

HAWAIIAN JERKY MARINADE

- | | | |
|---|---------------------|-------------------------|
| 1 tsp salt | 1 tsp ground ginger | 1/4 cup pineapple juice |
| 1 Tbsp brown sugar | 1/4 tsp pepper | 1/8 tsp cayenne pepper |
| 1 crushed garlic clove | 1/4 cup soy sauce | |
| 1 lb lean meat, sliced into 1/8-1/4" (0.3-0.6 cm) thin strips | | |
- Follow Marinading Instructions below

CAJUN MARINADE

- | | | |
|---|-----------------------|-----------------------------|
| 1 cup tomato juice | 1/2 tsp garlic powder | 1/2 tsp ground black pepper |
| 1 1/2 tsp dried thyme | 1 1/2 tsp dried basil | 1 1/2 tsp onion powder |
| 1 tsp white pepper | 2 tsp cayenne pepper | |
| 1 lb lean meat, sliced into 1/8-1/4" (0.3-0.6 cm) thin strips | | |
- Follow Marinading Instructions below

HOT JERKY MARINADE

- | | | |
|---|---|---------------------------|
| 1-3 cup teriyaki | 2 tsp brown sugar | 2 tsp ground black pepper |
| 1 tsp ground horseradish | 1 tsp salt | 1/2 tsp paprika |
| 1/2 tsp chili powder | 1 Tbsp olive oil | 1 Tbsp minced garlic |
| 1/4 tsp Tabasco Sauce | 2 Tbsp seeded & finely chopped Jalapeño peppers | |
| 1 lb lean meat, sliced into 1/8-1/4" (0.3-0.6 cm) thin strips | | |
- Follow Marinading Instructions below

BURGUNDY MARINADE

- | | | |
|---|----------------------------|-------------------------|
| 2 cups burgundy wine | 1/2 cup soy sauce | 3 cloves chopped garlic |
| 3 Tbsp molasses syrup | 1 Tbsp ground black pepper | |
| 1 lb lean meat, sliced into 1/8-1/4" (0.3-0.6 cm) thin strips | | |
- Follow Marinading Instructions below

MARINADING INSTRUCTIONS

- Combine all ingredients, except for the meat in a glass bowl, mix well
- Place a layer of meat into a glass baking dish
- Spoon the sauce mixture over the layer of meat
- Continue to layer the meat and sauce until the meat is about 3-4 layers deep
- Cover lightly and place the dish in the refrigerator overnight
- Stir occasionally to keep the meat coated with marinade
- Remove the meat from the marinade, removing excess marinade
- Lay the meat evenly onto the **Trays**, leaving 1/4" (0.6 cm) space between each strip
- Follow the "MAKING JERKY" instructions in this manual

refrigerated so they cool rapidly. Make sure to cover foods after they are cool.

NOTE: Special considerations must be made when using venison or other wild game, since it can become heavily contaminated during field dressing. Venison is often held at temperatures that could potentially allow bacteria to grow, such as when it is being transported. Refer to the USDA Meat and Poultry Department for further questions or information on meat and food safety.

TIPS

- Use the best quality foods. Fruits and vegetables in peak season have more nutrients and more flavor. Do not use food with bruises or blemishes. Bad fruits and vegetables may spoil the entire batch.
- Use the best quality meats. Meats, fish and poultry should be lean and fresh. Remove as much fat as possible before dehydrating.
- Do not overlap foods. Lay foods flat on the **Trays**.
- Check dryness after a few hours, then check every two hours until dehydrated. Open or cut down the middle if a few samples to check internal dryness. If the food is still moist, dehydrate longer.
- Use the **Drying Guide** on the **Control Panel** as reference for proper temperature settings. If the heat is set too high, the food may case harden, meaning the food is dried at too high of a temperature and the food was only dry on the outside, not the inside. If the temperature is too low, the drying time will increase.
- Remember, foods will shrink approximately 1/4 to 1/2 their original size and weight during the dehydration process, so pieces should not be kept too small. One pound of raw meat will yield approximately 1/3 lb. (0.2 kg) of jerky.
- Do not place items to be dried on the **Drip Tray**, there will be no circulation of air on this **Tray**. Clean the **Drip Tray** periodically during dehydration for easier clean-up.

CLEANING INSTRUCTIONS

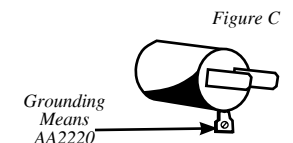
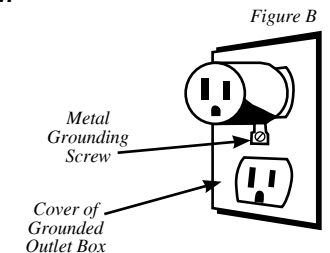
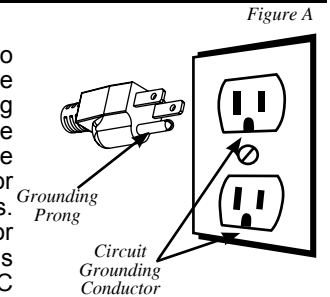
! WARNING!! Before cleaning or servicing the Dehydrator, make sure it is unplugged from the power source. It is important to read & fully understand all of the instructions & safeguard prior to use of the Dehydrator.

1. Clean the **Trays** and inside the **Cabinet** before using the **Dehydrator** for the first time and after each use.
2. Turn the **Power Switch** off "O". Disconnect the **Power Cord** from the electrical outlet.
3. Allow the **Dehydrator** to completely cool before cleaning.
4. Remove the **Trays** from the **Cabinet**.
5. Wipe the **Cabinet** clean, inside and out, with damp sponge or soft cloth. **CAUTION! Edges may be sharp!** Be careful not to splash water onto the heating element (*located behind the screening and fan in the back of the Cabinet*) while cleaning the inside of the **Cabinet**. Water could damage the heating element and the increases the risk of electric shock. **DO NOT** immerse the **Dehydrator** in water.
6. Clean the **Trays** with warm, soapy water. Rinse with clear water and dry immediately.

GROUNDING INSTRUCTIONS

GROUNDING

This appliance must be grounded while in use to protect the operator from electric shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding type plug to fit the proper grounding-type receptacle. The appliance has a plug that looks like Figure A. An adaptor, Figure B, should be used for connecting Figure A plugs to two-prong receptacles. The grounding tab which extends from the adaptor must be connected to a permanent ground such as a properly grounded outlet box as shown in Figure C using a metal screw. **DO NOT modify the plug in any way.**



OPERATING INSTRUCTIONS

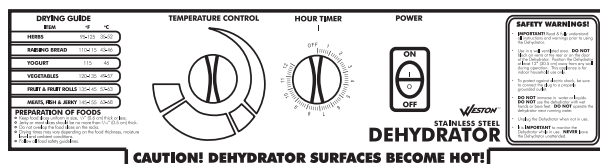
WARNING!! Before cleaning or servicing the Dehydrator, make sure it is unplugged from the power source. It is important to read & fully understand all of the instructions & safeguard prior to use of the Dehydrator.

1. Plug the **Dehydrator** into a standard 120 Volt, 60 Hz wall outlet.
2. Position the **Dehydrator** as to NOT block the air vents at the rear of the **Dehydrator**. Keep the **Dehydrator** at least 12" (30.5 cm) away from any wall to allow for proper air circulation. DO NOT operate the **Dehydrator** on or near flammable surfaces such as carpeting.
3. Install the **Shelf Brackets**. The right-side **Shelf Brackets** mount on the interior wall on the right side of the **Cabinet**. The left-side **Shelf Brackets** mount on the interior wall on the left side of the **Cabinet**. Insert the tabs on each **Shelf** into the corresponding slots in the interior walls. Press down on each **Shelf** during installation to make sure they fully seat in the slots.
4. Make sure the **Power Switch** and **Timer Knob** are both in the off "O" position (figure A).
5. Plug the **Dehydrator** into an electrical outlet.
6. Turn the **Temperature Control Knob** to the desired heat setting. Use the "Drying Guide" on top of the **Dehydrator** as a reference.
7. Set the **Timer Control Knob** to the desired drying time.
8. Turn the **Power Switch** on "I."
9. Preheat the **Dehydrator** for 5-10 minutes at the desired temperature before loading food onto the **Trays**.
10. Remove any excess water from the food (this can be done by patting the food with a paper towel or napkin). Excess moisture may cause the **Dehydrator** temperature to drop.
11. Load the **Trays** with the items to be dried. Position the pieces so that they do not touch each other. Do not overlap or allow the product to touch. Allow ample space between the products for proper air circulation. You do not need to install unused **Trays**.
12. Water droplets may form on the surface of some products while dehydrating. Periodically blot the product with a clean paper towel.

NOTE: Drying times may vary based on many circumstances including but not limited to: the relative humidity of the room, the temperature of the food at the beginning of the drying process, the amount of food in the **Dehydrator**, the leanness of the meat, etc.

13. Install the **Door** onto the **Dehydrator** by hanging it on the lip on top of the **Cabinet** at the front. Make sure the sides of the **Door** are securely closed against the front of the **Cabinet**. Be careful when removing the **Door** during operation. The **Dehydrator** may become hot depending on the temperature setting.

Figure A



FOOD SAFETY

CAUTION! It is important to follow the "Food Safety" guidelines outlined in this manual. For the most up to date instruction visit the USDA website.

There are basic rules to follow when handling food. They are **COOK, SEPARATE, CLEAN, and CHILL.**

COOK

It's crucial to cook food to a safe internal temperature to destroy bacteria that is present. The safety of hamburgers and other foods made with ground meat has been receiving a lot of attention lately, and with good reason. When meat is ground, the bacteria present on the surface is mixed throughout the ground mixture. If this ground meat is not cooked to at least 160°F to 165°F (71°C to 74°C), bacteria will not be destroyed and there's a good chance you will get sick.

Solid pieces of meat like steaks and chops don't have dangerous bacteria like E. coli on the inside, so they can be served more rare. Still, any beef cut should be cooked to an internal temperature of at least 145°F (63°C) (medium rare). The safe temperature for poultry is 180°F (82°C) and solid cuts of pork should be cooked to 160°F (71°C). Eggs should be thoroughly cooked too. If you are making a meringue or other recipe that uses uncooked eggs, buy specially pasteurized eggs or use prepared meringue powder.

SEPARATE

Foods that will be eaten uncooked and foods that will be cooked before eating MUST ALWAYS be separated. Cross-contamination occurs when raw meats or eggs come in contact with foods that will be eaten uncooked. This is a major source of food poisoning. Always double-wrap raw meats and place them on the lowest shelf in the refrigerator so there is no way juices can drip onto fresh produce. Then use the raw meats within 1-2 days of purchase, or freeze for longer storage. Defrost frozen meats in the refrigerator, not on the counter.

When grilling or cooking raw meats or fish, make sure to place the cooked meat on a clean platter. Don't use the same platter you used to carry the food out to the grill. Wash the utensils used in grilling after the food is turned for the last time on the grill, as well as spatulas and spoons used for stir-frying or turning meat as it cooks.

Make sure to wash your hands after handling raw meats or raw eggs. Washing hands with soap and water, or using a pre-moistened antibacterial towelette is absolutely necessary after you have touched raw meat or raw eggs. Not washing hands and surfaces while cooking is a major cause of cross-contamination.

CLEAN

Wash your hands and work surfaces frequently when you are cooking. Washing with soap and warm water for at least 15 seconds, then dry with a paper towel.

CHILL

Chilling food is very important. The danger zone where bacteria multiply is between 40°F and 140°F (4°C and 6°C). Your refrigerator should be set to 40°F (4°C) or below; your freezer should be 0°F (-17°C) or below. Simple rule: serve hot foods hot, cold foods cold. Use chafing dishes or hot plates to keep food hot while serving. Use ice water baths to keep cold foods cold. Never let any food sit at room temperature for more than 2 hours - 1 hour if the ambient temperature is 90°F (32°C) or above. When packing for a picnic, make sure the foods are already chilled when they go into the insulated hamper. The hamper won't chill food - it just keeps food cold when properly packed with ice. Hot cooked foods should be placed in shallow containers and immediately

RE-HYDRATING FOODS

CAUTION! It is important to follow the “Food Safety” guidelines outlined in this manual. For the most up to date instruction visit the USDA website.

WARNING! DO NOT soak food at room temperature. Soaking at room temperature allows harmful bacteria to grow. Follow the “Food Safety” guidelines outlined in this manual.

- Dehydrated food can be re-hydrated by soaking in cold water for 3-5 minutes or for 2-6 hours in the refrigerator in water. Use 1 cup of water for 1 cup of dehydrated food. Once re-hydrated, the food can be cooked normally. Soaking foods in warm water will speed up the process however; it may result in loss of flavor.
- Do not add seasoning. Adding salt or sugar during re-hydration may change the flavor of the food.
- To make stewed fruits or vegetables, add 2 cups of water and simmer until tender.
- Consume dehydrated foods as soon as possible once the storage container is opened. Keep any unused portions in the refrigerator to avoid contamination.

DRYING FLOWERS & CRAFTS

! WARNING!! Before cleaning or servicing the Dehydrator, make sure it is unplugged from the power source. It is important to read & fully understand all of the instructions & safeguard prior to use of the Dehydrator.

- Flowers should be dry to start with, best of picked after the dew has dried and before the night damp sets in. Dry the flowers as soon as possible after picking.
- The best condition for drying flowers is a dry, warm, dark, clean and well ventilated area, which makes a dehydrator an ideal setting. Flowers will retain the best color and condition when dried quickly.
- A low temperature should be used to retain the natural oils. Drying times will vary considerably depending on the size of the flower and the amount of foliage. Dry at 100°F (38°C).
- Strip off the leaves or if you prefer to keep the foliage. Discard any brown or damaged leaves.
- Place on the **Tray** in a single layer, avoiding overlapping.
- Dough art and beads can be dried in the **Dehydrator**. Temperatures may vary.

PRE-TREATMENT OF FOODS

CAUTION! It is important to follow the “Food Safety” guidelines outlined in this manual. For the most up to date instruction visit the USDA website.

As with most types of cooking, proper preparation is essential for successful results. Adhering to a few basic guidelines will generally increase the quality of your dried foods and decrease the amount of time necessary to dry them.

Pre-treated foods often taste better and have a better appearance than non-treated foods. There are several methods to pre-treat food to prevent oxidation, which will darken apples, pears, peaches and bananas while drying.

- Remove any pits, skin, cores or bones.
- Shred, slice or dice the food uniformly. Slices should be between 1/8-1/4” (0.3-0.6 cm) thick. Meats should be cut not more than 3/4” (1.9 cm) thick.
- **IMPORTANT:** Before placing the meat in a Dehydrator, it is HIGHLY RECOMMENDED to heat the meat to 160°F (71°C), poultry to 165°F (74°C), as measured with a food thermometer in an oven BEFORE starting the dehydration process. This step assures that any bacteria present will be destroyed by wet heat. After heating to 160°F (71°C), poultry to 165°F (74°C), maintain a constant dehydrator temperature of 130-140°F (55-60°C) during the drying process. The minimum recommended temperature for drying meats is 145°F (63°C). Temperatures below 145°F (63°C) are NOT recommended.
- Steam or bake the fish at 200°F (93°C) until flaky before dehydrating.
- Drying into jerky requires a lot of attention. It must be cleaned and de-boned properly and rinsed thoroughly to ensure that all the blood is washed away.
- Soak cut fruit in either lemon or pineapple juice for a few minutes before placing out on the **Trays**.
- Use an ascorbic acid mix which can be purchased in most health food stores or pharmacies. It may come in either powder or tablet form. Dissolve approximately 2-3 tablespoons into 1 quart (1 liter) of water. Soak the fruit slices into the solution for 2-3 minutes, then place on the **Trays**.
- Fruits with a wax coating (figs, peaches, grapes, blueberries, prunes, etc.) should be dipped in boiling water to remove the wax. This allows moisture to escape easily when dehydrating.
- Blanching can pre-treat food for dehydrating. Blanching does not destroy helpful enzymes and helps retain nutrients. There are two ways to blanch food:
 1. WATER BLANCHING: Use a large pan; fill it half way with water. Bring water to a boil. Place food directly in a boiling water and cover. Remove after three minutes. Arrange food on the **Trays**.
 2. STEAM BLANCHING: Using steamer pot bring 2-3” (5-7 cm) of water to a boil in bottom section. Place food in steamer basket and steam for 3-5 minutes. Remove steamed food and arrange on **Trays**.

MAKING JERKY

CAUTION! It is important to follow the “Food Safety” guidelines outlined in this manual. For the most up to date instruction visit the USDA website.

- Use the best quality meats. Meats, fish and poultry should be lean and fresh. Remove as much fat as possible before dehydrating. Using lean meat will help the meat dry faster and aid in cleanup by decreasing the drippings. Ground meat should be 80% to 90% lean. Ground turkey, venison, buffalo and elk are other excellent choices for jerky.
- Jerky seasonings are available for all tastes. Whenever making jerky, treat the mixture with cure (sodium nitrate). The cure is used to help prevent botulism during drying at low temperatures. Follow all of the manufacturer’s directions on the cure packet.
- Keep raw meats and their juices away from other foods. Marinate meats in the refrigerator. Do not leave meats un-refrigerated. Prevent cross-contamination by storing dried jerky away from raw meat. Always wash hands thoroughly with soap and water before and after working with meat products. Use clean equipment and utensils.
- Keep meat and poultry refrigerated at 40°F (5°C) or slightly below; use or freeze ground beef and poultry within 2 days; whole red meats, within 3 to 5 days. Defrost frozen meat in the refrigerator, not on the counter.
- Special considerations must be made when using venison or other wild game, as it can become heavily contaminated during field dressing. Venison is often held at temperatures that could potentially allow bacteria to grow, such as when it is being transported. Refer to the USDA Meat and Poultry Department for further questions or information on meat and food safety.
- **IMPORTANT:** Before placing the meat in a Dehydrator, it is HIGHLY RECOMMENDED to heat the meat to 160°F (71°C), poultry to 165°F (74°C), as measured with a food thermometer in an oven BEFORE starting the dehydration process. This step assures that any bacteria present will be destroyed by wet heat. After heating to 160°F (71°C), poultry to 165°F (74°C), maintain a constant dehydrator temperature of 145-155°F (63-68°C) during the drying process. Temperatures below 145°F (63°C) are NOT recommended.
- If using a marinade, shake off excess liquid before placing the meat on the **Trays**.
- Evenly space the meat in single layers approximately 1/4” (0.64 cm) apart on the **Trays**.
- You may need to blot fat droplets from the surface of the meat occasionally using a paper towel.
- Drying times may vary based on many circumstances including but not limited to: the relative humidity of the room, the temperature of the meat at the beginning of the drying process, the amount of meat in the **Dehydrator**, the leanness of the meat, etc.
- Always allow jerky to cool before taste testing to avoid burns.

STORING JERKY

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- First wrap jerky in aluminum foil or wax paper, then store in a thick plastic food storage bag, metal, glass or plastic containers. Remove as much air as possible before sealing. Seal tightly.
- Vacuum sealing is ideal for keeping dried foods.
- Jerky should be stored in a cool, dark, dry place between 50-60°F (10-16°C) or lower. Jerky can be stored, if properly dried, at room temperature for 1 or 2 months. To extend shelf life to up to 6 months, store jerky in the freezer.
- Be sure to label and date all packages with contents, ingredients, original weight and date processed.
- Keep a journal to help improve drying techniques.