





We hope that you will find this book a helpful guide in learning to use your new American Harvest® Dehydrator. It was prepared with you, our valued customer, in mind.

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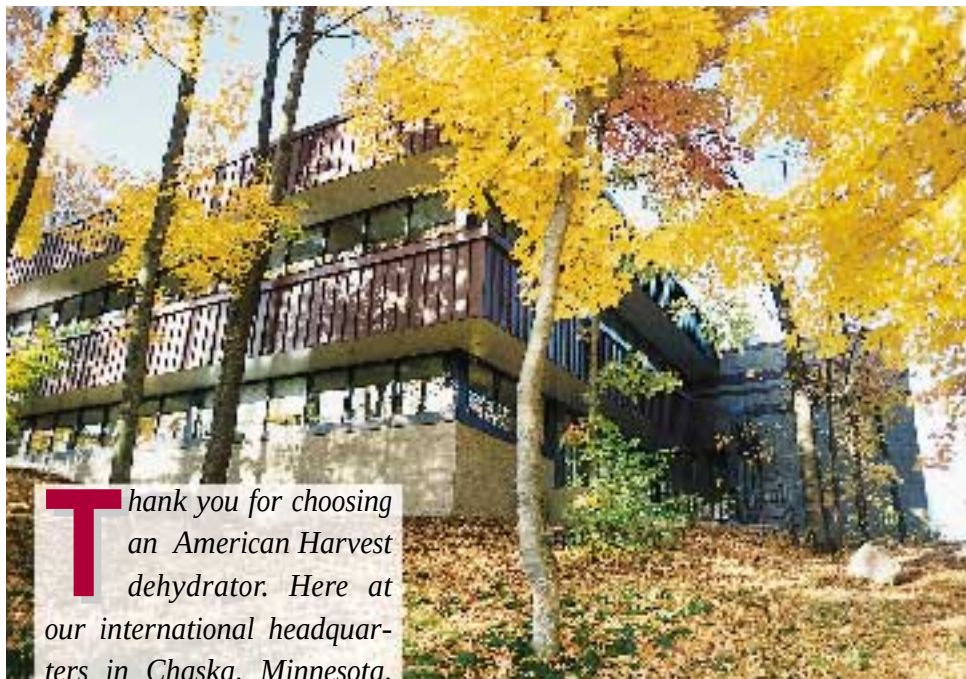
Table of Contents

General Drying Guidelines	3
Fruits	11
Vegetables	19
Jerky	25
Herbs	29
Crafts & Drying Flowers	35
Breakfast Recipes	45
Desserts, Cookies & Candies	47
Condiments, Dressings, Stuffing & Sauces	53
Salads	57
Soups	58
Snacks	59
Index	61

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Thank you for choosing an American Harvest dehydrator. Here at our international headquarters in Chaska, Minnesota,

we've been developing and producing our dehydrators for over twenty years. We bring you the best in patented drying technology and let you enjoy fast, easy drying in the convenience of your own kitchen.

Have fun!

David Dornbush

Chad Erickson

If you have any questions about drying times or service, please give us a call. We are here to serve you.

1-800-288-4545

Customer Satisfaction™ 

Selecting food to dry

Select the best quality produce at the peak of ripeness and flavor. Wash carefully to remove debris, dust, and insects. Cut away any bruised or damaged sections.

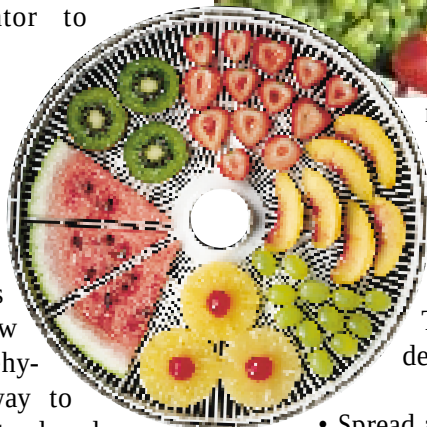
Loading Trays

Lay food pieces evenly on trays. Don't overlap food pieces as this will inhibit drying. As each tray is loaded, place it on the dehydrator to begin drying.

General Drying Guidelines

There are no absolutes and quite a few variables in food dehydration. The only way to become proficient is to dry, dry, and dry some more! Certain varieties of produce, the humidity in the air, and even methods of food handling make a difference in the drying time and quality of dried product.

- Experiment with different drying temperatures, thicknesses of produce, pre-treatment versus no pre-treatment and different rehydration methods. You will determine what works best for your particular needs and preferences.
- To save nutrients and produce a quality product, it is necessary to work fast preparing foods to dry. When placed in your dehydrator, they need to dry continuously at the



recommended temperatures and times. Do not turn off your dehydrator and leave partially dried foods sitting on the trays. The food may spoil or develop off flavors.

- Spread all foods evenly to dry in single layers. If slices overlap, the areas that are overlapping will take twice as long to dry.
- Do not add fresh produce to a partially dried batch. It will slow the rate of drying for both products. It is possible however, to combine partially dried foods on to fewer trays.
- Many people have more than one American Harvest® dehydrator. If you have two, it's easy to combine a load from both dehydrators after a few hours and start a new batch in your second dehydrator using the remaining trays.



Drying Time

Because of the unique design of the patented Converga-Flow® system of your American Harvest® dehydrator, you'll be surprised at how quickly most foods dry.

Drying times may vary, depending on the type and amount of food, thickness and evenness of the slices, percentage of water in the food, humidity, temperature of air, altitude and the model of American Harvest® dehydrator you are using. Drying times may also vary greatly from one area of the country to another and from day to day, depending on the climactic conditions. **Keep records to help you predict future drying times for specific foods.**

Drying Temperature

Foods dried in the American Harvest GardenMaster® dehydrator generally dry more quickly than in other models.

Fruits, fruit rolls, and vegetables should be dried at 130° to 140°F (55° to 60°C). By drying foods in this temperature range you will minimize the loss of heat-sensitive vitamins A and C.

Because, all foods sweat when they first begin to dry, the temperature may be set higher than 140°F (60°C) during the first couple of hours of drying. The actual temperature of the food will remain 15° to 20°F (6° to 8°C) lower than the air temperature for the first couple of hours.

Meats and fish should be dried on the highest temperature setting of your dehydrator. Since meats and fish do not contain vitamins A or C, these higher temperatures do not affect nutritional value. These temperatures also keep bacteria and other spoilage micro-organisms, common to meats and fish, to a minimum during the first stages of drying when they tend to multiply.

Nuts and seeds are high in oil, and if higher temperatures are used, they will tend to become rancid, developing off flavors. The best drying temperature for them is from 90° to 100°F (30° to 40°C).

Herbs and spices are most flavorful when they first open and should be harvested while very fresh, before they begin to blossom. Because the aromatic oils are very sensitive, temperatures should be 90° to 100°F (30° to 40°C) for drying. Herbs generally dry in an hour or two. Take care not to load trays too heavily as this will prolong the drying time.

Dried flowers, herbs and spices used for potpourri should be dried at temperatures ranging from 90° to 100°F (30° to 40°C.). These low temperatures maintain aroma and colors.

Use these guidelines for the foundation of your dehydrating techniques. Expand on them as you gain skill and confidence with experience.

Testing for Dryness

Food must be carefully monitored near the end of the dehydration process to prevent overdrying. Overdried foods lose quality in texture, nutrition and taste. To test for dryness, remove a piece of food, allow it to cool, and feel with your fingers to determine dryness:

- Fruits should be pliable and leathery with no pockets of moisture. To check if fruit is dry, tear a piece in half and watch for moisture beads along the tear. If there aren't any, it is sufficiently dry for long term storage.
- Fruit rolls should be leathery with no sticky spots.
- Jerky should be tough but not brittle.
- Dried fish should be tough. If the fish is high in fat, it may appear moist due to the high oil content.
- Vegetables should be tough or crisp.

Packaging

Some pieces may dry in a shorter time than others and should be removed and placed in an airtight container while allowing the rest of the pieces to remain in the dehydrator until sufficiently dry.

Package all dried foods promptly to prevent contamination by insects and to prevent stickiness and rehydration caused by humidity. Store dried foods in airtight, moisture proof containers.

Home vacuum packaging devices are ideal for packaging dried foods. They extend the shelf life of dried foods

3 to 4 times. Home vacuum packaging can be done in bags or glass jars. Manufacturers' bags, designed for use in home vacuum-packaging, are moisture proof and airtight. Glass jars are vacuum sealed using a lid with a rubber gasket. Only glass jars which have been tempered for canning should be used. Other storage jars may explode under the pressure of vacuum packaging. Be sure to follow the manufacturers' instructions.

Bag sealers can also be used to package dehydrated foods. Bag sealers do not remove air within the package, but the bags are moisture-proof and airtight. Squeeze the pouch tightly against the food to remove as much air as possible before sealing.

Plastic freezer bags can be used. Plastic storage bags not labeled for use in the freezer generally are not airtight nor moisture-proof and should not be used to store dried foods.

Since most packaging materials are transparent, store packaged dried foods in a plastic or metal container which will not allow the light to penetrate. Do not store fruits and vegetables together in the same storage container because flavor and moisture may transfer.

Fruit rolls are best if removed while still warm. Wrap in plastic wrap and place in airtight moisture-proof containers for storage.

Onions and tomatoes are especially prone to absorb moisture from the air and should be packaged immediately after removing from the dehydrator.

If foods are insufficiently dried, or are exposed to moisture from faulty packaging, they can lose quality and nutrition, and can even mold during storage.

Labeling

All dehydrated foods should be labeled with the name of the product, date dried, and quantity or weight. Clear labeling allows you to rotate foods so that you minimize waste and nutrient loss.

Storage

The storage area should be cool, dry, and as dark as possible. The darker and cooler the storage area, the longer the dried foods will last with good quality and nutritive value. For every 18°F (10°C) drop in storage temperature, the shelf life of dehydrated foods increases 3 to 4 times.

The ideal storage temperature for dehydrated food is 60°F (15°C) to below freezing. The ideal storage place is your freezer or refrigerator, particularly for storing low acid foods such as meats, fish, and vegetables.

All fruits dried with skins intact should be packaged and frozen for a minimum of 48 hours to prevent any possibility of insect infestation.

Record Keeping

Recording the following information can be helpful in improving your dehydrating techniques and determining quantities of food to dry each season.

- Date dried
- Quantity dried, including weight of produce before and after drying
- Drying time, temperature, and humidity
- Packaging: size of containers and packaging materials used
- Storage temperature
- Length of storage time before use

By labeling storage containers with the contents and date dried, you can keep track of your supply, rotate as needed and avoid mix-ups.





Rehydrating Dried Food

Eat dehydrated foods dry or rehydrate for use in recipes. Rehydrate by placing dried foods in a container (with enough water to cover food) and soaking for 30 minutes to 2 hours. Boiling water rehydrates foods more quickly than cold water or water at room temperature.

Fruits or vegetables may also be rehydrated in liquids other than water, including fruit juices, cider, vegetable juices, milk, consommé, etc. Refrigerate these foods while they are soaking to reduce any risk of spoilage.

Do not add seasonings, especially salt or sugar during rehydration because they slow the rehydration process.

After rehydrating food, cook it as you would normally. If foods are cooked before they are fully rehydrated, they will cook in a shriveled state and will not be plump. Most fruits and vegetables will rehydrate to about 80% of their fresh state. Consequently they are a little more chewy than a fresh or frozen fruit or vegetable, even when rehydrated.

Dried food used in cooking will absorb additional liquid, so adjust the recipe accordingly by adding more water:

- Vegetables – add 1 additional cup of water for one cup dried food.
- Stewed fruits – add 2 additional cups of water for each cup of fruit, allow to stand for 1 hour, and simmer until tender.
- Pies or fillings – use 1 additional cup of water per 1 cup of fruit – less, if you desire a thicker consistency.

Note: When using fruits in baking or for ice cream, they may be softened by covering with boiling water and allowing them to stand for 5 minutes. Drain, then chop or blend, depending upon use.



DRYING FRUITS



Fruits are ideal to dry because they have a naturally high sugar content. They are high in acid (and consequently less prone to spoilage and microorganisms), and taste delicious! Seasonally, fruit can be obtained in bulk from orchards or farms for considerably lower prices than what you may find in the supermarket.

Selection

Fruits picked at their prime have the highest natural sugar content and the best nutritional value. For the best quality product, choose only fresh, ripe, unblemished fruits.

Preparation

Wash fruit thoroughly and remove any imperfections. Remove skins (if desired), stems, and stones. Halve or slice in $\frac{1}{4}$ " to $\frac{1}{2}$ " circles or slices (a food processor or slicer will speed the slicing and ensure more uniform slices, which will allow fruits to dry at the same rate.) Some fruits have a natural protective wax coating such as figs, prunes, grapes, blueberries, cranberries, etc. If you want to dry these fruits whole, dip into boiling water for 1 to 2 minutes (the amount of time needed depends on the thickness and toughness of the skin) to speed dehydration. This makes the skin

more porous by removing the natural wax coating and thereby speeds up the drying time. This process is called checking. Small lines appear on the fruit skin

allowing moisture to escape but may be too fine to be visible. Many fruits can be dried in halves with the pits removed. If they are dried with the skins on, be sure to place them skin-side down to prevent fruit juice and pulp from dripping down through the trays. Check frequently near the end of the drying process and remove pieces as they become dry. To peel or not to peel is a decision only you can make (if the fruit has been artificially waxed, it should definitely be peeled to remove the wax). The skin has nutritional value, but skins tend to be very tough when dried and fruits take longer to dry with the skin on. Try fruits both ways – peeled and not peeled – then decide for yourself.

Pre-treat if desired and place the fruit into the preheated dehydrator to dry at 135°F(57°C).



Should I Pre

Pre-treatment isn't

fruits. The majority of fruits are simply sliced and dried. However, some fruits tend to oxidize more than others. Oxidation causes browning of cut food surfaces when fruit is dried. This causes a loss in flavor and vitamins A and C.

Pre-treatment minimizes oxidation, and gives you a superior-quality, better tasting product with less vitamin loss.

Apples, pears, peaches and apricots are better when pre-treated. They are more appetizing, have a longer shelf life, and higher nutritional value when pre-treated prior to drying. Place cut fruits that tend to brown in a holding solution of ascorbic acid to reduce browning during preparation. Do not keep cut fruit in a holding solution for more than an hour.

Pre-Treatment

Pre-treatments can vary from soaking in fruit juice, ascorbic acid mixtures, syrup blanching, steaming, to sulfating. The results of each of these methods also vary. Experiment and decide for yourself which one you like best.

Use one of the following methods of pretreatment.

Natural Pre-Treatment

Fruit juices containing ascorbic acid may be used as a natural pre-treatment

to reduce browning. Although there will still be some loss of color, pineapple, orange, lemon, or lime juice can be used. Ascorbic acid mixtures, available from your supermarket can also be used. Follow the directions on the package.

Slice fruit directly into juice or ascorbic acid mixture. Soak 5 minutes and place on trays. Fruits can also be dipped in honey or a honey/fruit juice mixture.

Syrup Blanching

Fruit which has been syrup blanched is sweeter because it absorbs some of the sugar from the blanching solution. It also tends to be stickier, even though it is rinsed prior to drying.

Prepare a sugar syrup by mixing 1 cup sugar, 1 cup white corn syrup, and 2 cups water. Boil and add prepared fruit. Simmer for 10 minutes over low heat. Remove and allow to stand in the hot syrup 30 to 45 minutes. Drain the fruit, rinse lightly with cold water, and place on drying trays.

Sulfating

Soaking fruits in a solution of sodium bisulfite slows oxidation and reduces browning, as well as the loss of vitamins A and C. Sodium bisulfite may be obtained from wine-making supply houses. **Sulfating isn't recommended for use if individuals are on restricted sodium diets or have asthmatic or respiratory conditions.** Dissolve 1 tablespoon sodium bisulfite in 1 gallon water. Soak 5 to 10 minutes. Rinse.

Garnishes

After fruits have been prepared for drying, garnish with spices, gelatin

powders or coconut to give fruits a snappy flavor. Granola, chopped nuts, poppy seeds, sesame seeds, or sunflower seeds can also be sprinkled on fruits. These adhere best to fresh fruits if the fruits have first been dipped in a fruit juice or honey. Use your imagination for other dips or sprinkles.

Conditioning

Moisture will tend to equalize throughout a container of dried fruit when left at room temperature for several days. If some pieces are drier than others, the conditioning process will allow the moisture to equalize. If any condensation appears on the lid of the container, fruits are insufficiently dried. Return to the dryer and check periodically for dryness.

Hints and Suggestions

- Place a cup of dried apple slices in the blender with a cup of water for

instant applesauce.

- Strawberries are perfect for malts, shakes and sundaes.
- Cantaloupe and watermelon slices become candy-like when dried.
- Dehydrate lemon and orange slices and powder for use in recipes calling for grated rind.
- Dehydrate grapes to make raisins that taste better and plump up in recipes better than store bought raisins.
- Dry banana slices until crisp, then powder in blender and use for flavoring in recipes.
- Slice bananas $\frac{1}{4}$ " thick and dip into a glaze of $\frac{1}{4}$ cup of honey mixed with $\frac{1}{4}$ cup water. Drain. Place on trays and dry. For variety add $\frac{1}{8}$ teaspoon cinnamon to the glaze before dipping bananas.



Drying Fruit Rolls

Fruit rolls, also known as fruit leathers, are a favorite snack for young and old alike. It is a chewy fruit product made from puréed fresh fruit which has been dried and rolled into snack sized pieces. Fruit rolls are easy to make and cost less than those bought at the store.

Selection

Almost any fruit will make an excellent fruit roll. Most fruits can also be combined with others.

Some fruits, such as apples, are high in pectin and fiber and have an excellent texture when dried. The combinations are limitless. Use your imagination and have fun!

Use fresh fruits in season. You can also use slightly overripe fruits, irregularly shaped fruits, or slightly bruised fruits which would be unsuitable for canning or drying.

Some fruits, such as citrus, should be used in combination with other fruits because they have so much liquid and very little pulp. If you find that a fruit is too runny, combine it with apple, applesauce or a similar fruit which will give it more substance.

When fresh fruits are not available, canned fruits (either sweetened or un-sweetened) can be used. Simply drain the liquid, and pour the fruit into the blender. Applesauce can be taken directly from the container for wonderful fruit rolls. Frozen fruits can also be used, although they tend to be a bit more runny. Simply thaw and follow directions for using fresh fruits.

Preparation

Wash fruits and cut away any bruised or spoiled portions. Purée fruit in a blender until it is very smooth. In some blenders with some fruits, you may want to add a little juice or water to start the blending process.

Fruits generally need no added sweetening, but if fruits are under ripe or particularly tart, you may add light corn syrup or honey. Add 1 or more tablespoons sweetening for each quart of purée, depending on your preference (sugar added to fruit leather tends to become brittle during storage).

Garnishes

For added variety, sprinkle different garnishes on fruit rolls before they are dried. Try coconut, chopped dates, nuts, raisins, granola, poppy seeds, sesame seeds or sunflower seeds. When these garnishes are used, fruit rolls should always be stored in the refrigerator or freezer.

Drying

Place a Fruit Roll sheet on dehydrator tray and spray lightly with a vegetable spray to prevent sticking. Purée should be about $\frac{1}{4}$ to $\frac{3}{8}$ thick and evenly spread and dry at 130° - 140°F (55°- 60 °C) until fruit feels leather-like and is pliable, approximately 4 to 8 hours. There should be no sticky spots on top or underneath the fruit. Remove the leather while it is still warm, roll, cut into smaller sized pieces (if desired) and wrap in plastic wrap.

Storage

Individually wrapped pieces of fruit leather should be stored in larger airtight and moisture proof containers. See Packaging, page 6.

Fruit Roll Recipes

Strawberry Rhubarb Leather

1 cup rhubarb

¼ cup water

2 cups strawberries

½ cup honey

Combine ¼ cup water and 1 cup rhubarb. Simmer on stove over medium high heat for 5 minutes. Add 2 cups strawberries and ½ cup honey. Purée to smooth consistency in blender. Pour on a Fruit Roll sheet and dry.

Boysenberry Leather

1 quart of boysenberries.

Purée boysenberries in a blender. Strain through cheesecloth to remove seeds. Place on Fruit Roll sheet and dry.

Yogurt Leather

Spread home made or store bought yogurt on a lightly sprayed Fruit Roll sheet (approximately ¼" thick.) Dry at 130° F (55° C) for approximately 12 to 14 hours. Experiment until you find the brand which dries most evenly.

Applesauce Leather

2 lbs. apples, peeled, cored and quartered

¼ cup lemon juice

½ cup sugar

1 teaspoon cinnamon

Simmer apples in a saucepan with ½ cup water until softened (about 15-20 minutes). Place lemon juice in blender and gradually add the apples. Purée. Add sugar and cinnamon. Mix well, pour on a Fruit Roll sheet and dry. If you are going to rehydrate into applesauce, measure purée when putting it on tray.

To rehydrate, add 1 cup of water to each cup of leather.



Fruit Drying Guidelines

Expect a variance in the time needed to dry different fruits. Drying times are affected by the size of the load, fruit thickness, the moisture content of the food itself, as well as other variables discussed in Drying Time, p.5. If pre-treatment is suggested, use one of the pre-treatments indicated on p. 12. The guidelines below are general. For the most accurate drying times, keep records of your own specific experiences in the space provided under each general time guideline in the table below.

1. Spread fruits in single layers unless otherwise noted.
2. Usual drying temperature is 135°F (57°C)

Food	Preparation	Average Drying Time	Uses
Apples	Pare, core, cut in 3/8" rings. Pre- treat	4-10 hrs.	Applesauce, pies, cobblers snacks, breads and cookies
Apricots	Cut in half, remove pit and cut in quarters. Pre-treat	8-16 hrs.	Desserts, muesli, meat dishes pies and sauces
Bananas	Peel, cut in 3/8" slices or divide lengthwise	6-12 hrs.	Snacks, baby food, granola, cookies, and banana bread
Blueberries	Wash and remove stems	10-18 hrs.	Breads, baked goods, snacks ice cream, yogurt and muesli
Canned Fruit	Dip in boiling water Drain well. If small, place on mesh screen.	6-12 hrs.	snacks, breads, granola
Cherries	Wash, remove stems and pit	18-26 hrs.	Breads, baked goods and snacks
Citrus Fruits	Peel, if desired. Slice 3/8" thick	6-12 hrs.	Flavorings when powdered
Cranberries	Wash and remove stems	10-18 hrs.	Breads, baked goods, snacks ice cream, yogurt and muesli
Coconut	Remove dark outer skin, slice 3/8" thick. Dry at 110°F	3-8 hrs.	Cakes, cookies, desserts and granola
Figs	Remove stems and halve	8-15 hrs	Fillings, cakes, puddings, breads and cookies

Fruit Drying Guidelines

Food	Preparation	Average Drying Time	Uses
Grapes	Leave whole, remove stems	10-36 hrs.	Raisins; use in baked goods, cereals and snacks
	If blanched	6-10 hours	
Kiwi	Peel, slice 3/8" to 1/2" thick	5-12 hrs.	Snacks
Mangos	Remove skin, slice 3/8" thick from seed	6-16 hrs.	Snacks, cereals and baked goods
Melons	Remove skin and seeds. Slice 1/2" thick	8-20 hrs.	Snacks
Nectarines	Quarter or slice 3/8" to 1/2" thick. Pre -treat	6-16 hrs.	Snacks, desserts and baked goods
Oranges, limes, lemons	Slice 1/4" thick	2-12 hrs.	Crafts, snacks, baking
Peaches	Peel if desired. Halve or quarter	6-16 hrs.	Snacks, breads, cobblers, cookies and granola
Pears	Peel, core, and slice 3/8" thick. Pre-treat	6-16 hrs.	Snacks, breads, cookies, fritters and granola
Pineapple	Peel, core, slice 3/8" to 1/2" thick	6-12 hrs.	Snacks, baked goods, baked granola
Plums/Prunes	Halve or quarter and remove pit	8-16 hrs.	Snacks, cookies, muffins, bread and granola
Rhubarb	Slice in 1" lengths. Steam until slightly tender	6-14 hrs.	Pies, tarts and other desserts
Strawberries	Halve or slice 1/2" thick	6-12 hrs.	Snacks, cereals, and baked goods



DRYING VEGGIES



Some vegetables are quite good dried. Others lose their appeal and are better frozen or fresh. Some vegetables are far better frozen than dried, if you must preserve them. Vegetables have a low acid and sugar content that makes them more subject to spoilage, and tend to have a far shorter shelf life than dried fruits. Packaging and ideal storage conditions are key elements to producing dried vegetables which will taste as good in December as they did in the summer from your garden!

Selection

Choose fresh, crisp vegetables for a high quality dehydrated product. Just like fruits, vegetables should be picked ripe and dried as soon as possible to minimize nutritional loss.

Preparation

Wash vegetables thoroughly and remove any blemishes. Peel, trim, core, and/or slice vegetables.

Blanching

Most vegetables must be blanched, either by steaming over boiling water or in the microwave to slow the enzyme action which will continue during drying and storage. Water blanching is not recommended because of the loss of water soluble vitamins and minerals.

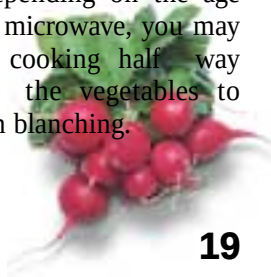
Note: Blanching softens the cell structure, allowing the moisture to escape more easily and also allows vegetables to rehydrate faster. There is no need to blanch onions, garlic, peppers, and mushrooms. Herbs also are not blanched.

Steam Blanching

Use a commercial steamer or a pan with a tight fitting lid and a steaming rack. Bring about 1 inch of water to a brisk boil and drop in sliced vegetables. Cover. Steam until vegetables are heated completely through, but not cooked. This is usually about $\frac{1}{3}$ of the time required to cook the vegetable. Vegetables should still be crunchy. Drain in steamer rack and place immediately on dryer trays.

Microwave Blanching

A microwave is ideal for blanching vegetables. Prepare them in the same manner as for steam blanching. Place them in a microwave-safe dish, cover, and cook on high for about $\frac{1}{2}$ of the time required to completely cook the fresh vegetable. Depending on the age and design of your microwave, you may want to stop the cooking half way through and stir the vegetables to achieve a more even blanching.





Drying

Load blanched vegetables onto drying trays, making sure that air can move freely between the pieces. For vegetables, such as corn or peas, that tend to clump together, stir occasionally to allow air to reach all of the pieces.

Vegetables are dried until they are crisp, tough, or brittle. Package immediately after drying to prevent absorption of moisture from the air. See Packaging, p. 6 & Storage, p.7.

Hints and Suggestions

Carrots – to save time grating, dry carrots for salads, carrot cake or coleslaw.

Green pepper, onion, celery, chives, etc., – chop and dry in a one-day effort for use instantly all year!

Green beans, wax beans & green peas – best when used in soups, stews or casseroles.

Onion powder – dry the whole vegetable slice until crisp and powder in the blender or chop in blender for chopped onions.

Tomato slices – use for color and crunch when crumbled over a tossed salad. They rehydrate well in soups, stews and casseroles. Tomato leathers can be powdered and used as instant soup, sauces and paste.

All Purpose Tomato Sauce

Wash and core 15 lbs. of ripe tomatoes.

Chop in blender.

Chop or grind:

4 large green peppers

3 large onions

3 large carrots

2 garlic cloves

1 jar pimentos

Mix all ingredients together, then blend in portions until smooth. Press through a strainer to remove any pulp.

In a very large kettle (12 qt. or larger) or 2 smaller kettles (6qts.) bring mixture to a boil over medium heat. Boil gently, uncovered for about 5 hours. Stir often to prevent scorching. Mixture should be thick enough to mound on a spoon. Ladle onto 5 Fruit Roll sheets and dry at 140°F until crisp. Powder in blender.

Add different amounts of water to your powder mixture to make:

Tomato Paste –

1 t. powder and 1 t. water.

Tomato Sauce –

1 t. powder and 3 t. water.

Tomato Soup –

1 t. powder, 1 t. water and 2 t. cream.

Tomato Juice –

1 t. powder and 1/2 c. water or more.

Adjust amount of water to taste for soup and juice.



Vegetable Drying Guidelines

Vegetables will also vary in their drying times. Blanching decreases drying times, but not all vegetables are blanched. Again, the average drying times below are general and depend on different variables which are listed in Drying Time p.5. For more accurate times, keep records of your own specific experience and record them in the space provided under each general time guideline.

1. Spread vegetables in single layers unless otherwise noted.
2. Usual drying temperature is 130° F to 142°F (55°to 63°C)

Food	Preparation	Average Drying Time	Uses
Artichoke Globe	Cut hearts into 1/8" strips, blanch	6-12 hrs.	Marinade or dip in batter and fry
Asparagus	Wash and cut into 1" pieces. Blanch	3-10 hrs.	Rehydrate, serve in cream sauce
Beans Green/Wax	Remove ends, cut into 1" pieces. Blanch	6-12 hrs.	Stews, soups and casseroles
Beets	Steam until tender. Cool and peel. Cut into 1/2" pieces	3-10 hrs.	Soups and stews
Broccoli	Wash, cut as for serving. Blanch	4-10 hrs.	Soups, quiche or souffles, cream or cheese sauce
Carrots	Peel, cut ends, slice in 3/8" thick or shred. Blanch	6-12 hrs.	Salads, soups, stews and carrot cake
Cauliflower	Wash, cut as for serving. Blanch	6-14 hrs.	Soups and stews
Celery	Trim, wash and cut 1/2" slices. Blanch in solution of 1/2 t. baking soda to 1 cup water	3-10 hrs.	Soups, stews, powder for celery salt (add equal parts celery and salt)
Corn	Husk, remove silk and blanch. Remove from cob	6-12 hrs.	Fritters, soups, stews or grind for cornmeal
Eggplant	Peel, slice 1/4" thick and blanch	4-14 hrs.	Cream sauces, casseroles, dip in batter and fry
Garlic	Separate and peel cloves	6-12 hrs.	Powder for seasoning

Vegetable Drying Guidelines

Food	Preparation	Average Drying Time	Uses
Mushrooms*	Clean with soft brush or cloth. Don't wash	4-10 hrs.	Rehydrate for soups, meat dishes, omelets or frying
Onions	Remove skins, tops, and root ends. Slice 3/8" thick	6-12 hrs.	Soups, stews and sauces. Powder for seasoning salt Package immediately
Peas	Shell, wash and blanch	5-14 hrs.	Soups, stews and mixed vegetables
Peppers	Remove stem & seeds. Cut into 1/2" pieces	5-12 hrs.	Soups, stews, pizza, meat dishes and seasoning
Peppers (hot)	Wash, slice or cut in half remove seeds if you desire a milder pepper.	3-20 hrs.	Soups, stews, pizza, and seasoning
Potatoes	Use white potatoes. Peel and slice 3/8" thick.Blanch. Rinse and dry**	6-12 hrs.	Stews, soups and casseroles
Tomatoes	Wash and slice 3/8" circles or dip in boiling water to loosen skins, halve or quarter	6-12 hrs.	Soups and stews. Powder in blender and add water for paste or sauce.*** Dry in roll-up form for pizza sauce
Zucchini or Squash	Wash, remove ends and slice 3/8" thick or grate. Steam if you plan to rehydrate	5-10 hrs.	Breads, chips with dip, soups and casserole. (1 week shelf life)

* Dry at 80°-90°F for 2 to 3 hours then turn temperature up to 120°-125° and dry for remaining time.

**Blanch for 5 minutes or until translucent. If not steamed long enough, they will turn black during drying and storage.

***For information on rehydrating tomato powder and uses, see page 21.



DRYING JERKY



Jerky is a favorite snack for school, lunch, trail or just about anywhere! It is made by seasoning raw meat in a salt mixture, and then drying it without cooking. The finished product is an exercise in chewing and ever so delicious!

Meat Jerky

You won't have to pay the exorbitant prices for jerky slices or sticks at the supermarket. Most lean meats will yield about 1 pound of jerky for 3 pounds of fresh meat.

Selection

Jerky may be made from a variety of different meats. When purchasing meats for making jerky, choose lean meats with minimal marbling (fat), as fat tends to go rancid during storage. A lean cut of flank steak or round steak makes excellent jerky.

Using American Harvest's Jerky Works™ kit, you can make delicious jerky from ground meat. It's best to use ground round or lean (or extra lean) ground beef. Season with American Harvest Jerky Seasoning Mixes.

When making jerky from pork, chicken or turkey, use precooked

and processed meat. Be sure to dry it at the highest temperature setting. After drying, heat it in your oven at a minimum temperature of 160°F (71°C) for at least 30

minutes as a precaution against the risk of salmonella. When you are jerking game meats, freeze the meats for at least 60 days at 0°F (-18°C) before drying, as a precaution against any diseases the animal might be carrying. Lean ground meats can also be dried. Add seasonings. Then press or form into strips or sticks, and place on trays to dry.

Preparation

Remove all fat from meat and cut into thin strips $\frac{1}{4}$ " to $\frac{3}{8}$ " thick. It is easier to slice partially frozen meat for jerky. If meats are cut on the crosswise grain, jerky is less chewy than if meats are cut on the length-wise grain.



Marinate cut meats in store-bought or your own recipe marinade for 6 to 8 hours in the refrigerator before drying.

If you are using your own recipe, be sure to include $\frac{1}{2}$ to 1 teaspoon of salt for each pound of meat. The salt slows surface bacterial growth during the initial stages of drying.

If you are making jerky from a ground meat, add one package jerky seasoning mix per pound of ground meat. Mix well and form strips by using the Jerky Works™ kit or a cookie press. Place on trays in your dehydrator and dry.

EASY HOMEMADE JERKY FROM LEAN GROUND MEAT USING THE JERKY WORKS™ ACCESSORY.



MIX IN SPICES



FILL JERKY GUN



EXTRUDE MEAT INTO TRAY

Beef Jerky Marinade

Note: Use this recipe on beef, venison or other game meats.

- 4 tablespoons soy sauce
- 4 tablespoons Worcestershire sauce
- 1 tablespoons tomato sauce
- 1 tablespoon grated ginger root (optional)
- $\frac{1}{4}$ teaspoon black pepper (more pepper for hotter jerky)
- 1 tablespoon curry powder (optional)
- 2 cloves garlic
- $\frac{1}{2}$ teaspoon salt

Marinate the meat for 4 to 6 hours, then drain. Place on trays to dry.

Drying Meat

Meats should be dried at 145° to 150°F (55° to 60°C). Depending on how thick the meat is cut, how heavily the dryer is loaded, and the humidity, it will take from 4 to 15 hours to dry.

Pat jerky with clean paper towels several times as it dries, to remove the oil which accumulates on the top of the jerky. When removing jerky from the dryer, wrap it in paper towels and let it stand for a couple of hours prior to packaging. Excess fat will be absorbed in the paper towels and shelf life will be extended.

CAUTION: Please see precautions in your Use and Care manual before drying meats.

JERKY WORKS™ ACCESSORY



Storage

Beef jerky that is stored on the shelf will start to go rancid at room temperature after 3 or 4 weeks. Refrigerate or freeze for longer storage.

Drying Cooked Meats

If you are drying meat for other purposes than jerky such as for stew, sandwich spreads, or stroganoff, the meat should be tender and choice. It must be cooked so that it will not be tough and chewy when reconstituted. Using the remainder of a dinner roast or left-over steak saves the step of precooking the meat. Dehydrate those leftovers for snacks, back-packing, and camping meals.

The shelf life of dried cooked meats is 2 to 3 weeks at room temperature. Store them in the refrigerator or freezer to maintain the best quality until ready to use for backpacking or camping. They will stay fresh and tasty for up to 6 months in the freezer.

Drying Fish

Lean fish may be used for jerky. You can also dry fat fish, but it will not keep at room temperature more than a week. Fish jerky should contain about 15% moisture when it is completely dry. It will be pliable and tough. If there is any doubt about the dryness, store in the refrigerator or freezer to avoid the risk of spoilage.

Cooked fish may also be dried, although it has a different taste than fish jerky. It still makes a nice snack. Rehydrating cooked fish is not recommended because the resulting product isn't very good.

Selection

Choose fresh fish to dry. If you catch it, clean it promptly and keep it on ice until you are ready to dehydrate it. If you are purchasing fish, be sure that it is fresh and not previously frozen. Frozen fish can still be made into jerky, but be aware that the quality is inferior to fresh.

Preparation

Cut cold fish into strips $\frac{1}{4}$ to $\frac{3}{8}$ inch thick. Marinate in your own favorite marinade.

When using your own recipe, be sure to include at least $1\frac{1}{2}$ to 2 teaspoons salt per pound of fresh fish. Salt slows the growth of surface bacteria during the initial stages of drying. Marinate for at least 4 to 8 hours in the refrigerator so the fish will absorb the salt and seasonings.

Drying

Dry fish jerky strips at 130° to 140°F (55° to 60°C) until they feel firm, dry, and tough but don't crumble. There should be no moist spots.

Packaging and Storage

Follow guidelines for Packaging, p.6 and Storage, page 7. Store dried fish jerky in the freezer if it is not to be eaten within 2 to 3 weeks.



DRYING HERBS



Fresh herbs and spices have a stronger aroma and flavor than dried herbs and spices. They are prized by food lovers and gourmet cooks.

Dried herbs and spices are next-best. They are used more often than fresh because they are more readily available and convenient to use. Although some flavor is lost when they are dried, it becomes more concentrated because so much moisture is removed. Most herbs contain from 70 to 85 percent water. Eight ounces of fresh herbs will yield about one ounce dried.

Gathering Herbs

The flowers, seeds, leaves, and stems of herbs can all be used for seasoning. Leaves and stems should be gathered early in the morning before the heat of the sun dissipates the flavoring oils.

Leaves should be harvested before the plant begins to flower and while still tender. Snip stems at the base, taking care to leave sufficient foliage for the plant to continue growing. The new leaves at the tip of the plant have the most concentrated flavor.

Plants usually survive three or four major harvests and depending on the climate, may produce all year round. Cold frames extend the growing season and a sunny kitchen window frequently will allow potted herbs to produce all year round.

When plants have begun to flower, a bitter taste develops and the leaves are not as aromatic because the energy has gone into producing buds.

The flowers of some herbs may be used for seasoning. They should be harvested when they first open and while still very fresh. Seeds, such as caraway or mustard, are harvested when they are fully mature and have changed from green to brown or gray.

Preparation

Leaves and stems should be lightly washed under cold running water to remove any dust or insects. Remove any dead or discolored portions.

If flowers are to be used in teas, dry them whole. Wash and separate petals, and remove any tough or discolored parts. When seed pods have dried, their outer covering may be removed. Rub the seeds between the palms of your hands while blowing on them to remove the husks. Place larger seeds on a Clean-A-Screen® sheet. Place smaller seeds loosely on a Fruit Roll sheet. Dehydrate until there is no moisture evident. If seeds are to be used for planting, dry at room temperature to maintain germination ability.



Testing for Dryness

Herbs are dry when they snap and crumble easily. Stems should be brittle & break when bent. Seeds should be brittle & usually need additional drying after they are removed from the seed pods.

To be certain that herbs are sufficiently dry, place in an airtight container for several days. If condensation appears on the inside of the container, they need further drying.

Packaging

Dark colored jars with airtight lids are ideal for storing herbs. They don't allow light in, which tends to fade and weaken herbs. You can use other containers as long as they exclude air, light and moisture. Air and light result in flavor loss; moisture results in caking and color loss or insect infestation.



Storage

As with other dried foods, dried herbs and seeds should be stored in the coolest place available, preferably below 60°F (15°C), to maintain the best flavor. Do not crush or grind until ready to use. Crushing exposes more surfaces to the air, resulting in flavor loss. With proper packaging and good storage conditions, dried herbs and spices should keep well for 6-12 months.

Using Dried Herbs & Spices

Since dried herbs and spices are usually 3 to 4 times stronger than their fresh counterparts, use conservatively. Their taste should be subtle and not overpowering. The zest of dried herbs is dependent upon the storage condition and length of time stored. Sharpness of flavor deteriorates with age.

Some herbs, such as mint or basil, lose their flavor more rapidly than others when dried. It may take nearly an equal volume of some dried herbs to replace the amount of fresh called for in a recipe.



Herb Drying Guidelines

Most herbs may be dried in your American Harvest® dehydrator right on the plant stalk or stem. Seeds and leaves are easily stripped from the plant when dry. Drying temperature should not exceed 90°-100°F (35°C). Do not dry herbs with fruits and vegetables. Store in glass containers in a cool, dark place to reduce flavor loss. Label clearly before storage because they are difficult to recognize when dry. Do not powder leaves until you are ready to use.

Food	Part of Plant	Preparation	Average Drying Time	Uses
Anise	Leaves	Rinse in cold water	1-3 hrs.	Soups, stews, sauces, and vegetable and fruit salads
Anise	Seeds	Rinse in hot water	2-5 hrs.	Cake, cookies, sweet breads
Basil	Leaves	Clip leaves 3 to 4 inches from top of plant just as first buds appear	1-3 hrs.	Italian and Mediterranean dishes, tomato dishes, meat, salads, soups, fish, poultry and egg dishes
Caraway	Seeds	Clip entire plant. Dip in boiling water	2-5 hrs.	Pork, sauerkraut, rye bread, cheese, vegetables and cookies
Chili Peppers	Pods	Rinse and dice	5-12 hrs.	Powder for seasoning
Chives	Leaves	Chop, rinse in cold water	2-3 hrs.	Mild onion flavor, use in moist recipes
Cilantro	Leaves	Clip with stems. Rinse in cold water	1-3 hrs.	Mexican, Chinese and Mediterranean dishes
Coriander	Seeds	Clip entire plant. Dip in boiling water	2-5 hrs.	Sausage, pickling, spices, apple and pear dishes
Cumin	Seeds	Rinse in cold water	2-5 hrs.	Curries and chili dishes
Dill	Leaves	Rinse in cold water	1-3 hrs.	Salads, vegetables, potatoes and fish

Herb Drying Guidelines

Food	Part of Plant	Preparation	Average Drying Time	Uses
Fennel	Leaves	Rinse in cold water	1-3 hrs.	Salads, soups or stews
Fennel	Seeds	Rinse in cold water	2-5 hrs.	Cakes, cookies, breads
Garlic	Clove	Cut in half lengthwise	6-12 hrs.	Salt, powder, recipes
Ginger	Root	Rinse, slice 3/8" or grate	2-5 hrs.	Meat, vegetables, cookies and dessert dishes
Ginger	Leaves	Rinse in cold water	1-3 hrs.	Soups
Marjoram	Leaves	Rinse in cold water	1-3 hrs.	Italian, meat, fish, egg and poultry dishes
Mint	Leaves	Rinse in cold water	1-3 hrs.	Sauces, mint jelly & lamb dishes.
Mustard	Seeds	Rinse in cold water	2-5 hrs.	Corned beef, sauerkraut, salad dressings & cabbage
Oregano	Leaves	Rinse in cold water	1-3 hrs.	Italian, Greek, Mexican and tomato dishes
Parsley	Leaves and stems	Rinse in cold water	1-3 hrs.	Powder, use leaves for flakes
Rosemary	Leaves	Rinse in cold water	1-3 hrs.	Barbecue sauces, poultry, meats, egg dishes, lamb, and vegetables
Sage	Leaves and stems	Rinse in cold water	1-3 hrs.	Poultry, pork, lamb, veal and fish dishes
Tarragon	Leaves	Rinse in cold water	1-3 hrs.	Sauces, salads, fish and poultry
Thyme	Leaves	Rinse in cold water	1-3 hrs.	Meat, fish and poultry dishes, green beans, beets, carrots, and potatoes



DRYING CRAFTS



You've all seen a flower so perfect in form, color, and texture that you wish you could keep it forever. With the Snackmaster® dehydrator and Gardenmaster® dehydrator, it now can become a reality.

Drying Flowers

Preserve garden and natural favorites for attractive dried flower arrangements, Christmas and holiday decorations, party favors, place cards and corsages. Help your children dry specimens for their science class.

Many lovely flowers, foliage, flowering grasses, seedheads, cones, and non-flowering plants may be dried simply by placing on drying trays and drying at 130° to 145°F (55° to 63°C) until no moisture is evident. This is wonderful for those of us who are too busy to experiment with other techniques, and also for the beginner who has not attempted preserving flowers before. Quite interesting arrangements can be made with these dried materials.

Materials suitable for drying by this method are bracts, cultivated and wild grasses, seedheads, foliage, and everlasting flowers.

For flowers with petals, leaves, ferns,

fungi, and some varieties of mosses, the best way to preserve them is to use a desiccant powder. A desiccant is a substance which absorbs moisture. It speeds

the drying process, especially when used in a dehydrator, preserving the vibrant colors and delicate structure of the flower. The longer the drying process, the more colors will fade.

Using a desiccant in your dehydrator will allow flowers to dry in a day instead of a week or two. There are several brands of flower desiccants available from craft stores. They may seem a little expensive, but can be reused indefinitely. Silica gel is the generic name and absorbs up to 50 percent of its own weight in moisture.



Using Desiccant

Use perfect flowers, fresh and free of moisture. Yellows and blues maintain their color better than reds or whites.

- Remove stems from flowers and insert a short 20-gauge stub wire. Add a longer stem when arranging later.
- Place ½" desiccant in bottom of containers that are no higher than 3-¼".
- Place flat-faced flower face-down, with petals resting easily on the sand. Rounded double flowers such as roses and daffodils should be dried with their heads upwards. Flowers which are trumpet or bell-shaped should be laid on their sides.
- Gently sprinkle desiccant between the flowers and into every petal and crevice, with about ½" desiccant covering top. Do not cover. When desiccant drying is done outside of the dehydrator, containers should be covered.
- Place containers on the dehydrator tray with 1 or 2 Convert-A-Tray™ accessories (with-out center tray) above, depending on height of containers. Place Snackmaster® lid on top of dryer and set thermostat to 145°F (63°C). Plug in dehydrator. Most flowers will be totally dry in 24 hours or less.
- To test for dryness, gently scrape back the desiccant and remove one flower. Hold the flower to your ear and give it a gentle tap. If it is dry, it will sound crisp and papery.
- Remove remaining flowers by carefully pouring off desiccant, letting it fall slowly through your

fingers, catching each flower and carefully removing it by its stem. Stand preserved flowers in a block of flower foam until arranged.

- Store in airtight tins until ready to use. In humid climates, protect loose-petal flowers with a light application of finishing spray to prevent moisture absorption.

Pomander Balls

These old-fashioned aromatic delights dry quickly and easily when placed in a dehydrator using one, two or three Convert-A-Tray™ accessories, depending on the size of the fruit.

For each pomander, choose a ripe apple, lemon, lime or orange. Set aside 2 ounces whole cloves.

Combine the following ingredients in a small bowl for the rolling mixture:

1 tsp. cinnamon

1 tsp. ground nutmeg

1 tsp. powdered orrisroot

(a fixative which slows loss of aroma...

available at most craft stores)

sprinkling of glitter

Using a skewer or ice-pick, punch holes evenly all over the skin of the fruit and push a whole clove into each whole. The skin should be completely covered. Now roll the ball in the rolling mixture, thoroughly coating it. Let it stand in the mixture for several days, turning occasionally. Place ball on a solid sheet on a tray and dry at 95°F to 105°F (40°C) until shrunken and lightweight.

Wrap in netting and tie with a decorative ribbon .

Dried Apple Wreath

Supplies:

Mod Podge sealer (available in craft supply stores)

brush

1500 mgs. vitamin C

(dissolved in 1 gallon of water or lemon
or pineapple juice.)

8 or more apples (depending on the size of wreath)

hot glue gun & glue sticks

styrofoam wreath

grapevines

straw

cardboard

ribbon

thin wire

baby's breath

cinnamon sticks

Slice apples into 1/8 inch uniform slices. A meat slicer, apple slicer, or potato slicer results in even slices (do not core apples since the core forms an attractive star shape when dried).

As you slice each apple, immediately place slices in a solution of pineapple or lemon juice and water (50/50 mix) or vitamin C and water solution. Soak apples 10 minutes, drain, and place on trays to dry. Dry at 130°F to 140°F (55°C to 60°C). They will take 4 to 8 hours to dry.

Remove apples when they are leather like with no pockets of moisture, but before they become crisp.

Secure a hanging device on the back of the styrofoam wreath form. Working a small area at a time from the outside in, squeeze a line of glue on the outside edge, place an apple slice, keep repeating, over-lapping the slices slightly for a more full look.

Continue around the outer half of the wreath form, until the row is completed. Repeat process with the inside row, until there are 2 rows of apples side by side. When apples are glued in place, seal with Mod Podge on both sides of the wreath, one side at a time. Add a ribbon bow and any other decorative touches.



Dried Apple Roses

Supplies:

Pretreatment solution: sodium bisulfite(1 tbl. in 1 gallon water)

red delicious apples

hot glue gun & glue sticks

16 gauge green floral wire

green floral tape

baby's breath

green, silk rose leaves

Mod Podge sealer

small brush

large square of styrofoam

scissors

dried apples (see instructions for apple wreath)

Slices must be flexible to make roses. Use small slices to make the rose centers. Using your thumb and index finger, roll the slice into a tight cylinder. Glue edge closed.

Cut apple slices in half for petals of the rose. Place a thin line of glue along the cut edge of the slice. Add this slice to the rose center by pinching the glued edge into place. Start close to the top of the center piece working down with next pieces. Pinch the petal to give it a puckered effect. Keep adding petals, slightly over-lapping them, until rose is symmetrical.

Trim excess apple from bottom of blossom. Place a small ball of hot glue on the bottom of rose. Place a wire insert into the bottom of the rose just far enough to secure. Do not push the wire through the top of the rose.

Trim wire to desired length. Push wire into styrofoam to hold rose upright. Using small brush, seal rose with Mod Podge. When dry, add baby's breath and silk leaves around the top of the rose.

Using floral tape, place a small drop of

glue on one edge. Starting at the base of the rose, press the glued edge to the baby's breath. Wrap the tape tightly around the stem, slightly overlapping it, working your way down the stem.

Half way down the stem, add more baby's breath and wrap it against the stem. Wrap to the end of the wire, twist tightly and cut tape.

As a final touch, add fragrance to the rose. Using a toothpick, lightly touch the folds of the rose, a small drop at a time. Don't put oil on the surface of the rose. Cinnamon oil is nice. Do not use candy oil as it discolors the apple.

Dough Ornaments

This basic recipe is also called "Baker's Clay." Once mixed, it has a satiny texture, a delicious aroma and begs to be touched and shaped. Do not be surprised if everyone in the family gets involved in making ornaments!

4 cups flour

1 cup salt

1-1/2 cups water

Use a dough mixer or hand mix flour with salt in large mixer bowl. Add water until dough is a good consistency for kneading. If it is too dry, it will crack. If it's too wet, it will be sticky.

Knead the dough by pressing and turning it with your hands until it becomes satiny smooth. It will take five to ten minutes or more, depending on the consistency of the dough and how smooth you want your finished objects to appear.

Dough that is insufficiently kneaded is difficult to form and may fall apart during drying and baking.

The dough dries out quickly so keep unused dough in a plastic bag. For smaller projects, mix only half a recipe. Dough is best when used in about four hours. It may be refrigerated, but results from refrigerated dough are unpredictable.

Other items needed to form ornaments:

- **paper clips**
- **sharp knife**
- **aluminum foil**
- **cookie sheet**
- **rolling pin**
- **tooth picks**
- **cup of water**
- **garlic press**
- **cheese grater**
- **flour to keep dough**

Items needed to decorate ornaments:

- **acrylic paints**
- **paint brushes**

Creating ornaments

Shape objects directly on pieces of aluminum foil. All dough parts must be joined with water which acts as a glue. If parts are not joined properly, the dough may separate during baking and split when cooled. Use water sparingly. To attach thin pieces of dough, adhere them firmly by pushing a toothpick or paper clip through them in addition to moistening them with water.

Large ornaments should be strengthened with wire. Dough has no strength and requires support for larger ornaments. If the dough connects in small pieces (head and neck, arms or legs), insert toothpicks or wires between parts to keep the portions from separating over time.

Make impressions on dough with a variety of instruments. Impressions hold up best with a stiffer dough. All kinds of instruments can be used to make impressions to give texture and design to ornaments.

Push dough through a garlic press or grater to make hair and other decorative effects. Cake decorating tips with large nozzles can be used for designs. Add extra water to soft-
to a good consistency.

Push hanging device to the top or back of an ornament, before baking and drying, if it is to be hung.

Use Christmas ornament hooks, bent wire, circles from pop-top drink cans, or paper clips. Push hanging device into dough at top center, close to the back of the piece.

Remember, the final dough shape is the shape which will be baked. If there are loose pieces or undesirable marks in the dough, they will exist in the finished product.

Precoloring dough

Before baking, raw dough can be precolored by adding drops of paste food coloring, watercolors, inks, and fabric dyes. Powdered colors should be mixed with the flour and salt before adding water.

Liquid shoe polish or leather dye can also be brushed on lightly during the first 15 minutes of baking.

Baking and Drying Dough

Dough should be baked for 2 hours at 300°F (150°C) in your oven. Then transfer to your dehydrator. Dry at



the highest temperature setting for an additional 4 to 12 hours until completely dry (until you become more experienced with drying dough-art in your American Harvest® dehydrator, it is wise to place a piece of dough, the same size as the largest /thickest piece of your ornament, to use as a test piece. To test for dryness, break apart the test piece. It is done when it is completely dry inside).

Remove ornaments when totally dry and cool prior to applying paint.

Painting dough

Acrylic paints are the most popular and easily applied. They are available in jars, spray cans, and tubes. They mix easily and dry quickly. If you are adding different colored layers over one another, use a coat of sealer between them to prevent them from running or smearing.

When painting is complete, dry in your dehydrator at the highest temperature setting for 1 to 2 hours until thoroughly dry.

Sealing

It is extremely important to seal salt dough ornaments to prevent moisture from reentering and causing mold and disintegration.

There is a wide variety of final coatings which can be used, but they should be transparent and non penetrating so that the surface of your dough-art is strengthened with a hard protective coating. The best choice is a polyurethane varnish.

Be sure to remove your ornaments from your dehydrator and place in a well ventilated area (preferably out-of-doors) before applying varnish. Carefully place

objects (on aluminum foil making sure that no foil covers the center hole or outer ring vents) in dehydrator to dry. **CAUTION:** Make sure your dehydrator is placed in a room with adequate ventilation or an open window.

Place your ornaments in your dehydrator. Set at the highest temperature setting to speed drying. Most varnishes will dry in an hour or so in your dehydrator.

Repeat the varnishing process until a minimum of 4 complete coats (both sides of object) have been applied, allowing ornament to dry thoroughly between coats. Again, it is handy to use your dehydrator for this process to speed the drying time.

Bread and Glue Ornaments

This recipe is a no-bake mixture that is particularly adaptable to making small delicate forms.

It is made with slices of white bread and glue, resulting in a pliable mixture that can be rolled very thin and formed into fragile ornaments.

3 slices white bread

3 tbl. white glue

1 tsp. white shoe polish or acrylic paint

1 tsp. glycerin (available at the drugstore)

The shoe polish or acrylic paint add whiteness to the dough. Glycerin softens the dough to prevent it from cracking and bubbling.

Remove crusts from bread and tear into small pieces. Mix all ingredients together and knead until mixture no longer sticks to your fingers and has a smooth

texture. Kneading usually takes about 10 to 15 minutes. A few drops of glycerin on your fingers keeps the dough from sticking as you knead it.

Keep in a plastic bag while not working with the dough to prevent it from drying out. Remove small bits of the dough at a time, leaving remainder of dough in the plastic bag. If the dough tends to dry out, add a little more glue and reknead. Roll thin layers of dough between layers of waxed paper. This dough is easier to handle than salt dough and can be used for more intricate objects.

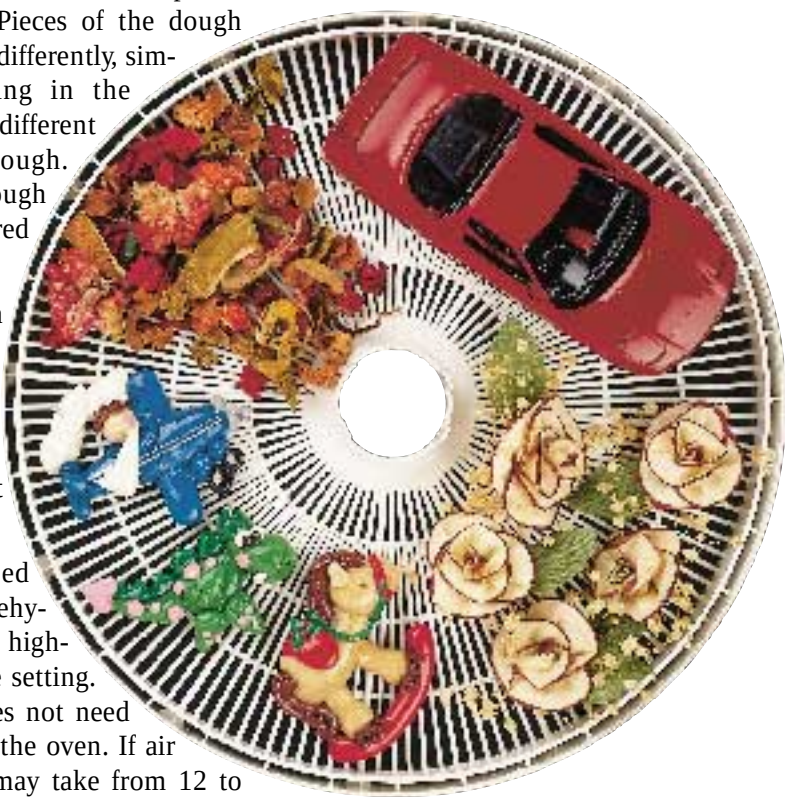
Dough can be colored by using liquid or paste food colors, watercolors, or liquid temperas. Do not mix in acrylics because they dry too fast. Acrylics can be used to paint the dried objects. Pieces of the dough can be colored differently, simply by kneading in the color to each different piece of dough. Knead until dough is evenly colored throughout.

Shape dough on pieces of aluminum foil and follow directions for shaping salt dough.

Dry shaped dough in the dehydrator at the highest temperature setting. This recipe does not need to be baked in the oven. If air dried, objects may take from 12 to

24 hours. In the dehydrator, they are usually dry in 6 to 12 hours.

Paint and seal as directed in the salt dough recipe.





Potpourri

Home dried potpourri and sachets are fun and easy to do in your dehydrator. Take advantage of your flower garden in the summer by dehydrating petals, for potpourri, to use the rest of the year. Combine petals with store-bought spices, fixatives, and essential oils to make inexpensive, elegant gifts.

Pick flowers when they are about three-quarters open – when they are fully open, they lose fragrance. Gather about twice the amount you believe you'll need, since they shrink as they dry.

Remove petals from flower heads and pull herb leaves from their stems. Spread in a single layer on a Clean-A-Screen® accessory and place in your dehydrator.

Set temperature at 90°- 100°F (35°C). Dry until brittle-dry, which may take from 2 to 12 hours, depending upon the plants, the amount, and the model of dehydrator you are using.

Store different flowers and herbs separately in covered jars until you're ready to mix. Keep in a cool place, out of direct sunlight.

Experiment with different combinations, mixing small quantities and recording the results until you come up with a blend that you like.

To blend ingredients, measure and stir dried materials into a large bowl.

When you have the right blend of color and fragrance, add fixative, spices, and oil. Age in a tightly sealed jar for 2 - 6 weeks, shaking occasionally to blend fragrances.

Package in smaller decorative containers or bags for gifts or personal use.

Sweet & Spice Potpourri

For a perfect holiday gift, place one cup of this recipe in a lace bag tied with a colorful ribbon.

- 1 cup dried rose petals**
- ¼ cup dried lavender blossoms**
- ¼ cup dried rosemary**
- ¼ cup dried chamomile**
- ½ cup dried grated orange peel**
- 1 tsp. powdered orrisroot**
- 2 tsp. orange-spice tea**
- 1 tbl. coriander seed**
- 1 tbl. whole cloves**
- 1 stick cinnamon, crumbled**
- ½ tsp. ground cloves**
- ½ tsp. ground nutmeg**
- 2 drops rose oil**
- 1 drop orange oil**
- 1 drop lavender oil**
- ½ cup dried bachelor's button petals (for color)**

In a large bowl, combine rose petals, lavender, rosemary, chamomile, and orange peel. Add orrisroot, tea, and spices. Add oils, sprinkling lightly over mixture. Mix in bachelor's button petals. Makes about 2 cups potpourri. There are numerous ingredients that produce wonderful smelling potpourri! Experiment with plants that you have available or purchase plants from an herbalist, drug-store, or supermarket.





Breakfast Recipes

Banana Bread

Chunks of dried banana gives this old favorite a new twist.

¾ cup margarine or butter	2 cups flour
1-½ cups sugar	1 teaspoon soda
2 eggs	½ teaspoon salt
1 teaspoon vanilla	½ cup chopped dried banana
1-½ cups mashed ripe banana	½ cup chopped dates
(4 to 6) bananas	½ cup chopped pecans
½ cup buttermilk	2 tablespoons raw sugar (plain sugar may be substituted)

Preheat oven to 350°F (175°C). Generously grease and flour 3 small (3" x 5") loaf pans or two medium (3-½" x 7-½") loaf pans. Cut waxed or parchment paper to fit bottoms and line pans. In a large bowl, cream margarine or butter with sugar. Add eggs and vanilla. Mash banana in separate bowl with a fork. Add to margarine/egg mixture. In a separate bowl, combine flour, soda, and salt. Stir until well mixed. Add flour to creamed mixture alternately with ½ cup buttermilk, blending just until combined. Fold in dried banana chunks, pecans, and dates. Pour into prepared pans. Sprinkle raw sugar over tops of loaves. Bake in preheated oven for 45 minutes, until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan. Remove from pan and cool on a cooling rack.

Makes 3 small or 2 medium loaves. Variation: Add dried pineapple instead of dates

Waffles

Glamorize Sunday morning waffles with bits of dried apple, pineapple, or apricots.

2 eggs, separated	2 teaspoons baking powder
2-½ cups buttermilk	2 teaspoons baking soda
½ cup vegetable oil	1 teaspoon salt
1 ½ cups all-purpose flour	½ cup finely chopped dried apple, pineapple or apricots
1 ½ cup corn meal	

Preheat waffle iron. Separate eggs. In small bowl, beat egg white until stiff. Set aside. In medium bowl, beat egg yolks, buttermilk, and vegetable oil until blended. In large bowl, sift together dry ingredients: all-purpose flour, corn meal, baking powder, baking soda, and salt. Add finely chopped dried fruit and stir. Add liquid ingredients to dry ingredients, stir only until dry ingredients are moist. Pour onto hot waffle iron and bake until indicator light goes off.

Serve hot with syrup, jam, or yogurt. Makes 6 nine inch waffles.

Breakfast Recipes cont.

Awesome Bran Muffins

Make these for breakfast, and pop the extra in your children's lunch box!

1 cup bran	2-½ cups all-purpose flour
1 cup boiling water	2-½ teaspoons baking soda
½ cup margarine	2 teaspoon salt
2 cups buttermilk	1 cup chopped dried apple,
2 eggs, beaten	dates, raisins, pineapple
1 cup granulated sugar	½ cup chopped walnuts or pecans
½ cup brown sugar, firmly packed	¼ cup coarse sugar
2 cups bran	

Preheat oven to 400°F (205°C). Fill 24 muffin pans with muffin liners. Spray muffin liners with vegetable spray. In large bowl, pour boiling water over 1 cup bran and let stand. Add ½ cup margarine to bran/boiling water mixture. Stir in buttermilk, eggs, sugars and additional bran. In large bowl, sift together dry ingredients: all-purpose flour, baking soda, and salt. Add chopped dried fruit and stir.

Combine with wet ingredients and stir only until dry ingredients are moist. Mixture should be lumpy. Spoon into prepared muffin cups. Sprinkle coarse sugar on tops. Bake at 400°F (205°C) for 20 to 25 minutes. Remove from pan and place on rack to cool. Makes 24 of the best bran muffins you've ever tasted!

Variation: Substitute 1 cup oat bran for wheat bran for an oat taste.

Desserts, Cookies, Candies

Fruit Hors d'oeuvres

Serve these at your next party.

24 pieces dried fruit, cut in half

(apricots, peaches, pears, or prunes)

3 ounces cream cheese, softened

3 tablespoons sour cream or plain yogurt

¼ cup chopped slivered almonds

½ teaspoon paprika

½ cup shredded

Monterey Jack cheese

½ cup shredded sharp Cheddar cheese

Dried fruits should be pliable. If too hard, allow to stand in boiling water 5 minutes to soften. Drain. In small bowl, beat cream cheese until fluffy. Stir in sour cream, paprika, Monterey Jack and Cheddar cheese and chopped almonds. Spoon 1 teaspoon filling into pit cavity of each piece of dried fruit.

Garnish with parsley. Makes 24 appetizers.



Dried Apple Pastry Squares

This is an elegant dessert or tasty breakfast pastry.

5 to 6 cups dried apples	1 cup crushed bran flakes
2 cups boiling water	⅔ cup sugar
2-½ cups cake or pastry flour	½ teaspoon ground ginger
1 teaspoon salt	½ teaspoon cinnamon
1 cup plus 2 tablespoons margarine or butter	1 egg white, stiffly beaten
1 egg yolk + almost ⅔ cup milk	1 cup sifted powdered sugar
	½ teaspoon vanilla

Preheat oven to 400°F (205°C). Place dehydrated apples in large bowl. Cover with 2 cups boiling water. Let stand until pastry is finished. In large bowl, stir flour and salt together. Cut in butter with pastry blender until crumbly. Beat egg yolk lightly with fork in measuring cup. Add enough milk to egg yolk to make ⅔ cup. Stir milk into flour mixture. Mix with fork to blend, stirring until mixture holds together and clings to side of bowl. Divide dough into two parts. On heavily floured surface, roll half of dough to line a 10" x 15" jelly roll pan. As you are rolling dough, roll it up on the pin and sprinkle flour underneath to keep dough from sticking. Roll dough onto pin. Unroll dough onto pan, pressing lightly to form bottom crust. Sprinkle bottom with Grape Nuts Flakes®. In large bowl, combine drained rehydrated apples, sugar, ginger, and cinnamon. Stir to mix. Spread apple mixture over bottom crust. Roll out remaining half of dough and place on top. Pinch edges of dough together to seal. Crimp edges. Beat egg white until stiff. Brush over top crust. Bake 50 to 60 minutes or until golden brown. Combine powdered sugar, vanilla, and water to make a smooth frosting. Let pastry cool slightly, then frost while crust is still warm.

Cut into squares. Makes 15 three inch squares.

Fruit Carmel Corn

A new twist on an old favorite...

1 cup butter or margarine	1 teaspoon salt
2 cups brown sugar	½ teaspoon baking soda
½ cup light corn syrup	1 teaspoon vanilla
6 cups popped popcorn	
2 cups finely chopped dried fruit (pineapple, apples, raisins, prunes, etc.)	

Melt butter or margarine in large heavy-bottom pot. Stir in brown sugar, syrup, and salt. Bring to a boil, stirring constantly. Boil for 5 minutes without stirring. Remove from heat and stir in soda and vanilla. It foams. Pour over popped corn and mix well. Pour into a shallow 11" x 14" baking pan. Bake in a 250°F (129°C) degree oven for 1 hour, stirring every 20 minutes. During last 5 minutes, stir in finely chopped dried fruit. Remove from oven, cool, and break apart.

Makes 7 cups caramel corn.

Apricot Cream Cheese Coffee Cake

Strawberry preserves and dried strawberries can be substituted for the apricots. Or try pineapple or apple.

2-¼ cups all-purpose flour

¾ cup brown sugar, packed

¾ cup butter

½ teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

¾ cup sour cream

1 egg

1 teaspoon almond extract

8 ounces cream cheese

¼ cup sugar

1 egg

½ cup apricot preserves

1 cup chopped dried apricots

½ cup slivered almonds

Preheat oven to 350°F (175°C). Grease and flour a 10 inch spring form pan. In a large bowl, combine flour and ¾ cup sugar. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Reserve 1 cup crumb mixture. To remaining crumb mixture, add baking powder, baking soda, salt, sour cream, 1 egg, and almond extract. Blend well. Spread batter over bottom and 2 inches up sides of pan. In small bowl, combine cream cheese, ¼ cup sugar, and 1 egg. Pour over batter in pan. Carefully spoon preserves and finely chopped dried apricots over cream cheese filling. In small bowl, combine 1 cup reserved crumb mixture and sliced almonds. Sprinkle over top. Bake at 350°F(175°C) for 45 to 50 minutes or until cream cheese filling is set and crust is deep golden brown. Cool 15 minutes. Remove sides of pan. Serve in wedges warm or cool. Refrigerate leftovers.

Makes 16 pieces.

Classic Oatmeal Cookies

These keep well in an airtight container for a couple of weeks.

1 cup butter or margarine

1 cup brown sugar

½ cup granulated sugar

2 eggs

1-½ teaspoons vanilla

2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

**1-½ cups chopped dried apricots,
peaches, pears, pineapple,
cherries, or other dried fruit**

2-½ cups old fashioned oats

Preheat oven to 350°F (175°C). In large bowl, cream butter or margarine, brown sugar, and white sugar until fluffy. Add 2 eggs, and 1-½ teaspoon vanilla and mix well. In large bowl, sift together dry ingredients: all-purpose flour, baking powder, baking soda, and salt. Add chopped dried fruit and stir. In dry blender, blend oats until fine. Add to above dry mixture. Combine dry ingredients with creamed ingredients and mix until blended. Shape dough into 1-¼ inch balls. Flatten on cookie sheet. Bake 7 to 8 minutes or until barely golden brown. Remove and cool on rack.

Makes 3 dozen cookies.



Crispy Pinwheels

Dates, apricots, and other dried fruits can be used to fill these delicious cookies.

Dried Fruit Filling (see below)*

½ cup butter or margarine

½ cup brown sugar, packed

½ cup granulated sugar

1 egg

1 teaspoon vanilla extract

2 cups all-purpose flour

¼ teaspoon baking soda

¼ teaspoon salt

Prepare dried fruit filling. In a medium bowl, cream butter or margarine with brown sugar and granulated sugar. Add egg and vanilla. Beat well. In a large bowl, combine flour, baking soda and salt. Add to creamed mixture and mix well. Cut dough in half. Generously flour a large sheet of waxed paper. Roll out each half of dough on floured waxed paper to a 12"x9" rectangle. Spread with cooled filling. Starting with longer edge, roll up tightly to make a 12 inch long roll. Wrap roll in waxed paper. Refrigerate 4 hours. Preheat oven to 375°F (190°C). Grease cookie sheets. Cut chilled roll into ¼ inch slices. Bake in preheated oven 6 to 8 minutes until edges are golden. Remove and cool on cooling rack.

Makes about 80 cookies.

Dried Fruit Filling

Try this in cookies and pastries.

1-½ cups finely chopped dried figs,

dates and raisins, pineapple,

apricots, or prunes

1 teaspoon lemon juice

½ teaspoon grated lemon peel

½ cup water

½ cup chopped nuts,

½ cup sugar (if desired)

In a medium saucepan, combine dried fruit, water, and sugar. Cook over low heat until thickened, 20 to 25 minutes, stirring frequently. When thickened, add lemon juice, lemon peel and nuts, if desired. Cool.

Makes 1-¾ cups filling.

Note: For extra zest, substitute orange or pineapple juice for the water when making apricot or pineapple filling

Strawberry Yogurt Ice-Cream

Double or triple this recipe and freeze in your ice cream maker.

1 cup plain or flavored yogurt

½ cup dried strawberries*

2 tablespoons sugar

Mix together strawberries and sugar. Add to yogurt. Freeze yogurt in a container until it thickens. Remove from freezer and stir. Return to freezer until solid.

Makes two servings.

*Almost any dried fruit or combination can be used.



Condiments, Dressings, Stuffings, Sauces

Dried Tomatoes in Olive Oil

These tomatoes taste better than the expensive "sun dried" ones at the supermarket .

1 cup extra light olive oil
1 lb. dried tomato slices

White wine vinegar

Dip dried tomato slices in vinegar. Shake off excess. Pack in a jar and cover with olive oil. Store at a cool temperature 1 month before use. Refrigerate for up to 6 months. The oil solidifies at refrigerator temperatures, but quickly liquifies at room temperature.

Makes 1 pint.

CAUTION: Do not add fresh garlic or fresh herbs to oil packed tomatoes. The US Department of Agriculture cautions against this because garlic and herbs are low-acid foods which create a low-acid, anaerobic environment when placed in oil. This could result in the perfect breeding ground for botulism.

Dried Tomato Spaghetti Sauce

Use this on your favorite pasta dish.

1 cup chopped onion
1 cup chopped celery
1 cup diced carrot
3 cloves garlic, minced
2 (28 ounce) cans whole tomatoes

1 pint Dried Tomatoes In Olive Oil
1/3 cup dry white wine
1/2 teaspoon salt
1/2 teaspoon pepper
8 (dry) ounces spaghetti, cooked

In heavy pan, sauté onion, celery, carrot, and garlic in 1 tablespoon olive oil from dried tomatoes. Stir in whole tomatoes, dried tomatoes in olive oil, white wine, salt, and pepper. Cook, uncovered, over low to medium heat 1 hour or to desired consistency, stirring occasionally. Serve over cooked and drained spaghetti or linguini.

Makes 4 servings.

Tomato Paste Supreme

Store in freezer to maintain the best flavor.

4 quarts ripe tomatoes
1 teaspoon oregano
1/2 cup chopped carrots
1/4 teaspoon garlic powder

1/3 cup chopped onions
1/3 cup chopped celery
2 tablespoons basil leaves
1 teaspoon salt

Cook all ingredients over low heat until vegetables are tender. Strain through a sieve, and simmer the puree until thick. Spread on Fruit Roll sheets or spread on trays lined with plastic wrap (be sure not to cover the center hole or the side vent hole on the outer edge of the dehydrator trays). Dry at 115°F(38°C) for 10-12 hours or until moisture has been removed. Roll up like scrolls in fresh plastic wrap and store in airtight containers for rehydrating later as tomato paste.



Herb Stuffing

Great in turkey or chicken.

- | | |
|--------------------------------------|---------------------------------------|
| 2 tablespoons dried parsley | ½ cup butter |
| ½ teaspoon dried sage | 1 teaspoon dried savory |
| 2 teaspoons dried chervil | ¼ cup each dried onion, celery |
| 2 1 ½ lb. loaves bread, cubed | ½ teaspoon dried thyme |
| 1 teaspoon dried marjoram | |

Mix all ingredients, plus juice from roasting pan or other liquid, to moisten. Bake covered for 1 hour in 325° oven.

Makes about 2 quarts.

Salad Crunchies

Zesty for any salad!

- | | |
|--|---------------------------------------|
| Dehydrate the following vegetables: | After they are dry and crisp, |
| ½ cup onions | chop them into pieces in the |
| ½ cup carrots | blender and add the following: |
| ½ cup tomatoes | ½ cup bacon bits |
| ½ cup peppers | ¼ cup roasted sunflower seeds |
| | ¼ cup soy nuts |

Mix thoroughly and sprinkle on salads. Add salad dressing and toss. Keep unused portion in the refrigerator in an airtight container to preserve crunchiness.

Use 1 teaspoon per serving.

Homemade Chili Powder

Add to your favorite Mexican recipe or use in ground meat for tacos.

- | | |
|---|------------------------------------|
| 3 ounces dried chilies (mild peppers | 1 teaspoon garlic powder |
| such as Anaheim, or a combination of | 1 teaspoon onion powder |
| mild and hot peppers)* | 1 teaspoon ground oregano |
| 1 tablespoon ground cumin | ½ teaspoon ground cloves |
| 2 teaspoons salt | 1 teaspoon ground coriander |
| 1 teaspoon ground allspice | |

Remove and discard stems and seeds. Whirl pods in a blender until finely ground. Allow powder to settle. Add remaining ingredients and whirl briefly. Store in an airtight container.

*Dry peppers according to Drying Guidelines in the vegetable section. Peppers dried in a dehydrator retain their original color and flavor. They may either be dried whole or in halves, skin side down. Hotness and flavor will vary with the chilies used. Removing the seeds will decrease the hotness. Make sure that peppers are completely dry and stored in airtight containers.

Makes 1/2 cup.



Salads

Savory Rice Salad

This main dish salad is perfect for lunch or a light supper.

Serve with a whole wheat roll and fresh fruit.

3 cups cold cooked brown rice
(can use white)

3 cups diced cooked, turkey,
chicken or cooked small shrimp

1 cup celery, finely chopped

½ cup onion, finely chopped

1 cup green pepper, finely chopped
(½ cup dried & rehydrated)

¼ cup dried tomato flakes

1 can water chestnuts, drained
and sliced

Tangy Dressing (see below)

½ cup slivered almonds, chopped

In a large bowl, gently mix together rice, turkey, celery, onion, green pepper, tomato flakes, sliced water chestnuts, and tangy dressing. Add salt and pepper to taste, cover and chill for 3 to 4 hours. Toast almonds in a 300°F (150°C) oven, stirring occasionally, until golden, about 10 minutes. Sprinkle on top of salad before serving.

Makes about 6 servings.

Tangy Dressing

¾ cup mayonnaise

¼ cup lemon juice

1 tablespoon prepared mustard

½ teaspoon dried garlic powder

1 teaspoon lemon rind (grated
fresh) or ½-1 teaspoon dried

1 tablespoon prepared horseradish

2 tablespoons dried parsley
(or ¼ cup chopped fresh)

½ cup sliced green onions

1 jar pimientos (2 ounce)

Blend mayonnaise, lemon juice, mustard, dried garlic powder, lemon rind, horseradish, and parsley in a blender. Remove and stir in sliced green onions and pimientos.

Soups

Vegetable Soup

This soup cooks in your thermos and is ready to eat by lunch time.

½ cup dried vegetable flakes
(any combination of tomatoes, peas,
onions, broccoli, zucchini, celery, carrots)
1 tablespoon bulgur wheat
1 tablespoon small pasta
(spaghetti, linguini, etc.), **broken**
¼ teaspoon dried parsley

¼ teaspoon dried sweet basil
pinch garlic powder
pinch onion powder
salt and pepper to taste
**2 cups boiling hot chicken or
beef broth**

Place the dried vegetables in a dry blender and whirl until the size of flakes are the size of small peas. Measure ½ cup. Save remaining vegetables for another day. Place ½ cup flaked vegetables in a pint thermos. Add parsley, basil, garlic powder, onion powder, salt and pepper. Add bulgur wheat and pasta to thermos. Bring broth to a rolling boil and pour over dry ingredients. Quickly cover thermos and close securely.

Yield: 2 cups.



Snacks

Cheesy Corn Chips

Great for after school munchies.

- | | |
|---|----------------------------------|
| 1 cup whole kernel or creamed corn | ½ teaspoon cayenne pepper |
| 1 cup sharp cheddar cheese, grated
(the ready grated cheese is not as satisfactory) | ½ teaspoon chili powder |
| ½ cup red or green peppers, diced | Salt to taste |
| 1 tablespoon onion, chopped | |

In a blender or food processor, blend together all ingredients at high speed. Spread mixture thinly onto Fruit Roll sheets. Dry at 130°F (55°C) for approximately 10 hours or until dry on one side. Lift entire corn ring off of the Fruit Roll sheet, turn over and dry for two hours longer or until crisp. Break into pieces.

Harvest Granola

Most often served as a breakfast food, it can also be a snack or an ingredient in desserts, cookies, or main dishes.

- | | |
|--|--|
| 5 cups rolled oats | ½ cup date crystals |
| ¾ cup brown sugar firmly packed | 1 cup pecans or almonds chopped |
| ½ cup wheat germ | ½ cup salad oil |
| ½ cup dried apple, chopped | 1 teaspoon vanilla |
| ½ cup of honey | ¾ cup margarine, melted |
| ½ cup sesame seeds | 1 teaspoon cinnamon |
| 1 cup raisins | |

Mix together very well so that all ingredients are distributed evenly. Adding dry ingredients to wet ingredients makes a crunchier granola. Spread onto a Fruit Roll sheet. Dry at 145° until crunchy. Crumble and store in an airtight container.

Energy Bars

These nutritious bars are great high energy snacks.

Grind together:

- ½ cup carob chips**
- 1 cup slivered almonds**
- 4 cups dried fruit (pliable)**
(apple, raisin, date, pear, peach, apricot, pineapple)

Mix in:

- ¾ cup unsweetened pineapple juice**
- ½ teaspoon almond extract**
- ½ cup honey wheat germ**
- 1 cup carob chips**

Mix all ingredients thoroughly. More juice may be needed to allow mixture to stick together. Put onto Fruit Roll sheet. Dry at 140°F (60°C) for approximately 14 hours. Cut into small squares and place on unlined tray to finish drying. May be coated with melted chocolate, yogurt coating, or carob to make candy bars.
Makes 24 squares.

Energy Nibbles

Seal in a small plastic bag to carry along on hikes.

6 cups ready-to-eat cereal flakes
1 cup raisins or chopped nuts
1 cup brown sugar

½ cup margarine, melted
1 cup dry roasted nuts
1 6oz. pkg. butterscotch chips

Mix all ingredients together with hands until completely mixed. Spread onto Fruit Roll sheet. Dry until crisp at 140°F (60°C).

Yogurt

Yogurt flavor depends on the type of yogurt culture yogurt that is used in the recipe and the incubation time. The longer the incubation, the stronger the flavor.

6 Quarts Plain Yogurt

6 qts 2% low fat or skim milk
3 cups instant nonfat dry milk
1 ½ cup plain yogurt, room temperature
6 (1 quart each) freezer containers or other similar containers with the same height and volume
6 American Harvest Convert-A-Trays™ accessory trays

1 ½ Quarts Plain Yogurt

1 qt. + 2 cups 2% low fat or skim milk
¾ cup instant nonfat dry milk
½ cup plain yogurt, room temperature
5 (¾ pint) freezer containers or similar containers
2 American Harvest Convert-A-Trays

Rinse a saucepan or kettle (depending on the amount of yogurt you are making) with water to prevent milk from sticking (or use a glass container in a microwave). Pour in 2% milk, add dry milk and stir until dissolved. Attach thermometer and heat milk over low heat to 190° - 210°F ((88° - 100°C). If heating in a microwave, use medium power, checking temperature every two minutes. Remove from heat and cool to 110°F (43°C). Remove protein film from top of milk and discard. In a small bowl, stir yogurt until creamy. Mix about ½ cup warm milk into yogurt. Stir until smooth. Add yogurt-milk mixture to remaining milk and stir. Pour into containers and cover with lids. Place on Snackmaster® dehydrator tray and add as many Convert-A-Tray® accessory trays (with center removed) as needed. Make sure the containers are sitting on a tray and not on the actual base of the dehydrator. Incubate 3-6 hours at the lowest temperature setting on your dehydrator. Do not disturb during incubation. After 3 hours, gently shake mixture to see if it is firm. If not firm, let incubate 1 more hour and check again. As soon as yogurt begins to set, chill in refrigerator. For a thicker yogurt, place several layers of white paper towels on top of chilled yogurt to absorb moisture. Store in refrigerator. Add fruit prior to serving.

Note: This recipe calls for American Harvest Convert-A-Tray™ accessory.

INDEX

Breads

Banana Bread	45
Awesome Bran Muffins	46
Waffles	45

Cookies

Crispy Pinwheels	51
Dried Fruit Cookies	56
Dried Fruit Filling	51
Classic Oatmeal Cookies	49

Condiments, Dressing, Stuffings, Sauces

Dried Tomato Spaghetti Sauce	53
Homemade Chili Powder	55
Herb Stuffing	55
Salad Crunchies	55
Dried Tomatoes in Olive Oil	53
Tomato Paste Supreme	53
All Purpose Tomato Sauce	21
Tomato Paste	21

Cooking Dried Food

Crafts

Bread and Glue Ornaments	40-41
Desiccant	36
Dough Ornaments	38-40
Dried Apple Roses	38
Dried Apple Wreath	37
Drying Flowers	35-36
Pomander Balls	36
Potpourri	43
Sweet & Spice Potpourri	43

Desserts

Dried Apple Pastry Squares	48
Apricot Cream Cheese Coffee Cake	49
Dried Fruit Filling	51
Fruit Hors d'oeuvres	47
Strawberry Yogurt Ice-Cream	51

Drying Temperatures

Drying Time

Fruits

Conditioning	13
Fruit Drying Guidelines	16-17
Fruit Rolls	14-15
Garnishes	13
Hints & Suggestions	13
Preparation	11
Pre-Treatment	12
Selection	11

General Drying Guidelines

Herbs

Herb Drying Charts	32-33
Gathering Herbs	29
Packaging	30



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Dehydrator Recipe & Instructions

Preparation	29
Storage	30
Testing for Dryness	30
Using Dried Herbs	30
Jerky	
Meat Jerky	25-27
Beef Jerky Marinade	26
Cooked Meats	27
Drying Meat	26
Preparation	25-26
Selection	25
Storage	27
Fish Jerky	
Drying Fish	27
Selection	27
Preparation	27
Storage	27
Labeling	7
Loading Trays	3
Packaging	6
Record Keeping	7
Rehydrating Dried Foods	9
Salad and Salad Dressings	
Savory Rice Salad	57
Tangy Dressing	57
Selecting Foods to Dry	3
Snacks	
Energy Nibbles	60
Energy Bars	59
Fruit Rolls	15
Fruit Caramel Corn	48
Harvest Granola	59
Cheesy Corn Chips	59
Yogurt	60
Storage	7
Soups	
Vegetable Soup	58
Tomato Soup	21
Testing for Dryness	6
Vegetables	
Blanching	19
Drying	21
Vegetables Drying Charts	22-23
Hints & Suggestions	21
Preparation	19
Selection	19
Tomato Juice	21