



INSTRUCTION MANUAL

FOOD DEHYDRATOR

MFD-1010



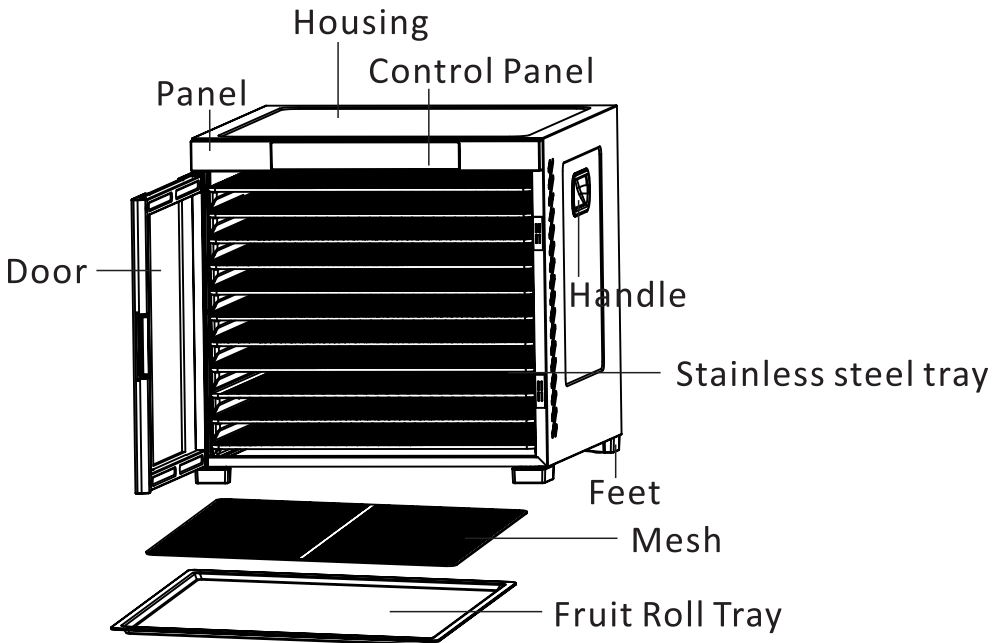
PLEASE READ THIS INSTRUCTION CAREFULLY BEFORE USING THE PRODUCT

Technical specification

Normal Voltage: 120V, 60Hz

Normal Power: 1000 W

Thermostat: 95°F-167°F



Mesh Tray:

Use for smaller items such as herbs and berries; and sticky items such as banana & tomatoes.

Non-stick sheet (Fruit Roll Tray)

Makes delicious fruit rolls naturally. When not using as Fruit Roll Tray, store at the bottom of the unit as a crumb tray.

Getting started

Remove all the packaging materials from the product.

Place the packing inside the box and either store or dispose of responsibly

Safety Instruction

The following basic precautions should always be adhered to when using the electrical appliance.

PLEASE READ THIS INSTRUCTION CAREFULLY BEFORE USE AND RETAIN FOR FUTURE REFERENCE

1. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
Keep the appliance and its cord out of reach of children less than 8 years.
2. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.
3. This food dehydrator is designed for DOMESTIC USE ONLY and is not suitable for commercial use. Do not use it for outdoors.
4. When using the food dehydrator ensures that it is on a flat, level and sturdy surface, ensure no risk that it may fall .Also that it can take the weight of the unit during use.
5. Failure to follow all the instructions listed may result in electric shock, fire or serious personal injury .The warnings, cautions and instructions discussed in this instruction manual cannot cover all possible conditions and situations that may occur while the product in use
6. Do not leave the food dehydrator unattended during use.
7. Always keep the food dehydrator out of children as they are unable to recognize the hazards associated with incorrect handling of electrical appliances.
8. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge. Unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety.
9. Before plugging the food dehydrator into the mains electrical supply, check that the voltage and power supply comply with the specifications on the food dehydrator's rating label.
10. Make sure that the food dehydrator is switched off and remove the plug from the mains electrical supply when it is not in use; before it is cleaned and whilst it is being repaired.
11. Ensure that the food dehydrator and power cord is not hung over sharp edges and keep away from hot objects and open flames; otherwise the plastic will melt and cause a fire.
12. Under no circumstances should the food dehydrator or plug be immersed in water or any other liquid .Do not use the appliance with wet hands.
13. Check the food dehydrator and power cord regularly for damage.
14. Do not use the food dehydrator should there be damage to the plug or cord, following a malfunction,

or after it has been dropped or damaged in any way.

15. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
16. Repairs to the food dehydrator should only be performed by a qualified electrician. Improper repairs may place the user at risk.
17. None of the product's parts are dishwasher safe, unless explicitly specified otherwise.
18. Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug; do not pull on the cord.
19. Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
20. Never use an unauthorized attachment.
21. Avoid contact with moving parts. Keep hands, hair, clothing, spatulas and other utensils away during operation to reduce the risk of injury to persons and/or damage to the machine.
22. Please don't turn the draught of engine towards others or tinder.
23. Please don't keep it beside anything heating. Please keep the plug away from pressing; otherwise it will cause a fire or electric shock.
24. If you pass this appliance on to a third party, these operating instructions must also be handed over.

Caution:

- To reduce the risk of electric shock, do not immerse or expose the product, flexible cord or plug to rain, moisture or any liquid.
 - Do not use the product near baths, basins or other vessels containing water or other liquids, or when standing in or on damp or wet surfaces. Don't keep the device in the watery environment;
 - Keep the device away the place of high temperature, ray and wetly.
 - Don't operate the device with wet hands.
 - Please turn off the power supply in the watery environment.
 - In the event where the appliance is dropped into the water, turn off the power at the power outlet and remove the plug immediately. **DO NOT REACH INTO THE WATER TO RETRIEVE IT.**
 - It is important to note that the appliance will have to be inspected by a qualified technician before using it again.
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- **ATTENTION!** Do not run the appliance for more than 24hours in one single use. After 24 hours. Unplug and let it cool down for at least 2 hours before operating again.
 - Do not operate near gas spray cans.
 - Incorrect operation and improper handling can lead to malfunction of the appliance and injuries to the user.
 - The power cord can not be squeezed by something heavy or sharp, otherwise it will cause a fire or electric shock.
 - The temperature of accessible surface may be **HIGH** when the appliance is operating.

Feature of Dehydrator

This unit features an automatic fan, which circulates warm air producing a nice evenly dried device! Dried foods are a great treat to snack on because they hold almost all of their nutritional value and flavor.

- Perfect way to preserve fruit, snacks, vegetables, bread, flowers and more.
- With ten stainless steel tray, each tray can't over 0.6kgs food
- If you want to dry thicker food, you can take out one tray to make the height higher between two trays.
- Put the Non-stick sheet on bottom can collect the residue during dry food
- From the transparent window, you can see the food situation during drying.

Before Use:

Cleaning:

Before using the first time, wipe all parts of the appliance. Clean the 1F trays, and mesh, on-stick sheet with a lightly moistened cloth.

Use detergent as needed. Don't put the main engine into water or other liquids!

After cleaning the unit must be run in for 30 minutes without placing any food for drying during this period. Any smoke or smells produced during this procedure are normal. Please ensure sufficient ventilation. After the running in period, rinse the racks in water and dry all parts. This act is only necessary for the first time.

Unplug the dehydrator from the power supply and let it cool down before cleaning. Use a soft brush to remove food sticking. Dry all parts before storing the dehydrator.

Do not clean the appliance with aggressive chemicals or abrasives in order not to damage the surface.

Assembling the appliance:

Make sure that the dehydrator sits steadily on a solid level surface. Stock the drying trays and connect the plug with a wall socket. The dehydrator is now ready for use.

Usage Method



Follow the simple Step-by-Step instructions below to successfully start and complete the drying process.

Make sure that the dehydrator on a level surface.

1. Put the clean food in the trays – Do not overload the trays and never overlap the food. Close the door.
2. Plug dehydrator into wall outlet. There is a beep sound at the beginning when it starts up.
3. Press the “START/STOP” button , the unit will default to (FAST mode) 167 °F and 10 hours dehydrating timer. .

4. To Adjust Temperature (95°F-16+°F)

Press the **TIME/TEMP** button and the temperature in the display window will begin to flash (if the time flashes, press the TIME/TEMP button again).

Press the + or – buttons to select the desired temperature. To change the temperature rapidly, hold down the + or – buttons. The temperature range for this dehydrator is 95°F to 161°F.

5. To Set Timer (30 minutes -- 24 hours)

Press the **TIME/TEMP** button and the time in the display will begin to flash. If the temperature flashes, press the TIME/TEMP button again.)

Press the + or – buttons until the desired time is displayed. If you hold down the + or – buttons, the time will change rapidly.

At any time, you can adjust the time or temperature by using the **TIME/TEMP**, +, and – buttons.

You can stop the dehydrator at any time by pressing the **START/STOP** button.

After finish setting, the unit will start to work in 3 seconds.

6. FAST/RAW button :

FAST mode : temperature 161°F , time 10 hours (The screen will show FAST)

RAW mode : temperature 113°F ,24 hours (The screen will show RAW)

7. KEEP WARM button :

This is optional function, press **KEEP WARM** button, the screen will show KEEP WARM, and the unit will keep on working for more 24 hours (95°F) after finish drying .

After the time has elapsed, the screen will show 88:88 and the heating element will turn off. The fan will continue running for 10 seconds, and the unit will beep 5 times to signal that the drying time has finished and the heater element has switched off.

Note: If you do not have time to dry all the food in one day, you can dry them the next day. In this case, you should store the food in a container/polyethylene bag and put it in the freezer.

8. Unplug the unit at the power outlet.

Hints:

·This dehydrator includes 11 trays and an overheat protection. The host contains heating elements, motor, fan and thermostat.

·The air vents on the tray allow air to be circulated.

·Using a controlled heat temperature, Air from the back flow into each tray drying moisture..

·Depending on the moisture in the food itself and the humidity in the air, drying operation time can change. Use the dryer in a dust free, well ventilated, warm and dry room. Well air ventilation is also important.

· Fruit and vegetables dried in your food dehydrator will be different in appearance from those sold in health food stores and supermarkets. This is due to your food dehydrator uses no preservatives, no artificial coloring and only natural additives.

·Records of humidity, weight of produce before and after drying times, will be helpful to improving your drying techniques for the future.

DEHYDRATOR

COOKBOOK



DRYING TIPS:

Drying time for pre-treatment fruit will vary according to the following factors:

- 1) thickness of pieces or slices
- 2) number of trays with food being dried
- 3) volume of food being dried
- 4) moisture or humidity in your environment
- 5) your preferences of drying for each type of dried food

It is recommended to:








- Check your food every hour.
- Rotate and/or re-stack your trays if you notice uneven drying.
- Label food with contents dried, date and weight before drying. It will also be helpful to note the drying time for future reference.
- Pretreated food will give the best effect in drying.
- Correct food storage after drying also will help to keep food in good quality and save the nutrients.










Temperature Settings












95°F
 104°F
 113°F
 122°F
 131°F
 140°F
 149°F
 158-167°F











Uses

Herbs, Flowers, Dough
 Yogurt
 Soft Vegetables
 Hard Vegetables
 Citrus Peel
 Fruit
 Fish
 Meat Jerky, Fruit Rolls

Name	Preparation	Dryness test	Time, hours (approx.)
Apples 	Peel, core and cut slices or rings	Pliable	5-6
Apricots 	Cut in halves or in slices, remove pit	Pliable	12-38
Bananas 	Peel and cut into 3-4mm slices	Crisp	8-38
Cherries 	Pitting is optional, or pit when 50% dry	Leathery	8-34
Cranberries 	Chop or leave whole	Pliable	6-26
Red Dates 	Pit and slice	Leathery	6-26
Figs 	Slice	Leathery	6-26

Grapes		Leave whole	Pliable	8-38
Nectarines		Cut in half, dry with skin side down. Pit when 50% dry	Pliable	8-26
Orange rind		Peel in long strips	Brittle	8-16
Peaches		Pit when 50% dry. Halve or quarter with cut side up	Pliable	10-34
Pears		Peel and slice	Pliable	8-30
Strawberries		Cut into 3/8 inch slices, other berries whole	No moisture	8-26
Artichokes		Cut into 1/3-inch strips. Boil about 10 minutes	Brittle	6-14
Asparagus		Cut into 1-inch pieces	Brittle	6-14
Beans		Cut and steam blanch until translucent	Brittle	8-26
Beets		Blanch, cool, remove tops and roots, slice	Brittle	8-26

Brussels sprouts		Cut sprouts from stalk Cut in half length-wise	Crispy	8-30
Broccoli		Trim and cut. Steam tender, about 3-5 min.	Brittle	6-20
Cabbage		Trim and cut into 1/8-inches trips. Cut core into 1/4-inch strips.	Leathery	6-14
Carrots		Steam until tender. Shred or cut into slices	Leathery	6-12
Cauliflower		Steams blanch until tender. Trim and cut.	Leathery	6-16
Celery		Cut stalks into 1/4-inch slices	Brittle	6-14
Chives		Chop	Brittle	6-10
Cucumber		Pare and cut into 1/2-inch slices	Leathery	6-18
Eggplant/ Squash		Trim and slice 1/4-inch to 1/2-inch thick	Brittle	6-18
Garlic		Remove skin from clove and slice	Brittle	6-16
Hot peppers		Dry whole	Leathery	8-14

Mushrooms		Slice, chop, or dry whole	Leathery	6-14
Onions		Slice thinly or chop	Brittle	8-14
Peas		Blanch for 3-5 min.	Brittle	8-14
Peppers		Cut into 1/4-inch strips or rings. Remove seeds.	Brittle	4-14
Potatoes		Slice, dice or cut. Steam blanch 8-10 min.	Brittle	6-8
Rhubarb		Remove outer skin and cut into 1/8-inch lengths	No moisture	8-38
Spinach		Steam blanch until wilted	Brittle	6-16
Tomatoes		Remove skin. Cut in halves or slices.	Leathery	8-24
Zucchini		Slice into 1/4-inch pieces	Brittle	6-18
Mangos		Remove skin, slice 3/8" thick. Space out on dehydrator tray	Leathery	6-16

Note: Time and methods of fruit pre-treatment, shown in the table above should be used as a guide only. Customer preferences of vegetables drying might not be the same as shown in the table above.

Yogurt:

You may choose to make flavored yogurt and add sugar, honey, flavorings ,fruit, or other ingredients to taste just prior to eating .

Yogurt flavored with preserved fruit

Ingredients:

- 1/2 cup chopped preserved fruit
- 5 tablespoons of the syrup in which the fruit was preserved
- 5 tablespoons of unflavored yogurt or 1 tablespoon of culture
- 1 quart of milk
- Glass jar with screw-top



Heat the milk until it boils (176°F), for 1 to 2 minutes and starts to climb the side of the Saucepan.

Remove the saucepan from heat and allow the milk to cool to lukewarm (104°F).

To accelerate the cooling down, place the saucepan in cold water. Beat together the culture and milk until smooth .

Add the syrup while beating.

Stir in the chopped fruit.

Transfer mixture into glass jars, and close with screw-top.

Remove some trays from dehydrator and place jars inside.

Dehydrate for 8 to 12 hours.

Do not stir or check yogurt during this time.

Once dehydrating is done, place in fridge. Yogurt will thicken as it cools.

Tip: The dehydrate time depend on the size of the jar and the type of yoghurt you used as the starter. The larger the container the longer the fermentation time. If the yoghurt isn't quite set, place back in the Dehydrator for another hour. Repeat until the yoghurt is set. Remember that the yoghurt will firm up more once it's refrigerated.

• **TIP:** If you like thicker yoghurt place the fermented yoghurt in muslin. Hang and allow the excess liquid to drip out. Leave for an hour and what remains inside the muslin is thick Greek yoghurt.

• **TIP:** Because homemade yoghurt doesn't have any preservatives or stabiliser, the yoghurt will separate when stored in the refrigerator. Give it a quick stir and it will be thick and creamy again.

• **TIP:** If your finished yoghurt is too thin and sour tasting you have left it in the Dehydrator for too long.

Fruit leather:

Strawberry Fruit Rolls

You can substitute the strawberries for blackberries, blueberries or raspberries.

1 teaspoon vanilla extract

500g fresh strawberries, hulled, halved

300g apple puree

1. Set Dehydrator to 158°F.
2. Place all the ingredients in the jug of a blender or bowl of a food processor. Process until smooth.
3. Spoon puree evenly onto greased fruit roll up tray.
4. Place in Dehydrator. Leave for 6-9 hours or until pliable. Roll up each fruit piece to form a log.



Mango Fruit Rolls

800g sliced mango in natural juice, drained

1. Set Dehydrator to 158°F.
2. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.
3. Spoon puree evenly onto greased fruit roll up tray.
4. Place in Dehydrator. Leave for 6-8 hours or until pliable. Roll up each fruit piece to form a log.

Fruit rolls make delicious snacks ready to have on hand. Here are some hints to ensure perfect fruit rolls:

TIP

- Fresh or canned fruit can be used to make fruit rolls, simply substitute weight for weight. However, do not combine a mixture of canned and fresh fruit in the same roll up. If using fresh fruit, make sure it is of good quality without soft or discoloured patches.
- If using fresh fruit, you will need to peel and cook it first so that it can be pureed in a blender for the preparation required to make rolls.
- The prepared fruit must be evenly spread over the fruit roll trays to ensure even drying times.
- The fruit should be spread to an even thickness of about 5mm. The fruit, once pureed, needs to be a spoonable consistency. If the mixture is too runny the end result will be affected.
- If mixture is too runny, you can add pureed apple or pear to the mixture to make up the desired consistency.
- Make sure the fruit rolls are dried continuously at the recommended temperature and time.
- Once dried, the fruit rolls should be pliable and without any soft or sticky patches on top or underneath.
- Remove fruit rolls from trays when still warm and roll up to form logs.
- Wrap in non-stick baking paper and store in an airtight container in a cool, dark place for up to 1 week. Do not store in the fridge as the fruit rolls need to be stored in a moisture-free area to maintain a pliable, chewy texture.
- Suitable fruits for rolls include: Apple, apricot, berries, cherries, mango, peaches, pears, and plums.

Jerky:

Beef jerky

Makes: 250g

Preparation: 10 mins (+ 12 hours marinating time)

Drying: 5 hrs

500g beef fillet or sirloin, excess fat trimmed

½ cup soy sauce

½ cup Worcestershire sauce

1 teaspoon salt



1. Place beef in a shallow glass dish. Pour over combined sauces and salt. Cover with plastic wrap and place in the fridge, turning occasionally, for 12 hours to marinate. Drain. Discard marinade.

2. Use a large sharp knife to cut beef fillet across the grain into 5mm-thick slices. Arrange beef on drying racks. Dry on 158°F for 5 hours, rotating racks halfway through drying process, for 5 hours.

Fish Jerky

2 cups water

2 cups brown sugar

1 cup salt

¼ cup soy sauce

4 fillets firm white fish or salmon, skin removed

2 teaspoons paprika, optional

1. Combine water, sugar, salt and soy sauce in a saucepan over medium heat. Stir until all sugar has dissolved. Set aside until room temperature.

2. Cut fish into 2cm thick strips. Place in cooled marinade. Cover and refrigerate overnight or for at least 6 hours.

3. Set Dehydrator to 149°F.

4. Drain salmon. Lay salmon across the Dehydrator shelves in a single layer.

5. Place in Dehydrator. Leave for 8 hours. Store in airtight container in refrigerator for up to 1 week.

TIP: Remember if you are using salmon or any other high fat fish, the shelf life will be significantly reduced.

TIP

- Choose lean meat without much marbling (fat distributed throughout meat).

IMPORTANT: Meat must be of the highest quality and marinated on day of purchase.

- Marinate the meat in its whole form and slice after marinating. The marinade needs to be salty (see Beef jerky recipe) as this helps draw moisture from the meat reducing the water content and making the meat safe to consume.

- Store the marinated meat in the fridge for up to 12 hours. Drain well.
 - The meat needs to be sliced thinly and each slice needs to be of equal thickness, preferably 5mm. You can achieve this with a deli-style meat slicer.
 - Sometimes partially freezing the meat first, and then slicing it makes slicing easier. Then thaw meat before arranging on trays to dry.
 - Always slice the meat across the grain. Meat sliced with the grain falls apart and can have a chewy texture.
 - Dehydrated meat needs to be stored in an airtight container in the fridge for up to 3-4 weeks. If wanting to store for a longer period, label, date and freeze for up to 3 months. Thaw in fridge overnight.
 - Once the drying time is complete, cool beef to room temperature and pat surface dry with a paper towel to remove any excess surface moisture and ensure keeping times are safe.
- IMPORTANT: Meat must be stored in the fridge or freezer only. Storing meat at room temperature could promote the growth of bacteria if not dried thoroughly.

Cheesy Kale Chips

The ingredients may not look cheesy but the flavor comes from the yeast and miso paste.

- 2 bunches kale, washed, roughly torn
- 1 cup nutritional yeast
- 1 cup white miso paste
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 2 cloves garlic, crushed



1. Set Dehydrator to 122°F.
2. Combine yeast, miso, oil, salt and garlic. Stir to form a paste.
3. Rub kale leaves with miso mixture. Place on Dehydrator shelves.
4. Place in Dehydrator. Leave for 12-13 hours or until crispy. The length of time will depend on the thickness of the kale leaves.

Store in an airtight container for up to one week.

Cheesy Bread

- 1 cup warm water
- 2 tablespoons sugar
- 1 tablespoon yeast
- 4½ cups flour
- ⅓ cup olive oil
- 1 tablespoon dried oregano
- 2 teaspoons salt Filling:500g bacon, cooked
- 2 cups grated mozzarella cheese
- 1 cup grated cheddar cheese



1. Set Dehydrator to 95°F. Line a Dehydrator shelf with baking paper.
2. In a jug combine water, yeast and sugar. Place jug in Dehydrator for 10 minutes. The yeast should be bubbly.
3. Place flour, olive oil, oregano and salt on a work surface. Form into a mound and make a well in the center.
4. Add the liquid ingredients and slowly bring the flour into the center to form a dough. Knead for about 5 minutes or until the dough is elastic and smooth.
5. Lightly grease a large bowl with oil. Place dough in the bowl and place in Dehydrator. Leave for 1 hour or until doubled in size.
6. Remove from the bowl and knead quickly for 1 minute.
7. Roll dough out into a large rectangle. Cover the dough with bacon and cheese. Roll up, using the widest side, into a cylinder. Bring the two ends of the dough together to form a circle. Pinch dough together to seal.
8. Place on a lined Dehydrator shelf. Place in Dehydrator. Leave for 30 minutes. At this point preheat oven to 392°F..
9. Remove dough from Dehydrator and place on metal baking tray. Bake for 20 minutes or until golden and cheese is bubbling.

Nutty Quinoa Granola

- 2 cups quinoa, soaked for 2 hours
- 1 cup pecans, soaked for 2 hours
- ½ cup pumpkin seeds, soaked for 2 hours
- ½ cup sunflower seeds, soaked for 2 hours
- ⅓ cup maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon ground mixed spice
- 1 teaspoon vanilla extract
- 1 teaspoon sea salt
- 2 tablespoons coconut oil
- 6 medjool dates, stones removed, roughly chopped



1. Set Dehydrator to 149°F. Line non-stick sheet on tray .
2. Drain quinoa, pecans, pumpkin and sunflower seeds.
3. In a large bowl combine all ingredients. Make sure all ingredients are coated in oil and syrup.
4. Spread evenly over 2 Dehydrator shelves.
5. Place in Dehydrator. Leave for 24 hours or until crunchy. Place in airtight container.

Apricot Coconut Cookies

- 2 cups dried dates, stones removed
- 1 cup almond butter
- 1 cup dried apricots
- 1 cup shredded coconut
- ½ teaspoon salt



1. Set Dehydrator to 158°F.
2. Place all ingredients in the bowl of a food processor. Pulse until a chunky paste has formed.
3. Form mixture into 1 tablespoon sized balls. Place on Dehydrator shelves. Press down to flatten.
4. Place in Dehydrator. Leave for 7-8 hours or until firm. Store in an airtight container for up to one week.

STORAGE

- Store food only after they have cooled down.
- Food can be kept longer if stored in a cool, dry and dark place.
- Remove all the air you possibly can from the storage container and close tightly.
- Optimal storage temperature is 59°F or lower.
- Never store food directly in a metal container.
- Avoid containers that “breathe” or have a weak seal.
- Check the contents of your dried food for moisture during the weeks following dehydration. If there is moisture inside, you should dehydrate the contents for a longer time to avoid spoiling.
- For best quality, dried fruit, vegetables, herbs, nuts, bread should not be kept for more than 1 year, if kept in the refrigerator or freezer.
- Dried meats, poultry and fish should be stored for no more than 3 months if kept in the refrigerator, or 1 year if kept in the freezer.

Maintenance/Cleaning Method

After using, unplug the dehydrator from the power supply and let it cool down before cleaning.

Use a soft brush to remove food sticking on the trays.

Dry all parts with a dry cloth before storing the dehydrator.

Clean the surface of body with damp cloth.

Use paper towels to remove any excess marinade.

Do not clean the appliance with aggressive chemicals or abrasives in order not to damage the surface.

Protect the appliance from dust and dirt when not using it for a prolonged length of time (wrap it in a plastic bag). Store it in a dry place

SAVE THIS INSTRUCTION !



2 Alpine Ct ste 102 • Chestnut Ridge NY 10977 USA

201.785.8840 | contact@magicmillusa.com