



Preface

Dried Food-enjoy it

Dehydrated food is a versatile source of nutrition. It can be eaten, used as an ingredient in cooking, or reconstituted by soaking in water. Live nutrients and enzymes in food are preserved through dehydration.

Now drying food is easy! Whether you're preserving seasonal crops or making protein-packed camping snacks, this dehydrator cookbook will take you through the ins and outs of dehydrating, storing, and dehydrating a variety of foods. *Septree Dehydrator Cookbook* is your all-in-one guide to easy, affordable home drying, combining delicious dehydrated foods with easy-to-navigate instructions that will have you drying in no time.

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Dried Cherry Tomato

Ingredients:

Cherry Tomato

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



- 1 Please immerse the cherry tomato in brine for 10 minutes, and then wash them in clean water.



- 2 Slice the tomatoes in half. If using round tomatoes, cut them into quarters.



- 3 Keep the cut side up and put them on the tray.



- 2 Temperature: 80°C/176°F , Timing: 12-14 hours; after cooling down, cold store with seal.

Dried Peach

Ingredients:

Peach

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



2 Cut peaches into 4/5-inch thick slices.



1 Clean and peel the peach.



3 Temperature: 70°C/158°F, Timing: 13-15 hours.



Dried Apple

Ingredients:

Apple

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



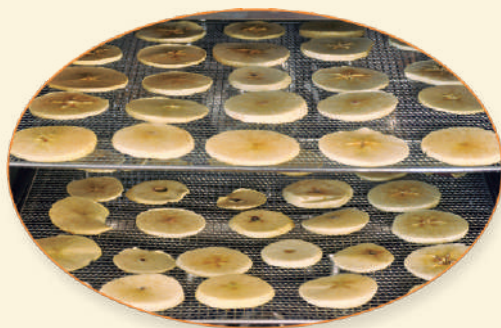
1 Washed apple and cut into slices (apple skin can be peel off or not peel off).



2 Apple slices is 1/6-inch thick. Steep apple slices in brine for 5 mins.



3 Dry out and put on the tray.



4 Temperature: 75°C/167°F , Timing: 6-8 hours. Longer timing make it crisp.

Dried Longan

Ingredients:

Longan

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



1 Fresh longan.



2 Remove the shell and pits of Longan. Cut them in half if the pulp is big.



3 Put on the tray.



4 Temperature: 75°C/167°F
Timing: 7-10 hours.

Dried Red Dragon Fruit(Pitahaya)

Ingredients:

Red dragon fruit(Pitahaya)

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for three weeks.

Methods:



- 1 Fresh red dragon fruit with smooth surface, and check the root if it rotten.



- 2 Peel off and cut slices, slices should be 1/8-inch thick.



- 3 Put on the tray.



- 4 Temperature: 75°C/149°F
Timing: 7-10 hours.

Dried Strawberry

Ingredients:

Strawberry

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



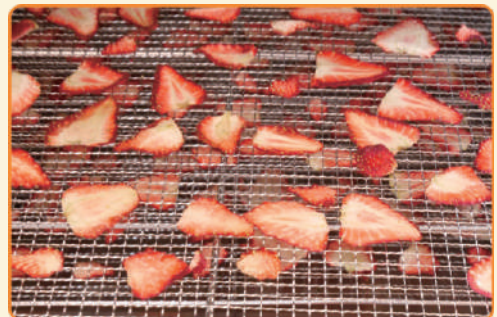
1 Wash and steep strawberry in brine for 10 minutes.



2 Capped and Cut into slices with 1/5 - inch thick.



3 Temperature: 80°C/176°F, Timing: 5 hours.



4 After cooling down, cold store with seal.

Dried Cantaloupe

Ingredients:

Cantaloupe

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



1 Fresh cantaloupe .



2 Wash and remove the seeds, cut them into slices in 1/5-inch thick, then put them on the trays.



3 Temperature: 80°C/176°F, Timing: 6-8 hours.

Dried Orange

Ingredients:

Orange

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for two months.

Methods:



- 1 Clean the surface of orange with salt, then cut off the top and bottom of oranges.



- 2 Cut into slices with 1/6-inch thick, put on trays.



- 3 Temperature: 70°C/158°F, Timing: 7-9 hours. Timing should depend on the size and thickness of the slices. Store with seal at regular temperature after well dehydrated.

Dried Watermelon



Ingredients:

Watermelon

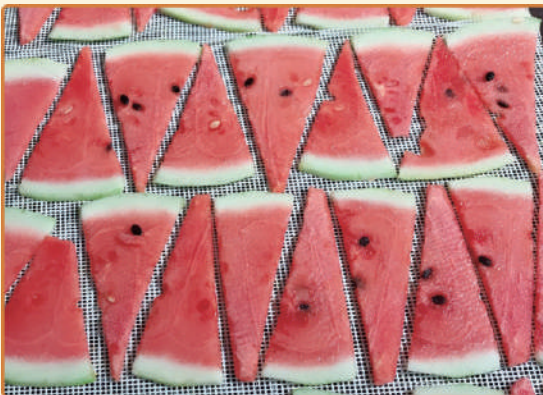
Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



1 Fresh watermelon.



2 Clean and cut it into slices with 1/5-inch thick put on trays.



3 Temperature: 80°C/176°F, Timing: 6-8 hours. Timing should depend on the size and thickness of the slices.

Dried Lemon



❑ Ingredients:

Lemon

❑ Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for three months.

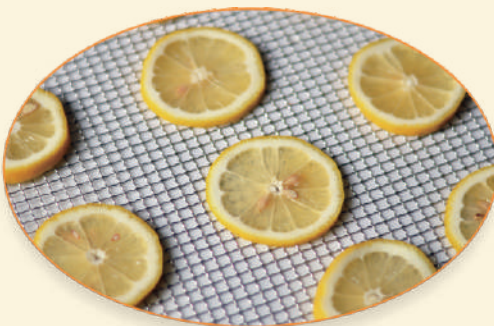
❑ Methods:



❶ Pick fresh and good lemon.



❷ Clean the lemons with salt.



❸ Slice them into 1/8-inch thick, then put them on trays.



❹ Temperature: 65°C/149°F, Timing: 13-15 hours. Make it completely dry and without moisture in lemon slices.

Dried Grapefruit



Ingredients:

Grapefruit

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for two months.

Methods:



- 1 Clean the surface with salt, then cut the top and bottom of grapefruit



- 2 Cut into slices with 1/8-inch thick, put on trays.



- 3 Temperature: 65°C / 149°F, Timing: 14-16 hours. Timing should depend on the size and thickness of the slices. Store with seal at regular temperature after well dehydrated.

Dried Kiwi

Ingredients:

Kiwi

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



1 Pick fresh kiwi.



2 Peel off.



3 Cut into slices with 1/8-inch thick, put on trays.



4 Temperature: 70°C/140°F, Timing: 2-5 hours.



5 Timing should depend on the size and thickness of the slices.



6 Well dried kiwi looks delicious.



Dried Mango

Ingredients:

Mango

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



1 Peel off.



2 Cut into slices with 1/8-inch thick, put on trays.



3 Temperature: 65°C/149°F,
Timing: 7-9 hours

Dried Blueberry



Ingredients:

Blueberry

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for two weeks.

Methods:



1 Fresh blueberry, wash and dry out.



2 Lie all blueberry on trays.



3 Temperature: 80°C/176°F, Timing: 12-15 hours. Store with seal after well dehydrated.

Dried Passion Fruit

Ingredients:

Passion Fruit

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for two weeks.

Methods:



1 Fresh passion fruit.



2 Take out the pulp.



3 Put silicone pads on the tray, put the pulp into mold.



4 Temperature: 75°C/167°F, Timing: 8-10 hours. Store with seal at regular temperature after well dehydrated.

Fish Skin

Ingredients:

Fish

Storage

Store in airtight containers away from direct light. Properly stored at room temperature for one week.

Methods:



1 Prepare fresh fish.



2 Fillet the fish with 2/5-inch thick thickness.



3 Temperature: 70°C/158°F, Timing: 3 hours. Till it have no moisture.



Pork

Ingredients:

Pork

Storage

Store in airtight containers away from direct light. Properly stored at room temperature for one week.

Methods:



2 Cut into slices with 1/5-inch thick

3 Temperature: 70°C/158°F,
Timing: 7 hours.



1 Clean and drain lean pork.



Chicken Roll With Vegetable And Fruit

Ingredients:

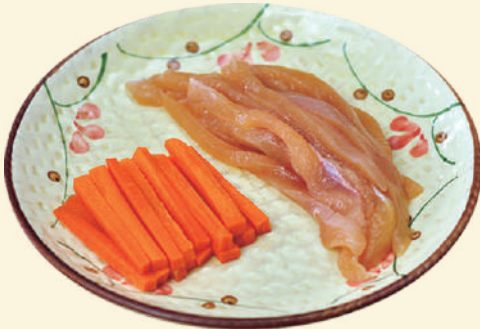
Chicken--- 3.52oz

Carrot---3.52oz

Storage

Store in airtight containers away from direct light. Properly stored at room temperature for one week.

Methods:



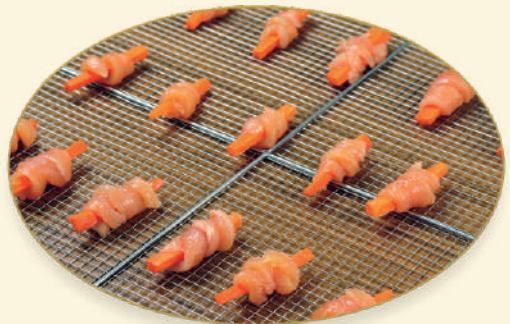
- 1** Prepare fresh chicken and carrot. Cut the chicken into slices with 8-inches length and 2/5-inch wide. Cut the carrot into slices with 1/4-inch length.



- 3** After 30 minutes' standing, the chicken can entangle well with the carrot.



- 2** Chicken strips wrapped in carrot.



- 4** Temperature: 80°C/176°F, Timing: 8-10 hours. Roll over the chicken roll one time while dehydrating.

Chicken Thigh Strips

Ingredients:

Chicken thigh

Storage

Store in airtight containers away from direct light. Properly stored at room temperature for one week.

Methods:



- 1 Peel off and remove bones, cut to strips for 2/5-inch length.



- 2 Put on trays.



- 3 Temperature: 70°C/158°F, Timing: 6 hours.



Chicken Breast



Ingredients:

Chicken breast

Storage

Store in airtight containers away from direct light. Properly stored at room temperature for one week.

Methods:



- 1 Wash and peel off the chicken breast.



- 2 Cut into slices for 2/5-inch thickness.



- 3 Temperature: 80°C/176°F, Timing: 7-9 hours.

Duck Breast

Ingredients:

Duck breast

Storage

Store in airtight containers away from direct light. Properly stored at room temperature for one week.

Methods:



- 1 Wash and peel off the Duck breast.



- 2 Cut into slices for 1/4-inch thickness.



- 3 Temperature: 80°C/176°F, Timing: 7 hours. After cooling down, cold store with seal.

Salmon



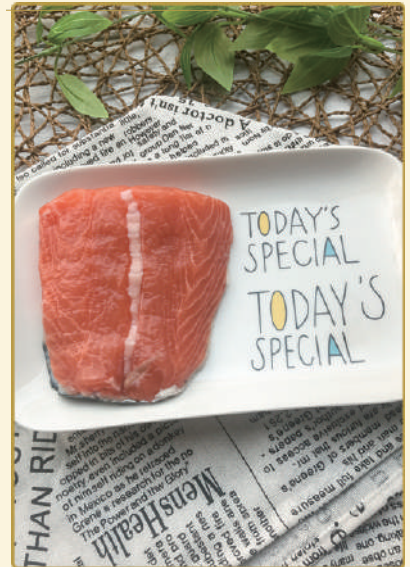
Ingredients:

Salmon tail

Storage

Store in airtight containers away from direct light. Properly stored at room temperature for 15 days. Cold store with seal, storage period one month.

Methods:



- 1 Prepare fresh salmon tail, wash and clean.



- 2 Cut into slices with 1/5-inch, put on trays.



- 3 Temperature: 90°C/194°F, Timing: 8 hours.

Duck Roll With Egg

Ingredients:

Duck; egg

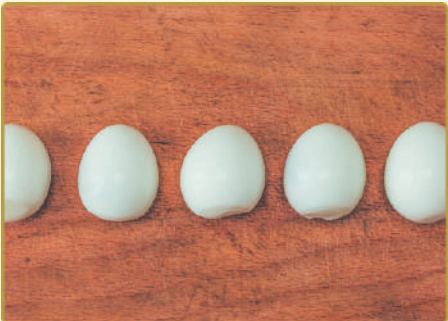
Storage

Store in airtight containers away from direct light. Properly stored at room temperature for three to four weeks.

Methods:



1 Boiled eggs.



2 Peel the boiled egg.



4 Wrapped up the boiled egg with duck.



3 Cut the duck into slices with 1/4-inch thickness.



5 Set the dehydrator to 194°F/90°C, and the drying time: 20 hours. Store in a sealed container after cooling down.

Duck With Cattle Cartilage



Ingredients:

Duck; cattle cartilage

Storage

Cold store with seal, store in airtight containers away from direct light. Properly stored at room temperature for three months.

Methods:



- 1 Prepare fresh duck and cattle cartilage.



- 2 Cut the duck into slices, roll the duck with the cattle cartilage like above picture.



- 3 Set the dehydrator to 194°F/90°C, and the drying time: 20 hours. Store in a sealed container after cooling down.

Chicken Sausage



Ingredients:

Chicken
Hog casing

Storage

Cold store with seal, Store in airtight containers away from direct light. Properly stored at room temperature for three to four weeks.

Methods:



1 Puree chicken in a blender.



2 Wash hog casing.



3 Pour the chicken into hog casing with funnel. Tie tightly with rope, and prick it every section.



4 Set the dehydrator to 194°F/90°C, and the drying time: 20 hours. Store in a sealed container after cooling down.

Honeysuckle

Ingredients:

Honeysuckle

Tips:

Do not turn over when it dehydrating. It will wetting back after well dried at the first time. Dried it again 1-2 days later.

Storage:

Cold store with seal, Store in airtight containers away from direct light. Properly stored at room temperature for three to four months.

Methods:



- 1 Prepare fresh honeysuckle, take out all the leaves and keep the flowers.



- 2 Put on trays.



- 3 Preheat for 5-10 minutes, Temperature: 70°C/158°F, Timing: 3-4 hours.

Okra

Ingredients:

Okra

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for three months.

Methods:



- 1 Prepare fresh okra, shorter one is more tender, the harder one is old and have bright-colored .



- 2 Boiled them with salt for 3-5 minutes, drain and rinse in cold water.



- 3 Set the dehydrator to 158°F/70°C, and the drying time: 8-12 hours.

Cucumber

Ingredients:

Cucumber

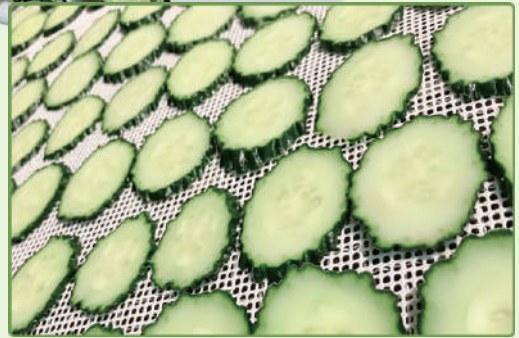
Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for three weeks.

Methods:



1 Prepared fresh cucumber, which have small and thick thorn.



2 Use a slicer to cut it into 1/4-inch slices.



3 Set the dehydrator to 158°F/70°C, and the drying time: 3-6 hours.



4 Store with seal.

Ginger



Ingredients:

Ginger

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for one month.

Methods:



1 Soak the ginger in water to remove residues of pesticides.



2 Cut into 1/5-inch slices.



3 Temperature: 80°C/176°F,
Timing: 6-9 hours.

Bitter Gourd

Ingredients:

Bitter gourd

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for six months.

Methods:



1 Wash the bitter gourd.



2 Cut into 1/6-inch thick slices.



3 Put on trays.



4 Set the dehydrator to 158°F/70°C, and the drying time: 6-8 hours.

Black Fungus



Ingredients:

Black fungus

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for five months.

Methods:



1 Prepared fresh and good black fungus.



2 Wash but not over soak.

3 Temperature: 70°C/158°F,
Timing: 3-5 hours.

Cabbage

Ingredients:

Cabbage

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for four months.

Methods:



- 1 Soak dried cabbage in clean water for few minutes.



- 2 Cook it well.



- 3 Rinse in cold water to keep fresh.



- 4 Put on trays after drained.



- 5 Temperature: 80°C/176°F, Timing: 6-8 hours. Bigger cabbage takes longer time.

Hot Pepper



Ingredients:

Hot pepper

Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for twelve months.

Methods:



- 1 Prepare fresh hot pepper with capped, wash and drain.



- 2 Put on trays.



- 3 Temperature: 70°C/158°F, Timing: 7-9 hours.

Dry Cooked Pork Stripe

Ingredients:

Pork--- 3.3lb
Salt---1 teaspoon
White sugar---3 teaspoon
Light soya sauce---4 teaspoon
Liquor---4 teaspoon
Curry powder---1 teaspoon
Five spice powder
---2 teaspoon
Cayenne pepper
---2 teaspoon



Storage:

Store in airtight containers away from direct light. Properly stored at room temperature for three days.

Methods:



1 Boil with water and liquor.



2 Boil for 10 minutes till the pork well cooked.



3 Remove fat parts, cut the pork into 3/5-inch thick slices.



4 Add all the spices in it.



5 Mixed well.



6 Stir-fry until well combined.



7 Temperature: the highest, Timing: 1.5 hours.



Spiced Beef



Ingredients:

Beef shank--- 2.2lb, Spice--- 1tsp
Five spice powder---1tbsp
Sugar---1tbsp

Storage:

Store in airtight containers away from direct light.
Properly stored at room temperature for three days.

Methods:



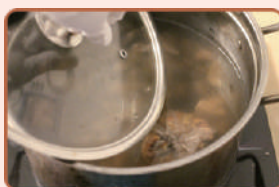
- 1 Remove tendon and cut into slices. 2 Boil in water.



- 3 Get it out.



- 4 Boil all the spice.



- 5 Put the beef into boiled spice, boil for 10 minutes and leave it overnight.



- 6 The beef become tender and tasty.



- 7 Add the five spice power and sugar, mixed well and cure for 1 day.



- 8 Put on trays.



- 9 Temperature:80°C/176°F, Timing:6 hours.

Banana & Milk Roll

Ingredients:

Banana---1.32lb , Milk--- 1cup
Sugar---2tsp

Storage:

Store in airtight containers away from direct light.
Properly stored at room temperature for two weeks.

Methods:



- 1 Prepare fresh banana, milk , an aluminum foil and slicer.



- 2 Peel off the banana, cut into slices with slicer.



- 3 Mixed with milk and sugar.



- 4 Puree with a blender.



- 5 Put an aluminum foil on the trays, then pull the puree on it. Set the dehydrator to 176°F/80°C, and the drying time: 6 hours. Remove the aluminum foil and roll it up when it becomes 80% dry, then dry it again.