



Luvele *Flow* Food Dehydrator



Instructions
LFFD250



Congratulations

on the purchase of your new Luvele *Flow* Food Dehydrator

Safety Instructions

Please be sure to read all of the following instructions before using the Luvele Food Dehydrator. Keep the instructions for future reference.

Remove all packaging material for Food Dehydrator before first use

Do not place the Food Dehydrator near the edge of a bench or table during operation. Ensure the surface is level and free of liquids or other substances.

Do not place the Food Dehydrator near or on a hot stove or oven. Do not place any parts of the Food Dehydrator in a dishwasher or microwave oven.

Never operate damaged appliance, including damaged main cable.

Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.

Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.

Young children should be supervised to ensure that they do not play with the appliance.

Do not use the appliance for any purpose other than its intended use.

Do not immerse the appliance in water or any other liquid unless recommended.

Never remove main cable with wet hands, or lay cable on hot surfaces, or let cable come into contact with hot surfaces.

Unplug the appliance after each use, when the appliance is not in use and before changing accessories or cleaning the appliance.

Do not try and perform any maintenance, other than cleaning. For any maintenance issues please contact Luvele at support@luvele.com.

Use well away from walls and curtains.

Avoid using on metal surfaces e.g. sink.

Introduction to Food Dehydration

How Food Dehydration works

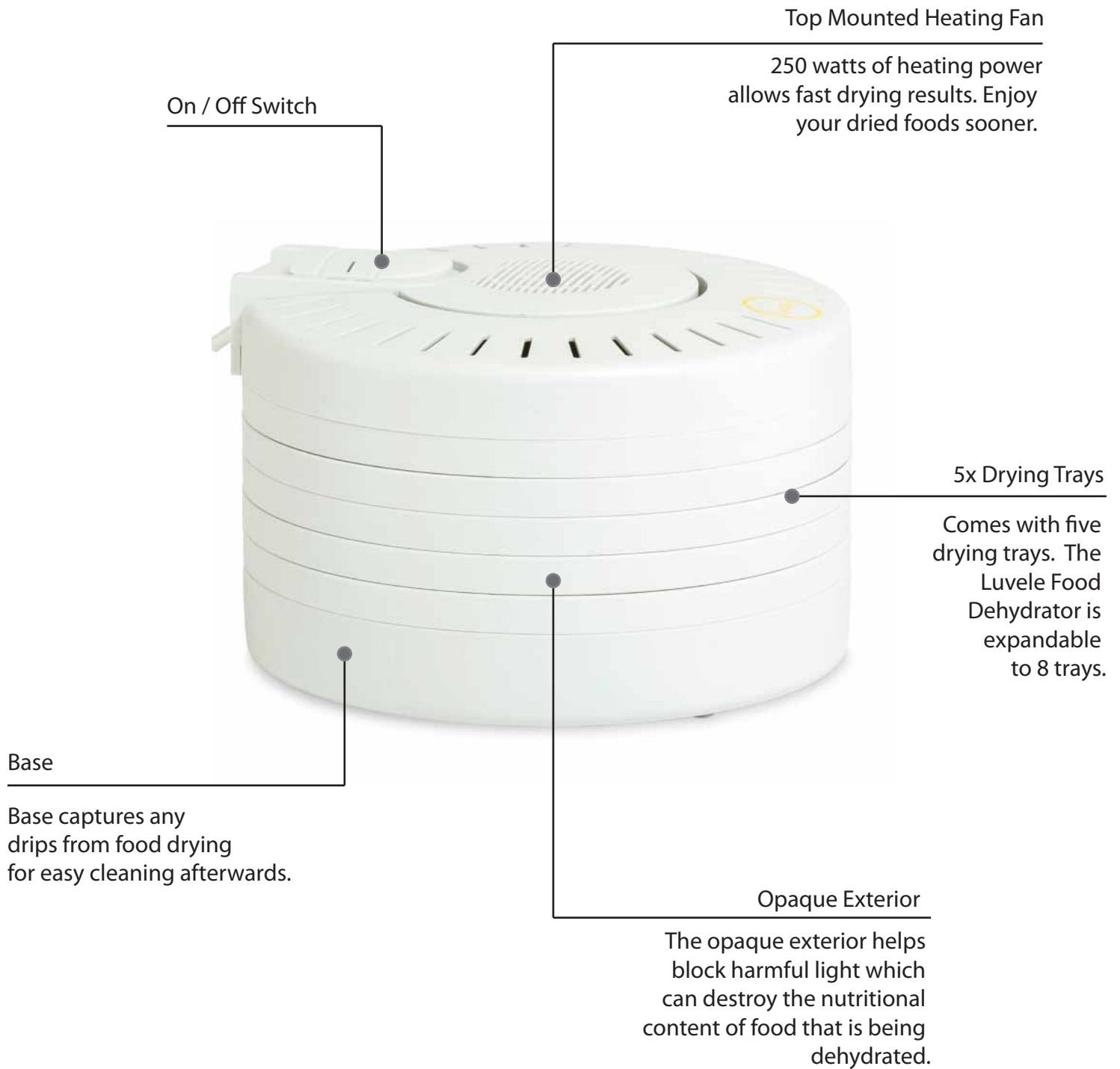
Electric Food Dehydrators eliminate much of the guess work in food drying and gives you the flexibility to dry food anytime of the day or night and in any weather. Drying food is the oldest method of preserving food. It is a natural process that creates an environment in which water is removed from food. Dehydrating food also seals in the flavours and nutrients of the food, leaving a high nutrient and vitamin content in your dried foods. Drying fresh, ripe fruit, vegetables, meats and just about any other type of food, allows you to enjoy these luxuries all year round. Storing of food is easy and takes up little storage space. Dried food has a long shelf life in air tight storage jars of approximately 4-6 months depending on type of food and climate.

Drying fruit and vegetables with your Luvele Food Dehydrator will produce food that differs in colour and appearance from produce purchased in Health Food Stores and Supermarkets. This is because most commercially dried foods have artificial colouring and preservatives added to them. Whereas your Luvele Food Dehydrator requires no preservatives or additives.

You can dry herbs, flowers, fruits and vegetables straight from your garden. You can make delicious beef jerky with your favourite herbs and spices. Natural healthy snacks can easily be created using your Luvele Food Dehydrator, also a variety of fruit rolls-ups. It is all about experimenting, the choices are endless.



Know your Luvele Food Dehydrator #1



Know your Luvele Food Dehydrator #2

The Luvele Food Dehydrator is ideal for home use and for professionals who want to make their own natural dried foods. These can include fruit roll-ups, dried fruits and vegetables, beef jerky, etc.

The Luvele Food Dehydrator comes with five trays. It has a quiet 250 watt motor which allows food to dry in hours not days. It provides the flexibility to dry all types of fruits, vegetables, herbs, even cured meat.

Before using your new dehydrator

1. Wash the trays in warm soapy water
2. Do not put top mounted power unit in water. Wipe the top mounted power unit with a damp cloth only.
1. Set the base on a level bench top or table.
2. Stack the five trays on to the base.
3. Place the top mounted power unit on top of the five trays.
4. Then plug cord into electrical outlet and you're ready to begin dehydrating selected foods.

Accessories

- A. The Luvele Food Dehydrator is expandable to 8 trays. You can purchase spare trays in packs of 3.
- B. Spare Fruit Roll-up sheets are available in packs of 2.
- C. Spare non-stick mesh liner are available in packs of 2.

All accessories are available through our website; www.luvele.com

Cleaning your Base and Trays

The dehydrator trays are easy to clean. Simply soak the trays in warm water with detergent for several minutes. Use a soft brush to clean off any food particles that remain. Do not use any metal objects or scouring pads to clean trays with as they may damage the surface of the trays. Caution: Do not place trays in dishwasher.

Top Mounted Power Unit

Use a damp cloth or towel to remove dried food particles from the top mounted power unit of the dehydrator. Avoid dripping any liquid into electrical parts. Caution: Be sure the unit is unplugged before cleaning the top mounted power unit. Do not immerse in water

Drying Instructions #1

Selecting Food & Loading Tray

Select high quality produce that is ripe and full of flavour for the best results. Wash all fruits and vegetables to remove any debris, dust or insects. Cut away any bruised or damaged sections. Lay food pieces evenly onto the trays. Do not overlap the food pieces as this may inhibit drying. As each tray is loaded, stack it on the dehydrator to begin the drying process.

Drying Time

Drying times will vary, depending on the type and amount of food, the thickness of the slices, the percentage of water in the food and the weather when using the Dehydrator.

Packaging

Dried foods should be packaged straight after drying to prevent stickiness and rehydration caused by humidity. Store dried foods in airtight, moisture proof containers. If foods are insufficiently dried, or are exposed to moisture from faulty packaging, they can lose quality and nutrition, and can even form mould during storage. The **Luvele Vacuum Sealer** is ideal for packaging dried foods. It can extend the shelf life of dried foods 3 to 4 times. The Luvele Vacuum Sealer can be purchased from our website.

Plastic freezer bags can be used. Plastic storage bags that are not labelled 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. Store all foods separately so flavours do not mix. Fruit roll-ups are best if removed while still warm. Wrap in plastic wrap and place in airtight moisture-proof containers for storage.

Drying Instructions #2

Storage

The storage area should be cool, dry, and dark. The darker and cooler the storage area, the longer the dried foods will last. The ideal storage temperature for dehydrated food is 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.

Rehydrating Dried Food

Enjoy dehydrated foods when dry or rehydrate foods to use in recipes. Rehydrating can be done by placing dried foods in enough water to cover food and then soaking for approximately one hour. Boiling water will rehydrates foods much faster than cold water. Fruits or vegetables may also be rehydrated in liquids other than water, including fruit juices, cider, vegetable juices, milk etc. Adding salt or sugar during rehydration will slow the rehydration process down.

Cooking Dried Food

After rehydrating food, cook it as you would normally. Most fruits and vegetables will rehydrate to about 70-90% of their fresh state. Keep in mind they will be more chewy than fresh or frozen fruit and vegetable. Dried food used in cooking will absorb additional liquid, so adjust the recipe accordingly by adding more water.

Accessories Available

Add extra Trays

If you are enjoying your dried foods why not add extra trays to increase the drying potential of your new Food Dehydrator. Luvele offers packs of three spare trays. The Luvele Food dehydrator can be stacked to eight trays. Drying more food in one batch is an efficient, power saving way to enjoy more dried foods more often.

Non-stick Mesh Liner

Luvele non stick mesh liners are used to prevent foods with high sugar content, such as bananas, tomatoes and watermelon, from sticking to the drying trays. Without this mesh liner sticky foods can be difficult and frustrating to peel or scrape off the trays. The mesh liners also help prevent small pieces of food, like herbs, from falling through the trays. Lastly, they minimize liquid or juice from dripping down from one tray onto another.

The mesh liners are non-stick, easy to clean, heat-resisting, reusable and they carry SGS (Global) and FDA (USA) food safety approvals. They are available in packs of two.

Fruit Roll-up Sheet

The Luvele fruit roll-up sheet is a plastic liner that fits inside a dehydrator tray. They are used for foods that are high in liquid content which cannot be dehydrated directly on the drying tray or mesh liner because they would drip through. The roll-up sheet provide a way to make fruit roll-ups like you buy at the supermarket out of just about any fruit combination imaginable. They can also be used to dry crackers, thick or pureed foods such as applesauce, spaghetti sauce, yoghurt, soups, stew, refried beans and pea soup. They are available in packs of two.

Meat Jerky Gun

The Luvele Jerky Gun allows you to make great tasting jerky in your own home. You can make perfect jerky sticks or strips, with ease every time, using the Luvele Jerky Gun.

***These accessories and other can be purchase from our website
www.luvele.com***

Drying Fruit #1

Preparation

Wash fruit and dry with paper towels. Remove any blemishes, pips and stones, then slice evenly. Pre-treat where recommended. Read following table for further information.

Pre-Treatment

The pre-treatment of fruit is recommended to help slow down browning while the fruit is drying. We recommended you use a natural pre-treatment solution of pineapple or lemon juice. Soak prepared, sliced fruit for 1-2 minutes in the juice before placing on drying racks.

Blanching

Some fruits with natural protective wax coatings e.g. figs, grapes and prunes, need to be blanched to speed the drying process. To blanch place whole fruits in boiling water for 1 - 2 minutes. Then plunge into ice cold water, slice and commence drying.

Fruits	Preperation	Pre-Treatment	Dry-Test	Time
Apples	Core & Slice	Soak in pre-treatment	Pliable	8-12 Hrs
Apricots	Cut in half, stone, slice in quarters	Soak in pre-treatment	Pliable	12-18 Hrs
Bananas	Peel & Slice	Dip in pre-treatment	Pliable	12-14 Hrs
Berries	Remove stalks & slice	None	Crisp	7-12 Hrs
Citrus Fruits	Peel & Slice	None	Crisp	14-18 Hrs
Coconut	Remove liquid & grate flesh	None	Crisp	18-20 Hrs

Drying Fruit #2

Fruits	Preperation	Pre-Treatment	Dry-Test	Time
Cherries	Remove stems, cut in half & remove stone	Blanch	Leathery	10-14 Hrs
Figs	Remove Stem and half or quarter	Blanch	Leathery	14-18 Hrs
Grapes	Use seedless, remove stem & halve	Blanch	Pliable	18-22 Hrs
Kiwi Fruit	Peel & Slice	None	Pliable	10-12 Hrs
Mangoes	Peel & Slice	None	Pliable	8-10 Hrs
Melons	Remove skin & seeds	None	Leathery	14-16 Hrs
Nectarines	Halve & remove stone	Soak in pre-treatment	Pliable	12-16 Hrs
Paw Paw	Peel & remove Black seeds	None	Leathery	12-16 Hrs
Peach	Peel, halve & remove stone	Soak in pre-treatment	Leathery	12-16 Hrs
Pineapple	Peel & remove core	None	Pliable	14-16 Hrs
Plums	Halve & remove stones	None	Leathery	12-16 Hrs

Drying Fruit Roll-up

Preparation Directions

Place fruit roll-up sheet onto the drying rack. Puree fresh or canned fruit and/or vegetables to a consistency that can be spread easily with a spatula. Drain any syrup or liquids from canned fruit or vegetables before pureeing. Spread the puree over the fruit roll sheet to a maximum thickness of 5mm, and then commence the drying process. Fruit Rolls are ready when the centres are no longer sticky to touch. Remove the fruit while it is still warm to prevent sticking.

Hints

- You can coat fruit roll-up sheets with a little oil to prevent the puree from sticking to sheets and will make it easier to peel off.
- Why not try and combine fruit and vegetables, the combinations are endless.
- Pureed raw food can darken when it dries. To keep the roll-up light in colour you can add pineapple and/or lemon juice to the puree. Peel foods before pureeing because skins can darken roll-up. Also, blanch or cook foods before making a puree.
- Taste puree before drying, remembering the finished product will be sweeter than the puree because the water will evaporate.

Fruits	Flavourings	Drying time
Apples	None needed	8-10 Hrs
Apricots	Honey & lemon juice	8-10 Hrs
Bananas	Vanilla, ginger, lemon juice	8-10 Hrs
Cherries	Lemon juice, almond essence	8-10 Hrs
Oranges	Cinnamon, lemon juice	8-10 Hrs
Peaches	Honey, cinnamon, nutmeg	8-10 Hrs
Pears	Lemon juice, nutmeg	8-10 Hrs
Pineapples	Cinnamon, honey	8-10 Hrs
Rhubarb	Honey, sugar	8-10 Hrs
Strawberries	Lemon juice, honey	8-10 Hrs

Drying Vegetables #1

Preparation

Wash all vegetables thoroughly and remove any blemishes. Pre-treat where recommended. Read following chart for further information

Pre-Treatment

Blanching may be required to speed up the drying process for certain vegetables.

Steam Blanch

Bring a saucepan of water to the boil then place vegetables in a colander, place colander into saucepan and cover. You can also steam vegetables in the microwave. Steam for as long as suggested in the drying chart below, then cool in ice water, drain and pat vegetables dry. Commence drying. Blanching preserves colour, stops the ripening process and generally makes the produce dry faster.

Blanch

Soak vegetables in boiling water for 1-2 minutes. Then plunge into ice cold water and slice.

Vegetables	Preperation	Pre-Treatment	Dry-Test	Time
Artichoke hearts	Cut hearts into strips	Steam until tender.	Brittle	8-12 Hrs
Asparagus	Cut into lengths	Steam blanch for 4-5 minutes	Brittle	8-10 Hrs
Beans	Cut into lengths	Steam blanch until translucent	Brittle	6-8 Hrs
Beetroot	Remove skin and slice	Cook until tender	Brittle	12-14 Hrs
Broccoli	Soak in salt water for 5 minutes, to remove hidden insects.	Steam blanch	Brittle	10-12 Hrs
Brussel Sprouts	Remove outer leaves, cut in half	Sream blanch for 3 minutes	Brittle	10-14 Hrs

Drying Vegetables #2

Fruits	Preperation	Pre-Treatment	Dry-Test	Time
Cabbage	Cut into strips	Sream blanch for 4-5 minutes	Leathery	10-12 Hrs
Carrots	Peel, cut into cubes or slices	Sream blanch for 5 minutes	Leathery	10-12 Hrs
Cauliflower	Cut into flowerettes	Sream blanch for 3 minutes	Brittle	10-12 Hrs
Celery	Cut into lengths	None	Crisp	8-10 Hrs
Tomatoes	Remove stems & slice	None	Leathery	10-12 Hrs
Corn	Remove husk & trim cobs	Steam cobs until cooked. Remove kernels & dry	Brittle	10-12 Hrs
Eggplant	Slice	Sream blanch for 5 minutes	Leathery	10-12 Hrs
Mushrooms	Slice	None	Crisp	6-8 Hrs
Onions	Remove skin & slice	None	Crisp	12-16 Hrs
Potatos	Peel & Slice	Steam blanch	Crisp	10-12 Hrs
Peas	Shell & wash.	Steam blanch until cooked	Brittle	6-8 Hrs
Red/Green Peppers	Remove seeds, cut in to strips	None	Brittle	6-8 Hrs
Zucchini	Remove ends & slice	Steam blanch for 2 minutes	Pliable	8-10 Hrs

Drying Herbs #1

Most herbs may be dried in your Luvele Food Dehydrator right on the plant stalk or stem. Seeds and leaves are easily stripped from the plant when dry. Do not dry herbs with fruits and vegetables. Store finished product in a cool, dark place to reduce flavour loss. Do not powder leaves until you are ready to use.

Preparation

Leaves and stems should be washed under cold running water to remove any dust or insects. Remove any dead or discoloured parts. If flowers are to be used in teas, dry them whole. When seed pods have dried, their outer covering may be removed by rubbing the seeds between the palms of your hands while blowing on them to remove the husks. Place larger seeds on a mesh liner and place smaller seeds loosely on a fruit roll-up sheet. Dehydrate until there is no moisture evident.

Herbs	Part of Plant	Preperation	Use	Time
Basil	Leaves	Rinse in cold water	Italian and Mediterranean dishes, tomato dishes, meat, salads, soups, fish, poultry dishes	1-3 Hrs
Caraway	Seeds	Clip entire plant, then dip in boiling water	Pork, sauerkraut, rye bread, cheese, vegetables and cookies	3-5 Hrs
Chili Peppers	Pods	Rinse and dice	Powder for seasoning	5-10 Hrs
Chives	Leaves	Chop, rinse in cold water	Mild onion flavor, use in moist recipes	2-3 Hrs
Coriander	Seeds	Clip entire plant, dip in boiling water	Sausage, pickling, spices, apple and pear dishes	2-5 Hrs
Cumin	Seeds	Rinse in cold water	Curries and chili dishes	3-5 Hrs

Drying Herbs #2

Herbs	Part of Plant	Preperation	Use	Time
Dill	Leaves	Rinse in cold water	Salads, vegetables, potatoes and fish	1-3 Hrs
Fennel	Leaves	Rinse in cold water	Salads, soups or stews	1-3 Hrs
Fennel	Seeds	Rinse in cold water	Cakes, cookies, breads	3-5 Hrs
Garlic	Clove	Cut in half length ways	Salt, powder, recipes	6-12 Hrs
Ginger	Root	Rinse then slice or grate	Meat, vegetables, grate cookies and dessert dishes	2-5 Hrs
Mint	Leaves	Rinse in cold water	Sauces, mint jelly & lamb dishes.	1-3 Hrs
Mustard	Seeds	Rinse in cold water	Corned beef, sauerkraut, salad dressings & cabbage	2-5 Hrs
Oregano	Leaves	Rinse in cold water	Italian, Greek, Mexican & tomato dishes	1-3 Hrs
Parsley	Leaves & stems	Rinse in cold water	Powder, use leaves for flakes	1-3 Hrs
Tarragon	Leaves	Rinse in cold water	Sauces, salads, fish and poultry	1-3 Hrs
Rosemary	Leaves	Rinse in cold water	Barbecue sauces, eggs poultry, meats, dishes, lamb, & vegetables	1-3 Hrs
Sage	Leaves & stems	Rinse in cold water	Poultry, pork, lamb, veal & fish dishes	1-3 Hrs
Thyme	Leaves	Rinse in cold water	Meat, fish & poultry dishes, green beans, beets, carrots & potatoes	1-3 Hrs

Drying Meats / Drying Crafts

Drying Meat

Preparation Directions

Trim excess fat from the meat and slice into thin strips. Marinate your meat in the refrigerator for 6-8 hours in marinade of your choice. Place meat to dry on a non-stick mesh liner and place fruit roll-up sheet under tray to catch any excess drips. Then dry meat uninterrupted for 8-10 hours

Storage

Store dried meat in an air-tight container. Refrigerate if storing for any length of time. The recommended shelf life is 3 months. Be sure to test for dryness every 2-3 weeks.

Drying Flowers

You can dry your own flowers, blossoms and petals using your new Luvele Food Dehydrator.

Preparation Directions

Cut flowers when they are dry and cool. Choose flowers that are firm but only half open. Full bloom flowers tend to lose their petals. Position your flowers and petals sparsely on the drying trays and dry for 8-10 hours until flowers are brittle.

To make potpourri use a handful of flowers, blossoms and petals and combine with 3-4 drops of perfumed oil e.g. tea rose or lavender. Arrange flowers, blossoms and petals sparsely on the drying trays then dry for 6-8 hours. When drying is completed, place flowers into a large air tight glass container and apply another 3-4 drops of perfumed oil.

1 Year Warranty

The complete Luvele range of products is backed by our 1 Year Total Cover Warranty. Our warranty will covers any manufacturing fault with the product and will also cover damage caused during transit.

Your warranty starts from the purchase date of your Luvele product.

You do not need to register your warranty as your details are automatically processed at the time of purchase.

Warranty Process

We want to make any warranty claim as simple as possible for you. All you need to do is contact us at **support@luvele.com** and provide us information about the problem you are having with your item. Firstly, we will suggest some troubleshooting ideas to establish whether or not the issue can be fixed without a return. Photos of the fault may be requested if and where appropriate, and if it will ensure a faster resolution.

Generally, if you have an issue with your item within 30 days of receiving it, we will email you a prepaid return label that can be printed out and used to send the item back with. We will then generally send you a brand new item. The new item will be shipped within 48 hours of receiving the faulty item back. A confirmation email will be send when your faulty item is received back.

If you have an issue after the 30 day period we will consider repairing your item if suitable. If it cannot be repaired it will be replaced with a brand new item. Refunds will only be offered within the 30 day money back guarantee, if you choose this option over a new replacement. Outside of this 30 day period, your item will be repaired or replaced.

We are here to help, so please email us and the best solution to meet your needs will be offered.

support@luvele.com



www.luvele.com