

IMPORTANT SAFEGUARDS

The EZIDRI range of Food Driers have been manufactured to the highest standards. As with all household appliances care should be taken to ensure units remain electrically safe and the following instructions should be noted.

PLEASE READ ALL INSTRUCTIONS

1. When the unit is first switched on, ensure that the fan in the centre of the base is rotating. This will be apparent by both sight and sound. If not, unplug the EZIDRI immediately and return it to your local retailer.
2. The outer surface of the appliance may get hot when it is operating.
3. To protect against electrical hazards:
 - (a) Do not immerse the Ezidri base, cord or plug in water or other liquid.
 - (b) Do not pour or spill water or liquid down the opening at the top or any other opening.
 - (c) When preparing roll-ups or purees, always fill the solid sheet on an individual tray off the EZIDRI base and then carefully transfer the tray to the unit.
 - (d) When preparing roll-ups, ensure that the puree is of such a heavy consistency, that it will not spill over the solid sheet. The consistency should be such that a spatula is required to spread the puree evenly.

- (e) Do not move the unit whilst the produce is being dried.
 - (f) Switch off the power and remove the plug before cleaning. (see 'Care of your EZIDRI')
 - (g) The appliance is not intended to be operated by means of an external timer or separate remote- control.
4. Unplug the unit from the electrical outlet when not in use.
 5. Do not operate the appliance if it malfunctions or has been damaged in any manner. Return the appliance or send to an authorised service agent for examination, repair or adjustment.
 6. 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.
 7. Do not use the EZIDRI or accessories for any other purpose than that for which the appliance has been designed for - i.e.: food drying.
 8. Do not use accessory attachments not recommended by the manufacturer.
 9. Avoid using sharp instruments that could damage the EZIDRI.
 10. Do not use out doors.
 11. Do not let cord hang over edge of table or counter, or touch hot surfaces.
 12. Do not place on or near a hot gas or electric burner, or in a heated oven.

13. Always refer to the instruction Book supplied and if in doubt contact your supplier or national distributor for advice.
14. 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.
15. Keep the appliance and its cord out of reach of children less than 8 years.
16. Details on how to clean surfaces in contact with food as “CARE OF YOUR EZIDRI” of instruction manual.
17. Children should be supervised to ensure that they do not play with the appliance.
18. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and others working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.



19. **Correct Disposal** of this product :

This marking indicates that this product should not be disposed of with other Household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

CARE OF YOUR EZIDRI

TOP: Wipe with a soft, damp cloth after removing from the unit. Do not use abrasive pads or sharp utensils.

TRAYS & MESH SHEETS: Soak in warm water with a mild detergent. A soft bristled brush will loosen dried-on food particles. A weak solution of bleach and water will whiten badly stained mesh sheets.

SOLID SHEETS: Wash with warm water or wipe over with paper towel. Do not use detergent.

BASE: DO NOT PUT BASE, CORD OR PLUG IN WATER:

Wipe with a soft, damp cloth and do not use abrasive pads or sharp utensils.

DO NOT USE: any solvents on any part of the EZIDRI as these may damage the unit.



YDRAFLOW INDUSTRIES LIMITED

Ezidri[®]

**ULTRA FD1000 DIGITAL - SNACKMAKER FD500 DIGITAL
HOME FOOD DRIER**

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INTRODUCTION

With over 35 years of food drier manufacturing experience Hydraflow Industries Limited, New Zealand have incorporated 21st century technology to lead the world in the production of the EZIDRI Food Driers. With the Hydraflow Seal of Quality, the EZIDRI range of Food Driers provide outstanding reliability with an accurate heated airflow system to ensure the highest standard of naturally delicious and nutritious dried food without the use of preservatives or additives.

Certified to International electrical and food grade standards, EZIDRI is a world leading brand of Food Driers.

The unique heated airflow pattern, combined with technological advanced circuitry, provide accurate and an even heated airflow temperature, ensuring fast, even drying with minimal electricity consumption and **exceptional expandability**, EZIDRI Food Driers provide years of reliable and cost effective operation backed by Internationally acclaimed after sales service.

FEATURES

EZIDRI ULTRA FD1000 DIGITAL DRIERS - The Ultimate Food Drier

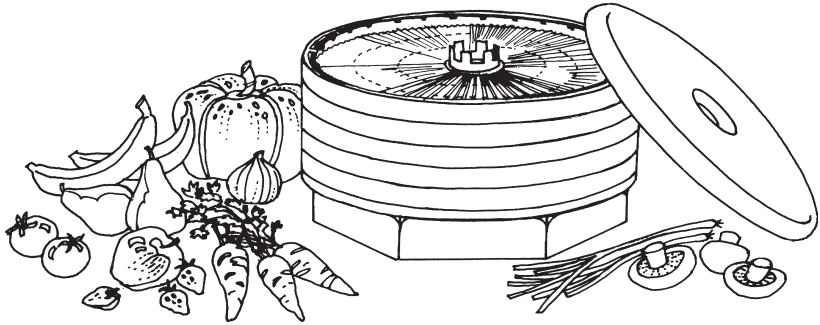
Complete with base and 5 trays, with 1 Mesh Sheet and 1 Solid Sheet, Inst/Recipe Book. Designed to take 15 Kgs approx of wet produce, the Ultra is Expandable up to 30 trays for Herbs & Flower Drying, 24 trays for Fruit, Vegetables and Beef Jerky, 15 trays for Fruit Puree roll-ups, Meals and Soups.

Control of Temperature from 30°C - 70°C and Timer from 1 – 48hr by Digital control. With auto reduction to 30°C on completion of the set time. This is to ensure that rehydration will not occur, especially when operated in humid conditions.

EZIDRI SNACKMAKER FD500 DIGITAL – Family Food Drier

Complete with base and 5 trays, with 1 Mesh Sheet and 1 Solid Sheet, Inst/Recipe Book. Expandable up to 15 trays for Herbs and Flowers, 12 trays for Fruits & Vegetables and Beef Jerky, 10 Trays for Fruit Puree Roll-ups, Meals and Soups.

Control of Temperature from 30°C - 60°C and Timer from 1 – 24hr by Digital control.

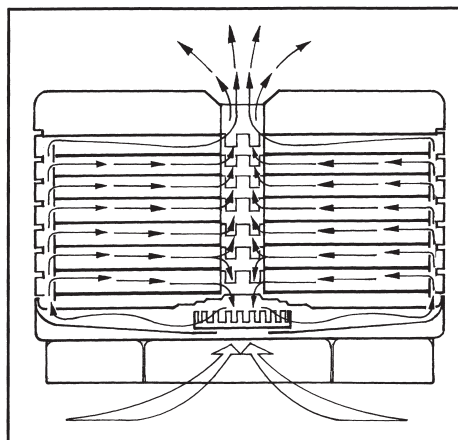


TRAYS: One layer of sliced fruit or vegetables can be placed directly onto each tray. The trays are then placed on the base with the lid on top.

MESH SHEET. The mesh sheet is a detachable plastic mat insert which flexes for easy removal of the toughest dried-on food and also used when drying small produce which may slip through the spokes of the tray.

SOLID SHEET. The solid sheet (lightly oiled first) is used when making roll-ups and for drying soups and meals. It is also used on the bottom tray when drying marinated meats for beef jerky or when drying flowers and herbs.

SPACER RINGS: These rings provide extra height when drying larger items, such as bunches of herbs, flower heads or stemmed flowers. They can be purchased from your local stockist or national distributor.



THE EZIDRI HEATED AIRFLOW PATTERN

When operating the Ultra or Snackmaker always use use five trays even when drying produce on one or more trays. This is to ensure that the unique heated airflow system of the EZIDRI is fully utilized.

OPERATING INSTRUCTIONS EZIDRI ULTRA FD1000 DIGITAL & SNACKMAKER FD500 DIGITAL

1. TEMPERATURE SETTING



ADJUSTABLE – FD1000 30 – 70°C
FD500 30 – 60°C

2. TIMER



ADJUSTABLE – FD1000 1 – 48hrs
FD500 1 – 24hrs

3. RED INDICATING LIGHT



Indicates when
Power is connected

4. POWER SWITCH



On and Off

OPERATING INSTRUCTIONS

1. **Connect to mains power supply** Buzzer will 'beep' once with red light
2. **Press Power Button to 'ON'** Buzzer 'beep', display shows Temp. 30°C and Timer 1hr
Unit is now in 'standby mode'
3. **Set Temperature** Adjust as required in 5°C increments
4. **Set Timer** Adjust as required in 1hr increments
5. **Press Power Button** Unit commences operating.

The Temperature setting (in 5°C adjustments) and the Timer setting (in 1 hour additions). For quick adjustment the buttons can be held down for rapid change for both the Time & the Temperature.

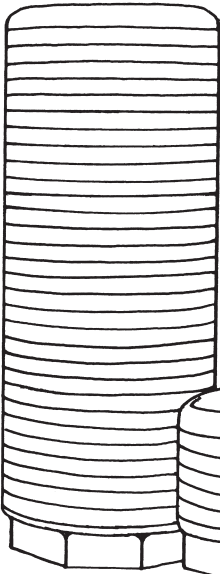
Note: ULTRA FD1000 – At the completion of the 'Time Set' the unit will revert to 30°C and continue to operate until the unit is switched off. A feature to offset 're-hydration'.
SNACKMAKER FD500 – At completion of the 'Time Set' the unit will automatically turn off. In the event of a power failure, the 'Time Set' and 'Temperature' feature will restart automatically at the previously setting.

The Temperature and/or the Time, cannot be altered while the unit is running. To change settings, press the Power button, unit will stop, then make any adjustments to Temp. or Timer and then press the power button again to recommence operating.

6. **To Turn the Unit Off** Press the power button for 2 seconds
Unit will stop operating but red light will show that the power is still connected.

EZIDRI DRIERS		SNACKMAKER DIGITAL	ULTRA FD1000 DIGITAL
Base	ABS Plastic	✓	✓
Basecover	Flame retardant PC	✓	✓
Trays	ABS Food Safe Plastic	✓	✓
Mesh Sheet	Food Safe Polypropylene	✓	✓
Solid Sheet	Food Safe Polypropylene	✓	✓
Lid	ABS Plastic	✓	✓
All Materials BPA Free		✓	✓
Dimensions	Diameter:	340mm	390mm
	Height:	268mm 15 Trays	280mm 30 Trays
Weight		3.4kg	4.7kg
Tray Capacity		15 Trays	30 Trays
Tray Design	Double Wall	✓	
	Triple Wall		✓
Motor Fan	Max. High Revving	✓	✓
Wattage		500W	1000W
Voltage	230-240 volt AC 50Hz	✓	✓
Safety	Element - thermal fuse	✓	✓
	Motor - thermal fuse	✓	✓
	Double insulated	✓	✓
Temperature	30°C - 60°C	✓	
	30°C - 70°C		✓
	Digital Control	✓	✓
Timer	1hr – 24hrs	✓	
	1hr – 48hrs		✓
Certification	AS/NZ60335.2.9 + AS/NZ60335.1.2+ EN60335.2.9+ EN62233:2008 CE -EN 60335-2-9+ - EU	✓	✓
	GS Mark		✓
Warranty	24 months	✓	✓

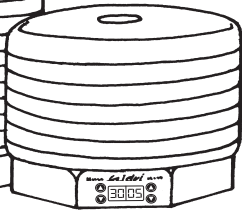
Due to progressive product development, Hydraflow Industries Limited reserve the right for the products to differ from the specifications.



EZidri®

ULTRA FD1000 DIGITAL

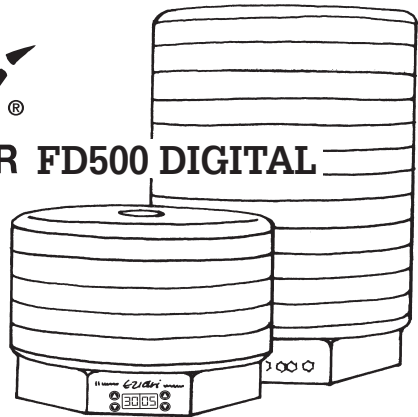
**5 TRAYS
EXPANDABLE
TO 30**



EZidri®

SNACK MAKER FD500 DIGITAL

**5 TRAYS
EXPANDABLE
TO 15**



USING YOUR EZIDRI

- 1 Remove trays which are located between the top and base of your EZIDRI.
- 2 Plug cord into electrical outlet and switch on the power. Check that the fan is rotating and allow the unit to warm up for a few minutes while preparing the first tray of food.
- 3 Select the temperature recommended for the product you are drying.
- 4 Place the food on the trays with pieces not quite touching. Do not spray trays with vegetable oils or fat as this may cause the trays to crack.
- 5 Use a mesh sheet on a tray when drying herbs and flowers or items which can slip through the spokes in the tray. The flexibility of the mesh sheet makes it easy to remove dried-on fruit and vegetables, like bananas and tomatoes.
- 6 Use a solid sheet, lightly oiled with vegetable oil, on a tray when drying purées for roll-ups or soups and meals. Use a paper towel to wipe the solid sheet if excess fat accumulates on the solid sheet. Place a solid sheet on the bottom tray nearest the base when drying herbs and flowers.
- 7 Always fill the trays away from the drier and then carefully transfer the tray to the base of the unit, particularly when making roll-ups, as the purée could spill into the base.
- 8 Place the unit in a WELL VENTILATED AREA.
- 9 HYGIENE
 - Wash hands thoroughly before handling food.
 - Detergent, bleach and water will ensure utensils, containers and cutting surfaces are thoroughly cleaned.
 - Prepare food quickly for drying and store excess supplies in refrigerator until ready to be used.
 - If leaving dried food to cool in the drier before storing, cover the centre outlet to stop flies and insects entering.
 - Always store dried foods in air-tight containers in a cool, dark place.

HELPFUL BASIC GUIDELINES

POWER FAILURE: In the event of power failure, both of the units will resume operation on previous settings for Temperature and the Timer.

The more you dry the more proficient you will become. You will notice that there are many factors, which affect the drying process, such as humidity, altitude, preparation and the quality of the fresh produce.

PREPARATION: Choose mature, ripe produce and prepare it quickly. Do not leave sliced produce for long periods before placing in the drier as this affects the quality of the finished product. Where possible, cut fruit and vegetables into the same number of pieces so you will know how many slices to put into a particular recipe. To ensure that the produce will dry at the same rate, cut produce into uniform slices or circles 5mm thick or use a food processor or slicer.

OPTIONAL PRE-TREATMENT: Pre-treatment does prevent oxidization (the darkening of light-coloured foods like apples) and prevents loss of essential vitamins. Natural dips like citrus fruit juices can be used as an alternative to citric and ascorbic acid.

DRYING: Always operate your drier in a well-ventilated position. Pre-heating the unit before commencing drying is recommended. Dry the same type of produce together and do not add fresh product to partially dried as this will increase the drying time for both products. Spread one layer of food only on each tray.

DRYNESS TEST: If possible, check your produce near the end of the drying cycle as over-dried food loses nutritional value and taste and is more difficult to reconstitute. A cooled piece of produce should be torn in half and squeezed. If no moisture is apparent, it is dry enough to be stored.

Generally, fruit and roll-ups are pliable and leathery, although if honey has been added they may still be slightly sticky. "Vegetables will be either tough or crisp and beef jerky and fish will be quite tough and will bend.

PACKAGING: Always cool your dried product completely before packaging it in airtight, moisture-proof containers, away from insects and possible reconstitution caused by humidity.

- Vacuum packaging bags or glass jars are ideal for long term storage.
- Glass containers previously used for food storage are most commonly used.
- Bag sealers can also be used but always squeeze the bag to remove as much air as possible before sealing.
- Ordinary plastic bags are not airtight so they are not moisture proof.





STORAGE: Dried food should always be stored in a COOL, DARK, DRY LOCATION. For every 10°C drop in storage temperature, the shelf life of dried food increases up to four times. The ideal storage place is your refrigerator or deep freeze for such low acid foods as vegetables, meats and fish. Any possibility of insect infestation can be overcome by placing your packages of dried produce in the deep freeze for up to 48 hours.

RECONSTITUTION: Do not add too much water when reconstituting dried food as nutritional loss will result. The amount of water dried food will absorb and the time it takes to complete reconstitution varies according to the size of the food and its degree of dryness. If the liquid is absorbed quickly and the food still looks shrivelled, add a little more water until the food will hold no more. Boiling water hastens reconstitution.

Although a lot of fruit is eaten dry as a snack, fruit for stewing and pie recipes is reconstituted by adding one cup of fruit to one cup of water. Allow to stand until reconstituted and then proceed with the recipe.

A general rule for reconstituting vegetables is to add 1½ cups of water to each cup of vegetables. For stews and casseroles the vegetables can be placed directly into stock to reconstitute during the cooking process but remember to add extra stock to allow the dried vegetables to reconstitute fully.

DRYING TEMPERATURE CHART

	EZIDRI	ULTRA FD1000 DIGITAL	SNACKMAKER DIGITAL
	Herbs & Spices	30°C - 40°C	30°C - 40°C
	Vegetables & Flowers	50°C	50°C
	Fruit & Fruit Roll-ups	55°C	55°C
	Meat & Meals	60°C	60°C

DRYING FRUITS



DRYING TEMPERATURES:	ULTRA FD1000	55°C
	SNACKMAKER FD500	55°C

AVERAGE DRYING TIMES:	10 to 14 hours
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Different fruits take varying times to dry. Drying times can be affected by the thickness of the slices, humidity, altitude and moisture content of the fruits.

Always place the drier in a good air flow so that the moist air being extracted from the produce is not being re-used and causing extra humidity.

For high quality dried fruits, choose firm, ripe fruits, when the sugar and nutritional content is high. Over-ripe fruit is used for roll-ups.

Process fruit quickly; prepare sufficient produce for one tray at a time. Then place it on the pre-heated drier and prepare the next.

PREPARATION:

Wash fruit well, remove blemishes, pips and stems. Pat dry with paper towels.

Generally fruit is sliced 5mm thick with a sharp knife, food processor, or apple peeler/slicer/corer. Uniform sized slices result in even drying. Apples, pears, citrus fruit and stone fruit can be dried without peeling, if desired.

SHOULD FRUITS BE PRE-TREATED?

THIS IS NOT NECESSARY FOR MOST FRUITS WHICH ARE SIMPLY SLICED AND DRIED. However, pre-treatment does help to keep fruit a bright colour and prevents loss of vitamins A and C.

Natural pre-dips like citrus or pineapple juice reduce browning, which mainly occurs in apples. Slice fruit directly into juice and remove after five minutes, drain thoroughly and place on trays. Stone fruit (Apricots, Plums etc), Kiwifruit and Tamarillo can be treated by preparing a solution of one part of honey dissolved in two parts of water, heat the solution to ensure honey is totally dissolved, then allow it to completely cool and add the sliced fruit and soak overnight before drying. This will help to retain the colour and give a lightly glazed fruit which is delicious.

Ascorbic Acid/Citrus Acid: Dissolve 15 mls (1 tbs) in two litres of water. Soak fruit for two minutes to prevent browning, drain thoroughly and place on trays.

POPPING BACKS:

Popping the backs (inside-out) of apricot and plum halves and placing the fruit skin down on the tray speeds drying time. Larger fruit should be cut in quarters or 5mm slices for faster drying.

CHECKING:

If drying whole fruits with a natural wax coating like grapes and blueberries it is advisable to dip them into boiling water for three minutes. This crazes the skin and makes them more porous as small lines allow moisture to escape thus speeding up drying time. Be sure to dip fruit in ice cold water after dipping in boiling water. Large grapes can be halved and placed skin down on trays without checking.

FILLING TRAYS:

Place food slices evenly in single layers on each tray and do not overlap as these areas will take longer to dry. Each tray will hold approx. ½ kilo of “wet” fruit.

DRYNESS TEST.

Most fruit will be pliable or leathery without damp spots when properly dried. Tear a cooled piece of fruit in half and check by squeezing to see if there is any moisture left inside.

RECONSTITUTION:

Allow one cup of water to one cup of fruit. Boiling water hastens reconstitution. Let stand until reconstituted and then proceed with the recipe. Reconstitute in fruit juice for fruit salad or directly into yoghurt.

HUMIDITY:

In very Humid conditions it is recommended to set the Snackmaker and the Ultra FD1000 to max°C to compensate for the high moisture content.

DRYING TABLE FOR FRUITS

NOTE: Very humid conditions will require higher temperature settings

Drying Temperatures

ULTRA FD1000

SNACKMAKER FD500

55°C

55°C



Note: Drying times shown are guidelines only.

Fruit	Preparation	Average Drying Time	Dryness Test	Uses
Apples	Peel (if desired), slice, core. Pretreat - optional	8-12 hrs	Pliable	Snacks, pies, fritters
Apricots	Slice firm, ripe fruit or cut in half, stone, pop back. Pretreat or soak overnight in honey and water - optional	12-24 hrs	Leathery or pliable	Snacks, muesli, meat dishes, desserts
Bananas	Slice ripe bananas 5mm thick or divide lengthwise. Pretreat in citrus juice - optional	12-16 hrs	Leathery	Snacks, muesli, banana cake
Blue-berries	Wash and remove stems. Blanch for 3 mins; place in cold water	12-16 hrs	Leathery	Ice-cream, yoghurt, muesli, pies, muffins

Other small berries	Suitable for roll-ups only				
Cherries	Wash, remove stems, pit, or cut in half	14-24 hrs	Leathery	Pies, ice-cream, cakes,snacks	
Citrus: Oranges Tangelos Mandarins Lemons	Slice 3mm thick. Peel can be dried separately if desired	14-18 hrs	Crisp or leathery	Snacks, powder, cakes, desserts, chocolates	
Coconut	Drain off liquid and gouge out flesh. Remove dark outer skin and grate flesh or slice 5mm thick	10-14 hrs	Crisp or leathery	Cakes, icings, muesli, curries desserts	
Feijoas	Cut fruit in half, scoop out flesh avoiding grittiness. Slice 5mm thick	10-14 hrs	Leathery	Snacks, desserts, chocolates	
Figs	Slice, halve or quarter ripe figs. Simmer in honey or sugar to make more pliable - optional	10-24 hrs	Leathery or pliable	Stewed, puddings, cakes,snacks	

DRYING TABLE FOR FRUITS (continued)

Fruit	Preparation	Average Drying Time	Dryness Test	Uses
Grapes	Whole or slice in half. If whole, craze skins for 3 mins	18-26 hrs	Pliable	Cakes, muesli, snacks
Kiwifruit	Peel ripe fruit and slice 5mm thick	10-12 hrs	Pliable	Snacks, dessert, chutney
Melons: Rock Water Spanish	Cut in half, remove seeds and fibrous tissue, peel. Slice 5mm thick	10-16 hrs	Leathery	Snacks
Mangoes	Peel and slice around stone, 5mm	10 - 14 hrs	Leathery	Snacks, Muesli
Nectarines Peaches	Wash thoroughly, halve, remove stone, slice 5mm thick	10-12 hrs	Leathery	Dessert, pies, snacks, chutney
Papaya	Cut in half, remove seeds and fibrous tissue, peel. Slice 5mm thick	10-12 hrs	Leathery	Snacks, fruit salad

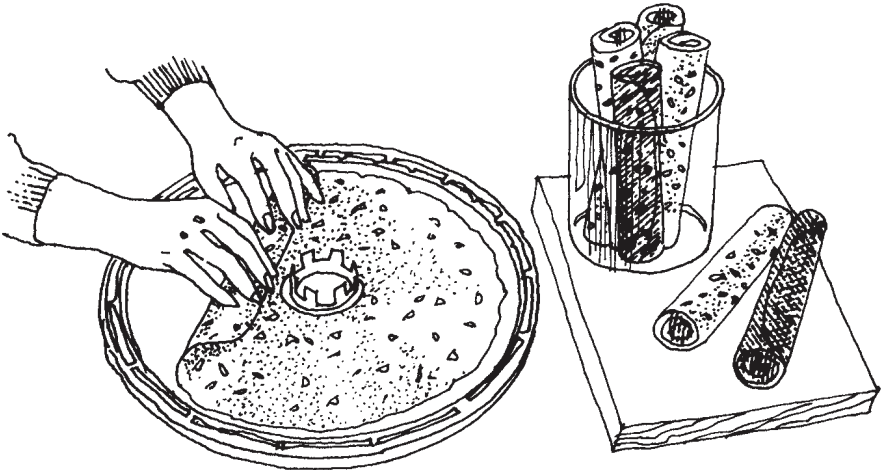
Pears	Slice 5mm thick - pretreat. peeling and coring optional	10-12 hrs	Leathery	Snacks, dessert. serve dry with cheese
Persimmons	Ripe but firm. Peeling optional. Slice 5mm thick	12-14 hrs	Leathery	Snacks, fruit, salad cream cheese
Pineapple	Peel, core, slice 5mm thick	14-18 hrs	Pliable	Muesli, fruit salad snacks
Plums	Slice firm ripe fruit or cut in half, stone, pop backs.	10-14 hrs	Leathery	Dessert, muesli snacks, chutney
Quinces	Suitable for roll-ups only			
Rhubarb	Slice 5-10mm thick	8-12 hrs	Leathery	Pies, stewed
Strawberries	Slice firm fruit 5mm thick	8-10 hrs	Crisp	Muesli, ice-cream, yoghurt
Tamarillos	Peel, slice 5mm thick	10-12 hrs	Brittle	Snacks, stewed, fruit salad, chutney

Approximate Dried Fruit Yields from 10 Kilos Fresh Fruit:	Apples	1.5 kilos	Peaches	1.5 kilos
	Apricots	1.5 kilos	Pears	2.0 kilos
	Cherries	2.0 kilos	Bananas	2.0 kilos

- Remove the roll-up from the solid sheet while it is still warm, then roll, allow to cool, cover with plastic wrap and store in an air-tight container. Shelf life is increased by storing roll-ups in the refrigerator.

USES:

Roll-ups are delicious snacks. They can be reconstituted by adding one part water or juice to one part roll-up for use as a purée or sauce. They make easy desserts for babies and small children. Line a trifle dish or cover a pie crust before adding the filling. For sugar-free jam, reconstitute three parts roll-up to one part hot water.





ULTRA FD1000 - 55°C
SNACKMAKER FD500 - 55°C

DRYING TABLE FOR
FRUIT PUREES / ROLL-UPS

NOTE: Very humid conditions will require higher temperature settings: *Average Drying time: 12 - 14 hours*

Fruit	Combinations	Flavourings and Garnishes
Apples	Bananas, all stone and berry fruit, grapes	Cinnamon, honey, citrus, juice, nuts, sunflower seeds
Apricots	Apples, bananas	Honey, brandy
Bananas	Pineapple, papaya, citrus juice, peanut butter	Nuts, coconut
Blueberries	Apples, bananas	Honey
Cherries	Apples, rhubarb	Nuts, honey
Feijoas	Bananas, apples	Honey, citrus juice
Grapes	Apples, bananas	Honey, citrus juice
Guavas	Bananas, apples, pineapple	Coconut
Kiwifruit	Tamarillos, apples, bananas	Citrus juice
Mangoes	Pineapple, apples, bananas	Natural

Nectarines Peaches	Apples, plums, strawberries	Nutmeg, honey, cinnamon
Papaya	Bananas, pineapple, rock-melon, passionfruit, apples	Coconut
Pears	Apples, bananas, grapes	Cinnamon, citrus juice, nutmeg, coconut
Persimmons	Apples	Honey
Pineapples	Passionfruit, bananas, papaya, guavas	Coconut, sesame seeds
Plums	Apples, peaches, strawberries, bananas	Honey, brandy
Pumpkin		Brown sugar, allspice, honey
Raspberries	Strawberries, apples, bananas	Honey
Rhubarb	Apples, bananas, strawberries	Sugar, honey
Strawberries	Rhubarb, apples, bananas	Honey
Tamarillos	Kiwifruit, apples, bananas	Citrus juice
Rockmelon	Bananas, pineapples, papaya	Citrus juice
Yoghurt	Any fruit except kiwifruit	Nuts and seeds

STEAM BLANCHING:

Bring about 20 mm of water to a brisk boil in a pan with a tight fitting lid. Place sliced vegetables in a colander into the pan and cover it. Steam as long as suggested in the Vegetable Drying Table. Cool in iced water to stop the cooking action. Drain and pat dry with paper towels.

MICROWAVE PRETREATMENT:

Place sliced vegetables in microwave dish and cook for 2mins of normal cooking time. Stir the vegetables half way through the pretreatment.

FILLING TRAYS:

Place vegetable slices in single layers on trays to dry. Each tray will hold approx. ½kg of “wet” vegetables.

DRYNESS TEST:

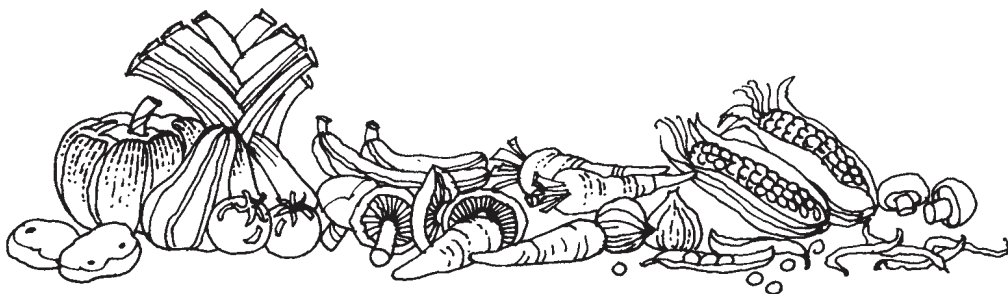
Take a cooled vegetable slice, bend and tear it. It should be quite hard and firm with no soft spots or moisture.

RECONSTITUTION:

Add 1½ cups of water to each cup of vegetables, allow to stand until reconstituted (approx. 20 mins) and then use in the normal cooking procedure. Boiling water hastens reconstitution. Dried vegetables added to soups and casseroles without prior soaking will reconstitute during the cooking process.

POWDERED DRIED VEGETABLES:

Dried vegetables, such as onions, garlic, mushrooms and celery, can be powdered in a blender and used in dips, soups, baby food and salads.



DRYING TABLE FOR VEGETABLES

DRYING TEMPERATURES

ULTRA FD1000 - 55°C

SNACKMAKER FD500 - 55°C



NOTE:

Very humid conditions will require higher temperature settings:

Vegetable	Preparation	Average Drying Time	Dryness Test	Uses
Asparagus	Cut on long angle 20mm pieces. Blanch 5 mins	6-8 hrs	Leathery	Blend into powder for soups and sauces
Beans	Cut young beans thinly on long angle. Blanch 3 mins. Do not overdry. One layer to each tray	4-6 hrs	Brittle	Reconstitute in boiling water for 5 mins then cook as for fresh beans
Broad beans	Shell young beans. Boil 5 mins to craze outer skin. Place in cold water	8-10 hrs	Leathery	Stews
Beetroot	Cook until tender. Cool, cut into 5mm slices	8-10 hrs	Leathery	Reconstitute in vinegar for salads

Broccoli Cauliflower	Wash tightly formed heads thoroughly. Cut each floret length-wise 5mm thick and blanch for 3 mins	6-8 hrs	Crisp	Soups, stews, quiches
Carrots	Peel, slice 5mm thick or grate and blanch for 5 mins	8-10 hrs	Leathery	Casseroles, soups, carrot cake
Celery	Cut 5mm thick	6-8 hrs	Crisp	Powder for celery salt, soups, stews
Corn	Husk, steam until milk sets. Remove kernels	6-10 hrs	Brittle	Fritters, soups, stews
Cucumber	Slice peeled or unpeeled 5mm thick	6-8 hrs	Leathery	Use dry on salads or with dip
Eggplant: Aubergine	Slice peeled or unpeeled dark purple eggplant 5mm thick and blanch 5 mins	8-10 hrs	Leathery	Italian dishes, casseroles
Greens: Silverbeet Spinach Cabbage	Wash thoroughly, trim leaves from stems. Blanch until slightly wilted. Do not clump together	4-8 hrs	Brittle	Powder for soups and stews. Cabbage can be rehydrated in vinegar

DRYING TABLE FOR VEGETABLES (continued)

Vegetable	Preparation	Average Drying Time	Dryness Test	Uses
Mushrooms	Young mushrooms should be brushed or wiped with damp cloth. Dry whole or in slices	6-10 hrs	Crisp	Powder for soups, sauces, omelettes, casseroles, pies, stir-fries, pizzas
Onions	Remove skins, tops and root ends. Slice 5mm slices or rings. Best dried alone	6-10 h rs	Crisp	Powder for soups, sauces, onion salt, pies, stews, pizzas
Parsnips	Peel and slice 5mm thick or dice. Blanch 5 mins	8-10 h rs	Leathery	Casseroles and stews
Peas	Shell young peas and blanch One layer to each tray. Do not overdry.	5-8 hrs	Brittle	Mix with other vegetables, stews or soups
Peppers: Capsicums	Cut 5mm strips or rings - remove seeds	8-10 h rs	Leathery	Italian meals, casseroles, soups
Potatoes: White Sweet Kumara Yams	Wash, peel, slice 5mm thick dice or grate. Cook in boiling, Salted water for 5 mins. Rinse well in cold water	8-10	casseroles	Soups, stews casseroles hash browns

Tomatoes	Wash firm, ripe tomatoes. Slice 5mm thick. Load each tray on unit immediately it is filled. Make over-ripe tomatoes into roll-ups	10-12 hrs	Leathery	Italian dishes, soups, pizzas. Powder. Barely dry for immersion in oil
Turnips	Peel thinly, slice 5mm thick and blanch 8 mins	8-10 hrs	Leathery	Casseroles and stews
Zucchini: Courgettes	Remove ends, slice 5mm thick and blanch 2 mins	7-9 hrs	Leathery	Soups and casseroles, chips with dip

Approximate Dried Vegetable Yield From Fresh Vegetables

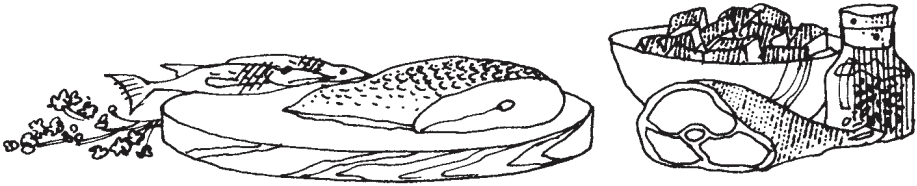
Fresh Produce

10 kilos carrots
10 kilos celery
10 kilos corn
10 kilos onions
1 onion
10 kilos peas
10 kilos spinach
1 cup spinach
10 kilos tomatoes
1 medium tomato

Approximate Dry Equivalents

1 1/2 kilos
1 kilo
3 kilos
1 kilo
1 1/2 tbs onion powder or
1/4 cup dried minced onions
2 kilos
1 kilo
2 tbs powdered spinach
1 kilo
1 tbs powdered tomato

DRYING MEATS AND FISH



DRYING TEMPERATURES: ULTRA FD1000 60°C
SNACKMAKER FD500 60°C

AVERAGE DRYING TIMES: 6 to 8 hours

JERKY OR BILTONG

Is raw meat, usually beef or venison, which has been salted or marinated and then dried. Raw chicken and pork are not recommended.

DRIED COOKED MEAT AND MEALS:

Meat is first cooked then cut into small pieces and dried. It can also be cooked as part of complete meals such as casseroles, stews or stir fries, then dried and reconstituted by adding water. Chicken and pork, which are not used for jerky, are also suitable.

FISH JERKY

Is raw fish which has been salted, sometimes smoked, then dried to a low moisture content.

DRYING BEEF JERKY:

Choose lean meat without fat, as fat goes rancid during storage. Two kilos of lean meat will make 1/2 kilo of jerky. Ask your butcher to slice the meat into long strips 5mm thick or use a sharp knife. Partially frozen meat is easier to slice. Meat cut on the cross-wise grain is less chewy than that cut length-wise.

Game Meat: Any cut can be used because the meat is always lean. It is advisable to freeze game meats for at least 60 days before drying as a safe-guard against any diseases the animal might be carrying.

Using 500 grams of lean beef or venison, marinate in the following:

4 tbs soya sauce	2 cloves garlic
4 tbs Worcestershire sauce	½ tsp salt
1 tbs tomato sauce	1 tbs grated root ginger
¼ tsp black pepper	1 tbs curry powder

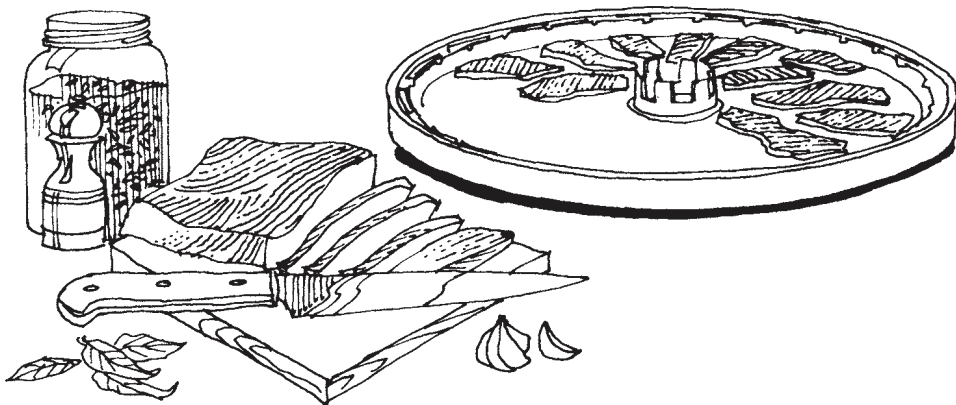
Completely coat meat in the marinade, cover, and let stand in the refrigerator for 6 to 8 hours. Drain. Use a solid sheet on the first tray (to catch any drips) and mesh sheets thereafter. Turn the meat after four hour's drying. Dry at 60°C for 6 to 8 hours. It is ready when it bends like a willow, without breaking.

There should be no moist spots. Shelf life is up to 4 weeks and for long term storage, store in an air-tight container in the refrigerator or freezer.

CORNERD BEEF JERKY:

Purchase seasoned cornerd beef, ready to cook. Slice the uncooked, seasoned cornerd beef into long, narrow, even strips. Lay flat on mesh sheets. Dry until leathery. Dried cornerd beef should break when bent, but should not be brittle.

Seal in air-tight container and refrigerate.



DRYING COOKED MEATS:

Use tender cooked beef, venison, pork, ham, bacon or poultry and cut off all fat. Left-over steak or roast is ideal. Ensure that the meat is completely cooked. Dry in 5mm slices or 10mm cubes on mesh sheets for 6 to 8 hours at 60°C. When dry, the meat should be hard and crisp without moisture. Shelf life is 6 weeks or refrigerate in an airtight container for up to 8 weeks or freeze up to 6 months.

Meat which is cooked as part of a casserole or stew should be cut thinly so that both meat and vegetables will dry and reconstitute in the same time. Savoury mince, chicken chow mein and stir-fried pork all dry well. Reconstituting cooked fish is not recommended.

Meats should be dried on lightly-oiled solid sheets at 60°C for 6 to 8 hours. Stir after 3 hours drying. Store in an airtight container in a cool, dry place or package ready for the out-doors and store in the refrigerator or deep-freeze.

To reconstitute, barely cover with cold water and slowly bring to the boil, stirring constantly. Turn element down as low as possible and simmer for up to 20 minutes or until reconstituted.

DRYING FISH:

Choose lean, fresh fish, clean it promptly and keep it cold until it is to be dried. Make sure it has not previously been frozen. It can still be used but the flavour and texture will be inferior to fresh.

Cut fish into slices 5mm thick and marinate for 6 to 8 hours in the refrigerator. This marinade must include 4 tsp salt per kilo of fresh fish. Place on mesh sheets on trays and dry at 60°C for 6 to 8 hours until they are tough and dry with no moist spots - never crumbly or crunchy.

Store in an air-tight container in a cool, dry place or in refrigerator or deep-freeze if keeping over 2 weeks. It is best to use fish with a low fat content, like groper, cod, schnapper, whiting and perch.

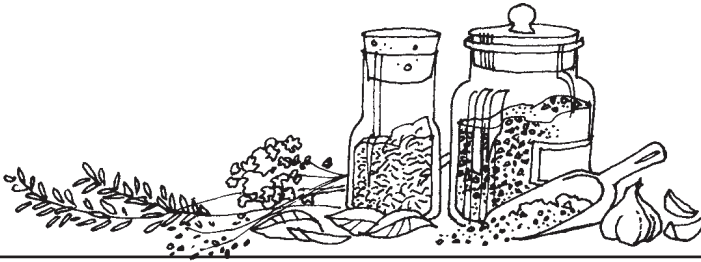


LEMON MARINADE (for one kilo of fish)

- 4 tsp salt
- 2 tbs dried parsley flakes
- 2 tsp onion powder
- ½ cup lemon juice

Mix well and distribute evenly over each layer of fish.

DRYING HERBS AND SPICES



DRYING TEMPERATURES: ULTRA FD1000

30°C - 40°C

SNACKMAKER FD500

30°C - 40°C

AVERAGE DRYING TIMES: 4 to 8 hours

Herbs are easily grown and dried when available during the summer months for winter soups, casseroles and sauces. By drying herbs in the EZIDRI at controlled temperatures, your herbs will retain their bright colour and most of their nutritional value, though fresh herbs and spices will always have a stronger smell and flavour.

Harvest young and tender herbs in the early morning when they are at their most aromatic.

Dry them on the stem as they can easily be stripped off once they are dry. Seeds may require further drying after removal from their seed pods.

Herbs will go brown if dried at too high a temperature. This should not exceed 35°C for correct drying of herbs and 40°C for spices.

PREPARATION:

Strip stalks off woody parts of herbs and wash thoroughly. The seeds and leaves are easily stripped off once they are dry.

FILLING TRAYS:

Put mesh sheets on the trays which helps prevent smaller particles falling through to the trays underneath. Place one layer of herbs on each tray. If drying larger bunches of herbs, spacer rings between each tray provide extra height.

DRYNESS TEST-

Herb leaves can be crumbled between the fingers when they are dry and seeds will be brittle. Strip the leaves from the stems and cool before placing in an air-tight container. Check after a few days and if there is any condensation they will need further drying.

STORAGE:

Store herbs in opaque jars with air-tight lids in a cool dark place and retain extra flavour by crushing or grinding them as you need them. Do not store herbs in paper bags because the oils will be absorbed by the paper causing flavour loss. Label the jars as herbs can be difficult to recognise after they are dried.

USING DRIED HERBS:

One kilo of herbs dries down to about 125 grams so use sparingly. Some herbs like coriander and basil will lose their flavour more rapidly than others and sharp flavour deteriorates with age.

HERB TEAS: Use one heaped teaspoon of dried herbs to one cup of boiling water. Let stand for five minutes and strain.



DRYING FLOWERS



DRYING TEMPERATURES:	ULTRA FD1000	50°C
	SNACKMAKER FD500	50°C

AVERAGE DRYING TIMES: 6 to 12 hours

Here's a truly interesting use for the EZIDRI and you will be surprised by the wonderful results. By using the EZIDRI with its controlled conditions, you will find that all parts of the flower dry quickly and evenly thus eliminating the mould problem common when using other drying methods.

Most open-centred flowers dry well, like roses, peonies, cornflowers, daisies, larkspur and delphiniums. The heads of peonies, sunflowers, camellias, even magnolias, can be dried successfully using spacer rings.

POT POURRI:

When gathering flowers for pot pourri, pick open blooms preferably in the morning after the dew has evaporated, choosing them for their colour, form and freshness. Cut unblemished flower heads and aromatic leaves with secateurs. Strip petals from larger flowers and place one layer on each tray, or use one or two spacer rings between each layer of flower heads.

Although most pot pourri mixes use rose petals or lavender as a base, there are lots of other flowers such as lilac, honeysuckle, jasmine and scented leaves, like geranium, which add interest and perfume to the pot pourri. Tight roseheads should be slit about 5mm at the calyx and slice each large carnation head in two to ensure thorough drying.

Mix well after drying and include some spices to add a musky scent to the mix. A fixative such as fresh orris root or dried citrus peel helps to hold the perfume of the flower petals.

Store pot pourri in air-tight metal or earthenware crocks, in a cool dry place for up to eight weeks. Stir occasionally. Place a small quantity in a beautiful bowl to be enjoyed until it fades and needs to be replaced.

An exotic pot pourri can be made by drying unripe fruit, vegetables, nuts, cones and seeds which can then be combined with dried sunflowers, calendulas, marigolds or large daisies.

Red, green and purple chillies of all shapes and sizes can be dried whole or slit down one side. They make a wonderful display in a wooden bowl or combined with cones and nuts.

POT POURRI MIXES

The ingredients and proportions for pot pourri are a matter of personal taste and dependent on what is available in a particular season.

ALL RECIPES USE DRIED MATERIALS

A general guide for proportions of ingredients is as follows:

4 handfuls of herbs and flowers

1-2 tbs fixative (orris root or dried citrus peel)

1-2 tbs mixed spices

Optional: a few drops of flower oil - use sparingly.

In a large bowl, mix the dried flowers and herbs gently. In a separate small bowl combine flower oil, fixative and spices. Blend well and sprinkle evenly over the flower mix, gently crushing some of the herbs. Pack the pot pourri loosely in clean, tightly-covered earthenware jars. Store in a cool, dark place for 6-8 weeks taking care to shake or stir the mixture twice a week which allows the pot pourri mixture to "mellow" and it is then ready for use by placing in a bowl which complements the colours in your pot pourri.

SWEET & SPICY POT POURRI

1 cup rose petals

2 tbs rosemary

½ cup grated orange peel

1 tbs whole cloves

½ cup lavender blossoms

2 tbs chamomile

1 tbs coriander seeds

1 stick cinnamon, crumbled

WINTER POT POURRI

10 red & green chillies	10 sunflowers
20 larch cones	4 magnolia seed heads
10 almonds (unshelled)	10 walnuts (unshelled)
1 cup lemon slices	1 cup pear slices
2 tbs mixed spice	1 cup lichen

KIWI MIX

1 cup red tamarillo slices	1 cup kiwifruit slices
1 cup orange slices	1 cup larch cones
1 cup green chillies	1 cup macadamia nuts

The fruit and nuts were picked green and dried with skins intact. Slice the fruit 5mm thick and dry all ingredients approx. 12 hours.

POMANDER BALLS

These old-fashioned aromatic delights dry quickly and easily when placed on a tray with the addition of one or more spacer rings, depending on the size of the fruit. Apples, lemons, limes or oranges all make good pomanders.

Using a skewer, punch holes evenly all over the skin of the fruit and push a whole clove into each hole. The skin should be completely covered. Now roll the balls in the following mixture, thoroughly coating it.

35 gms cinnamon	35 gms ground nutmeg
1 tsp powdered orris root	

Let the Pomander Balls stand in the mixture for several days turning occasionally. Place the balls on a solid sheet on a tray and add the appropriate number of spacer rings. Dry at 40°C until shrunken and lightweight - approx. 36 hours.

When dry, tie a long ribbon or cord around each one or wrap in netting and tie with ribbon.



RECIPES



FRUIT SALAD

½ cup each dried kiwifruit, nectarine, pineapple, apricots
strawberries, plums, peaches, apples
4 cups of water or fruit juice
½ cup brandy (optional)

Reconstitute until soft and chill before serving.

- *To make Conserve, mix 1 cup reconstituted fruit with 1 cup of sugar. Bring to the boil, stirring constantly. Boil until conserve thickens.*

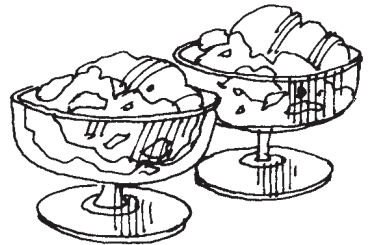


TROPICAL FRUIT SALAD

½ cup each dried pineapple, mango, pawpaw,
citrus fruit, coconut
2 tbs crystallised ginger
2½ cups orange juice

Mix fruits and ginger, pour over juice and mix gently. Let stand until fruits have softened. Delicious served with ice-cream.

- *Add a dash (or two) of orange liqueur.*



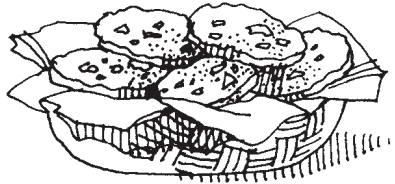
APPLE, PINEAPPLE OR FEIJOA FRITTERS

1 cup dried fruit	1 cup water
1 cup flour	1 tsp baking powder
3 tbsp sugar	1 egg
⅓ cup milk	1 tsp melted butter
pinch salt	

Soak fruit in the water until reconstituted.

Beat egg and add milk and butter. Add sifted flour, baking powder, salt and sugar and beat to a smooth batter. Fold in fruit. Fry until brown on each side. Place on paper towel to drain.

- *Sprinkle with sugar and cinnamon.*

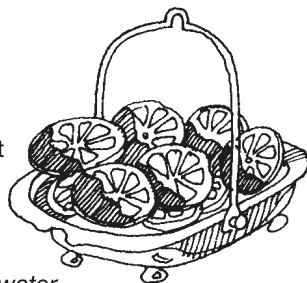


GLACÉ KIWIFRUIT, TAMARILLOS OR CITRUS FRUIT

1 kilo fruit
2 cups water

1 cup sugar

Peel and cut fruit into 5mm slices. Add sugar to water and bring to the boil. COOL syrup and place fruit into liquid. Leave overnight. Gently drain and place fruit on mesh sheet on trays. Dry at 55°C for approx. 12-14 hours.



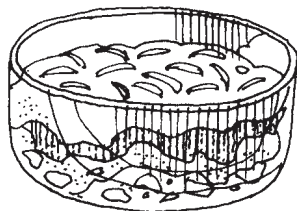
- Dip one end in melted dark chocolate.
- Substitute $\frac{1}{2}$ cup of creme de menthe liqueur for $\frac{1}{2}$ cup water.

TAMARILLO & KIWIFRUIT TRIFLE

2 cups dried glacéd tamarillos & kiwifruit
2 cups water
 $\frac{1}{3}$ cup slivered almonds
1 trifle sponge

sherry (to taste)
1 tamarillo roll-up
1 cup vanilla custard

Reconstitute fruit until soft. Line glass dish with tamarillo roll-up. Add sponge sprinkled with the sherry; spoon over the fruit and syrup. Cover with vanilla custard and decorate with slivered almonds. Chill before serving.



- Use plum roll-up and brandy instead of tamarillo roll-up and sherry.

PLUM CRUMBLE

$1\frac{1}{2}$ cups dried plums
2 cups water
2 tbs sago or cornflour

Topping:
115gms butter
 $\frac{1}{2}$ cup flour

1 tbs brandy
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup coconut

Reconstitute plums in the water and add sugar, sago and cinnamon. Pour into pie dish. Mix brown sugar, flour and butter until crumbly. Sprinkle on plums and scatter coconut on top. Bake at 180°C for 30 minutes.

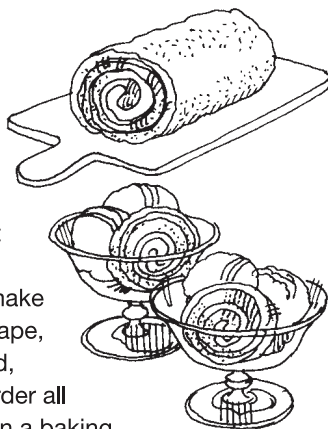


- The same recipe is great using apples, peaches or apricots.

FEIJOA ROLY POLY

1 ³ / ₄ cup of flour	115gms butter
1/4 cup coconut	3/4 cup milk
1/4 cup sugar	2 tbs orange juice and rind
2 tsp baking powder	1/4 tsp salt
1 feijoa roll-up	1 cup water

Break roll-up into pieces and reconstitute for 2 mins in 1 cup of water in microwave or let stand for approx. 15 minutes. Sift flour, baking powder and salt into a bowl and rub butter into it until it is like fine breadcrumbs. Add coconut. Then sufficient milk to make a stiff dough that can be rolled out to a rectangular shape, approx. 20 cms. Mix the feijoa roll-up with orange rind, juice and sugar. Spread over the dough, leaving a border all around. Then roll up lengthwise and place join down in a baking dish. Bake at 200°C for 30 mins until golden. Serve hot with custard, cream or ice-cream.



- *Try blackberry and apple roll-up which tastes like the old-fashioned jam roly poly.*

CHRISTMAS FRUIT MINCE

3 cups dried mixed fruit including apples	
Rind and juice of 1 lemon & 1 orange	1 tsp mixed spice
1 cup brown sugar	1 tsp salt
1/2 tsp ground cloves	1 tsp cinnamon
1/4 cup brandy, whisky or rum	1 1/2 tsp grated nutmeg

Chop fruit in blender, add remaining ingredients and mix well. Put into jars and cover. Keep in refrigerator or cool, dark place.



- *Use any type of left-over dried fruits from previous years or make a tropical fruit mince using pineapples, coconut and papaya. Freeze the dried fruit first. This makes it easier to chop in the blender.*

CARROT NUT CAKE

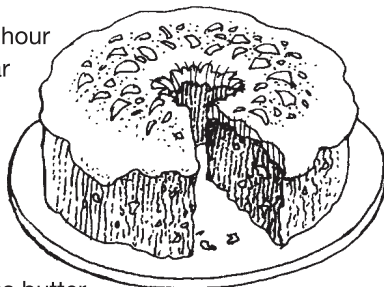
2 cups boiling water
2 cups sugar
2 cups sifted flour
2 tsp baking powder
3 tsp cinnamon
1/2 cup chopped walnuts
2 cups dried grated carrot
1 1/2 cups vegetable oil
2 tsp baking soda
1 tsp salt
4 eggs well beaten

Pour boiling water over dried carrots. Let stand 1/2 hour to reconstitute and drain off excess liquid. Mix sugar and oil together. Add dry ingredients and eggs. Then add carrots and nuts. Pour into well-greased, floured, cake tin. Bake at 175°C for 30-35 minutes. Ice with cream cheese icing when cool.

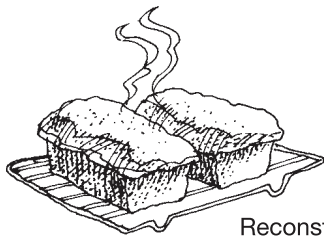
CREAM CHEESE ICING:

250 gms cream cheese
1 tsp vanilla
125 gms butter
2 cups icing sugar

Beat cream cheese and butter until fluffy; add vanilla and gradually add the icing sugar. Beat until smooth and creamy. Spread icing over cake and garnish with chopped walnuts.



PERSIMMON BREAD



1 cup sugar
3 1/4 cups flour
1 cup dried persimmons
1 1/2 cups boiling water
1 tsp cinnamon, nutmeg & cloves
1/2 cup crushed nuts
1 cup oil
4 eggs
1 tsp salt
2 tsp baking soda

Reconstitute persimmons in hot water for five minutes and blend. Mix sugar, salt, oil, spices, eggs and soda (dissolve first in quarter cup water). Add flour and nuts. Bake in two greased loaf tins at 180°C for one hour or until tests done. Remove from tins at once and cool on rack.

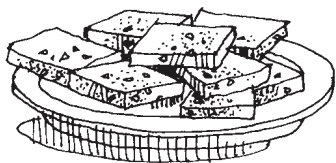
DRIED FRUIT SQUARES

200 gms butter
1 1/2 cups dried kiwifruit
1/2 cup sugar
1 egg
3 large cups rice bubbles or tamarillos
1 cup water

Reconstitute fruit in hot water for five minutes. Melt butter and sugar in saucepan, add egg, then dried fruit. Cook for 5 minutes. Add rice bubbles. Put in flat tin until set. Cut into squares and sprinkle with coconut. Keep in deep freeze until needed.

- Try dried apple and apricot slices.

BANANA CRUNCH BAR



100gms butter	2 tbsp honey
1/2 cup raw sugar	1/2 cup coconut
1 cup wholegrain oats	1/2 cup plain flour
1/2 cup chopped banana roll-up	1 tsp baking powder

Melt butter, sugar and honey in saucepan. Stir in remaining ingredients and mix well. Press into greased sponge roll tin. Bake at 175°C for 15-20 minutes. Cut while warm.

BLACKBERRY & APPLE MUFFINS

1 cup bran	1 tbs golden syrup
1 cup wholemeal flour	1 tsp baking soda
1 blackberry & apple roll-up	1 tsp melted butter
1 cup milk	

Heat syrup, milk and butter and add baking soda. Mix with dry ingredients and fruit roll-up to a soft consistency, a little softer than scones. Cook in patty tins at 180°C for 25 to 30 minutes.



- *Put roll-ups in the freezer to make them brittle so that they will break and blend easily.*

FRUIT LOAF

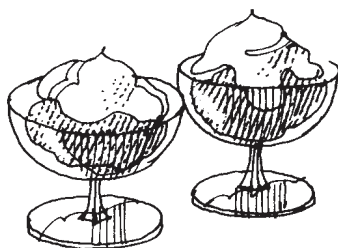
2 cups sugar	2 cups water	60 gms butter
1 tbs mixed spice	1/2 cup milk	3 1/2 cups self-raising flour
2 cups blended dried mixed fruits (apples, pears, tamarillos, kiwifruit, etc.)		
2 eggs		

Place first six ingredients in pot and simmer 10 mins. Cool; then add beaten eggs and flour. Mix well. Bake in two medium-sized loaf tins approx. one hour at 190°C.

BANANA & RUM DESSERT

2 cups dried bananas	1/2 cup rum
Double cream	2 heaped tsp brown sugar

Cover the dried bananas with rum and water and add brown sugar. Cook in oven until soft. Serve warm with double cream.

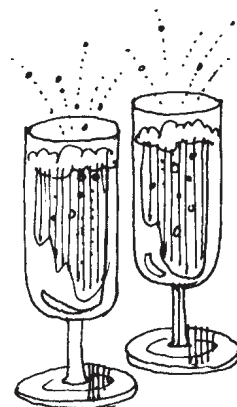


PLUM SPRITZER

1/4 plum roll-up 1/4 cup water
1 large glass soda water or lemonade

Break plum roll-up into small pieces, mix with the water and reconstitute by microwaving for two minutes. Stir well and cool. Combine with soda water or lemonade.

- *For a sharper flavour use rhubarb and apple roll-up.*



BANANA SMOOTHIE

1 cup milk 1 cup plain yoghurt
1/2 cup dried banana roll-up 1/2 tsp vanilla
1 tsp honey (optional)

Place all ingredients in blender and purée until thick and smooth. Serve immediately.

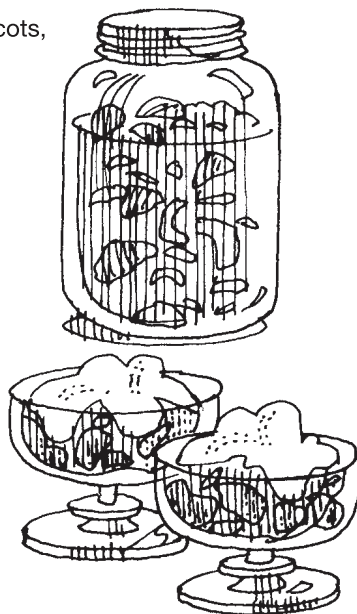
- *Dried ripe bananas will never go crisp because of their high sugar content. To add crispness keep them in the deep freeze.*
- *A nutritious delight for the children.*

DRIED BRANDIED FRUIT

4 cups dried fruit (kiwifruit, pineapple, peaches, apricots, pears, apples, citrus fruit, yellow tamarillos and figs)
2 cups sugar
2 cups water
2 cups brandy or rum

Place dried fruit in layers in a large glass jar. Bring the water and sugar to the boil, stirring occasionally. Cool and add the brandy or rum; stir well and pour over fruit. Do not pack the fruit to the top as it will swell as it reconstitutes. Leave for a few months before serving with whipped cream and icecream or cold ham or pork.

- *Use honey instead of sugar and substitute feijoas for kiwifruit and tamarillos.*



CANDIED CITRUS PEEL

2 cups peel 1 cup water
1 cup sugar

Barely cover peel with water and gently simmer. Make a syrup of water and sugar (use the water the peel was cooked in providing it is not bitter). Cook until all the water has evaporated stirring the mixture occasionally until syrupy and thick.

Drain well. Dry on mesh sheets approx. 14-16 hours at 55°C

Microwave recipe: Make a syrup of the water and sugar, add peel, put into microwave, boil, then turn to medium and cook until fruit is soft and clear. Drain well, then dry as above.

- *Use figs cut into halves or quarters and simmer until fruit looks clear (1-1½ hours). Drain very well. Roll segments in castor sugar, cinnamon or ginger, if desired.*

PERSIMMON & CREAM CHEESE PIN WHEELS

1 persimmon roll-up 25 gms cream cheese

Lightly mash over-ripe astringent or non-astringent persimmons, leaving the skins on. Dry at 55°C for 10-12 hours. Cool and spread thickly with cream cheese. Cut into pin wheels with sharp knife or scissors.

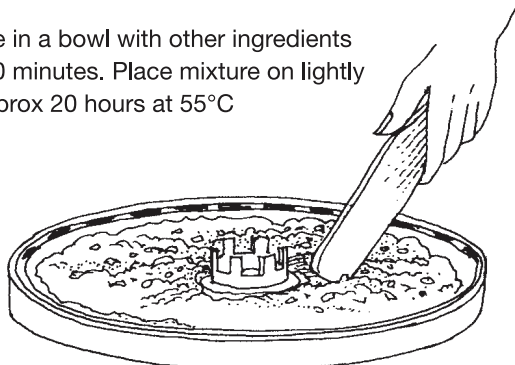
- *Serve with coffee or pre-dinner drinks.*



GRANNY SMITH MUESLI

1 cup whole grain oats 3 apples
½ cup flaked almonds 1 tbs honey
1 tbs vegetable oil 1 cup apricot yoghurt
Juice of 1 lemon ½ tsp salt
¼ cup sesame seeds

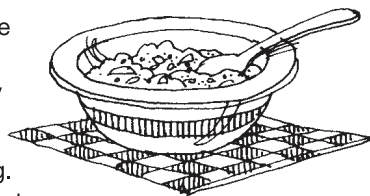
Grate unpeeled apples. Place in a bowl with other ingredients and mix well. Let stand for 20 minutes. Place mixture on lightly oiled solid sheets. Dry for approx 20 hours at 55°C
Stir occasionally.



ORANGE & HONEY MUESLI

3 cups whole grain oats
1/2 cup chopped dried fruit
1/2 cup sunflower seeds
1/2 cup wheatgerm

1 cup orange juice
1/2 tsp nutmeg
2 tbs liquid honey



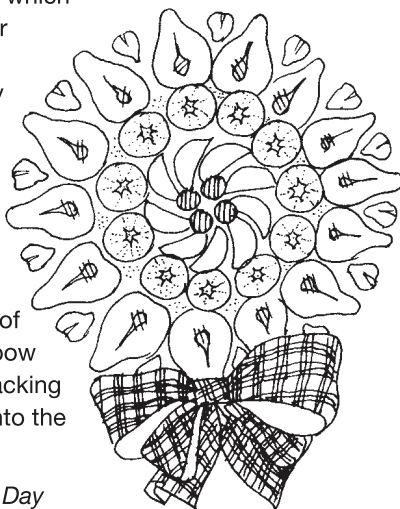
Mix oats, fruit, wheatgerm, sunflower seeds & nutmeg. In a small saucepan heat honey & orange juice until it simmers, stirring regularly. Pour over oats, tossing to dampen all ingredients. Dry on solid sheets at 55°C for approx.10 hours.

- *The longer the muesli is dried, the crisper it will be.*

EDIBLE WREATHS

The centre slices of unpeeled apples and pears which show the pips and shape of the fruit are best for wreaths. Slice fruit vertically 5mm thick and discard the first and last slices which are mainly peel and dry at 55°C for 8-12 hours.

Arrange in a circle by sticking each apple or pear slice to a pre-cut round cardboard backing or mesh sheet with a dollop of melted chocolate. Then add an extra inner circle or two. Dried strawberry and kiwifruit slices add colour and will help to fill the gaps. The centre of the wreath can be filled with a tartan bow or a bow made from plum or strawberry roll-up. Extra backing could be provided by a kiwifruit roll-up stuck onto the mesh sheet, again with melted chocolate.



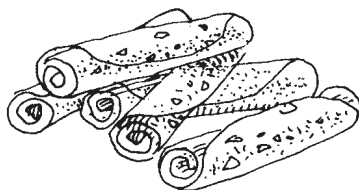
- *Make a heart-shaped wreath for Valentine's Day or a traditional wreath for Christmas Day. They are fun to make, look decorative and are delicious to eat.*

HEALTH ROLL-UP

1 cup whole grain oats 2 cups apricot yoghurt
2 cups ripe mashed bananas 1/2 cup slivered almonds

Mix well and dry approx. 16 hours at 55°C

- *Use 2 cups diced fresh fruit instead of bananas*

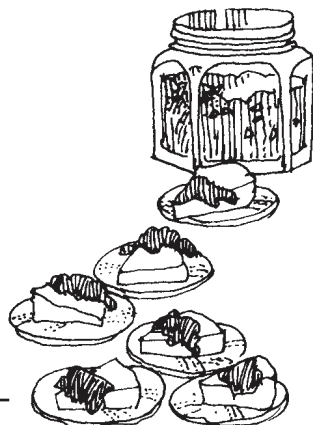


DRIED FRUIT CHUTNEY

1/2 cup dried kiwifruit	1/4 cup dried onion
1/2 cup dried peaches	1/4 cup dried grapes
1/4 cup dried orange peel	1 tsp powdered ginger
1/2 cup brown sugar	1 tsp salt
1 cup white vinegar	1 cup water
1/8 tsp cayenne pepper	1 tsp curry powder

Put all ingredients in saucepan, bring to the boil and simmer for one hour. Then cool, bottle and seal tightly.

- Spread on crackers and top with a small wedge of Camembert cheese.



TAMARILLO CHUTNEY

1 cup dried tamarillos	1/2 cup dried onions	1/4 cup chopped ginger
1/2 cup dried apples	3/4 cup dried grapes	1/2 cup dried pineapple
1 cup white vinegar	1 cup brown sugar	2 cups water
1 tsp mixed spice	1/8 tsp cayenne pepper	1 tsp salt

Put all ingredients into saucepan, bring to the boil, stirring until sugar has dissolved. Boil slowly for one hour until fruit has reconstituted and the mixture thickens. Bottle and seal when cold.

- Although the Chutney recipe used dried fruit, a combination of fresh, dried and tinned fruit could be used but add less water. This chutney is great with roast pork.

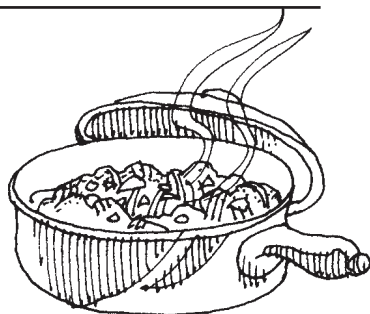
VEGETARIAN CURRY

1/2 cup of the following dried fruits and vegetables:

Pineapple, apple, kiwifruit	
Tomatoes, red and green capsicums, onions	
1 chilli (optional)	1 tbs curry powder
2 cups water or stock	2 tbs flour
2 tbs butter	

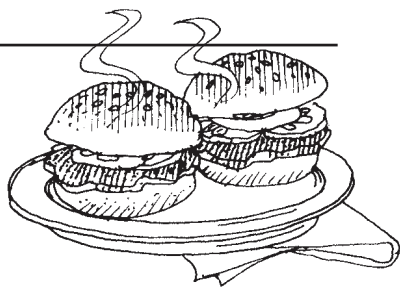
Put curry powder, butter and flour in pan and stir over low heat until well mixed. Add dried fruit, vegetables and stock and cook slowly for at least one hour.

- For extra flavour, make the day before serving. Try replacing part of the liquid with coconut milk.



TASTY BURGERS

1 kg minced beef or lamb 12 dried apricots
1 onion finely chopped 1 egg
1 cup chopped walnuts $\frac{2}{3}$ cup white wine
1 slice crumbed bread $\frac{1}{2}$ tsp ground allspice
salt/pepper to taste
 $\frac{1}{4}$ cup dried powdered tomatoes



Soak apricots in wine for 10 minutes. Drain and mix left over liquid with tomato powder. Add extra wine if needed to make consistency of tomato paste. Combine mince, onion, nuts, apricots and spices and mix well. Shape into hamburgers, top with the tomato/wine mixture and bake 30 minutes at 150°C or cook over low heat on the barbeque.

- *Substitute minced pork and dried apples for beef or lamb and apricots.*

PUMPKIN SOUP

1 kg pumpkin 2 onions chopped
2 cups water 2 cloves chopped garlic
2 tsp beef stock 2 tsp sugar
 $\frac{1}{2}$ tsp grated nutmeg 2-3 cups milk
salt/pepper $\frac{1}{2}$ tsp curry (optional)

Peel and chop pumpkin. Cook pumpkin, onion, garlic, sugar, water and stock until pumpkin is tender. Purée this mixture with milk and seasonings. Cool and dry on lightly oiled solid sheets at 55°C for approximately 8 hours. This soup can be left in rollup form or broken up and blended for instant soup.

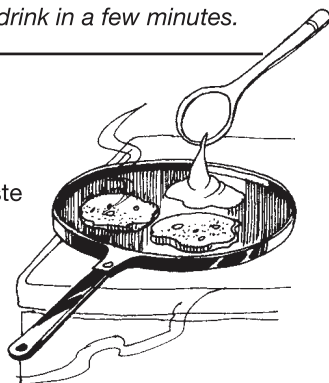
- *Most "thick" soups, such as leek, tomato and spinach, dry well and easily blend into instant soup. To use, put 1 tbs of soup mix into a mug of boiling water. This will reconstitute and be ready to drink in a few minutes.*



CORN FRITTERS

$\frac{1}{2}$ cup sifted flour 1 cup dried corn
1 tsp baking powder 1 beaten egg
 $\frac{1}{4}$ tsp salt Black pepper to taste
1 cup milk

Simmer 1 cup dried corn in 1 cup of milk until tender, add beaten egg. Sift flour, baking powder, salt and pepper and stir into corn mixture and mix well. Fry spoonfuls until golden brown on both sides.



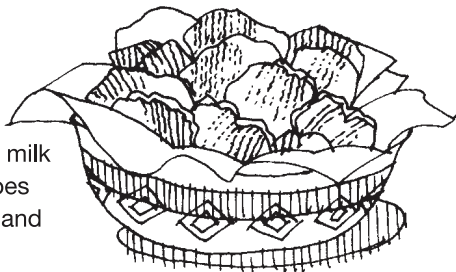
TACO CHIPS

1/4 cup onions
1 cup grated tasty cheese
1/4 tsp chilli powder
2 cups tinned creamed corn
1/2 cup red or green peppers
1/2 tsp cayenne pepper
1 chopped garlic clove

Purée all ingredients in blender until smooth. Spread onto lightly oiled solid sheets and dry at 55°C for approx. 10 hours or until dry on one side. Carefully turn over and dry for 2 hours longer or until crisp. Break into chips.

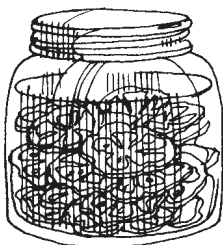
POTATO CHIPS

Boil potatoes, add salt, pepper and enough milk to make a purée. Do not add butter as it goes rancid. Spread on lightly oiled solid sheets and dry at 60°C for 10-12 hours.



DRIED TOMATOES IN FLAVOURED OIL

1/4 cup vegetable oil
1 cup barely dried tomatoes
Dried sprigs of parsley, oregano and rosemary
3 cloves crushed garlic
1 small dried red chilli
1 cup virgin olive oil



In small saucepan heat vegetable oil. Add garlic, rosemary and chilli. Cook until garlic turns crisp and golden to flavour the oil. Remove from heat and cool to room temperature. Pack tomatoes and dried herbs into clean 1/2 litre jar and strain in flavoured oil, discarding the cooked particles. Add olive oil to cover tomatoes. Close jar and store refrigerated for up to six months.

- *If tomatoes are too dry, they will not absorb oil. Try adding cubed Feta cheese.*

VINAIGRETTE USING DRIED TOMATOES IN FLAVOURED OIL

1/4 cup drained dried tomatoes
6 tbs oil from dried tomatoes
Ground black pepper to taste
2 tbs vinegar
2 tbs capers
1 tbs parsley

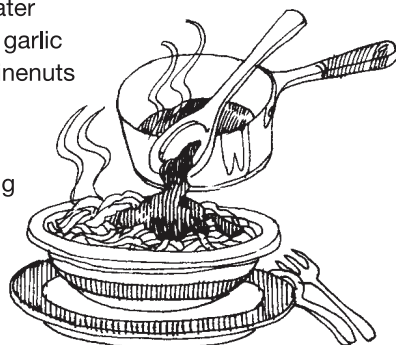
Process until smooth. Serve as a dressing over sliced mozzarella cheese, cucumbers or mixed green salad. Makes 1/2 cup.

PESTO USING DRIED TOMATOES IN FLAVOURED OIL

½ cup drained dried tomatoes
½ cup oil from dried tomatoes
Ground black pepper to taste
2 tbs parmesan cheese

1 cup water
2 cloves garlic
¼ cup pinenuts

Heat dried tomatoes and water to boiling. Cover and simmer 10 minutes. Drain tomatoes. Reserve cooking liquid. In blender grind tomatoes until finely minced. Add oil, pinenuts, garlic, salt and pepper. Process until smooth. Stir in parmesan cheese and enough reserved cooking liquid to make a saucy consistency. Serve over pasta. Will keep in refrigerator in airtight container for up to two weeks. Makes 1¼ cups.



DRIED TOMATOES FOR PASTA

Place barely dried tomato, capsicum and aubergine slices in a jar in layers with garlic and basil. Repeat until the jar is well packed, then fill the jar with olive oil.

To use: Drain off vegetable slices, cut into thin strips and cover with white or red wine to soften. Add olive oil the vegetables were stored in, heat and mix with pasta. Grate parmesan or romano cheese on top.

- *Add anchovies for a touch of the Mediterranean.*

SOUTH AFRICAN BILTONG

1 kg venison

1 tbs coarse salt

2 tsp sugar

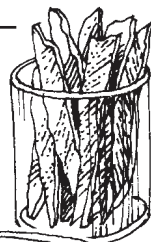
½ tsp ground black pepper

1 tbs ground coriander

¼ cup vinegar

Slice meat **5 mm** thick and cover with marinade overnight.

Drain and dry on mesh or solid sheets at 60°C for 10-12 hours until strips bend but do not break.



DENDENG MANIS

(Sweet Indonesian Style Dried Beef)

1 kg topside beef

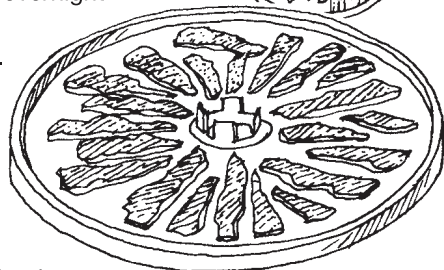
250g brown sugar

1 tbs laos or ginger grated

1 tbs lemon juice

1 tsp salt

3-4 tbs ground coriander



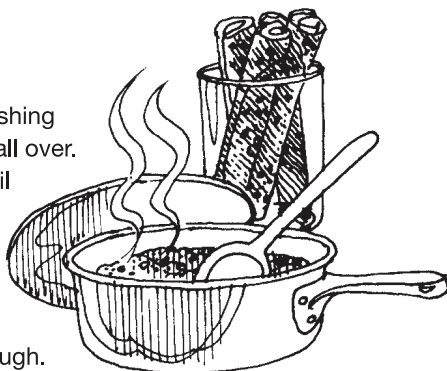
Slice the beef 5mm thick across the grain and add the marinade. Do not add any water as the juices from the beef will dilute the marinade. Stand overnight. Drain and place on mesh or solid sheets. Dry at 60°C for approx. 8 hours.

MINCE ROLL-UP

500 gms topside mince 2 diced onions
6 cloves crushed garlic 4 sliced tomatoes
½ tsp chilli powder 2 tsp oregano

Fry all ingredients without oil for 5 minutes, mashing and stirring with wooden spoon until browned all over. Spoon out any fat. Blend in food processor until thick and smooth. Spread onto lightly oiled solid sheets and dry at 60°C for 8-10 hours.

To reconstitute, add one cup warm water to one cup mince roll-up and simmer until heated through. Makes a thick, nourishing soup.



ARABIAN LAMB CHOPS

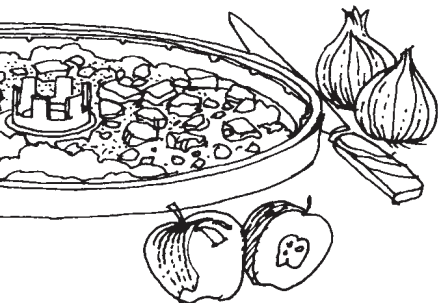
2 kgs lean lamb chops 5 diced onions
1 quince & ginger roll-up 1 tbs olive oil
1 tbs coriander or parsley Dash black pepper, cayenne, paprika, salt

Cover the chops with spices and onions. Heat the oil in a heavy pan and cook chops until tender. Drain off any fat. Add the roll-up broken into small pieces and cook a further ½ hour.

- *Serve with unsweetened yoghurt and boiled potatoes.*

SWEET & SOUR PORK WITH RICE

500 gms pork 2 sliced apples 240 gms tin crushed pineapple
1 tsp root ginger 2 sliced onions 100 gms green beans
2 tbs brown sugar 1 tsp citric acid ½ tsp curry powder
½ tsp turmeric 3 tbs cornflour 3 tbs Bisto gravy mix
salt to taste



Cut pork into small slices or cubes, discarding all fat. Cook with salt and ginger until tender in pot over low heat with lid on. Add vegetables, fruit and other ingredients and cook for one hour over low heat. Spread on solid sheets and dry at 60°C for 8-10 hours. Stir after a few hours drying.

To reconstitute, barely cover with water and bring to the boil, stirring constantly. Simmer for 20 minutes and serve on a bed of rice.

RICE: Cook 2 cups rice as described on package. Place on solid sheets and dry at 55°C. To reconstitute, add an equal amount of boiling water to rice and let sit for five minutes.

- *All cooked stews, casseroles, tinned meals, spaghetti and baked beans can be dried and reconstituted as described in the Sweet & Sour Pork recipe. Meat should be cut into small cubes or strips and minced meat is ideal.*

PAUA OR ABALONE

Raw paua may be dried whole or cooked in a pressure cooker for 1-2 hours or boiled over low heat for 5-6 hours and dried at 60°C for approx. 16-24 hours. To reconstitute, leave to soak in water overnight. Raw sliced or minced paua is dried at 60°C for approx. 6-10 hours and will reconstitute in a couple of hours.

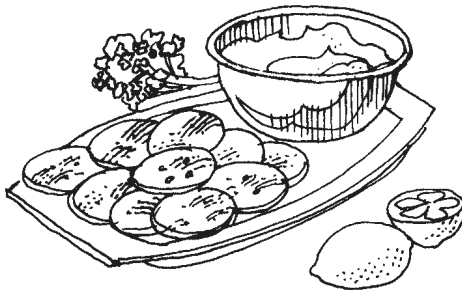
SQUID

Thoroughly clean squid and remove tube. Cut tube and tentacles into 10 mm pieces, steam blanch for 5 minutes and dry at 60°C on mesh sheets for 8-12 hours. To reconstitute, soak in 1 litre water and ½ tsp bicarbonate soda until tender or eat dry, as the Japanese do.

DRIED FISH & SOUR CREAM DIP

1 cup sour cream ¼ tsp pepper
¼ cup mayonnaise 1 tbs chopped parsley
2 tbs lemon juice 1 cup dried fish
1 clove crushed garlic

Stir together sour cream, mayonnaise, lemon juice, garlic, pepper and parsley. Stir in crumbled dried fish. Serve with crisp crackers, potato chips, dried tomato, zucchini or cucumber slices.



POWDERED HORSE RADISH, GARLIC & GINGER

Scrub and chop, then mince. Place on solid sheets and dry at 50°C for 3-5 hours. Powder in a food processor and return to the Ezidri if still damp. Cool and place in an air-tight jar in a cool, dark place.

To use, take 3 tsps of horseradish, barely cover with white vinegar, let stand until the vinegar has been absorbed then mix in ½ cup of sour cream. Serve with roast beef.

TROPICAL HEALTH BARS

1 cup peanut butter 1/2 cup honey
1 cup powdered milk 1/2 cup sesame seeds
2 cups dried pineapple, mango & banana, finely chopped

Combine peanut butter, milk and honey until well blended. Then add fruit and sesame seeds and mix well. Press mixture into 20cm tin and cut into small squares. Carefully remove squares from tin and place on mesh sheet. Dry at 60°C for approx. 6 hours or until firm.

- *Health bars taste great with any combination of dried fruits.*

MIXED FRUIT BALLS

2 cups mixed dried fruit 1/2 cup sweetened condensed milk
1/2 cup crushed almonds 1/2 cup coconut

Combine mixed fruit and almonds, pour in milk and mix well. Chill for two hours and then shape into 15mm balls and roll in coconut. Dry at 60°C for approx. 5 hours or until crisp on the outside. Store in an air-tight jar or tin.

- *Use last season's excess dried fruit blended in a food processor.*

PEANUT BUTTER BITES

1 cup coconut 2 cups chopped dried apple slices
1/2 cup peanut butter 1 tsp vanilla

Combine all ingredients and mix well. Shape into 15mm balls and dry at 60°C for approx. 5 hours or until crisp on the outside.

- *Use chopped banana roll-up instead of apples.*

ACTIVATED ALMONDS

How to sprout Almonds and Dehydrate:

Cover and soak 4 cups almonds in warm water with 1 tablespoon of salt for 7-24hours, or until the nuts are slightly puffy and show signs of sprouting, rinse, dry, sprinkle with salt or other spices if desired, place in your dehydrator. You dry at 40c-65c for 24 to 36 hours, turning occasionally, until dry and crisp. This same method can be used for other nuts such as raw hazelnuts or raw brazil nut.

For soft nuts such as raw pistachios or raw cashew nuts shorten the soaking time to between 4-6 hours