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PRESERVE IT
NATURALLY

The Complete Guide to Food Dehydration



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PRESERVE IT NATURALLY

.....
The Complete Guide to Food Dehydration

— Sixth Edition —

Recipe Equivalents

a pinch or dash = less than 1/8 teaspoon

3 teaspoons = 1 tablespoon

2 tablespoons = 1/8 cup

4 tablespoons = 1/4 cup

5 tablespoons plus 1 teaspoon = 1/3 cup

8 tablespoons = 1/2 cup

12 tablespoons = 3/4 cup

16 tablespoons = 1 cup

1 liquid ounce = 2 tablespoons

1/2 pint = 1 cup

1 pint = 2 cups

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

8 quarts = 1 peck

4 pecks = 1 bushel

16 ounces = 1 pound

16 liquid ounces = 2 cups

28 grams = 1 ounce

454 grams = 1 pound

4 cups flour = 1 pound

1 cup of all-purpose flour = 7/8 cup stone-ground whole wheat flour

2 cups granulated sugar = 1 pound

2-3/4 cups brown sugar = 1 pound

1 cup granulated sugar = 1 cup brown sugar or 1 cup raw sugar

1 cup molasses = 13 ounces

5 large eggs = 1 cup

8 egg whites = 1 cup

16 egg yolks = 1 cup

2 cups butter = 1 pound

4 cups grated cheese = 1 pound

1 cup uncooked rice = 2 cups

1 cup uncooked macaroni = 2 cups cooked

1 large lemon = 1/4 cup juice

1 medium orange = 1/2 cup juice

2 cups dates = 1 pound

3 cups dried apricots = 1 pound

2-1/2 cups prunes = 1 pound

2-1/2 cups raisins = 1 pound

1-1/2 pounds apples = 1 quart

3 large bananas = 1 pound

1 cup nut meats = 5 ounces

4 medium sized potatoes = 1 pound potatoes

3 medium sized tomatoes = 1 pound tomatoes

3/4 cup dried pumpkin plus 1 cup water = 1 cup fresh pumpkin



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Since 1973, Excalibur has manufactured Dehydrators in the USA. We thank each of you for using our dehydrators, referring to our cookbooks, writing in with recipes and ideas. Preserve It Naturally should be your guide. *Feel free to experiment and get creative!*

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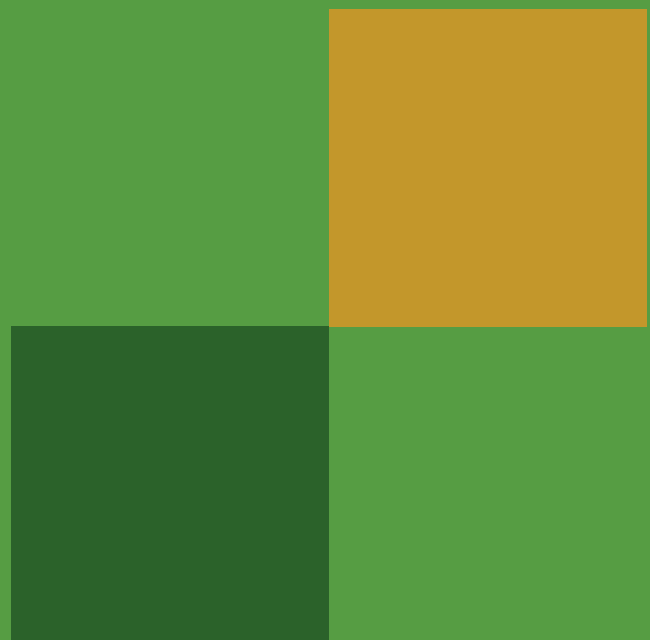
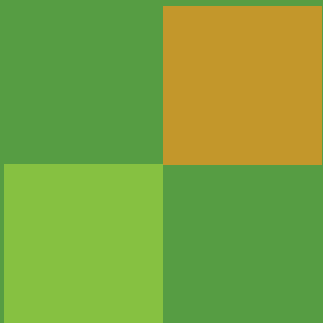


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INTRODUCTION TO DEHYDRATION



Welcome to the wonderful world of dehydration! You are about to discover one of the oldest methods of preserving food known to civilization. Primitive people dehydrated or dried grasses, herbs, roots, berries, and meats by setting them out in the sun. They learned that dehydrated, or dried supplies, helped them survive during the long, bitter winters when food was scarce or literally nonexistent. The light weight and high nutritional value of dried food also enabled people to travel greater distances to hunt and explore.

Nearly all people were dehydrating or drying food to some degree from the dawn of civilization. Actually, the earliest written record we know stated that the Phoenicians and other fishing people of the Mediterranean area used to dry their catches in the open air. The early Chinese would often times sundry their tea leaves. When certain ancient Egyptian tombs were excavated recently, scientists found a variety of dehydrated foods, including wheat grain. These foods were meant to sustain the spirit of the deceased during his journey in the afterlife. As an experiment, some of the centuries-old grains were later rehydrated. Miraculously, they sprouted, proving that dehydration is truly a viable, long-term, natural means of food preservation.

During the ages of exploration in the 15th and 16th centuries, most sailors on long sea voyages ate a variety of dried food for survival. When Columbus discovered the New World, dehydrated food played an important part in sustaining his crew and in preventing any outbreak of diseases like scurvy and beriberi. As you may imagine, much of this food was excessively salted and would not be very appetizing to modern tastes. However, to these early explorers, the dehydrated food provided the sustenance to make perilous sea voyages possible.

Centuries ago in our country – long before the rise of canning and freezing – American Indians preserved their produce by drying it in the sun. Fruits like apples, pears, and peaches; vegetables like corn; and meats like elk, deer, bear, and buffalo were all dehydrated and stored for the leaner seasons. When the pilgrims came, the Indians not only greeted them with “How,” but they also showed them how to dry food.

The first pioneers also relied heavily on drying. Dehydrated food enabled them to endure the harsh conditions as they journeyed hundreds of miles westward across the plains. When Horace Greeley used the now famous statement: “Go west, young man, and grow up with the country” in a New York Tribune editorial, he should have added: “And take along a

good supply of dried food.” Leathery morsels of dried meat (or jerky) also acted as staples for Jedediah Strong Smith and other far roaming “mountain men” who braved the Sierra Nevada Mountains and the unexplored Pacific coast.

By 1795, the French had developed the first dehydrator – a device designed to regulate the drying conditions and generally speed up the food-saving process. Although crude in comparison to today’s models, the French unit successfully dried fruits and vegetables at a controlled heat temperature of approximately 130°F or 54°C with a continuous circulating airflow – the necessary conditions for any dehydration operation. It was many years before the first true dehydrators were introduced in the United States.

.....

Dehydrated Food in the 20th and 21st Century.

Dehydrated food became a major source of the American diet during World War I. When our country actively entered the War in 1917 – sending troops and a steady stream of supplies to Europe – dried food made up a good portion of nutritional supplies that were shipped abroad. Billboards of the time shouted the slogan: “Food will win the War.” Dehydrated food did its share!

As the Roaring ‘20s, “the era of nonsense,” rolled in with its flappers and speakeasies, interest in drying food dropped off. It rekindled as the 1930s Great Depression crashed down upon the nation. People couldn’t afford or find the supplies needed for canning so many returned to drying to preserve what food they had.

The urgent requirements of war supplies and materials set off another surge of drying during World War II. Food was rationed and every bit preserved as a step toward victory. With the rationing of sugar and the disappearance of canning supplies, homemakers relied heavily on drying as their main method of food preservation. The federal government developed a self-help program which made solar dehydrator plans available to citizens so they could dry their “Victory Garden” goods. Many commercial drying plants opened in this country to provide the necessary food for the free world. Dehydrated produce was a practical way to supply overseas troops; it was lightweight, easy to transport, and did not spoil. In fact, dried food continues to be used today by the armed forces and the space program.

With the post WWII prosperity and a general blanket of security covering the country, people no longer felt the need to preserve their own food. Today, however, because of the uncertainties with which we live, the increase in preservatives found in food, and the interest in living a healthier life, dehydrating is once again becoming more popular as a method of preserving food.

Dried food takes up much less space than frozen or canned types. For instance, as many as 60 tomatoes can fit into a quart jar after they have been dehydrated. Another advantage of drying is that no electricity is required to keep the food, unlike freezing. And little energy is required to process the food, unlike canning.

Another advantage is the convenience of dehydrated food; you don't have to thaw it out, and you won't have any leftovers. Merely take the portion of dehydrated food that you need and reconstitute it.

Dehydrated food is great for camping or hiking. Dehydrated, lightweight, munching items such as jerky, dried apples, and peaches have been popular with hunters, campers, and hikers for years. A few nibbles of these varieties can keep you going all day. These are really tasty, nutritious foods, not just empty calories.

As you read further in this book, you'll learn many more advantages of using dehydrated food. Of course, today's desire for natural, healthful, and inexpensive methods of food preservation has put dehydration in modern kitchens. People in all walks of life can dry many of their favorites regardless of the weather

.....

What is Dehydration?

The most obvious question, of course, is: Exactly what is dehydration? At one time or another, we all have experienced dehydration. For instance, after exercising and perspiring heavily, you drink plenty of fluids or else your body would dehydrate. When you exercise, the body becomes hot and begins to perspire. This heat causes the moisture to be drawn out of your body through the pores in your skin. When it reaches the skin's surface, it is evaporated by the passing air currents. This leaves your body with a liquid deficiency; therefore, it can be said to be dehydrated.

For dehydration to take place, as you will note, two basic conditions must be present:

1. **Heat** – enough to draw out moisture, and
2. **Air circulation** – to carry the moisture off and evaporate it. To dehydrate most effectively, the air should be able to absorb the released moisture.

Food dehydration, like body dehydration, depends on these two conditions. But, unlike body dehydration (which can be harmful), food dehydration, or food drying, is done with a specific purpose in mind: to preserve the food from spoiling in the most natural way possible. That is, food dehydration can be defined as a process of inactivating enzymes, or removing water (moisture) from a food to a point at which bacterial and other spoilage microorganisms are inhibited from growing. Properly dehydrated or dried food can last for months or years without refrigeration.

There are other ways of preserving foods. Freezing and canning, of course, are very popular. However, freezing and canning deteriorates or kills natural enzymes. Dehydration does not, if done properly.

Enzymes are the chemical properties found in all living things that control the growth cycle, causing them to mature and/or ripen. When you bring a green tomato in from the garden and see it turn red in several days, you are now witnessing enzymes in action. What this also shows, is that the action continues after the food is picked, eventually causing it to over ripen and decay. Dehydration suspends the action of these enzymes, putting them into a state of inactive or suspended animation until the food is rehydrated – water is added.

Perhaps the best example of the dehydration/rehydration phenomenon is the factual, scientific discovery of live fish being hatched from eggs previously dehydrated by the sun. In Africa, during severe droughts which could sometimes last for years, all lakes, streams, and ponds would dry up, leaving the eggs to dehydrate in the sun. When the rains did finally fall again, the eggs would rehydrate and live fish would emerge. These fish eggs were actually dehydrated, preserved, and eventually rehydrated, proving the validity of this life-saving process.

What Type of Food Can Be Dehydrated?

Most food can be dehydrated. Fruits and vegetables are among the easiest and most popular for the beginner. Fruits and vegetables at their peak of ripeness will have the richest flavor and be more nutritious. Immature food will lack color, over mature fruits will be soft and mushy, and over mature vegetables will be tough and woody. Many people believe that inferior produce can be used for dehydration because it will be all wrinkled up when it is dried anyway. This is not always true. Vegetables and fruits (in fact, all produce) should be in prime condition. The quality of the food that you place in the dehydrator determines the quality of the dried food that is processed.

In addition to fruits and vegetables, meats, fish, herbs, cheeses (including tofu), yogurt, and even pickles can be dried at home. In fact, almost anything that has water in it can have the water gently removed.

What is the Nutritional Value of Dehydrated Food?

Fresh produce, which can be dehydrated immediately, is our best source of natural vitamins, sugars, and minerals. Once it is harvested, some of this nutritional value is lost. If fresh food is left to sit on a counter in a store or at home, the vitamin content deteriorates even further. By drying food rather than holding it fresh, most losses can be checked.

With dehydrating, you preserve more nutrients than with preservation methods that involve cooking food. The higher the temperature is during processing, the more nutrients are lost. Although dehydration depends on heat, it requires it at much lower temperatures than cooking does – usually not over 155°F/68°C. The effect of water removal on nutritional changes of dehydrated food is minimal except that some vitamin A and vitamin C are lost during dehydration. This can be kept to a minimum with proper pretreatment. Dehydrated food must also be properly handled, prepared, dried, packaged, and stored under appropriate conditions. For example, if improperly packaged, dehydrated vegetables can lose up to 50% of the vitamin A during the first six months of storage.

What Does Dehydrated Food Taste Like?

The taste of some dehydrated food is intensified because water is removed – not sugars, flavors, or nutrients. Herbs become more flavorful. Some vegetables, such as carrots, taste more concentrated, and any food that contains sugar tastes sweeter. Even though food with sugar tastes sweeter, the caloric value is the same as in the fresh food because you are adding nothing. Children love dried fruits as bananas, apples, and pineapples. Many dried foods, especially those used in cooking, are indistinguishable from fresh. For example, cooked, dehydrated spinach tastes just like garden fresh spinach. Part of the variety and versatility that dehydration offers, however, is that some other foods taste different in the fresh and dehydrated states. For instance, let's consider grapes and raisins. Both these snack fruits are delicious and inviting, but each is unique in flavor, texture, and appearance. Many people don't realize that they both are one and the same; except for the fact that the grapes are fresh and raisins are dried, or dehydrated. Another example is pineapple. There is nothing better than a succulent, fresh piece of pineapple that enlivens each taste bud with every bite. But, there is also nothing like a tantalizing piece of dried pineapple with its burst of new flavor and texture which only dehydration can give. Experiment – you won't know what you'll like or dislike until you try it. Remember, if you don't like the taste of or consistency of a particular food, it can generally be reduced to a powder and used as a seasoning.



Rehydrated carrots are just as attractive and tasty as their fresh counterparts.

How is Dried Food Rehydrated?

Rehydration is the process of restoring liquid to dried food. Of course, properly dried food can easily be rehydrated. It returns practically to its original size, form, and appearance. If properly handled, it will retain much of its aroma and flavor as well as the minerals and appreciable amount of vitamins.

Meats and herbs do not need to be rehydrated before cooking. For other foods, first rehydrate and then cook as you do fresh food. While most vegetables are prepared by cooking, some such as carrots can be eaten raw after rehydration. Vegetable snacks and chips are eaten in the dried state.

There are many ways to rehydrate fruits: in water or in fruit juice, for example. Try rehydrating blueberries in grape juice or apples in apple juice. The same principle applies to fruit leathers. Rehydrate vegetables in vegetable juice like a multi-vegetable mixture juice. Some vegetables are excellent when rehydrated in milk.

Herbs, vegetables, meats, and fruits can be added to your favorite recipes. When doing this, keep in mind that as a general rule you should allow 30 minutes to 1 hour to rehydrate when added to a soup or a stew. Green beans are an exception; they rehydrate best when soaked overnight in the refrigerator. Small pieces of dried food need only 15 to 30 minutes of soaking. Pouring boiling water over dried food or using a steamer can speed up the rehydration time.

What About Cooking Dehydrated Food?

It is better to add water during any cooking process than to start out with more than needed. Like fresh food, dried food, if overcooked, will lose both texture and flavor. Dehydrated, blanched vegetables can be prepared for the table in a short time. Fruits can be simmered to make them softer or plumper.

How Does Dehydration Compare with Other Methods of Preservation?

As a consumer, you must decide what method of food preservation is the most economical to use. The chart on top of the page is a simplified economic comparison of the three common methods; freezing, canning, and dehydration. It was prepared in part by the Family Living Education and the Environment Resources Unit of the University of Wisconsin-Extension and reprinted with the university's permission.

Dehydration is also economically viable because it allows you to purchase large quantities of food in peak seasons when prices are cheapest and to preserve the bulk of your garden harvest. Although large quantities of food may be frozen or canned, there may be considerable difficulty in finding sufficient space to store them. Dehydration offers a whole new and wonderful world of variety and interest in food preparation.

Shelf Life

Average shelf life of dehydrated foods stored in air tight containers below room temperature:
(21°C / 70°F)

| | |
|--------------------|--------------|
| Apples | 20-25 Years |
| Bakers Flour | 12-15 Years |
| Broccoli | 8-10 Years |
| Cheese Powder | 10-15 Years |
| Corn | 8-12 Years |
| Fruit (most) | 3-5 Years |
| Granola | 4-5 Years |
| Honey, Salt, Sugar | Indefinitely |
| Kidney Beans | 18-20 Years |
| Onions | 8-12 Years |
| Peppers | 8-12 Years |
| Potatoes | 20-30 Years |
| Powder Eggs/Milk | 15-20 Years |
| Spaghetti | 15-20 Years |
| White Rice | 8-10 Years |

Food Preservation Economic Comparison

Freezing = 16.2¢/pound

| | |
|---|----------------|
| Equipment: Freezer @ \$270 amortized over 20 years* | \$13.50/year |
| Repairs: 2% of purchase price | 5.40/year |
| Packaging: | 25.00 |
| Electricity: To operate freezer @ 5¢/kilowatt hour | 35.28 |
| To blanch 250 pounds of food (4 minutes/pound) | <u>1.99</u> |
| | \$81.17 |

(Based on 500 pounds of food)

Canning = 5.5¢ per pound

| | |
|---|----------------|
| Equipment: Pressure canner@ \$65 amortized over 20 years* | \$3.25 |
| Water bath canner@ \$10 amortized over 20 years | .50 |
| Repairs: 2% of purchase price | 1.30 |
| Packaging: 24 dozen (288) quart jars @ \$4.39/dozen amortized over 10 years | 10.53 |
| 24 dozen lids replaced each year @49¢/dozen | 11.76 |
| Electricity: To pressure can 140 quarts @ 5¢/kilowatt hour | 1.44 |
| To water bath can 140 quarts | <u>2.22</u> |
| | \$31.00 |

(Based on 560 pounds of food in 280 quarts)

Dehydrating = 4.8¢/pound

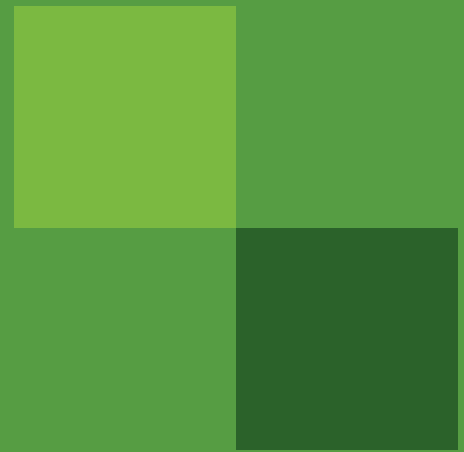
| | |
|---|----------------|
| Equipment: Electric dehydrator @ \$190 amortized over 20 years* | \$9.50 |
| Repairs: 2% of purchase price | 3.80 |
| Packaging: 500 one-pound plastic bags | 2.50 |
| Electricity: For drying food | 6.50 |
| For blanching 250 pounds of food (4 minutes/pound) | <u>1.99</u> |
| | \$24.29 |

(Based on 500 pounds of food)

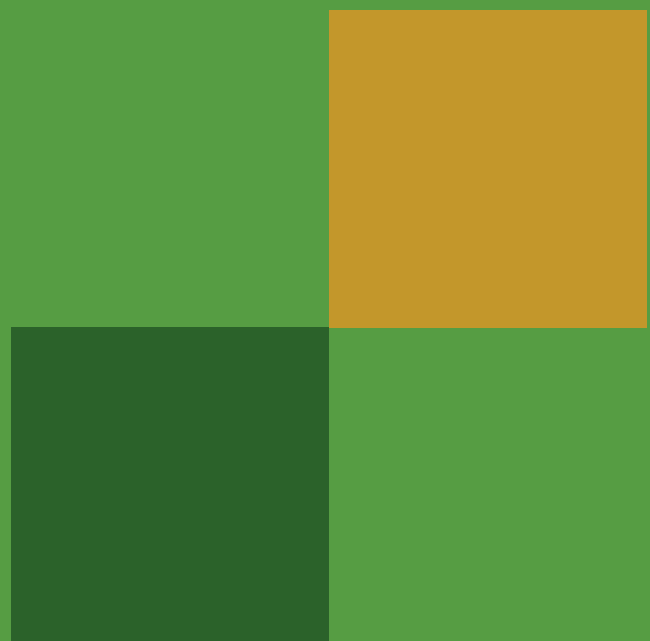
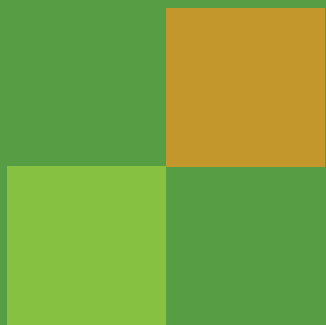
* If the equipment is used for less than the full amortization period, the cost per pound of food increases significantly. Also, if smaller amounts of food are processed, the average cost per pound will increase.







HOW FOOD IS DEHYDRATED



There are a few ways to dehydrate food. Some of the traditional drying methods produce excellent results; others do not. While the electric dehydrator has replaced most of the older methods, many recipe books still refer to them. Let's take a look at the drying methods of the past – most of which were contrived in the days when “pinches” were used instead of teaspoons and food was cooked until “it looked done” rather than actually being timed.

.....**Sun Drying.** This is the original dehydration method. Some commercial food processors continue to use it, but trying it at home is more trouble than it's worth. Sun drying demands near-perfect low humidity conditions and temperatures in the high 80s to assure a reasonable amount of success. And even if you manage to meet these rather difficult requirements, food dried in the sun will take several days as compared to several hours in a dehydrator. Because sun drying takes so long, the food produced is of lower quality and nutritional value. Food is at the mercy of insects, dirt, and the elements. It is the least expensive way to dehydrate food and it can accommodate large quantities at one time.

.....**Solar Drying.** Promoted during World War II, solar drying is somewhat more efficient than traditional sun drying because of the increased temperatures. It also refines the drying process by (a) a tracking system to follow the sun, (b) a venting system to control the temperature, (c) enough space for construction and efficient operation, and (d) a back-up system to provide an alternative heat source and a fan to circulate air. However, despite these apparent improvements, it is still unpredictable, slow, time-consuming, and offers no assurance of food quality.

.....**Air and Shade Drying.** Spoilage is a significant problem with both these methods of food preservation. Because of the lack of the sun's heat, drying times are extended greatly. As a result, the time required to dry the food product is generally “up in the air.” That is, with this method, food is simply hung up or left to set until it is dry for a period of time that can range from several days to weeks.

If you ever have time to spare, you might want to experiment with one unique form of air drying called “string drying.” Slices of produce are strung on long pieces of string and hung from nails or rafters in a warm room. One of the most popular foods dried this way was whole string beans, or “leather britches.”

.....**Oven Drying.** Although many people use standard, convection, and microwave ovens for drying food, oven drying, on the whole, is very “iffy.” While generally a vast improvement over some of the older methods of dehydrating, scorching is usually a major problem. Also, food frequently comes out more brittle, darker in texture, and less tasty. Often times, normal oven usage is interrupted for long periods of time and the energy cost is usually substantially greater than an electric food dehydrator. Remember that standard, convection, and microwave ovens were manufactured for purposes other than dehydrating; therefore, oven drying is usually unsuccessful.

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Electric Dehydrators – The Only Way To Dry

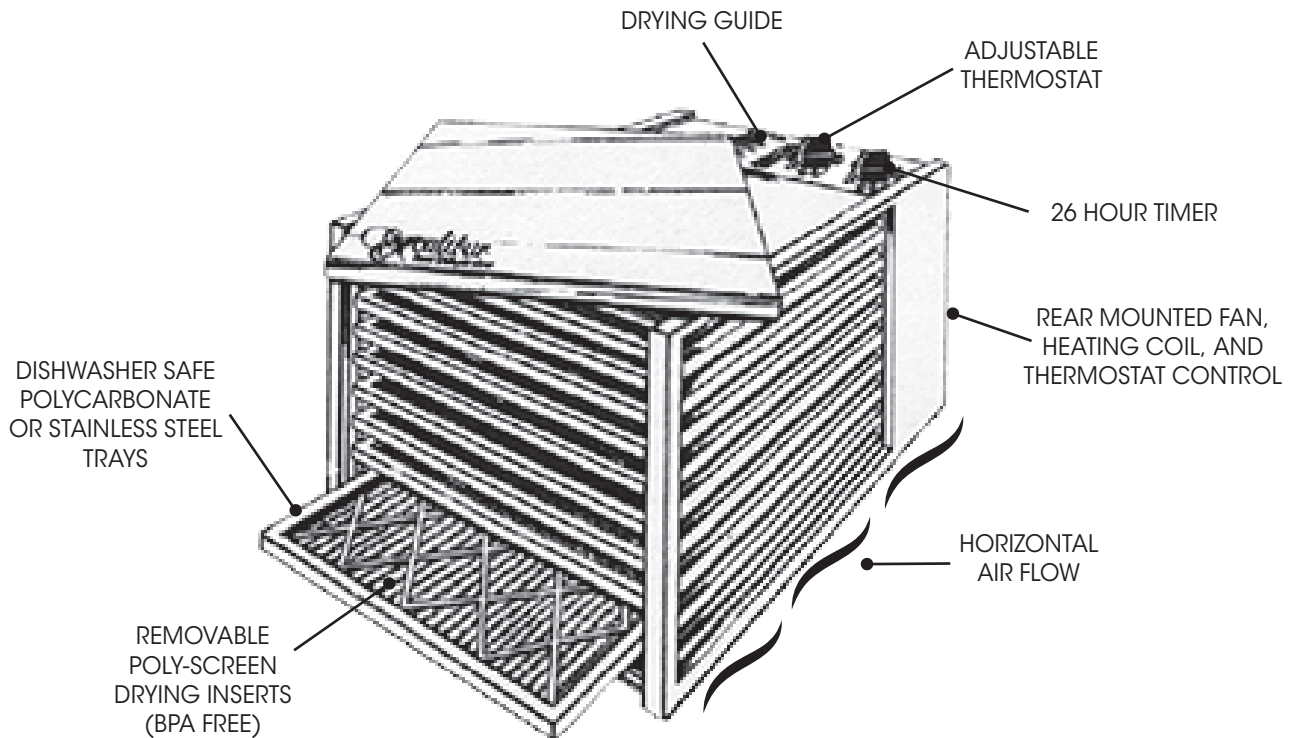
There is no question about it – the electric dehydrator is the best way to dehydrate food today. Gone are the hours of turning and tending, the frustration of unpredictable results, and the headaches of having to rescue produce from the rain. You can dry 24 hours a day, come rain or come shine, working comfortably and conveniently in your own kitchen. Your dehydrator fits neatly on the kitchen counter. But while the unit is compact, compared to other methods of dehydration, the roomy trays hold pounds of food. This means you can dehydrate more food per load, reducing costs and saving energy.

The two most important features of any dehydrator are the heat source and the fan or blower. Without the correct mix of heat and circulating air, it is impossible to produce properly dehydrated products.

.....**Heat.** The heat source must be efficient and durable to keep the heat flow constant. This minimizes the dehydrating time, resulting in a better product and preventing spoilage. In general, the source should be enclosed to reduce shock and fire hazard and should be located at the back or side of the unit. Bottom element units tend to be extremely inefficient; the temperature from the lowest to the uppermost drying tray may fluctuate as much as 60°F/16°C to 80°F/27°C.

The wattage of the heat source must be adequate for the drying area, or capacity, of the unit. As a general rule of thumb, 70 watts per tray is considered sufficient. Insufficient wattage can lead to spoilage during dehydration. Make sure your household can withstand the dehydrator's wattage.

A QUALITY DEHYDRATOR SHOULD HAVE THESE FEATURES:



.....Temperature Control. Some form of temperature control is needed to regulate the heat source; avoid units without one. Such a control promotes consistent, even results. The control may be integrated into the dehydrator or a conventional thermostat.

The best controls are completely adjustable. Controls geared to just “low-medium-high” heats are inadequate. As in regular cooking, different foods require distinctly different processing temperatures. For instance, meats require a fairly constant temperature of 165°F/74°C, whereas most herbs must be kept at 105°F/41°C or they will scorch. A variable temperature range from 105°F/41°C to 165°F/74°C is adequate for dehydrating; lower or higher temperatures will either spoil or cook food.

Look for a control that is both easy to read and adjust. In the event that the control or thermostat fails, the unit should also be equipped to shut off the heat source.

.....Fan or Blower. Proper airflow and circulation are necessary to seal the food's surface to reduce the loss of nutrition, flavor, and color. When heated air is blown across the food, evaporation takes place and the moisture from the food is absorbed by the dry air. When the air becomes saturated with the moisture, the drying process stops until moist air is replaced by dry air.

Make sure the blower or fan supplies an even heat flow to every tray. This can best be achieved with a horizontal airflow, one that flows in one side, across the food, and out the other side. Horizontal flow reduces flavor mixing and permits even dehydrating without tray rotation.

Make sure that the size of the blower or fan is suitable for the internal capacity of the dehydrator; otherwise, the food will “cook” rather than dehydrate. The blower or fan should also be designed for continuous operation.

Other Features of An Electric Food Dehydrator

.....**Construction.** Your dehydrator should be constructed of a nonflammable, durable material. Many wood units draw in odors and retain harmful bacteria; they also have a tendency to warp when constantly exposed to high humidity. Plastic or metal units hold up better under heavy use. In addition, plastic and metal walls are easier to clean both inside and outside. Wiping with a damp cloth is generally sufficient for cleaning most spills.

.....**Trays, Inserts, and Doors.** It is best to have trays and inserts made of stainless steel, nylon, plastic, or some other food-grade material. Aluminum, copper, or galvanized metal trays should not be used because they can contaminate the food.

A meshed BPA free plastic or stainless steel tray is the preferred type because they allow air to circulate all around the food and prevent moisture from being trapped on the underside of the pieces. The screen or mesh should be well supported to prevent sagging and sufficiently fine so that food pieces won't fall through or become lodged in the mesh. Check to make sure

that the trays can be covered with Paraflexx®, kitchen parchment paper, or plastic wrap for the drying of leathers and other purees. (See Chapter 3 for more information on Paraflexx®).

Make sure that the trays are convenient to load and unload and are easy to clean. They should be lightweight, yet sturdy enough to hold the food without bending. Choose a unit with trays that are either dishwasher safe (when placed away from the washer's heating element) or trays that can be soaked. Soaking rehydrates stuck food, simplifying its removal. Scraping can damage trays.

To facilitate loading and unloading, the door should be easy to open and close. Fold down, removable doors are the simplest with which to work. Most either set in hinges or rest on a guide. Swing-open doors tend to encroach on already cramped countertops. Treat doors carefully to prevent scratching; clean with a damp sponge or soft cloth only.

.....**Unit Size and Accessibility.** When selecting your dehydrator, keep in mind that a large internal capacity needn't be reflected in external size. The unit should be small enough to fit comfortably on your kitchen counter, yet capable of dehydrating enough food for your family's needs without an excessive number of

If Dehydrating meats for jerky, check to make sure your dehydrator maintains a fairly constant temperature of 165°F/74°C .
Excalibur is safe for dehydrating meats.

Electric dehydrators are available in various sizes.
Choose one that fits your drying needs.

Rotating the trays 180° halfway through the drying time, will speed up the dehydration process in some units.



loads. Average units are the size of a microwave oven; over-sized dehydrators that must be kept in the cellar or garage are inconvenient for most home users. The overall weight is as important as the size. Keep in mind that the unit will have to be moved now and again for routine cleaning purposes.

.....Operation. Be sure to look for a dehydrator that is easy to operate. The more complicated the procedures, the less motivated you'll be to use the unit. Most of the instructions for setup and food preparation should be relatively uncomplicated and should not require a great deal of expertise.

The electric dehydrator should be located on a smooth, dry, level surface. **Caution: Do not operate the dehydrator near water or outdoors.** The power cord plugs into any standard 120 volt/10 ampere outlet; a heavy-duty line is not needed. The cord should not be allowed to hang over the counter or touch hot

surfaces. Check the cord carefully; do not operate the unit if there is evidence of wear or exposed wires.

Check how the actual dehydration is done. In general, the food is prepared, loaded on the trays in a single layer, and placed in the unit. The trays are not treated with any sort of non-stick product, unless specifically recommended by the manufacturer. After checking that the unit is plugged in, the thermostat control is set to the desired temperature for the particular food being dehydrated.

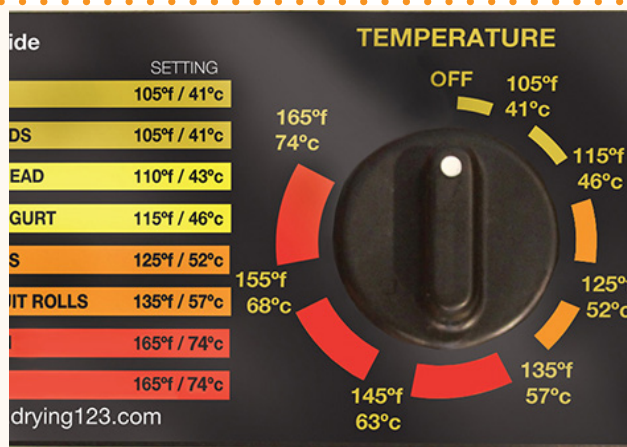
A timer helps monitor the dehydrating process, particularly since recipe dehydration times are only approximations and vary considerably from one area to another. Timers generally run up to 26 hours and are usually considered far simpler to use than a probe control. A probe will shut off the dehydrator when the individual item being probed is dried; the remainder, however, could possibly be too moist, insufficiently dry, or too dry. The timer control may or may not double as the "on-off" switch.

The dehydration times for different foods vary tremendously. The one general guideline is to leave the food in until you can't see or feel any evidence of moisture. No dehydrator can judge this for you. When you're satisfied that the food is dry, allow it to cool in the unit for 30 minutes to 1 hour. It is then removed from the trays and packaged in the proper storage containers. (Recommended drying times can be found in individual chapters.)



With the unit already plugged in, carefully slide the food-laden trays into position. Use both hands to prevent tipping.

Once all the trays are in place, set the controls for the correct temperature and dehydrating time.



.....**Economy.** The money you save by dehydrating is partially related to the capacity, or drying area, of the unit; large loads maximize savings. The more food you can dehydrate per load, the fewer loads you will need and the more time and energy will be saved.

With only 8 square feet of drying area, you can dehydrate nearly 25 pounds of vegetables per day; 16 square feet of area can hold up to a bushel of apples per day.

Consider what the initial cost of the unit is and how much electricity it requires. An average 600-watt dehydrator costs about 5 cents per hour to operate. Most good units will pay for themselves within one season. In some units rotating the trays 180° halfway through the cycle cuts energy consumption by reducing the overall dehydrating time.

.....**Safety.** Make sure the unit is shockproof, nonflammable, and free of sharp corners, and its finish should be nontoxic. A quality unit must have all these features to be safe for home use and should come complete with operating instructions.

.....**Repairability.** Since even the best appliances occasionally malfunction, be sure your dehydrator comes with a warranty. The warranty should specify what parts are covered, where the unit can be taken or sent for repairs, and who is responsible for shipping costs. A reputable company will stand behind its products.

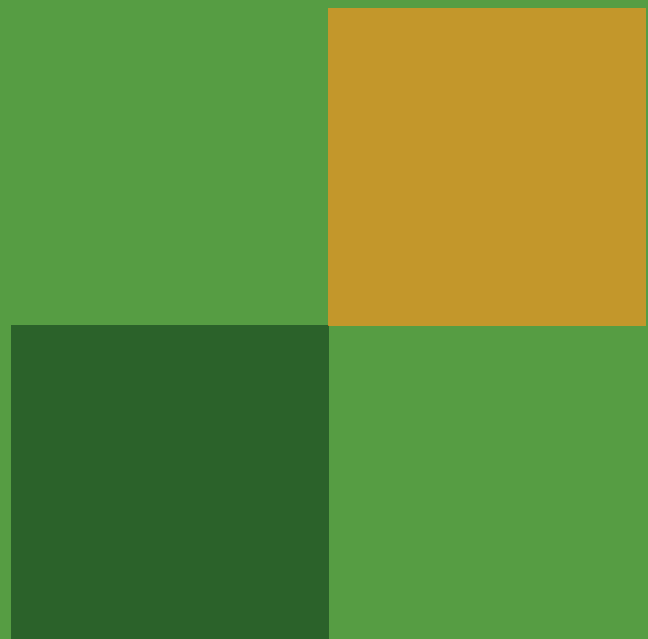
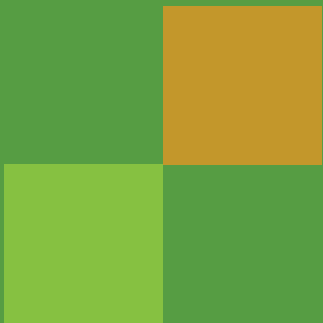








PREPARING, STORING AND USING DEHYDRATED FOOD



No matter what food you are drying, 6 basic steps may be involved. That's what makes dehydrators easy to use! You only have to learn one basic set of procedures, then adapt them to fit each food group. These 6 basic steps are: preparation, pretreatment, drying, testing, packaging, and storage.

Preparation

Drying is simple, but that doesn't mean that food can always go directly from the store or garden into the dehydrator. Some preparation – washing, peeling, slicing, and/or sorting – may be required. The final quality of the food you dry may vary according to the amount of preparation given. Sloppy washing may lead to insect infestation, and unequal slicing can prevent uniform drying. Food should “always be prepared.”

Preparing the Food

Dehydration is a very simple process, and as such it requires very little specialized equipment other than your dehydrator. In fact, you will probably find most of the other utensils needed right in your kitchen. Here's the additional equipment you should have on hand:



With the unit already plugged in, carefully slide the food-laden trays into position. Use both hands to prevent tipping.

- **Sharp paring knife** to reduce tearing of and damage to food. This is the one absolutely indispensable item in the list as most foods require some form of cutting or slicing. Carbon-bladed knives may turn some fruits and vegetables black, so use one with a stainless steel blade instead.
- **Vegetable slicer.** Although you can do all your cutting with a knife, a slicer will speed up and simplify routine cutting tasks as well as guarantee that the slices will be equal. Some models come with a fluted attachment to make decorative food for dipping and garnishes.
- **Grater.**
- **Sealing machine.** For safe storage.
- **Strainer.**
- **Vegetable cutter,** fluted.
- **Masking tape,** for labeling storage containers.
- **Slotted spoon.**
- **Cutting board.**
- **Steamer** or kettle/colander combination if you will be blanching (pretreating) vegetables. The colander or basket section is also handy for washing small foods like berries.
- **Blender or food processor** for pureeing fruits and vegetables for leathers, chopping flakes, and making baby food.
- **Paraflex® sheets,** kitchen parchment paper, or plastic wrap should be used for drying leathers, granola, grains, purees, and liquid items. They can also be cut to fit surfaces such as frying pans, microwave ovens, and other oven utensils. Food will not stick to the Paraflex® so it's ideal for leathers and other sticky substances.
- **Corer and pitter.** These make fast work of apples, pears, and cherries, but a knife can serve the same purpose.
- **Measuring utensils** and **kitchen scale.**
- **Storage containers.**

Starter kits are available that contain most of the items you'll need to begin your adventure into the wonderful world of dehydration.

Paraflex® is a trademark of Excalibur® Products.

Paraflex® sheets are non-stick sheets specifically sized to fit many dehydrator trays.

YEAR-ROUND FOOD BUYING GUIDE

| January | February | March | April |
|---------------|---------------|--------------------|--------------------|
| Avocados | Avocados | Artichokes | Asparagus |
| Bananas | Bananas | Asparagus | Banana |
| Cabbage | Broccoli | Avocados | Cabbage |
| Cauliflower | Cabbage | Bananas | Chicory |
| Mushrooms | Cauliflower | Broccoli | Escarole |
| Pears | Kumquats | Grapefruit | Onions |
| Potatoes | Mangoes | Kumquats | Pineapple |
| Turnips | Mushrooms | Lettuce | Radishes |
| Winter Squash | Pears | Mushrooms | Rhubarb |
| May | June | July | August |
| Asparagus | Avocados | Apricots | Apples |
| Bananas | Apricots | Bananas | Bananas |
| Celery | Bananas | Blueberries | Beets |
| Papaya | Cantaloupe | Cabbage | Berries (seedless) |
| Peas | Cherries | Cantaloupe | Cabbage |
| Pineapple | Corn | Cherries | Carrots |
| Potatoes | Cucumbers | Corn | Corn |
| Strawberries | Figs | Cucumbers | Cucumbers |
| Tomatoes | Green Beans | Dill | Dill |
| Watercress | Limes | Eggplant | Eggplant |
| | Mangos | Figs | Figs |
| | Nectarines | Gravenstein Apples | Melons |
| | Onions | Green Beans | Nectarines |
| | Peaches | Nectarines | Peaches |
| | Peas | Okra | Pears |
| | Peppers | Peaches | Peppers |
| | Pineapple | Peppers | Plums |
| | Plums | Prunes | Potatoes |
| | Summer Squash | Watermelon | Summer Squash |
| | | | Tomatoes |
| September | October | November | December |
| Apples | Apples | Apples | Apples |
| Bananas | Bananas | Bananas | Avocados |
| Broccoli | Broccoli | Broccoli | Bananas |
| Carrots | Grapes | Cabbage | Grapefruit |
| Cauliflower | Peppers | Cauliflower | Lemons |
| Corn | Persimmons | Cranberries | Limes |
| Cucumbers | Pumpkin | Dates | Mushrooms |
| Dill | Yams | Eggplant | Oranges |
| Figs | | Mushrooms | Pears |
| Grapes | | Pumpkin | Pineapple |
| Greens | | Sweet Potatoes | Tangerines |
| Melons | | | |
| Okra | | | |
| Onions | | | |
| Pears | | | |
| Peppers | | | |
| Potatoes | | | |
| Summer Squash | | | |
| Tomatoes | | | |
| Yams | | | |

.....Plan Ahead. How thick should the slices be? Should you peel or not peel the food? What quantity of food is needed? These questions should all be answered during the preparation stage. By deciding how you will use the food before you dehydrate, you'll avoid having to alter the food when the time comes to use it in a recipe.

Planning ahead can also help you decide what to dry. If your family is always on the run, you might want to concentrate on "portable" foods like fruits, leathers, granola, nuts, and trail mixes. These make nice additions to lunches and can be easily snatched up in passing. On the other hand, if you have the time to cook, stock up on vegetables and herbs that will be out of season during the winter months. A buying guide to the year-round purchase of fruits and vegetables is given on the previous chapter.

.....Amount of Food Needed for Dehydrating. It is difficult to suggest amounts of food to purchase because of the variables involved. How ripe the food is, the size of slices, the amount of discard in preparation, the moisture content, and how fast the food dries, all have to be taken into consideration before the quantity can be decided upon. For example, tomatoes have very little waste with very high moisture content while apples have quite a bit of waste (peels, core, and stems) with lower moisture content. Another thing to remember is some fresh products have a long

shelf life while others have a very short shelf life. You can take up to a few weeks to dehydrate a quantity of fresh apples without noticeable loss of quality, but tomatoes will have to be processed within a few days. Depending on the model size, your dehydrator will hold approximately 15 to 30 pounds of prepared food per dryer load. The amount to purchase will depend on the drying time and how many dryer loads can be processed before spoilage begins.

The aim of dehydration is to reduce the food's moisture content to between 5 and 20% - a range in which decay-causing bacteria can't survive. This reduction in water causes dehydrated food to be only one-fourth to one-twelfth the weight and bulk of the original food. To give a better idea as to the amount of food to purchase or pick from your garden, the chart below, prepared by the University of Arkansas Cooperative Extension Service, gives an estimated amount of reduction in food produce caused by dehydration.

.....Selection of Produce. Many people believe that inferior produce can be used to dehydrate because it will be all wrinkled up when it is dried anyway. This is not always true. Produce should be in prime condition. The quality of food that you place in the dehydrator is the quality of food you'll remove after dehydrating. If you select spoiled or severely damaged produce because it is less expensive, you may be disappointed in the

Approximate Reduction Due to Dehydration

| Produce | Amount Purchased or Picked in Pounds | Amount of Dehydrated Product | |
|-------------|--------------------------------------|------------------------------|------------------------|
| | | Pounds | Pints |
| Apples | 12 | 1-1/4 | 3 |
| Beans, Lima | 7 | 1-1/4 | 2 |
| Beans, Snap | 6 | 1/2 | 2-1/2 1" pieces |
| Beets | 15 | 1-1/2 | 3 – 5 |
| Broccoli | 12 | 1-1/4 – 1-1/2 | 12 – 15 |
| Carrots | 15 | 1-1/4 | 2 – 4 |
| Celery | 12 | 3/4 | 3-1/2 – 4 |
| Corn | 18 | 2-1/2 | 4 – 4-1/2 |
| Greens | 3 | 1/4 | 5-1/2 |
| Onions | 12 | 1-1/2 | 11-1/2 sliced 4-1/2 |
| shredded | | | |
| Peaches | 12 | 1 – 1-1/2 | 2 – 3 |
| Pears | 14 | 1-1/2 | 3 quartered |
| Peas | 8 | 3/4 | 1 |
| Pumpkin | 11 | 3/4 | 3-1/2 |
| Squash | 10 | 3/4 | 5 |
| Tomatoes | 14 | 1/2 | 2-1/2 – 3 |



1. Numerous kitchen tools can be used to prepare food for dehydration, though a sharp knife will handle most of the necessary routine cutting tasks.



2. Foods may be chopped or grated before dehydrating for use in soups, stews, or salads.



3. A food processor slices food quickly and uniformly.



4. For making purees, a blender is a must.

inferior end product. For a high quality product, choose only high quality, mature produce. Of course, the best source of fresh produce is your garden. When planning your garden for dehydration, you should consider:

1. What food you like;
2. What crops to experiment with. We encourage you to dehydrate a little of everything; you won't know what you like until you try it; and
3. Which varieties are good for dehydrating. In Chapters 4 and 5 we recommend certain varieties of fruits and vegetables. For further details on the best varieties for drying, contact your local agricultural extension service; the telephone number is usually found in the phone book under the heading, "County Government."

You can begin your seasonal harvest by drying watercress and chives, and end the season with pumpkins and apples. During the "off-season" you can

purchase citrus fruits, coconuts, dates, figs, nectarines, papayas, bananas, or any produce item which is fresh and available from a store. The off-season is a good time to dry leftovers, jerky, or specialty items including fruit and vegetable leathers.

.....Cutting. Before dehydrating, food must be thoroughly washed; trimmed (soft, spoiled, or unwanted areas removed); sliced; and pretreated if necessary. When cutting food for drying, keep in mind that the larger the cut surface, the faster your food will dry and the better it will retain its nutritive value. Cutting exposes more of the food's moisture to the warm, circulating air of the dehydrator reducing the time needed to dehydrate. This is why most foods are halved or sliced, rather than left whole, for drying. Cut fruits either with or across the core. Vegetables are diced or cut crosswise or diagonally, and meats can be sliced either with or across the grain.

Your food should not only be sliced, but sliced uniformly. Uneven slicing will cause some pieces to dry faster than others. It only takes is one moist piece to cause an entire batch to mold. For this reason, you may want to do the majority of your cutting with a slicer or food processor rather than a knife. In fact, you may want to cultivate the habit of slicing food (bananas, tomatoes, etc.) into the same number of slices each time. This greatly simplifies your use of dried food for regular cookbook recipes. For example, if a recipe calls for two bananas and you always cut your bananas into about 20 slices, you would need 40 dried chips for this recipe.

.....**Checking.** Nature provides a wax-like coating on the skins of cherries, figs, grapes, prunes, small dark plums, and certain firm berries like blueberries and huckleberries; however, they all dry better if this waterproofing substance is removed beforehand. The changes of case hardening and rupturing are also reduced if the relatively tough skins of such fruits and berries are cracked minutely in many places; this is called “checking,” and it allows internal moisture to be drawn through to the surface and to be evaporated, thus reducing the nutritional loss. These check lines are too fine to be visible.

Because the 30 to 60 seconds required for the de-waxing and checking operation is often too short to let live steam be effective for the contents of the blanching basket, the answer is a very quick dip in briskly boiling water, followed by a dunk in very cold water, and thorough draining.

Length of the dip depends on the relative toughness of the fruits’ skins (cranberries are tougher-skinned than currants, for instance). Lay absorbent toweling on the fruit to remove excess moisture from its surface, and continue with the next step in handling the specific fruits.

.....**Pitting.** The drying time of fruits with a pit or stone, such as cherries, can be greatly reduced by pitting them before drying. A cherry pitter makes easy work of this task. Larger pitted fruits, such as prunes or apricots, should be cut in half to remove the pits. Dehydrating time can be shortened even further by flattening or “popping the backs” of these fruits. Use your thumbs to press the rounded side in. This process exposes more drying surface to the air. To prevent any nutritious juice from dropping to the bottom of the dehydrator, cut each half in half again to give the end product more nutritional value, a brighter color, and faster reconstitution capabilities. Apples and pears may be cored, if desired, before they are dehydrated.

.....**Peeling.** Routine peeling of most fruits usually isn’t necessary for making a good dried product, but if you feel that you must remove the skins from peaches, and even from apricots and nectarines, simply dip them, a few at a time, in boiling water for 30 to 60 seconds – ample time for firm, ripe fruit. Then cool them quickly in cold water, and peel their skins off by hand.

Most fresh fruits are eaten with the peels on, so this is the way you’ll probably want to dry them. Citrus peel, however, is great dried alone and can be candied for a confection. The skins of certain vegetables, though, may become tough when dried; others, like that of the cucumber, take on a bitter taste.

If the fruit has been artificially waxed to help prevent moisture loss, it should definitely be checked to remove the wax. Try fruits both ways, peeled and unpeeled – then decide for yourself.

.....

Pretreatment

At one time, pretreating was a standard food drying procedure. However, modern dehydrators have reduced pretreating to the status of an optional measure. The fast drying times and controlled conditions dry food before it has a real chance to spoil; you’re dealing with hours of drying time rather than the days involved with older methods. Some authorities single this out to mean that pretreating is a total waste of time; others still maintain that pretreating is essential to properly preserve dried food. Who do you believe? You must master the problem by acting as judge and jury, and decide whether or not to pretreat before drying.

It is true that some foods will keep without pretreating, while others will rapidly deteriorate in color, flavor, texture, and nutrients. Overall, it is reasonable to say that fruits and vegetables do make better dried products if some form of pretreatment is used.

Fruits are normally eaten in the dried state, so appearance is something to consider. Certain fruits, like apples, darken to a rusty brown color during drying. Pretreating lessens the browning, while helping to preserve vitamins A and C.

For vegetables, pretreating decreases the chances of deterioration and increases quality and storage life. Furthermore, it serves to inactivate spoilage bacteria. Unblanched vegetables are often tough and strong flavored, whereas pretreated ones are usually tender and tasty – providing that you started with quality produce.

If you believe in keeping food totally natural, you’ll probably not pretreat. Most pretreatments, with the exceptions of pure steam and natural fruit juice,

impart at least some additives to the dried food. Is the slightly longer shelf life or better appearance worth ingesting chemicals?

We've already touched upon the other main argument against pretreating: the speed and efficiency of dehydrators. Many people feel this makes pretreating totally unnecessary and a general waste of time. The final decision to pretreat or not is up to you, the Dryer. If you decide to pretreat your dehydrated food, you have a choice of four methods: dipping, blanching, sulfuring, and microwaving.



To use sodium as a dip, soak cut fruit for 2 minutes in a solution of 1 teaspoon bisulfite per quart of water.

Dipping

Dipping is a treatment to prevent light colored foods like apricots, bananas, or apples from turning darker. Darkening occurs because cut fruits oxidize when exposed to air. Dipping is primarily used to treat fruit, but can also be used for keeping vegetables, such as potatoes, lighter in color. Anti-oxidants such as lemon juice, pineapple juice, lime juice, honey, crystalline ascorbic acid (vitamin C); sodium bisulfite; and commercial products containing ascorbic acid (vitamin C); and sugar are effective dipping solutions. When using a dip, drain treated food, rinse thoroughly, and blot off any excess moisture with paper toweling prior to placing the food in the dehydrator.

Sodium Bisulfite. This compound, when mixed with water to obtain a liquid form of sulfur, is the most effective anti-oxidant – and it's easy to use. For the cost-conscious food dryer, you'll be pleased to know

that bisulfite is considerably cheaper to use than either ascorbic acid or citric acid. Use only a food-safe grade of sodium bisulfite that is made for dehydrator use. **Note:** If subject has allergic reaction to sulfur, check with your physician before using sodium bisulfite as a dip.

To use bisulfate as a dip with fruit, dissolve 1 teaspoon in 1 quart of water and soak the cut fruit for 2 minutes. After the time is up, drain well, rinse lightly, and place the treated fruit on the drying trays. Don't save leftover solution for the next load because it begins to lose its effectiveness as soon as it is exposed to air.

Sodium bisulfite can also be used to sulfate fruit. Sulfating employs stronger concentrations and longer times to reduce oxidation even further. To sulfate, dissolve 1-1/2 to 2 tablespoons of bisulfite in 1 gallon of water and soak fruit slices for 5 minutes and halved fruit for 15 minutes. One gallon of solution will treat 20 pounds of fruit. Make sure you lightly rinse the treated fruit in cool water before dehydrating.

.....Ascorbic Acid. Ascorbic acid (Vitamin C) is available in drug stores and health food stores. You can even purchase regular 400 or 500 mg vitamin C tablets and crush them to a powder. One teaspoon equals 3,000 mg. Commercial anti-oxidants often contain ascorbic acid, but they don't work nearly as well as pure vitamin C.

Like bisulfite, using ascorbic acid is merely a matter of mixing it with water. Dissolve 1 tablespoon of pure crystalline ascorbic acid in 1 quart cold water. Sliced or chopped food is dipped directly into the solution. When a cup or two of food has accumulated in the container, give it a stir, remove with a slotted spoon, and drain well. Don't leave the food in the solution any longer than 1 hour; holding it longer increases the moisture content and subsequently increases the drying time. Small quantities of ascorbic acid can also be added to fruit leather puree to maintain its color and increase vitamin C.

.....Citric Acid. Citric acid, in crystalline form, is another browning retardant though only one-eighth as effective as ascorbic acid. Pure citric acid crystals can be purchased at a drugstore or at a Kosher food store as "sour salt."

Dissolve 1 tablespoon citric acid in 1 quart of water, and treat fruit as described for ascorbic acid. A disadvantage of citric acid is that it can mask the flavor or delicate fruits by giving them a tart taste.

.....**Fruit Juice.** What could be more natural to apply to fruit than fruit juice? Use it as a dip for apples, peaches, and bananas. Stir 1 cup lemon or lime juice into 1 quart lukewarm water; lemon or lime juice contains both ascorbic and citric acids. Dip fruit for no more than 10 minutes, then drain well before drying. Fruit juice is only one-sixth as effective as pure ascorbic acid and has the disadvantage of adding a tart taste to food. **Note:** Pineapple juice can be substituted for lemon or lime juice. Actually, unsweetened pineapple juice usually imparts less flavor to the fruit than either lemon or lime juices.

.....**Honey Dip.** Many dried foods in health food stores have been treated this way. Fruit dipped in honey will be noticeably sweeter. It does have more calories so beware if you're watching your waistline.

Dissolve 1 cup sugar in 3 cups hot water. Allow the mixture to cool until lukewarm, then add 1 cup honey. Dip fruit in small batches, remove with a slotted spoon, and drain thoroughly before dehydrating.

.....**Commercial Dips.** Instead of mixing your own dip, you can purchase a commercially prepared anti-oxidant. Most contain ascorbic acid, citric acid, or a combination of the two dissolved in water along with other ingredients. Look for these in supermarkets and use according to the directions on the package.

Blanching

Vegetables with a long cooking time, such as corn, beans, carrots, potatoes, peas, etc., should be blanched to stop the enzyme action that causes flavor loss. Vegetables with a short cooking time, such as zucchini, peppers, onions, mushrooms, or tomatoes, don't require this form of pretreatment. Blanching reduces the number of micro-organisms that cause spoilage in the products, stops destructive chemical changes, preserves the color, stops the ripening process, and generally makes the produce dry faster. The drying is quickened because the outer skin becomes more porous. Blanching process timing must be controlled in order to minimize nutritional losses and destruction of food cells.

Fruits and meats can also be pretreated by blanching; however, blanched fruits may turn soft and hard to handle. Blanching can be done in boiling water or by steam. Several factors may affect blanching

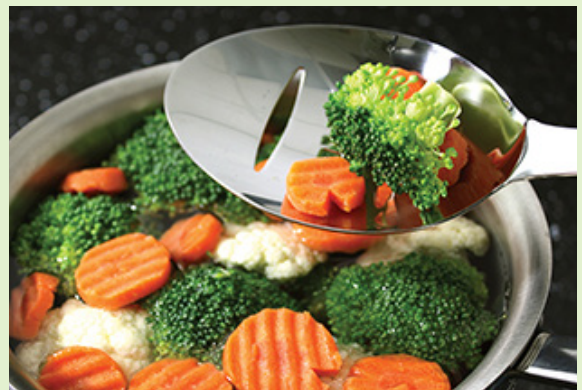
times: the amount and types of products, the products' moisture content, and the altitude. When blanching at altitudes of 2000 feet, add an extra 1-1/2 minutes to the times noted on pages 25, 26, and 27.

.....**Water Blanching.** When water blanching vegetables, fill your steamer over half full with water, bring to a boil, and stir the vegetables directly into the water. If you wish, you can make removal easier by putting the vegetables in a wire basket or a cheesecloth wrap. Be sure to cover the steamer and blanch for the required time.

When vegetables are wilted or heated through, they are ready. Cool in ice water, then blot with paper toweling to remove excess moisture before drying. The water can be saved and reused for other batches.



1. To water blanch, stir the vegetables into the boiling water. The addition of vinegar will preserve the whiteness of vegetables like cauliflower.



2. When the blanching time is up, remove the vegetables with a slotted spoon. Cool and drain before drying.



The effects of various pre-treatments. From left to right, these apples show first no pre-treatment, second pre-treatment with Ascorbic Acid, third with Sodium Bisulfite, and lastly steam blanched.

.....**Steam Blanching.** This method of pretreating is preferable to water blanching because few water soluble vitamins and minerals are lost. To steam blanch, you'll need a steamer with a lower part that holds water and a perforated upper section that allows steam to circulate. The average steamer will hold 2 cups of vegetables. Place the basket in the steamer, cover tightly, and begin timing. The basket should not touch the water, and the heat should be high enough to keep the water boiling rapidly the entire time. The water can be saved and reused for other batches.

.....**Syrup Blanching.** Syrup blanching is sometimes used to pretreat fruits such as apples, figs, nectarines, peaches, pears, plums, and prunes. If desired, hold the cut fruit in one of the dipping solutions while preparing the syrup. Combine 2 cups white corn syrup, 2 cups sugar, and 4 cups water in a large saucepan. When the mixture begins to boil, add the fruit and simmer for 8 to 10 minutes. Take the pan off the burner and allow the fruit to stand in the syrup an additional 20 to 30 minutes, according to the size of the slices. If fruit remains in the syrup too long, the fruit will become mushy. Drain, rinse, if desired, and then dehydrate. The syrup can be saved for reuse until the next batch.

Sulfuring

This pretreatment method is not recommended for use with a dehydrator indoors; the fumes produced are very irritating and may be harmful to one's health.

Microwaving

Another form of pretreating vegetables is to heat them in a microwave oven. Place the vegetables one layer deep in a microwave-safe dish and process for three-fourths the time required to completely cook them when fresh. Stir when halfway along to get a more even treatment. When the vegetables are done, remove them, place on the dehydrator trays, and load immediately in the dryer. Again, with this method, you are cooking the vegetables and their flavor will reflect that.

Experiment with both treated and untreated food in your storage to see which will best suit your needs. Remember, proper storage is critical to the quality of the stored product whether treated or untreated

Drying

Operate the dehydrator in a well ventilated room so that water vapor will be carried away. Load the trays with prepared food a single layer deep. Different kinds of fruits and vegetables may be dried at the same time, but odorous vegetables, such as onions, should be dried separately.

Before placing the trays in the dehydrator, preheat the unit. Since the moisture content of the food will cause an initial temperature drop in the dehydrator, start drying 5° to 10° higher than the recommended, or normal drying temperature. After an hour or so, lower the temperature back to the normal drying temperature.

Set the temperature carefully, keeping in mind that the temperature should be high enough to evaporate moisture from the food but not cook it. Food should be dried as rapidly as possible, yet not so fast that case hardening occurs. Actually, case hardening takes place when the temperature cooks the outside of the food and traps the moisture in the center. The moisture can't escape and will cause a flat, sour taste; the product then must be discarded. Generally, you can adhere to the following settings:

| | |
|---------------------------------|------------|
| Herbs | 95°F/35°C |
| Raw and Living Foods | 105°F/41°C |
| Raising Bread | 110°F/43°C |
| Making Yogurt | 115°F/46°C |
| Vegetables | 125°F/52°C |
| Fruits | 135°F/57°C |
| Leathers, Fruit Rolls | 135°F/57°C |
| Meat and Fish | 155°F/68°C |
| Jerky | 155°F/68°C |

Pretreating Guide for Fruit

| Suitability for Dehydration | Fruit | Optional Pretreatment |
|-----------------------------|--|---|
| Excellent | Apples | Dip in citrus fruit juice (pineapple, lemon, etc.) or hold in ascorbic acid or bisulfite dip and then sulfate for approximately 10 minutes or steam blanch 3 to 5 minutes. Rinse in cool water. |
| | Apricots | Pretreatment is not necessary; however, you can dip in citrus fruit juice or hold cut apricots in ascorbic acid or bisulfite dip. Steam blanch 2 to 4 minutes or syrup blanch. |
| | Bananas | Honey dip for crisper slices. Bananas may be sprinkled with fruit flavored gelatin powder or lemon juice. |
| | Cherries | None |
| | Citrus Peel | None |
| | Coconut | None |
| | Dates | None |
| | Figs | None |
| | Grapes | None |
| | Nectarines | Pretreatment is not necessary; however, you can dip in citrus juice or sulfate for 10 to 15 minutes, then rinse in cold water. |
| | Peaches | Pretreatment is not necessary; however, you can dip in citrus juice or sulfate for 10 to 15 minutes, then rinse in cold water. |
| | Pears | Pretreatment is not necessary; however, you can dip in citrus juice or hold in ascorbic acid or bisulfite, then sulfate for 5 to 15 minutes. Rinse in cool water. |
| | Pineapples | None |
| | Prune Plums | None |
| Good | Currants | None |
| | Papaya | None |
| | Plums | None |
| | Rhubarb | Steam blanch for 1 to 2 minutes until tender or use a honey dip. |
| Fair | Blueberries | None |
| | Kiwi | None |
| | Persimmons | None |
| Poor | Avocados | None |
| | Berries (blackberries, boysenberries, cranberries, huckleberries, raspberries) | None |
| | Citrus Fruits | None |
| | Melons | None |

Pretreating Guide for Vegetables

| Suitability for Dehydration | Vegetables | Optional Pretreatment |
|-----------------------------|-----------------------|---|
| Excellent | Onions | None |
| | Peppers, Hot/Chili | None |
| Good | Beans, Green and Wax | Water blanch 3 to 4 minutes, or steam blanch 4 to 6 minutes over water; you may use 1 teaspoon sodium bisulfite per cup water. For a more tender product, freeze the blanched beans for approximately 30 minutes before drying. |
| | Beets | None |
| | Carrots | Steam blanch 3 to 4 minutes over water; you may use 1 teaspoon sodium bisulfite per cup water. You may also dip steamed carrots in a cornstarch solution, 1 tablespoon cornstarch per cup water, and drain before placing on trays; however, this is not necessary. |
| | Corn | You may use 1 teaspoon sodium bisulfite per cup water to steaming solution. Steam blanch 1 to 3 minutes. |
| | Mushrooms | Pretreatment is not necessary; however, you can steam blanch 2 to 3 minutes over water. You may use 1 teaspoon sodium bisulfite per cup water. |
| | Okra | Water blanch 2 to 3 minutes, or steam blanch 4 to 5 minutes. |
| | Parsnips | Water blanch 2 to 3 minutes, or steam blanch 3 to 5 minutes. |
| | Peas | Steam blanch 3 minutes until indented, rinse in cold water, and blot with a paper towel. Or, soak for 2 minutes in a solution of 1 teaspoon sodium bisulfite per cup water. |
| | Peppers, Green or Red | Pretreatment is not necessary; however, you can soak in 1 teaspoon sodium bisulfite per cup water. |
| | Popcorn | None |
| | Potatoes | Steam blanch 4 to 6 minutes; you may use 1 teaspoon sodium bisulfite per cup water to steaming solution |
| | Pumpkin | None |
| | Rutabagas | Water blanch 2 to 3 minutes, or steam blanch 3 to 5 minutes. |
| | Tomatoes | None |
| | Turnips | Water blanch 3 to 5 minutes, or steam blanch 5 to 8 minutes. |
| | Fair | Artichokes |
| Asparagus | | Water blanch 2 to 3 minutes, or steam blanch 3 to 5 minutes. |
| Beans, Lima | | Water blanch 2 to 3 minutes, or steam blanch 3 to 5 minutes. |
| Broccoli | | Water blanch 2 to 3 minutes, or steam blanch 3 to 5 minutes. |
| Cabbage | | Steam blanch 2 to 3 minutes over water; you may use 1 teaspoon sodium bisulfite per cup water. |
| Eggplant | | Pretreatment is not necessary; however, you can steam blanch 3 to 5 minutes over water; you may use 1 teaspoon sodium bisulfite per cup water. |

Pretreating Guide for Vegetables (continued)

| Suitability for Dehydration | Vegetables | Optional Pretreatment |
|-----------------------------|---|--|
| Fair | Kohlrabi | Water blanch 3 to 5 minutes, or steam blanch 5 to 8 minutes. |
| | Peas, Black-Eyed | None |
| | Squash, Summer | Steam blanch 2 to 3 minutes |
| | Sweet Potatoes (Yams) | Steam blanch 2 to 3 minutes until almost tender. |
| | Zucchini | Steam blanch 2 to 3 minutes. Do not steam slices meant for use as chips. |
| Poor | Brussels Sprouts | Water blanch 3 to 5 minutes, or steam blanch 6 to 7 minutes. |
| | Cauliflower | Steam blanch 5 minutes, or water blanch 3 to 4 minutes in a vinegar solution of 1 tablespoon vinegar per gallon water. |
| | Celery | Steam blanch 2 to 3 minutes, or water blanch 30 seconds to 1 minute in baking soda solution of 1 teaspoon baking soda per cup water. |
| | Cucumber | None |
| | Greens | Pretreatment is not necessary; however, you can steam blanch until slightly wilted. |
| | Kale | Pretreatment is not necessary; however, you can steam blanch until wilted. |
| | Lettuce | Pretreatment is not necessary; however, you can steam blanch until wilted. |
| | Radishes | None |
| | Spinach | Pretreatment is not necessary; however, you can steam blanch until wilted. |
| | Squash, Winter | None |
| Swiss Chard | Water blanch 2 minutes, or steam blanch for 2 to 3 minutes. | |

When dehydrating fruits and vegetables together, a compromise setting of 130°F/54°C is acceptable because the moist fruit will prevent the vegetables from case hardening. You may wish to experiment with temperatures that are 10° to 15° lower than those suggested in the book. For some foods this will result not only in a better looking, higher quality product, but also a longer drying time. For example, pineapple may be dried as low as 100°F/38°C with superior results. This does not apply to meats, fish, fowl, or dairy products.

Examine the food from time to time to check for dryness.
 You may want to rotate the trays 180° halfway through the drying cycle
 to save energy and reduce drying time.

How Long Does Food Drying Take?

There are several variable factors that help determine the time it takes to dehydrate various foods. They include:

1. **The humidity in the air.** Air must be kept in motion. Stagnant air soon takes on as much moisture as it can hold, then drying no longer takes place. Drying must be a continuous process so growth of microorganisms is prevented. If the air contains 60% humidity rather than 90% humidity, food will dry in a shorter period of time. To help you determine the amount of humidity at various times of the year and in different parts of our country, we have included typical percentage humidity maps on pages 33.
2. **The amount of water in the food.** Various foods differ in moisture content. For example, on the average, tomatoes contain 94% water. According to the United States Department of Agriculture, the amount of water in a food will depend on the growing season, rainfall, and other environmental factors.
3. **The size and thickness of the cut piece of food.** Food cut 1/4" thick will dry faster than that cut 3/4" thick. Uniform size pieces of food, spread evenly in single layers, give the best result.
4. **The quality of the electric dehydrator.** The more efficient the dehydrator, the less time food will take to dehydrate and the more nutritious it will be. One of the most important factors is the heat/air balance; the airflow must be correct for the amount of heat being supplied to the tray.

Testing

Food should be dry enough to prevent microbacterial growth and subsequent spoilage. The safe maximum percentages of water remaining in home dried produce are no more than 10% for vegetables and no more than 20% for fruits. Note the word maximum; most experts feel for best storage that the percentage of moisture (residual moisture) should be as follows: fruits, 10%; vegetables, 5%; grains, 10 to 12%; and meats, 20%. Commercially dried fruits often contain more water – especially when they're "tenderized" – but they also may contain additives other than simple sulfur dioxide to protect against spoilage from the higher content of moisture. Because we don't have the food industry's highly refined means of testing for and controlling moisture, we must count on experience and testing to tell us whether the food is dry or not.

Testing is achieved through look, feel, and taste. Remove several pieces of food from the dehydrator trays and allow them to cool. When cut through the center, there should be no visible signs of moisture. A darker, wet interior indicates the need for extended dehydration. Usually it is better to overdry than to under dry. When in doubt continue drying for additional time.

Fruit generally can be considered adequately dry when no moisture can be squeezed from a piece of it when cut; when it has become rather tough and pliable; and when a few pieces squeezed together fall apart when the pressure is released. Leathery, suede-like, and springy are descriptions you'll see in the individual instructions for fruits. Several others, such as figs and cherries, also are slightly "sticky."

Vegetables are generally "brittle" or "tough to brittle" when they're dry enough; corn and peas will shatter when hit with a hammer. A few vegetables like tomatoes are leathery to the touch.

Another way to determine dryness is by weighing the vegetables and fruits before and after dehydrating to ensure that the proper amount of moisture has been removed. The following example assumes you are dehydrating 10 pounds of onions that have moisture content of 89% or .89, its decimal equivalent.

1. After removing peels and other waste parts, determine the total weight of the water in the fresh vegetables.

$$\begin{aligned} &\text{Total pounds fresh vegetables x} \\ &\text{\% water content =} \\ &\text{Total pounds water} \\ &10 \text{ pounds x } .89 = 8.9 \text{ pounds water} \end{aligned}$$

2. Compute the pounds of water to be removed during dehydration. Vegetables can only contain a maximum of 5% moisture, so 95%, or .95, of the water must be taken out. (Fruits should contain 10 to 20% moisture, so 80 to 90% – or .80 to .90 – of the water must be removed.)

$$\begin{aligned} &\text{Total pounds water x } .95 = \\ &\text{Total pounds water to be removed} \\ &8.9 \text{ pounds x } .95 = 8.46 \text{ pounds water removed} \end{aligned}$$

3. Lastly, find the proper weight of the vegetables after dehydrating.

$$\begin{aligned} &\text{Total pounds fresh vegetables -} \\ &\text{Total pounds water to be removed =} \\ &\text{Total pounds of dried vegetables} \\ &10 \text{ pounds - } 8.46 \text{ pounds} = 1.54 \text{ pounds} \end{aligned}$$

In other words, after dehydration your onions should weigh only 1-1/2 pounds. Weights higher than those

recommended indicate that too much moisture remains and the vegetables (fruits) could mold. Return them to the dehydrator for more time, then reweigh.

Meats and all protein foods should be very dry unless they are to be refrigerated or frozen for long time storage. Meat is sufficiently dried when it is dark in color, fibrous, and forms sharp points when bent. Herbs are thoroughly dried when brittle. Their leaves shatter when rubbed together. Further information on testing dehydrated food is given in Chapters 4 to 8.

Contents: _____

Drying Date: _____

Drying Time: _____

Weight Before: _____

Weight After: _____

Humidity At Time of Drying: _____

Packaging and Storage

All your work will go to waste unless you package and store the dehydrated food properly. While it's true that dehydrating considerably extends the shelf life of food, it cannot protect it from insects, other pests, air, light, and moisture. However, proper post-dehydrating care will preserve the quality of the food and lengthen its life-span.

Packaging

Any container that has been employed for food storage previously is safe to use for storing dehydrated food. It should have a firm shape and must have a tight-fitting lid. There is no need to purchase special containers; recycle old ones. For instance, recycled glass, salad dressing, peanut butter, pickle, mustard, and canning jars are good and will permit you to see the food. Dark glass jars are considered best for certain dried foods such as herbs and fruits because the light won't be able to fade them or affect their nutrients or quality. Potato chip, shortening, and metal coffee cans with tight-fitting plastic lids also make good containers for storage. When storing in a metal can it's wise to put a plastic bag in the can to keep the food from touching the metal. Containers such as these can be sealed tightly by wrapping the joining area with plasticized pressure-sensitive tape.

Before using any container for the storage of dehydrated foods, clean, scald, and thoroughly dry the container. Also make sure that the food has completely cooled. Packaging warm is a definite "don't." Heat causes sweat, or condensation, to form on the inside of the container which will eventually result in the food molding or spoiling. Do package the food as soon as it is cool to prevent any moisture from being reabsorbed. It is permissible to leave the food in the dehydrator to cool. Make sure the door is closed and the unit is turned off. In 30 minutes to an hour, transfer the food into proper storage containers. Leaving the food in the dehydrator too long after the food is dry will cause humidity from the air to collect on it and make it sticky.

Pack the dehydrated food without crushing. Small containers are better than large ones as some moisture from the air will be absorbed each time the container is opened. Try to use a container size that will hold enough food that it can be used up in a relatively short time. In fact, for easier use, package your dehydrated food in meal- or snack-size portions; every time you open up a large container, the food is exposed to air, resulting in additional vitamin loss. Small portions will also prevent the entire batch from being ruined if one piece spoils.

Heavy-duty "zip-lock" or "self-sealing" plastic bags, as well as those that must be sealed by machine, are excellent for dehydrated foods. Squeezing the pouch tightly against the food it contains will effectively void the air just prior to sealing the plastic bag. This ensures a good air-free storage environment inside the plastic container. Care must be taken in selecting a bag sealer to find a unit that creates a wide, leak-proof seal. The seals on most units are 1/32" to 1/16" thick and often prove inadequate. Look for a seal that is no less than 3/8" thick; the thicker the better.

When vegetables are dried they should have no more than 10% moisture content. Fruits may have 10 to 20% moisture content. If fruits and vegetables are to be stored in the same large container, it is suggested that they be sealed separately in airtight plastic bags to prevent moisture equalization that tends to mold the vegetables.

To further protect the food from moisture, a small muslin bag containing about 1/2 cup of silica gel – a chemical which absorbs moisture from the air – can be put in with the sealed container of food. Silica gel is readily available in hobby stores and florist shops. Thoroughly seal the dehydrated food in individual plastic bags before putting it in the container with the silica gel. While it's not toxic, silica gel should not come

in direct contact with the food since the gel is not fit for human consumption. Check the silica occasionally. If the crystals have changed from white to light pink they are saturated with moisture. Remove the crystals from the muslin bag, spread them out on the tray, and dry them in the dehydrator at 140°F/60°C until they have again turned white. The silica gel can be used time and again.

Labeling your dehydrated food containers not only makes them more attractive, but also allows you to keep a check on the age of the food inside. Basically, all you need on the label is the contents and the drying date. But it is also a good idea to include on the label drying time, weight of produce before and after drying, and humidity at the time of drying; this information will be helpful in improving your dehydrating techniques. In addition, many dryers put such data on the label as the number of servings in the package or container and – for the more involved dishes – directions for preparing the food. While this information may be printed on a piece of masking tape, why settle for plain? Look in stationary and office supply stores to see what they have to offer in terms of decorative labels, stickers, and decals. Look for ones with old fashioned pictures or “From the Kitchen of ...” for a personal touch, or purchase plain labels and create your own design. The labels can be glued to the containers, attached with decorative tape, or pasted on with stickers.

Storage.....

Ideally, dehydrated food should be stored in a cool, dark, dry location. Food held in storage at 50°F/10°C to 60°F/16°C retains more food value than when it is stored at higher temperatures. The absence of light in the storage area preserves colors and vitamins. For your dehydrated food storage location, try to pick a spot where these conditions don't vary too widely. Basements often meet the criteria, but be on the lookout for insects and other pests that could contaminate your stocks.

Should you suspect contamination, it's possible to pasteurize your dehydrated food by placing it in the oven at 175°F/79°C for 15 minutes. Another method of protection is to subject the food to 0°F in the deep freeze for 48 hours to kill any larvae that may be on it. It is then safe with either method to store it on the shelf in an insect proof container.

Check for moisture in storage containers several times the first week after the food has been dried. If moisture appears on the inside of the storage container when the contents are shook, put the food back into the dehydrator and dry for a longer period of time. Use your supply of dehydrated food on a first in, first out basis. Put new containers to the rear of your storage shelves and move older ones forward.

Don't place dehydrated food storage containers directly on a concrete floor. If shelves can't be constructed, run long 2" by 4" pieces of lumber on the floor, so that the cans or similar containers have air under them. Never place storage containers flush against a concrete wall. Leave a small amount of air space.

Dehydrated food may be kept from year to year. It will have higher nutritional value if you only try to store each year's harvest to carry over until the next year's supply is available. If you have some food left, do not discard it but go ahead and use it unless you can obviously see that it doesn't have quality.



By combining dried ingredients ahead of time, a delicious cup of soup can be ready in just minutes.

Reconstitution

Rehydration is the process of restoring liquid to dehydrated food. This reconstitution or refreshment is an important part in learning how to use dehydrated food. Of course, not all dehydrated food requires rehydration. Dried fruits and fruit leathers make a delicious snack when eaten dry, as does meat jerky.

Dried vegetables can be eaten as chips with various dips; or they can be powdered, flaked, shredded, or chopped and added to soups, stews, and similar dishes. Herbs can also be added to other foods without rehydrating.

Properly dried foods refresh well. They return practically to their original size, form, and appearance. If carefully handled, they will retain much of their aroma and flavor as well as the minerals and appreciable amounts of vitamins.

There are several methods of reconstituting dehydrated food, including soaking in water, placing in boiling water, and cooking. It's important to remember, however, not to add salt or sugar to the water during the initial 5 minutes of reconstitution as they hinder the absorption process.

.....**Soaking.** As a general rule, the amount of water or other liquid used in reconstitution is 2 cups of food per 1 cup of liquid. If necessary, gradually add more liquid until the desired texture is obtained and the food won't absorb any additional liquid. Keep in mind when rehydrating to use only enough water for soaking as the food will absorb. Over-soaking produces a loss of flavor and sometimes a mushy, water-logged product.

Fruits can be soaked in water, cider, various fruit juices, yogurt, cordials, or fruit liqueurs until they reabsorb most of the liquid that was originally taken from them. This may be accomplished by placing the slices of dried produce in a shallow container, covering them with a thin layer of liquid, and then laying a towel over the top (the towel is optional). Using this method, fruit will usually plump up within 1 to 2 hours, but overnight soaking may be necessary for large or whole pieces of dried food. Overnight soaking should be done in the refrigerator.

To soften fruit for snacks, place a cup of fruit into a zip-lock plastic bag with 2 or 3 drops of water and put it into the refrigerator overnight. Unless the fruit will be used within 2 or 3 days, it should be refrigerated.

Vegetables can be soaked in water, consommé bouillon, vegetable juices, or milk (refrigerate) and will usually rehydrate within 1 or 2 hours. But depending on the size of the dried food pieces and the degree to which the pieces have been dried, rehydration may take as long as 8 hours. Generally speaking, rehydration is somewhat proportional to dehydration. That is, those

food pieces that take the longest to dehydrate will take the longest to rehydrate. As you dehydrate foods take note of the slow ones, then you'll be able to allow extra time for rehydration.

When reconstituting dehydrated food, save the liquid employed and try to find another use for it: use as a fruit or vegetable juice; substitute the rehydration liquid for a different liquid called for in recipes; add to soups or stews; save to use for rehydrating other foods; or freeze for use in soups, leathers, pies, or compotes. Rehydration liquid has great nutritional value - don't pour it down the drain.

.....**Boiling Water.** Place 1 cup of vegetables into 1 cup of boiling water and soak for 5 to 20 minutes. Then prepare as desired: simmer, place in casseroles, etc. To reconstitute fruits for pie, place 1 cup of water and 1 cup of fruit into a pan and simmer until tender. If the pie is to be thickened, it may require more moisture. Don't add a lot of moisture in the beginning and cause it to be too thin. It is easy to see if more water is necessary for the fruit to plump up. To soften fruit for use in cookies, candy, or cakes, place in a steamer with 1" of water in the bottom and let it steam for 3 minutes. Use kitchen shears to cut the fruit into bite-size pieces.

.....**Cooking.** The final method of rehydration - cooking - is the simplest and fastest. Fruits and vegetables can be cooked in water, broths, or juices or added directly to soups and stews to which extra liquid has been incorporated. Dried food can be cooked by three basic methods: stovetop, slow cooker, and microwave oven.

When cooking dried food on a stovetop, the amount of liquid needed for cooking/rehydrating will vary somewhat according to how the food will be used. For fruits and vegetables to be used in soufflé's, pies, quick breads, doughs, and batters, add two parts liquid to three parts dried food. For vegetable side dishes, fruit toppings, or composts, add one part liquid to one part dried food. **Note:** More water may be added during the cooking time if the food appears too dry.

Once the amount of liquid has been determined, you can begin cooking/rehydrating. To cook dried fruits on the stovetop, add the fruit to the appropriate amount of boiling water. Turn down the heat and simmer the fruit for 10 to 15 minutes or until tender. Rehydrated cooked fruits are sweeter than fresh

fruits, so govern the inclusion of sweetening agents accordingly. With dried vegetables, place them in a pan containing the correct amount of liquid and bring it to a boil. Reduce the heat, and allow the vegetables to simmer until tender.

For the two other cooking options - the slow cooker and the microwave - use the same liquid amounts as recommended for stovetop cooking. With a slow cooker, place the dehydrated food and liquid in the unit. Cover and cook for several hours on low until the food is rehydrated and tender. In a microwave, place the food and liquid in a glass dish, cover, and cook for 2 to 10 minutes on full power until the food rehydrates. Stir occasionally. Thorough cooking may require a longer time.

When using the stovetop or microwave methods, do not add salt, spices, sugar, or sweeteners until the end of the cooking time; otherwise, they will hinder the rehydration process.

When substituting dehydrated vegetables or fruit in recipes that call for fresh produce, only rehydrate as much of the vegetables or fruit as is needed. In most recipes, you need only substitute 1-1/2 to 2-1/3 cup of fresh vegetables for 1 cup of dry vegetables.

Other dry equivalents are given in the table below. In recipes that specify quantities (fresh or dried) in ounces, use these equivalent volume measurements:

1 ounce = 1/8 cup = 2 tablespoons

2 ounces = 1/4 cup = 4 tablespoons

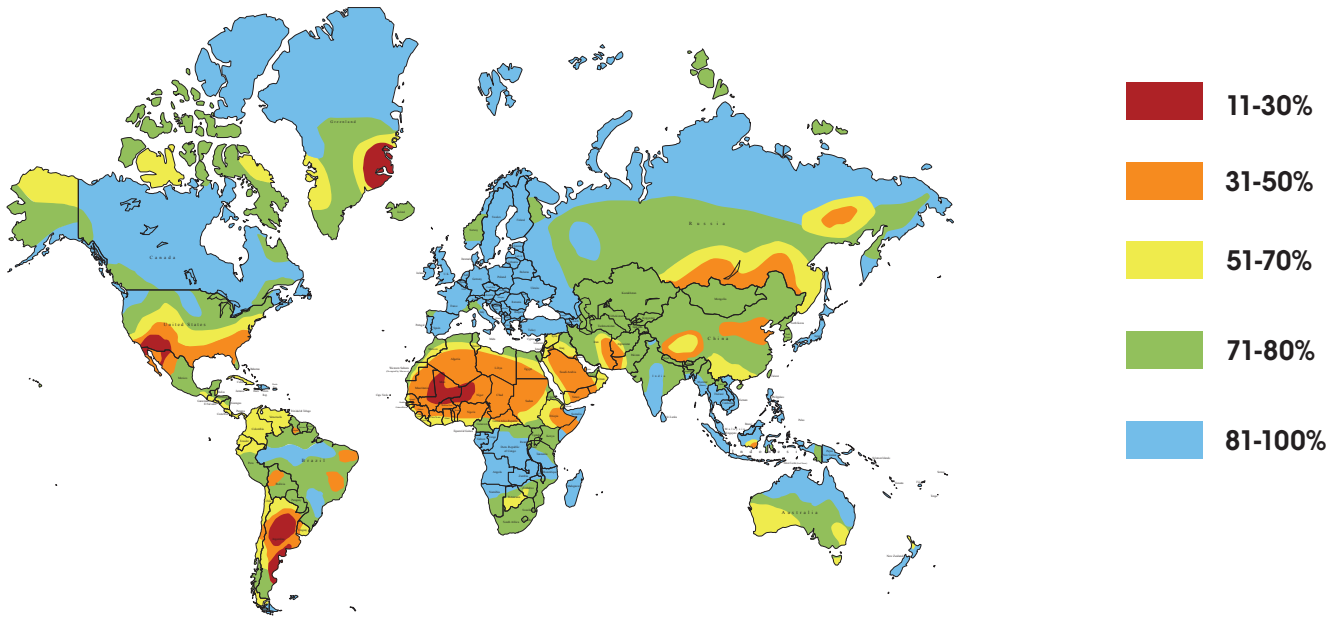
8 ounces = 1 cup = 16 tablespoons

Remember that many dried foods taste and resemble their fresh counterparts after reconstitution. But dried foods are unique and shouldn't be expected to resemble a fresh product in every respect. Reconstituted tomatoes, for example, do not look like fresh tomatoes in a salad, but they will make excellent tomato sauce or can be pulverized to make fine tomato paste. Be creative and resourceful; an amazing number of new and interesting recipes awaits you.

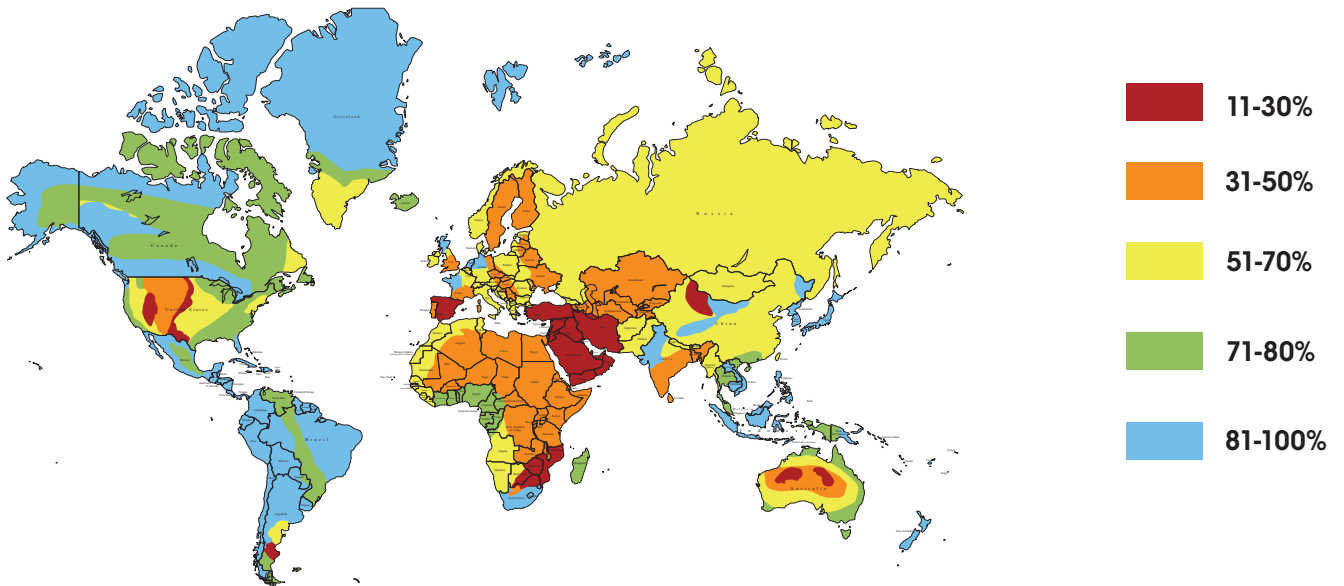
| Fresh Produce | Dry Equivalents |
|---------------------------|--|
| 1 onion | 1-1/2 tablespoons onion powder 1/4 cup dried minced onions |
| 1 green pepper | 1/4 cup green pepper flakes |
| 1 cup carrots | 4 tablespoons powdered carrots 1/2 cup (heaped) dried carrots |
| 1 cup spinach | 2 – 3 tablespoons powdered spinach |
| 1 medium tomato | 1 tablespoon powdered tomato |
| 1/2 cup (approx.) | 1 tablespoon powdered tomato tomato puree |
| 20 pounds tomatoes | 18 ounces dried sliced tomatoes |



JANUARY - AVERAGE % OF RELATIVE HUMIDITY



JULY - AVERAGE % OF RELATIVE HUMIDITY



USING THESE MAPS

These maps illustrate the average % humidity for the months of January and July - The higher the humidity, the longer it will take to dry your foods. As humidity can change from day-to-day, to get a more accurate humidity %, look up your city on weather websites like www.wund.com or your local weather station to see what the humidity is on a given day - then look at the color key below the map - Match that color with your % humidity and use that color to give you an approximate drying time listed after the foods in the book. ****Because there are so many variables, exact drying times are impossible to estimate, but the % listed in the color squares will give you a good starting point.****



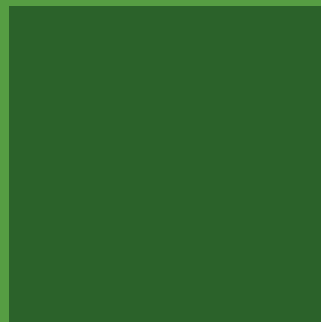
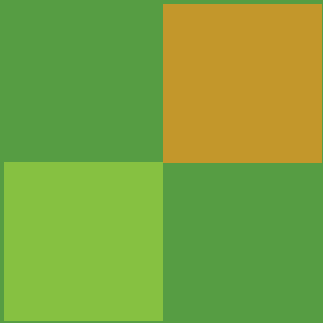
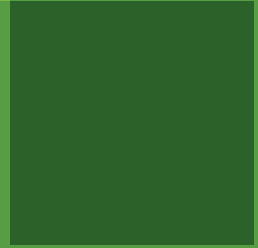
Excalibur[®]
Food Dehydrator



Parallelex



DEHYDRATING FRUITS



You'll have fun drying fruit; it's one of the oldest and most popular dehydrated foods. Enjoy dried fruit as a naturally sweet snack, in your favorite recipes, candied, or in good tasting leathers. Apples, peaches, bananas, and pears are long-time dehydrating favorites. But why stick to the tried and true? Dare to dry dates, have a fling with figs, or perk yourself up with persimmons. Challenge yourself to master them all!

General Rules for Dehydrating Fruits

Before we take a look at specific dehydrating techniques for specific fruits, let's review some of the important points of drying fruits.

Preparation and Pretreatment. For a high quality end product, choose only a high quality, mature fruit. When fruits are mature their natural sugar content and nutritional content is high. Remove the moisture quickly to prevent spoilage. Use only firm fruit to dry into slices. Overripe and bruised fruits may turn black and look burnt. Bananas are also best when the fruit has brown speckles on the peel. When the skin has turned black, the banana may be pureed for leather or used to make banana bread.

If fruits (or vegetables) are to be dried with skins on, they should be washed thoroughly. In all likelihood, many of them have been commercially waxed or sprayed if purchased at a market. Most waxes and sprays can be removed by washing in a biodegradable cleaner or a vinegar water solution and then rinsing in clear water. If, however, the wax or spray cannot be removed, we recommend peeling before drying. Some fruits, like grapes and certain berries, have a natural wax coating that must be removed by checking. See Chapter 3 for checking instructions. Since quality begins to deteriorate the minute you start washing, prepare only as much fruit as you can dry at one time.

Uniform slicing can make a big difference in how evenly your fruit dries; pieces of differing thickness will require varied drying times. The smaller you make the slices, the faster the drying time and the better the quality. Small fruits, like berries, can be left whole, but larger ones should be halved, sliced, or diced. Trim away any unavoidable bruised areas.

There are pros and cons for peeling. Try fruits both ways to find the method you prefer. There are many ways to pretreat fruit. They are discussed in the pretreatment section in Chapter 3. Here again it is a matter of individual preference. The only way to discover the method you like best is to try different ways.

Dehydrating

Most fruits do not have strong odors, so feel free to dry them together. What odors do exist are kept from mixing by the horizontal airflow of quality dehydrators. Arrange the fruit in a single layer on the drying trays, leaving some space between pieces for better air circulation. The skin side (if left on) should be down to prevent juice from dripping. Small berries should be stirred occasionally to promote uniform drying. Do not add fresh fruit to a batch that is nearly dry; the increased humidity will cause the partially dried food to reabsorb moisture and possibly spoil. For exact instructions, refer to the fruit dehydrating guide. Remember: Your times may vary considerably from those listed.

Testing

Since dried fruits are generally eaten without being rehydrated, they should not be dehydrated to the point of brittleness. Most fruits should have a 10 to 20% moisture content when dried.

Cool several pieces of fruit and test for dryness. Cut the pieces in half; there should be no visible moisture. Now feel and taste—they should be anywhere from pliable to brittle depending on the particular fruit. It's better to have the fruit a little too dry than to have it too moist and run the risk of molding. When you are satisfied that the fruit is dry, cool it in the dehydrator or in a bowl for 30 minutes to 1 hour, and then remove and package.

Rehydrating

There may be times when you'll want to rehydrate your dried fruit before eating. Let the dried fruit stand in just enough boiling water to cover it; too much water can result in vitamin and mineral losses. The fruit should be ready in approximately 7 minutes or when most of the water has been absorbed. Dried fruit can also be rehydrated by sprinkling it with water or fruit juice and letting it stand. If the rehydrated fruit is not to be used immediately, refrigerate it to prevent spoilage.

Another alternative is to cook the dried fruit in water or fruit juice. Add the fruit to boiling water and simmer for 10 to 15 minutes. Because spices and sweeteners will hinder rehydration, don't add them until the fruit is nearly done. When substituting dried fruit in your own recipes, 1/2 cup dehydrated is generally equivalent to 1 cup fresh. Now feel and taste—they should be anywhere from pliable to brittle depending on the particular fruit. It's better to have the fruit a little too dry than to have it too moist and run the risk of molding. When you are satisfied that the fruit is dry, cool it in the dehydrator or in a bowl for 30 minutes to 1 hour, and then remove and package.

Fruit Dehydration Guide

Here are step-by-step instructions for drying all the popular fruits. They are arranged in terms of drying suitability: **excellent, good, fair, and poor**. If you are a beginner, you might want to stick to those rated “excellent” until you gain some experience. As far as dehydrating times are concerned, the ones given in the step-by-step instructions are approximations only. Because there are so many variables, exact times are impossible to estimate. Keep this in mind and you’ll avoid a great deal of frustration. However, as a general guide for judging drying in the region of your country, consult the humidity maps found on pages 33. Find the color that corresponds to your area. Now match that color with the appropriate color square along side each fruit listing. For a more accurate approximation check your local weather to determine the % humidity for that day, then match up the % humidity with the color Humidity Chart below and match that color to the drying times beside each fruit. The best temperature to dry most fruits is 135°F/57°C; however, if you are wanting to dry your fruits and keep them “raw” you can dry at a temperature of 105°F/41°C - 115°F/46°C please note the drying times will almost be doubled in some fruits - use the two-time - two temp, Fast Dry Method, to decrease the drying time, see page 100. If you prefer your fruit pretreated, refer to the pretreating guide on page 25.

HUMIDITY



Excellent For Dehydrating

Apples  7  9  11  13  15 hrs

Mature apples, fresh and undamaged, are the type you’ll want to dry. Winesap, Jonathan, Granny Smith, Pippin, Rome Beauty, Macintosh Red, and Baldwin are all excellent varieties.

Step-by-step

1. Wash, pare, and core the apples. Or wash and just remove the seeds. Peelers, corers, and a slicer will make your work a good deal easier.
2. Cut the apples into 1/4” to 3/8” slices or rings; discard any bruised portions.
3. Dry at 135°F/57°C until pliable. For a sweeter flavor, sprinkle the slices with sugar and cinnamon prior to drying.

Note: Dehydrated apples lend themselves particularly well for use in a variety of baked goods such as pies, tea breads, and cookies.



Apricots 20 22 24 26 28 hrs

For the best results when dehydrating, avoid apricots that are hard or unripe. Pick ones that are nearly round with yellow to orange skin and flesh, depending on the variety. Try Manchu, Tilton, Moongold, Goldcot, or Blenheim/Royal varieties.

Step-by-step

1. Wash the apricots, cut in half, slice, and remove the pits or stones.
2. Dehydrate the apricots at 135°F/57°C until pliable.

Note: Dried and rehydrated apricots pep up meat dishes, salads, fruitcake, pies, candy, or cookies. Puree them to make an appetizing apricot sauce.

Bananas 6 7 8 9 10 hrs

Bananas are one of the quickest and easiest fruits to dry, as well as one of the tastiest. Large yellow varieties, like Cavandish or Martinique, dehydrate best. Those that are all yellow or lightly brown speckled will be the sweetest; avoid green or overripe bananas.

Step-by-step

1. Peel the bananas and cut into 1/8" to 1/4" slices. Cut away any bruised portions.
2. Dehydrate bananas at 135°F/57°C until leathery.

Note: Consume this tropical fruit dry as a snack; in trail mixes, cookies, cakes, and breads; or on cereals. Fried, they make scrumptious fritters.



Cherries 13 15 17 19 21 hrs

Several varieties of cherries are suitable for dehydrating. For instance, sweet cherries such as Bing, Lambert, Napoleon, Royal Anne, and Van are very tasty when dried. If you intend to dehydrate a sour variety such as Meteor or Montmorency, reserve them after drying for cooking. Pick extra firm, juicy, meaty cherries.

Step-by-step

1. Wash the cherries, cut in half, and remove stems and pits. Cherries can be dried whole, but the drying time will be considerably longer and the quality reduced. A cherry pitter is a great help to preparation.
2. Place cherry halves on the trays skin-side down. Start dehydrating at 145°F/63°C for approximately 2 hours; then reduce the temperature to 135°F/57°C for the remainder of the drying time.

3. Dehydrate the cherries until leathery, sticky, and raisin-like. Watch the cherries closely toward the end of the time to prevent overdrying.

Note: Dried sweet cherries make a raisin-like snack treat and can be substituted for raisins in cookies, cakes, and breads. Use sour cherries rehydrated in cobblers, crisps, and pies.



Citrus Peel 3 4 5 6 8 hrs

Citrus peel is excellent when dried. When selecting fruit for peel, make sure it shows no signs of mold, decay, or especially of being dyed, color-treated, or sprayed.

Step-by-step

1. Wash the skins thoroughly to remove any dirt.
2. To remove wax or sprays, wash in biodegradable cleaner or vinegar water and rinse well.
3. Peel off just the very top layer of skin which holds the flavoring oils; the remaining white material is too bitter for use.
4. Peels can be candied.
5. Dehydrate at 135°F/57°C until crisp.

Note: Cut citrus peel in strips to store. Grate or chop when needed for fruitcakes, puddings, and candies.

Coconut 12 14 16 18 20 hrs

Choose coconuts that are fresh and heavy for their size. Moldy or wet areas indicate age. The coconut should be full of fluid or milk; shake the fruit to test.

Step-by-step

1. Puncture one end of the coconut and pour out the sweet milk, which can be consumed or used in cooking.
2. Using a hammer, crack the fruit around the middle of the hard, stoney shell.
3. Steam broken coconut for 30 seconds to 1 minute or gouge out the meat with a knife.
4. Remove the dark outer skin, and grate the meat.
5. Dry at 135°F/57°C until leathery and crisp.

Note: Dehydrated coconut is extremely versatile. Incorporate it in cakes, icings, pudding, pies, and granola, or use as an all-around topping.

Dates 16 19 22 25 28 hrs

Dates are a chief source of food in the Middle East as well as North Africa. Select large, bright red dates or the smaller, sweeter dark ones for drying.

Step-by-step

1. Wash the dates well. Cut in half and pit if desired.
2. Dehydrate dates at 135°F/57°C until leathery.

Note: Dates can be eaten dry as a snack, either plain or cut up and rolled in confectioner's sugar. They can also be added to cereals, fruitcakes, cookies, and trail mixes.



Figs 22 24 26 28 30 hrs

Figs are naturally sweet and rich in calcium and phosphorus. Ripe figs will have a brownish-maroon, skin and pinkish flesh. Brown Turkey, Black Mission, and White Adriatic are all excellent when dried.

Step-by-step

1. Wash figs, remove their stems, and cut out any blemishes.
2. Quarter large figs and spread one layer deep on the drying trays with the skin-side down. Figs can also be dried whole, but they will take considerably longer to dehydrate and must first be checked.
3. Dry at 135°F/57°C until pliable.

Note: Dried figs are tasty as a confection, stuffed, in fig bars or fig newtons, or in cake and bread recipes. Rehydrated, they can be incorporated into compotes and fruit salads.

Grapes 22 24 26 28 30 hrs

Dehydrated grapes have their own unique name – raisins. Green Thompson or black seedless are the best drying grapes. Muscats also make excellent dehydrated grapes, although they have seeds that must be removed by hand – a very time-consuming process.

Step-by-step

1. Wash and remove the stems from the grapes, leaving the fruits whole.
2. “Check” for 30 to 90 seconds in boiling water to reduce drying time.
3. Dry at 135°F/57°C until wrinkled and pliable. Dehydrator dried raisins will be lighter and slightly more chubby than those dried in the sun.

Note: Blend dehydrated grapes into cookies, breads, hot and cold cereals, pancakes, muffins, puddings, stuffings, and salads. Plain, they make a terrific snack.



Nectarines 8 10 12 14 16 hrs

Although nectarines resemble smooth-skinned peaches, they have a unique taste all their own. Select nectarines that are attractively colored, plump, and have the slightest softening along the seam. A popular variety for drying is Mericrest.

Step-by-Step

1. Wash the nectarines and cut into 3/8” slices or circles.
2. Place on the dehydrator trays skin-side down. Dry until pliable.

Note: Experiment with dry and rehydrated nectarines in desserts like pies, cobblers, and cookies. They are equally good in breads, chutney, and granola.

Peaches 8 10 12 14 16 hrs

Next to apples, peaches are the most widely distributed fruit in the world. The two main types of peaches are freestone and clingstone, named according to how hard the pit is to remove. Freestone pits can be removed easily, while those of the clingstone must be scooped out. Both types of peaches are suitable for drying, but the clingstone usually has a somewhat better flavor. Select large, firm peaches with a white, yellow, or red flesh. Avoid immature peaches because they produce a poor dried product.

Step-by-step

1. Wash the peaches thoroughly. If you wish to remove the skins, dip in boiling water for 1 minute, and then dip in cold. The skins should just slip off. Remove the pits and some of the surrounding red matter which can look somewhat unappetizing when dried.
2. Cut away the bruises and slice peaches into 1/4" to 3/8" circles or slices.
3. Dehydrate at 135°F/57°C until pliable.

Note: Peaches can be used dried or slightly rehydrated. Eat as a snack or in a compote with other fruits. Breads, puddings, upsidedown cakes, and cookies also benefit from the addition of peach morsels.

Pears 20 24 28 32 36 hrs

Giant Bartlett, Lincoln, and other late summer to early fall varieties are best for dehydrating. Winter pears, though not as tasty, will dehydrate nicely as well. Select golden yellow fruits with a rosy to red blush.

Step-by-Step

1. Wash pears and peel if desired.
2. Remove the stem and cut into 1/4" to 3/8" slices, or core and cut into quarters or eighths.
3. Dry at 135°F/57°C until pliable.

Note: Rehydrate dried pears and use like fresh or canned in cookies, cakes, fruit salads, and desserts. Dried slices taste great when stuffed with cheese or dip.



Pineapples 10 12 14 16 18 hrs

Pineapples should be a yellowish-brown color and fully ripe. Look for fresh, healthy leaves. A decayed bottom or dark, wet spots on the sides indicate over ripeness.

Step-by-step

1. Rinse the pineapple, cut off the leafy crown, and peel. A pineapple slicer will make the job easier. Remove any fibrous areas that remain after peeling.
2. Remove the core and cut into 1/4" to 1/2" slices or wedges. If you plan to cut up more than two or three pineapples, wear gloves or occasionally rinse your hands in cold water; pineapples have a very high acid content.
3. Dehydrate the pineapple at 135°F/57°C until pliable.

Note: Dried pineapples, like persimmons, have a naturally high sugar content. They are unbeatable in granola, cookies, cakes, breads, puddings, and fritters.

Prune Plums 22 24 26 28 30 hrs

Plums particularly well-suited for dehydrating are called prune plums. Prune plums are higher in vitamins and minerals (particularly iron) than any other dried fruit. And since drying in an electric dehydrator takes only about one-fifth as long as old sun methods, more of this goodness is preserved. Leading varieties include California, French, Stanley, and Imperial. Ripe prune plums should be slightly soft and have sweet yellow to amber flesh. The thin skin may range from reddish-purple to purplish-black in color.

Step-by-step

1. Wash prune plums thoroughly, cut them in half, and remove the pits. Pop the backs to expose more surface to the air and speed drying. To dry them whole, check for 2 minutes.
2. Dehydrate prune plums at 135°F/57°C until leathery. Whole prune plums may take up to twice as long to dehydrate.

Note: Dried prune plums are a tasty snack. They may also be rehydrated by steaming or stewing. Dessert soups, breads, strudels, garnishes, stuffing, and salads will all get a lift from the addition of prunes.

Good for Dehydrating

Currants 15 17 20 23 26 hrs

For another raisin variation, try dried currants. They're tart and tangy. Seedless black varieties make good snacks, while red varieties such as Red Lake and Wilder are fine for cooking. Both black and red currants grow wild in Western Europe and are easily cultivated here in America.

Step-by-step

1. Wash and remove stems.
2. "Check" for 30 to 90 seconds in boiling water to reduce drying time.
3. Place the currants in the dehydrator at 135°F/57°C until leathery.

Note: Dehydrated currants are a good substitute for raisins in baked goods and hot cereals.

Papaya 7 9 11 13 15 hrs

Besides being a tasty fruit, papayas are also the source of the drug papain. Papain is an enzyme, similar to pepsin, that helps your body digest food. Because of this, it is frequently used to make meat tenderizers. Choose round, firm papayas that are yellow to dark orange in color.

Step-by-Step

1. Thoroughly wash the rind. Thinly peel, cut the papaya in half, and then remove the pea-sized black seeds.
2. Cut lengthwise into 1/4" to 3/8" slices.
3. Dry at 135°F/57°C until pliable with no moisture pockets.

Note: Eat dehydrated papayas as a snack alone or in combination with other tropical fruits. After drying the seeds, powder them to make your own meat tenderizer or grind them to make a seasoning like pepper.

Plums 22 24 26 28 30 hrs

Plum pies and puddings are traditional Christmas treats, but you don't have to wait until the holidays to dry and enjoy plums. Popular plum varieties number well over 100, most of which are good for dehydrating. Pick fully ripe, sweet fruits that are undamaged.

Step-by-Step

1. Wash the plums and cut them in half. Remove the pits and cut into 1/4" to 3/8" slices.
2. Dehydrate plums at 135°F/57°C until pliable.

Note: Transform dried plums into plum pudding or add them to cookies, cakes, muffins, and breads.

Rhubarb 6 7 8 9 10 hrs

Rhubarb, nicknamed "the pieplant," is a unique vegetable eaten as a fruit; its initial flavor is sweet, but it has a tart aftertaste. Varieties such as Flare, Canada Red, Crimson Red, Victoria, and Valentine, with their vibrant red color and delightful flavors, dehydrate best. One caution: Do not eat rhubarb leaves; they contain poisonous oxalic acid salts.

Step-by-Step

1. Wash the rhubarb; then trim off and discard the leaves. Cut the stalks into 1" lengths.
2. Dehydrate at 135°F/57°C until leathery.

Note: Cook dried rhubarb for sauce, add it to tarts and pies, or eat dry as a snack.



Strawberries 7 9 11 13 15 hrs

Gem, Streamliner, Superfection, Ogallala, and Dunlap are all excellent when dried. Pick large strawberries that are intensely red, firm and juicy.

Step-by-Step

1. Carefully wash, cut off the caps, and slice 1/4" to 3/8" thick.
2. Dry at 135°F/57°C until leathery and crisp.

Note: Dehydrated strawberries have a wide range of uses in pies, yogurt, puddings, frostings, fruit compotes, pancakes, and sauces as well as plain as a snack.

Fair For Dehydrating



Blueberries 7 9 11 13 15 hrs

Wild or cultivated, blueberries are tasty when dried. The berries that you choose should be plump and fresh. They should also be a deep blue color such as Blueray, Rabbit Eye, Coville, or Berkeley.

Step-by-Step

1. Wash blueberries and remove the stems.
2. Leaving the berries whole, place in a colander and dip in boiling water for 15 to 30 seconds to “check the skins.”
3. Dry at 135°F/57°C until leathery and crisp.

Note: Dehydrated blueberries are a great confection all by themselves or incorporated into muffins, cakes, puddings, cobblers, waffles, pancakes, and sauces.

Kiwi 10 12 14 16 18 hrs

This subtropical fruit has a hairy, brown exterior and a sweet, green, seeded interior whose taste resembles a cross between a banana and a peach with a citrus tang.

Step-by-Step

1. Wash kiwi and peel.
2. Cut into 1/8” to 1/4” slices.
3. Dry at 135°F/57°C until leathery.

Note: Kiwi can be used as a garnish or as fruit compote, or it can be dried for decoration in a fruit medley.



Persimmons 11 13 15 17 19 hrs

A persimmon is a small, yellowish fruit which is usually 1/2” to 2” in diameter. The sweetest persimmons are so soft and wrinkled that they almost look spoiled. Avoid unripe ones; they are extremely bitter.

Step-by-Step

1. Rinse the persimmons, remove the stem caps, and slice into 1/4” to 3/8” circles. Peeling is not necessary.
2. Dry at 135°F/57°C until leathery.
3. Persimmons are done just as they start to turn translucent, but before they become brittle.

Note: Dehydrated persimmons are naturally sweet and can take the place of candy by themselves or in combination with other fruits. If they are dried until brittle, you can make persimmon sugar by finely chopping the fruit slices, and then pulverizing them in the blender. Rehydrated, they are delicious in puddings, cookies, and cakes.

Poor For Dehydrating

Certain fruits are more difficult to dehydrate with good results than others. This is not to say that you shouldn't try drying them.

Avocados 7 9 11 13 15 hrs

Peel, remove the pit, and cut into 3/8” slices. Dehydrate at 135°F/57°C until brittle.

Berries 7 9 11 13 15 hrs

This category includes blackberries, boysenberries, cranberries, huckleberries, and raspberries. Wash the berries and leave whole or cut in half if desired for faster dehydrating. “Check” whole berries with a waxy coating for 30 to 90 seconds. Dry at 135°F/57°C until crisp and leathery. Cranberries should be shriveled and pliable.

Citrus Fruits 7 9 11 13 15 hrs

Slice the fruit into 1/8” to 1/4” slices and remove the seeds. Dry at 135°F/57°C until crisp. Use as a powder for flavoring in soups, fish, and salads or as a garnish.

Melons 7 9 11 13 15 hrs

Slice watermelon into 1/4” circles or wedges; slice other melons into 1/2” slices. Remove any seeds. Dry at 135°F/57°C until watermelon is pliable and sticky and other melons are leathery.

Fruit Cordials

Transform your dried fruit into fruit cordials. They're extremely easy to make, and their rich taste defies description. All you need are the following ingredients: 1 pound dried fruit (apples, apricots, peaches, pears, or prunes), 4/5 quart white chablis, 1 cup brandy, and 1 cup sugar.

Combine chablis, brandy, and sugar in a 2 quart glass or ceramic container that has a tight-fitting lid. Add the dried fruit, stir, and cover.

Let the cordial stand for 6 weeks at room temperature, checking it the first few days to make sure the sugar has dissolved. If the fruit is soft, remove it. The liquid cordial will be good for as long as you want to keep it.

Candied Fruit

Candied fruit is very sweet; over half the fruit's moisture is replaced by sugar. The super-sweetened fruit is then dried into a candy-like confection. Use either fresh or already dehydrated fruit.

Preparation

Wash fresh fruit and prepare these popular candied fruit as follows:

Apples: Peel (if desired), core, and cut into 1/4" slices.

Apricots: Halve, remove pits, and cut into quarters.

Cherries: Remove stems and pit by halving or by using a cherry pitter.

Citrus Peel: Use only the outer 3/16" of the skin, avoiding the bitter white underlayer. Cover with water, boil for 15 minutes, and drain.

Peaches: To remove the skins, dip first in boiling water, then in cold. Halve, remove the pit, and cut into 1/2" slices.

Pears: Peel, core, and cut into 1/2" slices. Pineapple: Peel, remove the thorny areas, core, and cut into 1/2" chunks.

Prunes: Halve, remove the stones, and pop the backs.

Candying

Once all the fruit is prepared, you're ready to candy. You'll need a saucepan (large size), a candy thermometer, water, sugar, and corn syrup. **Note:** The candying process will take a total of four days, excluding the drying time.

To begin, combine 3 cups water, 3/4 cup white corn syrup, and 1 cup sugar in a large saucepan. Bring



1. Fruit cordials require only a few simple ingredients.



2. Combine the Chablis, brandy, and sugar in a jar. Add the dried fruit and stir.



3. In six weeks, the fruit cordial will be ready to enjoy. If the fruit becomes soft after a time, remove it.

the mixture to a boil and add 2-1/4 pounds of fresh fruit or 6 to 9 cups of dehydrated fruit. Place the candy thermometer in the mixture and heat until it reaches 180°F/82°C. When it reaches that temperature, remove from the heat and let stand at room temperature for 18 to 24 hours.

On the second day, use a slotted spoon to transfer the fruit from the syrup to a dish; avoid transferring too much of the syrup. Add 1-7/8 cups sugar to the remaining syrup. Allow the mixture to boil and remove it from the heat. Spoon off any surface foam that appears. Add the fruit again and heat the mixture to 180°F/82°C. Remove the saucepan from the heat and let stand another 18 to 24 hours.

On the third day, repeat the procedure of the previous day, except this time add 3 cups sugar.

Finally, on the fourth day, again repeat the procedure of the second day, except add only 1 -1/2 cups sugar.

Dehydrating

After the fruit has stood for the final time, transfer it from the syrup into a colander. To separate the pieces, rinse under cool running water; save the syrup for use as a topping. Arrange the fruit in a single layer on the drying trays and dry at 135°F/57°C until chewy. Candied fresh fruit will take only one-fourth as long to dry as its fresh counterpart. For example, fresh cherries normally dry in approximately 18 hours, but candied they will only take about 4-1/2 hours. After removing from the dehydrator, store carefully - candied fruit is extremely attractive to insects. High humidity may cause the candied fruit to remain tacky. If this occurs, place in the refrigerator till the tackiness disappears.

Fruit Leathers

Leathers are dried, rolled sheets of plain or sweetened pureed fruits. The produce is processed in a blender, spread in a thin layer over Paraflexx®, kitchen parchment paper, or plastic wrap covered trays and dried to chewy perfection. Leathers are an excellent way to use drying leftovers or slightly overripe food. Vegetables or yogurt may also be used for leathers. Refer to chapters 5 and 8 for more information.



1. To candy fruit, heat in sugar and syrup mixture and allow to stand overnight. The next day, remove the fruit with a slotted spoon. Add more sugar and bring the mixture to a boil.



2. Remove pan from heat and skim off any resulting foam.



3. The finished candied fruit makes an attractive, tempting confection.

What to Use

Chop up nearly any fruit, vegetable, or combination of the two to make your leather. The produce can be raw or cooked, although the fresh flavor is often preferred. Choose foods that blend well together; mix up small samples and taste-test to see which ones you like best. Strawberry rhubarb leather and flavored yogurt rolls are big hits that cannot be purchased in stores. In general, any fresh, canned, or frozen produce is suitable.

Preparation

Wash. Remove any bad spots, stems or pits. Peel fresh fruit if necessary. Drain canned fruits, and thoroughly thaw frozen ones. Cut the fruit into pieces, place in a blender, and puree until smooth. You may have to add a little water to firm fruits, such as apples, to start the blending process. For fresher flavor with canned fruit, add 1 tablespoon fresh lemon, lime, or orange juice per quart fruit. You may want to strain seedy berry purees before pouring them on the trays. Remember that seeds are an excellent concentrated food.

Some fruits like peaches and apricots oxidate rather rapidly. As an option, fruits can be heated to boiling prior to blending to retain their bright color. Other fruits can also be cooked if you want to alter the flavor of your leather. Cooking will decrease nutrients. Cool the fruit to lukewarm and strain or puree before pouring on the drying trays.

.....**Sweeteners.** The majority of fruit leathers are naturally sweet for the most part, but there are some tart ones like rhubarb and citrus fruits. In addition, many canned fruits are somewhat on the bland side. To perk up the taste, add honey or corn syrup to the puree. But don't overdo; use only 1 tablespoon per quart puree. Brown sugar also makes an interesting sweetening agent. However, avoid granulated sugar as it may recrystallize during storage and make the leather brittle.

.....**Flavorings.** As with sugar, use flavorings sparingly since they will concentrate upon drying. Add only 1/4 to 1/2 teaspoon of concentrated extracts or 1 tablespoon of fresh juices to the puree while blending. Try such flavorings as almond extract, lemon extract or juice, lime juice, orange extract or juice, or vanilla.

A pinch or so of spice or herbs is also nice. Find spices that mix well with the fruits and/or vegetables you are using. Allspice, cinnamon, chives, coriander, ginger, mace, mint, and nutmeg are all excellent choices.

.....**Garnishes.** Garnishes can be added to your leathers before or halfway through dehydrating and can include most nuts, coconut, granola, marshmallows, dates, and raisins. They give leathers that extra party touch. But don't reserve your garnished leathers just for company; they're too good not to be enjoyed all the time.

Dehydrating

When the puree is ready, cover the dehydrator trays with Paraflexx®, kitchen parchment paper, or plastic wrap; never use waxed paper, foil, or plastic bags. Pour on 3/4 to 1 cup puree per tray and allow it to spread out. The poured puree should be 1/8" thick at the center and 1/4" thick at the edges. The edges must be heavier; otherwise, they will dry too quickly and become brittle.

Set the thermostat for 135°F/57°C and place the trays in the dehydrator. If you rotate the trays 180° halfway through the cycle, drying time will be shortened. Drying time will vary according to the amount of moisture in the puree and its depth on the trays. For example, an apple leather may take 6 hours, while a grape leather may require up to 10 hours drying time. However, 6 to 8 hours is about average. If you want to add garnishes during drying, do so while the puree is still moist.

When the puree is leathery and pliable with no sticky spots in the center, your leather is done. Peel up an inch or so of the sheet along the edge to check. If the leather meets the test, peel it off the Paraflexx®, kitchen parchment paper, or plastic wrap while it is still warm; it should come off in one sheet with no puree adhering.

Storage

Lay the leather out on plastic wrap, roll leather and plastic into a roll, and wrap thoroughly in more plastic wrap. This preserves freshness and keeps out moisture. You can also cut the roll up into bite-size pieces and wrap that way. Store the wrapped leathers in sealable plastic bags or airtight containers. Foil-lined potato chip containers and plastic buckets are good choices. Do not keep fruit and vegetable leathers in the same container; this could cause the vegetable leathers to mold. Store the bags or containers in a cool, dark place to prevent them from becoming sticky. Leathers with nuts, spices, or coconut included must be stored in the freezer or they will spoil after a month or so.



1. Pour the puree onto the prepared trays, spreading it so the edges are thicker than the center.



2. Garnish fruit leathers with any of a variety of toppings. After the puree has been poured out on the trays, sprinkle on the chosen topping. Leathers garnished with nuts or coconut should be refrigerated.



3. Small leather "kisses" can be made by dropping the puree on trays in spoonfuls, garnishing, and folding over when dry.



4. Dried leather will lift up at the edges. Roll the leather while it's still warm.



5. Eat whole or cut into slices. Pack in lunch bags. Serve at parties. Fruit leathers are a healthy snack that everyone enjoys!

Using Your Leathers

You'll like leathers just as is, in lunches, or for snacks when fresh fruit is scarce.

Get fancy and fill them with caramel, chocolate, cheese, fruit, marshmallow cream, or peanut butter jelly-roll style. Eat whole or cut into swirly slices. **Note:** Do not store leathers once they have been filled; use immediately.

If some of the leather becomes brittle, don't throw it away. Instead, chop it up in a blender for leather chips. Reconstitute by soaking 1 cup chips in 1/2 cup boiling water for 10 to 15 minutes. Smooth in the blender and use on ice cream and yogurt, in milk shakes and cereals, or as a pie filling. Chips can be made into a beverage by adding 5 parts water and 1 part chips and pureeing.

Fruit Leathers

| Food | Combine With: | Spices, Flavorings & Sweeteners | Garnishes |
|-------------|---|---|---------------------------|
| Apples | apricots, bananas, dates, peaches, pears, plums, raisins | apple cider, cherry juice, cinnamon, lemon juice, mixed spices, nutmeg, orange juice, raspberry juice, strawberry juice, sugar, tangerine juice | almonds, coconut, walnuts |
| Apricots | apples, bananas, dates, pineapple, raspberries, strawberries | brandy, brown sugar, honey, lemon juice, nutmeg | almonds |
| Bananas | apples, apricots, blueberries, grapes, peanut butter, pineapple, raspberries, strawberries, lemon and orange rind | coriander, ginger, honey, lemon juice, mace, nutmeg, vanilla | coconut, pecans, walnuts |
| Berries | apples | cinnamon | |
| Blueberries | bananas | lemon juice | |
| Cherries | apples, bananas, black raspberries, pineapple, raspberries, rhubarb | almond extract, honey, lemon juice | almonds, coconut |
| Cranberries | applesauce, bananas, dates, oranges | honey, orange juice | |
| Grapefruit | honey | | |
| Grapes | apples, bananas | honey, lemon juice | |
| Lemons | lime | honey | |
| Nectarines | honey, lemon juice | almonds | |
| Oranges | bananas, pears, persimmons juice, mace, nutmeg | cinnamon, honey, lemon | coconut |
| Peaches | apples, pineapple, plums, honey, lemon juice, nutmeg | cinnamon, coriander | almonds |
| Pears | apples, bananas, oranges | cinnamon, lemon juice, nutmeg | coconut |
| Persimmons | oranges, pineapple | | |

Fruit Leathers (continued)

| Food | Combine With: | Spices, Flavorings & Sweeteners | Garnishes |
|---------------|---|--|--------------|
| Pineapples | apricots, bananas, strawberries | cinnamon, honey | coconut |
| Plums, Prunes | apples, apricots, dates, peaches, raisins | honey, lemon juice, orange juice | sesame seeds |
| Pumpkin | apples, cloves, ginger, granulated sugar, honey, nutmeg | brown sugar, cinnamon, | |
| Raspberries | apples, bananas, huckleberries, pineapple | corn syrup, honey | |
| Rhubarb | black raspberries, cherries, strawberries | honey | |
| Strawberries | apricots, bananas, rhubarb, pineapple | cinnamon, honey, lemon juice, mace, nutmeg | coconut |
| Watermelon | bananas, pineapple | lemon juice | |

Note: To make a delightfully different leather, yogurt may be combined with many of the fruits listed in this table.

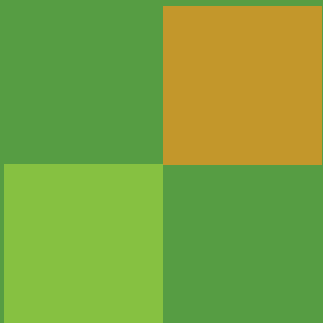
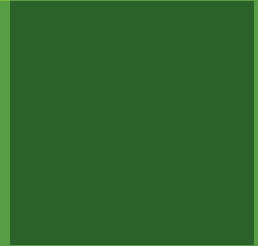








DEHYDRATING VEGETABLES



Vegetables - you can dry a different vegetable each day for a month and still not go through the entire list. Some are more suitable for dehydrating than others but once you get started, you'll want to try them all.

What do we get from vegetables? Vegetables are rich sources of vitamins and minerals. Some of the important nutrients they contain include: vitamin A, vitamin C, niacin, phosphorus, calcium, and iron - all of which are preserved, although not in their entirety, when properly dehydrated. Peas and members of the bean family contribute protein. In addition, vegetables are vital suppliers of bulk, indigestible fiber that aids in the digestive process. One thing you probably won't gain from vegetables is weight. One-half cup of most vegetables contains less than 50 calories; starchy vegetables, like potatoes and beans, may have 50 to 100 calories per 1/2 cup serving.

To preserve most of this goodness in your dehydrated food, start with vegetables that are ripe and in prime condition. Buy or pick the crispest, freshest, most flavorful ones that can be obtained. Dehydrating retains most of the nutrition and good taste, but it can't improve on the original quality of the food. The fresher the vegetables are when processed, the better they will taste when rehydrated and cooked.



General Rules for Dehydrating Vegetables

Take extra care when drying vegetables because they spoil and deteriorate much more quickly than fruits. This doesn't imply that the novice dryer should shy away from them - not at all. Just pay close attention to dehydrating procedures given here and in Chapter 3, and you'll have great results.

Preparation and Pretreatment

Once you get the vegetables home, remember not to store them at room temperature if at all possible. If you can't dry the vegetables immediately, refrigerate them to avoid deterioration. Prepare only as many vegetables as you can dehydrate in one load.

Wash vegetables quickly and thoroughly right before processing. Use cold, not hot, water to help preserve freshness and avoid careless handling that could damage the produce. Vegetables covered with dirt should be rinsed under cool running water and scrubbed if necessary. Don't allow the vegetables to soak in the water. Soaking causes many water-soluble vitamins and minerals to dissolve and speeds deterioration.

Most vegetables cannot be dried "as is", slicing or cutting is usually required. Peeling is a matter of individual preference, though certain vegetable peelings will toughen upon being dried. Remove any fibrous or woody portions, and cut away bruised, moldy, or decayed spots. One spoiled area may contain enough spoilage-organisms to contaminate an entire batch of vegetables.

With vegetables, drying time is crucial to tenderness. The longer the time, the less flavorful and the poorer the product. Drying time can be hastened by drying small, uniformly cut pieces. Thicker pieces result in longer times. For easier, quicker cutting, use a food slicer or processor rather than a knife when possible. You'll save your fingers from injury and the slices will be neater and more equal.

Vegetables such as green beans which normally require a longer cooking time may benefit from steam or water blanching (1 to 3 minutes) prior to drying. However, most other vegetables like greens or mushrooms need not be blanched before drying. Refer back to Chapter 3 for complete how-to directions for both blanching methods.

Dehydrating

Vegetables have a lower moisture content than fruits, so cooler drying temperatures must be employed. If the temperature is too high, the vegetable pieces will "case harden." (See page 28 for an explanation of case hardening.) Set the dehydrator's thermostat at 125°F/52°C and spread vegetables in a single layer on the drying trays. Leave space between pieces for better air circulation; do not overlap pieces. **Note:** For tomatoes and onions, dry at 155°F/68°C instead of 125°F/52°C. In case of other exceptions, always refer to the individual listings before beginning to dry. Different vegetables may be dried together as long as none are strong-smelling. Some strong-smelling vegetables include onions, peppers, and brussels sprouts.

Examine the produce from time to time until you are experienced enough to judge approximately how long each vegetable must dry. Drying time varies with the type of vegetable, the thickness of the pieces, how ripe the vegetables are, the load on the trays, and particularly the outside humidity. A humid or rainy day extends normal drying time considerably. On average, vegetables need anywhere from 4 to 14 hours to adequately dehydrate. But don't become upset if your time varies considerably from the ones listed; it can and does happen. If your model has a timer, use it. It will help you monitor the times without constant clock-watching.

Testing

When vegetables contain no more than 5% moisture, the vegetables are dry. Since there's no measuring device available to tell you when this point has been reached, you must rely on testing. Take a few samples from the center trays and allow them to cool. Feel and taste for the proper texture, which for most vegetables is somewhere between leathery and brittle. Again the more you dry, the easier it will become for you to judge these subtle differences.

When you're satisfied that the batch is done, turn off the dehydrator. Cool the vegetables in a bowl or in the dehydrator unit. Keep the door shut and you'll prevent dust from contaminating the food. In 30 minutes to 1 hour, transfer the food to the proper storage containers following the procedure given in Chapter 3. Leaving food in the dehydrator too long will cause it to reabsorb moisture from the air and become sticky.

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1. The majority of vegetables, like green beans, require little preparation before pretreating. Slice in to 1" pieces.



2. If you desire, steam blanch the green beans before dehydrating.



3. Dried beans will be shrunken and brittle.

Reconstituting

With the exception of certain vegetables like zucchini and potatoes which may be eaten dry as chips, most dried vegetables are reconstituted and cooked. You can rehydrate the vegetables as they are cooking, they will be more tender and flavorful if the rehydration is done as a separate step.

Place the vegetables in a container and pour on an equal amount of liquid. For example, rehydrate 1 cup of beets in 1 cup of water or beet juice. Cold liquid is fine, but boiling or heated liquid will shorten the rehydration time. It will also begin to cook the food. Soak vegetables anywhere from 10 minutes to 2 hours, depending on the thickness of the pieces and whether cool or boiling liquid is used. Soaking any longer than 2 hours could restart bacterial action, causing spoilage. Vegetables are considered rehydrated when they return to their near-fresh size.

Don't soak leafy vegetables like cabbage, chard, spinach, and lettuce; they are fine enough to rehydrate well during the cooking process.



1. Corn is one vegetable that should be pretreated for the best results. Leaving the corn on the cob, steam it until the milk has set.



2. Cut the kernels from the cob and spread on the trays in a single layer.

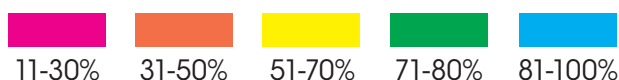


To reconstitute, pour boiling water over the dried vegetables. Allow the vegetables to soak until they “plump.”

Vegetable Dehydration Guide

Here are most of the vegetables, from artichokes to zucchini, that you can dry in your dehydrator. Remember that your drying times may vary considerably from those listed here and that the pretreatment steps are optional. Use the humidity maps shown on pages 33 to approximate drying times. Match the color designating your area in the correct season with the square of the same color along- side each vegetable listing. The number of hours in the block will be your dehydrating time. For a more accurate approximation check your local weather to determine the % humidity for that day, then match up the % humidity with the color Humidity Chart below and match that color to the drying times beside each vegetable time, see page 100. For optional pretreatment methods, see the pretreating guide in Chapter 3.

HUMIDITY



Excellent For Dehydrating

Onions 4 5 6 7 8 hrs

Onions are excellent when dehydrated, particularly varieties such as White Bermuda, Red Creole, Downing Yellow Globe, Southport White Globe, Southport Red Globe, Sweet Spanish, and White Creole. Onions should be heavy for their size and have a pungent taste and aroma. Because of this odor, however, avoid drying them with other vegetables.

Step-by-step

1. Remove the root and top, and peel off the paper shell.
2. Cut the onion into 1/4" slices or 1/8" rings or chop it. No pretreatment is required.
3. Dry at 155°F/68°C until leathery. Handle carefully as they readily reabsorb moisture.

Note: Dehydrated onions can be added to soups, salads, or cooked dishes. If you intend to convert them to powder or flakes, store as dried and only grate when needed for the best flavor retention.

Peppers, Hot/Chili 4 5 6 7 8 hrs

Chili peppers are anything but chilly. More chili peppers are produced and consumed than any other spice in the world. To dehydrate your own hot peppers, choose fully developed dry pods of dark varieties such as Anaheim, Jalapeno, Red Cayenne, Hungarian, Yellow, and Red Chili.

Step-by-step

1. Wash peppers. They can then be diced or left whole. Peppers that are diced will have better color and aroma because the drying time will be shorter. When cutting peppers, wear rubber gloves to protect your hands.
2. Dehydrate chili peppers at 125°F/52°C until leathery.

Note: After dehydration, hot peppers may be ground to make paprika, cayenne pepper, or chili powder.

Good For Dehydrating

Beans, Green and Wax 8 9 10 11 12 hrs

Snap beans were being cultivated in America at the time Columbus arrived and have long been a drying favorite. Strung up and left to air dry, they were known as "leather britches" because they resembled small, leathery pairs of pants. Unfortunately because of the long drying times, they often tasted like leather as well. Dried in your dehydrator, however, they're sure to rehydrate up tender and juicy.

Stringless varieties are best for drying, particularly long, plump pods that have a deep green (or yellow for wax) color and bright appearance. Look for crisp, fleshy walls and small seeds. Good drying beans include Roma, Tendergreen, Golden Wax, and Top Crop.

Step-by-step

1. Wash beans and remove the pointed ends.
2. Cut into 1" pieces or "French" style.
3. If desired, pretreat by blanching.
4. Arrange the beans on the trays and dehydrate at 125°F/52°C until brittle.

Note: *Serve as a side dish cooked with pork or ham for added flavor, or combine with other vegetables in soups and salads.*

Beets 8 9 10 11 12 hrs

Select sweet, deep red beets that are about 2" in diameter. They should have few to no side roots and should be a uniform color throughout. Varieties such as Ruby Queen, Detroit Dark Red, and Morse Red dry best.

Step-by-Step

1. Wash beets and trim so that 1/2" of the top remains. Beets will bleed during cooking if the crown is cut.
2. Steam until tender, approximately 30 to 45 minutes.
3. Allow beets to cool, peel, and cut into 1/4" round slices or 1/8" cubes or shred.
4. Dehydrate beets at 125°F/52°C until leathery. (You may want to place beets on the bottom trays so they won't bleed on other vegetables.)

Note: *Eat reconstituted beets as a vegetable flavored with sugar and butter, in soups such as borscht, or enjoy dry as a crisp snack with cheese dip.*

Carrots 6 7 8 9 10 hrs

Carrots are rich and valuable sources of vitamin A, and contain substantial amounts of vitamin C, potassium, and natural sugar. Dehydrated carrots also have appreciable amounts of iron. Choose a variety such as Danvers Half-Long, Emperor, Tendersweet, or Royal Chatenay that has tapered, deep orange roots. Carrots for drying may be more mature than those intended to be served fresh.

Step-by-step

1. Wash the carrots, trim tops, and peel or scrape if skins are dirty.
2. Cut into 1/8" cubes or circles.
3. If desired, pretreat by blanching.
4. Dry at 125°F/52°C until leathery.

Note: *Dehydrated carrots can be mixed in salads or gelatins. Dried shredded carrot is excellent in carrot cake.*

Corn 6 7 8 9 10 hrs

Use only fresh, flavorful ears of such yellow varieties as Marcross, Golden Bantam, and Jubilee. Corn begins to lose its flavor soon after picking, so process immediately.

Step-by-Step

1. Shuck the corn, removing husk and silk; then trim the cobs.
2. Steam corn on the cob until the milk has set. Test by cutting a few kernels. If milk doesn't exude, the corn is ready to dry.
3. Carefully remove the kernels; try to avoid cutting into the cob.
4. Spread the corn on the trays in a single layer and dry at 125°F/52°C until brittle. Stir corn several times to facilitate drying.

Note: *Dehydrated corn can be used for fritters, puddings, soups, stews, or breads, or it can be creamed as a side dish. Cornmeal can be made from dried corn in a grain mill as described on page 90.*



Mushrooms 3 4 5 6 7 hrs

There are over 38,000 known species of mushrooms, but only a very select few are edible. Beware of poisonous varieties! Dehydrate only safe species such as *Agaricus* and *Boletus*. They should be fresh and healthy looking with no signs of blackening. Small to medium sized mushrooms with closed caps will provide the most flavorful results.

Step-by-step

1. Brush off any dirt and wipe with a damp cloth or quickly wash mushrooms in cold water; never soak.
2. Remove the woody portion of the stem and cut into 3/8" slices from the cap through the stem.
3. Dehydrate at 125°F/52°C until leathery.

Note: *Rehydrate mushrooms and serve creamed, in omelets, in spaghetti sauce, or as a garnish. They also taste great in meat pastries and pies.*

Okra 4 5 6 7 8 hrs

Pods of okra for drying should be 2" to 4" long with a bright color; a withered appearance indicates unsuitability. To test pods for freshness, snap a few. The easier they snap, the fresher they are. Popular varieties include White Velvet and Clemson Spineless.

Step-by-Step

1. Wash the pods, trim off the stem ends, and slice into 1/4" pieces.
2. Dry at 125°F/52°C until leathery.

Note: *Dehydrated okra can be used in stews, salads, and soups, or it can be breaded and french fried as a snack. Okra is also delicious baked in a tomato sauce flavored with salt, pepper, and onions.*

Parsnips 7 8 9 10 11 hrs

Dry only fresh, tapered parsnip roots with white flesh and a hollow crown. If they are past their peak, they develop a disagreeable texture and flavor.

Step-by-Step

1. Scrub and trim the parsnips. (Peeling is optional.)
2. Cut into 3/8" slices or dice.
3. If desired, pretreat by blanching.
4. Dry at 125°F/52°C until very tough or brittle.

Note: *Dehydrated parsnips can be baked, fried, stewed, or candied. They can also be eaten dry as a snack, plain, or with a dip.*

Peas 4 5 6 7 8 hrs

Purchase young peas of a sweet variety like Little Marble, Perfection, or Thomas Laxton. If peas are too mature, they will be tough and mealy when rehydrated. Use only medium sized peas for best results. Crisp, tightly filled pods are a sign of quality.

Step-by-Step

1. Shell and wash peas within a few hours after picking if at all possible.
2. If desired, pretreat by blanching.
3. Dry at 125°F/52°C until brittle.

Note: *Dehydrated peas are delicious in soup, stews, or mixed with vegetables as a side dish.*



Peppers, Green or Red 4 5 6 7 8 hrs

Select fresh well-formed peppers that have thick walls. Good drying peppers include: California Wonder, Merimack Wonder, Oakview Wonder, and Big Bertha.

Step-by-step

1. Remove the stem, seeds, and white sections; then wash and dry the peppers.
2. Cut into 1/4" strips or rings, or chop in a blender.
3. Pretreat as described on page 26, if desired.
4. Dry at 125°F/52°C until leathery.

Note: *Sliced, chopped, or grated as flavoring, dehydrated peppers are a welcome addition to any of a multitude of different dishes.*

Popcorn 4 5 6 7 8 hrs

Although they didn't have movies, the Inca Indians of Peru were enjoying popcorn long before the first explorers arrived. Why popcorn pops always seems to be a mystery, but there's one thing we know for sure: It is definitely delicious eaten plain or topped with salt and creamy melted butter. The most popular species for dehydrating include White Cloud, Dynamite, and Japanese Hull-less.

Step-by-step

1. Leave kernels on the cob until well dried; then remove.
2. Dry at 130°F/54°C until shriveled.
3. Make sure the kernels have been dehydrated sufficiently by popping a few of them. Popcorn must retain somewhat more moisture than other vegetables, approximately 10%, if it is to pop correctly.

Potatoes 6 7 8 9 10 hrs

Select crisp new potatoes that are mature and undamaged. The tubers should be smooth with shallow eyes. Russett Burbank, White Rose, and Norgold Russet are good drying varieties. Potatoes must be fresh to maintain their good taste when rehydrated; the skins on old potatoes will become tough and leathery. Preserve freshness by storing the potatoes in a cool place, but do not refrigerate.

Step-by-step

1. Wash potatoes to remove dirt; peel if desired.
2. Cut french-fry style, in 1/4" slices, in 1/8" circles for chips, or grate.
3. Steam 4 to 6 minutes; then rinse in cool clear water. Without proper pretreating, some potatoes may turn black during drying (see page 26 for pre-treating instructions).
4. Dehydrate potatoes at 125°F/52°C. Slices and fries should be brittle to semi-transparent, and chips should be leathery. Test carefully since any lingering moisture can cause the entire batch to mold.

Note: Serve dried chips plain or with a dip. Rehydrate slices and fries and use as you would fresh potatoes in salads, casseroles, and side dishes.

Pumpkin 7 8 9 10 11 hrs

Carved as jack-o'-lanterns or plain, the pumpkin has always been the traditional symbol of fall and harvest time in America. But when dehydrated, you can enjoy pumpkin throughout the winter, spring, and summer as well. Pick pumpkins that have a bright orange color and a fine-grained, sweet flesh such as the Sweet Sugar and Spirit varieties.

Step-by-step

1. Wash the pumpkin and cut into small pieces. Remove the stem, seeds, fibrous tissues, and outer skin.
2. Bake or steam the pumpkin until tender.
3. Scrape the pulp from the shell and puree in a blender. Two cups will make a 9" pie. (Measure before drying.) Do not add spices until you are ready to use the dried mixture or it will spoil.
4. Cover trays with Paraflexx®, kitchen parchment paper, or plastic wrap and pour on puree. Dry at 125°F/52°C until leathery.

Note: Dehydrated pumpkin puree is excellent for pie filling, as pudding, or in cookies or cake.

Rutabagas 6 7 8 9 10 hrs

Rutabagas will taste somewhat like turnips when dried. The roots come in spherical and elongated varieties. Firm, sweet rutabagas with a light yellow flesh will taste best.

Step-by-step

1. Scrub the rutabagas, cut off the tops and roots, and peel if desired.

2. Cut into 1/2" slices or dice.
3. If desired, pretreat by blanching.
4. Dehydrate rutabagas at 125°F/52°C until brittle.

Note: Rehydrated rutabagas make a good potato substitute when mashed or boiled and are likewise tasty in stews. In the dried state, they can be eaten as a snack or in salads.



Tomatoes 5 6 7 8 9 hrs

This garden favorite was once thought to be poisonous because it is a member of the deadly nightshade family. Imagine-no spaghetti sauce, no ketchup, no tomato juice. Fortunately this myth was dispelled in the mid 19th century, and we now know that we can safely enjoy eating tomatoes. Although tomatoes are listed with and are commonly known as vegetables, they are actually members of the fruit category. High acid, full-flavored tomatoes like San Marzano and Royal Chico are best for drying; low acid ones will turn black when dehydrated. Use only dark red tomatoes with meaty walls.

Step-by-Step

1. Wash the tomatoes and remove the stems.
2. To remove skins, dip the tomatoes in boiling water, then immediately in cold water. The skins should just slip off.
3. Cut larger tomatoes in 1/4" slices and halve the cherry variety. If you have an excess of low-acid tomatoes that you'd like to try to dry, puree them in a blender and add 1 tablespoon lemon juice or vinegar to each quart.
4. Dry at 155°F/68°C until leathery or brittle. For puree, line trays with Paraflexx®, kitchen parchment paper, or plastic wrap before pouring.

Note: Chop dehydrated tomatoes for chili, soups, stews, and vegetable dishes. The dry puree can be powdered and converted into tomato sauce or tomato paste; this is a good way to make use of leather that has turned out too thin and brittle.

Turnips 8 9 10 11 12 hrs

Dry turnips that are uniformly globular with crisp, fine-grained flesh. The tops, which are dried separately, should be fresh and healthy looking. Popular species for drying include Purple Top White Globe, Golden Ball, and Milan.

Step-by-Step

1. Scrub well and peel. Remove tops and set aside to be used as greens.
2. Cut turnips into 3/8" slices or dice them.
3. If desired, pretreat by blanching.
4. Dehydrate turnips at 125°F/52°C until very tough to brittle.

Note: Add turnip cubes to soups or salads, and eat dry slices like chips. Rehydrated turnips can be served as a vegetable like fresh turnips.

Fair For Dehydrating



Artichokes 8 9 10 11 12 hrs

The Globe artichoke you will be dehydrating resembles a large, grayish-green thistle. Select healthy young artichokes that are firm and undamaged.

Step-by-Step

1. Rinse off and trim the leaves, allowing only the heart section to remain.
2. Remove any fuzzy portions and halve the heart.
3. If desired, pretreat by blanching.
4. Dehydrate artichokes at 125°F/52°C until brittle.

Note: Reconstitute artichokes in water to which lemon juice has been added to hold the color. They are best eaten when batter-dipped and fried.

Asparagus 4 5 6 7 8 hrs

Asparagus is the “jet-setter” of the vegetable kingdom. Long an expensive culinary delicacy, gourmet restaurants around the world sing its praises. Join the “in” crowd, and dehydrate a good supply to have on hand for those special occasions. Popular varieties for dehydrating include Mary Washington and Waltham.

Step-by-Step

1. Wash the spears and cut off the tough, scaly ends. Asparagus does not store well, so begin processing soon after picking or purchasing it.

2. Slice the remainder of the spears into 1" pieces.
3. If desired, pretreat by blanching.
4. Dry at 125°F/52°C until brittle.

Note: Serve rehydrated asparagus in a cream sauce, cheese sauce, or soup.

Beans, Lima 9 10 11 12 13 hrs

Because of their tough outer skins, lima beans dry rather slowly. So for the best results, make sure the beans you choose are fresh. Allow lima beans to become fully matured-beyond the table-use stage-before gathering. Pods should be plump with fat, creamy beans. Good varieties for dehydrating are Jackson Wonder and Thorogreen. The following instructions also apply to kidney, great northern, navy, and butter beans as well as to lentils and soybeans.

Step-by-Step

1. Shell and wash the beans.
2. If desired, pretreat by blanching.
3. Dehydrate limas at 125°F/52°C until hard and brittle. Beans should break clean when tapped with a hammer.

Note: Rehydrated limas can be used in soups or as a vegetable side dish served in a hollandaise or simple white cream sauce.



Broccoli 10 11 12 13 14 hrs

Like its relative the cauliflower, broccoli has thick flower clusters that form edible “heads.” Choose fresh, healthy stalks with rich green heads and foliage. Buds should be tightly formed with a dark green or purple-green coloring. If the buds aren’t tightly closed or the flowers have appeared, the broccoli is too old to dry. Top varieties for dehydrating include Italian Green Sprouting, Early Spartan, and Comet.

Step-by-Step

1. Trim broccoli and wash thoroughly.
2. Soak in salt water (1 teaspoon salt per quart water) for 10 minutes to remove hidden insects and eggs.
3. Rinse again to remove saltiness, and split lengthwise or in quarters.
4. If desired, pretreat by blanching.
5. Dry at 125°F/52°C until brittle.

Note: Reconstitute and add broccoli to quiches and souffles or serve as a side dish in a cream or cheese sauce.

Cabbage 7 8 9 10 11 hrs

Market, Domestic, Golden Acre, Red Dutch, and Savoy are quality varieties to dry. White cabbage, used for sauerkraut, will not give you good results. Pick only round, compact heads with crisp green to greenish-white leaves. Red cabbage should have smooth leaves with prominent veins; the leaves of the Savoy type will be wrinkled and blistered.

Step-by-Step

1. Wash the cabbage and remove the outer leaves.
2. Cut the head in half, core, and shred into 1/8" strips with a grater. The consistency of the cabbage should be a little thicker than that used for coleslaw.
3. Dehydrate cabbage at 125°F/52°C until brittle. Cabbage reabsorbs water very easily, so it must be thoroughly dry to keep well. Particularly check the spine section, as it will dry more slowly than the thinner leaves.

Note: *Garnish rehydrated cabbage with a cheese, hollandaise, or sweet and sour sauce. It can also be flavored with ham and made into cabbage soup.*

Eggplant 4 5 6 7 8 hrs

At one time eggplant was believed to be poisonous, but by 1860 these egg-shaped vegetables were being eaten with zeal. Choose ones that are young, tender, and glossy dark purple in color. Black Beauty and New York Purple are leading varieties for drying.

Step-by-Step

1. Wash, peel, and cut the eggplant into 1/4" slices.
2. Dry at 125°F/52°C until leathery.

Note: *Substitute dehydrated eggplant for fresh when frying, in casseroles, or served in a cream or cheese sauce.*

Kohlrabi 8 9 10 11 12 hrs

Developed from wild cabbage in northern Europe, kohlrabi had its debut in America at the start of the 18th century. Select white, green, or purple kohlrabi that has approximately a 3" diameter. The edible portion is the mild, nutty-flavored bulb which is also referred to as a cabbage-turnip. Purple and White Vienna are good varieties for dehydrating.

Step-by-Step

1. Rinse, trim root ends and stems, and remove leaves.
2. Thinly peel the bulbs, and slice into 1/4" pieces.
3. Dry at 125°F/52°C until tough and brittle.

Note: *Substitute dehydrated kohlrabi for water chestnuts in oriental dishes and salads. It is also delicious creamed or cooked with butter and lemon juice.*

Peas, Black-Eyed ... 6 7 8 9 10 hrs

The black-eyed pea, or cowpea, grows wild in Asia, but it is cultivated in the United States. Allow peas to ripen completely and vine dry as much as possible before picking. Brown-crowder and purple-hull peas can be dried in the same manner as the black-eyed species.

Step-by-Step

1. Shell the peas.
2. Dry at 125°F/52°C until brittle. Dried black eyed peas will split when tapped with a hammer. Time may vary considerably according to how dry the peas were when picked.

Note: *Black-eyed peas are eaten as a side dish, flavored with onions and pork.*

Squash, Summer ... 10 11 12 13 14 hrs

The word squash comes from the Indian word Askutasquash, or "eaten raw." Dry white or yellow varieties like Crookneck, Pattypan, and Early Straightneck. They should not only have a good shape and color, but also be young and meaty.

Step-by-Step

1. Wash squash and cut into 1/4" slices or into 1/8" slices for chips. Peeling is not necessary.
2. Dry at 125°F/52°C until leathery.

Note: *Dehydrated thin squash slices can be nibbled on as chips or chopped and added to salads.*

Sweet Potatoes 7 8 9 10 11 hrs (Yams)

Choose bright copper or brown-skinned sweet potatoes with deep orange flesh. Avoid using potatoes that are damaged or have wrinkled skin. Popular varieties for dehydrating include Porto Rican, Centennial, and All Gold.

Step-by-Step

1. Wash potatoes, peel, and cut into 1/4" slices.
2. If desired, pretreat by blanching.
3. Dehydrate yams at 125°F/52°C until brittle.

Note: *Rehydrated, they can be used in place of fresh sweet potatoes. They can also be substituted for pumpkin in pie, pudding, and cake recipes.*

Zucchini 7 8 9 10 11 hrs

Select slender immature vegetables that have not yet begun to form seeds. If you have older zucchini on hand, the seeds should be removed prior to drying. Older zucchini does not have a fresh taste but may be used for recipes requiring finely chopped or grated zucchini, such as breads and soups.

Step-by-Step

1. Wash, remove seeds (if necessary), and cut zucchini into 1/4" slices or into 1/8" slices for chips.
2. Dry at 125°F/52°C until brittle.

Note: Eat dehydrated zucchini slices as chips with cheese dip or chop and sprinkle on soups and casseroles.

Poor For Dehydrating

In the case of these vegetables, it's more accurate to say that they are poor when rehydrated -which is how dried vegetables are generally used. Leafy vegetables, on a whole, become limp and soggy when rehydrated, but they are very good when kept dry and crumbled as seasoning. In fact, you can achieve quite satisfactory results with the majority of the "poor" vegetables after just a little practice.

Brussels Sprouts 10 11 12 13 14 hrs

Remove coarse outer leaves, and cut brussels sprouts in half. If desired, pretreat by blanching. Dry at 125°F/52°C, turning the halves over midway through the drying time. Dehydrated sprouts should be very dry and brittle.

Cauliflower 7 8 9 10 11 hrs

Wash the cauliflower, remove the flowerets, and cut them through the stem. Slices greater than 1" thick will not dry well. Soak in salt water to remove any insects. If desired, pretreat by blanching. Dehydrate cauliflower at 125°F/52°C until tough to brittle.

Celery 3 4 5 6 7 hrs

Scrub the stalks and leaves to remove dirt; peel coarse strings and cut stalks into 1/4" strips. (The leaves should remain whole.) If desired, pretreat as described on page 27. Dry at 125°F/52°C until the stalks are leathery and the leaves are brittle.

Cucumber 4 5 6 7 8 hrs

Wash the cucumber and slice into 1/8" pieces. (Peeling is optional.) Dry at 125°F/52°C until leathery. Keep in mind that dried and powdered cucumber is excellent as a seasoning.

Greens 3 4 5 6 7 hrs

This category includes collard, mustard, watercress, and turnip greens. Wash greens and dry at 125°F/52°C. Dehydrated greens should be crisp and crumble easily.

Kale 3 4 5 6 7 hrs

Wash and trim the leaves from the stem. Dehydrate at 125°F/52°C. Kale is dry when it is very crisp.

Lettuce 6 7 8 9 10 hrs

Trim off the outer leaves and remove the hearts from the heads. Shred the remaining leaves or cut the head into quarters. Dry at 125°F/52°C. Dehydrated lettuce should be crisp and crumble in the palm of your hand.

Radishes 5 6 7 8 9 hrs

Wash the radishes and trim off the top and root ends. Cut into 1/8" slices and dry at 125°F/52°C until crisp.

Spinach 3 4 5 6 7 hrs

Wash and trim the spinach leaves from the stem; cut larger ones in half. Dry at 125°F/52°C. Properly dehydrated spinach should be crisp and crumbly.

Squash, Winter 7 8 9 10 11 hrs

Wash the squash and cut it into pieces. Remove the stem and seeds, and bake or steam until tender. Scrape the pulp from the shell and puree it in a blender. Cover the drying trays with Paraflexx®, kitchen parchment paper, or plastic wrap; pour on the puree; and dehydrate at 125°F/52°C until leathery.

Swiss Chard 3 4 5 6 7 hrs

Wash the leaves thoroughly. Dry at 125°F/52°C until brittle. The stalks may also be cubed and dried.



Vegetable Leathers

Vegetable leathers are handled in much the same way as fruit types. For pumpkin and squash, cook prior to pureeing. Measure the liquefied amount as a guide for reconstituting them for pies and puddings. Unless you are using low acid tomatoes, it's not necessary to cook them - just blend. If you are unsure about the acid content, add 1 tablespoon lemon juice or vinegar to the puree to prevent it from darkening. To make tomato leather for pizza sauce, cook the puree first to remove some of the moisture and then pour on covered trays to finish drying. Your tomato leather can be rolled right out onto the pizza dough, ready to sprinkle with zesty cheese and toppings.

Two of the most popular tomato leathers are sweet tomato leather and tomato-vegetable leather.

.....**Sweet Tomato Leather.** Small cherry tomatoes or varieties with high solid content are best for leathers. Wash thoroughly and remove stems and blemishes. Puree in a blender. Begin with a few wedges of tomato to obtain juice then add more tomatoes to the desired amount. The addition of a lemon wedge and 1 tablespoon of honey per cup of puree makes delightfully sweet leather. Dehydrate the leather until it can be easily peeled off the trays lined with Paraflexx®, kitchen parchment paper, or plastic wrap and until the center is no longer tacky. Sweet tomato leather dries in 8 to 10 hours at 135°F/57°C.

.....**Tomato-Vegetable Leather.** Follow the same general instructions listed as for sweet tomato leather. Whirl prepared onion, green pepper, and garlic in blender until fine. Add diced unpeeled tomatoes, a few at a time, blending until smooth. For a beginning, try one medium onion, one green pepper, and one garlic clove per 3 cups prepared tomatoes. Add cloves or other seasonings as desired. Dry in same manner as sweet tomato leather.

This leather may be eaten as is or used with the addition of water and a little seasoning as an excellent tomato sauce. A little may be added to soups for flavoring. One-half to 1" squares of leather may be used with dips.

Vegetable Chips

Dehydrated, thinly sliced vegetables or vegetable chips are a nutritious low-calorie snack. Try thin zucchini chips, tomato chips, squash chips, parsnip chips, turnip chips, cucumber chips, beet chips, or carrot chips with your favorite dip. Slice vegetables by hand or with a food processor and dehydrate as suggested in the Vegetable Guide.

Vegetable Flakes and Powders

Vegetable flakes can be made by crushing dehydrated vegetables or leathers in a blender, with a rolling pin, or between your hands. Use them to flavor soups, sauces, casseroles, and other dishes.

Powders are pulverized dried vegetables or leathers. A blender or mill will give you the finest texture. Onion, celery, and tomato are the most popular powders and make nutritious seasonings for soups, salads, and egg dishes.

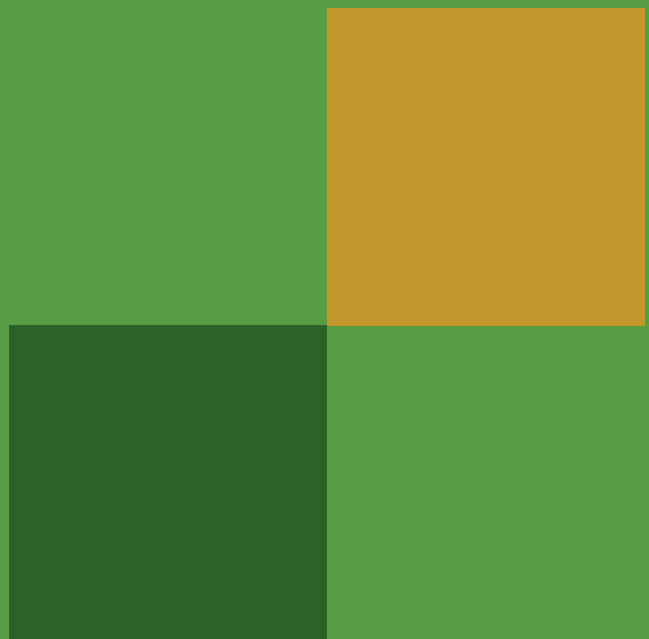
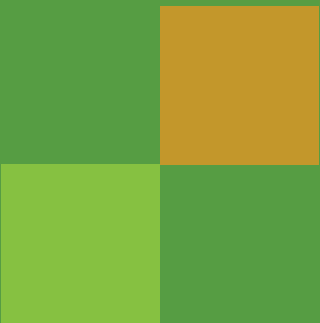
Vegetable Powders

| Vegetable | Procedure | Use In |
|--------------|--|---|
| Asparagus | Place slices or spears in blender and blend until powdered. | Soups |
| Beans, Green | Blend until powdered. | Soups and sauces |
| Broccoli | Place broken pieces in blender. Blend until thoroughly powdered. | Soups and sauces |
| Celery | Powder in blender. | Seasoning |
| Cucumber | Blend until powdered. | Seasoning and dips |
| Onions | Place completely dry slices or chopped onion in blender until finely powdered. | Seasoning |
| Peas | Powder in blender. | Soups or broths |
| Peppers | Blend slices until powdered. | Seasoning and soups |
| Spinach | Puree in blender. | Soups and spinach pasta |
| Tomatoes | Blend into a powder. Make sure tomatoes are completely dehydrated with no signs of moisture. | Tomato sauce, paste, catsup, juice and soup |





DEHYDRATING MEATS AND FISH



The history of preserving meat by drying is as ancient as the history of civilization itself. Primitive man laid strips of meat out in the sun to keep it for wintertime use. Later, someone somewhere realized that smoked meat or fish did not spoil easily and had a distinctive flavor. The discovery that chemicals in the smoke inhibited bacterial activity did not come until many years later. Another milestone was reached when man discovered that by heavily salting meat and fish before drying, its flavor and storage life were improved. In fact up until the advent of refrigeration, most non-fresh meats were salted to an excessive extent. We still use chemical salt compounds such as nitrites today to preserve packaged meats and improve their color and flavor. However, these meats have recently come under fire from government agencies such as the FDA for being potentially harmful to your health.

Nowadays, “curing” is the term used to include smoking, seasoning, salting, drying, or any combination of these food preservation methods. That is, cured meat is meat that has in some way been treated to prevent spoilage. To preserve meat, it is essential that it be cured. Once used mainly by campers and outdoors men, today’s dried meat now provides a handy, flavorful, protein-rich snack for the entire family. In addition, with the high cost of meats, more and more people are simply turning to drying as a way to get the most from their investment. While you must take care when drying meats, it is still one of the most effective ways to keep both raw and cooked varieties. There’s no energy expense for short-term storage, plus you needn’t subject yourself to the nitrites and other chemical preservatives found in store-bought dried meats. You can do a very satisfactory job of drying without them.

Types of Dehydrated Meats

The two basic types of dehydrated meats are: dehydrated cooked meat and jerky (meat and fish). With slight variations, the drying process is basically the same for both of them.

Most meats and fish are dehydrated in the same way as the fruits and vegetables we’ve already discussed; however, there are certain precautions you must take. As we know, meat is made up of both fat and lean portions; fish is generally classified as having low or high fat/oil content. Lean meats and low-fat fish keep well when dried, but fatty ones will spoil quickly. Therefore, be sure to select only fresh, lean meat and

low-fat fish for long-term storage. Remove any fat that is present. Do not attempt to dehydrate pork; use only lean portions of cured ham. You can dry some of the fattier fish, but they must be immediately refrigerated and used as soon as possible.

Dehydrating Cooked Meats

Drying cooked meats is a great way to use up leftovers. It will also keep meat tender and suitable for use in sandwich spreads, stews, and casseroles. The meat you use should be lean and thoroughly cooked. When meat has been cooked in broth, it should be removed, drained, and chilled before dehydrating. Chilling causes the fat to gel so it can be easily removed. Trim any excess fat from the meat and cut it into 1/2” cubes.

.....Drying. When dehydrating cooked meats work only in small batches with complete sanitation. Evenly spread the cubed meat on the trays. Set the dehydrator at 165°F/74°C. Make sure the unit runs continuously until the meat is dry, or spoilage could result. Most meats require at least 6 hours (some require as much as 12) to dry thoroughly and will be tough to hard when done. Turning the temperature down to between 120°F/49°C and 130°F/54°C toward the end of the drying period may make your dried cooked meat more tender. Remember the drying times given in this chapter are only approximations; your drying times may vary.

Blot off any beads of oil that remain on the surface of the meat before storing. To use the dried meat, soak the cubes in broth or water for 30 to 60 minutes; then let them simmer an additional 10 to 20 minutes.

Beef and Venison

Making sure to avoid as much fat as possible, select a tender roasting cut and trim off any fat. Steam, braise, or simmer the meat in a small amount of water for about 2 hours or process in a pressure cooker for about 35 minutes. After removing the meat from the heat, drain and cover it to prevent a crust from forming. Chill overnight in the refrigerator.

To aid in dehydrating, cut the meat into 1/2” cubes of relatively uniform size. Spread the pieces sparingly over the dehydrator trays, and dry (approximately 6-8 hours) at 165°F/74°C.

To determine if the meat is thoroughly dry, cool a cube and try to cut it through the middle. If no moisture remains in the center, then the cube will be difficult to cut. To use the dehydrated cooked beef or venison, pour 1 cup boiling water over 1 cup of the meat cubes and soak for 3 to 4 hours.

Ham

Be sure to use only lean, very well-cured ham. Trim off all the fat. Since the ham you buy in stores is already cooked, you can dehydrate it as is. However, further cooking at home will make it more tender.

Cut the ham into 1/4" squares or very thin slices and spread one layer deep on the dehydrator trays. Dry at 165°F/74°C for about 4 hours, then reduce the temperature to 130°F/54°C, and dry until hard and dried throughout. During drying, occasionally stir the pieces.

To use your dried ham, pour 1 cup boiling water over 1 cup of the ham cubes. Cover and cook over low heat for 1 hour. Use the ham in bean and cabbage soups, with green beans, or as a flavoring in meat dishes.

Poultry

Do not use duck or goose because the meat is too fatty and greasy, hence it won't keep well. Select only very fresh chicken or turkey. Steam or simmer the poultry till tender. Allow it to cool; then remove any skin or fat.

Cut the meat into 1/4" to 1/2" squares and spread in a thin layer over the dehydrator trays. Dry for 4 hours at 165°F/74°C and then at 130°F/54°C until the cubes are hard and dehydrated throughout.

To use dried poultry cubes, pour 1 cup boiling water over 1 cup cubes in a saucepan. Cook over low heat until tender (45 to 50 minutes).

Lamb

Select a lean roasting cut of young lamb, and trim off the fat. Steam until tender or process in a pressure cooker for 20 minutes at 15 pounds pressure. Let the lamb cool before cutting into 1/2" cubes.

Spread the cubes thinly over the dehydrator trays. Dry (approximately 4 to 6 hours) at 165°F/74°C, stirring occasionally. Then reduce the heat to 130°F/54°C and continue dehydrating until the cubes are hard and dried throughout.

To use dried lamb, pour 1 cup boiling water over 1 cup cubes in a saucepan and simmer until tender (45 to 50 minutes). One cup dried lamb cubes will yield 1-1/2 cups cooked meat.



Drying Raw Meats

The USDA recommendation for making Jerky safely is to heat meat to **165°F**. It is important that you dry using the highest temperature setting **165°F**, because the temperature on the dial is an Avg. temp. the air temperature will fluctuate above and below that Avg. temp. and will hit an air temperature of approximately **165°F**.

Jerky

Spanish explorers were one of the first to discover this method of saving a bit of today's meat for tomorrow's meal. As these adventurers ventured through Central America and the southwestern United States, they observed Indians cutting meat into long strips and drying it in the air and sun. The native Americans called this strange dried meat "charqui" (pronounced "sharkey"), which was later anglicized into "jerky."

Making Jerky

Because it is only one-quarter the weight of raw meat, jerky has become a staple for today's outdoors people—backpackers, campers, skiers, hunters, and fishermen. It's easy to pack, lightweight, and keeps without refrigeration. Of course, "armchair" sportsmen will enjoy its spicy taste and chewy texture too. Jerky can be made from nearly any fresh, frozen, or cooked meat, though beef and venison jerky are probably the most popular.

What will make your jerky special and uniquely yours is the type of cure you use. Many recipes are available, but it's fun to make up your own concoction. Jerky cures usually center around salt, but in addition you can use virtually any mix of the following ingredients: soy, Worcestershire, tomato, or barbecue sauce; garlic, onion, or curry powder; seasoned salt; or pepper.

Preparation. Pick a lean cut of raw meat as free from fat as possible; the higher the fat content, the shorter the storage life of the jerky. You can also use cooked leftovers, like poultry or beef.

The best way to get uniform pieces is with a meat slicer. A sharp knife will also do the trick. If you intend to use a knife, partially freezing raw meat will make slicing easier. You can slice the meat either with or across the grain. Jerky cut with the grain will be chewy; cut across the grain, it will be more tender but more brittle. Cut

meat into strips 1" wide, 3/16" to 1/4" thick, and as long as you want. Once sliced, cut off any residue fat.

.....**Curing.** To better preserve your jerky, apply either a dry or brine cure prior to dehydrating. Dry cures are salt and seasoning mixtures rubbed into the meat surfaces. Brine cures, or marinades, combine water with the salt and seasonings-hence the name "brine," which is a seafaring term for the salty sea. Meat is soaked in the brine until the salt is absorbed. For both types of cure, any type of food-grade sodium chloride is suitable. Coarse pickling salt is often substituted for table salt, but never use rock salt as it may contain impurities.

.....**The Process.** To cure, spread the meat strips in a single layer on a cutting board or some other flat surface. For a dry cure, sprinkle the curing mixture on

both sides of the strips. Make sure you coat the strips evenly. Layer the strips, one on top of another, in a glass, plastic, or stoneware container that is sealed tightly.

Meat for brine curing should be layered with the cure poured over it, covering the top layer. Place the container in the refrigerator and allow it to marinate for 6 to 12 hours (or preferably overnight). It is a good idea to turn the strips over several times to ensure thorough coating.

If you prefer your jerky smoked, it can be done before or after dehydrating. However, raw meat absorbs smoke more quickly. You can use liquid smoke, smoked salt, or mix a smoke flavoring right into the brine. A commercial smoker is another possibility, but the process is much more time-consuming.



1. To make jerky, begin by assembling the necessary ingredients. Slice the meat into 1/4" strips using a sharp knife. Cut either with or across the grain, depending on the texture desired. If the meat is partially frozen, it will slice easier.



2. Layer the strips of meat in a shallow container. Combine all the marinade ingredients and blend well.



3. Pour on the marinade, making sure that it completely covers the strips. Marinate the meat in the refrigerator for 6 to 12 hours or overnight, drain and dehydrate.



4. Package dried jerky in heat-sealed bags for best flavor retention or serve immediately.

.....**Dehydrating.** Shake off any excess cure and spread the meat strips in a single layer on the dehydrator trays. Dry at 165°F/74°C, occasionally blotting off any fat droplets that appear on the meat's surface.

.....**Testing.** The best thing to compare properly dried jerky with is a green stick. When bent, it should crack but not break. Always test using a cooled piece because warm ones will be somewhat more pliable. Jerky cut across the meat grain will be somewhat more brittle.

.....
Various Types of Meat Jerky

.....**Beef Jerky.** Beef has been a food favorite since Biblical times. During the Middle Ages, the nobility regarded beef as one of the mainstays of their lavish banquets.

Flank, round, and sirloin tip cuts are the best to use when making beef jerky. Lower quality cuts are more fatty, giving you a higher percentage of unusable waste per pound-not to mention more time spent in trimming. Dry the beef at 165°F/74°C until pliable and leathery (approximately 8 to 10 hours). Your finished beef jerky will provide a nutritious snack for kids and grown-ups alike. Besides being rich in protein, beef is also high in phosphorus, iron, and riboflavin.

.....**Ham Jerky.** Cured ham is suitable for jerky; however, pork should never be dehydrated under any circumstances. The trichinella parasite and other harmful bacteria prevalent in pork are not destroyed by the dehydrating temperatures.

Start out with ham that is already pre-cooked and processed; this eliminates the need for any further curing. Dry at 165°F/74°C until the strips are hard and snap readily (approximately 5 to 5-1/2 hours).

.....**Lamb Jerky.** Since lamb is rather fatty, you must use extra caution when transforming it into jerky. The lamb you use should be fresh and processed immediately. Use choice leg or shoulder cuts for the best results. Dry at 165°F/74°C until pliable and leathery (approximately 8 to 12 hours).

.....**Game Jerky.** Deer, bear, and elk can all be made into jerkies, though venison makes some of the best jerky because it has no marbling fat. As with beef, your best bet is flank or round cuts. Before drying, game meat should be frozen for 60 days at 0°F/-18°C. This should kill any disease-causing bacteria that may be present. To prepare, follow instructions for beef jerky.

.....**Poultry Jerky.** For something uniquely different, try cooked chicken or turkey jerky. It's a great way to use up Thanksgiving leftovers. For this kind of jerky, you can use the same cures as you would for meat.

However since poultry is very fibrous, expect your jerky to be somewhat more brittle than its beef counterpart. Dry at 165°F/74°C until dehydrated throughout (about 4 hours).

.....**Hamburger Jerky.** One of the most unusual jerkies is made with hamburger. Start with very lean ground beef, or select a chuck roast and have it ground for you. Rather than curing, you will make the hamburger into a meatloaf-type mix by adding the following to 1 pound of beef, 1 teaspoon salt, 1 tablespoon Worcestershire sauce, and 1/4 teaspoon dried chopped onion.

Cover the trays with Paraflex[®], kitchen parchment paper, or plastic wrap, and roll out the meat mixture into a 1/8" layer. Dry for 6 to 8 hours at 165°F/74°C. Take out the trays, invert the jerky, and remove the tray covering. Blot off any surface grease, and then return the jerky to the dehydrator for another 4 to 6 hours until hard and leathery. Cut your hamburger jerky into strips before storing.

.....**Pemmican.** Besides jerky, the Indians made another dried meat product - pemmican. They used stones to pound the dried meat fine, and then combined it with fat, dried fruits, and vegetables. Start out with jerky that has been cut across the grain to make processing easier. Grind or pound the jerky into small pieces. Next, add an equal amount of ground or chopped raisins, dried apricots, dried berries, and dried peaches plus an equal amount of nuts such as peanuts or pecans. To this mixture, add a pinch of ground red pepper and enough peanut butter and honey to moisten the mixture. Blend well. Separate the pemmican into snack-size portions and package in plastic bags. Because of the fat in the nuts and peanut butter, pemmican will not keep as long as plain jerky.

Fish Jerky

Dehydrating fish is not a process to treat lightly. Even more so than meat, fish for jerky must be extremely fresh to prevent spoilage before it can be dried. Fish begin to deteriorate from the moment they leave the water; hot or humid weather only accelerates the process. For this reason, stick to working with freshly caught fish.

Another thing to be on the lookout for is the oil content of the fish. Fatty or oily fish, like tuna and bluefish, spoil rapidly and, unlike meat, there is no way to simply cut off the fat. For this reason, dehydrating these fish is unadvised.

.....**How to Tell if Fish is Fresh.** Fresh fish should have bright, shiny, bulging eyes. The gills should be

pink to red, clean, and have no disagreeable odor. Also check the scales; they should be glossy and fit tightly and smoothly against the body of the fish. Lastly, test the flesh; it should be firm and spring back when pressed lightly.

You can also use frozen fish. Store the frozen fish in the freezer compartment of your refrigerator until ready to dry it. Then, don't thaw the fish at room temperature; if you do, it will become flabby. Rather, let it defrost slowly in the refrigerator until it's supple enough to work with.

.....Cleaning and Filleting Fish. Cleaning fish is best left to neighborhood seafood shop owners. But if you're out in the field, the fish must be cleaned immediately and then preserved by cold storage. To clean fish for jerky, it must be skinned and filleted as follows:

1. Cut at a 45° angle through the backbone behind the head.
2. Slice down along both sides of the top, or dorsal, fin. Pull it out along with the bones. Do the same to the anal fin. Simple trimming with scissors will not remove the bones.
3. Using a knife or your fingers, pry loose the skin where the dorsal and head cuts meet.
4. Grasp these two flaps of skin and pull them down below the rib cage.
5. Grasping the meat in one hand and the head in the other, pull them apart.
6. Finish peeling off the skin.
7. Now you are ready to fillet the fish. Use a very sharp kitchen knife or a professional triangular filleting knife.
8. Make a vertical cut running the knife along the ribs. Continue till the fillet is severed at the tail.
9. Turn the fish and remove the other fillet.
10. Wash the fish in fresh water, pat dry, and slice into 1/4" to 3/8" strips.

.....Curing. Make up cold brine consisting of 3/4 cup salt to 1-1/2 quarts water and place the fish in it to marinate for about 1/2 hour. Rinse the fish thoroughly to remove traces of salt; then arrange the pieces on a cutting board. Coat the fish with a dry cure which may be made up of any combination of salt and seasonings. A typical dry cure recipe is given on page 164. Layer the coated fish in an air-tight glass or plastic container. To marinate, refrigerate for 6 to 10 hours. If the fish is steamed first, simply dry cure.

.....Drying. Remove the fish from the refrigerator and shake off any excess cure. Lay the strips on the dehydrator trays so none are touching and dry

for approximately 12 to 14 hours at 155°F/68°C. The dehydrator should be running constantly the entire time.

.....Testing. When you squeeze the fleshy part of a cooled piece of fish between your thumb and forefinger, it should leave no imprint. Properly dried fish jerky is firm and tough; it should never be crumbly or crunchy. Finish by smelling and tasting the fish. It should have a mild fishy flavor; regard any rancid odor as a warning sign and do not use the fish. Fish jerky should contain 15% to 20% moisture, but there should be no visible surface moisture on it.

Fish Guide

Some of the most popular fish you'll find in supermarkets and seafood shops are listed in the following column. Pay attention to those that are high in fat, and avoid them. Some fattier fish, like tuna, may be incorporated in dehydrator-made crackers and other recipes. Follow the general drying instructions covered earlier. Don't feel you've mastered the art when you've dried all those mentioned - there are over 30,000 varieties of fish in all.

Dehydrating Shrimp

Dehydrated shrimp can be used in appetizers, soups, chowders, casseroles, salads, dips, and sandwich mixes as well as many main dishes. Either fresh or frozen shrimp can be dehydrated with equally good results. **Note:** Frozen shrimp should be thawed before preparing. It can be quick-thawed by simply leaving it in the following boiling water solution for a longer amount of time or it could be covered and left to thaw at room temperature or in the refrigerator.

To prepare either type of shrimp for dehydration, combine 2 quarts of water with 1/2 cup salt and heat to boiling. Add the shrimp, cover, and bring the water to a second boil. Reduce the heat and simmer for 1 to 3 minutes. The shrimp will turn pink when done. Remove it from the water, drain, and shell. If a sand vein is present, remove it by cutting lengthwise down the back of each shrimp and washing the vein out.

To dehydrate, leave the shrimp as is or cut into smaller pieces and arrange in a single layer on the dehydrator trays. Dry at 155°F/68°C until shrimp are hard and firm, approximately 4 to 6 hours.

To rehydrate the dried shrimp, place 1 cup dried shrimp in a bowl and pour on 1/2 cup boiling water. Refrigerate immediately. After approximately 1 hr, remove the shrimp from the water. Keep rehydrated shrimp in the refrigerator until ready to use.

| Fish/Shellfish | Percent Fat |
|------------------|-------------|
| Catfish | 5.2 |
| Cod | 0.5 |
| Croaker | 2.5 |
| Flounder | 1.4 |
| Greenland Turbot | 3.5 |
| Grouper | 1.0 |
| Haddock | 0.5 |
| Halibut | 4.3 |
| Lake Trout | 11.1 |
| Mackerel | 9.9 |
| Monkfish | 1.5 |
| Mullet | 6.0 |
| Ocean Perch | 1.4 |
| Pollock | 1.3 |
| Rainbow Trout | 6.8 |
| Rockfish | 0.2 |
| Salmon | 9.3 |
| Sea Bass | 1.6 |
| Sea Herring | 2.8 |
| Sea Trout | 3.8 |
| Shark | 5.2 |
| Shrimp | 1.6 |
| Smelt | 2.0 |
| Snapper | 1.1 |
| Sole | 1.4 |
| Tuna | 5.1 |
| Whitefish | 7.2 |
| Whiting | 1.3 |
| Yellow Perch | 1.1 |

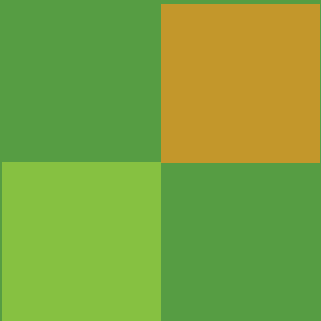
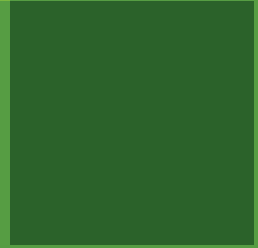
Note: Dry only low-fat fish, or those under 5.0% fat. With fattier fish, the risk of spoilage is too great.
 (Table information courtesy of National Fisheries Institute, Inc.)







DEHYDRATING HERBS AND NUTS



Using herbs and nuts, a little creativity, and some dehydrator know-how, you can add just the right flavor to virtually any food. Herbs and nuts are invaluable in the kitchen, and by dehydrating you'll always have a ready supply on hand. Both require little preparation to dehydrate. Once they are on the trays, they are done in the blink of an eye.

Herbs and Spices

As far back as the beginning of recorded history, people have been using herbs and spices as food, beverages, medicines, and in superstitious practices. Ancient Greeks and Romans ate parsley to keep from getting drunk. Hippocrates, "the father of medicine," used mustard in some of his preparations. In fact, if it weren't for the importance of herbs and spices to food preparation, we might not be living here today; remember that one reason Columbus was trying to find a shorter route to the East was to increase Europe's supply of spices.

What is an Herb?

Herbs are flowering plants that are valued for their flavor, aroma, and often medicinal properties. When you look at the entire spectrum of herbs available, you'll find that all different parts of the plants are used in cooking. For example, while basil, saffron, and mint are grown mainly for their leaves, poppy, caraway, cumin, and anise are valued for their seeds. When it comes to dill, thyme, and parsley, both the stems and the leaves are used.

Many herbs and spices - such as mustard, parsley, and rosehips - are very rich in various vitamins and minerals. As with fruit, dehydrating intensifies their value, as well as flavor, by lessening the moisture content. This means you can achieve the same effects with lesser amounts - a savings no matter how small. Your dehydrated herbs will also be easier to store: 8 ounces of fresh herbs equal just 1 ounce after drying. Overall, drying is the easiest, most practical way to preserve and store these culinary aids.

General Rules for Dehydrating

Herbs and spices are delicate plants, and they must be treated delicately if they are to retain their valued aroma and flavor. Herbs should always be dried separately from other foods; the higher temperatures necessary

for and increased humidity caused by moister food would adversely affect the herbs' quality.

Harvesting

Because the freshest herbs make the tastiest dried ones, you might consider growing some of your own. Select a sunny location for your herb garden, tend it regularly, and watch it grow. Many herbs - such as chives, ginger, mint, oregano, parsley, and sage - can also grow successfully indoors most of the year.

The actual time of year to harvest your herbs depends on the part of the plant to be used. Remove flowers when the buds are half open, but not fully in bloom. Harvest leaves when they are young and tender. Seeds are best when their color changes from green to brown or gray, but before the pods burst and scatter their contents. Dig out roots in the fall when the plant is fully grown.

When harvesting your herbs, always use scissors and cut them; don't pull or tear them out. If you live in a dusty or heavily traveled area, be sure to rinse off your plants the day before you plan to harvest. This will give them a chance to dry off overnight. Generally, the best time of the day to harvest any herb is as soon as the morning dew has evaporated.

Preparation

As mentioned, herbs and spices require rather simple preparation. First, trim off any dead or discolored plant parts. Wash off the leaves and stems of most herbs in cool water. A sink spray attachment is ideal for this purpose because it is gentle. Flower heads should be rinsed thoroughly before the petals are removed. Discard damaged parts. Keep the heads whole for use in teas. After it is sufficiently dried, remove the outer covering of the herb seeds by rubbing it between your hands. Be sure to dry the seeds thoroughly.

The possibility of insect contamination exists with some seeds, so it is a good idea to freeze the seeds for 48 hours prior to dehydrating. While not always necessary, the freezing method is still a good precaution to follow and will eliminate the frustration of drying a whole winter's stock of herbs only to lose it to insect infestation. However, do not freeze seeds that you intend to use for planting or they will not germinate.

Dehydrating

Your dehydrator will produce herbs and spices of the highest quality because of its controlled temperatures and air circulation; the old brown bag methods just can't compete. Preheat the dehydrator with the

thermostat set for 105°F/41°C. Some plants may require temperatures up to 105°F/41°C, but temperatures any higher than this will ruin the flavor. Place the prepared plants on the trays in a sparse layer. When dehydrating large clusters, remove alternate trays so that the tops of the clusters are not touching the tray above. Most herbs and spices require 6 to 8 hours to dry completely, but some may take longer*. Make sure you remove the herbs and spices from the dehydrator as soon as they are dry; dehydrating beyond this point destroys many of the oils, vitamins, and minerals. When tested, they should be crisp and crumbly.

**Herbs higher in oil require longer dehydrating times.*

Storage

Herbs, seeds, and spices have somewhat special packaging requirements. The containers must not only keep out air and moisture, but also light. Sunlight will fade the herbs' colors and flavoring oils. Dark colored glass jars are excellent for this purpose, but you can also cover clear ones with brown paper or black plastic. Never store herbs in cardboard boxes or paper bags; they are not adequate protection from insects, plus the paper tends to absorb the flavoring oils. Only keep what you will be immediately using in the kitchen; the moist air from cooking will cause the herbs to deteriorate faster. Smell your dried herbs before using. If the odor is faint or dusty, they won't be much good as seasoning.



1. Simple preparation is all that is needed for most herbs and spices. Discard any discolored plant parts and separate leaf clusters. Grate or slice plants such as horseradish.



2. Remove the herbs from the dehydrator as soon as they are thoroughly dry. Store whole.



Herb and Spice Guide

Included in the following list is just about any herb and spice you will ever consider using. These may or may not be familiar to you, so various flavoring uses have been included with each one. Most can be dried by following the general instructions given in the first section of this chapter, but step-by-step instructions have been included for special cases. Remember that most will dry in 2 to 4 hours, though this is only an approximation. When drying roots or such plants as comfrey, ginger, and horseradish allow more time to dehydrate.

Angelica

Angelica is a very useful herb because almost all of its parts can provide a delightful aroma or flavor to a variety of foods. Roots and tender stems can be candied and used in cookies and cakes. Stems can also be added to cooked vegetable dishes. Fresh leaves can flavor salads, fresh fruits, jams, and jellies. Even the dried seed may be added to cake and cookie dough. Besides its culinary uses, some parts of the plant are employed as medicines. The angelica plant can also be grown for beauty to give your garden a subtropical look.

Anise

Anise is a graceful plant with small white flowers and straw-colored seeds. Although its most well-known use is in flavoring licorice, anise also has ornamental and aesthetic value. Related to parsley and dill, anise is grown mainly for its seeds which have a spicy, licorice taste. They can be added to a wide variety of foods - pastries, cookies, candies, certain kinds of cheese, herb tea, salads, and spicy meats. The green leaves are used in salads, soups, stews, and for garnish. Oil extracted from the plant is a key ingredient in the making of absinthe, an alcoholic beverage. This oil is also used in perfumes and medicines, especially those for children's stomach troubles.

The large seed pods grow out of the flower centers. You can cut the green leaves as needed, but don't harvest the seeds until they begin to dry on the plant. If you pick them while they are still green, they will mold easily. The seeds are ripe and ready to harvest when their color changes from green to grayish brown.

Step-by-Step

1. Clip the seed clusters into a bag or basket to prevent them from scattering. The seed clusters should be cut approximately halfway down the plant. Cut the stems, and wash the seeds; if desired, they may then be frozen for 48 hours to remove any possibility of insect infestation.

2. Remove alternate trays in the dehydrator and spread the parts of the plant you wish to dry over the remaining trays. Dry at 105°F/41°C until the stalks and leaves are crisp.
3. Remove the seeds from the clusters and return them to the dehydrator until they are dried through.



Basil

This herb is an excellent seasoning commonly employed in Italian and Mediterranean style cooking. Its leaves add a pleasant, spicy flavor to tomato and potato dishes, vegetable juices, cheese and egg mixtures, salads, and many types of meat. Although it has a savory clove-like aroma, basil actually belongs to the mint family. The leaves must be dried quickly to avoid molding. Because of its very delicate nature, treat basil carefully to prevent damage.

Step-by-Step

1. Wash plant leaves the evening prior to harvesting; if the leaves are still wet, they may turn brown when dried.
2. Clip leaves before the flowers open. Subsequent cuttings may then be made.
3. Throw away dirty leaves.
4. Space the leaves on the trays so they are not touching. Dehydrate the leaves at no more than 105°F/41°C until the leaves are crisp enough to crumble in your hand.

Bay Leaf

A very versatile herb, bay or laurel leaves can be used to flavor soups, stews, sauces, meat, gravy, shellfish, salads, and cooked vegetables. Pluck and dry them any time of the year. Be careful to keep them whole when handling, because bay leaves are one of the few herbs that are not crumbled for use.

Step-by-Step

1. Pluck small, mature leaves from the stems.
2. Spread them over the trays and dehydrate and no more than 105°F/41°C until very brittle.
3. Cool and store whole.

Borage

Borage, with its sprays of brilliant bluish or purplish flowers, is grown in many apiaries because it is highly attractive to bees. Although it is used mainly as a garnish, the stems may be eaten as a vegetable and the flowers used to flavor lemonade or fruit punch. The stems and leaves may also be candied for use in cakes and cookies. Dehydrated leaves heighten the taste of cooked vegetables and salads, imparting a cucumber-like flavor. You can harvest the leaves when they are mature and pick the flowers after the first blossoming.

Caraway

Although this herb of the parsley family is best known for its spicy seeds, the leaves and roots are also sometimes used either fresh or cooked. The entire caraway should be dehydrated even if you plan to use only the seeds.

Dehydrated caraway seeds add extra flavor and crunch to sauces, soups, cakes, vegetables, and coleslaw. They can also be included in dishes such as pork and sauerkraut. Because caraway seeds are very potent, don't use an overabundance at once.

Celery

We've already mentioned celery as a vegetable, but it is actually an herb of the parsley family. The commercial production of celery in the United States started around Kalamazoo, Michigan sometime in the 1880s, but its rapid popularity soon spread its production to many more states. The stalk is often eaten as a vegetable, and the leaves can be eaten or used as a garnish. Generally, however, it is the dried seeds or leaves that are used as a seasoning.

Dried celery seeds can add flavor to sandwich spreads, salads, pickles, and relishes. While garden celery is the source of leaves used as seasoning, celery seeds are produced by a different type called "smallage." These seeds are very potent, so be frugal with their use.

Chervil

Sometimes called "cicely," chervil is an herb of the parsley family. It has fragrant leaves that smell much like anise. Sometimes used as an alternative to parsley, hence its nickname of "gourmet parsley," chervil is a frequent ingredient in French herb mixes. Add chervil to salads, egg or cheese dishes, cottage cheese, dips, sauces, soups, fish, and chicken. Because of its milder flavor, do not add until the dish is almost complete. Although chervil is generally dried only for its leaves, you can dry the seeds and use them for a seasoning as well.

Step-by-Step

1. Pick small bunches of chervil when the plants are mature.
2. Remove alternate trays from the dehydrator, and arrange whole bunches thinly over the remaining trays.
3. Dehydrate leaves at no more than 105°F/41°, turning bunches once, until the leaves are brittle.
4. Allow the plants to cool, then store. Chop or crumble the leaves before using and discard the stems.



Chives

Closely related to the onion, chives are not only tasty, but also attractive as a garden plant or as a wintertime houseplant. Many travelers report seeing chives growing wild in Greece and Italy. Chives have an onion scent and a very mild onion flavor. Dried leaves enhance a variety of foods - salads, casseroles, omelets, sauces, cottage cheese, sour cream, vegetables, soups, stews, butter, and meat dishes. In addition, chives contain a fairly large amount of vitamin C.

Step-by-Step

1. Cut the leaves with scissors 1-1/2" to 2" from the roots any time throughout the growing season. Do not wash them, but discard any dirty leaves. Chop the remaining leaves into 1/4" pieces.
2. Spread the chives in a thin layer over the trays, and dehydrate them at no more than 105°F/41° until brittle.

Comfrey

This little-known herb is loaded with food value, surpassing many common garden greens. Comfrey is rich in vitamins A and C, calcium, phosphorous, potassium, and trace elements. The leaves may also contain 20 to 30% protein. Comfrey is one of the hardiest vegetable plants you will encounter; it is virtually immune to garden pests. Pick comfrey in the morning after the dew has gone but before the sun is high, when its flavor and nutritional value are at their peaks. Dehydrated comfrey is valuable as a protein booster for broths, soups, stews, and casseroles. You can brew a superb tea by blending comfrey with mint.

Besides being a highly nutritional herb, comfrey is often recruited for medicinal purposes. It is used in poultices to alleviate pain, reduce swelling, and promote the healing of cuts and sores. Crushed comfrey leaves that have been wrapped in soft cotton cloth or gauze are applied to skin lesions in the treatment of such conditions as heat rash and poison ivy.

Step-by-Step

1. Pluck the developing center leaves near the crown of the plant. Discard any that are overdeveloped or soiled.
2. Spread the leaves in a thin layer over the trays and dry at 105°F/41° until crisp and completely dehydrated.

Coriander

An herb of the parsley family, coriander has a very dominating fragrance that will overpower other seasonings if not used sparingly. Coriander is sometimes referred to as "cilantro." Actually, there is a slight difference in that coriander is the dried seeds of the plant and cilantro is the leaves. The dried seeds are used whole or crushed to flavor curries, sauces, liqueurs, candies, sausage, and potato salad. The leaves are added to soups and stews. Coriander is a popular seasoning in many ethnic dishes. Always dip coriander seeds in boiling water before drying to eliminate any insects.

Cumin

The aromatic, pungent flavor of cumin seeds is an ingredient in many spicy dishes throughout much of the world since Biblical times. A most popular seasoning for Indian and Pakistani cuisine, cumin seeds can be used whole or ground. Also try them in sausage, chili, game meat, and curry or fish dishes; use with restraint in cheese spreads and bread.

Step-by-Step

1. Allow cumin seeds to dry as much as possible on the plant, but pick the pods before they burst and scatter the seeds.
2. Spread the seeds over the dehydrator trays. If the mesh is too large and the seeds slip through, cover the trays with Paraflex®, kitchen parchment paper, or plastic wrap.
3. Dehydrate cumin at 105°F/41°C until the seeds are hard and completely dry.

Dill

Best known for its use in pickling and vinegars, dill is one of the most popular herbs around. Several medicines are made from dill, as well as various perfumes. A member of the parsley family, dill can also be added to vegetables, appetizers, most meat dishes, fish sauces, salads, coleslaw, sauerkraut, stews, and omelets.

The entire dill plant is valuable. The leaves can be used as a tasty garnish or to flavor soups, sauces, and stews. The seeds may be used in pickling and flavoring vinegar. They may also be used in coleslaw as a substitute for caraway seeds. Harvest before the buds open for the peak of freshness and flavor.

Step-by-Step

1. Cut the part of the plant you wish to dry, discarding the stems. Chop the flowers and/or leaves.
2. Spread the flowers, leaves, or seeds over the trays and dry at 105°F/41°C.

Fennel

Long a symbol of strength and valor to writers, fennel bears fine, threadlike leaves and many clusters of yellow flowers. It is grown not only for its strong licorice-flavored seeds, but also for its fragrant leaves. The seeds are used in breads, pastries, cheese, and confections. Try adding the leaves to vegetables, salads, stews, soup, seafood, or casseroles. Both seeds and leaves are used to flavor medicine and liqueurs. Some soaps and perfumes also contain oil of fennel.

Step-by-Step

1. Pick immature fennel leaves in the morning after the dew has evaporated. Do not wash dirty leaves; just throw them away. Harvest the seed after it has dried somewhat in the pod, but before the pods burst and scatter the seed.
2. Spread the leaves or seeds over the dehydrator trays; if the tray mesh is too large, cover the trays with Paraflex®, kitchen parchment paper, or plastic wrap.
3. Dehydrate the leaves at no more than 105°F/41°C; dry seeds at 105°F/41°C.

Garlic

Garlic, well-known for its strong aroma and flavor, is used in medicine in the form of a syrup and as a poultice for bronchitis. This relative of onions and chives is primarily grown for its pungently flavored bulb. It is said that if you dream of garlic, someone will soon discover your deepest secret. In folklore, garlic was widely reputed to ward off villainous vampires. Wreaths of garlic were hung around the supposed victim's neck and on windows to keep away the creatures of the night.

Used sparingly, garlic is one of the most versatile of all seasonings. It can be used to flavor almost any meat or egg dish, salads, salad dressing, vinegar, and breads. The garlic bulb grows under the ground with only the leafy top visible. When the tops begin to yellow and wilt, it is time to pull the plants.

Step-by-Step

1. Peel and finely chop the bulbs or cloves.
2. Spread the chopped garlic over the dehydrator trays. If the mesh is too large, cover the trays with Paraflexx®, kitchen parchment paper, or plastic wrap.
3. Dry at 105°F/41°C until crisp.
4. Store dried garlic as is or as a powder; it can be powdered in a blender or with a mortar and pestle. Garlic salt can be made by briefly blending 1 part garlic powder with 4 parts salt.

Ginger

Ginger is a very popular food spice and an important ingredient in many other foods. It was considered to be an important item of commerce between Europe and the East during the Middle Ages. Besides adding flavor to foods such as candies, cookies, cakes, pumpkin pie, puddings, soups, meats, and vegetable dishes, ginger is also used in making many beverages - ginger ale, ginger beer, ginger wine, and ginger tea (a home remedy for stomach ache). Oil of ginger is used as a medicine for stomach problems or for relieving toothache pain.

The spice comes from the roots. Fresh ginger root can easily be grown in your kitchen and is much more flavorful than the packaged ground ginger available in stores. To prepare ginger for dehydrating, grate or slice the root. As a powder, 1/8 teaspoon dried ginger is equivalent to 1 tablespoon grated fresh ginger.

Horehound

The common horehound is a bitter herb, the juice of which is extracted from the flowers and the leaves for making confections, cough syrup, and cough drops.

Although it is not a recognized drug, horehound was formerly used for indigestion and as a stimulant. Dry the leaves to add a distinctive flavor to honey and herb tea.

Step-by-Step

1. Cut a few woody branches of the plant in mid-summer when the plant is covered with bud clusters. Cut or break the branches into 3" or 4" pieces.
2. Spread the pieces thinly over the trays, and dry at 105°F/41°C until dried through.
3. Store in glass jars.



Horseradish

The pungent flavor of horseradish is quite familiar to those who enjoy peppery seasonings. Horseradish is the bitter herb eaten at the Jewish Passover ceremony to symbolize the bitterness of their enslavement by the Egyptians. Belonging to the mustard family, horseradish adds zest to stews, some vegetables, seafood, many meat dishes, and white sauces. The hot flavor comes from the root, which is grated before adding to foods. Horseradish grows best after summer heat diminishes and the days begin to shorten; therefore, wait until after September to dig the roots. To avoid the strong scent of horseradish while drying, you may want to open the room windows.

Step-by-Step

1. Trim the tops and scour the horseradish roots with a stiff brush.
2. Grate coarsely or cut into 1/4" thick slices.
3. Spread over trays and dry for 1 hour at 150°F/41°C, and then at 130°F/54°C until dry.
4. Use a blender to make horseradish powder. If you choose, the powder can later be mixed with water and used in sauces or dressings.

Hyssop

Both the leaf and the flower of the hyssop are used as seasonings. Dried flowers are used to flavor soups, stews, and herb tea. Dried leaves are used in vegetable juice, raspberry juice, and medicines. When added to bath water, dried hyssop leaves and flowers soothe and refresh the body. In the Middle Ages, sprigs were hung in houses to ward off demons and the dreaded plague.



Lemon Balm, Lemongrass, and Lemon Verbena

These three plants are all used to make a hot or cold, lemon-scented and flavored beverage or to add a tang to fruits, beverages, or herb tea. Cut long blades from the cactus-like lemongrass plant, wash, and drain well; use scissors to cut the blades into 1/2" pieces. You will want to cut the leaves from lemon verbena. Verbena is also a good potpourri ingredient. Take sprigs of the lemon balm plant when blossoms begin to form, and chop the leaves and stems into 1" pieces. Lemon balm is also known as the "honey plant" because it attracts bees. The dried leaves can be crushed in a muslin bag and added to bath water or steeped in white wine to revive the spirit.

Step-by-Step

1. Spread the plant parts thinly over the dehydrator trays.
2. Dry at 105°F/41°C until crisp enough to crumble in your hands.
3. Allow the dried plants to cool; then store in glass jars away from heat and light. Crumble to use.

Lovage

Lovage is grown for use as a garnish and for its aromatic seeds which are used for flavoring confections. The leaves, seeds, and roots of this celery-flavored plant are dried to flavor soups, stews, sauces, and casseroles.

Marjoram

A variety of the mint family, marjoram is one of the more useful herbs. Although it is slightly milder and sweeter than oregano, the two spices can sometimes be used interchangeably. Use marjoram sparingly until you are accustomed to its spicy flavor. The leaves are used as a garnish or dried and crumbled as a seasoning for many meat and egg dishes, stuffing, salads, stews, gravies, and various vegetables. Marjoram is especially popular in Italian dishes. The stems and flowers can also be dried and used as seasoning. Manufacturers use the oil from the plant in making soaps.

Step-by-Step

1. Pick the gray-green leaves when they are mature. Do not pretreat and do not wash. Discard any soiled leaves.

2. Spread leaves thinly over the trays and dry at 95°F/35°C until crisp enough to crumble in your hands.

Mint

Mint is the name of a whole family of plants which have a similar structure and a sometimes distinctive aroma and flavor. Certain kinds of mint are valuable in cooking, medicine, and perfume making. About 3,200 different kinds of mint grow throughout the world, but the best known members of the mint family are: basil, catnip, horehound, hyssop, marjoram, pennyroyal, peppermint, rosemary, sage, spearmint, and thyme. The leaf is the most flavorful part of the plant. If leaves are dried quickly and carefully, you can preserve much of the mint flavor for use throughout the year. Dried mint leaves add a delightful flavor to jellies, some meats, cooked vegetables, lemonade and other cool drinks, tea, candies, and baked goods.

Step-by-Step

1. The best time to pick mint leaves is in the early summer when the leaves are the most fragrant. However, you can pick them throughout the growing season if you wish.
2. Spread the leaves thinly over the trays and dry at no more than 105°F/41°C until crisp.
3. Crush the leaves just before adding to food.

Mustard

Mustard is the name of a family of plants which are grown for their abundant leaves and spicy seeds. In addition, mustard greens are an excellent source of calcium; iron; phosphorus; and vitamins A, B, and C; and their bulk and fiber have a mild laxative effect.

Dried mustard seeds are used in pickling, salad dressing, sauerkraut, corned beef, cooked cabbage, and various meat dishes. Oil within the mustard seed gives it its high flavor and also makes it a valuable household remedy. It can be used in a plaster to relieve pain. The two most common types of mustard seeds are the tangy dark brown seeds and the mild yellow ones.

Onion

Often categorized as a vegetable, onion is also a popular seasoning. Sliced, chopped, or powdered onion is added to all types of meat dishes, salads, vegetables, soups, casseroles, and much more. Storage is crucial if dried onions are to have a long shelf life. Leave slices whole until ready to use. No pretreatment is needed before drying. (For drying instructions, see Chapter 5.)

Oregano

Oregano is grown for both its flowers and its leaves. It is a strong-tasting herb, much stronger than its close relative marjoram. The name oregano is Spanish, and this herb was probably used by people of the Mediterranean area long before the Christian era. It makes a zesty addition to tomato dishes such as spaghetti sauce, pizza, cavatini, and lasagna. Oregano is popular in Italian, Greek, and Mexican foods; pork roast; beef stew; omelets; and especially wild game. Because of its potent flavor, use oregano sparingly at first. For the tastiest oregano, dry as quickly as possible.

Step-by-Step

1. Pick the flowers and outer leaves just as the flower begins to open.
2. Spread in a thin layer over the trays and dry at no more than 105°F/41°C until crisp.
3. Crumble in your hands before using.

Parsley



Parsley not only has an appealing appearance and pleasant taste, but it also has a higher food value than most herbs and is often considered to be a vegetable. It is an excellent source of vitamins A and C and many minerals, especially iron. Chewing on a sprig of fresh parsley can help to counter the effects of garlic and other strong spices on the breath. The most flavorful dried parsleys are Italian, Evergreen, and Moss-Curled. Seal your dehydrated parsley very tightly, as it has a tendency to reabsorb moisture from the air.

Step-by-Step

1. Wash the parsley lightly under cold running water. Separate clusters and throw away the long or tough stems.
2. Spread the sprigs or chopped leaves over the dehydrator trays.
3. Dry for approximately 1 hour at no more than 105°F/41°C until crisp and papery.
4. Store in small airtight containers, and crush before using.

Pennyroyal

A pleasant mint-flavored herb, pennyroyal adds a delightful touch to herbal teas. The American pennyroyal is an erect, slender plant commonly found in fields and along roadsides in the East. The leaves are sometimes used in household medicine.

Pepper

Pepper refers to a family of plants popular for their spicy berries. The sharp, biting taste is chiefly due to an acrid resin and oil. Pepper also has medicinal value and has been known to be used as a deterrent for ants. Be prudent when using hot varieties until you are accustomed to them.

Step-by-Step

1. Spread the whole, cut, or sliced peppers over the dehydrator trays.
2. Dry at 105°F/41°C until hard and brittle, stirring once or twice.

Rose

“That which we call a rose by any other name would smell as sweet.” Shakespeare had his star-crossed heroine, Juliet, utter this line in one of the most important scenes in *Romeo and Juliet*. Since ancient times, the rose has been grown for its beautiful fragrant flowers, its attractive foliage, and its handsome fruits called hips. Dried rose petals can be used to flavor jams and jellies, baked fruits, and herb tea. Rose hips can also be used in tea. Although the hips have little flavor, they are a rich winter source of vitamin C - particularly those from the wild rose. Rose hip tea benefits from the addition of other herbs such as lemon balm and mint.

Step-by-Step

1. If you are growing your own rose bushes, cut the partially dried rose hips in the late fall after the leaves have dropped.
2. Spread slices thinly over the dehydrator trays.
3. Stirring occasionally, dry hips at 105°F/41°C until crisp and hard.



Rosemary

The oil from rosemary is used in perfume making, and its leaves impart a special flavor to sauces, soups,

egg dishes, salad dressings, and many vegetables. Rosemary keeps most of its sweet flavor when dried. Do not cook dried rosemary, but soak it a few minutes in liquid to revive its flavor.

Step-by-Step

1. Do not wash the leaves, but discard those that are soiled.
2. Spread the leaves in a thin layer over the dehydrator trays.
3. Dry at no more than 105°F/41°C until crisp.
4. Finely crush with a rolling pin before using.

Sage

This hardy shrub is native to the Mediterranean region and has long been cultivated in gardens as a culinary and medicinal plant. In the months of June and July, it blooms a bright crimson-red. Another member of the mint family, sage is used mainly in poultry dishes. Its leaves can also add flavor to other meat dishes, dressings, gravies, cheeses, and omelets.

Step-by-Step

1. Discard the soiled leaves; do not wash.
2. Spread the leaves thinly over the dehydrator trays.
3. Dry at no more than 105°F/41°C.
4. Before using, crumble the leaves coarsely in your hands to release the full flavor. Discard any stems.

Sassafras

A handsome tree of the laurel family, sassafras is pyramidal in form and may reach heights of 60' to 90'. Almost any portion of the sassafras tree may be dried and used to make a delicious herb tea—once considered to be a spring “tonic.” Dried leaves are also used in soups and vegetable dishes. A fine powder of dried sassafras leaves is often called filé powder, a popular ingredient in Creole dishes.

Step-by-Step

1. Pick young tender leaves in the spring. Harvest the bark or root in the early fall; cut into shavings, chop fine, or grind.
2. Spread thinly over the dehydrator trays.
3. Dry the leaves at no more than 105°F/41°C until crisp; dry the bark or root at 105°F/41°C.
4. Cool and store.

Savory

Two basic varieties of savory are available: summer and winter savory. Although they differ in color and size, the flavor is quite similar. Both savories are supposed to give quick relief from a bee sting. Often used as a

garnish, fresh savory smells like grass and has a mild peppery flavor. Do not wash the leaves; discard any soiled ones. Dried leaves are used to season dressings, salads, stews, vegetable juices, game, and poultry.

Sorrel

Also called sheep sorrel or sour dock, sorrel is a small herb of the buckwheat family. Its creeping habit makes it a troublesome weed in lawns. Dried sorrel leaves add flavor to soups, stews, omelets, cooked vegetables, and casseroles.

Tansy

Tansy is often grown in gardens for its insect-repelling properties. Dried tansy leaves are crushed and added to omelets and fish and meat dishes, or they can be brewed into herb tea. Tansy was once widely used for medicinal purposes and is still sometimes used as a household remedy for rheumatism and bruises.

Tarragon

The slightly sweet flavor of tarragon leaves is used to season many types of meats, tomato dishes, seafood, eggs, pickles, cookies, and vinegar. The leaves are also used to make cooking oil. Dehydrated tarragon loses its flavor quickly; therefore, take extra precautions when packaging.

Thyme

Thyme is a fragrant herb belonging to the mint family. The aromatic oil in the leaves and stem is used to make the drug thymol and to perfume toiletries. Thyme, one of the most familiar herbs, has a relatively mild flavor that faintly resembles that of oregano. Use sparingly until you become accustomed to its taste. Try adding thyme to meat dishes, soups, salads, dressings, gravies, and omelets. It is also good in most Italian dishes, macaroni and cheese, and tuna-noodle casserole.

Step-by-step

1. Pick leaves when the plants first begin to flower. Discard any soiled leaves, but do not wash.
2. Spread the leaves in a thin layer over the dehydrator trays.
3. Dry at 105°F/41°C until crisp.
4. Crumble before using.

Woodruff

Also known as sweet woodruff, this herb is often grown as a border or rock garden plant. The woodruff plant has spiral leaves and clusters of funnel-shaped flowers. The dried leaves are used in wines, herb tea, and sachets.

Herb Teas

Many of the common herbs described in this chapter can be used to make deliciously fragrant herb tea. You may wish to try any of the following alone or in combination: anise, borage, comfrey, dill, fennel, horehound, hyssop, lemon balm, lemongrass, lemon verbena, lovage, mint, pennyroyal, sage, sassafras, tansy, and woodruff. Other tantalizing additions to herb teas include cinnamon, cloves, fruit slices, nutmeg, ginger, raisins, wild cherries, or a slice of rose hip. The possibilities are limited only by your imagination and taste.

When mixing an herb tea, combine the dry ingredients, then label and store in glass jars. This method allows you to mix your favorite cup of tea at any time. Herb teas are also delicious iced when the summer sun parches your throat. Try these recipes for starters:

Fennel Clove Delight

Mix 4 ounces whole dried fennel seed with 2 ounces whole cloves and 1 ounce ground cloves. To make a cup, pour boiling water over 1 tablespoon of the crushed mixture. Cover and steep 3 to 5 minutes; then strain. This tea needs no sweetener.

Raspberry Star

Crush 2 ounces of star anise seeds with 4 ounces of dried raspberry leaves. To make a cup, use 1 tablespoon of the tea mix and steep in boiling water 5 to 7 minutes. Strain and garnish with a whole star anise.

Cinna-Mint

Blend 4 ounces dried mint leaves with 6 well-crushed cinnamon sticks and 2 tablespoons ground cinnamon. To make a cup, use 1 tablespoon of the tea and steep in boiling water for 3 minutes, then strain. If desired, add honey, a fresh cinnamon stick, or a sprig of fresh mint.

Citrus Spice

Mix 4 ounces of either lemon verbena leaves or lemon balm leaves, 2 ounces whole clove buds, 2 ounces candied orange peel, and 1 tablespoon grated, dried ginger root. To make a cup, put 1 tablespoon of the slightly crushed mixture in 1 cup boiling water. Cover and steep for 5 minutes. Strain and garnish with lemon, lime, or orange.

Ginger Zip

Mix 1 ounce grated ginger root, 1 ounce fennel seed, 1/2 of a grated nutmeg, and 2 tablespoons dried lemon peel. To make a cup, place 1 teaspoon of the mixture in 1 cup boiling water and steep for 5 minutes. Strain. Dilute to taste.

Gourmet Herb Seasonings

Convert your dried herbs into flavorful home-blended vinegars, herb salts, and seasoning mixes. They are great for gifts and offer convenience to good cooks without sacrificing culinary appeal.

To make herb vinegars, first gather an assortment of corked or lidded bottles and cruets. Next choose red, white, or malt vinegar as a base, keeping in mind the herbs you plan to use. Traditional wine vinegars include basil, tarragon, and garlic, but any favorite herb will make a zesty vinegar. An Italian mixture for salads might include oregano, basil, garlic, and thyme. A fish-and-chips favorite combines dill in malt vinegar. Rosemary in red wine vinegar is a perfect complement to robust red meat and lamb dishes.

To make herb vinegar, add 2 ounces of dried herb to each quart of vinegar. Bring the herbs and vinegar to a boil, simmer 15 minutes, strain, and pour into clean bottles. If you like, place a sprig of herb in the bottled vinegar for decoration and added flavor. A hot wax seal with a pinch of allspice or cinnamon added is an elegant touch. Label each herb vinegar and store in a dark, cool place until ready to use. Gourmet salts require only uniodized salt, your dried herbs, and a little bit of your time. Place salt in a heavy glass bowl and sprinkle with dried herbs. Remember that dried herbs are more concentrated. Use only about half as much as you would fresh. Thoroughly crush and blend the mixture with a wooden spoon or a mortar and pestle. Add a pinch of pepper or paprika for variety. Pack into small lidded bottles and label for future use.

Lemon pepper is a spicy complement to any herb salt. Mix 1 tablespoon dried lemon peel with 6 teaspoons coarse black pepper, 2 tablespoons coarse salt, and 1 tablespoon dried minced garlic. When well blended, the lemon pepper can be poured into a jar that matches the herb salt jar. In a gift box, a jar each of lemon pepper and herb salt are a dynamic duo. Herb seasoning mixes are another gourmet delight. Make a salad dressing blend of dried celery leaves, basil, and thyme; or make a soup blend of dried bay leaf, oregano, rosemary, and sage. Mix up a batch of bouquet garnish herbs for fish, stews, and stockpots by combining 1 crumbled bay leaf, 1 tablespoon dried parsley, 1 tablespoon dried tarragon, and 1 teaspoon each of dried thyme and rosemary. French “fines herbes” is a delicate mingling of dried parsley, chives, and tarragon in equal proportions.

Package herb seasonings in small jars for use by the teaspoonful, or sew up tiny string-tied muslin bags

with a teaspoon of herbs in each. The little bags can be dropped right into boiling stock, removed when cooking is done, frozen, and reused once more before either being refilled with fresh mix or discarded.

Herbal Skin Astringent.

Herbal mixtures help restore the skin's natural PH balance. The following mixture is excellent for an overall face and body astringent as well as a super cleansing hair rinse:

Combine 1/4 cup of each:

- dried orange peel
- dried orange leaves
- dried orange flowers
- dried rose leaves
- dried rose buds (and petals)
- dried rose hips
- dried chamomile
- dried white willow bark (may be obtained from health food store)

1. To the above mixture, add 1 quart boiling vinegar.
2. Steep in a glass container, shaking daily for approximately 3 to 5 days or until the herbs have lost their color.
3. Strain. Add 1 cup rose water and let mixture settle for approximately 1 week.
4. Move clear mixture to a clean glass container, discarding sediment.

Nuts

Nuts are the dry one-seeded fruits of any of a number of shrubs and trees. The term "nut" may refer to the woody shell (or husk) and the edible inner kernel, or it may refer just to the kernel alone. Nuts provide a concentrated source of protein, and many are rich in fats as well. Some of the more common nuts that can be dried are: Brazil nuts, butternuts, cashews, chestnuts, filberts (hazelnuts), hickory nuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. Your home-dried nuts will be nutritious and free from the preservatives found in commercial varieties.

General Rules for Dehydrating Nuts

Once harvested, nuts should be dried to a relatively low moisture content to store well. Afterwards, you can enjoy experimenting at your leisure with the many uses of this delicious snack and food addition.

Preparation. Nuts literally require no preparation. Just select ones with clean well-formed shells that are not cracked or broken. Old dried-out nuts will seem light-weight; heaviness is a sign of freshness. Either the whole, unshelled nut or just the kernel, or nutmeat, may be dried.

Drying. If you have mastered the drying method for herbs, then drying nuts will be a snap. Spread the nuts - shelled or unshelled - in a single layer on the dehydrator trays and place them in the unit. For best nut taste and shelf life, dry at 105°F/41°C. Unshelled nuts will take approximately 10 to 14 hours to dry; shelled nuts should be dry in 8 to 12 hours.

Testing. Shelled nuts are dry when the meats have become somewhat crunchy. However, when cracked open, the nutmeat of unshelled varieties should still be tender. Dried unshelled nuts should contain 7 to 8% moisture, and shelled ones 3 to 5% for the best storage life. But, when storing dried shelled nuts, remember that no matter what container they are stored in, they should be refrigerated. This is due to the high oil content of nuts which make them turn rancid if not refrigerated or vacuum sealed.

Pumpkin Seeds. Many seeds, like pumpkin and sun-flower seeds, are good snacking delicacies. Although not technically nuts, these varieties are used as such and have a crunchy, nutty taste.

Before drying, be sure to wash pumpkin seeds to free them of any pumpkin pulp. Dry at 110°F/43°C to 120°F/49°C until crisp, stirring frequently.

Sunflower Seeds. Sunflower seeds contain about the same percentage of protein as meat and are also high in calcium, niacin, phosphorus, thiamin, and riboflavin. To harvest, pick or shake the seeds from the matured flower heads. Dry at 105°F/41°C until crunchy. Recommended varieties for seed production include Mammoth Russian, Gray Stripe, and Manchurian.

Peanuts. Though nearly always considered a nut, peanuts are actually a member of the legume family which includes peas and beans. Peanuts are higher in protein than true nuts, but they have considerably low starch and water contents. Dry shelled or unshelled peanuts at 125°F/52°C.



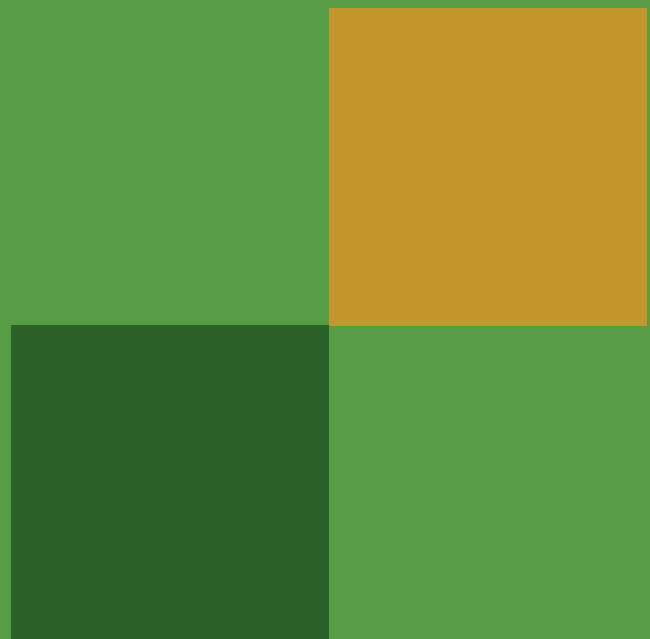
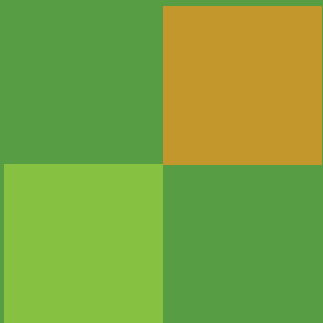
Excalibur
Food Dehydrator



Pacellay



DEHYDRATING GRAINS AND DAIRY PRODUCTS



You have already dried fruit, vegetables, meat, fish, herbs, and nuts. What foods are left to dehydrate – PLENTY! There are various grains, breads, dairy products such as yogurt and cheese, leftovers, and – if there is a small infant in the house – baby food.

Grains

Wheat, maize, and rice were grown by primitive man long before recorded history. Drying grains and grain products is the most effective and practical way to preserve them for future use.

Dehydrating Grain

Wheat, barley, oats, and buckwheat should be partially stalk dried before being picked to dehydrate. The same is true for corn. Once the corn kernels are removed from the cob, spread them out in a single layer on the drying trays; other grains should be poured on in a 1/2" layer. Dry for 12 to 18 hours at 115°F/46°C. Dried corn should look shriveled. The wheat and other grains should be hard and crunch with a nutty taste.

Grinding Your Own Grain

Why invest in your own grain mill? The nutritional value of fresh ground whole wheat is one good reason. The white flour milling process used commercially discards the bran and wheat germ which contain substantial percentages of the grain's protein, thiamine, niacin, riboflavin, pantothenic acid, and many minerals. Fresh grinding preserves the bran and wheat germ,

helps eliminate the chance of vitamin deterioration, and lessens the possibility of the wheat germ oil becoming rancid. In addition, diets high in refined sugars and flours can actually be harmful. Doctors suggest that the addition of wheat and bran to the diet may decrease the possibility of cancer of the colon, heart disease, diverticulosis, and other related diseases.

Grinding your own grain saves money as well. The accompanying chart illustrates how much a family of five could save in a single year by using a grain mill.

Operating a Grain Mill. The grain is ground through the action of the mill's stone grinding wheels or in some cases is exploded into small particles by stainless steel micronizers. Quality mills have adjustable stones to vary the texture of the flour from fine for pastry dough to coarse for corn and soybeans. The mill itself may be operated electrically or through the action of a hand-turned crank.

To begin grinding, pour a cup of grain - wheat, corn, rice, barley, rye, or soybeans - into the hopper (loading area) and turn on the mill. The consistency of the flour can be determined by turning off the mill, pulling out the flour holding pan, and feeling with the fingers. The best whole wheat flour for bread is sandy, while pastry flour should feel fine. Because soybeans are oily, they should be dehydrated prior to grinding.

For breads, muffins, and other goodies you can make with your freshly ground flour, refer to the recipe section at the end of this book.

Yearly Savings for an Average Family of Five

| Whole Wheat Products | Stone Ground Retail Store Cost | With a Home Grain Mill | Savings |
|---|-----------------------------------|------------------------------|------------------|
| One loaf bread per day | $\$2.79 \times 365 = \1018.35 | $\$.20 \times 365 = \73 | \$945.35 |
| One 15 oz. box of cereal every other day | $\$4.86 \times 180 = \874.80 | $\$.06 \times 180 = \10.80 | \$864.00 |
| 10 lbs flour purchased twice monthly | $\$4.88 \times 24 = \117.12 | $\$1.30 \times 24 = \31.20 | \$85.92 |
| Cakes and cookies baked an average of once a week | $\$5 \times 52 = \260 | $\$1.50 \times 52 = \78 | \$182.00 |
| Total Savings: | | | \$2077.27 |

Recrisping Crackers, Cookies, and Cereals

If your cookies and crackers have lost their crunch, put them in your dehydrator and revitalize their crispness. Place the cookies, crackers, or cereal in a single layer on the trays and dry for 1 hour at 155°F/68°C till crisp and crackling.

You can also make your own preservative-free crackers in your dehydrator. Prepare the mixture according to your favorite cracker recipe, place on the trays, and dry for 4 to 6 hours at 155°F/68°C. To preserve freshness, store the crackers in a tightly sealed container.

Saving Stale Bread

Don't throw away stale bread, dry it into little croutons. Cut the bread into small cubes, place in the dehydrator, and dry for 4 to 6 hours at 155°F/68°C until crisp. If thoroughly dried, your croutons will keep for several weeks. For the zippiest taste, don't season your croutons until you're ready to use them in soups or salads. Experiment with interesting mixes of flavorings like onion salt, marjoram, garlic salt, Parmesan cheese, butter, and herbs.

.....Bread Crumbs. Stale bread can also be recycled into usable bread crumbs. Place whole, stale slices of bread on the trays; make sure none of the pieces are moldy. Dry for 4 to 6 hours at 155°F/68°C until the slices are brittle and crumbly. When thoroughly dried, break the bread into small pieces, drop into a blender, and chop into crumbs. Bread crumbs can be used for fried chicken or fish coating or as a topping for casseroles and hot, open-faced sandwiches. When mixed with dried herbs, they can also be used in stuffing.



To re crisp cookies and crackers, place them on trays in a single layer and dry until crisp.

Noodles

Your dehydrator is perfect for preparing pasta. Store bought varieties can't compete with the taste of homemade; you'll notice the difference with the first bite. For a delicious homemade noodle recipe, refer to the recipe section of this book.

Make and cut the noodles according to the recipe directions. Spread the strips in a single layer on the trays and dry until crisp. Dried noodles can be used in soups and casseroles; as a main dish buttered; or in a cream, tomato, or cheese sauce.

Raising Yeast Breads

Bread is the oldest food manufactured by man. Some of the many available bread recipes are given in the recipe section.

Remove the trays from the dehydrator and set the thermostat at 125°F/52°C. Allow the unit to preheat. Place a shallow pan of water on the bottom of the dehydrator. The bowl of dough is set on one of the trays, and the tray is inserted right above the water. To keep the dough from drying out, cover it with a cloth.

Allow the dough to rise for 1 hour, punch it down, and then transfer the mixture to greased loaf pans. It's now ready to bake to a golden brown in your oven.



Grind dried corn into meal for use in breads, muffins, and mush.

Granola

Wake up to your own natural breakfast cereals. With your dehydrator, you can mix up a batch of tasty granola in no time. The potential combinations of ingredients are almost endless: untoasted wheat germ, oatmeal, sesame seeds, ground soybeans, sunflower seeds, coconut, peanut butter, almonds, graham, raisins, and other dried fruits. Lace them together with honey and vanilla, and you have granola.

To dry granola, cover the dehydrator trays with Paraflexx®, kitchen parchment paper, or plastic wrap and spread on a thin layer of the mixture. Dry for approximately 1 to 3 hours at 155°F/68°C until crispy. Besides making a delicious cereal, granola can be fashioned into bars or cookies or layered with yogurt for a special treat.



Assemble granola ingredients and combine them in a large bowl. Spread the granola mixture on covered trays and dry to the desired crunchiness.

Dairy Products

Milk and eggs can be dried, but they require special techniques and equipment that are not available to most home dryers. Because there is a high risk of bacterial growth and possible food poisoning, the home drying of milk and eggs is not recommended. You can, however, use your dehydrator to make and cheeses. Due to the risk of contamination when making these dairy products, utilize these simple safety rules:

1. Wash hands thoroughly with a mild solution of detergent, bleach, and water.
2. Clean all utensils and containers with this same solution of detergent, bleach, and water.
3. Make sure all counter surfaces and bread boards are thoroughly cleaned in the manner above before contacting food.
4. After sealed containers are opened, use the contents as soon as possible. Store partially used containers tightly sealed and in the refrigerator to retard bacteria growth.

Yogurt

Residents of Middle Eastern countries have revered yogurt as a staple food for thousands of years, but it didn't really become popular in the United States until the late 1940s. Yogurt is low in calories and cholesterol and is reputed to slow the aging process.

Yogurt is extremely easy to make. All that is required is 4 cups milk, 1/2 cup powdered milk, and 2 tablespoons of plain yogurt. Use either whole, low fat, or skimmed milk; it's up to you. For authentic Middle Eastern yogurt, you would have to substitute goat's or sheep's milk for cow's milk. The yogurt, though, must be plain; there's no substituting. This means that it is natural with no additives and has not been pasteurized after becoming yogurt. Pasteurizing kills the culture, preventing the yogurt from being used to start new batches.

.....Making Your Yogurt. Add the powdered milk to the fresh milk and heat to boiling for a few seconds. The powdered milk gives the yogurt a creamier texture. Allow the milk to cool to 120°F/49°C; then take 1/4 cup of the mixture and stir in the yogurt. When it is thick and sauce-like, pour it into the remaining milk and mix well.

Spoon the yogurt into clean glass jars that have lids or into plastic yogurt cups. Place the containers on the bottom of the dehydrator, set the temperature for 115°F/46°C, and heat for 3 hours. Using a higher temperature would destroy the yogurt culture. If the yogurt has set, cool it. If not, continue to check the batch every 15 minutes until it does.

After the finished yogurt has cooled, add the fruit or flavoring before placing it in the refrigerator. If sweetening is desired, use powdered sugar or honey to maintain the thick, smooth texture. For a variation, blend 1/2 cup of fruit with 1/4 cup water and make a sauce to pour over the yogurt right before it is eaten.

.....Yogurt Leather. Prepare your “dehydrator-made” yogurt as previously described; then add jam, fruit, or fruit sauce and puree. You can also use prestirred commercial yogurt if desired. Yogurt leather is dried exactly the same as fruit leather (see Chapter 4), but you can make an interesting variation by dropping the puree on the trays in spoonfuls rather than pouring. The result is little bite-size “kisses” that can be used as party candy.

.....Yogurt Facial. When making yogurt in your dehydrator, make an extra batch for a facial. The following facial yogurt recipe will help refine and clear your complexion.

1. Wash, rinse, and pat dry the face.
2. Apply mixture of 1/4 cup yogurt and 1/2 juiced lemon.
3. Leave this mixture on the face while bathing or for at least 15 minutes.
4. Rinse off with tepid water. You may also rub a cut cucumber over the face at this point.

Cottage Cheese

Cottage cheese got its name from the fact that it could easily be made in the home - or cottage. On occasion, it has also been called “pot cheese,” because it needs to be kept in a container.

To make cottage cheese, you’ll need: 1 gallon of pasteurized milk and either 4 tablespoons unflavored yogurt made in your dehydrator, 1/2 cup fresh buttermilk, or 1/4 tablet of rennet (an enzyme) dissolved in 1/2 cup warm water.

Pour the milk into a crock and warm it to room temperature, about 72°F/22°C. Mix in the yogurt, buttermilk, or rennet and cover the crock with cheesecloth. Place the crock in the dehydrator and hold the temperature inside at 105°F/41°C for 12 to 18 hours until clabbered. Clabbering means that the milk has separated to form thick, solid “curd” and watery, liquid “whey.”

When the milk has thickened into curds and a little whey lays on the surface, the cheese is clabbered. Now your next task is to cut the curd as follows. Use a long-bladed knife and make all cuts approximately 1/2” apart. (1) Holding the knife vertically, make straight up



1. Nothing beats homemade yogurt. Combine fresh milk, powdered milk, and yogurt. Pour the mixture into individual containers and place in the dehydrator.



2. When the yogurt has set, add any fruit prior to refrigerating.

and down cuts across the curd. (2) Now slant the knife and make diagonal slices down through the cheese following the cuts of step 1. Make the first cut at a 45° angle, but gradually straighten the blade so that the last cut is nearly vertical. (3) Repeat the process of step 2, only slant the knife in the opposite direction. (4) Turn the crock 180°/82°C and make a final set of vertical cuts to form a crosshatch pattern on the surface. This cubing process helps the sour whey to drain out.

.....The Final Steps. Place several inches of water in a large pan, set the crock in it, and heat to 115°F/46°C. Hold the cottage cheese at this temperature for 1/2 hour, stirring occasionally. Once the time is up, line a colander with cheesecloth and pour in the curds and whey. Allow the whey to drain off; otherwise, it will give

the cottage cheese a bitter taste. To get rid of even more of the sour taste, dip the colander in cold water and gently stir the curds to wash away the last traces of the whey. Let the curds drain thoroughly. If desired add 1 teaspoon salt per pound of cottage cheese and 4 to 6 tablespoons of cream. After refrigeration, your cottage cheese will be ready to eat as is or in fruit salads, dips, cheesecake, and casseroles.

Cheese.....

The low temperatures of your dehydrator are ideal for ripening milk into cheese. Cottage cheese is unripened cheese - that is, it has not been aged. Hard cheeses, on the other hand, are pressed, dipped in paraffin wax, and aged. Longhorn, cheddar, Colby, and Romano are all hard type cheeses. In addition, there are the semi-hard or soft cheeses: Scamorze, Neufchatel, and cheese spreads. These are generally milder in flavor than the hard cheeses and are only aged for a short time, if at all.

Cheeses have been made since ancient times, but most of these were mild and unripened like cottage cheese. If these old cheeses emitted a distinctive odor, it was due to spoilage rather than intention. About 900 B.C., however, cheesemakers discovered how to ripen their product and the trade suddenly began to grow in leaps and bounds. The competition for new, distinctive types was so great that many of the recipes were-and still are-kept as trade secrets. Cheesemaking in this country began when the first cows arrived in the New World in 1611. But it wasn't until 1851, when the first cheddar cheese factory was built in Rome, New York, that the industry really took hold.

You usually think of cheese as coming from cow's milk. But did you know that the milk of goats, sheep, camels, buffalo, and reindeer can also be made into cheese? The kind of milk used will affect the flavor and texture of the cheese. Other variables include the method used for clabbering and forming the curd, the ripening agent, the amount of salt and other seasonings used, and the conditions of ripening-temperature, humidity, and length of time. Today, all variations considered, there are about 700 to 2,000 kinds of cheese.

.....**Making a Hard Cheese.** The following instructions are for making a "generic" hard cheese; to cover all the different types individually would require a book in itself.

Scald 1 gallon of milk and allow it to cool; making cheese in smaller amounts is just not practical. Add 1/2

cup buttermilk or yogurt to the cooled milk and stir well for 2 minutes. Buttermilk and yogurt act as starters, substances that produce the acid needed to give cheese its distinctive flavor. In addition to giving the cheese its flavor, the acid also discourages the growth of bacteria. Set the thermostat on your dehydrator for 90°F, remove the trays, place the container of milk on the bottom of the unit, and heat for 12 to 24 hours. When the milk has a slightly acidic taste, it is ripened and ready for use.

.....**Adding the Rennet.** Enzymes in rennet speed the clabbering, or curd formation, of the cheese. Rennet is an animal by-product. If you are a vegetarian, there is also an all-vegetable rennet available. Allow the milk to cool back to room temperature; then add 1 teaspoon liquid rennet or 1 rennet tablet dissolved in 1/2 cup water. Mix well, cover the container, and let it stand for 1 to 2 hours until clabbered.

.....**Cutting the Curd.** Slice the curd in crosshatch and diagonal directions as described in the cottage cheese recipe. Return the forming cheese to the dehydrator, which you've set at 110°F/43°C. Hold the cheese at that temperature, stirring occasionally, until the curd is firm. This usually takes from 30 to 45 minutes. Test its consistency by squeezing a handful of the curd. If it breaks easily, the cheese is ready.

.....**Draining the Whey.** Line a colander with cheesecloth, pour in the curds and whey, and drain. Stir the curds with your hands until it gets a rubbery texture; it should squeak when you chew a piece. At this point, sprinkle on 1 to 2 tablespoons of flake salt and mix it in thoroughly. As soon as the salt has dissolved and the curds have cooled to 85°F, pour the mixture into a cheese form that has been lined with cheesecloth. You needn't buy a special cheese form, though these are available; a 2 pound coffee can with holes punched in the bottom and set in a shallow container works well.

.....**Pressing the Curd.** Place a circle of cheesecloth over the curds and insert a wooden follower. A follower is a circle of 1/2 plywood cut to fit inside the form; it serves to evenly flatten the top of the cheese. If you glue a small block of wood to the top of the follower, it will be much easier to remove. Now place a 1 pound coffee can, open side down, on top of the follower and set a board on top of that - forming a pyramid-type arrangement. The small can should protrude up several inches higher than the top of the form.

With all the paraphernalia in place, pile 3 or 4 bricks on top of the board. These will press and

compact the loose curds into the familiar solid cheese round you see in stores. After 10 minutes, remove the bricks, board, can, and follower, and drain off any whey that has collected in the form. Replace the follower and other parts, increase the weight to 6 to 8 bricks, and press the cheese for an additional hour.

.....**Dressing.** Remove the newly pressed cheese from the form and peel off the cheesecloth. Dip the cheese in warm water to remove any lingering fat and smooth over small holes and cracks with your fingers.

Cut two cheesecloth circles slightly larger than the cheese round and a strip 2" wider and long enough to wrap around the cheese with a slight overlap. Roll up the cheese, place it in the form, and press with 6 to 8 bricks for a final 18 to 24 hours.

.....**Drying and Paraffining.** Remove the cheese from the form for the last time and wipe it with a dry cloth. Next, wash the cheese in hot water and smooth over cracks and holes with your fingers. The cheese is now ready to begin the drying phase. Place it on a shelf in a cool, dry place - the crisper or vegetable drawer of your refrigerator is a good spot that is also free from insects and pests. Turn and wipe the cheese daily for a period of 3 to 5 days until the rind - the hard outer covering - has started to form.

For better preservation, the cheese must be paraffined before it is stored any longer. Heat 1/2 pound of paraffin wax to 210°F/99°C in a pie pan deeper than half the height of the cheese round. Always heat wax in a double boiler type arrangement over water; heated directly, it may take on a burned smell. When the wax is hot, dip in half the cheese for approximately 10 seconds, remove, and allow the paraffin to harden. Complete the job by dipping the other half of the cheese in the hot paraffin and allowing to dry.

.....**Curing.** Most cheese will improve in flavor for several months. After a month, sample the cheese and reseal it if it is not ready. If mold develops, scrape off the moldy parts, rub with salt, and reseal. Date your cheeses, making a note of any special method used so that you can develop your own recipes.

.....

Other Food Uses

There are several other food uses for your dehydrator that really don't fall under any of the categories we've mentioned thus far. No matter what you're dealing with, there are always a few square pegs that refuse to fit in the round holes. So rather than force them in place, here is each in its own category.

Dehydrating Leftovers

Dehydrate leftovers that would otherwise remain stored away and forgotten in the refrigerator; it's easy and economical. Virtually any liquid or solid leftover can be dehydrated and its usefulness extended. However, do not attempt to dry those that are already limp or on the verge of spoiling. Consult the appropriate chapters in this book for specific dehydrating instructions for individual foods.

Add dehydrated leftover vegetables to stews and casseroles, or rehydrate them and use as a side dish. Mix leftovers with herbs and spices, dehydrate, and you can create flavorful, nourishing soup packets to take camping, back-packing, or vacationing. When drying vegetables prepared in a sauce or syrup, drain before placing on the trays.

Dehydrate leftover canned fruit in slice form or puree to make leather. Dried leftover fruit can be eaten as is for a snack or added to cereals, ice cream, or baked goods. Rehydrate and puree leftover fruit for sauces and toppings.

Treat leftover meats according to the instructions for dried cooked meat found in Chapter 6. Chicken, turkey, ham, beef, venison, and shrimp can all be dehydrated. Rehydrate meat leftovers for sandwich spreads, sauces, casseroles, and soups.

Make your own pizza and salad toppings from leftover cheese; Parmesan, Romano, and Provolone are all excellent when dried. Cut cheese into 1/4" to 1/2" slices or grate. Cover the trays with a layer of paper toweling to absorb the cheese fat and spread on the cheese in a single layer. Dehydrate at 120°F/49°C for 6 to 10 hours or until hard. Stir grated cheese occasionally and change the toweling at least once during the drying period. Pulverize or grate dried slices. Store in air-tight glass containers. No rehydration is necessary to use the dried cheese.

Place liquid leftovers like tomato sauce and soups, even mashed potatoes on trays covered with Paraflexx®, kitchen parchment paper, or plastic wrap and dehydrate as leathers. See Chapter 4 for complete instructions. When dry, your leather “leftovers” can be broken into small pieces or powdered. Store in airtight jars until ready to use.

Decrystallizing Honey

Honey stored for a long time may crystallize into a hard, solid mass. To liquefy it for use, place the container in the dehydrator for 2 to 3 hours at 110°F/43°C until no crystals remain. This process will not affect the taste or nutritional value of the honey; it'll be as good as fresh.

Baby Food

You want everything to be the best for your baby, and that's why you should consider dehydrating and making your own baby food. It's convenient, nutritious, economical - and free from chemicals and additives. Plus, you can use nearly any dried fruit, vegetable, or meat to make it. Just chop the dried food, place it in the blender with a little water, puree, and you have an instant supply of fresh and nutritious baby food.

When making vegetable foods, use dry powdered vegetables for infants and larger flakes for toddlers. The smaller the dried pieces you start with, the smoother the consistency will be. Mix 1/4 cup flakes or powder with 1/2 to 3/4 cup water, hot milk, or formula in the blender. Let stand until flakes soften or powders dampen, and puree; that's all there is to it. This amount makes approximately 3/4 to 1 cup baby food, depending on how much liquid was added.

Place dried fruits in the blender, cover with boiling water, and let stand for 20 to 30 minutes before pureeing. Strain the fruit if for an infant.



1. When making baby food, start with flakes or powder. Place either powder with hot milk or water, let stand, and puree.



2. Your freshly made baby food is nutritious - and free from chemicals and additives.



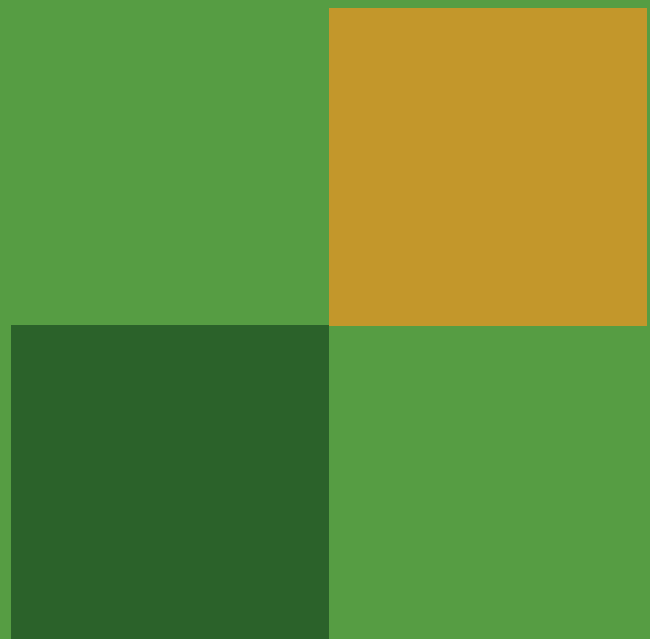
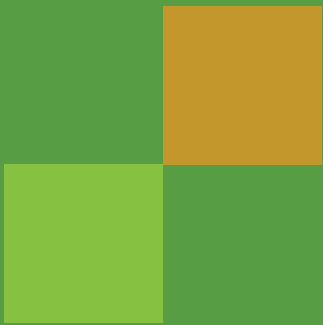


Excalibur
Food Dehydrator





DEHYDRATING RAW AND LIVING FOODS



Historically the term Raw Foods or Raw Food Diet was used to describe a diet of all raw fruits and raw vegetables, as well as nuts and seeds. Today the diet has expanded to include a variety of dehydrated foods.

For a food to be considered Raw it must not be heated or “cooked” over a certain internal food temperature. The most frequently quoted and accurate temperature is 118°F/48°C based on the book “Enzyme Nutrition” by Dr. Edward Howell. Advocates for the Raw food diet believe that cooking foods at a high heat or for long periods of time is toxic because cooking transforms some ingredients, notably oil and salt, into harmful chemicals and destroys antioxidants, phytochemicals and enzymes contained in the food.

Raw Food supporters feel that a diet rich in raw foods can help prevent degenerative diseases, retard aging, provide enhanced energy and make people feel more emotionally balanced. Raw foods contain enzymes which are catalysts to regulate the digestive process in the body and organically grown raw foods are thought to have much higher nutrient values than foods which have been cooked.

.....Dehydration. The best way to preserve the essence of raw fruits and vegetables. When raw food is heated to an internal food temperature of 118°F/48°C or higher, for an extended period of time, its nutritional values begin to deteriorate, especially enzymes. Dehydrating does not subject foods to the high temperatures associated with cooking, or traditional canning methods.

.....

Important Dehydrator Features when Drying Raw and Living Foods

There are two important elements when dehydrating Raw and Living foods to preserve the enzymes. The first element is the proper control of temperature, and the second, is the time it takes the food to dehydrate. If the temperature is too high enzymes can be destroyed, but if the temperature is too low, the food takes longer to dry, causing it to spoil or grow bacteria.

It is important when dehydrating raw foods to have a dehydrator with an adjustable thermostat that is uniquely suited for dehydrating raw foods and will allow your foods to retain the highest food qualities. An adjustable thermostat allows you to control the air temperature, and a rear-mounted fan will provide fast and even drying. With these two features, a dehydrator

can keep the food temperature low enough to preserve the enzymes, while raising the air temperature high enough to dry the food quickly, preventing mold and bacteria from growing. Most stackable dehydrators are poorly designed with no temperature control, or fan to properly circulate the air, and they dry from the bottom up requiring frequent rotating of the trays.

Temperature fluctuation is also another key element when drying raw foods. The dehydrators’ adjustable thermostat needs to be specifically designed to create a proper fluctuation in the air temperature. As the air temperature fluctuates up, it quickly evaporates moisture from the surface of the food. Then as air temperature fluctuates down, moisture from the center of the food moves to the dryer outer surface. This proper fluctuation in temperature also helps to keep the food temperature very constant throughout the entire dehydrating cycle. There is a great misconception that a dehydrator should act as an oven. A key point to note is a dehydrator is not an oven and a high quality dehydrator will fluctuate the temperature around a set point and not remain constant like an oven.

Food Temperature vs. Air Temperature What temperature should you set your dehydrator?.....

During the dehydration process the food temperature is generally 20 to 30 degrees cooler than the air temperature, due to the effects of evaporation. As the warm air blows across the food, moisture is evaporated from the foods surface, creating a cooling effect that keeps the food temperature cooler than the air temperature. Keep in mind that the dial settings on a high quality dehydrator like the Excalibur® represent an average air temperature. You are dehydrating your foods not cooking them so it is very important that your dehydrator fluctuate around a set temperature. At 105°F/41°C dial setting the air temperature will go just above and below thus properly dehydrating your foods and not cooking them.

Because of the difference in food temperature and air temperature it is safe to dehydrate at dial settings of up to 155°F/68°C for the first several hours. The food temperature will never exceed 118°F/48°C because of the high moisture content in the food; neither will the air temperature immediately rise to 155°F/68°C. It may take several hours to get up that high because there is so much moisture in the air. After 2 to 3 hours the temperature should be turned down to a lower setting around 105°F/41°C for the remaining time.

Following this procedure will dramatically shorten the lengthy (30+hrs) drying time it takes to dehydrate some raw foods and will decrease the potential of mold or bacteria from growing on the food. See the “Fast Dry Apple Illustration” for this drying method. If you cannot be there to turn the dehydrator down you may set your thermostat at a lower temperature between 105°F/41°C and 120°F/49°C, but keep in mind that the lower the setting, the longer it will take to dehydrate. Caution: Drying at very low temperatures for extended periods of time can cause bacterial and mold growth, so it is important to speed up the drying time if possible.

Two Times- Two Temp “Fast Dry Method” Illustration

The “Fast Dry Apple Illustration” shows you exactly what is going on with the internal temperature of food and the temperature inside the dehydrator. Remember in raw foods the INTERNAL temperature of the food is what we are concerned with not, the AIR temperature. For this illustration we used apples – a favorite for both kids and adults. We sliced our room temperature apples at ¼” thick and placed them on the trays. We then placed a digital computer probe in the apple slice located in the middle of the tray. This probe measured the internal temperature of the APPLE over the drying

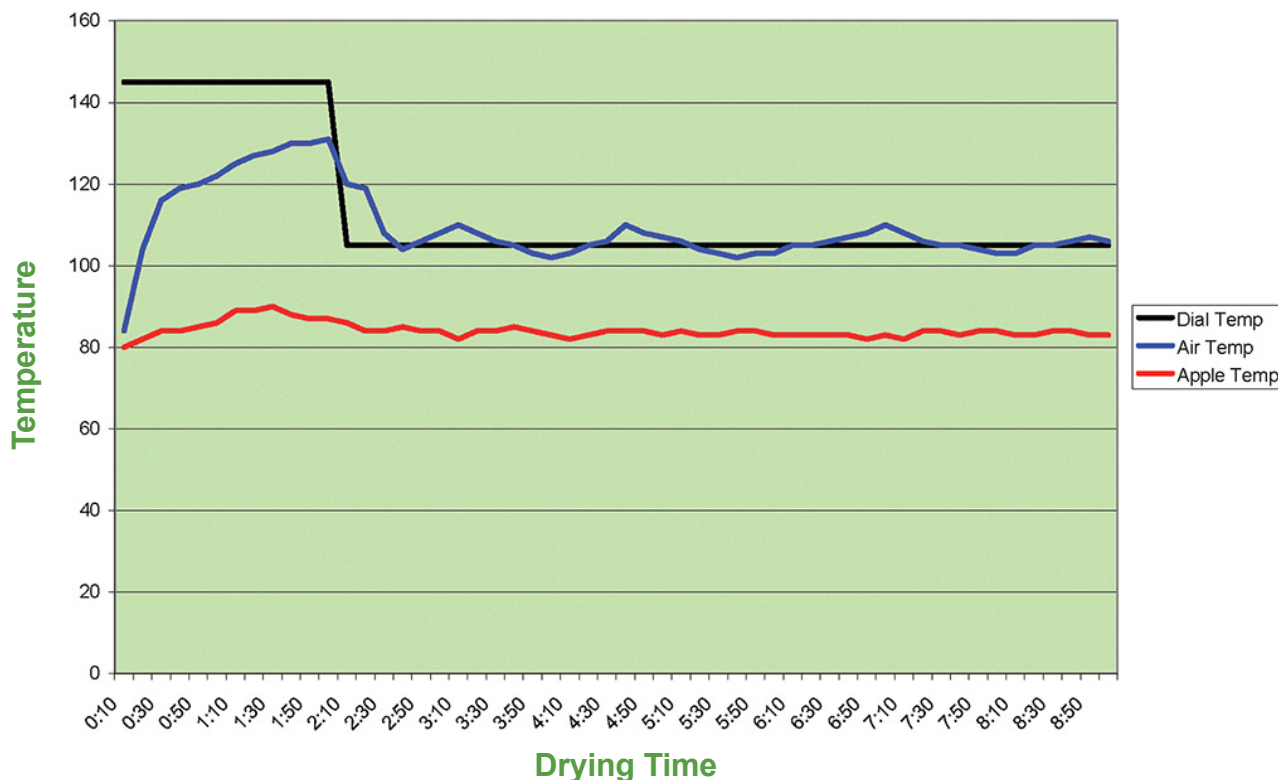
time. We also placed a digital computer probe in the center of the dehydrator to read the air temperature inside the dehydrator.

We set the dehydrators temperature dial at 155°F/68°C for the first two hours then lowered the dial setting to 105°F/41°C as indicated by the yellow line. The blue line represents the air temperature. It can take 2 – 4 hours for the air temperature to reach 155°F/68°C due to the cooling effect of the moisture in the air, if we had left the temperature up for a few more hours it would have reached 155°F/68°C. However, the line that we are most concerned about is the Red line which represents the internal temperature of the apple. As you can see in the graph, the temperature of the apple never went above 89°F/32°C and the average temperature of the apple was 84°F/29°C. Therefore there was no problem in using the Two Times- Two Temp “Fast Dry Method”. Which cut the drying time by 3 hours.

- Drying apples at 105°F/41°C can take 10 –12 hours to dry.
- Drying apples at 155°F/68°C for two hours then drying at 105°F/41°C can take 8 – 9 hours.

In fact, you can dry apples at a higher temperature for more than 2 hours because the apples temperature never reaches 118°F/48°C. However, every food is

Fast Dry Apple Illustration



different so as a general rule we suggest drying all foods at a higher temperature for the first few hours and then dropping the temperature down to 105°F/41°C to ensure that all foods are safe from reaching 118°F/48°C.

You can test this at home by placing a digital probe in the food you are drying. **Note:** Do not use a candy thermometer or even a small digital thermometer as these are not that accurate.

What a Dehydrator Can Do for Your Raw Kitchen

There are many ways you can use your dehydrator to prepare and enhance raw and living foods. You can use your dehydrator to:

Speed up the Marinating of Vegetables

You can make your vegetables explode with flavor by marinating them in your favorite spices and fruit juices. When vegetables are cut properly and placed in a marinade bath, then dehydrated for 1 – 2 hours, the vegetables will soften and create a cooked texture and appearance. Food flavoring is intensified.

Step-by Step

1. Cut or chop desired vegetables into ¼" to 1" slices depending on the vegetable.
2. Place in a marinade bath for 1–2 hours, then use a covered, glass container.
3. Dehydrate at 105°F/41°C until desired texture is achieved. See marinade recipe on Page 180.

Thicken Sauces

You can use your dehydrator to create thick sauces without cooking. Place your sauces in an open glass container, remove all the trays from your dehydrator and place the container in the dehydrator. Dry at the highest temperature for 2 -3 hours. Again, 2-3 hours is not long enough to bring the container or sauce to over 118°F/48°C so all your enzyme are preserved. Your dehydrator will reduce the liquid content much like a reduction in traditional cooking and you will have a thick sauce to enjoy.

Warm Foods to above Body Temperatures.

The temp inside your body is 98°F/37°C - eating cold foods can be a shock to your system and slow down your digestion. By placing your foods in the dehydrator you can bring your food up to room temperature so that your foods are warming rather than cooling to the body, while maintaining the foods enzymatic integrity. This is great for raw soups in the winter.

Slow "bake" sprouted breads

You can create delicious sprouted breads and dry them in your dehydrator. First, grind, blend, or homogenize your sprouted grains. Add spice by hand, mix thinly, and spread using an offset spatula 1/4-inch thick on a dehydrator tray lined with a Paraflexx® sheet. Dehydrate at less than 110°F/43°C until thoroughly dry- 12 to 24 hours depending on number of trays drying and humidity of the room. Store in a tight, closed container. See bread recipes on Page 175.

Soften Coconut Oil and Cacao Butter Gently.

Coconut butter is soft above 80°F/27°C and solid at lower temperatures. Cacao butter is also a solid ingredient that will need to be softened prior to use. You can soften coconut oil/butter or Cacao butter by placing these ingredients inside your dehydrator and warming until soft.

Create Sprouted, Seasoned Dehydrated Travel Snacks

Dehydrated seeds and nuts like sunflower seeds, pumpkin seeds, tamari almonds and trail mixes are a family favorite. Nuts and seeds naturally contain enzyme inhibitors. By soaking your nuts and seeds and then dehydrating them you not only release the toxic enzyme inhibitors, but also increase the life and vitality contained within them. Many recipes call for soaked and dehydrated nuts and seeds. Here is some helpful information when soaking and dehydrating nuts and seeds.

Step-by Step

1. Soak plenty of nuts and/or seeds by placing them in a container – see soaking chart on page 106 for soaking time.
2. Rinse your nuts and seeds.
3. Then dehydrate them at 105°F/41°C for about 18-24 hours (until dry).

Create Crispy Crunchy Crackers and Chips

There are a whole assortment of crackers and chips that can be made in the dehydrator from various sprouted grains and seeds, plus other, less well known alternatives such as chickpeas and flax seeds. Crackers are very easy to make. All that is required is a food processor and a dehydrator with Paraflexx® sheets. An off-set spatula also works great for spreading the cracker mixture and a knife is handy for scoring the divides.

Making Flax Crackers.

Flax crackers are one of the easiest crackers to make.

There are many things you can do with your flax crackers. You can make different types of crackers from the same ingredients - either mill the seeds first for a smooth cracker, or keep them whole for a chunkier cracker. You can add different spices or fruits to ½ the batch to make them sweet or savory depending on your preference. You can make them into sandwiches by placing some fresh raw veggies between your crackers. You can use them as a wrap to encase a veggie or nut burger like a bun, top with raw 'cheese', tomato and olives for a mini raw pizza, spread with guacamole or a nut or seed butter. You can dip them into your favorite hummus, salsa, pâté. The possibilities are endless.

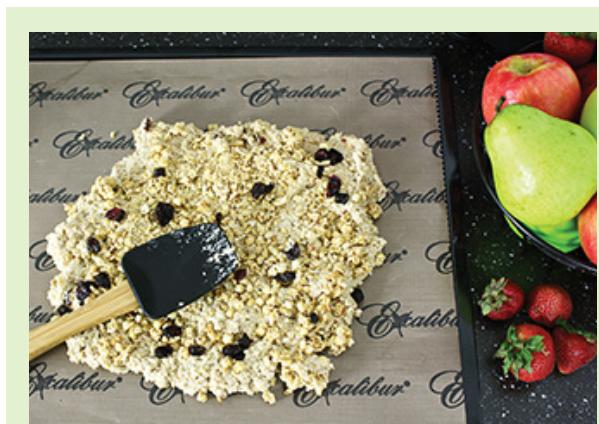
Make Delicious Raw Granola

Wake up to your own natural breakfast cereals or make crunchy snacks that the family will love. The potential combinations of ingredients are almost endless: almonds, pumpkin seeds, sunflower seeds, flax seeds, chopped dates, raisins, apples, grated cinnamon, and other dried fruits.

To dry granola, cover the dehydrator trays with a Paraflexx® sheet, and spread on a thin layer of your mixture. Dry for approximately 20 to 24 hours at 115°F/46°C - 125°F/52°C until crispy. Besides making a delicious cereal, granola can be fashioned into bars or cookies and then dried. See Recipes located on page 178 and the sprouting chart for more helpful information.



1. Blend all ingredients together in a blender or food processor. Add a little water if a little too dry.



2. Spread the mixture using a spatula flat into a dehydrator tray with a Paraflexx® sheet, making sure that the mixture stands only a few millimeters tall. (The thicker the granola the harder to eat, the longer to dry, and the shorter the shelf life).



3. Score the size of granola or crackers you'd like with a knife or spatula before dehydrating. You can score them into large square 3x3 or 4x4 depending on what you want to use them for.



4. Use the "Fast Dry Method" by drying at 145°F/63°C for 2 hours then dehydrate around 115°F/46°C - 125°F/52°C overnight. Flip over once one side is dry. Or if you can not turn down the temperature -- dehydrate around 115°F/46°C - 125°F/52°C. Dry to completion. See the Paraflexx® Flip under the tips and tricks section for an easy way to flip your crackers. (page 105)



5. Once dehydrated your flax granola or crackers will keep for months in an airtight container.

Create Pie Crusts, Cookies, & Cake . . .

Who doesn't love delicious desserts? You can make all sorts of guilt-free desserts that are actually good for you! You can use your dehydrator to make many of the ingredients that make up your favorite desserts like dehydrated coconut and dried cherries. Make a raw pie crust from nuts, dried coconut and dried fruits as well as a whole variety of cookies like chocolate chip cookies made from nuts and dried fruit. Many raw food desserts use dried fruits for rich flavor. To make many different types of cookies all you need to do is mix your ingredients and form into cookies or bars and dehydrate. See Recipes located on page 178.

Bloom Wild Rice

Wild Rice, Minnesota's State Grain, is a highly nutritious grain but not actually rice; it is an annual water-grass seed, "zizania aquatica". You may bloom Wild Rice using the following method:

Step-by Step

1. Add ½ cup Wild Rice into half-gallon jar with 3 cups purified water, cover jar with lid.
2. Remove trays from the dehydrator.
3. Place the sealed jar into the dehydrator and dry at 105°F/41°C for 24 hours adding more time if needed. Wild Rice will start to "fluff up" and become soft.

Create Raw Jams and Jellies

Creating raw jams and jellies are fun & easy! You can use these jams and jellies on flax crackers, breads, ice creams, even raw yogurt! Yummy!

Step-by Step

1. Using any fruit you like, cut into small chunks.
2. Place on a dehydrator tray lined with a Paraflexx® sheet.
3. Dehydrate approximately 1-2 hours at 105°F/41°C until soft & juices are flowing from fruit. Store in glass jar and refrigerate for up to 1 week.

Create Gourmet Veggie & Fruit Powder

When you make your favorite smoothie or other raw food beverage, add powdered fruits or vegetables to the recipe to give them an extra boost. For example, if your beverage contains carrots, add a tablespoon of carrot powder to a cup of carrot juice for an even higher degree of nutrition! Keep your pantry stocked with dehydrated fruits and vegetables, so that you can add a big power boost to supplement those fresh fruits and vegetables that you have on hand. You can use these gourmet powders to flavor sauces, crackers, or you can use powdered tomatoes to make tomato sauce, marinades and tomato paste.

The key to making gourmet powders lies in how thick you cut your fruits and/or vegetables before you dry them. Cut the fruits or vegetables you want to powder as thin as possible, the thinner the dried foods the easier it is to powder, the thicker the dried slices the harder it is to reach a smooth powder consistency. Dry these fruits or vegetables until brittle. You can also use a vegetable puree to create powdered vegetables. Just puree your desired vegetables and make a leather by pouring the pureed mixture onto a Paraflexx® sheet and drying until brittle. Once your foods are very dry and brittle, just place them in a blender or coffee grinder and blend until powdered.

..... **Dehydrator Tips and Techniques for Your Raw Food Kitchen**

The Paraflexx® Flip

To properly dehydrate foods like crackers, breads, and taco shells you will need to flip the foods over half-way through the drying cycle to insure proper drying and prevent spoilage.

Foods and Leathers Sticking to Paraflexx® Sheets

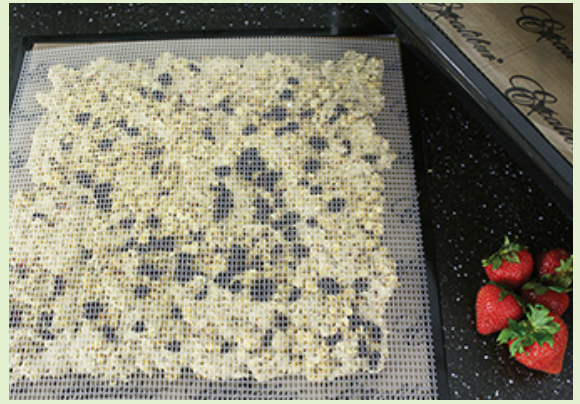
Some times your purées and leathers will look like they are completely dry, but they are not. If you are removing your fruit leathers from the Paraflexx® sheets and they are sticking- your leather is not dry enough. If this happens - dry longer until the leather peels off easily.

Speeding Up Your Drying Times

As previously discussed your foods do not take on the temperature of the air for many hours. Because of the difference in food temperature and air temperature it is safe to dehydrate at dial settings of up to 155°F/68°C for the first several hours. The food temperature will never exceed 118°F/48°C because of the high moisture content in the food; neither will the air temperature immediately rise to 155°F/68°C. It may take several hours to get up that high. After 2 to 3 hours the temperature should be turned down to a lower setting around 105°F/41°C for the remaining time. Following this procedure will dramatically shorten the lengthy (30+hrs) drying time it takes to dehydrate raw foods and will decrease the potential of mold or bacteria from growing on the food.



1. Half-way through the drying cycle remove the tray from the dehydrator.



2. Place polyscreen on the 1/2 dried food.



3. Place tray on top of the polyscreen and flip over.



4. Remove tray and Paraflexx® sheet. Place tray back into the dehydrator and continue the drying cycle until dry.



Sprouting Chart

| Seed Type | Dry Measure | Soaking Time | Sprouting Time | Yield | Harvest Length |
|----------------------------|-------------|--------------|----------------|------------|----------------|
| Hulled Seeds | | | | | |
| Almond | 3 cups | 8 hrs | 36 hrs | 4 cups | 0 – 1/8 inch |
| Buckwheat | 1 cup | 6 hrs | 24 hrs | 2 cups | 1/8 inch |
| Pumpkin | 1 cup | 4 hrs | 24 hrs | 2 cups | 1/8 inch |
| Sesame | 1 cup | 4 hrs | 12 hrs | 1 1/2 cups | 1/8 inch |
| Sunflower | 1 cup | 6 hrs | 12 hrs | 2 cups | ¼ - ½ inch |
| Small Grains | | | | | |
| Amaranth | 1 cup | 3 hrs | 24 hrs | 3 cups | 1/8 inch |
| Millet | 1 cup | 5 hrs | 12 hrs | 3 cups | 0 – 1/8 inch |
| Quinoa | 1 cup | 3 hrs | 24 hrs | 3 cups | ¼ inch |
| Teff | 1 cup | 3 hrs | 24 hrs | 3 cups | 1/8 inch |
| Large Grains | | | | | |
| Barley | 1 cup | 6 hrs | 12 hrs | 2 1/2 cups | 0 inches |
| Corn | 1 cup | 12 hrs | 36 hrs | 4 cups | ½ inch |
| Rye | 1 cup | 6 hrs | 36 hrs | 3 cups | ¼ inch |
| Spelt | 1 cup | 6 hrs | 36 hrs | 3 cups | ¼ inch |
| Triticale | 1 cup | 6 hrs | 36 hrs | 3 cups | ¼ inch |
| Wheat | 1 cup | 6 hrs | 36 hrs | 3 cups | ¼ inch |
| Beans & Legumes | | | | | |
| Adzuki | ½ cup | 12 hrs | 5 days | 4 cups | 1 inch |
| Chickpeas | 1 cup | 12 hrs | 3 days | 4 cups | 1 inch |
| Lentils | ½ cup | 8 hrs | 3 days | 4 cups | 1 inch |
| Green Peas | 1 ½ cups | 8 hrs | 3 days | 4 cups | 1 inch |
| Lima | 2 cups | 12 hrs | 12 hrs | 4 cups | 0 inches |
| Mung | 1/3 cups | 8 hrs | 5 days | 4 cups | 2 inches |
| Northern White | 1 ½ cups | 12 hrs | 3 hours | 4 cups | 0 inches |
| Pinto | 1 cup | 12 hrs | 3 hrs | 4 cups | 1 inch |
| Small Vegetables | | | | | |
| Alfalfa | 3 T. | 5 hrs | 5 days | 4 cups | 2 inches |
| Broccoli | 2 T. | 8 hrs | 4 days | 2 cups | 1 ½ inches |
| Cabbage | 3 T. | 5 hrs | 5 days | 4 cups | 1 ½ inches |
| Clover | 3 T. | 5 hrs | 5 days | 4 cups | 2 inches |
| Fenugreek | ¼ cup | 6 hrs | 5 days | 4 cups | 2 inches |
| Garlic | ¼ cup | 5 hrs | 5 days | 3 cups | 1 inch |
| Kale | ¼ cup | 5 hrs | 5 days | 4 cups | 1 inch |
| Mustard | 3 T. | 5 hrs | 5 days | 4 cups | 1 ½ inches |
| Onion | ¼ cup | 5 hrs | 5 days | 3 cups | 1 ½ inches |
| Radish | 3 T. | 6 hrs | 5 days | 4 cups | 2 inches |
| Turnip | 3 T. | 6 hrs | 4 days | 4 cups | 1 ½ inches |

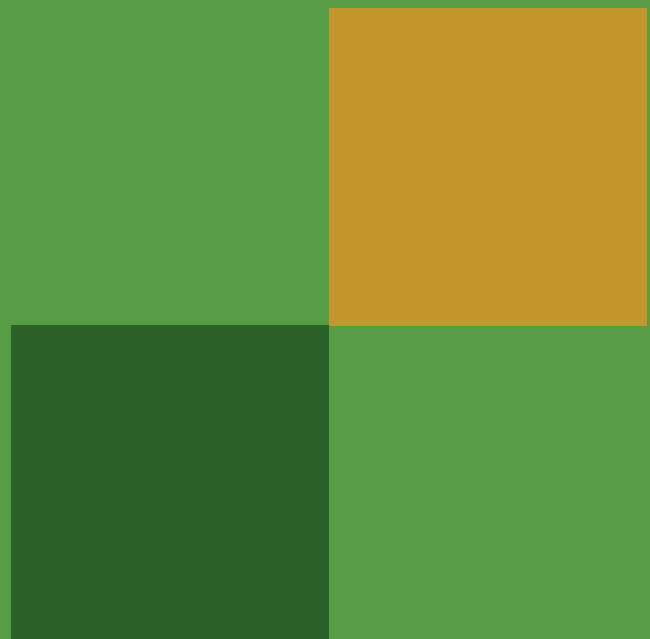
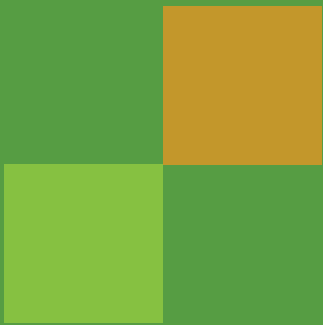




10



MORE USES FOR THE DEHYDRATOR



Your dehydrator can help satisfy your creative cravings by shortening the drying times for ceramics, dough art or decoupage. It's a boon for the impatient! You can even use your dehydrator to dry photographs. For photographs, treat and wash as usual; then shake or squeegee off the excess liquid and place on the dryer trays. Dry until no wet spots remain. **Note:** Dry only photographs that have been printed on resin-coated stock; other paper types will crinkle unless pressed flat.

Cake Decorating

Your dehydrator-dried cake decorations will look so professional even your baker won't know for sure. They're perfect every time. Royal frosting flowers will dry in 1 to 3 hours at 100° to 110°F/38° to 43°C. Piping gel and color flow designs will dry just as quickly.

Dried Fruit Decorations

Transform plain cakes and breads into culinary masterpieces with decorations made from your dried fruit. Dried apricots become glorious golden roses that taste just as good as they look. For each rose, you'll need approximately seven apricot halves. Place the halves on a piece of wax paper and roll them as thinly as possible using a rolling pin. Take one flattened half and roll it up in a tight cone for the center of the rose. Wrap successive halves around the center to form the petals; the natural tackiness of the fruit will hold them together. Slightly flare out the top edges to accentuate the petals. When decorating, add silk or candy leaves for the finishing touch.

Dried apricots aren't the only fruit you can use. Dried apple rings also make interesting flowers. Slice the rings open; then interloop them to form the petals. Add a cherry center, a cinnamon stick stem, and dried lime slice leaves. And where there are flowers, there are bees. Form your own bees by using shaped dried prune halves for the body. For the wings use fresh lemon slices; bend the slices under, and tie with string or thread to keep in that shape. Dehydrate as usual, removing the string shortly before the slices are dry. To hold on the wings and attach other decorations, make a thick icing from 1-1/2 cups confectioner's sugar and 1-2/3 tablespoons of water.

Potpourri and Sachets

Potpourri is nature's own air freshener. With the right proportions of herbs, flowers, spices, and oils, homemade potpourri will remain sweet-smelling for years. In Victorian times, people grew fragrance gardens just for this purpose; the gardens included scented geraniums, thyme, lemon verbena, mint, balm, rosemary, lavender, and sweet marjoram. You don't need a botanical wonderland to make your own potpourri! Most of the ingredients can be found in your own garden or are easily purchased.

Choosing the Ingredients

Nearly any garden blossoms, leaves, or cones can be used for potpourri. Roses and citrus blossoms are noted for their aroma, while daisies, cornflowers, and baby's breath add color and bulk. As far as herbs and spices go, most can be found in your kitchen. Bay leaves, cinnamon, ginger, vanilla, and white pepper are all favorites.

Fixatives must be added to the potpourri to prevent the fragrances from evaporating. Orris and benzoin should be available from a drugstore; other common fixatives are calamus and oak moss. The fourth ingredient, flavoring oils, can usually be purchased from a craft supply shop or catalog.



Dried fruit flowers make any baker item an epicurean delight. Delicate apricot roses are used to trim the bonnet cake; more roses, apple flowers, and prune bees decorate the tea bread packages.

Preparation

Start gathering and drying the ingredients for your potpourri during the summer months. This is the time when aromatic herbs are at their peak and flowers are their most dazzling and fragrant. Using scissors cut only unblemished herbs and flower heads; one decaying leaf or petal can destroy a whole potpourri.

Spread the petals or herbs sparsely over the drying trays. Try to avoid drying both at the same time to prevent the distinctive fragrances from mixing. Dry for 6 to 8 hours at 110°F/43°C until dry and brittle. When cool, store them in air-tight containers in a cool, dark place until you are ready to assemble the potpourri.

Making the Potpourri.

For your potpourri, use the following general proportions of ingredients: 1 quart (4 handfuls) of herbs and flowers, 1 to 2 tablespoons of mixed spices, and 1 to 2 tablespoons of fixative. If adding a flower oil, use it sparingly to avoid concealing the other aromas. 3 to 5 drops is more than enough.

Place the dried flowers and herbs in a large glass or stainless steel bowl and toss them gently with your hands to mix. In a separate small glass dish, combine the spices, fixative, and flower oil and blend well. Take the combined spices and sprinkle them evenly over the flower mix, gently crushing some of the herbs as you do.

.....Storing. Pack your potpourri loosely in clean, tightly covered glass jars and store in a cool, dark place for approximately 4 to 6 weeks. Shake or stir the mixture with a wooden spoon one or two times a week. Once this “mellowing” period is over, the potpourri is ready for use.

When displayed in an open container, the potpourri must be renewed every few weeks. To do this, pour the mixture into a clean glass bowl, add 1 drop of flower oil, and sprinkle on 1 tablespoon of brandy. Hand mix the potpourri, allow to air dry, and repack.

.....Display. Potpourri can be displayed in virtually any type of jar, bowl, canister, or container, from a wicker basket to a peanut butter jar. Use a large clam shell to carry out a sea motif or a classy cut crystal bowl or candy dish to add an elegant touch for a party gathering. Loose petals and herbs may be sprinkled in drawers or crushed and added to bath water.

.....Sachets. Your potpourri mix can also be sewn into sachets to be placed in drawers and closets. In Victorian times, sachets were often attached to the backs of chairs and sofas so that the sweet aroma would waft around the furniture’s occupants - setting the stage for long, leisurely romantic evenings. All

you need to make sachets are scraps of fabric; bits of lace, ribbon, and/or cord; and patterns made by tracing cookie cutters onto heavy paper or cardboard.

Cut out the pieces with pinking shears; it prevents the edges from fraying and adds a decorative touch to the sachets. Allow two pieces of fabric for each ornament. Sew the pieces together, right sides out, leaving one edge open. Spoon the potpourri mixture into each bag, sew closed, and add a yarn loop at the top. Pack in plastic bags to keep the scent until ready to use or give as gifts.

Potpourri

- 1 cup rose petals
- 1 cup lavender
- 1/2 cup rose leaves, crushed
- 1 T. dried orange peel
- 1/2 tsp. cinnamon
- 1/2 tsp. cloves
- 1-1/2 tsp. cardamom
- 1/2 tsp. coriander
- 112 tsp. tonka bean
- 1 oz. orrisroot (fixative)

Collect and dry rose petals, lavender, rose leaves, and orange peel. Powder and mix together remaining spices. Combine spice mixture with the flower mixture and place in a large glass jar or crock. Stir all ingredients gently with a wooden spoon. Secure with a tight-fitting lid. Store in a cool, dark place for a few months, taking the jar out once in a while to shake or stir. Individual sachets may then be made from this divine mixture. Other potpourri recipes are given on page 143.



Sachets are easily made from potpourri. Just cut out small, colorful material squares, sprinkle on some of the potpourri mixture, and tie with attractive ribbon.

Drying Flowers

You'll definitely have "flower power" when you start making your own dried flowers with your dehydrator. The controlled conditions of the dehydrator make sure that all parts of the flower dry quickly and evenly; there's no problem with molding, giving you perfect blossoms every time. It's the perfect way to preserve summer memories for those dreary winter nights when the trees are bare and the garden is barren.

Flowers tend to darken as they dry, so select ones that are several shades lighter than the desired final product. Roses, daffodils, daisies, and carnations produce some of the prettiest dried flowers. Yellow flowers will retain their color well, but many white ones will turn a dull, grayish brown.

.....**Harvesting.** Cut flowers when they are cool and dry. The early morning, late afternoon or evening are all good times. Do not cut flowers right after a rain or before the dew has evaporated. Although flowers in full bloom may appear the most attractive, they often lose their petals when dried. Those that are firm but only half-open will stay together the best. To preserve as much of the true color as you can, flowers should be dried immediately after picking.

.....**Preparation.** Pour a thick layer of silica gel - available at a florist's or hobby shop - into a container such as a shoe box. Or cover dryer trays with Paraflexx®, kitchen parchment paper, or plastic wrap and pour the silica directly on them. Cut the flower stems to 1" lengths and insert them right-side-up in the gel. Space them far enough apart so that the petals of adjacent flowers do not touch. Separate the petals into the arrangement you want using a toothpick. Once this is done, gently sift more gel over the flowers. Be careful not to crush them. Make sure the gel is in contact with all the flower parts; lightly tapping the container or tray will make the grains fill in.

.....**Drying.** Place the container or trays in the dehydrator with a cup of water to prevent the flower heads from becoming too brittle. Dry for 6 to 8 hours at 110°F/43°C. Turn off the dehydrator and allow the flowers to remain undisturbed overnight.

.....**Testing.** Before actually removing the flowers, brush off enough gel from a few so that you can touch the petals. They should feel perfectly dry. If not, the flowers must be recovered and returned to the dehydrator for more drying. When drying different kinds of flowers together, test some of each kind. Each variety will dry somewhat differently. **Note:** The silica will eventually become saturated with moisture. If the white crystals in the silica have turned to light pink, it is saturated with water. For reuse, heat the silica in the dryer until it has returned to its original color.



1. Dried flowers have a variety of uses. Pick flowers during the summer months when they are the most fragrant. Always use scissors when clipping leaves or petals from the stem.



2. Spread the petals sparsely over the trays. Dry until brittle.



3. The dried petals can be incorporated into sachets and potpourri. Dry whole flower heads for use in flower arrangements.

.....Removing the Flowers. When the flowers are completely dry, gently tilt the tray so that the gel begins to flow off. As the flowers begin to peak out, slide two fingers underneath them and lift out. Lightly shake off any excess crystals.

.....Dry Box. Now pour 1" of silica in a metal or plastic container and insert the flowers so that just the stems are covered. This is called a "dry box" and helps to lengthen the flower's life. Cover the container with a tight-fitting lid and leave it undisturbed for 3 to 5 days.

.....Use. After the flowers have been dry boxed, they can either be used immediately or stored away for future arrangements. To store dried flowers, place them in a box of tissue paper to which 1 teaspoon of silica has been added and store in a cool, dark place.

When you're ready to make your display, take a small brush - like an artist's brush - and gently dust off any remaining silica. Stems can be made out of wire. Attach them by winding floral tape around the base of the flower, then down around the wire stem. To protect the finished flowers from moisture in the air, spray them lightly with hair spray or artist's plastic fixative.

Pomander Balls

These charming, old-fashioned aromatic delights dry quickly and easily when placed in a dehydrator. For each pomander, select a ripe, attractive apple, lemon, lime, or orange. You will also need 2 ounces of whole cloves and 1 ounce of rolling mixture consisting of 1/2 ounce ground cinnamon, 1/2 ounce ground allspice or nutmeg, 1 teaspoon powdered orrisroot, and a sprinkling of glitter.

Using an ice pick or awl, punch holes evenly all over the skin of the fruit and push a whole clove in each; the skin should be completely covered. Now roll the ball in the rolling mixture, thoroughly coating it. Let it stand in the mixture for several days, turning occasionally. Now arrange the ball on a Paraflexx® sheet, kitchen parchment paper, or plastic wrap and place in your dehydrator with the thermostat set at the lowest temperature. Dry till shrunken and lightweight; then tie a long ribbon or cord around it for hanging. Or wrap in netting and tie with a ribbon or loop.

Dried Macrame Beads

With a little ingenuity, you can dehydrate vegetables for use as beads in macrame and other crafts. Before drying, make a hole in the vegetable slices somewhat larger than the cord or yarn groupings you'll be using for the project. Make sure the vegetables are very dry, with no hint of moisture. To use, spray with a plastic fixative, or better yet, varnish or shellac the beads to

preserve them. Turkey neck bones and the "eyes" from ham slices may also be cleaned and dried to make interesting and unusual beads.

Dough Art.

Dough art is a fun craft for children and adults. It's inexpensive and requires no special equipment beyond your dehydrator. Roll the dough, coil it, braid it, stamp it, or press it to make wall plaques, napkin rings, jewelry, figurines, small sculptures, and even Christmas tree ornaments. When dried in the dehydrator, the pieces become extremely hard, similar to ceramic clay. Try all three varieties of dough to find the mix you like best.

.....Salt/Flour Dough. Combine 4 cups flour and 1 cup salt; add in 1-3/4 cups water. **Note:** The water amount may vary according to humidity. Knead on a floured board 5 to 10 minutes or until smooth. The more you knead, the more pliable the dough will become. Roll out and shape into designs. Cover dryer trays with Paraflexx®, kitchen parchment paper, or plastic wrap. Dry ornaments at the highest dehydrator setting until hard (approximately 2 to 4 hours). The thickness of the individual piece may affect drying time. Keep the dough mix in a tightly sealed zip-lock bag or plastic container; only take out what you can immediately use.

.....Glue/Bread Dough. Cut the crust off one slice of white bread, and break the white portion into small pieces. Add 1 tablespoon of white glue, mix, and knead until smooth and pliable. Using hand lotion on your hands to keep the dough from sticking, shape designs. Dry at the highest setting (approximately 2 to 4 hours). The thickness of the individual piece may affect the drying time.

.....Cornstarch Dough. In a saucepan, mix together 1 cup cornstarch and 2 cups baking soda. Blend well. Stir in 1-1/4 cups water, to which several drops of food coloring have been added. Cook over medium heat for 4 minutes, stirring constantly. Ready dough will have the consistency of moist mashed potatoes. Cover with a damp cloth to cool; then knead. Shape dough and dry at the highest setting to approximately 2 to 4 hours. The thickness of the individual piece may affect the drying time. **Note:** Cornstarch dough will not keep as well as salt/flour dough and may mold.

.....Basic Dough Art. To start with, you'll need a rolling pin, a board or work area, and a smooth-edged knife. Thoroughly flour the rolling pin and board. Place a lump of dough in the center and roll it out to a 1/4" thickness, flipping it several times. Turn the best side up and cover with waxed paper until you're ready to begin shaping.

Shape your dough pieces in one of several ways. One of the easiest shaping methods for a beginner is to make cut-outs with a cookie cutter. A round shape can become a sun, moon, ball, or face; a plain gingerbread man has the potential of becoming a whole cast of characters. Flour the cutter, press it firmly into the rolled-out dough, and wriggle to separate. Remove the cutter gently. Transfer the piece onto the dryer trays before doing any final shaping or decoration. Instead of using a cutter, you can also make patterns of your own on heavy paper or simply cut out the designs using a knife.

After you've gained some experience, you may want to try forming the pieces freehand. Roll the flattened dough into coils and balls and use them to build your pieces. **Note:** Keep coils under 1" thick or they may crack. To form flat pieces, simply flatten the dough between the palms of your hands. Three dimensional objects made in this manner may require some type of prop or support during drying to prevent sagging. In the case of top-heavy figure heads, insert a toothpick down into the body portion to keep them straight. Finally, if you want to use the piece as a hanging ornament, place a piece of bent wire, a paper clip, or a hair pin in the top portion. Be sure to center it in the thickness so it doesn't cause the dough to crack.

Larger dough art pieces over 10"- like candle holders, baskets, masks, plaques, mirror frames, or light shades - should be reinforced with another material. Chicken wire and aluminum foil are two possibilities. Dough art can also be formed directly on pieces of wood such as decoupage plaques. Just moisten the wood slightly before adding on the dough, and dry together.

.....Texturizing. Texture can be achieved in a multitude of ways. Just look around the house and you'll find innumerable items, such as keys, buttons, meat tenderizers, fabric, burlap, and combs, that you can stamp into the dough. Pasta shapes - wheels, shells, and curls - can be pressed into the dough and dried along with it. Or the dough may be pressed into a mold. To prevent sticking, coat wood molds with cooking oil and plastic or metal ones with flour. To create the texture of hair or fur, squeeze the dough through a garlic press. It's a great way to make Santa's beard or a little girl's curls.

Varying the type of flour used in the dough will alter texture and color. Instead of white flour, use whole wheat, rye, bran, or soybean. **Note:** These doughs are somewhat more brittle. Natural doughs look so warm and homey, you may even want to leave them "as is" and forgo painting.

.....Decorating the Pieces. The dough, itself, may be colored or the coloring can be done after the piece has dried. To color the dough, add one of the following before kneading: food coloring, tempera, spices, instant tea or coffee, colored inks, or dyes. Powdered colorings should be mixed with liquid before being added to the dough. If you intend to color in this fashion, keep the dough a little drier than normal to balance the addition of the liquid color.

Glazing should also be done prior to drying. A glaze is a glossy, transparent coating applied to the pieces to give them a "ceramic" appearance. Mayonnaise provides a wet, shiny look, while egg yolk mixed with 1 teaspoon water gives the dough a yellow-brown tint. Colored glazes can be made by adding food coloring to the egg yolk glaze.

Many people prefer to decorate their dough art after it has dried. Use any type of paint-oil, enamel, tempera, water color, or acrylic. However, acrylics provide the best protection for dough art pieces because they seal out moisture. Another way to add decoration is with acrylic-based molding paste. The paste is squeezed through a cake decorating tube to provide frosting-like designs.

.....Preserving Dough Art Pieces. All dough art pieces should be finished with some sort of waterproof seal. Varnish, lacquer, and shellac will all work, but they should first be tested on scrap pieces to see how they will affect the color. Probably one of the easiest sealants to use is plastic fixative, available in most art and hobby shops. Plastic fixative sprays on, dries quickly, and is usually available in matte, semi-matte, and gloss finishes.



1. Most dough can be shaped with your hands alone; however, a garlic press is handy for making hair, fur, or feathers.



2. Once the hardened dough art has cooled, paint the pieces any way you desire.



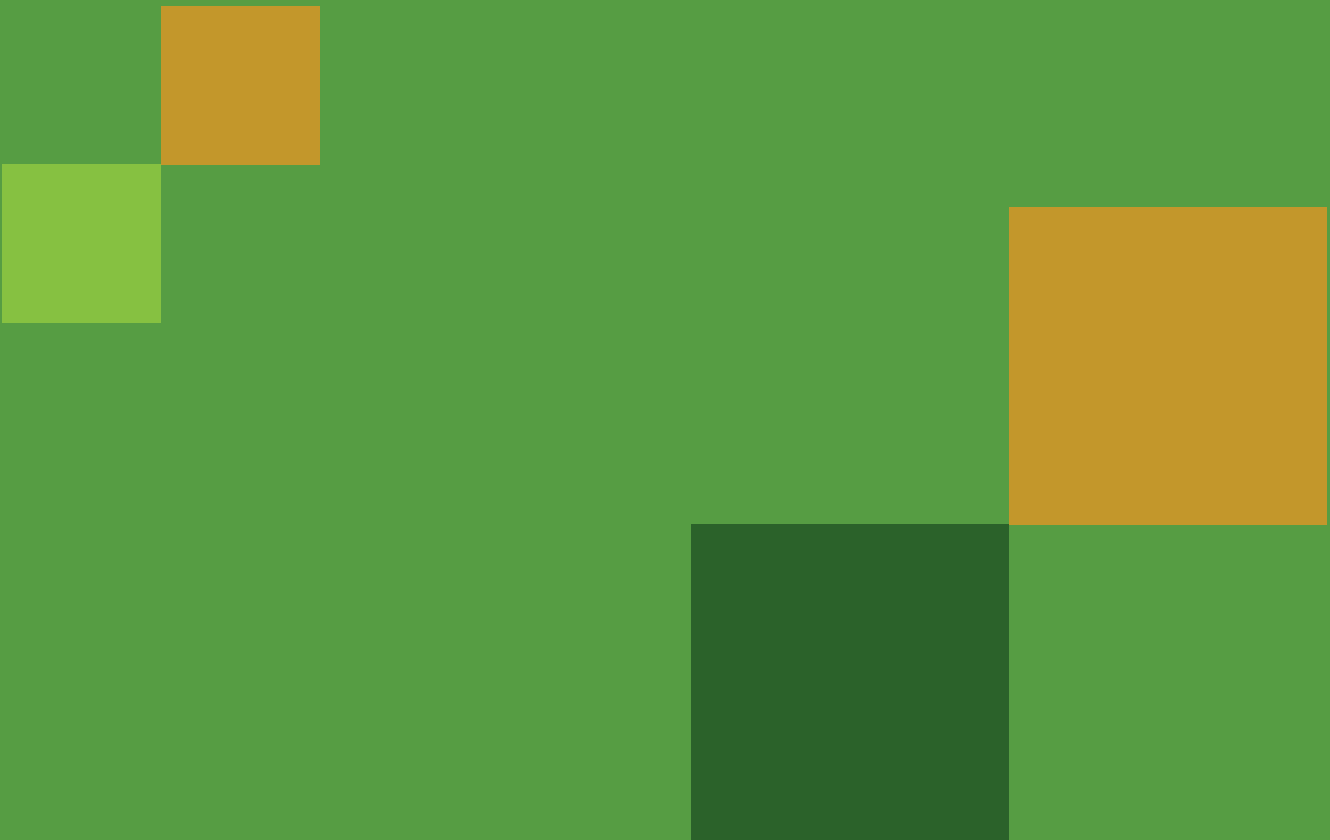
3. Christmas tree ornaments are just one of the many exciting uses for your finished dough art designs.







RECIPES





APPETIZERS

Dips

YOGURT AND DILL DIP



1 cup oil

1/2 cup vinegar

2 cups yogurt

1 tsp. dill

dried onion soup mix

Blend all the ingredients until smooth. Add 1/2 cup of one or more of the following: grated sharp cheese, crumbled blue cheese, chopped olives, chopped parsley, soy nuts, or sunflower seeds. **Makes 4 cups.**

HOT TUNA YOGURT DIP

- 1 (7 oz.) can tuna
- 1/4 cup mayonnaise
- 1/4 cup yogurt
- 2 T. dried onions
- 2 T. dried green peppers
- 2 T. dried celery
- 1 tsp. Worcestershire sauce
- 1/4 tsp. seasoned salt
- 1/2 cup jack cheese

Soften dried ingredients by covering with warm water. Add all ingredients to blender and mix until smooth. Heat and serve with tortilla chips. Can be served as a main dish over warm buttered noodles or chilled as a summertime dip with fresh vegetables.

YOGURT AND CHIVES DIP

- 1 cup plain unflavored yogurt
- 2 tsp. fresh chopped chives
- 1/4 tsp. dried onions, powdered
- 1/4 tsp. curry powder
- 1/2 tsp. salt
- 1/8 tsp. seasoned salt

Mix all ingredients in small bowl. Cover and chill. Serve as a dip with dried vegetables or raw vegetables, or use as a topping for baked potatoes.

PAPA'S CHILI CON QUESO-HOT DIP

- 1 to 2 lb. cheddar cheese
- 1 large can green chilies
- 1/2 cup dried white onions, diced
- 1 cup dried tomato pieces
- 1 to 2 tsp. dried red chili peppers
- Red chili powder to taste

Reconstitute dried onions and tomatoes in warm water. Sauté onions and put aside. Cube cheese and add to pan. When melted add all other ingredients and gently fold in. Serve hot with tortilla chips. Leftover dip can be used as a spicy sauce for omelets



Crackers and Chips

CHEESY CRACKERS

- 1 cup dried wheat flour
- 1/2 tsp. salt
- 1/3 cup margarine, room temperature
- 1-1/2 cups sharp cheddar cheese, grated
- 1/2 cup walnuts, finely chopped
- 1/4 cup dried onion flakes

Combine flour and salt. Using two knives or a pastry blender, cut in margarine and cheese. Stir in nuts and onion flakes. Form dough into a log. Chill in the refrigerator or freezer overnight. Slice into 1/4" wafers using a sharp knife. Spread wafers in a single layer on drying trays. Dry 8 to 12 hours at 165°F/74°C, rotating trays halfway through drying time. **Makes 4 dozen crackers.**

CORN-TASTY CHIPS

- 3 to 4 cups dried, powdered corn
- 3 cups fresh diced tomatoes or 1-1/2 cups dried tomatoes
- 1/2 cup chopped fresh onion or 1/4 cup reconstituted dried onion
- 1/4 tsp. garlic powder
- 2 cloves (crushed)
- 1 tsp. sea salt
- 1 tsp. pepper (black, chili, or cayenne)
- 1 tsp. dried parsley

Blend together all ingredients and spread mixture thinly onto Paraflexx®, kitchen parchment paper, or plastic wrap. Dry at 165°F/74°C until crisp. Break into chips and serve.

HOMEMADE CORN CHIPS

- 2 cup corn
- 1/4 tsp. dried powdered onion
- 1/4 tsp. dried powdered garlic

Puree corn, onion, and garlic in blender. Spread on Paraflexx® covered tray 1/4" thick. Sprinkle with salt if desired. Dehydrate at 165°F/74°C for 8 to 10 hours or until crisp. Break in chips and serve.

TOMATO-CHEESE WAFERS

- 1 cup cottage cheese
- 1/2 cup fresh or stewed tomatoes
- 1/2 tsp. chili powder
- parsley, garlic, onion bits, etc. (optional)

Blend cottage cheese, tomatoes, and desired spices into a smooth paste. Drop spoonfuls of mixture onto Paraflexx®, kitchen parchment paper, or plastic wrap and dry until pliable chips or wafers form. Serve as an appetizer or as a complement to soups or salads.

CHEESE STIX

- 1/2 cup cornmeal
- 1-1/4 cups flour
- 1 tsp. salt
- 1 tsp. dried onions
- 6 oz. processed cheese
- 1/4 cup shortening
- 1/4 cup water

Combine cornmeal, flour, salt, and onions. Cut in cheese and shortening until mixture resembles coarse crumbs. Add water, gradually stirring with a fork until mixture forms a ball. Take 1/4 teaspoon amounts and roll between hands to form logs. Place on ungreased cookie sheet. Bake in 425°F/218°C oven 6 to 8 minutes. **Makes approximately 60 snacks.**

SESAME WHEAT CRACKERS

- 1 1/2 cup whole wheat flour
- 1/2 cup seven-grain flour
- 3 T. honey
- 2 T. soy oil
- 1/2 cup dried dates, chopped fine
- 1/2 cup water
- 1 T. sesame seeds

Mix flours in bowl. Blend honey, dates, and water to flour mixture. Mix well. Place mixture between two Paraflexx® sheets and roll to 1/4 inch thick. Remove top Paraflexx® sheet. Cut cracker mixture into desired shapes. Place crackers on dehydrator trays. Dehydrate 2 1/2 to 3 hours on 135°F/57°C or until crispy. **Makes about 4 dozen crackers.**

GRAHAM CRACKERS

- 2 cup sifted whole wheat flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 cup unsalted butter or margarine
- 3 1/2 T. honey
- 2 to 4 T. milk

Combine flour, baking powder, and cinnamon together and set aside. Cream butter, honey, and 2 T. milk. Cut butter mixture into flour adding the remaining 2 T. milk a little at a time if needed. Roll mixture between two Paraflexx® sheets. Cut into squares about 2" x 2". Place crackers on dehydrator trays. Dry 4 to 6 hours 165°F/74°C. or until crispy. **Makes about 4 dozen crackers.**

Miscellaneous

POTATO TOPPERS

- 1/2 cup wheat flour
- 3/4 cup cheddar cheese
- 1 T. toasted sesame seeds
- 1 T. bacon flavored T.V.P.
(textured vegetable protein)
- 2 T. butter
- 1 tsp. dried chives or green onions
- 1/4 tsp. seasoned salt

Cut butter into mixture of all ingredients. Pat onto Paraflexx®, kitchen parchment paper, or plastic wrap and place on dehydrator tray. Dehydrate at 165°F/74°C until crisp. Break into small pieces and serve over baked potatoes.

TUNA CHIPS

- 1 can tuna (6 oz.) packed in water and drained
- 1 egg, hard boiled
- 1 small dill pickle
- 1 T. dill pickle juice
- 1/4 cup chopped celery
- 2 T. chopped onion

Puree all ingredients together in blender. Line dehydrator tray with Paraflexx® sheet. Spread mixture 1/8 to 1/4 inch thick square. Dry at 165°F/74°C degrees for 5 to 6 hours or until tuna mixture curls and pulls away from Paraflexx® sheet. If needed mixture may be pulled from Paraflexx® sheet and turned over during the drying process. After all moisture is removed, peel from Paraflexx® sheet and break into snack size pieces.

STUFFED DRIED FRUIT

- 8 oz. cream cheese (room temp)
- 5 T. cream
- 1/2 tsp. mustard
- 1/2 tsp. dried garlic powder
- 1/4 tsp. mixed dried onions
- 1/4 tsp. celery seed

Combine cream cheese with cream and seasonings and blend. Place in pastry tube and fill with your choice of dried fruits, such as pear or peach halves that have been steamed 10 to 15 minutes. Sprinkle with chopped nuts.

MUSHROOM TURNOVERS

Pastry

- 1 (8 oz.) package cream cheese, softened
- 1/2 cup butter or margarine
- 1-1/2 cups flour

Mix together until smooth, shape into ball, and refrigerate for 1 hour. Thinly roll out dough and cut with floured 3" round cookie cutter.

Filling

- 3-1/2 cups dried, minced mushrooms
- 2/3 cup dried onions
- 1 cup sour cream
- 4 T. flour
- 1 tsp. salt

Add an equal amount of water to mushrooms; soak 20 to 30 minutes to reconstitute. Sauté mushrooms for 5 minutes, then add onions, sour cream, flour, and salt. Preheat oven to 450°F/232°C. Place a teaspoon of mushroom mixture onto one-half of each dough circle, flop over, and crimp with a fork dipped in beaten egg to seal. Prick top, place on ungreased cookie sheet, and bake 12 to 14 minutes until browned. **Makes about 2-1/2 dozen.**

CREAM CHEESE

- 2 quarts buttermilk
- 2 1/2 T. fresh lemon juice

Mix together buttermilk and lemon juice. Pour into two shallow glass bowls. Remove trays from dehydrator and place bowls on bottom of dehydrator. Turn thermostat to 110°F/43°C for about 4 to 6 hours or until mixture starts to thicken. Line large glass bowl with several layers of cheese cloth. Pour buttermilk mixture into large bowl. Bring edges of cheese cloth together and tie with string. Elevate bag above bowl so whey will drip out. Let stand overnight at room temperature. Open cheese cloth and spoon out cream cheese. Refrigerate. May be seasoned if you like or eaten as is. **Makes 1 cup.**

DILL DEVILED EGGS

- 6 eggs
- 1 tsp. crushed dried dill
- 2 T. mayonnaise
- 2 T. cider vinegar
- 1/2 tsp. salt
- 1/4 tsp. pepper

Boil eggs 10 to 12 minutes. Cool, remove shells, and cut in half lengthwise. Remove yolks and mash until fine. Add dill, mayonnaise, vinegar, salt, and pepper. Blend well. Fill whites with herbed yolk mixture. Chill before serving.





SOUPS AND SALADS

Soups

CREAMY PEA SOUP



| |
|--------------------------------------|
| 1 cup dried peas |
| 1 T. dried, diced onions |
| 1/2 cup dried carrots |
| 1/2 cup dried potatoes |
| 1/4 cup dried green peppers, chopped |
| 1/4 cup dried celery leaves, crushed |
| salt |
| pepper |
| 1/2 cup dried milk |
| 3 T. butter |

Put dried peas, onions, carrots, potatoes, and green peppers in pan and rehydrate in cold water. Simmer over low heat for 3 to 4 hours, until peas are soft. Add dried milk or butter and more water, if needed. Simmer, stirring often, 1/2 hour longer. **Makes 4 servings.**

ONION SOUP

1-1/2 cups dried, thinly sliced onions
1/2 cup butter or margarine
2 T. instant beef bouillon
4 cups hot water
1 tsp. Worcestershire sauce
1/2 tsp. salt

Sauté onions in butter or margarine. Try to use a casserole dish that can also be used in the oven. Add bouillon, hot water, Worcestershire sauce, and salt. Place in 350°F/177°C oven for 20 minutes. Remove from oven, sprinkle with Parmesan cheese or top with a slice of mozzarella, and place under broiler till cheese is browned.

CHEESE POTATO SOUP

1/4 cup dried onions
1 cup dried potatoes
1/4 cup dried carrots
1/4 cup dried celery
3 pieces rye or pumpernickel bread, cubed
1/2 cup cheddar cheese
2 T. butter
6 cups water
1/2 tsp. pepper
1 tsp. salt
1 T. dried parsley

Sauté onions in butter for 3 minutes. Reconstitute vegetables for 30 minutes in 2 cups water. Add all other ingredients, cover, and simmer 1 hour or until vegetables are tender. **Serves 4.**

CREAMY MUSHROOM SOUP

- 1-1/2 cups dried mushrooms
- 1/2 cup dried onions
- 2 cups hot beef bouillon
- 1/4 cup margarine
- 4 cups milk
- 1 tsp. salt
- 6 T. flour
- parsley for garnish

Sauté mushrooms and onions in margarine in a heavy saucepan for 5 minutes, stirring occasionally. Combine bouillon, milk, salt, and flour. Blend until smooth. Add to sautéed mushrooms and onions. Cook over low heat until the mixture comes to a boil, stirring constantly. Cook and stir 2 to 3 minutes longer. Garnish with parsley. **Makes about 8 servings.**

HUNGARIAN GOULASH SOUP

- 2-1/2 lb. chuck or round steak, cut in chunks
- 2 T. vegetable oil
- 2 T. margarine or butter
- 1/2 cup dried onions
- 1/4 tsp. dried garlic, powdered
- 1 T. paprika
- 7 to 8 cups water (or any leftover broth)
- 1/4 cup dried green pepper pieces
- 1/4 cup dried red pepper pieces
- 2 tsp. salt
- 1/4 tsp. white pepper
- 1 tsp. caraway seed
- 1 cup dried tomato pieces
- 1 small dried red chili pepper, crushed
- 1 cup dried potatoes, sliced

In large Dutch oven (5 quart), brown meat in oil. When browned, remove meat and set aside; skim grease and add butter to melt. Sauté dried onions and garlic until tender; then blend in paprika. Return meat to pan, add water or broth, dried peppers, salt, white pepper, caraway seed, dried tomato pieces, and chili pepper. Bring to boil; then reduce heat and simmer, covered for 2 to 3 hours, until meat is tender. Keep covered, and refrigerate several hours; fat will rise and congeal on surface. Remove congealed layer and heat soup again to simmer; add more seasoning if desired. Add potatoes and cook until tender, about 30 minutes. **Makes 6 generous servings.** Sour cream may be spooned over top of each individual serving.

VEGETABLE FISH CHOWDER

- 2 cups dried fish, chopped
- 1/2 cup dried peas
- 2 cups dried chopped potatoes
- 3/4 cup dried carrots
- 3/4 cup dried chopped onions
- 4 T. all-purpose flour
- 1 cup dried, powdered milk
- 1 tsp. salt
- 1/2 tsp. pepper
- 3 quarts water

Reconstitute first 5 ingredients in water for 30 minutes. Add spices, stir well, and simmer 30 to 40 minutes. **Makes 8 servings.** To take camping, combine all dry ingredients at home in a tightly covered container.

MINESTRONE SOUP

- 1 cup dried navy beans
- 3/4 cup dried celery
- 1 cup dried tomatoes
- 1/2 cup dried turnips
- 2 T. dried parsley
- 1 tsp. basil
- 1 clove garlic, minced
- 1 cup dried cabbage
- 1/2 cup dried peeled zucchini
- 1/2 cup shell macaroni
- Parmesan cheese

Bring beans to a boil in 4 cups water; let stand for 1 hour. Reconstitute celery, tomatoes, and turnips for 30 minutes. Add parsley, basil, garlic, and 6 cups water. Bring to a boil and simmer 1 hour. Stir in cabbage and zucchini. Cook 15 minutes. Add macaroni; cook 15 minutes more. Serve topped with cheese. **Serves 4.**



GAZPACHO

- 2 cups dried, chopped tomatoes
- 1/4 cup dried, chopped cucumbers
- 1/4 cup dried, chopped green peppers
- 2 T. dried onion flakes
- 1/4 cup dried carrot slices
- 1/4 cup salad oil
- 2 T. rose wine vinegar
- 5 drops Tabasco
- 1/4 tsp. dried basil

Reconstitute the tomatoes, cucumbers, peppers, onions, and carrots in 3 cups water (about 1/2 hour); add the oil, vinegar, Tabasco, and basil, along with 2 cups water and blend until fairly smooth. Chill and serve with fresh sprig of parsley or cilantro and croutons. **Serves 4** as a first course.

CORN-POTATO CHOWDER

- 1/2 cup dried corn
- 4-1/2 cups water
- 6 strips bacon
- 1/2 cup dried onions, chopped
- 1-1/2 cups dried potatoes, diced
- 2 cups nonfat dry milk
- 1 T. flour
- 1-1/2 tsp. salt
- 1/8 tsp. pepper

Rehydrate corn, onions, and potatoes in water; allow to stand for 30 minutes. Brown bacon in soup pot until crisp. Remove and drain. Brown onions in bacon fat until tender. Add onions to bacon. Place undrained rehydrated corn into soup pot, add 2 more cups water, and boil for 45 minutes. If necessary, add water to maintain volume. Add diced potatoes and cook till tender. Combine milk, flour, salt, and pepper with 2-1/2 cups water and mix well. Pour the milk mixture into the pot and bring to a simmer, stirring occasionally. Add onions and crumbled bacon; stir well. Serve with crackers or homemade bread. **Makes 4 to 6 servings.**

PICNIC BEAN SOUP

- 1/2 cup dried lima, navy, or kidney beans
- 1 ham bone with meat
- 3-1/2 cups boiling water
- 1/2 bay leaf
- 3 to 5 peppercorns
- 3 cloves
- 1/2 cup dried celery
- 1/4 cup dried onions
- 1/4 tsp. garlic powder or 1 clove of garlic, minced
- 1/2 cup beer

Rehydrate the beans by soaking in an equal amount of water overnight. Combine beans, ham bone, water, and seasonings. Cook slowly for 2-1/2 to 3 hours or until beans are soft. During the last hour, add celery, onions, garlic, and beer. Remove bone from soup, chop meat, and add it to soup.

VEGGIE-BURGER SOUP

- 2 cups dried tomatoes
- 1 cup dried carrots
- 3/4 cup dried corn
- 3/4 cup dried peas
- 1/2 cup dried, chopped onions
- 1/4 cup dried celery slices
- 1/4 cup dried celery leaves
- 1 lb. lean hamburger
- 1/2 cup elbow macaroni
- 6 peppercorns
- 3 beef bouillon cubes or
3 tsp. beef bouillon granules
- salt and pepper

Rehydrate vegetables in 2 quarts water for 30 minutes. While waiting, brown hamburger and drain well. Add hamburger, macaroni, peppercorns, bouillon, and an additional 6 cups water to the vegetables. Simmer until tender. Season to taste and serve. **Makes 4 to 6 servings.**

CHILI SALSA

2 cups dried tomato powder (add 9 cups water to make sauce)
1/4 cup dried celery
1/4 cup dried onions, chopped
1/4 cup dried green peppers
1 red pepper
1-1/2 cups sugar
1-1/2 tsp. cinnamon
1-1/2 tsp. black pepper
3 cups vinegar
salt to taste

Mix all ingredients together and cook until celery is soft. **Makes approximately 3 quarts.**

BEEF VEGETABLE SOUP

1 soup bone, with some meat on it
1 cup assorted dried vegetables
(corn, peas, beans)
1 T. dried parsley
1 T. salt
1/4 tsp. pepper
1/4 cup dried celery
1/2 cup dried carrots
1/4 cup dried onions

Rehydrate vegetables in 1 cup water for 30 minutes. Cover soup bone with water. Cook 1 hour over medium heat. Pour boiling water over dried vegetables, just to cover; soak 1 hour. Dice celery, carrots, and onions; add these, the rehydrated vegetables with their water, dried parsley, and seasoning to the beef bone. Simmer 1 to 1-1/2 hours, remove the bone, dice meat, and return to the pot. Season to taste and serve hot. **Makes 4 servings.**

HOT POTATO SALAD

4 slices bacon
1/2 cup dried onions, chopped
1/4 cup butter or margarine
1/4 cup vinegar
2 T. water
3 T. sugar
1 tsp. salt
1/8 tsp. pepper
3 cups dried, sliced potatoes
1 T. parsley

Reconstitute potatoes in boiling water; simmer 15 minutes. Chop bacon and fry. Sauté rehydrated onions in butter; add vinegar, water, sugar, salt, and pepper. Heat to boiling; then add potatoes and parsley. Heat thoroughly and serve.

SAVORY SEASONING MIX

3 T. dried onion flakes
1/4 cup parsley flakes
1 tsp. powdered garlic
dash of cayenne pepper
3 tsp. sea salt
1 tsp. seasoned salt
2 tsp. ground papaya seeds
1 tsp. ground pepper
1/4 cup celery flakes
1/4 cup celery seeds
2 tsp. dill seeds
2 T. paprika
1/4 cup poppy seeds
2 cups sesame seeds
3 cups grated dry cheese;
Parmesan or Romano

Mix all ingredients together. Place in an airtight container and store in a cool, dry place. Sprinkle this seasoning mix over potatoes, casseroles, and salads. **Makes about 1 quart.**

SALAD TOPPING

- 3/4 cup roasted soybeans
- 3/4 cup dried onion flakes
- 1/2 cup dried carrots
- 1/4 cup each, dried red and green bell peppers
- 1/4 cup dried parsley
- 1/4 cup dried chicken T.V.P.
(textured vegetable protein)
- 1/4 cup dried bacon T.V.P.
- 1/4 cup sunflower seeds
- 1/2 cup dried tomato flakes

Coarsely chop all ingredients in blender. Be certain all ingredients are thoroughly mixed. Store mixture in refrigerator in glass jar with tight-fitting lid. To serve, sprinkle mixture lightly over salads, casseroles, etc.

OLD WORLD HERBED FRENCH DRESSING

- 1/4 cup white wine vinegar
- 1 tsp. salt
- 1/2 tsp. granulated sugar
- 1/2 tsp. dry mustard
- 1/4 tsp. paprika
- freshly ground black pepper
- 1 cup olive oil or other salad oil
- 2 sprigs fresh parsley
- 1 dill seed head (fresh or dried)
- 1 tsp. dried basil

Optional: 1 tsp. various other dried herbs such as tarragon, thyme, chervil, etc.
Beat the vinegar with the seasonings until well blended; then add oil and beat again. Mix in the dried and fresh herbs. Serve over any green salad.

LIME DRESSING

- 3/4 tsp. dried, grated lime peel
(or 2-1/2 tsp. fresh)
- 1 tsp. powdered dried limes
- 3/4 cup water
- 1 cup salad oil
- 1 cup olive oil
- 2-1/2 tsp. dried and crushed red chili peppers
- 2-1/2 tsp. ground dried cumin

Sprinkle a few teaspoons of water over the lime peel. Add the powdered lime to the water and let sit for about 3 minutes. Combine all ingredients in small bowl, mix well, cover, and chill. Serve over a cold shrimp, crab, or chicken salad. **Makes about 3 cups of dressing.**

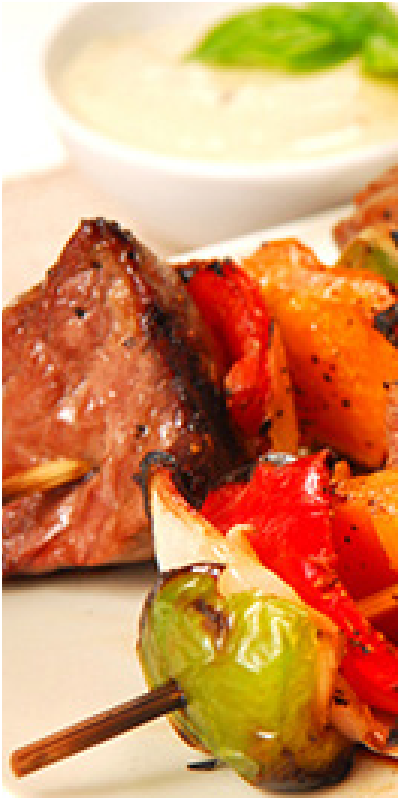




ENTREES

Beef

SAUTEED SHISHKA KEBAB



1/4 cup dried onion flakes
1/4 cup margarine or butter
1/2 cup dried green pepper, in strips
1/2 cup dried mushrooms, sliced
1/2 cup dried tomato slices

2 lbs. chuck or round steak; cut in 1/4" strips and marinate for a few hours in:

1/4 cup Italian dressing, 1/4 cup soy sauce,
or 1/2 cup dry red wine
2 T. Worcestershire sauce
1 clove garlic, minced
Assorted spices: (pinches of) thyme,
rosemary, onion powder, salt, and pepper

Cut meat and marinate; drain well and reserve marinade. Sauté onion and peppers in butter until tender; then add mushrooms and sauté. Set vegetables aside. Cook steak strips quickly in (still buttered) sauce pan; brown on all sides. Return vegetables to the pan and add tomato slices and reserved marinade. Cook until thoroughly heated; add spices (and salt) to taste. Serve over rice or noodles. **Makes enough for 6.**

ZUCCHINI MEAT BAKE

1 small clove garlic
1 lb. ground beef
2 T. oil
1/4 cup dried onions, diced
1/2 cup uncooked rice
1/3 cup dried tomato powder
1 tsp. sugar

1 cup water
1 cup vegetable juice
1/2 tsp. salt
1 T. dried bell pepper
3/4 cup dried, sliced zucchini
Parmesan cheese

Sauté garlic, onions, and beef in oil; then add rice (mix well). Add tomato powder, sugar, water, vegetable juice, and bell pepper. Cook 5 minutes; then add salt. Layer in pan with cheese and zucchini. Bake at 350°F/177°C for 40 minutes. **Serves 6.**

BEEF STROGANOFF

- 2 cups dried beef cubes
- 1-1/2 cups dried mushrooms
- 1/2 cup dried onions
- 3 cups beef bouillon
- 5 T. flour
- 1 cup sour cream
- 4 T. sherry

Simmer beef cubes, mushrooms, and onions in bouillon 1 hour until meat is tender. Remove from heat. Blend in flour, sour cream, and sherry. Return to low heat until sauce simmers. Do not boil. Serve over hot cooked noodles or rice.

MEATLESS "MEAT" LOAF WITH MUSHROOM GRAVY

- 3 cups whole wheat bread crumbs, dried and finely chopped in blender
- 1-1/2 cups walnuts or cashews, ground in blender
- 3 T. oil
- 1/4 cup dried, chopped onions (plus 1/2 cup water)
- 1/2 cup dried, chopped celery (plus 1/2 cup water)
- 1/4 cup dried parsley flakes
- 1-1/2 T. tomato powder (plus 1 cup water)
- 2 eggs
- 1/2 tsp. salt

Preheat oven to 350°F/177°C. Reconstitute tomato powder in 1 cup water; set aside. Separately reconstitute onions and celery in 1/2 cup water for about 2 minutes; drain well on paper towels. Sauté onions and celery in oil; beat eggs. Mix together the crumbs, nuts, onions, celery, parsley, beaten eggs, salt, plus tomato juice mixture. Spoon into a greased loaf pan (approximately 4" x 8"). Bake for 1 hour at 350°F/177°C; cool for about 10 minutes before removing from pan and slicing. **Serves about 8.**

"SAVORY MUSHROOM" GRAVY

- 1/2 cup dried mushrooms
- 2 T. dried onion flakes
- 1/4 tsp. powdered garlic
- 2 T. vegetable oil
- 1 T. butter
- 1 T. flour
- 1 cup vegetable stock or water
- 1 T. soy sauce
- 1/4 tsp. molasses
- 1/4 tsp. salt
- 1/4 tsp. dried savory
- 1/4 tsp. dried thyme
- pinch of pepper

Sauté onions and garlic in the oil and butter for about 2 minutes; stir in flour and cook (medium heat) for 2 more minutes. Add water, soy sauce, molasses, and mushrooms. Cook, stirring well, until thickened. Season with the savory, thyme, salt, and pepper according to taste. **Makes about 12 ounces (1-1/2 cups).**

VEAL MEATBALLS WITH MUSHROOM SAUCE

- 2 eggs
- 1 cup dried bread crumbs tossed with 1/2 tsp. poultry seasoning, 1/4 tsp. pepper, and 1/4 tsp. salt
- 1-1/2 lbs. ground veal
- 1/4 cup dried onion flakes
- 2 T. margarine or butter
- 1-1/2 cups medium white sauce: 3 T. butter, 3 T. flour, and 1-1/2 cups milk
- 3/4 cup dried mushrooms
- 1/4 cup dry white wine or water
- 2 cups dried new potatoes, sliced or whole

Beat eggs; add the bread crumbs and seasoning mixture. Stir in the veal and onion flakes. Shape mixture in 1" to 1-1/2" meatballs. Brown meatballs well in heated butter; drain fat and transfer them to 2 quart casserole. Make the white sauce: melt butter, stir in flour, and add milk until thickened. Add mushrooms and wine (or water). Pour this mushroom sauce over the meatballs and dried new potatoes (potatoes may be arranged around the meatballs). Bake covered for 1 hour in 350°F/177°C oven; the casserole will be browned and bubbling. **Serves 6.**

Fish and Poultry

TUNA TREATS

- 1 cup (6-1/2 oz. can) tuna packed in water, drained
- 1 hard cooked egg
- 1 small kosher dill pickle
- 2 T. dill pickle juice
- 2 T. chopped onions
- 1/4 cup chopped zucchini or celery

Puree all ingredients together in a blender; use a rubber scraper to push down ingredients until blended. Spread Paraflex®, kitchen parchment paper, or plastic wrap lengthwise over one dehydrator tray; paper or plastic should be taped in place at the corners. Spread mixture into a 9" x 13" rectangular shape, 1/8" to 1/4" thick. Dry 5 to 6 hours at 165°F/74°C or until tuna mixture curls and pulls away from the liner. Mixture may be pulled away from the liner and turned over during the dehydrating process. Break or pull off pieces as tuna chips for snacks.

Makes 1 cup chips.

TURKEY TETRAZZINI

- 2 cups spaghetti, broken in small pieces
- 2 cups dried, cooked chicken or turkey
- 1/2 cup dried, chopped green peppers
- 1/2 cup dried, chopped onions
- 1 cup white sauce
- 1/4 cup dried mushrooms
- 1 cup chicken or turkey broth
- 1/2 tsp. salt
- dash pepper
- 1-3/4 cups grated cheddar cheese

Rehydrate peppers and onions in 1 cup hot water. Meanwhile, cook spaghetti. Drain and place in 9" x 12" x 13" baking dish or 2 quart casserole. Drain green peppers and onions; mix together with chicken or turkey, white sauce, mushrooms, broth, salt, pepper, and 1-1/4 cups grated cheese. Pour over cooked spaghetti, and sprinkle 1/2 cup grated cheese over top. Bake at 350°F/177°C for 45 minutes.

DRAGON JAMBALAYA

- 1/2 cup dried, chopped onions
- 1/4 cup dried, chopped green peppers
- 1/4 cup dried, chopped celery
- 3 T. butter or margarine
- 3 T. vegetable oil
- 1-1/2 tsp. garlic powder
- 2 cups dried, sliced tomatoes
- 1/4 cup powdered tomatoes
- 1 quart water
- 1 T. dried parsley flakes
- 3 bay leaves
- 1 tsp. thyme
- 1/4 tsp. red pepper flakes
- salt and pepper to taste
- 1 can flat beer
- 1 lb. diced ham
- 2 lbs. raw, peeled shrimp (Jumbo)
- 2 cups cooked, diced chicken breast
- 1 lb. cooked crab meat
- 2 cups long grain rice
- 2-1/2 cups chicken broth or 1 bouillon cube plus 2-1/2 cups hot water
- 1+ tsp. turmeric

In large Dutch oven, add butter and oil and sauté onions, green peppers, and celery until tender; add garlic powder and simmer. Combine dried tomatoes and tomato powder in quart of water and rehydrate. Add this to the sautéed vegetables; next add parsley, bay leaves, thyme, and pepper flakes. Stir in beer, ham, and shrimp and boil until shrimp is done (no more than 3 to 4 minutes). Add chicken and crab, stir until heated through, and drain.

Rice

Pour chicken broth over rice and bring to boil; then add turmeric and continue boiling until steam holes appear. Reduce heat and simmer 15 minutes. Serve meat in center of platter and make a ring of rice.

Note: Special thanks to Captain Robert H. Stout, Master of the Yacht Dragon.

JUDY'S BROCCOLI CASSEROLE

- 2 cups chicken, diced
- 1/4 cup butter
- 1/2 cup flour
- salt to taste
- 1 cup milk
- 2 cups chicken broth
- 1 cup mayonnaise
- 1 tsp. lemon juice
- 1 cup dried broccoli pieces
- 1/2 cup dried mushrooms, sliced
- 1 cup buttered bread crumbs
- 2 cups cooked rice

Reconstitute broccoli in warm water. Steam until a bright green color and just until tender. Set aside. Combine butter, flour, salt, milk, and broth; cook until thickened. Add mayonnaise and lemon juice. Put rice in buttered 9" x 12" pan; top with broccoli and mushrooms. Combine chicken with sauce, and pour over casserole. Top with bread crumbs. Bake at 350°F/177°C till brown. **Serves 8 to 10.**

KIP'S CHICKEN CREPES

- 1/2 cup diced dried chicken or turkey
- 1/2 cup dried spinach
- 1-1/2 cups medium white sauce
- 1/4 cup cracker or bread crumbs
- 1/4 cup Parmesan cheese
- 2 T. dried green onions
- 1/4 tsp. crushed dried fennel seeds

Reconstitute meat in 1 cup hot water until tender. Drain. Reconstitute spinach and onions in 1/2 cup water until tender. (Drain any excess liquid.) Combine meat, spinach, onions, and bread crumbs; spoon into crepes; and roll. Arrange, seam side down, in a buttered baking dish. Mix cheese and fennel seeds with white sauce and pour over crepes. Bake at 350°F/177°C approximately 30 minutes.

CREPE PANCAKES

- 1 egg
- 1 cup milk
- 1 T. melted butter
- 1 cup flour

Lightly grease 6" skillet. Pour 2 tablespoons batter in pan. Tilt pan until batter spreads evenly. Return pan to heat and brown on one side only. Repeat with rest of batter. Crepes can be filled with meat, vegetables, or fruit.

Pork and Lamb

PORK CHOPS AND APPLES

Rehydrate dried apple rings by soaking 1 hour, or until soft, in just enough boiling water to cover. Brown pork chops, season, and pour off grease. If done in an iron kettle, this may be put in the oven; otherwise, transfer chops to a casserole large enough to arrange them one layer deep. Cover chops with apple slices; add water in which apples were soaked and enough more to barely cover chops. Bake at 350°F/177°C for 35 to 40 minutes.

SWEET AND SOUR HAM

- 1-1/4 cups cubed ham
- 2 T. shortening
- 1/4 cup dried onion pieces
- 1 T. dried green peppers
- 1/2 cup dried pineapple pieces
- 2 T. vinegar
- 1 T. soy sauce
- 1 tsp. salt
- 1 T. cornstarch
- 1 cup water

Reconstitute onions, peppers, and pineapples in warm water, just to cover. Drain. Brown ham in shortening; then add onions and green peppers. Cook until tender; add pineapple, vinegar, soy sauce, and salt. Mix cornstarch and water; add to meat mixture. Bring to a boil and simmer for 45 minutes. Serve over rice. **Makes 4 servings.**

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DRIED HAM IN RICE

- 1/2 cup dried ham pieces
- 1 quart boiling water
- 1 cup uncooked rice
- 2 T. dried, grated carrots
- 2 T. dried, chopped celery
- 1 T. butter or margarine
- 2 chicken flavored bouillon cubes
- 1/2 cup boiling water
- 1 tsp. soy sauce
- 1 T. chopped chives

Simmer dried ham in water over low heat for approximately 1 hour, or until tender. Add water to make 3 cups. Bring to a boil; then add rice, dried carrots, dried celery, and butter or margarine. Bring to a boil again, lower heat, cover, and cook 20 minutes without lifting lid. Dissolve bouillon cubes in 1/2 cup boiling water. Stir in soy sauce and add to cooked rice mixture. Mix lightly, put in a serving dish, and top with chives. Makes 6 to 8 servings.

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HERBED LAMB

- 1-1/2 cups dried lamb cubes
- 1/2 tsp. dried garlic, chopped
- 1/4 cup dried onions, chopped
- 1 dried bay leaf
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/4 tsp. dried rosemary
- 6 peppercorns
- 4 cups boiling water
- 1 cup dried carrots
- 1 cup dried onion slices
- 1 cup dried celery slices
- 1/2 cup dried tomato slices
- 1/2 cup dried peas
- 1/2 cup white wine
- 6 medium potatoes, cut in 1" cubes
- 1/4 cup cornstarch
- 1/4 cup water
- salt

Combine dried lamb cubes, herbs, seasonings, and boiling water in a large pan. Cover and simmer over low heat for 1 hour or until lamb is tender. Add dried vegetables and cook 30 minutes longer. Add potatoes and wine and cook 20 minutes more or until potatoes are tender. Remove bay leaf and peppercorns. Combine cornstarch and water in a cup. Move meat and vegetables to a serving dish with a slotted spoon. Add cornstarch mixture to liquid in pan and cook, stirring constantly until thickened. Season to taste with salt and pour over meat and vegetables.
Makes 6 servings.

Side Dishes

GLAZED CARROTS

- 1 cup dried carrots
- 2 cups water
- 1 T. butter
- 1 T. brown sugar dash of salt

Rehydrate carrots in water for 1 hour. Steam a few minutes until tender and drain. In another saucepan add 1 tablespoon water, butter, brown sugar, and salt. Cook for 2 minutes. Pour mixture over cooked carrots and gently rotate pan until coated. **Serves 4.**

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CORN FRITTERS

- 2 eggs, beaten
- 1 cup flour
- 1 T. sugar
- pinch salt
- 1 cup milk
- 1 heaping tsp. baking powder
- 2 cups dried corn

Rehydrate dried corn in 2 cups boiling water for 1 hour; drain any excess water. Combine dry ingredients with eggs and milk. Add rehydrated corn. Drop from a tablespoon into hot fat. Fry until puffy and golden brown. Drain on paper towels. Try other dried vegetables like zucchini, peppers, or onion rings (but don't rehydrate).

CREAMED CORN

- 1 cup dried corn
- 4 cups boiling water
- 1 tsp. sugar
- 1/2 cup cream
- 1 T. butter
- 1/2 tsp. salt
- 1/4 tsp. pepper

Add dried corn to boiling water; allow to stand for 20 minutes. Simmer corn until tender, approximately 1 hour. Drain off excess water. Add sugar, cream, butter, salt, and pepper to the drained corn. Bring mixture to a simmer, stirring frequently. Reheat and serve.

Makes 6 servings.

SWEET POTATO RUB

- 1-1/2 cups dried sweet potatoes
- 1 stick butter
- 1/2 cup corn syrup
- 1/2 cup dark brown sugar
- 1 tsp. vanilla
- 1/2 tsp. cinnamon

Reconstitute potatoes in 1 to 1-1/2 cups warm water for 1 hour. Steam until tender. Mix with butter and beat until fluffy. Add syrup, sugar, vanilla, and cinnamon. Pour into greased baking dish and top with pecans or marshmallows. Bake at 350°F/177°C for 40 minutes.

Makes 4 servings.

CREAMY MUSHROOMS

- 1-1/4 cups dried mushrooms, sliced
- 2 T. butter
- 1 T. dried white onions, diced
- 1 T. dried green onions
- 1 T. flour
- 1/2 cup cream
- 1 T. cream sherry
- salt and pepper to taste

Reconstitute mushrooms and onions by covering with 1 cup warm water. Let stand for 15 minutes. Drain. Heat butter in skillet; add mushrooms, onions, salt, and pepper. Add cream; sprinkle with flour and simmer for 15 minutes, stirring constantly. Add sherry and serve. This sauce is an elegant addition to omelets, beef, and veal or spooned into pastry shells.

DEEP FRIED SEASONED VEGETABLES

- 3 cups dried vegetables
(mushrooms, zucchini, onions, eggplant)
- 3/4 cup flour
- 3/4 cup buttermilk
- 3/4 cup milk
- 1-1/4 cups cracker crumbs
- oil for deep frying
- 1 cup Parmesan cheese

Coat vegetables a few at a time in flour. Dip in buttermilk combined with milk and coat with cracker crumbs. Deep fry at 350°F/177°C for 3 to 5 minutes, turning until golden brown. Remove, drain on paper towels, and sprinkle with Parmesan cheese.

HOMEMADE NOODLES

- 1 cup flour
- 1 egg
- 1/2 tsp. salt
- 3 T. milk

Blend all ingredients; knead dough by hand until stiff. Chill. Cut into thin strips. Spread strips in a single layer over trays, and dry at 165°F/74°C until crisp.

CREAMED POTATOES WITH PEAS AND BACON

- 1 cup dried potatoes
- 1/4 cup dried peas
- 2 slices bacon, fried and crumbled, or
2 T. bacon flavored T.V.P.
(textured vegetable protein)
- Sour cream and chives (optional)

Reconstitute potatoes and peas by covering with 1-1/2 cups boiling water. Steam vegetables until tender and add with bacon or T.V.P. to white sauce. For added richness, top with sour cream and chives.

Makes 4 servings.

WHITE SAUCE

2 T. butter
2 T. flour
1/4 tsp. salt
1 cup milk
dash of pepper

To prepare white sauce, melt butter, salt, and pepper in saucepan. Add flour and blend until smooth. Gradually stir in milk and cook over medium heat, stirring constantly. Mixture will thicken as it comes to a boil.

FALAFEL

1 large baking potato
1/2 cup dried parsley
1/2 cup dried onions
3 T. oil
3 cups garbanzo beans, cooked and mashed
1/3 cup sesame seed meal
1 T. plain yogurt
1/4 tsp. powdered dried garlic
1 T. seasoned salt
1/8 tsp. pepper
1 tsp. paprika
1 lemon, juiced
pinch of cayenne pepper

Cook potato and mash. Sauté onions in oil, stir in parsley, and cook until tender. Add to garbanzo beans, and add all other ingredients. Mix well and form into patties using about 2 tablespoons of mixture for each one. Place on greased cookie sheets. Bake at 350°F/177°C for 10 minutes on each side.



SCALLOPED POTATOES

4 cups dried, sliced, or grated potatoes
4 cups boiling water
1-1/2 cups mozzarella or cheddar cheese, grated
1 cup milk
1 tsp. celery salt
1/2 tsp. dried onion powder
1/8 tsp. pepper
1 T. butter

Reconstitute potatoes in boiling water. Place half of potatoes in a well-buttered 2 quart casserole. Top with a layer of cheese and cover with remaining potatoes. Add seasonings to milk; pour over layered potato and cheese mixture. Dot with butter and top with remaining cheese. Bake at 350°F/177°C for 1 hour.

HASH BROWN POTATOES

2 cups dried potatoes
1/4 cup dried onions
1/4 cup dried, chopped green peppers
salt and pepper to taste
2 T. oil

Rehydrate potatoes, onions, and green peppers, letting stand about 20 minutes. Drain. Add seasonings and brown in oil until tender.

HERBED RICE

1 cup white rice
1/2 cup dried onions
1/4 tsp. garlic powder
3 cups boiling water
1 tsp. dried parsley
1 tsp. dried thyme, or savory
1 T. dried sweet marjoram

Sauté onions in butter until tender. Add rice and cook until slightly brown. Add all other ingredients and cook 15 to 20 minutes. Rice should be tender and have absorbed all liquid. **Serves 4.**

Sauces

SPAGHETTI SAUCE MIX

- 2 T. dried onions
- 1 T. dried parsley
- 3 tsp. cornstarch
- 1 T. dried green peppers
- 1-1/2 tsp. salt
- 1/2 tsp. dried garlic powder
- 1 tsp. sugar
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1 cup tomato powder
- 1/4 cup dried, sliced mushrooms

Mix all ingredients and store in a tightly sealed glass container. To prepare sauce, add 3 cups of water to mix and simmer until thick. **Serves 4.**

TOMATO-VEGETABLE SAUCE

- 1 cup powdered tomatoes
- 1/2 cup dried tomato bits
- 1/4 cup dried eggplant
- 1/4 cup dried celery
- 1/4 cup dried onions
- 1/4 cup dried zucchini
- 1/4 cup dried carrots
- 1/4 cup dried bell peppers
- 3 T. brown sugar
- 1 tsp. salt

Combine vegetables with 8 cups boiling water. Rehydrate for 30 minutes and then add sugar and salt. Simmer until vegetables are tender and sauce is thick. Serve over veal and top with Parmesan cheese or add beef or pork chunks and serve over rice.

HERB SAUCE

- 1/2 cup mayonnaise
- 2 T. thick yogurt
- 1 tsp. crushed dried basil or savory

In a bowl, blend mayonnaise, yogurt, and basil until the mixture is very smooth. Use with tomato or vegetable soufflés and other vegetable dishes.

SWEET & SOUR BBQ SAUCE

- 1/2 cup dried pineapple bits
- 1 cup honey
- 2 T. cornstarch
- 1/2 tsp. salt
- 2/3 cup wine vinegar
- 2/3 cup water, if necessary
- 1/4 cup dried green peppers
- 1/2 cup hot water
- 1 T. dried cherries
- 1/2 tsp. dried peppers

Reconstitute pineapple in 1/2 cup hot water; let stand 20 minutes. Combine remaining ingredients (except water) in small saucepan. Cook slowly, stirring constantly until thick and clear. Add pineapple and sufficient water to obtain proper consistency. Makes approximately 2-1/2 cups BBQ sauce for beef, pork, or poultry.

SPICY PIZZA SAUCE

- 1-1/2 cups dried tomatoes
- 1 (6 oz.) can tomato paste
- 1 tsp. dried onion flakes
- 1/2 tsp. dried, finely chopped green pepper
- 1 tsp. salt
- 1 tsp. sugar
- 1/2 tsp. oregano
- 1/4 tsp. garlic powder
- 1/4 tsp. grated Parmesan cheese
- pepper to taste
- 1 bay leaf

Rehydrate tomatoes in 1-1/2 cups water. Combine tomatoes, paste, and seasonings in blender; add bay leaf and refrigerate overnight. Remove the bay leaf and pour sauce on each pizza. Add more cheese and other toppings of your choice: mushrooms, olives, anchovies, sausage, or hamburger.

POLENTA PIE

2 T. dried, chopped onions
2 T. dried, chopped green peppers
1/4 cup dried, diced celery
2 T. oil
1/2 cup dried zucchini slices
1/2 cup dried tomato flakes
2-1/4 cups vegetable stock or water
1 tsp. salt
1/4 tsp. chili powder
1/4 tsp. cumin
1/4 tsp. oregano
pinch of pepper
1 T. dried parsley flakes

Preheat oven to 400°F/204°C. In large saucepan, sauté onions, green peppers, and celery in oil until rehydrated and tender. Add zucchini, tomatoes, stock, and spices and cook, covered, until almost tender; stir in parsley. Sift together the wheat flour, baking soda, baking powder, and salt; then add the polenta or cornmeal.

CORNMEAL OR POLENTA TOPPING

1/2 cup polenta flour (or cornmeal)
1/4 cup whole wheat flour
1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. baking soda
1 egg
1 T. oil
1/2 cup buttermilk
1 tsp. brown sugar
1/2 cup grated jack or cheddar cheese

Mix the egg, oil, buttermilk, and sugar together. Gradually add the dry ingredients into the wet ones and mix until well blended. Grease a 2 quart baking dish and pour in half of the vegetables; spread the polenta mixture over top and pour on remaining vegetables. (Polenta rises while baking, creating a flavorful crust.) Bake the casserole for about 20 minutes; add the cheese during the last few minutes of baking. **Makes 6 servings.**

GREEN BEAN CASSEROLE

2 cups water
1 cup dried, cut green beans
1 cup white sauce
1/2 cup dried mushrooms
1/4 cup cheddar cheese
1/4 tsp. onion powder

Bring water to a boil. Add beans and cook to desired degree of firmness. Add sauce, without reconstituting, and onion powder. Simmer in saucepan until heated through. Or place in 1 quart casserole, top with bread crumbs or french fried onion rings, and bake at 325°F/163°C for 30 to 35 minutes. **Makes 4 servings.**



COATING MIX

5 slices of bread, cubed and dried
2 tsp. onion flakes
2 tsp. parsley flakes
1/2 tsp. garlic salt
1/4 tsp. ground sage
1/4 tsp. poultry seasoning
1/8 tsp. pepper
3 T. vegetable oil

Barely cover carrots and zucchini with boiling water and soak for 15 minutes. Simmer white sauce and cheese in small saucepan until mixture is smooth. Make coating by mixing together spices and bread crumbs. Sauté onion and pepper in butter until rehydrated (2 to 3 minutes) and add in one-half of the coating mix, the cheese mixture, carrots, and zucchini. Preheat oven to 350°F/177°C and place casserole mixture in greased 2 quart casserole dish. Sprinkle the remaining bread crumb mixture over top; then bake for approximately 35 minutes. Serves 6. For variety, use eggplant in place of zucchini. Thick home-made soups can also be used, and sour cream, cottage cheese, grated cheddar, or jack cheese can be substituted for ricotta cheese.

MEXICAN CHILAQUILES

12 tortillas
2-1/4 cups jack cheese
1-1/2 cups tomato sauce
1-1/2 cups cottage cheese
1/4 cup dried green onions, chopped
1-1/4 tsp. dried hot chili pepper
1/2 tsp. dried oregano
1/4 cup oil
1 tsp. salt

Cut or tear tortillas into 2" square pieces. Sauté onions in oil in a large skillet until soft. Add spices and tortilla pieces, stirring frequently until tortillas are soft and coated with oil. Mix cottage cheese and tomato sauce in blender until smooth. Pour over tortillas, sprinkle with salt, and top with cheese. Cover skillet and cook until cheese melts and sauce heats through.

ZUCCHINI AND RICE TORTELLINI

1 cup uncooked white or brown rice
3/4 cup dried zucchini
4 eggs, slightly beaten
1/3 cup melted butter or salad oil
1 cup shredded cheddar cheese
2 tsp. dehydrated onions
2 T. dried parsley
1 tsp. Worcestershire sauce
1 tsp. oregano
1 clove garlic
pinch each of thyme and rosemary
salt and pepper to taste
top with Parmesan cheese

Cook rice until tender. Reconstitute zucchini, just covering with warm water. Combine rice and zucchini with all remaining ingredients. Mix well. Turn into a well-oiled baking dish (12" x 8" x 2"). Bake at 350°F/177°C for 45 minutes (until firm in center). **Serves 6.**



SMOOTHIES AND BEVERAGES

APPLE SMOOTHIE



1 cup apple juice

3/4 cup dried apples

1 cup vanilla yogurt

1/8 tsp. cinnamon

Ice

Puree apple juice and dried apples in a blender. Add yogurt and cinnamon. Sweetener may be added at this time if so desired. Add enough ice about 1/2 cup and crush in blender. **Serves 2 to 3.**

APRICOT LIQUEUR

Dried apricots to fill 1 quart jar three-quarters full, unpacked
1 cup sugar
1 pint vodka or brandy

Add sugar and vodka to apricots in jar. Cover and let stand at room temperature from 2 weeks to 8 months. Turn jar upside down every other day. Strain liquid through three thicknesses of cheesecloth for clarity. Other dried fruits such as peaches or cherries can be used.

BANANA-PEANUT BUTTER SMOOTHIE

3/4 cup dried banana slices
2 T. fresh ground peanut butter
1-1/2 T. honey (or 2 T. brown sugar)
1/4 cup cottage cheese or plain yogurt
4 cups milk
1 tsp. vanilla
1 tsp. maple extract
1/4 tsp. nutmeg (or to taste)

Pour 2 cups of milk and the dried bananas into blender. Add other ingredients and blend until smooth. In large pitcher pour remainder of milk and the banana puree mixture and stir well.

APRICOT SMOOTHIE

1 cup milk
1 cup yogurt
1/2 cup dried apricots
1/2 tsp. vanilla

Place all ingredients in blender; puree until smooth and thick. Add sugar or honey to taste. Serve immediately.

BANANA MILK SHAKE

- 1 cup milk
- 1/4 cup dried banana chips
- 1/2 cup fruit juice (optional)
- 3 tsp. dried milk
- 1 cup crushed ice

Add all ingredients to blender except ice. Let bananas soften; then add ice and whip until thick. Makes 1 serving. Other dried fruits such as peaches, berries, or plums can be substituted or combined to create your own special drink.

BAHAMA SLUSH

- 4 cups sugar
- 6 cups water
- 1 small can orange juice, concentrated
- 3 small cans water
- 2 T. lemon juice
- lemon-lime soda
- 2-1/2 cups banana chips (softened in 1-1/2 cups water)

Boil sugar and 6 cups water for 3 minutes and cool. Add fruit juices, additional water, and bananas. Freeze mixture. To use, blend equal parts of slush with soda.

BANANA AND STRAWBERRY SMOOTHIE

- 1/2 cup dried bananas
- 1/4 cup dried strawberries
- 1 cup milk
- 1 cup strawberry or vanilla yogurt
- 1 cup ice (more if desired)

Puree dried fruit and 1/2 cup milk. Add remaining ingredients. Sweetener may be added if needed. Add desired amount of ice and crush. **Serves 2 to 3.**

Note: To make carob or chocolate smoothies just add 3 tablespoons either carob or sweetened chocolate to the above recipe.

CRANBERRY TEA

- 1 cup dried cranberries
- 5 quarts water
- 2-1/2 cups sugar
- 3/4 cup cinnamon red hots
- 2 whole cloves
- 2 cups orange juice
- Juice from three lemons

Cook cranberries in 1 quart water to extract the juice. Strain cranberries, reserving juice only. Cook 1 quart water, sugar, red hots, and cloves until dissolved to liquid. Add cranberry juice, orange juice, lemon juice, and 3 quarts hot water. Strain through cheesecloth to obtain clear liquid. **Makes 1 gallon.**

HOT MULLED CRANBERRY AND APPLE JUICE

- 4 cup apple juice
- 1 cup dried cranberry halves
- 1/2 tsp. powdered dried orange peel
- 1/4 tsp. powdered dried lemon peel
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- Honey to taste if desired
- 4 cinnamon sticks

Puree dried cranberries and 1 cup apple juice in blender. In a saucepan or crockpot, mix remaining 3 cups apple juice with other ingredients except the cinnamon sticks. Heat and serve using cinnamon sticks as a garnish. **Serves 4.**

MARDI GRAS PUNCH

- 1/4 cup dried lemon rind (about 3 lemons)
- 1/4 cup dried orange rind (about 3 oranges)
- 1/4 cup allspice berries
- 1/4 cup whole cloves
- 10 to 12 (3") cinnamon sticks (broken up)
- 1 tsp. nutmeg

Mix together all ingredients and place in an airtight container until ready to use. Store in a cool, dark place. To prepare punch, add 1 teaspoon punch mix to each cup of apple cider. Heat to boiling, simmer 5 to 10 minutes, strain, and serve. Fruit punches, lemonade, orange juice, and tea can be used in place of cider.

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RHUBARB PUNCH

- 3 cups dried rhubarb
- 3 cups water
- 12 oz. can frozen lemonade
- 12 oz. can frozen orange juice
- 1 cup sugar or 3/4 cup honey
- 1 quart ginger ale

Rehydrate rhubarb by placing in a pan with water and simmering 5 minutes. Cool, puree in blender, and add remaining ingredients.

STRAWBERRY FROSTY

- 1 cup dried strawberries
- 1/2 cup water
- 1 cup cracked ice
- 1 cup unflavored yogurt
- 3/4 cup milk
- 3 T. sugar

Reconstitute strawberries. Place strawberries, water, and ice in blender, and blend for 2 minutes. Add 1 cup yogurt, milk, and sugar. Blend until smooth.

TROPICAL DELIGHT

- 2 cup pineapple juice
- 1 1/4 cup apple juice
- 1/4 cup dried papaya
- 1/4 cup dried bananas
- 1 cup finely chopped coconut
- Ice

Blend all ingredients in blender. Add desired amount of ice and crush. Beverage may be topped with pineapple and/or mint sprig. If a fruitier taste is desired add more dried fruit. **Serves 3 to 4.**

CHAMOMILE-MINT TEA

- 3 T. dried mint leaves
- 1 T. dried chamomile
- 1 quart water

Add peppermint and chamomile to boiling water and brew for 10 minutes. Strain and serve sweetened or with lemon. **Makes 1 quart.**

ROSE HIP TEA

- 1/2 cup dried rose hips
- 1/4 cup dried lemon thyme
- 1 quart water

Simmer rose hips in water for 1 hour. Strain through two layers of cheesecloth to clarify. Steep lemon thyme; then strain and add to rose hips. **Makes 1 quart.**

CRANBERRY-APPLE DRINK

- 1/2 cup dried apples
- 1/4 cup dried cranberries
- sweetener (to taste)
- water

Add all ingredients to blender with 1/2 cup water and mix. Serve cold over ice or hot with a cinnamon stick and orange slices. **Makes 1 serving.**



YOGURTS, BREADS AND MORE

Yogurts

ORIGINAL YOGURT



4 cups milk

1/2 cup instant powdered milk

2 T. plain yogurt

Add powdered milk to milk and heat to boiling for a few seconds. Cool to 120°F/49°C. Add plain yogurt to 1/4 cup of the boiled milk to make a thick sauce. Stir into the remainder of the boiled milk, mixing well. Empty the mixture into clean glass jars with lids or plastic yogurt containers and place on the bottom of the dehydrator. Set the temperature at 115°F/46°C. After 3 hours, check to see if yogurt is set. If so, cool. If not set, check every 15 minutes until it is set. Dehydrated fruit may be added for flavor just prior to placing in refrigerator to cool. The fruit absorbs the moisture and makes a good thick yogurt. 1/2 cup of peaches, pears, berries, etc. may be placed in blender and mixed with 1/4 cup of water to make a thick sauce to use to flavor the yogurt also. If sweetening is desired, use honey or powdered sugar. For an elegant treat, alternately layer yogurt and granola in a tall parfait glass. Top with dried cranberries; keep chilled until ready to serve.

FROZEN YOGURT

- 1 1/4 cup dried strawberries, raspberries, peaches, bananas, or any other favorite fruit
- 1 cup Milk
- 1 cup Homemade yogurt
- 2-4 T. honey (optional)

Blend dried fruit with milk in blender. Add yogurt and honey. Pour into freezer container. Freeze until crystal form around edges. Stir. Freeze until firm. **4 servings.**

STRAWBERRY YOGURT ICE CREAM

- 1 cup yogurt
- 3 T. sugar
- 1/2 cup dried strawberries

Freeze yogurt in an ice cube tray until it thickens to a soft mush. Remove from freezer; stir in sweetened strawberries. Return to freezer until consistency returns to soft mush, as before. Beat well, and freeze until solid. Almost any dried fruit or combination can be used. **Makes 2 servings.**

FROZEN BLUEBERRY-YOGURT PIE

- 2 cups plain yogurt
- 1/2 cup reconstituted blueberries
- 1 cup sweetened whipping cream
- 1 graham cracker pie shell

Blend yogurt, blueberries, and cream. Spoon into pie shell and place in freezer for 4 hours. Transfer the pie to the refrigerator 1/2 hour before serving. Top with fresh fruit if desired.

FRUITED YOGURT LEATHER

- 1 cup plain yogurt
- 1/2 cup fresh or dried fruit
- Honey or sugar to taste

Puree fruit and sweetener in blender. Fold into yogurt and spread onto Paraflexx®, kitchen parchment paper, or plastic wrap. Dehydrate at 135°F/57°C until leathery.

Breads and Snacks

YOGURT COLESLAW

- 1 cup unflavored yogurt
- 1/4 cup mayonnaise
- 1 tsp. mustard
- 1 tsp. seasoned salt
- 1/2 tsp. salt
- 1/2 tsp. celery seed
- 1/8 tsp. pepper
- 1/4 cup onions, chopped
- 2 T. sugar
- 8 cups cabbage, shredded
- 1/2 cup carrots, grated
- 1/2 green pepper, grated

Combine yogurt, mayonnaise, mustard, seasoned salt, salt, celery seed, pepper, onions, and sugar in a medium bowl. Stir until well blended. Cover and chill several hours. Combine cabbage, carrots, and green pepper in large bowl. Pour yogurt mixture over vegetables; toss lightly. Serve immediately. **Makes 10 to 12 servings.**

CHEESY-YOGURT QUICHE

- 1/4 cup dried onions, diced
- 1 T. butter
- 1 uncooked deep-dish pie shell
- 1/2 cup crumbled bacon
- 1 cup cheddar cheese
- 6 eggs
- 2 tsp. dried green peppers
- salt and pepper to taste

Sauté onions and peppers in butter, place into pie shell, and top with bacon and cheese. Mix yogurt, eggs, and seasonings. Beat until smooth; pour over bacon and cheese. Bake at 400°F/204°C for 25 minutes until firm in center. **Serves 4 to 6.**

SCRAMBLED EGGS

- 6 eggs
- 1/4 cup dried, powdered milk
- 1/4 cup bacon flavored T.V.P.
(textured vegetable protein)
- 1 T. dried onion, finely chopped
- 1 T. dried green pepper, finely chopped
- 1/2 cup water

Combine all dry ingredients. Add water; let stand 10 minutes. Beat with a fork and cook in a skillet in which 1 tablespoon butter or margarine has been melted. **Makes 4 servings.**

CORN BREAD

- 1 cup finely ground cornmeal
- 1 cup flour
- 1/4 cup sugar
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1 egg
- 1 cup milk
- 1/4 cup soft shortening

Combine all ingredients. Pour into an 8" square pan or a 6-muffin tin. Bake at 425°F/218°C for 20 to 25 minutes.

PINEAPPLE-PECAN BREAKFAST BREAD

- 1 cup chopped pecans
- 3/4 cup chopped dates (pitted)
- 1-1/2 tsp. dried orange peel, minced
(rehydrated in 2 tsp. water)
- 2-1/3 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 3/4 cup sugar
- 1/4 cup margarine or butter, softened
- 1 egg
- 1/2 cup dried pineapple pieces
(rehydrated in 1-1/2 cups water)

Combine 1 tablespoon flour, pecans, dates, and rehydrated orange peel; toss well and set aside. Combine remaining flour, baking powder, baking soda, and salt (in small bowl); set aside. Cream sugar and butter until smooth and fluffy; add egg and beat until blended. Add flour mixture gradually to the creamed butter mixture, alternating with the rehydrated pineapple mixture. Stir in floured fruit and nuts and pour into well-greased large loaf pan (9" x 5" x 3"). Bake for about 1 hour at 350°F/177°C or until bread tests done. Cool slightly if desired. **Makes 1 loaf.**

CARROT DATE BREAD

- 1/2 cup corn oil
- 3/4 cup sugar
- 1-3/4 cups flour
- 2-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 cup shredded dehydrated carrots
- 2 eggs
- 1/2 cup chopped dates

In blender bowl, place 1 cup shredded carrots and cover with water. Let stand for 10 minutes and then puree to smooth consistency. Add corn oil and sugar. Add eggs, one at a time, blending after each addition. Mix in all remaining ingredients except dates. Blend. Stir in dates. Pour into a greased 8-1/2" x 4-1/2" x 2-1/2" loaf pan. Bake at 350°F/177°C for 55 to 60 minutes.

NUTTY BANANA BREAD

- 1-1/8 cups dried banana slices
- 2 cups unsifted flour
- 1-2/3 cups sugar
- 1-1/4 tsp. baking powder
- 1-1/4 tsp. baking soda
- 1 tsp. salt
- 2/3 cup shortening
- 2/3 cup buttermilk
- 2 eggs
- 1/2 cup crunchy peanut butter

Reconstitute dehydrated banana slices in an equal amount of water; let soak for 1 hour. Thoroughly stir together the flour, sugar, baking powder, baking soda, and salt. Add shortening and beat 2 minutes. Add eggs and beat an additional 2 minutes. Mix in bananas with half of buttermilk and beat 2 minutes more. Add rest of liquid and peanut butter; blend until smooth. Pour into greased 9" x 5" x 3" loaf pan. Bake in preheated 350°F/177°C oven until toothpick comes out clean, approximately 50 to 70 minutes. Let stand on wire rack for 10 minutes, loosen edges, and turn out on rack; turn right side up to cool.

PUMPKIN DESSERT BREAD

- 3-1/2 cups flour
- 2 tsp. soda
- 1-1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1 tsp. nutmeg
- 3 cups sugar
- 4 beaten eggs
- 1 cup oil
- 1 cup dried pumpkin
- 2/3 cup cold water

Reconstitute pumpkin in warm water. Mix all ingredients together and beat well. Pour into five greased dessert loaf pans. Bake at 350°F/177°C for 40 minutes until done.

WHEAT BREAD

- 1 package dry yeast
- 2 cups warm water
- 2 T. sugar
- 2 tsp. salt
- 4 cups white flour
- 1/2 cup hot water
- 1/2 cup brown sugar, packed
- 3 T. shortening
- 4 cups whole wheat flour

Place yeast in warm water. Add sugar, salt, and white flour. Beat until smooth. Cover and put in warm dehydrator until light in color and bubbles appear on top of dough, approximately 1 hour.

Combine hot water, brown sugar, and shortening. Cool to lukewarm. Add to yeast mixture. Now add whole wheat flour and mix until smooth. Turn dough out onto lightly floured surface. Knead about 10 minutes using a little wheat flour on your hands until dough loses its stickiness. Place dough into greased bowl; turn over once to grease top of dough. Cover. Let rise in warm dehydrator until double.

Punch down dough. Cut in half with knife.

Shape each half to form a ball; cover and let rise 10 minutes. Place into lightly-greased loaf pans, cover, and let rise until double. Bake at 375°F/191°C approximately 40 to 50 minutes.

CRANBERRY-APPLE BREAD

1-1/2 cups butter
1 cup sugar
2 eggs
1 tsp. vanilla
2 cups flour
1/2 tsp. salt
1 tsp. baking soda
1/3 cup orange juice
1/2 cup dried apples
1/4 cup dried cranberries

Reconstitute apples and cranberries in warm water. Cream butter and sugar. Add eggs and vanilla and beat well. Add dry ingredients alternately with orange juice. Fold in apples and cranberries and pour into greased loaf pan. Bake at 350°F/177°C for 55 minutes.

BANANA-FIG BREAD

1 cup chopped dried figs (about 15 dried figs)
1 cup sugar
1/2 cup (one stick) butter or margarine
2 eggs
1 cup dried banana slices (rehydrated)
1 T. lemon juice
2 cups whole wheat flour
3 tsp. baking powder
1/2 tsp. salt

Thoroughly combine sugar and butter. Add eggs, one at a time, beating well after each addition. Puree banana slices, and stir into the sugar and butter mixture along with the lemon juice. Combine the flour, baking powder, and salt, and add this to the mixture. Stir in figs. Place mixture in a 9" x 5" x 3" bread pan at 350°F/177°C for 1 hour or until bread is brown and toothpick inserted into bread comes out dry. Cool on rack and serve. *Mixture makes 1 loaf.*

HERB BUTTER

1/2 cup butter
1/2 cup oil
1 T. dried parsley flakes
1/2 tsp. dried thyme
1-1/2 tsp. dried basil
1/4 tsp. dried chives
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. garlic powder

Mix all the ingredients in blender; blend until smooth and creamy. Spread on crackers or warm fresh bread. *Makes 1 cup.*

FRUIT BUTTER

2 lbs. dried fruit (apricots, peaches, pears, or apples)
6 cups water
2 cups sugar
1 tsp. cinnamon
1 tsp. almond extract

Place dried fruit and water in a large pan and bring to a boil. Cover and simmer 30 minutes. Stir in sugar, cinnamon, and almond extract. Cover and simmer 30 minutes longer, stirring occasionally. When fruit has become soft, remove the mixture from the heat and allow to cool. Pour fruit and juices in a blender and puree. Store in covered jars in the refrigerator. Use "butter" as a filling for cookies and muffins or spread on toast. *Makes 1 quart.*

POPOVERS WITH PIZZAZZ

1 cup milk
3 eggs
2 tsp. butter
1/2 tsp. salt
1 cup flour, sifted
1 tsp. mixed herbs-parsley, chives, and powdered onions
1/4 cup Parmesan cheese

Add cheese and spices to flour. Combine ingredients in a bowl in the order listed and blend until smooth. Pour into greased popover pan, filling halfway. Bake at 400°F/204°C for 35 minutes, until crisp and brown.

SPICY PINEAPPLE-PUMPKIN MUFFINS

- 1-1/2 cups flour, unsifted
(may use part whole wheat)
- 1/2 cup sugar (or 1/4 cup honey)
- 2 tsp. baking powder
- 3/4 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1/2 cup dried pineapple bits
- 1 egg
- 1 cup milk or cream
- 1/2 cup dried, chopped pumpkin (reconstituted)
- 1/4 cup vegetable oil
- 3 tsp. sugar
- 3/4 tsp. cinnamon

Pour milk over pumpkin and let reconstitute; set aside. In large bowl mix together the flour, sugar, baking powder, salt, and spices. Mix in the dried pineapple bits and coat with flour mixture. In small bowl add reconstituted pumpkin and beat with egg and oil until smooth and creamy. Stir this egg mixture into the flour mixture, mixing just until combined. Fill muffin pans two-thirds full; sprinkle with cinnamon-sugar mixture. Bake for about 20 to 25 minutes until browned. **Makes 12 muffins.**

HONEY SQUARES

- 2 eggs
- 3/4 cup honey
- 1/2 cup whole wheat flour
- 1/4 tsp. salt
- 1/2 cup ground granola
- 1 cup raisins or ground cherries, dates, or prunes
- 1 cup chopped dried nuts

Beat eggs until light and fluffy. Gradually add honey; heat if necessary to pour in a thin stream. Add flour, granola, and salt. Stir in dried fruits and nuts, and pour into a greased 8" square baking pan. Bake at 325°F/163°C for approximately 45 minutes or until brown and firm in center. Cut in squares while still warm. **Makes 16 squares.**

MINT TEA BATH

- 4 T. loose (non herbal) dried tea
(or 5 or so tea bags, opened)
- 5 cups boiling water
- 4 T. dried mint leaves
(any variety of mint works well)

Steep dried tea in 4 cups of boiling water for about 15 minutes. Steep the dried mint leaves in 1 cup of boiling water for a few minutes. Mix tea and mint leaves together and pour into a warm bath.

STRAWBERRY COMPLEXION CREAM

- 1/2 cup dried strawberries
- 1/2 cup water
- 1/4 cup wheat germ oil
- 2 T. rolled oats (dry oatmeal)

Rehydrate strawberries in water for 3 minutes; mash well. Meanwhile, finely crush oatmeal in a blender (to resemble flour). In saucepan, stir in the mashed strawberries, oil, and oatmeal. Simmer over low heat, stirring constantly, until mixture is thickened. Place in covered, airtight container (glass, ceramic, or plastic) and refrigerate until ready to use.

GERRY'S LAVENDER POTPOURRI

- 1 cup lavender blossoms
- 2 cups lemon verbena leaves
- 2 tsp. orrisroot powder
- 1 cup pink rose petals
- 1 cup white carnation petals

Dry petals in dehydrator at 105°F/41°C until crisp. Lightly mix flowers in a bowl and sprinkle with orrisroot powder (a preservative). Store in jars for 1 month in a cool, dark place. Then place in decorator jars.

JASMINE POTPOURRI

- 2 cups jasmine flowers
- 1 cup scented geranium leaves
- 1 cup citrus blossoms
- 8 drops oil of vanilla
- 1 tsp. benzoin or 1 tsp. orrisroot powder

Dry, mix, and store as with Lavender Potpourri.

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SPICY POTPOURRI

- 1 quart dried roses, mixed colors
- 3/4 cup dried lavender flowers
- 1 tsp. powdered cinnamon
- 1 tsp. nutmeg
- 1 tsp. allspice
- 1 tsp. cloves
- 1 T. dried rosemary
- 1 T. benzoin (preservative) or
1 T. orrisroot powder
- 10 drops oil of jasmine

Lightly mix all ingredients as with Lavender Potpourri, add oil of jasmine for a long-lasting fragrance, and store.

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MINT POTPOURRI

- 1 cup mint leaves
- 1 cup lavender flowers
- 1-1/2 tsp. cloves
- 1-1/2 tsp. nutmeg
- 1-1/3 tsp. coriander
- 1 tsp. orrisroot powder

Dry, mix, and store as with Lavender Potpourri.

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SPRINGTIME POTPOURRI

- 3 cups dried rose petals (red, pink, yellow)
- 1 cup dried lavender flowers
- 1 cup dried calendulas
- 1 cup dried pansy heads
- 1 cup dried bachelor buttons or cornflowers
- 2 T. combined spices-cloves, nutmeg,
and allspice
- 1 T. orrisroot powder
- 10 drops rose oil (optional)

Dry, mix, and store as for Lavender Potpourri.





DESSERTS

Pies and Crisps

RASPBERRY CUSTARD PIE



5 oz. package vanilla custard or pie filling

1-1/2 cups dried raspberries

1/4 cup sugar

9" pie shell

Prepare the custard according to package directions. Rehydrate raspberries by covering with and soaking in water for 20 minutes. Add the sugar to the rehydrated raspberries and stir until coated. Combine the raspberry and custard mixtures, blending well. Pour the filling into the pie shell. Refrigerate for 3 hours before serving and garnish with whipped cream.

NUTTY APPLE PIE

3 cups water
3 cups dried apple
1 tsp. vanilla
1/2 cup granulated sugar
1/2 tsp. cinnamon
1/2 tsp. ground nutmeg
1/2 cup chopped nuts
1-1/2 T. flour
1/4 tsp. salt
9" two-crust pie shell
1 T. butter

Combine water, apples, and vanilla and simmer until the fruit is tender. Add dry ingredients and mix well. Pour into pie shell. Dot with butter. Moisten edge of lower crust; place top crust over apples, flute edge, and seal. Bake at 400°F/204°C for 35 minutes.

Serve warm.

STRAWBERRY CLOUD PIE

9" baked pie shell
2/3 cup sugar
1 envelope unflavored gelatin
3/4 cup dried strawberries
3 egg whites
1/4 tsp. cream of tartar
1/3 cup sugar
1/2 cup whipping cream, whipped

Reconstitute berries in warm water. Blend sugar, gelatin, and berries in saucepan and bring to a full boil, stirring constantly. Place pan in cold water; cool until mixture mounds slightly when dropped from a spoon. Beat egg whites with cream of tartar until frothy; slowly add sugar and beat until stiff and glossy. Fold strawberry mixture into egg whites. Carefully blend in whipped cream and pile into cooled, baked pie shell. Chill several hours until set.

STRAWBERRY-RHUBARB CRUNCH

- 1 cup dried strawberries
- 2 cups dried rhubarb
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 3/4 cup flour
- 1-1/2 cups sugar
- 1/3 cup butter

Reconstitute rhubarb and strawberries in warm water. Place rhubarb and strawberries in 9" x 9" buttered baking dish. Sprinkle with salt and cinnamon. Mix flour and sugar together; cut in butter until crumbly. Spoon over rhubarb and strawberries. Bake at 350°F/177°C for 40 minutes.

SNITZ PIE

- 1 lb. dried sour snitz (apples)
- 1 quart cold water
- 2 cups sugar
- 2 T. cinnamon

Add water to snitz and sugar and cook slowly to a very soft pulp. Add cinnamon and stir well. Remove from burner and allow to cool. Make pastry of your choice and line pie pan with it. When snitz mixture is cool, pour into pie shell and cover with top pastry. Slit top crust so steam can escape. Bake at 450°F/232°C for 10 minutes, then 350°F/177°C for 30 minutes.

ZUCCHINI PIE

- 2 cups zucchini leather, broken into pieces
- 1/2 tsp. salt
- 1 tsp. allspice
- 1 tsp. cinnamon
- 1 cup milk
- 1 cup sugar
- 2 eggs
- 1/2 cup evaporated milk
- 9" pie shell

Place zucchini leather pieces in blender. Add water to the 2 cup measure, and puree until smooth. Add remaining ingredients and pour into unbaked pastry shell. Bake at 450°F/232°C for 10 minutes and then reduce the heat to 325°F/163°C for 40 minutes, or until done.

DELICIOUS FRUIT COBLER

- 3 cups sliced dried apples, peaches or apricots
- 3 cups warm water
- 1/2 cup honey
- 1/4 tsp. dried powdered lemon peel
- 1/2 cup unsalted butter
- 3/4 cup whole wheat flour
- 2 tsp. baking powder
- 3/4 cup milk

Place dried fruit in bowl and cover with warm water for 1 to 2 hours to rehydrate. Pour off any remaining water. Mix together rehydrated fruit, honey, and lemon peel. Set aside. Melt butter. Combine flour and baking powder. Mix melted butter and milk with flour mixture making a batter. Pour batter into baking dish. Spoon fruit mixture over batter. Do not mix fruit into batter. Bake at 325 degrees for 1 hour. Serve with whipped cream or vanilla ice cream. **Serves 4.**

DONNA'S APPLE CRISP

- 2 cups dried apples
- 1/4 cup orange or lemon juice
- 1 cup sugar
- 3/4 cup flour
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/2 cup butter
- pinch of salt

Reconstitute apples in warm water. Butter a 9" pie pan and fill with apples. Sprinkle with juice. Mix sugar, flour, spices, and salt together; cut in butter until crumbly; then sprinkle over apples. Bake at 375°F/191°C for 40 minutes.

BLUEBERRY BUCKLE

1 cup dried blueberries
1 cup shortening
1/4 cup sugar
1 egg
2 cups flour
1-1/2 tsp. baking powder
1/4 tsp. salt
1/3 cup milk

Reconstitute berries in warm water. Cream shortening and sugar; add egg and beat well. Mix dry ingredients; add to creamed mixture with milk. Pour into 8" x 8" pan. Sprinkle blueberries over the top.

Blueberry Buckle Topping

1/4 cup butter
1/2 cup sugar
1/3 cup flour
1/2 tsp. cinnamon

Mix flour, sugar, and cinnamon; cut in butter until crumbly. Spoon over top. Bake at 375°F/191°C for 45 minutes.

HERB TART

4 eggs
1 cup milk
salt
pepper
nutmeg
1-1/3 T. ground, dried green onions
1/2 cup finely ground dried lettuce, rehydrated in 1/2 cup water
1 tsp. crushed dried chives
1 tsp. crushed dried basil
1 tsp. finely ground dill weed
1 T. crushed dried parsley
1/4 tsp. powdered dried rosemary
10" pie shell, baked
powdered dried red bell pepper

Beat eggs and milk together in a bowl. Add remaining ingredients, excluding shell and red pepper, and mix well. Pour into pie shell. Bake at 300°F/149°C for 25 to 35 minutes, or until tart is firm but still jiggly in the middle. Garnish with red pepper. Serve hot or cold cut in wedges. **Makes 4 servings.**

WALNUT TORTE

2 cups walnuts
4 egg yolks
1/4 cup honey
1 tsp. vanilla
1 tsp. dried orange peel
4 egg whites (at room temperature)
reconstituted fruit leather
whipped cream

Grind walnuts, a little at a time, in a blender or food processor until fine. Beat egg yolks until thick and light; then beat in honey, vanilla, and orange peel. Fold in ground nuts. Beat the egg whites until stiff, but moist; fold a little of them into the yolk mixture, and then add the remainder. Butter a 9" cake pan. Cut a piece of brown paper to fit the bottom, place it in the pan, and butter it. Gently pour the batter in the pan. Bake at 350°F/177°C for 10 minutes; reduce heat to 300°F/149°C and bake 15 to 20 minutes longer or until done. Turn out cake to cool and remove paper. Spread with reconstituted fruit leather and top with whipped cream.

NUTTY WHEAT PASTRY SHELL

1 cup whole wheat flour
3 T. butter, chilled
1/4 tsp. salt
2 T. olive oil
3 T. ice water
2 T. dried pecans, walnuts, cashews, almonds, or filberts ground until almost like nut butter

Put flour in a bowl. Work in butter with a pastry blender or two knives until the butter is in pea-size pieces. In a separate bowl, combine salt, oil, and ice water and mix well. Stir into butter/flour mixture along with ground nuts. Add more ice water if needed to make the dough stick together. Press dough into a pie dish. Bake at 400°F/204°C for 12 to 15 minutes until brown. Makes one shell that can be filled with the mixture of your choice.

PUMPKIN PIE

- 2 cups pumpkin leather, broken in small pieces
- 3 eggs
- 1 cup sugar
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1 can evaporated milk
- 1/2 tsp. ginger

Rehydrate pumpkin by adding enough water to cover; let stand while assembling other ingredients. Place all ingredients, including rehydrated pumpkin, in a blender. Blend to thick custard consistency. Pour into unbaked pie shell. Bake at 425°F/218°C for 15 minutes; reduce heat to 350°F/177°C and bake another 45 minutes. Pie is ready when knife inserted in center comes out clean. Cool and serve with whipped cream.

Cakes and Bars

PLUM PUFFS

- 1 cup dried plums
- 1 cup boiling water
- 1/2 T. dried orange peel
- 3 cups unsifted flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon
- 4 eggs, beaten
- 3/4 cup brown sugar
- 1 cup milk
- 3/4 cup sugar
- 1 tsp. cinnamon

Combine dried plums and orange peel. Cover with boiling water and let stand for at least 5 minutes. Sift flour, baking powder, salt, nutmeg, and cinnamon together twice. Beat eggs thoroughly. Add sugar and beat till thick. Add milk and sifted dried ingredients alternately. Drain plums and orange peel, and fold into the batter. Drop by spoonfuls into hot oil and deep fry until golden brown. Drain on paper towels. Combine sugar and cinnamon in shallow dish; roll hot puffs in mixture. **Makes about 4 dozen.**

CARROT-NUT CAKE

- 2 cups boiling water
- 2 cups dried, shredded carrots
- 2 cups sugar
- 1-1/2 cups vegetable oil
- 2 cups sifted flour
- 2 tsp. baking soda
- 2 tsp. baking powder
- 1 tsp. salt
- 3 tsp. cinnamon
- 4 eggs, well beaten
- 1/2 cup chopped walnuts

Pour boiling water over dried carrots; let stand 1/2 hour to reconstitute. Drain. Mix sugar and oil. Add flour, baking soda, baking powder, salt, and cinnamon. Add beaten eggs. Then add carrots and nuts. Pour into well-greased and floured oblong pan. Bake in 350°F/177°C oven for 30 to 35 minutes.

CREAM CHEESE FROSTING

- 1 (8 oz.) package cream cheese
- 1/2 cup butter
- 1 tsp. vanilla
- 1 lb. confectioner's sugar
- fresh carrot slices and raisins for garnish

For frosting, place cream cheese and butter in a medium bowl and beat until fluffy. Add vanilla. If frosting is stiff, add a little milk. Gradually add the sugar; beat until smooth and creamy. Spread frosting over cooled cake. Garnish with fresh carrot slices and raisins, if desired.

CANDIED CREAM CHEESE TEACAKES

- 1 (8 oz.) package cream cheese
- 1 egg
- 1-1/3 cups sugar
- dash of salt
- 1 cup candied fruit
- 1 box lemon cake mix

Combine first five ingredients; beat well. Prepare cake mix as directed. Fill muffin cups halfway with cake mixture and top each with a heaping spoon of cheese mixture. Bake at 350°F/177°C for 30 to 35 minutes. **Makes 18 to 24 servings.**

CONFETTI CAKE

- 1 egg
- 1-1/4 cups flour
- 1 cup sugar
- 2 cups mixed dried fruits, finely chopped
- 3/4 cup water
- 1 tsp. soda
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1/2 cup walnuts
- 1/2 cup brown sugar

Soften fruits in warm water. Beat egg; then add the next seven ingredients. Mix well and pour into a 9" x 12" pan. Combine brown sugar and walnuts and sprinkle over top. Bake at 350°F/177°C for 60 minutes. Top with whipped cream.

CHRISTMAS FRUITCAKE BARS

- 1-1/2 cups walnuts
- 1 cup raisins
- 1 cup pitted dates, cut in large pieces
- 1 cup dried candied fruit
- 1 cup flour
- 4 eggs
- 1 tsp. salt
- 1 cup light brown sugar, packed
- 1 tsp. vanilla
- Peel of one orange, finely grated

In a large bowl, combine walnuts, raisins, dates, and candied fruit; sprinkle with 1/4 cup flour. Toss to coat and separate pieces; set aside. In a small bowl, beat eggs to mix. Blend in salt, brown sugar, and vanilla. Stir in remaining 3/4 cup flour until blended. Stir in the orange peel. Pour batter over the fruit mixture and mix well. Pour into a greased 15" x 10" x 1" jelly roll pan. Bake for 30 to 35 minutes at 325°F/163°C. Cool in pan, cut into 60 bars or 36 squares, and dust top with confectioner's sugar if desired.

APRICOT-NUT BARS

- 3/4 cup soft shortening (part butter)
- 1 cup brown sugar (packed)
- 3/4 cup sifted flour
- 1/2 tsp. soda
- 1 tsp. almond extract
- 1 tsp. salt
- 1-1/2 cups rolled oats

Combine all ingredients and blend thoroughly. Place one-half of the mixture in greased 9" x 13" pan. Press and flatten. Spread with cooled filling and cover with remaining crumb mixture. Bake until browned. Glaze and cut into bars. Bake at 400°F/204°C for 25 to 30 minutes.

Filling

- 3 cups dried apricot slices
- 1-1/2 cups water
- 1/2 cup chopped walnuts
- 1/2 cup sugar

Cook apricots in the water; then mash. Add walnuts and sugar. Continue cooking over low heat until thickened. Cool.

Glaze

- 1/2 cup orange juice
- 3/4 cup powdered sugar
- 1/2 tsp. grated peel

Mix all ingredients.

APRICOT-ALMOND BALLS

- 2 cups (1 pint) ricotta cheese
- pinch of salt
- 1/4 oz. honey
- 1-1/2 cups almonds
- 1 cup dried apricots

Cream together the cheese, honey, and salt. Finely grind almonds in blender. Steam the apricots for 5 minutes to soften; then finely chop. Add the almonds (only 1 cup) and apricots to the honey-cheese mixture; mix well and chill for several hours. Form into balls (made from 1 to 2 tablespoons of the mixture); roll each one in the remaining chopped almonds.

Makes about 3-1/2 dozen.

BLUEBERRY-PEACH KUCHEN

- 1 two-layer white cake mix
- 1/2 cup flaked coconut
- 1/2 cup butter
- 1/2 cup dried blueberries (optional)
- 2 cups dried peaches (1 lb. 13 oz.)
- 2 T. sugar
- 1/2 tsp. cinnamon
- 1 cup sour cream
- 1 slightly beaten egg

Reconstitute peaches and berries in warm water. Combine cake mix and coconut; then cut in butter until mixture is crumbly. Lightly press into bottom and 1/2" up the sides of a 9" x 13" pan. Bake at 350°F/177°C for 10 to 15 minutes. Arrange peach slices and blueberries over crust. Sprinkle with sugar and cinnamon. Blend sour cream and egg together and pour over top. Bake at 350°F/177°C for 10 minutes, just until sour cream is firm.

QUICK FRUIT DOUGHNUT HOLES

- 1 can buttermilk biscuits
- 1/2 cup mixed dried fruits, cut into small pieces
- frying oil sugar and cinnamon mixture

Cut each biscuit into four sections. Place one piece of fruit on each center and wrap edges around to enclose. Drop in oil heated to 350°F/177°C; turn over when golden brown. Drain on paper towels and roll in 1 part cinnamon combined with 4 parts sugar.

Makes 32 doughnut holes.

Cookies

PERSIMMON COOKIES

- 1/2 cup dried persimmon pulp
- 1 tsp. baking soda, added to persimmon pulp
- 1 cup sugar
- 1/2 cup butter
- 1 egg
- 2 cups flour
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 1/2 cup raisins
- 1/2 cup chopped dates
- 1/2 cup walnuts
- 1 tsp. vanilla

Reconstitute persimmon pulp in warm water. Cream sugar and butter; add egg, pulp, and vanilla. Beat well. Slowly add flour and remaining ingredients. Drop by spoonfuls onto ungreased cookie sheets. Bake at 375°F/191°C for 10 to 12 minutes.

BLUEBERRY OATMEAL COOKIES

- 1/2 cup shortening
- 1/2 cup butter
- 1-1/2 cups dark brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups sifted flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. soda
- 2 1/2 cups quick-cooking rolled oats
- blueberry filling

Cream shortening, butter, and sugar until fluffy. Add eggs and vanilla; beat well. Sift together flour, baking powder, salt, and soda. Add to creamed mixture and blend thoroughly. Stir in oats. Chill 1 hour. Working with half of the mixture at a time, roll the dough out on a well-floured pastry cloth to a little less than 1/4" thickness. Cut with round cutter. Place 1 tablespoon blueberry filling on a half and cover with second half. Flute edges and pierce center top. Bake on ungreased cookie sheet at 350°F/177°C for 12 minutes.

Makes about 30 cookies.

BLUEBERRY FILLING

- 2 cups dried blueberries
- 1/2 cup water
- 3 T. cornstarch
- 3 T. lemon juice
- 1/2 cup sugar

Combine all ingredients; simmer 10 to 15 minutes.

NORWEGIAN NATURAL COOKIES

- 3/4 cup chunky peanut butter
- 1/2 cup honey
- 3/4 cup wheat germ
- 3/4 cup dry milk (instant nonfat)
- 2 T. brewers yeast
- 1 cup raisins
- 1/2 cup chopped dried apricots
- 1 egg white (beaten)
- 3/4 cup shredded coconut

Beat together peanut butter and honey; add and mix well the wheat germ, yeast, and dry milk; then add raisins and apricots. Shape into about 1-1/2" balls; dip in egg white and roll in coconut. **Makes about 2 dozen cookies.**

SPARKLING COCONUT MACAROONS

- 2 cups moist coconut
- 1/2 cup sweetened condensed milk
- 1/4 cup dried berries
- 1/4 cup dried, chopped pineapple
- 1/4 cup pecans, finely chopped (optional)
- 1 tsp. vanilla

Combine all ingredients except dried fruit and beat well. Add fruit and drop tablespoonfuls onto greased cookie sheets. Bake at 300°F/149°C for 18 minutes until light brown.

APPLE-RAISIN COOKIES

- 1/2 cup butter or margarine
- 1/2 cup shortening
- 3/4 cup granulated sugar
- 3/4 cup firmly packed brown sugar
- 2 eggs
- 2-1/2 cups all-purpose flour
- 2 tsp. cream of tartar
- 1/4 tsp. salt
- 3 tsp. cinnamon
- 1 cup coarsely chopped, dried apple
- 1/2 cup raisins

Grease baking sheets and set aside. In a large bowl cream butter (or margarine) and shortening with the granulated sugar and brown sugar. Add eggs and beat well. In another bowl, mix flour, cream of tartar, salt, and cinnamon. Add to creamed mixture and mix well. Stir in the dried apple and raisins. In a shallow bowl, mix the sugar and cinnamon for the coating. With hands, roll dough into 1" balls. Roll balls in sugar-cinnamon mixture (1-1/2 cinnamon and 3 T. sugar) until well coated. Place balls 2" apart on prepared baking trays. Bake in a 400°F/204°C oven 7 to 8 minutes until edges are slightly golden. Remove from baking sheet and transfer to a cooling rack. **Makes about 60 cookies.**



Candy and Fruits

DRIED FRUIT CANDY

- 1 cup mixed dried fruit, cut in 1/4" pieces
- 2-1/2 cups dried flaked coconut
- 3/4 cup sweetened condensed milk
- 1 cup finely chopped walnuts

Mix fruit with coconut and milk and shape into walnut-sized balls. Roll in nuts and refrigerate until firm.

ELEGANT CANDY CONFECTIONS

Dried fruits

Carob or semi-sweet chocolate pieces

Melt chocolate for dipping in a double boiler or microwave oven. Dip 1" pieces of fruit in chocolate to coat and place on a cookie sheet covered with Paraflexx®, kitchen parchment paper, or plastic wrap. Let harden in a cool place (do not refrigerate). Fruit can be sprinkled with coconut or nuts or stuffed with cream cheese before dipping.

BOURBON STREET BON BONS

- 1/4 cup dried banana flakes plus 1/4 cup water (1/2 cup pureed banana)
- 2/3 cup granulated sugar
- 1 cup semi-sweet chocolate, melted
- 2-1/2 cups plain cookie crumbs, pulverized
- 1 cup chopped pecans or walnuts
- 1/4 cup light corn syrup
- 1/3 cup powdered sugar
- 1/3 cup cocoa (or carob powder)

Reconstitute dried bananas in water; puree in blender, adding the sugar as well. Melt chocolate. Combine cookie crumbs and pecans in large bowl. Pour in banana mixture, melted chocolate, and corn syrup; blend well with wooden spoon. Form this mixture into 1" balls. Combine powdered sugar and cocoa; roll candy balls in this sugar-cocoa mixture. Store in jar with tight-fitting lid. **Makes about 48 bon bons.**

FRUIT FRITTERS

- 1 cup small pieces of dried fruit
- 1 cup flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 3 T. sugar
- 1 egg
- 1/3 cup milk
- 1 tsp. melted butter

Reconstitute fruit in warm water. Sift together flour, baking powder, salt, and sugar. Add a beaten egg to milk and butter; then combine with flour and beat until batter is smooth. Fold in fruit (suggestions—apples, bananas, pineapple, or apricots). Drop spoonfuls into oil heated to 350°F/177°C. Turn fritters to brown on both sides. Total cooking time is 4 to 5 minutes. Remove from oil with a slotted spoon and place on paper towels. Sprinkle with powdered sugar and serve warm or cold.

TROPICAL FRUIT FANTASY

- 2 cups dried pineapple pieces
- 1 cup dried mango pieces
- 1 cup dried papaya pieces
- 1 cup dried banana slices
- 1 cup dried kiwi fruit
- 2 cups dried strawberries
- 1 cup dried coconut flakes (or 3/4 cup grated coconut)

Combine and toss together all ingredients.

DRY FRUIT MEDLEY

After combining the fruit in the "Tropical Fruit Fantasy" recipe, add 1/2 T. crystallized ginger. Serve dry mixture sprinkled over pineapple sherbet or coconut cream pie, or eat as a snack.

MOIST FRUIT COMPOTE

After combining the fruit in the "Tropical Fruit Fantasy" recipe, add 2 T. fresh ginger, grated. Combine together about 2 cups of orange juice, the juice of one squeezed lemon, and the orange liqueur (if desired). Pour this juice mixture over the dried fruits and toss gently. Serve as a moist fruit cocktail, or as an appetizer or dessert.

SWEET DESSERT SOUP

- 1-1/2 cups dried apricots
- 3 cups raisins
- 1 cup dried apples
- 1-1/2 cups dried prunes
- 1 cup sugar
- 1/8 tsp. salt
- 1/2 cup minute tapioca
- 2 tsp. vanilla
- 4 tsp. butter
- 2 tsp. cinnamon

Cover fruit with salted water and boil until soft. Add remaining ingredients and enough water to make 1-1/2 quarts of liquid. **Serve hot or cold.**

FRUIT HORNS

- 3 eggs, beaten
- 1 cup plus 2 T. sugar
- 1 cup flour
- 1 tsp. baking powder
- Cream cheese and dried fruit filling (see Candied Cream Cheese Teacakes, page 148)

Combine first four ingredients with 2 tsp. cold water. Drop tablespoonfuls onto a greased cookie sheet. Batter will spread. Bake at 350°F/177°C until light brown, approximately 12 minutes. Remove from oven and fold edges together while hot to form horn. Place seam side down to hold shape. Cool and fill with cream cheese filling. **Makes 18 to 24 servings.**

PERSIMMONY PUDDING

- 1 cup dried persimmons
- 1-1/4 cups flour
- 1-1/2 tsp. baking soda
- 1/2 tsp. salt
- 1-1/2 tsp. baking powder
- 1-1/2 tsp. butter or margarine
- 1 cup chopped figs, raisins, or dates
- 1 cup chopped walnuts
- 1 tsp. vanilla

Cover persimmons with 1/2 cup water, and allow to stand 20 minutes to rehydrate. Blend until pureed. Sift flour with sugar, baking soda, salt, and baking powder and combine with persimmons. Add the remaining ingredients, mixing thoroughly with each addition. Spoon batter into a 1-1/2 quart pudding mold; cover mold. Steam in covered kettle with boiling water half-way up the side of the mold for 3 hours. **Serve hot.**

RAISIN CUSTARD

- 3/4 cup sugar
- 2 T. cornstarch
- 1/4 tsp. salt
- 2 cups milk
- 3 eggs, well beaten
- 2 T. butter
- 1 tsp. vanilla
- 1/2 cup raisins (or dried cherries, blueberries, raspberries, or strawberries)

In a saucepan, blend together the sugar, cornstarch, salt, and your choice of fruit. Gradually stir in the milk, mixing well. Cook over medium heat until the mixture is smooth, thickened, and clear. Remove from the heat and quickly stir a small amount of hot pudding into the beaten eggs. Return the egg mixture to the hot pudding, mixing well. Return to heat (medium) and stir constantly to keep the pudding from sticking until it is thickened. Remove from the heat and add butter and vanilla. Stir until the butter is melted. Pour into serving dishes, and garnish with coconut or chopped nuts. Top with a dried fruit slice or a maraschino cherry. Chill. **Makes 4 servings.**



CAMPING, BACKPACKING & TRAIL MIXES

Mixes

P'NUTTY GRANOLA



- 4 cups rolled oats
- 1 cup chopped almonds, cashews, or peanuts
- 1/2 cup creamy peanut butter
- 1/2 cup honey
- 1/2 cup dried, powdered milk
- 1/2 cup raisins
- 1 cup other mixed dried fruit (pineapples, apples, figs, bananas, dates, etc.)
- 1/2 cup sesame seeds
- 1/2 cup sunflower seeds
- 1 cup large-flake dried coconut
- 1 tsp. vanilla
- 1/2 tsp. ground cinnamon

In a saucepan, thoroughly heat peanut butter and honey. Remove from heat and stir in cinnamon and vanilla. Combine oats, almonds, dry milk, sesame seeds, and sunflower seeds and place this dry mixture in a large, shallow roasting pan or on cookie sheets. Pour the warm peanut butter mixture over these dry ingredients and stir until coated. Spread mixture evenly about the pan. Bake at 300°F/149°C for about 30 minutes, or until lightly browned, stirring occasionally. Add the dried fruits and coconut after baking is complete. To dry, spread the mixture on trays and dehydrate overnight. When cooled, store granola in airtight containers. **Makes about 10 cups.** To make a “trail mix” or “gorp,” simply add in carob chips or chocolate chips and additional dried fruits, nuts, seeds, etc.

Note: All of the recipes within this section have been used extensively in the field, but almost any recipe, not requiring refrigeration, from our book or developed through your own experience may be perfectly suitable for the trail.

NONNIE'S GREAT GRANOLA

- 4 cups rolled oats
- 1/2 cup wheat germ
- 1 cup brown sugar or 1/2 cup honey
- 2 cups coconut
- 1 cup sesame seeds
- 1 cup almonds and walnuts, chopped
- 1/2 cup wheat or soy flour
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 cup oil
- 1 tsp. salt

After dehydrating the above ingredients add:

- 1 cup raisins
- 1/2 cup dates
- 1/2 cup dried pineapple
- 1/2 cup dried apples
- (or any combination of dried fruits)

Mix the first group of ingredients together in a large bowl and spread onto Paraflexx®, kitchen parchment paper, or plastic wrap. Dehydrate at 165°F/74°C (approximately 3 hours) until crunchy. Add the second group of ingredients. **Serve with milk or plain yogurt.**

YOUR OWN CUSTOMIZED TRAIL MIX

Mix together any of the following ingredients in any combination and place in zip lock bag:

Nuts

Unsalted peanuts, pecans, cashews, macadamia nuts, walnuts, pine nuts and/or almonds.

Dried Fruit

Raisins, apples, pineapple, peaches, bananas, figs, coconut, etc.

Seeds

Pumpkin or shelled sunflower.

Candy

Carob or chocolate chips.

ENERGY BARS

Mix together equal parts of raisins, dates, figs, prunes, pecans, walnuts, sunflower seeds, (any other ingredients you love include!!). Put mixture through blender or chop finely with a sharp knife. Use flavored yogurt to combine. Shape into bars. Place on Paraflexx® sheets and dry at 165°F/74°C until dry.

POWER BARS

- 3 cup rolled oats, barley or wheat
- 2 1/2 cup powdered milk
- 1/2 package citrus flavored gelatin (approx. 8 oz.)
- 1 cup sugar
- 2 T. honey
- 3 T. water

Place rolled oats, powdered milk and sugar in bowl. Add water to honey and bring to a boil; dissolve gelatin in honey and water mixture. Add dry ingredients. After mixing well add water a teaspoon at a time until barely moist enough to be molded. Shape into bars. Dehydrate at 165°F/74°C until hard.

BANANA JERKY

Peel banana. Remove small core on tip opposite to the stem. Place index finger where core was and gently push lengthwise. Banana will split evenly into 3 pieces. Dip in lemon juice to keep color. Dry at 135°F/57°C until all moisture is removed. Approximately 8-10 hours.

ZUCCHINI CHIPS

Cut zucchini into thin slices. Place on dehydrator trays and baste with barbecue sauce. Dehydrate until crisp. Additional snack chips can be made by sprinkling chips before they dry with seasoned salt, garlic salt, Parmesan cheese, or salad seasoning spices.

TRAIL MIX

- 6 cups plain granola
- 2 cups sunflower seeds
- 1 cup carob or chocolate chips
- 1/4 cup raisins
- 1/2 cup diced apricots
- 1/2 cup diced pears
- 1/2 cup broken cashews
- 1/2 cup coconut strips (pared)
- 1/2 cup diced apples
- 1/2 cup diced peaches
- 1/2 cup slivered almonds
- 1 cup dried tomato chips

Combine the above ingredients. This is a nutritional TV snack and makes a lovely gift package when placed in a compote. It is also great for hiking.

Baking and Soup Mixes

DRIED FRUIT SNACK

- 1/2 cup raisins
- 1/2 cup dried apricots
- 1/2 cup dried pears
- 1 cup dried bananas
- 1 cup dried coconut flakes
- 1/2 cup dried dates
- 1/2 cup dried strawberries

Chop the ingredients and mix together. Store in an airtight container.

CINNAMON PECANS

- 4 cups pecans
- 2 T. honey
- 1/2 tsp. cinnamon
- 1 T. salt
- 1/2 tsp. nutmeg
- 3/4 cup water

Marinate nuts in honey, water, and spice mixture for 45 minutes. Arrange in a single layer on dehydrator trays covered with Paraflexx®, kitchen parchment paper, or plastic wrap. Dry for 5 hours at 165°F/74°C.

SMOKED HONEY NUTS

- 4 cups nuts
- 1 T. honey
- 1/4 tsp. liquid smoke
- 1 T. salt
- 3/4 cup water

Marinate nuts for 45 minutes in honey, smoke, salt, and water mixture. Drain well. Place on Paraflexx®, kitchen parchment paper, or plastic wrap covered trays and dry for 3 hours at 165°F/74°C.

STRAWBERRY PANCAKES

- 3/4 cup shortening
- 3 cups campfire baking mix
(recipe given below)
- 1 T. powdered egg
- 1 T. sugar
- 1/2 cup dried strawberries
- 1 cup water

Combine all ingredients, cutting in shortening. Stir until ingredients are moistened. If batter is thick, add a little more water to thin. Drop by spoonfuls on a hot, greased griddle. Turn when bubbles appear on top. Serve piping hot with butter and syrup or try sprinkling with powdered sugar.

CAMPFIRE BAKING MIX

- 3 cups whole wheat flour
- 3 cups unbleached white flour
- 1 cup wheat germ
- 4 cups old-fashioned rolled oats
- 2 cups dried, powdered milk
- 4 T. baking powder
- 1 T. salt

Combine dry ingredients. Divide into eight plastic freezer bags and seal. Add 1/4 cup shortening to each cup dry mix just before using. **Makes 13 cups.**

RAISIN BISCUITS

- 1/2 cup shortening
- 2 cups campfire baking mix
(recipe given on previous page)
- 1/2 cup raisins (or dried blueberries)
- water

Cut shortening into baking mix. Add raisins and enough water to make a stiff dough. Divide into 8 pieces, roll each into a ball with your hands; then flatten slightly. Place on a piece of ungreased aluminum foil and bake over hot coals approximately 15 to 30 minutes, depending on the temperature of your fire.

TOMATO-RICE SOUP MIX

- 1/2 cup rice
- 2 T. dried onions
- 1 cup powdered tomatoes
- 1/4 cup tomato pieces
- 1 red chili pepper

Add ingredients to 4 cups water and boil until rice is tender. Remove chili pepper and serve. **Serves 4.**

INSTANT SOUP MIXES

Puree any thick homemade or canned soup, such as lentil, navy bean, split pea, etc., until smooth. Spread pureed soup onto Paraflexx®, kitchen parchment paper, or plastic wrap and dry into a leather. As an alternate drying method, drop spoonfuls of the mixture onto the Paraflexx®, kitchen parchment paper, or plastic wrap and dry into chips or wafers. To prepare a hot “instant” soup, tear off the desired amount of leather and place it or the desired number of soup chips into a bowl or cup. Add boiling water, stir, and allow to steep for a few minutes until soup returns to its original consistency.

INSTANT SOUP CUP

- 1 tsp. dried, powdered vegetables (such as peas)
- 4 tsp. dried milk
- 1 cup boiling water

Grind dried vegetables into a powder using a blender set at the highest speed. Mix powder with dried milk. Place in cup and add boiling water. Stir, and season to taste. For better flavor, soup may be simmered.

CUP OF VEGETABLE SOUP

- 1/3 cup dried vegetable flakes
(any combination-- tomatoes, peas, onion,
zucchini, celery, carrots, corn, potatoes, etc.)
- 1 T. bulgur wheat
- 1 T. small pasta
- 1/4 tsp. dried parsley 1/4 tsp. dried basil
- 1 pinch garlic powder
- 1 pinch onion powder
- Salt and pepper to taste
- 2 cup boiling broth (chicken or beef)

Place dried vegetables in blender and whirl until they are the size of small peas. Put these and other ingredients in thermos. Pour boiling broth and let set.

NEW ENGLAND CLAM CHOWDER

- 3 T. olive oil
- 1 large onion
- 10 small new red potatoes--unpeeled and diced
- 2 T. whole wheat flour
- 2 - 6 1/2 oz. canned clams
- 2 cup milk
- 1 cup bottled clam juice
- 1 T. butter or margarine
- 1/2 tsp. salt
- 1/2 tsp. white pepper

In sauce pan heat olive oil. Sauté onions until translucent. Add potatoes and sauté until brown. Add whole wheat flour to vegetables. Stir in remaining 6 ingredients. Simmer about 3 minutes. Spread on Paraflexx® covered trays and dehydrate for approximately 5 1/2 hours or until dry at 165°F/74°C. To rehydrate cover with water, boil and serve.

Serves 4.

MINESTRONE

- 1 1/3 cup canned kidney beans dried
- 2 T. dried onions
- 1/4 cup dried minced carrots
- 6 dried green beans—minced
- 1/4 cup dried zucchini, broken into pieces
- 2 cup dried minced potatoes
- 10 to 12 dried tomato slices
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- 1 tsp. dried sage
- 1 tsp. salt
- 1/2 cup tiny soup noodles

Place all ingredients in zip lock bag. When ready to cook pour into kettle, add enough water to cover plus 1 cup Boil until all vegetables are rehydrated. Add any other vegetables or seasonings you like. The smaller the dried vegetables the faster the soup will reconstitute. **Serves 3-4.**

Camp and Backpacking Meals

ONE POT GOULASH

Combine the following into 1 quart freezer-weight zip lock bag:

- 1 oz. dried beef
- 1 1/2 cup dried potato slices
- 1/4 cup lentils
- 4 dried tomato halves cut into 1/2" pieces/or 8 to 10 dried tomato slices
- 1/4 cup various dried vegetables--corn, peas, green beans, etc.
- 1 T. dried onions

Mealtime at camp: Boil 4 cups water. Stir in mix. Cover and remove from heat. Let stand approx. 15 minutes. Return to heat and bring to boil. Reduce heat and simmer stirring occasionally until potatoes are tender about 15 minutes. **Serves 2-3.**

ONE POT SPAGHETTI

Combine in 1 gallon freezer-weight zip lock bag:

- 1 cup dried mushroom pieces and/or slices
- 1/4 cup dried diced green bell pepper
- 3 T. dried onions
- 1 envelope dried spaghetti sauce (8 oz.)
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 3 cup thin spaghetti noodles

Boil 4 cups water in medium pot. Add mix. Cook stirring frequently, about 5 min. If noodles stick add a little water. Remove from heat, cover, let stand 5 min. or until noodles are tender. **Serves 2-3.**

JERKY STEW

- 4 cup water
- 1 cup dried tomato pieces
- 1 cup beef jerky
- 1 cup dried potato slices
- 1 T. dried bell pepper pieces
- 1 T. dried onion pieces
- 1/2 tsp. dried basil
- 1/2 T. dried oregano
- 1/2 T. dried garlic
- 1/2 cup dried carrots
- 1 cup cooked and dried short grain rice
- Salt and pepper to taste

In large saucepan combine 3 cups water and all ingredients except rice. Let sit for 30 min. to rehydrate. Place pan over medium heat and bring to boil. Simmer 30 min. to 1 hour until jerky is tender. Meanwhile combine rice with remaining water and bring to boil. Remove from heat, cover and let sit for 15 minutes to rehydrate. Return to boil, partially cover and simmer until rice is tender--about 15 -30 minutes. Serve hot stew over rice. **Serves 2-4.**

CAMPERS FAVORITE CHILI

- 1 1/4 cup canned pinto beans
- 2 cup tomato sauce--homemade or commercial
- 12 oz. dried pasta (such as elbow macaroni)
- 3 Whole jalapeno peppers, seeded and minced
- 5 oz. ground beef (optional)
- 1/2 onion minced
- Seasoning as desired

Brown ground beef and cook pasta until done. Combine all ingredients in large saucepan and heat to boiling. Season to taste. Spread on Paraflexx® covered dehydrator tray and dehydrate at 165°F/74°C until dry approximately 5 hours. To rehydrate, cover with water, boil stirring occasionally and serve. **Serves 4.**

CAMP SCRAMBLED EGGS

- 3 eggs
- 1 T. water
- 1/4 tsp. black pepper
- 1/8 tsp. salt

Place all ingredients in bowl and beat very lightly until just blended. Add any of the following variations or implement any of your favorite ingredients:

Cheese mushroom:

- 6 fresh mushrooms sliced
- 3/4 cup any variety grated cheese

Herb:

- 3 sprigs parsley minced
- 1/4 cup onions chopped
- 1 tsp. any dried herbs

Spanish:

- 1 cup tomato sauce
- 1 to 2 jalapeno peppers, fresh or canned, seeded and minced

Blend together egg mixture and any of the variations. Place in skillet with 1 T. olive oil. Scramble until done. Place on Paraflexx® sheet and dehydrate at 165°F/74°C until dry. Approximately 5 hours. To rehydrate, cover with boiling water, stir occasionally and serve. If there is an excess of liquid pour it out.

DELUXE CAMP CHILE WITH JERKY

- 6 oz. beef jerky
- 3 tsp. oil
- 1 tsp. whole cumin seed
- 4 T. chili powder
- 1 tsp. onion flakes
- 1 tsp. oregano
- 1/2 tsp. powdered cumin
- 1/4 tsp. garlic powder
- water to cover or more if needed

Place all ingredients in pot. Pour boiling water enough to cover. Simmer until jerky becomes tender. More water may be added if needed. **Serves 1-2.**

RICE WITH GOURMET VEGETABLE SAUCE

- 1/2 cup powdered tomatoes
- 1/4 cup dried tomato bits
- 1/8 cup dried eggplant
- 1/8 cup powdered celery
- 1/8 cup dried onions
- 1/8 cup powdered zucchini
- 1/8 cup dried carrots
- 1/8 cup powdered bell peppers
- 1 cup dried beef chunks
- 1 1/2 tsp. brown sugar
- 1/2 tsp. salt
- 2 cups rice

Combine vegetables with 4 cups boiling water. Rehydrate for 30 minutes then add sugar, salt, and beef. Simmer until vegetables are tender and sauce is thick. While sauce is simmering cook rice. Serve sauce over rice. **Serves 4.**

CASHEW RICE CURRY

- 1/4 cup dried milk
- 1/2 tsp. salt
- 1 tsp. curry powder
- 2 cups instant rice
- 1/4 cup cashew pieces
- 2 oz. grated cheddar cheese
- 3 1/2 cups water

Mix dry milk and enough water to form a paste. Add remaining water, mix well, and bring to a boil. Stir in rice and seasonings. Simmer until water is absorbed and rice is soft. Approximately 20 minutes. Stir in nuts and cheese. When cheese is melted serve. **Serves 2.**

BEEF STROGANOFF

- 4 1/2 cups water
- 2/3 cup instant powder milk
- 1 pkg. sour cream mix
- 1 pkg. stroganoff mix
- 2 cups egg noodles
- 2 tsp. salt
- 1/2 cup dried beef

Mix 1 to 1 and 1/2 cups water and 1 and 1/2 cups powder milk. In pot, add milk to sour cream mix and Stroganoff. Heat until sauce thickens. Place noodles, beef, salt, and 3 cups of water in second pot. Bring to boil and simmer about 15 min. Stir in sauce and serve. **Serves 2.**

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CAMPFIRE'S CHICKEN DELIGHT

- 2 Boneless chicken breast--skinned and cut into thin strips
- 3 T. olive oil
- 1 sweet onion
- 1 carrot—minced
- 10 fresh whole mushrooms
- 3 cloves garlic—minced
- 1 tablespoon whole wheat flour
- 3/4 cup chicken stock
- 1/4 tsp. dried thyme
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 T. dried parsley
- 1 whole bay leaf
- 4 servings instant rice

Heat olive oil. When hot sauté and brown onion, carrot, and mushrooms. Add chicken, garlic, and whole wheat flour and sauté approximately 1 minute longer. Lower heat and add remaining ingredients except rice. Cover and let simmer for 1 hour. Remove bay leaf. Spread onto Paraflexx® sheet on dehydrator tray. Dehydrate at 165°F/74°C for about 5 hours. To rehydrate, cover with water, boil, stirring occasionally, and serve over cooked rice. **Serves 4.**



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HASHBROWNS

- 6 Medium sized potatoes, grated
- 1 large onion
- 2 T. cooking oil
- Salt and pepper to taste

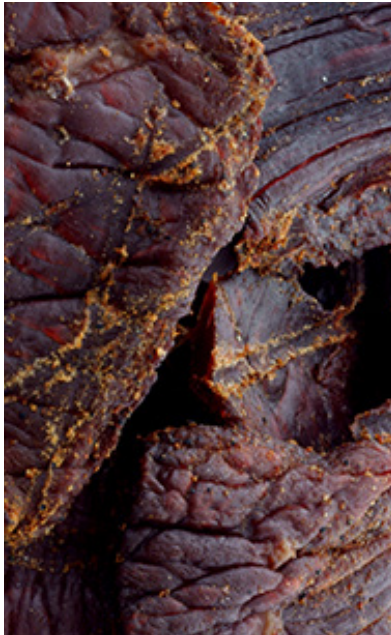
Heat cooking oil in large skillet. When hot add potatoes and onion. Fry until golden brown. Spread on Paraflexx® covered trays and dehydrate at 165°F/74°C until dry. To cook barely cover with water. Cook until liquid is absorbed and potatoes are heated through. **Serves 4.**



JERKY, MARINADES & MIXES

Jerky

BASIC JERKY RECIPE



- 3 to 4 lbs. lean beef (cut into strips)
- 1/2 cup tomato sauce base or catsup
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1 tsp. onion powder or 2 tsp. onion flakes
- 1 tsp. garlic powder
- 1/2 tsp. cracked pepper
- 1/2 tsp. hickory smoke flavoring or salt

Blend all ingredients and soak meat strips in mixture. Keep refrigerated 6 to 12 hours, stirring and turning meat occasionally in marinade. Once meat is marinated to desired strength, drain off marinade and dry.

GROUND BEEF OR TURKEY JERKY

- 5 lbs. lean ground beef or ground turkey
- 2 tsp. tabasco sauce
- 1/2 cup soy sauce
- 1/2 cup worcestershire sauce
- 1/4 cup liquid smoke
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 2 T. chopped dried red jalapeno

Place ground meat into a bowl. Add all ingredients and mix well.

HAWAIIAN JERKY

- 1 lb. lean meat cut 3/16" thick
- 1 tsp. salt
- 1 tsp. ground ginger
- 1 T. brown sugar
- 1/4 tsp. cayenne pepper
- 1 crushed garlic clove
- 1/4 cup pineapple juice
- 1/4 cup soy sauce

In small glass bowl combine all ingredients except meat. Stir to mix well. Place meat 3-4 layers deep, spooning sauce over all layers. Cover tightly in refrigerator for 6-12 hours stirring occasionally. Take meat out of marinade and place on dehydrator trays. Dry at 165°F/74°C for 5-6 hours or until completely dry. **Makes about 1/2 pound jerky.**

VENISON JERKY

- 6-8 lbs. Venison
- 1 T. garlic powder
- 2 T. liquid smoke
- 1-2 quarts soy sauce
- 1 T. onion powder
- 1-2 tsp. tobasco sauce
- 1 T. MSG

Mix all ingredients together. Cut meat into 3/16" thick pieces. Marinate in seasoning mixture for at least 12 hours. Dry at 165°F/74°C in dehydrator for 5-6 hours or until meat cracks.

FISH JERKY

- 6-12 fish filets approx 3/8" thick.
- Use fresh trout or salmon. The skin may be left on if you like.
- 16 oz. bottle of Yoshida's Gourmet Sauce
- 16 oz. of beer

Stir beer and gourmet sauce in glass dish or bowl. Add filets and spoon marinade over the fish enough to cover. Cover and refrigerate for 24 hours. Place filets on dehydrator trays. Dehydrate at 165°F/74°C until completely dry. Approx. 6-8 hours. Make sure jerky is completely cooled before storing in plastic bag as it will sweat if sealed before cooling thoroughly.

WESTERN BBQ JERKY

- 1 lb. lean meat
- 1 tsp. salt
- 3 T. brown sugar
- 1/4 tsp. pepper
- 1/3 cup red wine vinegar
- 1/8 tsp. cayenne pepper
- 1 tsp. onion powder
- 1/2 tsp. garlic powder
- 1 tsp. dry mustard

Mix all ingredients except meat in shallow dish or bowl. Stir well. Cut meat into 3/16" thick pieces. Place in marinade making sure meat is covered. Cover and refrigerate for at least 12 hours. Place meat on dehydrator trays and dry at 165°F/74°C until meat cracks. Approx. 5-6 hours. **Serves 1.**

BURGUNDY JERKY

- 2 cup Burgundy wine
- 1/2 cup soy sauce
- 3 cloves of garlic, chopped
- 3 T. molasses
- 1 T. olive oil
- 1 tsp. coarsely cracked black pepper
- 1 lb. lean meat cut 3/16" strips

Mix all ingredients together in shallow bowl or dish. Allow to sit for 15 minutes so flavors can blend. Add meat and marinate at least 1 hour. If marinating longer place covered in refrigerator. Place meat strips on dehydrator trays and dry at 165°F/74°C until meat cracks. Approx. 5-6 hours.

TURKEY OR CHICKEN JERKY

- 1 1/2 lb. turkey or chicken breasts (fat, skin, and bone removed)
- 1/4 cup soy sauce
- 1 T. lemon juice
- 1/4 tsp. powdered garlic
- 1/4 tsp. black pepper
- 1/8 tsp. ginger

For easier cutting freeze chicken or turkey breasts and thaw enough to slice easily. Slice meat across grain in strips 1/8 to 1/4 inch thick. Mix other ingredients. In shallow bowl place meat and pour marinade over the top. Make sure all marinade is distributed well over meat. Refrigerate and let stand for approximately 15 min. Dry at 165°F/74°C for 5-6 hours or until completely dry.

TERIYAKI JERKY

- 1 lb. lean meat cut into 3/16" pieces
- 1/8 tsp. pepper
- 2 T. brown sugar
- 1/4 cup soy sauce
- 1/2 tsp. ginger

Combine ingredients in a shallow bowl or dish making sure meat is completely covered. Cover and refrigerate at least 12 hours. Place on dehydrator trays and dry at 165°F/74°C until meat cracks. Approximately 5-6 hours. **Serves 1.**

CIDERED VENISON JERKY MARINADE

- 1 to 2 lbs. raw, lean venison strips
- 1/4 cup cider vinegar
- 4 T. Worcestershire sauce
- 2 T. brown sugar
- 1 tsp. salt
- 1 tsp. dried garlic powder
- 1/2 tsp. pepper

Place all ingredients in a flat dish or bowl. Cover and refrigerate 8 hours or overnight, turning strips often. Drain and place strips on dehydrator trays. Dry until hard.

Marinades and Mixes

BEEF AND POULTRY JERKY MARINADES

The following marinades are especially good for beef and poultry jerky recipes. These marinades can be used for 3 to 4 pounds of beef or poultry.

TERIYAKI MARINADE

- 1 cup soy sauce
- 2 crushed garlic cloves
- 2 tsp. crushed or ground ginger root
- 2 T. brown sugar
- 1 tsp. pepper

Combine and mix the above ingredients.

BARBECUE SAUCE MARINADE

- 1 T. oil
- 1/4 cup dried onion flakes
- 1/4 tsp. dried garlic, powdered
- 1/2 tsp. salt
- 1/2 tsp. chili powder
- 1/2 tsp. dry mustard
- 2-1/2 T. brown sugar
- 2 T. Worcestershire sauce
- 8 oz. can tomato sauce, or 2 T. tomato powder plus 1 cup water
- 1/2 cup dry red wine, or 1/4 cup red wine vinegar plus 1/4 cup lemon juice

Sauté onion flakes in vegetable oil. Stir in garlic, salt, chili powder, dry mustard, and brown sugar; add the Worcestershire sauce, tomato sauce, and wine and stir well. Bring mixture to boil and then simmer for 5 minutes. Cool. **Makes 2 cups of marinade.**

SWEET AND SOUR MARINADE

- 1 cup pineapple juice
- 1/2 cup lemon juice
- 1/2 cup red wine
- 2 T. soy sauce
- 1 T. onion flakes
- 1 T. brown sugar
- 1/2 tsp. garlic
- 1/2 tsp. peppers
- 1/2 tsp. oregano

Combine and mix the above ingredients.

MRS. ANDREW'S ENGLISH MARINADE

- 1 cup dry red wine
- 2/3 cup light salad oil
- 1 clove minced garlic
- 1 small lemon, thinly sliced
- 2 tsp. dried parsley flakes
- 1 tsp. oregano
- 1/2 tsp. salt
- 1/4 tsp. crushed fennel seeds
- 1/4 tsp. pepper

Combine and mix the above ingredients. This marinade can be used with fish or beef.

FISH JERKY MARINADE

- 3 cups apple juice
- 1 cup soy sauce
- 1 cup brown sugar
- 1 tsp. garlic salt
- 1 tsp. onion salt
- 1 tsp. lemon pepper
- 1 tsp. black pepper
- 3 T. salt
- 1 T. liquid smoke

Mix all ingredients in shallow bowl. Place fish fillets in bowl and spoon marinade over the fish so all is covered. Marinade for 24 hours. Dehydrate at 165°F/74°C until fish is completely dry.

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SPICY DRIED FISH CURE

- 1 lb. salt
- 1/2 lb. dark brown sugar
- 1 T. salt
- 1 T. white pepper
- 2 tsp. garlic powder
- 2 tsp. onion powder
- Plus optional crushed spices:
bay leaf, cloves, allspice, and mace

Mix ingredients and let stand for 24 hours. Then wash fish and soak in salt brine to remove blood. Pat fish dry and sprinkle on dry cure, then dehydrate. One pound of dry cure will coat 10 to 12 pounds of fish.

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HANGTOWN MIX

- 1 cup dry red wine
- 2/3 cup oil
- 2 T. onion flakes
- 2 T. Worcestershire sauce
- 2 tsp. tomato powder
- 1 tsp. cayenne
- 1/2 tsp. cumin

Combine the above ingredients and thoroughly mix.





FRUIT LEATHERS

BANANA BLUSH LEATHER



1 cup strawberries

1 banana

Puree fruit in blender. Pour onto Paraflexx®, kitchen parchment paper, or plastic wrap, and dehydrate at 135°F/57°C until leathery.

PEACHY PEAR LEATHER

1 cup peaches, peeled

1/2 cup pears, peeled

Blend together and sweeten if desired. Pour on Paraflexx®, kitchen parchment paper, or plastic wrap and dehydrate at 135°F/57°C until leathery.

APRICOT-CHERRY LEATHER

1 cup apricots

1/2 cup cherries

honey or sugar to taste

Puree apricots with a small amount of water. Add cherries and sweetener; blend and pour onto Paraflexx®, kitchen parchment paper, or plastic wrap. Dehydrate at 135°F/57°C until leathery.

PERSIMMON-PINEAPPLE LEATHER

1 cup persimmon pulp

1/2 cup crushed or fresh pineapple pieces

Puree in blender. Spread on Paraflexx®, kitchen parchment paper, or plastic wrap and dehydrate at 135°F/57°C until leathery.

CRANAPPLE LEATHER

1 cup apples, chopped

1/2 cup cranberries

honey or sugar to taste

Puree apples in blender with a small amount of water. Add cranberries and sweetener if desired. Pour on Paraflexx®, kitchen parchment paper, or plastic wrap covered dehydrator trays and dry at 135°F/57°C until leathery.

BANANA-PEANUT BUTTER LEATHER

4 cups ripe bananas (pureed)

1 cup old-fashioned peanut butter

1 tsp. vanilla

Blend banana puree, peanut butter, and vanilla together. Spread mixture onto Paraflexx®, kitchen parchment paper, or plastic wrap and dry until leathery. To create peanut butter candy bits, pour melted chocolate or carob chips over the dried leather, roll up, and cut into 1" pieces. Serve as a natural candy.

CHEWY FRUIT ROLLS

Use any fruit leather recipe. Dehydrate at 135°F/57°C until tacky. Remove from Paraflexx®, kitchen parchment paper, or plastic wrap and sprinkle with coconut or top with melted carob, thinly spread peanut butter, or cream cheese. Roll tightly and cut into finger-sized lengths. Keep refrigerated. Fruit rolls are great as a snack or lunch box treat.

HEALTHY BREAKFAST ON THE RUN LEATHER

- 2 eggs**
- 1 cup diced banana, peaches or combination banana and strawberries**
- 1/2 cup thawed, undiluted frozen concentrated orange juice**
- 1/2 cup nonfat dry milk powder**
- 1 tsp. vanilla**
- 1/3 cup wheat germ, chopped almonds, sunflower seeds, sesame seeds, or a combination of each**

Place eggs, fruit, orange juice, milk powder and vanilla in blender. Blend well. Line two dehydrator trays with a Paraflexx® sheet. Divide puree in half and pour over Paraflexx® sheets. Spread to 1/8 to 1/4 inch thickness. Sprinkle with the wheat germ, nuts, or seeds. Dry 10 to 12 hours at 135°F/57°C or until leather pulls away from Paraflexx® sheets. Roll into rolls. Enjoy!! Makes 2 large rolls

FRUIT BAR LEATHER

- 1 recipe any fruit leather you like, not dried**
- 1/4 cup granola or rolled oats**
- 1/2 cup coconut**
- 1/2 cup chopped nuts (any kind)**

Pour one half fruit leather puree onto two Paraflexx® lined dehydrator trays. Divide dry ingredients in two equal parts and sprinkle over puree. Dry at 135°F/57°C for about 10 hours or until leather pulls away from Paraflexx® sheets. Cut into pieces or roll into rolls.



FRUIT & VEGETABLE POWDERS

FRUIT POWDERS



Fruit powders add flavor to your cakes, cookies or muffins. Fruit powders are simple to make. Just cut your fruit into small pieces and dry until crispy. Place in blender, and powder. Since homemade powders do not have anti-caking agents added, only powder small amounts at a time. Only make what you will consume in about 4 weeks time. In any baking you may add 1/2 cup fruit powder per 1 cup flour. Just blend it with your dry ingredients. Delicious! Adds an extra zip to your baking!

ORANGE SNACKS

Pick only oranges without wax coating if you want to use the rind for powdering. Cut away peel and white of fruit. Cut orange into 1/4 inch thick pieces. Dry for 8 to 10 hours or until brittle. These may be eaten as is or powdered for use in baking or making orange juice.

Take the orange peel and make sure all white flesh is removed as this will make the rind bitter. Dry until very brittle then powder very fine in blender. Use whenever a recipe calls for orange peel.

ORANGE JUICE

1 cup dried powdered orange without peel
2 cup water

Mix orange and water. Chill and serve. **Makes 2 servings, 1 cup each.**

LEMON AND LIME

Dry the same as oranges. Powder dried pulp for use in drinks and baking. Dry in slices for use as garnish in punch bowls. Dry peel until brittle and powder. Use when recipe calls for lemon or lime peel.

ZUCCHINI BREAD

3/4 cup dried zucchini powder
1 1/2 cups water
3 eggs
1/4 cup canola or sunflower oil
2 cups sugar
1 tsp. vanilla
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/2 tsp. ground cloves
3 cups all purpose flour
1 tsp. baking soda
1/2 tsp. salt
1 cup chopped walnuts or pecans

Preheat oven to 325°F/163°C. Grease two 7x3 inch loaf pans. In a small bowl stir together zucchini powder and water. Let sit for 15 minutes to rehydrate. In large bowl beat eggs, stir in oil, sugar and vanilla. Add rehydrated zucchini along with cinnamon, ginger and cloves. In another bowl stir together flour, baking powder, baking soda, and salt. Add the dry ingredients to the egg mixture and mix the batter well. Stir in the nuts. Divide the batter evenly between the prepared pans and let them sit at room temperature for at least 10 minutes. Bake for 1 hour or until toothpick inserted into the center comes out clean. Remove from pan and let cool. **Makes 2 loaves.**



DRIED TOMATOES

Dried tomatoes add a concentrated tomato flavor to a variety of dishes. Many wonderful foods can be made with dried tomatoes from pestos, dips, sauces, soups and seasonings. Add butter or mayonnaise for a delicious sandwich spread. Pack in oil, sauté, use as pizza topping. Or eat plain in salads. Besides having so many uses, drying your own tomatoes saves you money.

DRIED TOMATO PESTO



1/4 cup dried tomatoes, crumbled

2-3 cloves minced garlic

1 T. extra virgin olive oil

1/2 cup water

Sauté garlic in olive oil--do not brown! Turn heat down, add dried tomatoes, stir to coat. Immediately add water and stir. Cover and steam 2 to 3 minutes until plumped. Serve with pasta. Keeps well in refrigerator.

DRIED TOMATO AND BASIL PESTO

1/4 cup dried tomatoes, crumbled

2-3 cloves minced garlic

1 T. extra virgin olive oil

1 T. dried basil

1/2 cup water

Sauté garlic in olive oil--do not brown! Turn heat down, add dried tomatoes and basil--stir to coat. Immediately add water and stir. Cover and steam 2-3 minutes until plumped.

DRIED TOMATO SEASONING

20 slices dried tomatoes

1 tsp. pepper corns

1 tsp. dried allspice

2 T. dried thyme

Salt if desired

Place tomatoes in freezer for approximately 5 minutes or until they are somewhat brittle. Crumble. Place tomatoes in blender, coffee or herb grinder along with all other ingredients. Process to a powder. Use with salt and pepper. Other herbs may be added to your own taste.

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DRIED TOMATO AND ITALIAN HAM PASTA

- 4 oz. Italian Ham**
- 1/4 - 1/2 cup dried tomatoes**
- 1/3 cup pine nuts**
- 1 cup Dried Tomato & Basil Pesto**
- 1 cup olive oil**
- 2 T. garlic--chopped**
- 2 cup dry white wine**
- 1 lb. egg rotelli pasta—cooked**

Sauté ham, dried tomatoes and pine nuts in olive oil. Add garlic. Deglaze pan with wine. Add pesto and toss until well mixed. Heat to serving temperature.

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TOMATO SAUCE WITH DRIED TOMATOES

- 3 T. olive oil**
- 5 large clove of garlic, chopped**
- 1/2 red onion, chopped**
- 1 lb. Italian tomatoes (plum) peeled and chopped**
- 1 1/4 to 1 1/2 cups chopped dried tomatoes**
- 3/4 C chicken broth**
- 1/4 tsp. salt or to taste**
- 1/4 tsp. black pepper or to taste**
- 3 T. chopped fresh basil leaves**
- 1 - 12 oz. package of fresh pasta**

Heat olive oil in large pan or stockpot over medium-high heat until hot. Add garlic and onion and cook for 2 minutes. Stir in tomatoes and dried tomatoes and cook for another 3 minutes. Add chicken broth, salt, and pepper.

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SEAFOOD FETTUCINI WITH DRIED TOMATOES

- 1 lb. Fettucini**
- 1 T. unsalted butter**
- 2 T. minced shallots**
- 2 cup heavy cream**
- 1/4 cup dry Italian white wine**
- 6 oz. medium shrimp, peeled, deveined and cut in half lengthwise**
- 1/4 lb. sea scallops, sliced crosswise into 1/4" thickness**
- 1/2 cup oil packed, dried tomatoes**
- 1/2 cup black pitted olives, cut in half**
- 1/2 freshly grated Parmesan cheese**
- salt & white pepper to taste**
- freshly grated nutmeg**

Prepare pasta per package instructions. In large frying pan over medium heat, melt butter. Add shallots and sauté until almost translucent. Pour in cream, bring to boil. Reduce heat to medium and simmer uncovered until slightly thickened. Add wine, simmer 1 minute. Add shrimp, scallops, and dried tomatoes; simmer 1 minute. Add olives and cheese. Toss over fettucini. Season with salt, pepper and nutmeg to taste. **Serves 4.**

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SOUTHWESTERN CHICKEN SOUP

- 4 cup chicken broth, regular strength**
- 1/2 cup long-grain rice, uncooked**
- 1/4 tsp. ground cumin**
- 1 cup chopped cooked chicken**
- 1/2 cup fresh corn kernels (frozen may be used)**
- 6 dried tomatoes halves, snipped into bits**
- 1/4 cup fresh lime juice**
- 1/4 cup cayenne pepper**
- Salt to taste**

In a large saucepan, bring chicken broth to a boil. Stir in the rice and cumin. Cover and cook 15 minutes or until rice is tender. Stir in the chicken and corn. Cover and bring just to a boil. Remove from heat. Stir in tomato bits, lime juice, cayenne and salt to taste. **Serves 4.**

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PASTA PRIMAVERA WITH DRIED TOMATOES

- 8 oz. Rotini, Twists or Spirals, uncooked**
- 1 T. olive or vegetable oil**
- 2 cloves garlic, minced**
- 1/8 tsp. hot red pepper flakes**
- 1 cup tender fresh green beans, cut into 1" pieces**
- 2 small zucchini, sliced**
- 2 small yellow squash, sliced**
- 1 cup carrot sliced thin**
- 1 medium red onion, cut into eighths**
- 1/4 cup chicken broth**
- 1/4 cup lightly pack fresh basil leaves, chopped**
- 1/2 cup oil-packed dried tomatoes, chopped**
- 1/4 cup grated Parmesan cheese**
- 1/4 cup chopped fresh parsley**

Prepare pasta according to package instructions. Drain. In medium skillet, heat oil and garlic. Stir in red pepper flakes. Add zucchini, squash, carrots and onion and stir-fry until tender-crisp about 5 minutes. Add chicken broth and simmer 1 minute. Toss together pasta, vegetables, basil and dried tomatoes. Garnish with Parmesan cheese and parsley. **Serves 4.**

DRIED TOMATO SOUP BASE

- 20-25 dried tomatoes
- 1 cup chicken broth
- 1/2 clove garlic—chopped
- 1 green onion—chopped
- Salt and pepper to taste
- Red chili pepper flakes to taste

Combine all ingredients into pot. Bring to boil. Simmer about 1 minute. Vegetables, pasta, etc. may be added to make a variety of soups. Serves 1 person. Multiply the ingredients by number of people to serve.

RICH CHICKEN BROTH

- 1 whole chicken
- water to cover chicken
- 1 large onion
- 2 stalks celery with leaves
- 10 cloves garlic
- 1/2 head cabbage
- 1 large onion
- 1/2 cup dried tomatoes
- 1 bell pepper

In large soup pot combine all ingredients. Simmer until chicken is tender. Remove chicken from bones. Discard all overcooked vegetables. Add fresh vegetables, rice, or pasta for a rich soup.

DRIED TOMATO SEASONING

- 10 slices dried tomatoes
- 1/2 tsp. dried allspice
- 1 tsp. dried thyme
- 1/2 tsp. pepper
- 1/2 tsp. dried bell pepper
- salt (optional)

Dried tomatoes should be very brittle. If not brittle, place in freezer for about 5 minutes. Crumble. Add all spices and blend in a blender or herb grinder until a powder is formed. This seasoning is great on salads, potatoes, popcorn, chicken or fish.

DRIED TOMATO & BASIL DRESSING

- 10 basil leaves—fresh
- 1/4 cup Red Wine Vinegar
- 2 cloves of garlic—minced
- 6 T. olive oil
- 4 large dried tomatoes packed in oil
- 1 tsp. salt
- few drops sweetener
- 1/4 tsp. red pepper flakes, dried

Drain dried tomatoes and process in food processor until finely chopped. Add minced garlic, olive oil, vinegar, salt, sugar and red pepper flakes. Process until tomatoes are pureed, about 1 1/2 minutes. Prepare 6 hours ahead of time. Cover and let stand at room temperature. Re-whisk before using if necessary.

BLUE CHEESE AND DRIED TOMATO DRESSING

- 1 cup sour cream
- 2 cup crumbled blue cheese
- 1/4 cup white vinegar
- 1/4 cup cold water
- 1/4 cup olive oil
- 1/2 tsp. ground white pepper
- 5 dashes cayenne pepper
- 1 T. sugar
- 1 tsp. salt
- 1/2 cup dried tomatoes packed in oil, drained and diced into 1/4 inch pieces.

In food processor or blender combine all ingredients except 1 cup of the blue cheese and the dried tomatoes. Blend until smooth and creamy. Place in a bowl and add the dried tomatoes and remaining blue cheese, mix well. Refrigerate. This dressing is especially good with spinach salad. Also great with romaine lettuce, celery and buffalo shrimp. We prefer buffalo shrimp deep fried and tossed in a hot spicy sauce.

VEGETARIAN LASAGNA

- 1 cup minced onion
- 1 lb. fresh spinach
- 2 T. olive oil
- 1/2 to 1 cup dried tomatoes
- 1/2 cup grated parmesan
- 1 cup Basil Pesto
- 2 cup ricotta cheese
- 1/2 cup toasted sunflower seeds
- 24 cooked lasagna noodles
- 1/2 lb. grated mozzarella
- Extra olive oil
- Salt & pepper to taste

Filling:

Sauté onions in olive oil until translucent. Remove from heat. Stir in raw spinach. Add half the parmesan. Stir in pesto, ricotta, sunflower seeds and seasonings. Mix thoroughly.

Grease 9" x 13" dish. Place layer of noodles on bottom. Spread 1/3 of filling on noodles then 1/3 mozzarella. Add dried tomatoes. Repeat ending with noodles, mozzarella & parmesan. Drizzle with olive oil. Bake 40 minutes at 350°F/177°C. Serves 8-10.

MUSHROOM AND DRIED TOMATO PIZZA

- 1/4 - 1/2 cup dried tomatoes, cut into 1/4 inch pieces
- 1 3/4 cup canned diced tomatoes
- 2 cup sliced fresh mushrooms
- 2 T. chopped fresh basil or 1/2 tsp. dried basil
- 2 T. chopped fresh parsley
- 2 tsp. garlic pepper sauce
- 1/4 tsp. salt
- 1 10 oz. refrigerated pizza crust
- 1 small zucchini--thinly sliced
- 1. cup shredded mozzarella cheese

Combine dried tomatoes and 1/2 cup water in saucepan; set aside for 15 minutes. Add canned tomatoes and bring to a boil; reduce heat and simmer 15 minutes. Add next 5 ingredients and cook 5 minutes longer or until liquid has evaporated, stirring often. Press pizza dough onto greased pizza pan; spread tomato mixture. Arrange zucchini slices on top; sprinkle with cheese bake at 425°F/218°C for 12 to 15 minutes. **Serves 6.**

FRESH SALMON BAKED WITH BASIL AND DRIED TOMATOES

- 2 T. olive oil
- 1 cup chopped leeks (both white and green parts)
- 3 cloves garlic—minced
- 1/3 cup dried tomatoes, cut into thin strips
- 3 T. fresh basil, chopped
- Pinch of ground nutmeg
- 3 T. lemon juice
- 4 salmon fillets
- Salt and pepper to taste

Preheat oven to 425°F/218°C. In a large skillet, heat oil and sauté leeks and garlic over low heat until they have softened, about 3-5 minutes. Stir in dried tomatoes, basil, nutmeg and heat through. Add lemon juice and cook approx. 1 minute. Oil a baking dish large enough to hold the salmon. Place fillets in dish and spoon the tomato mixture over the salmon. Sprinkle with salt and pepper to taste. Bake uncovered about 15 minutes or until the salmon is done to your liking. **Serves 4.**

TOMATO POWDER

Slice tomatoes into 1/4" thick slices. Place on dehydrator tray and dry until crisp. Place dried tomato slices in blender, herb, or coffee grinder and blend until a fine powder. Use powder in a variety of dishes from soups to meat loaf. **Refer to the reconstitution table below:**

| | |
|---------------------|--|
| Tomato Paste | 1 cup dried tomato powder, 1 3/4 cups water, 1/2 tsp. sugar. |
| Tomato Sauce | 1 cup dried tomato powder, 3 cups water, 1/2 tsp. sugar |
| Tomato Juice | 1 cup dried tomato powder, 3/4 cup water, 1/2 cup dry milk. Season to taste. |
| Tomato Soup | 1 cup dried tomato powder, 3/4 cup water, 1/2 cup dry milk. Season to taste. |

Remember: The flavor of dried tomatoes is more concentrated so use sparingly in your cooking.



ANIMAL TREATS

LILLY'S DOG TREATS



1 cup all purpose flour

1 cup cornmeal

2 cups dried liver

1/4 cup bacon grease (or veggie oil)

4 eggs, raw

Hot stock either beef, chicken, liver, or whatever you would like to use.

In a medium size mixing bowl, combine ingredients until dough is mixed well. Roll dough into a round 1" thick. Cut into 1/2" to 3/4" chunks. Dry in dehydrator at 165°F/74°C. Check treats in 4 hours. Add more time if needed. Chunks should be very dry.

For cat treats you may add flavors such as shrimp, fish stock, or cheese flakes. Add dried or fresh parsley to add a little breath freshener to the treats.

ROXANNE'S JERKY STICKS

**3 cup ground lean meat
(beef, chicken or turkey)**

1 cup flour

2 T. brewers yeast

1 cup cottage cheese, drained

1 ground bouillon cube

Combine ingredients in medium bowl and thoroughly mix. Spread on Paraflexx® sheet 1/8" thick. Dry at 165°F/74°C until dry. Cut into strips.

POLLY'S BIRD SEED WAFERS

Any seed combo can be used for these treats--alfalfa, barley, corn, buckwheat, oats, rye, sunflower, etc.

Use equal amount each (1/8 cup to 1/4 cup each). Soak seeds for 1 day as if you were going to sprout. Add a cup of seed mix into a food processor or blender. Chop coarsely. Add a little water if needed. Add 1/4 cup pre-ground seed powder. Spread over Paraflexx® sheet. Dry at 135°F/57°C until leather can be removed. Turn over on opposite side and continue to dry until crisp. Small pieces of fruit may be added for variety.

SUNFLOWER HORSE TREATS

- 1/4 cup sunflower seeds
- 2 cup flour
- 1/2 cup chopped apples
- 1/4 cup carrots, peas, or other vegetables
- 1/4 cup oats ground to powder
- 1 cup peanut butter
- 1 cup rolled oats
- 1 cup molasses

Combine ingredients into large bowl. Add molasses until dough is stiff. More oats may be added to make the dough stiff. Roll out dough, cut into shapes or squares. Dehydrate at 165°F/74°C until done. **Approximately 4 hours.** Add time if needed. Treats should be very dry.

CHARLIE'S CHEESE ROLLS

- 2 cup whole wheat flour
- 1/4 cup cornmeal
- 1/2 cup cheese

Note: Any grated cheese will do. Our dog Charlie does a flip for cheddar cheese!!

- 1 egg
- 3/4 cup water
- 1/4 cup fine grated parmesan cheese (set aside)

Mix all ingredients except parmesan cheese. Knead dough until thoroughly mixed. Roll dough into shapes (sticks, cinnamon rolls or squares). Roll shapes in Parmesan cheese. Dehydrate at 165°F/74°C approx. 4-6 hours or until dry.

This recipe is a must to try. Cats love them also, just make smaller shapes.

NICKI'S VEGGIE BITS

- 1 cup whole wheat flour
- 1/4 lb. margarine, room temperature
- 1/2 cup grated cheese, room temperature
- 1 1/2 clove garlic, crushed
- 1/2 cup cooked peas & carrots

Combine cheese, margarine, peas, carrots, and garlic. Add flour. Add milk a tablespoon at a time to help form a solid ball. Cover with plastic wrap and chill 1 hour (this will help thicken the dough). Roll out dough on floured surface about 1/8 inch. Cut into square bits. Place in dehydrator at 165°F/74°C for 5-8 hours. Check in 5 hours. Add more time if needed. Treats should be thoroughly dry.

LADY'S LIVER COOKIES

- 1 cup dried liver
- 2 cup all purpose flour
- 2 T. grease or oil
- 1/2 cup dried parsley
- 1/2 cup Cheese (fresh) or 4 1/2 T. dried cheese
- 1 cup oat flour
- Water or liver broth

Add all ingredients except for liquid. Add enough water or broth to make a thick dough. Put in refrigerator if sticky. Roll into small size balls. Dry at 165°F/74°C until thoroughly dry. Check after 4 to 6 hours. Add time if needed.

FLUFFY'S CHICKEN DELIGHTS

- 8 oz. boiled chicken liver
- 1/2 cup cornmeal
- 1 cup wheat flour
- 1 tsp. garlic powder
- 1 tsp. beef bouillon
- 1 large egg
- 1 T. yeast flakes
- 2 T. vegetable oil
- Parmesan cheese, set aside

Blend all ingredients in food processor until a dough is formed. Roll out dough about 1/4 inch thick. Lay on dehydrator trays and sprinkle parmesan cheese on top. Dehydrate at 165°F/74°C until done. Approximately 1 hour before the dough is finished dehydrating, cut into shapes or squares. Finish dehydrating until thoroughly dry.

DAISY'S LIVER SQUARES

- 1 lb. liver
- 1/2 tsp. garlic powder
- 1/4 tsp. brewers yeast (optional)
- 1 large egg
- 2 cup whole wheat flour
- 1/4 cup white flour
- 1/4 cup cornmeal

Mix liver, garlic powder, brewers yeast, egg in food processor until smooth. In a small bowl combine whole wheat flour, white flour, and cornmeal. Add flour mixture a little at a time until thick. Add water if needed. Smooth onto Paraflexx® sheets about 1/4 inch thick and dry at 165°F/74°C until thoroughly dry. Cut into squares right before completely done while still soft. Keep in dry cool place.



RAW AND LIVING FOODS

Cracker, Breads and Chips

BASIC FLAX CRACKERS



4 cups whole flax seeds, soaked 4-6 hours

1/3 to 1/2 cup Bragg's Liquid Aminos®

juice of 2-3 lemons

Soak flax seeds for 4 to 6 hours in purified water. The flax seeds will turn into a gelatinous mixture, be sure to keep moist and loose for spreading. Add Bragg's and lemon juice to taste and mix well. Spread mixture as thin as possible on your dehydrator trays lined with a Paraflexx® sheet. Keep your hands wet as this will help to spread the flax seeds or use an off-set spatula. Dry at at 105°F/41°C for 5-6 hours. Flip the mixture over and remove the Paraflexx® sheet. Continue dehydrating until the mixture is completely dry. Approximately an additional 5-6 hours.

Spice Up this Basic Recipe to Make Any Flavor Cracker You Want. Add garlic, onions, carrot juice, taco seasoning, Italian seasoning, chili powder, cumin in any combination, also try adding dried fruit for a sweeter cracker.

*NOTE: We recommend using the Fast Dry Method - see page 100. For all recipes set the dial at the highest temperature 165°F/74°C for the first 2 or more hours, then lower the temperature to the 105°F/41°C setting.

BELL PEPPER CRACKERS

- 4 cups red bell pepper, chopped
- 2 T. raisins, soaked
- 4 T. raisin soak water
- 2-4 T. your favorite seasonings
- 1/2 cup almond butter or ground almonds

Blend ingredients. Spread mixture as thin as possible using an off-set spatula on your dehydrator trays lined with a Paraflexx® sheet. Dry at 105°F/41°C for approximately 4 hours. Flip the mixture over and remove the Paraflexx® sheet. Continue dehydrating until the mixture is completely dry. Approximately an additional 4 - 6 hours.

BASIL CRACKERS

- Carrot or vegetable pulp from juicing (about 5 cups)
- 1 clove crushed garlic
- 1/2 cup basil, chopped or dried handful cilantro, chopped
- 2 ripe tomatoes, chopped
- 1 cup (or more) sprouted and crushed nuts (almonds, sesame, sunflower...etc.)
- sea salt, dulse or Braggs Liquid Aminos®, to taste

Blend all of ingredients, spread mixture as thin as possible using an off-set spatula on your dehydrator trays lined with a Paraflexx® sheet. Dry at 105°F/41°C for approximately 4 hours. Flip the mixture over and remove the Paraflexx® sheet. Continue dehydrating until the mixture is completely dry. Approximately an additional 4-6 hours.

RYE CRACKERS

- 1 cup sprouted wheat
- 1 cup sprouted rye
- Braggs Liquid Aminos®, to taste
- honey or dates, to taste
- 1 T. caraway seeds
- onions chopped fine, optional

Sprout wheat and rye for 1 day. Process wheat, rye and dates through in a food processor. Mix in Braggs, onions, caraway seeds and honey (if dates were not used) to taste and mix well. Spread mixture as thin as possible on your dehydrator trays lined with a Paraflexx® sheet. Dry at 105°F/41°C for 5-6 hours. Flip the mixture over and remove the Paraflexx® sheet. Continue dehydrating until the mixture is completely dry or until desired consistency.

MEDITERRANEAN FLAX CRACKERS

- 2 cups golden flax, soak for 12-24 hrs in 1 quart water
- 1/4 cup raw olives, sliced
- 1/4 white onion, minced
- 2 cloves garlic, crushed
- 1 T. fresh basil, minced
- 1 tsp. dried Herbs de Provence
- 1 1/2-1 3/4 cup shredded carrot
- 1 tsp. sea salt
- 1 T. lemon juice
- 1/2 oz. dehydrated tomato powdered or 3/4 cup sun dried tomato slices soaked until soft
- 3 T. caraway seeds, optional

Note: To make Tomato Powder place plain dehydrated tomatoes into a high speed blender or coffee grinder, pulse until it becomes fine powder.

Combine all ingredients in large bowl, stir well. Using an off-set spatula spread mixture 1/4" thick onto a dehydrator tray lined with a Paraflexx® sheet. Using a knife carefully score crackers into cracker shapes. Dry at 105°F/41°C for approximately 4 hrs. or until no longer tacky. Gently flip crackers over onto mesh screens and peel off Paraflexx® sheets. Continue dehydrating until crackers become dry and crispy. This could take 12-24 hrs depending upon water content of raw fresh ingredients. Separate crackers and store in airtight container.

ITALIAN BREAD

- 4 cups of 2-days sprouted wheat or rye
- 1/2 tomato, chopped
- 1/4 cup pitted black olives
- 3/4 cup red pepper or green pepper- chopped
- 1 garlic clove, pressed
- 1 tsp. basil, oregano or thyme
- rejuvelac for consistency

Grind, blend, or homogenize the grain. Add spice by hand and spread batter 1/4-inch thick on a dehydrator tray lined with a Paraflexx® sheet. Dry at 105°F/41°C until thoroughly dry about 12 to 24 hours depending on number of trays drying and humidity of the room. Store in a tight, closed container.

CINNAMON DATE BREAD

- 3 cups soft wheat - sprouted 1 day
- 1 cup dates
- 1 tsp. cinnamon

Process wheat and dates in a Champion juicer using the solid plate. Add cinnamon and raisins to the mixture and mix well. Form into 4 loaves of bread, place on a tray lined with a Paraflexx® sheet and dry at 105°F/41°C for 5-6 hours. Remove Paraflexx® sheets and turn bread over and continue dehydrating for 5-6 hours, or until desired moisture is obtained.

SWEET & CRUNCHY ZUCCHINI CHIPS

Slice Zucchini into 1/4 inch "Chips". Dry the chips in your dehydrator at 105°F/41°C. Eat the chips plain, dip into avocado or guacamole, or add to cold raw soups or salads.

CLASSIC CORN CHIPS

- 5 ears of corn
- 1 onion
- 1 yellow or red bell pepper
- 1-2 carrots
- 2 T. herbs or spices of your choice

Combine all ingredients in a food processor and process until chunky. Using an off-set spatula spread mixture onto a dehydrator tray lined with a Paraflexx® sheet. Dry for 24-36 hrs or until dry & crisp.

HEMP CORN CHIPS

- 6 cups fresh or frozen corn
- 1 cup hemp seeds
- 10 cups soaked sunflower seeds
(6 cups before soaking)
- 2 3/4 cups water
- 1 1/2 cups flax seeds ground into a meal
- 1 1/2 T. celtic Sea Salt
- juice of 1 lime

Process corn in a food processor until creamy. Place in a mixing bowl. Puree sunflower seeds with water until creamy and add to the mixing bowl. Add remainder of ingredients and mix well. Spread 2 1/2 cups of the batter on a dehydrator tray lined with a Paraflexx® sheet. Cut into desired shapes: triangles, squares, circles, etc. Dry for 24-30 hours at 105°F/41°C until crispy. Remove the Paraflexx® sheets after about 10 hours. **Makes approximately 175 Chips.**

Raw Desserts

COCONUT CRUNCH MACAROONS

- 2 cups almonds
- 1 cup shredded Coconut
- 1 T. almond extract
- 6 - 10 pitted dates

Soak almonds in water for 8 hours and drain. Soak dates for 2 hours and drain off soak water and set aside. In a blender or food processor chop almonds until fine. Then blend a 1/2 cup of set aside soaking water from the dates, with almond extract, dates, and shredded coconut making sure to keep the dough thick. Drop or form the dough into cookies and place dough on dehydrator tray lined with a Paraflexx® sheet. Dry 12-24 hours at 105°F/41°C, turning over when dough is firm. Serve warm at desired chewiness. **Makes 30-45 cookies.**

APPLE RAISIN COOKIES

- 2 cups sunflower seeds, soaked 6 - 8 hours
and rinsed
- 2 Fuji apples
- 2 large bananas
- 1/2 cup honey dates
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 cup raisins
- 1 cup walnuts, soaked 6-8 hours and chopped

Process sunflower seeds, apples, bananas, and dates through a juicer using the solid plate. In a large bowl, mix dough with vanilla, cinnamon, raisins, and walnuts. Spoon dough on a dehydrator tray lined with a Paraflexx® sheet, and form into small, round cookies. Dry at 105°F/41°C for 4-6 hours, turn Cookies over and remove Paraflexx® sheet. Continue dehydrating for 4-6 hours, or until desired moisture is obtained.

SNOWBALLS

- 2 cups almonds, soaked and dehydrated**
- 1 cup dates, soaked until soft**
- 1/2 cup dried coconut**
- 1 cup raw carob powder**
- 1 T. cold pressed coconut oil (optional)**
- 1 vanilla bean ground or vanilla extract**
- 3 T. purified water**

Blend almonds until fine in a food processor. Add dates, blend again, then gradually add carob, coconut and water. Process until well mixed and dough is formed. Roll dough into balls. To add something extra- roll the balls in carob or coconut.

LEMON COOKIES

- 2 cups cashews, not soaked**
- 2 cups mature coconut, shredded or dried coconut or a combination**
- 3/4 cup lemon juice**
- 1/4 cup lemon zest**
- 1/4 cup agave syrup**

Blend all ingredients in a food processor until dough is formed. Form dough into cookie shapes and dry at 105°F/41°C until dry but soft.

COCONUT BALLS

- 1 cup almonds, soaked and rinsed**
- 1 1/2 cups dates, soaked until soft**
- 1 cup coconut, shredded**
- 1 tsp. cinnamon**
- 1/2 tsp. non-alcohol vanilla extract**

Blend all ingredients in a food processor until dough is formed. Form the dough into small, medium or large sized balls. Then roll in carob or coconut.

PECAN SANDIES

- 2 cups pecans, soaked 2-4 hours and rinsed**
- 1/2 cup dates, pitted and soaked until soft**
- 4 T. raw honey**
- 1 tsp. non-alcohol vanilla extract**
- pinch sea salt**

Soak dates in water for 15 min or until very soft. Drain off soak water and set aside. In food processor, chop pecans into a fine meal. Add dates, honey, vanilla, and sea salt, and blend into a smooth paste. Add a few tablespoons of date soaking water as needed to keep the mixture smooth. Process until well mixed and dough is formed. Roll dough into balls and shaped them into cookies. Dry at 105°F/41°C for 12-20 hours.

BASIC PIE CRUST

- 1 cup pitted dates**
- 2 cups pecans, pistachios and almond, mixed**
- 1 cup almonds**
- 2 T. orange juice**

Grind the one cup of almonds in food processor until a fine powder. Set aside. Process the mixed pecans, pistachio and almonds in food processor until fine enough to form some nut-butter sticking to the sides of the machine. Add dates and process until mixture starts to clump. With the food processor still running, add orange juice. The clumps of mixture will suddenly ball up in one solid, dough. Place the ground almond powder into strainer/sifter and shake powder over wax paper on the counter. Put entire ball of nut/date mixture in center. Press down. Sprinkle more nut powder over top. Put another sheet of wax paper on top. Roll out with rolling pin into size big enough to fit pie pan. Pull off wax paper from top side of crust. Sprinkle almond powder in pie pan. Turn date/nut crust over into pan. Pull off last sheet of wax paper. Gently press into pie pan, trimming off excess. Dust the rim of the pie crust with remaining almond powder. Fill with your desired raw pie filling.

KEY LIME PIE

Pie Crust:

- 1 cup almonds, soaked and dehydrated**
- 2 cups pecans, soaked and dehydrated**
- 1 cup dates, soaked until soft**
- 1 T. purified water**
- pinch Celtic sea salt**
- pinch black pepper, freshly ground**

Blend ingredients in a food processor until dough forms and starts to clump together. Place mixture into pie pan and press evenly. Freeze finished pie crust while making filling.

Filling:

- flesh of 3 young coconuts**
- 2 large avocados**
- juice of 4 limes**
- juice of 2 lemons**
- zest of 1/2 lime**
- 1 T. cold pressed coconut oil**
- 4 T. agave nectar**
- 1/2 tsp. vanilla bean or 2 tsp. non-alcohol vanilla extract**
- 1/4 tsp. Celtic sea salt**
- 2 T. flax powder mixed with 1-2 T. purified water**

Place flax powder in a small bowl, mix thoroughly with water and set aside. Blend young coconut until creamy. Add all other ingredients except for flax powder and blend until smooth. Then add flax powder and blend until smooth. If not thick enough, add another Tablespoon of flax powder as this acts as your binder. Fill pie crust with filling. Chill at least 3 hours before serving. For decoration, sprinkle with dried Coconut and/or thin slices of lime.

FRESH PEACH PIE

Crust:

- 1 cup almonds, soaked and dehydrated**
- 1 cup Midol dates**

Blend ingredients in a food processor until dough forms and starts to clump together. Place mixture into pie pan and press evenly. Place in dehydrator at 155°F for 1 hour to set crust.

Filling:

- 1-2 peaches-sliced for layering**
- 4-5 peaches, for filling**
- 1/4 cup coconut**
- 1/4 cup pine nuts**
- 1 T. lemon**
- 3-5 dates, optional for a sweeter filling**

Process all ingredients except for the peaches for layering in a food processor until smooth. Slice one or two peaches and layer them on the top of the crust on the bottom of the pie plate. Pour filling mixture over the sliced peaches and dry the pie until juices start flowing and cooked texture appears.

Granola

WINTER BREAKFAST BLEND:

- 1 cup almonds, soaked overnight**
- 1 cup pumpkin seeds, soaked overnight**
- 1 cup sunflower seeds, soaked overnight**
- 4 T. flax seeds, soaked overnight**
- 1 cup Chopped dates, soaked 2-4 hours**
- 1/2 cup raisins - soaked 2-4 hours, set water aside**
- 2 apples, grated**
- 2 tsp. Cinnamon**
- pinch of Celtic salt**
- dash of raw agave, for extra sweetness**

Process all ingredients in a food processor and pulse until coarsely ground. Add raisin soak water if needed to achieve desired consistency. Top with sliced bananas and vanilla almond milk. For crunchy granola, dry at 105°F/41°C for 20–24 hours or until desired crunchiness.

HIGH ENERGY BARS

- 1 cup barley, soaked 3 days
- 2 cups soft wheat, sprouted 1 day
- 3/4 cup dates
- 3 T. raw honey
- 1 tsp. Cinnamon
- 1 tsp. non-alcohol vanilla extract
- 1 cup walnuts, soaked and chopped
- 1/2 cup almonds, soaked and chopped

Process barley, wheat, dates, in a Champion juicer using the solid plate. Add honey, cinnamon, vanilla, walnuts, almonds and mix well. Form into bars and place on a dehydrator tray lined with a Paraflexx® sheet. Dry 6-8 hours, depending on the desired moisture and size. Be sure to remove the Paraflexx® sheet and turn bars over half way through the drying cycle.

HONEYED NUTS

- 1/2 cup pistachios, soaked and chopped
- 1/2 cup walnuts, soaked and chopped
- 1/2 tsp. coconut oil
- 1 tsp. raw honey
- dash celtic sea salt
- pinch cinnamon

Mix by hand honey, coconut, and Celtic sea salt in a small bowl. Then mix in nuts until all nuts are coated. Dry at 105°F/41°C until crisp. Store in airtight container.

CARAMELIZED PECANS

- 2 cups pecans, soaked overnight
- 2 T. maple syrup, honey or agave
- cinnamon, to taste
- nutmeg, to taste

Soak pecans overnight and rinse. Combine all ingredients and mix thoroughly until all nuts are coated. Dry at 105°F/41°C until crisp. Store in airtight container.

Raw Soups, Salads and Dressings

CORN CHOWDER

- 4 cups fresh sweet corn
- 2 cups almond milk
- chili powder to taste, optional

For crunchy bits, use corn as is, for chewier bits, dehydrate corn for 2 hours or to desired consistency. Put corn in a quart container with tight lid. Cover with milk to rehydrate, adding more as needed. When rehydrated, add another 1 1/2 cups of milk and shake to combine. Pour one half of the mixture into a blender and liquefy to a creamy consistency. Add this mixture back into the container containing the rehydrated corn and almond milk and shake to mix. For a cold soup serve as is. For a warm soup place in the dehydrator at the highest temperature until warm.

PESTO SOUP

- 1/2 cup water
- 4 tomatoes
- 1/2 cup mixed parsley and cilantro
- 1/4 cup green or purple basil
- pinch Celtic sea salt
- 1/4 cup pine nuts
- 1/4 minced onion
- 1/4 cup minced celery
- 1 garlic clove pressed
- 1/4 cup red pepper, diced

Blend all ingredients in a blender until smooth. If you want a warmer winter soup- place in the dehydrator at the highest temperature until warm.



MARINATED BABY BOK CHOY SALAD

Salad:

- 4 heads baby bok choy or 1 large bok choy leaves- chopped into 1/2 inch strips and stems sliced thinly
- 1 large carrot- julienne or shaved into strips with a vegetable peeler.

Marinade:

- 1 small lemon, juiced
- 1 lime, juiced
- 4 to 5 large dates
- 2-inch piece of ginger
- 1 clove of garlic
- 1/2 cup olive oil
- 3 T. nama shoyu

Blend all the marinade ingredients in a blender until smooth. Combine half the marinade with the bok choy and carrots and mix well. Add more marinade as desired.

BROCCOLI SALAD

Salad:

- 5 cups broccoli, chopped
- 1 cup sunflower seeds
- 1/2 cup onion, chopped
- 1/2 cup raisins, soaked until soft

Dressing:

- 1 cup cashews
- 3 T. agave nectar
- 2 T. raw apple cider vinegar
- 1/4 tsp. sea salt
- 1/4 cup water

Blend all dressing ingredients in blender. Combine all salad ingredients and coat with dressing.

SWEET CARROT SALAD

Salad:

- 3 cups carrot
- 1/2 cup organic raisins
- 1 red delicious apple
- 1 stalk of celery

Peel and grate apple and carrots and finely chop celery. Combine all ingredients in a bowl and toss.

Dressing:

- 1 red delicious apple, peeled and cored
- 2 cups carrots, grated
- 1/2 cup almonds
- fresh apple juice or water

In a blender process 1/2 cup of almonds until chopped. Add peeled and cored apple and grated carrots to chopped almonds and blend until creamy. Add a small amount of water or fresh apple juice to reach consistency desired and toss with salad.

DILL-CASHEW DRESSING

- 1/2 cup cashews
- 1 cup water
- 1/2 tsp. dill weed
- 2 T. lemon juice
- 2 tsp. parsley
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- 2 tsp. onion powder

Combine all ingredients in blender until smooth. Refrigerate in glass jar for up to 1 week.

GINGER-LIME DRESSING

- 1/4 cup fresh lime juice
- 1 T. Braggs Liquid Aminos® or nama shoyu
- 1 T. finely diced shallot
- 1 T. finely grated fresh ginger
- 2 tsp. agave
- 2 tsp. olive oil
- pinch Celtic salt
- pinch black pepper, freshly ground

Whisk all ingredients together in a small bowl. Season with salt and pepper, to taste. Let sit 10 minutes before using. Refrigerate in glass jar for up to 1 week.

SWEET DIJON DRESSING

- 1 cup zucchini - peeled and chopped
- 1/4 cup lemon juice
- 2 T. flax oil
- 1 1/2 T. red onion- minced
- 1 1/2 T. agave nectar
- 1 tablespoon prepared Dijon mustard
- 1 tablespoon golden flax meal
- 1 teaspoon dark miso
- 1/2 teaspoon natural salt
- 1 clove garlic - crushed (1/2 teaspoon, pureed)
- pinch black pepper -freshly ground

Combine all of the ingredients in a blender and blend until smooth. Store in an airtight glass jar in the refrigerator for up to four days.

Raw Entrees and Wraps

ITALIAN HERB DRESSING

- 1 cup zucchini, peeled and chopped
- 2 T. flax oil
- 1/4 cup lemon juice
- 2 T. agave nectar
- 1 1/4 tsp. Italian seasoning
- 1 tsp. onion powder
- 1 clove garlic, chopped
- 1 tsp. golden flax meal
- 1/8 tsp. powdered mustard

Combine all ingredients in a blender, and blend until smooth. Store in an airtight glass jar in the refrigerator for up to four days.

SUNBURGERS

- 2 cups sunflower seeds - soaked 6-8 hours
- 1/2 cup carrots
- 1/2 cup celery
- 3 green onions - sliced
- 1 red bell pepper - sliced
- 1/4 cup fresh basil
- 1/4 cup fresh parsley
- Braggs to taste

Process all ingredients with S blade in a food processor. Form mixture into patties and dry at 105°F/41°C for 12-24 hours until dry.

ZUCCHINI ANGEL HAIR

- 4 zucchini

Slice the zucchini in quarters, and then use a spiral slicer to shred zucchini into thin noodles. Place noodles in serving bowls, and top with marinara sauce. Garnish with chopped pine nuts and basil.

MARINARA SAUCE

- 1 cup sun dried tomatoes- soaked 2-4 hours
- 4 pitted dates, soaked 2-4 hours
- 3 large tomatoes, chopped
- 1/2 red pepper, chopped
- 1/4 - 1/2 fresh basil, chopped
- 2 cloves garlic
- 2 T. olive oil
- 2 T. nama shoyu or Tamari
- juice from 1/2 lemon
- 1 tsp. onion powder
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 T. fresh thyme
- 1/4 tsp. black pepper
- dash of Cayenne
- Celtic sea salt to taste

Blend the soaked sun dried tomatoes with dates in a food processor. Add red pepper, garlic, tomatoes, basil, and remaining ingredients, blending until smooth.

VEGGIE BURGERS

- 1 large red onion
- 1 large bell pepper
- 3 carrots
- 1 small head cauliflower
- 1 large stalk broccoli
- 1 cup almonds - soaked 12-24 hours
- 1 cup sunflower seeds, soaked 5-6 hours
- 1/4 cup sesame seeds, soaked 5-6 hours
- 5 cloves garlic
- 2 T. Braggs Liquid Aminos® or to taste
- 1 tsp. cumin
- 2 T. dried cilantro or 1-2 cups fresh

Blend all of the above ingredients and seasonings in a Champion juicer with solid plate, or a food processor. From this mixture, form 1/2" thick patties and place trays in dehydrator. Dry 105°F/41°C for 8-12 hours or until desired texture is obtained.



CRISPY SWEET ONION RINGS

- 5 lbs. sweet onions, sliced into 1/4-inch rings**
- 2-3 gallons water, including 1/2 cup for batter**
- 1 cup celtic sea salt**
- 1/4 cup lemon juice**
- 1 1/2 cups orange juice**
- 1/2 cup sesame seeds**
- 1 date, pitted**
- Pinch celtic sea salt**

In a large bowl separate the onions into individual rings and cover with water. Add salt and lemon juice to the water and keep the onions immersed for 1 to 2 hours to soften and remove any strong onion juice. After soaking drain and squeeze gently. Rinse onions with fresh water and drain again. Combine the orange juice, sesame seeds, 1/2 cup water, dates, and salt in a blender and blend until the mixture forms a thick batter. Pour the batter over the onions in a bowl, toss, and place the onions evenly on dehydrator trays lined with a Paraflexx® sheet, using about 2 cup of battered onions on each tray. Dry at 105°F/41°C for 6 to 8 hours. Turn the onions over, and continue dehydrating until completely crisp, about 12 to 18 hours more. Allow to cool thoroughly before putting in an airtight glass container. Onion rings can be stored in an airtight container in the pantry for several weeks or in the refrigerator for 3 months or more.

COCONUT WRAPS

- 1 cup coconut meat**
- 1/2 cup coconut water**
- 1/4 cup light flax seed meal**
- Pinch Celtic sea salt**

Combine all ingredients in a blender and blend until smooth. Pour out 2-4 tablespoons of the coconut batter on a dehydrator sheet lined with a Paraflexx® sheet and spread with offset spatula. Dry at 105°F/41°C for about 4 hours, or until you can easily remove them from the Paraflexx® sheets. Turn the wraps over onto mesh dehydrator screens. Place an additional mesh screen on top of each tray of wraps. This makes them flatter and easier to store. Continue dehydrating another 3 to 4 hours, until dry but still flexible. Store in an airtight container in the refrigerator for up to two weeks, or in the freezer for up to two months.

ZUCCHINI PEPPER WRAPS

by Chef Cherie Soria

- 6 cups yellow bell peppers, chopped**
- 6 cups zucchini, chopped**
- 1 avocado, mashed**
- 1/2 tsp. Celtic sea salt**
- 1 1/2 tsp. nutritional yeast**
- optional 3 T. psyllium powder**

In a blender, blend the bell peppers and zucchini until smooth. Add the avocado, salt, and the optional nutritional yeast, and blend again. While the blender is running, add the psyllium powder and blend well for a few seconds. Using 1/2 cup of the mixture for each wrap, use a flat rubber spatula to form four flat rounds on a dehydrator tray lined with a Paraflexx® sheet. Spread the wraps into round disks quickly, or the mixture will thicken and become difficult to spread. Dehydrate at 105°F/41°C for about 4 hours, or until you can easily remove them from the Paraflexx® sheets. Turn the wraps over onto mesh dehydrator screens. Place an additional mesh screen on top of each tray of wraps. This makes them flatter and easier to store. Continue dehydrating another 3 to 4 hours, until dry but still flexible. Store in an airtight container in the refrigerator for up to two weeks, or in the freezer for up to two months.

SALSA WRAPS

by Chef Cherie Soria

- 5 cups tomatoes, seeds removed
- 3 cups red bell peppers, seeded and chopped
- 2 cups yellow zucchini, chopped
- 2 red jalapeño peppers, seeded
- 1 tsp. red onion
- 2 tsp. onion powder
- 1 to 2 cloves garlic, crushed
- 1/2 tsp. solar-dried sea salt
- 1 avocado, mashed
- 3 T. psyllium powder
- 1/4 cup chopped cilantro, packed, optional

In a blender, purée the tomatoes, bell peppers, zucchini, jalapeño peppers, and red onion until smooth. Add the onion powder, garlic, and salt, and purée again. While blender is still turning, add the avocado, and then the psyllium powder, and blend well for a few seconds. If desired, pulse in the cilantro until it is broken into pieces. Do not fully process; the cilantro should be in small pieces. Using 1/2 cup of the mixture for each wrap, use a flat rubber spatula to form four flat rounds on a dehydrator tray lined with a Paraflexx® sheet. Spread the wraps into round disks quickly, or the mixture will thicken and become difficult to spread. Dehydrate at 105°F/41°C for about 4 hours, or until you can easily remove them from the Paraflexx® sheets. Turn the wraps over onto mesh dehydrator screens. Place an additional mesh screen on top of each tray of wraps. This makes them flatter and easier to store. Continue dehydrating another 3 to 4 hours, until dry but still flexible. Store in an airtight container in the refrigerator for up to two weeks, or in the freezer for up to two months.

BUCKWHEAT VEGGIE PIZZA CRUST

by Chef Jeff Riedesel

- 1/2 cup sprouted buckwheat Groats or sprouted Barley
- 1/4 cup olive oil
- Garlic and Italian spices and herbs to taste
- 2/3 cup carrot pulp
- 2/3 cup flax seeds, soaked
- 1 T. Braggs Liquid Aminos®
- 1/2 cup sundried tomatoes, optional
- 1/2 - 1 jalapeño, minced

Combine all ingredients into a food processor and process until well mixed. Scoop out mixture onto a dehydrator tray lined with a Paraflexx® sheet. If dough is sticky, moisten your hands and the dough's surface. With moisten hands, shape the dough into a rough square or circle and pat top of crust flat, smooth the top and edges to form desired size. Check for evenness of 1/4" - 1/2" thick. Dry at 105°F/41°C for 7-8 hours. Flip half way through the drying cycle and dehydrate another 2 -4 hours depending on the softness or crispiness you desire. Store in a dry place for a month.

This crust can be used immediately as a pizza. Add your favorite toppings.



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