

Recipes & Instructions



outdoor enthusiasts



healthy eaters



gardeners



crafters



pet owners



NESCO American Harvest

Dehydrator

& jerky maker



Thank you for choosing a Nesco®/ American Harvest® dehydrator. We have been developing and producing dehydrators that provide the best drying technology for over three decades. Drying food is inexpensive and one of the least time-consuming of all food preserving methods. Dehydrating is superior to canning, as the high temperatures needed to process canned foods can destroy much of the original food value, especially vitamin C, thiamin and riboflavin. Today, you can enjoy the advantages of preparing dried in the convenience of your own kitchen.

Nesco®/American Harvest® dehydrators are designed with a patented Fan Flow™ Radial Air™ technology which generates fast, even drying with great results in less time. There is no need to rotate the trays. Solid plastic Fruit Roll Sheets may be placed on the tray surface to dry semi-liquids, such as applesauce, without stopping air flow. Flexible Clean-A-Screens® are ideal for easy removal of sticky fruits (bananas, pineapples, etc.), as well as drying spices, nuts and herbs. Easy to operate, easy to clean...perfect for the experienced user as well as the beginner.

Your Nesco®/American Harvest® dehydrator will provide both satisfying and incredibly nourishing food anytime... at home, at school, at work, at play. Be adventurous, experiment, and then enjoy the "fruits" of your labor!



Recipes &
Instructions

Dehydrator & jerky maker



Customer Satisfaction is our Goal

1-800-288-4545

www.nesco.com

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Pour telecharger une version francaise de ce manuel, visitez www.nesco.com/french**

Part Number 300-01450 rev 08/10

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Important Safeguards

This product is designed for household use only

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces.
3. To protect against electrical hazards, do not immerse blower or any part of the dehydrator cord or plug, in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow the unit to cool before putting on and taking off parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or has been damaged in any manner.
7. The use of accessory attachments, not recommended by the appliance manufacturer, may cause hazards.
8. Sharp utensils should not be used inside the dehydrator.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not use outdoors.
11. Do not place on or near a hot gas or electrical burner, or in heated oven.
12. Do not use this appliance for other than its intended use.

SAVE THESE INSTRUCTIONS

NOTE: This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

Short Cord Instructions — a short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Extension cords may be used if care is exercised in their use. If an extension cord is used, the marked electrical rating of the cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the table top or counter where it can be pulled on by children or tripped over unintentionally.

Dehydrator Use & Care

Before using your dehydrator for the first time, wash the trays and top cover in warm, soapy water, or in the dishwasher on the top rack (remove before drying cycle). Caution: Do not put the power unit/blower in water or in the dishwasher. Wipe with a damp cloth.

- Set base tray on a sturdy countertop or table, away from sinks or any source of water.
- Stack additional trays on base tray. Your dehydrator requires a minimum of 5 trays to operate properly, the base tray is included as one of your 5 trays. (You may expand your dehydrator to 7 total trays with the use of Add-A-Tray® accessories)
- Place top cover on top tray, insert blower into trays and rotate to lock in place.
- Plug cord into an electrical outlet, switch power to ON and you're ready to dehydrate!

Trays, Top Cover and Base

Your dehydrator is easy to clean. Simply soak in warm water with a mild detergent for several minutes. A soft bristle brush will loosen food particles that resist softening by soaking. Do not clean with any metal objects or scouring pads, as they tend to damage the surface.

Trays, top cover and base can be washed on top rack of dishwasher, but remove before drying cycle.

Power Head Unit

It is important that the air vents on power head unit remain clean and unobstructed. **UNPLUG POWER HEAD UNIT BEFORE CLEANING.** Use a damp cloth or towel to remove dried food particles from power head unit. Do not use scouring pads, abrasive cleaners or sharp utensils. Avoid dripping any liquid into electrical parts. Do not operate power head unit alone, or use in any capacity other than the intended use. **DO NOT OPERATE NEAR OR IMMERSE POWER HEAD UNIT IN WATER OR OTHER LIQUID.**

Precautions

When drying meat and dairy products, blot frequently with a paper towel to absorb excess oils.

Follow these safety rules when dehydrating foods:

- Wash hands thoroughly prior to handling food.
- Clean all utensils and containers with a mild solution of detergent, bleach, and water before using.
- Make sure all counter surfaces and cutting boards are thoroughly cleaned.
- Keep foods in refrigerator before preparing for drying. Store dried foods in refrigerator or freezer.
- After opening sealed containers of dried food, use food as soon as possible.
- Store unused portions of dried food, tightly sealed, in refrigerator to maintain freshness and quality.
- Do not dehydrate foods that have been prepared with or marinated in alcohol.
- Trays are only intended to be used with your Nesco®/American Harvest® Food Dehydrator. Do not use in a conventional oven or with any other appliance.
- Do not spray vegetable oil directly onto surface of trays.

General Drying Guidelines

There are no absolutes and quite a few variables in food dehydration. The only way to become proficient is to dry, dry, and dry some more! Certain varieties of produce, the humidity in the air, and even methods of food handling make a difference in the drying time and quality of dried product.

- Experiment with different thicknesses of produce, pretreatment versus no pretreatment, and different rehydration methods. You will determine what works best for your particular needs and preferences.
- To save nutrients and produce a quality product, it is necessary to work fast in preparing foods to dry. Once placed in the dehydrator, foods need to dry continuously for the recommended time. Do not turn off the dehydrator and leave partially dried foods sitting on the trays, as they may spoil or develop “off” flavors.
- Spread all foods evenly to dry in single layers. If slices overlap, the areas that are overlapping will take twice as long to dry.
- Do not add fresh produce to a partially dried batch. It will slow the rate of drying for both products. It is possible however, to combine partially dried foods onto fewer trays.
- Many people have more than one Nesco®/American Harvest® dehydrator. If you have two, it's easy to combine a load from both dehydrators after a few hours and start a new batch in your second dehydrator using the remaining trays.

Selecting Foods To Dry

Select the best quality produce at the peak of ripeness and flavor. Wash carefully to remove debris, dust and insects. Cut away any bruised or damaged sections.

Labeling

All dehydrated foods should be labeled with the name of the product, date dried and quantity or weight. Clear labeling allows you to rotate foods to minimize waste and nutrient loss.

Storage

The storage area should be cool, dry, and as dark as possible. The darker and cooler the storage area, the longer the dehydrated foods will last with good quality and nutritional value. For every 18°F (10°C) drop in storage temperature, the shelf life of dehydrated foods increases three to four times. The ideal storage temperature for dehydrated food is 60°F (15°C) to below freezing. The ideal storage place is your freezer or refrigerator, particularly for storing low-acid foods such as meats, fish, and vegetables.

All fruits dried with skins intact should be packaged and frozen for a minimum of 48 hours to prevent any possibility of insect infestation. Onions and tomatoes are especially prone to absorbing moisture from the air and should be packaged immediately after removing from the dehydrator.

Record Keeping

Recording the following information can be helpful in improving your dehydrating techniques and determining quantities of food to dry each season.

- Date dried.
- Quantity dried, including weight of produce before and after drying.
- Drying time.
- Packaging: size of containers and packaging materials used.
- Storage temperature.
- Length of storage time before use.

By labeling storage containers with the contents and date dried, you can keep track of your supply, rotate as needed, and avoid mix-ups.

Note: For best operation, always use at least 4 trays when drying in your dehydrator.

Drying Time

Drying times may vary, depending on the type and amount of food, thickness and evenness of the slices, percentage of water in the food, humidity, temperature of the air and the altitude.

Drying times may also vary greatly from one area of the country to another and from day-to-day, depending on the climatic conditions. Record keeping helps you predict future drying times for specific foods.

Testing For Dryness

Food must be carefully monitored near the end of the dehydration process to prevent over-drying. Over-dried foods lose quality in texture, nutrition and taste. To test for dryness, remove a piece of food, allow it to cool, and feel with your fingers to determine dryness:

- Fruits should be pliable and leathery with no pockets of moisture.
To check if fruit is dry, tear a piece in half and watch for moisture beads along the tear. If there aren't any, it is sufficiently dry for long term storage.
- Fruit roll-ups should be leathery with no sticky spots.
- Jerky should be tough but not brittle.
- Dried fish should be tough. If the fish is high in fat, it may appear moist due to the high oil content.
- Vegetables should be tough or crisp.

Drying Fruit

Selection

Fruits are ideal to dry because they have a naturally high sugar content. They are high in acid (and consequently less prone to spoilage and microorganisms), and taste delicious! Seasonally, fruit can be obtained in bulk from orchards or farms for considerably lower prices than you may find in the supermarket. Fruits picked at their prime have the highest natural sugar content and the best nutritional value. For the best quality product, choose only fresh, ripe, unblemished fruits.

Preparation

Wash fruit thoroughly and remove any imperfections. Remove skins (if desired), stems, and stones. Halve or slice in 1/4" to 1/2" circles or slices (a food processor or slicer will speed slicing and ensure more uniform slices, which will allow fruits to dry at the same rate.) Some fruits have a natural protective wax coating such as figs, prunes, grapes, blueberries, cranberries, etc. If you want to dry these fruits whole, dip into boiling water for 1 to 2 minutes (amount of time needed depends on thickness and toughness of skin) to speed dehydration. This makes skin more porous by removing the natural wax coating and thereby speeds up drying time. This process is called checking. Small lines appear on fruit skin allowing moisture to escape but may be too fine to be visible.

Many fruits can be dried in halves with pits removed. If they are dried with the skins on, be sure to place skin-side down to prevent fruit juice and pulp from dripping down through trays. Check frequently near end of drying process and remove pieces as they become dry. To peel or not to peel is a decision only you can make (if the fruit has been artificially waxed, it should definitely be peeled to remove wax). The skin has nutritional value, but skins tend to be very tough when dried and fruits take longer to dry with skin on. Try fruits both ways – peeled and not peeled – then decide for yourself. Pre-treat if desired and place fruit into preheated dehydrator to dry.

Should I Pre-Treat?

Pre-treatment isn't necessary for most fruits. The majority of fruits are simply sliced and dried. However, some fruits tend to oxidize more than others. Oxidation causes browning of cut food surfaces when fruit is dried. This causes a loss in flavor and vitamins A and C. Pre-treatment minimizes oxidation, and gives you a superior-quality, better tasting product with less vitamin loss.

Apples, pears, peaches and apricots are better when pre-treated. They are more appetizing, have a longer shelf life, and higher nutritional value when pre-treated prior to drying. Place cut fruits, that tend to brown, in a holding solution of ascorbic acid or pineapple juice to reduce browning during preparation. Do not keep cut fruit in a holding solution for more than an hour.

Pre-Treatment

Pre-treatments can vary from soaking in fruit juice, ascorbic acid mixtures, syrup blanching, steaming, to sulfating. The results of each of these methods also vary. Experiment and decide for yourself which one you like best.

Use one of the following methods of pretreatment

Natural Pre-Treatment

Fruit juices containing ascorbic acid may be used as a natural pre-treatment to reduce browning. Although there will still be some loss of color, pineapple, orange, lemon, or lime juice can be used. Ascorbic acid mixtures, available from your supermarket can also be used. Follow the directions on the package. Slice fruit directly into juice or ascorbic acid mixture. Soak 5 minutes and place on trays. Fruits can also be dipped in honey or a honey/fruit juice mixture.

Syrup Blanching

Fruit which has been syrup blanched is sweeter because it absorbs some of the sugar from the blanching solution. It also tends to be stickier, even though it is rinsed prior to drying. Prepare a sugar syrup by mixing 1 cup sugar, 1 cup white corn syrup, and 2 cups water. Boil and add prepared fruit. Simmer for 10 minutes over low heat. Remove and allow to stand in hot syrup 30 to 45 minutes. Drain fruit, rinse lightly with cold water, and place on drying trays.

Sulfating

Soaking fruits in a solution of sodium bisulfite slows oxidation and reduces browning, as well as the loss of vitamins A and C. Sodium bisulfite may be obtained from wine-making supply houses. Sulfating isn't recommended for use if individuals are on restricted sodium diets or have asthmatic or respiratory conditions. Dissolve 1 tablespoon sodium bisulfite in 1 gallon water. Soak 5 to 10 minutes. Rinse.

Garnishes

After fruits have been prepared for drying, garnish with spices, gelatin powders or coconut to give fruits a snappy flavor. Granola, chopped nuts, poppy seeds, sesame seeds, or sunflower seeds can also be sprinkled on fruits. These adhere best to fresh fruits if the fruits have first been dipped in a fruit juice or honey. Use your imagination for other dips or sprinkles.

Conditioning

Moisture will tend to equalize throughout a container of dried fruit when left at room temperature for several days. If some pieces are drier than others, the conditioning process will allow the moisture to equalize. If any condensation appears on the lid of the container, fruits are insufficiently dried. Return to the dryer and check periodically for dryness.

Drying Fruit Rolls

Fruit rolls, also known as fruit leathers, are a favorite snack for young and old alike. They are a chewy fruit product made from puréed fresh fruit which has been dried and rolled into snack sized pieces. Fruit rolls are easy to make and cost less than those bought at the store.

Selection

Almost any fruit will make an excellent fruit roll. Most fruits can also be combined with others. Some fruits, such as apples, are high in pectin and fiber and have an excellent texture when dried. The combinations are limitless. Use your imagination and have fun! Use fresh fruits in season. You can also use slightly overripe fruits, irregularly shaped fruits, or slightly bruised fruits which would be unsuitable for canning or drying.

Some fruits, such as citrus, should be used in combination with other fruits because they have so much liquid and very little pulp. If you find that a fruit is too runny, combine it with apple, applesauce or a similar fruit which will give it more substance. When fresh fruits are not available, canned fruits (either sweetened or un-sweetened) can be used. Simply drain the liquid, and pour the fruit into the blender. Applesauce can be taken directly from the container for wonderful fruit rolls. Frozen fruits can also be used, although they tend to be a bit more runny. Simply thaw and follow directions for using fresh fruits.

Preparation

Wash fruits and cut away any bruised or spoiled portions. Purée fruit in a blender until it is very smooth. In some blenders with some fruits, you may want to add a little juice or water to start the blending process. Fruits generally need no added sweetening, but if fruits are under ripe or particularly tart, you may add light corn syrup or honey. Add 1 or more tablespoons sweetening for each quart of purée, depending on your preference (sugar added to fruit roll tends to become brittle during storage).

Garnishes

For added variety, sprinkle different garnishes on fruit rolls before they are dried. Try coconut, chopped dates, nuts, raisins, granola, poppy seeds, sesame seeds or sunflower seeds. When these garnishes are used, fruit rolls should always be stored in the refrigerator or freezer.

Drying & Storage

Place a Fruit Roll Sheet on dehydrator tray and wipe lightly with a vegetable oil to prevent sticking. Purée should be about 1/4" to 3/8" thick and evenly spread and dried until fruit feels leather-like and is pliable, approximately 4 to 8 hours. There should be no sticky spots on top or underneath the fruit. Remove the leather while it is still warm, roll, cut into smaller sized pieces (if desired) and wrap in plastic wrap. Individually wrapped pieces of fruit roll should be stored in larger airtight and moisture proof containers.

STRAWBERRY RHUBARB FRUIT ROLL

1 cup rhubarb
1/4 cup water

2 cups strawberries
1/2 cup honey

Combine 1/4 cup water and 1 cup rhubarb. Simmer on stove over medium high heat for 5 minutes. Add 2 cups strawberries and 1/2 cup honey. Purée to smooth consistency in blender. Pour on a Fruit Roll Sheet and dry.

BOYSENBERRY FRUIT ROLL

1 quart of boysenberries.

Purée boysenberries in a blender. Strain through cheesecloth to remove seeds. Place on Fruit Roll Sheet and dry.

YOGURT FRUIT ROLL

Spread homemade or store-bought yogurt (approximately 1/4" thick) on a lightly oiled Fruit Roll Sheet. Dry approximately 12 to 14 hours. Experiment until you find the brand which dries most evenly.

APPLESAUCE FRUIT ROLL

2 lbs. apples, peeled, cored and quartered
1/4 cup lemon juice

1/2 cup sugar
1 teaspoon cinnamon

Simmer apples in a saucepan with 1/2 cup water until softened (about 15-20 minutes). Place lemon juice in blender and gradually add apples. Purée. Add sugar and cinnamon. Mix well, pour on a Fruit Roll Sheet and dry. If you are going to rehydrate into applesauce, measure purée when putting it on tray.

To rehydrate, add 1 cup of water to each cup of fruit roll.

Fruit Drying Guidelines

Expect a variance in time needed to dry different fruits. Drying times are affected by size of load, fruit thickness, moisture content of the food itself, as well as other variables discussed in Drying Time. If pre-treatment is suggested, use one of the pre-treatments, indicated on page 8. The guidelines below are general. For most accurate drying times, keep records of your own specific experiences in space provided under each average time guideline in table below.

Spread fruits in single layers unless otherwise noted.

Food	Preparation	*Average Drying Time	Uses
Apples	Pare, core, cut in 3/8" Pre-treat	6-12 hrs.	Applesauce, pies, cobblers, rings, snacks, breads and cookies
Apricots	Cut in half, remove pit and cut in quarters. Pre-treat	12-16 hrs.	Desserts, muesli, meat dishes, pies and sauces
Bananas	Peel, cut in 3/8" slices or divide lengthwise	12-16 hrs.	Snacks, baby food, granola, cookies, and banana bread
Blueberries	Wash and remove stems. Dip in boiling water until skins crack.	12-16 hrs.	Breads, baked goods, snacks, ice cream, yogurt
Canned Fruit	Drain well. If small, place on mesh screen.	10-14 hrs.	Snacks, breads, granola
Cherries	Wash, remove stems and pit	20-26 hrs.	Breads, baked goods and snacks
Citrus Fruits	Peel, if desired. Slice 3/8" thick	12-16 hrs.	Flavorings when powdered
Cranberries	Wash and remove stems. Dip in boiling water until skins crack.	14-22 hrs.	Breads, baked goods, snacks ice cream, yogurt
Coconut	Remove dark outer skin, slice 3/8" thick.	6-10 hrs.	Cakes, cookies, desserts and granola
Figs	Remove stems and halve	8-15 hrs	Fillings, cakes, puddings, breads and cookies

Fruit Drying Guidelines (continued)

Food	Preparation	*Average Drying Time	Uses
Grapes	Leave whole, remove stems (if blanched)	10-36 hrs. 6-10 hrs.	Raisins; use in baked goods, cereals and snacks
Kiwi	Peel, slice 3/8" to 1/2" thick	13-17 hrs.	Snacks
Mangos	Remove skin, slice 3/8" thick from seed	10-18 hrs.	Snacks, cereals and baked goods
Melons	Remove skin and seeds. Slice 1/2" thick	12-16 hrs.	Snacks
Nectarines	Quarter or slice 3/8" to 1/2" thick. Pre-treat	6-16 hrs.	Snacks, desserts and baked goods
Oranges, Limes, Lemons	Slice 1/4" thick	6-14 hrs.	Crafts, snacks, baking
Peaches	Peel if desired. Halve or quarter. Pre-treat.	14-18 hrs.	Snacks, breads, cobblers, cookies and granola
Pears	Peel, core, and slice 3/8" thick. Pre-treat	12-16 hrs.	Snacks, breads, cookies, fritters and granola
Pineapple	Peel, core, slice 3/8" to 1/2" thick	12-20 hrs.	Snacks, baked goods, baked granola
Plums Prunes	Halve or quarter and remove pit	12-20 hrs.	Snacks, cookies, muffins, bread and granola
Rhubarb	Slice in 1" lengths. Steam until slightly tender	12-16 hrs.	Pies, tarts and other desserts
Strawberries	Halve or slice 1/2" thick	10-14 hrs.	Snacks, cereals, and baked goods

* Times may vary depending on the wattage of the dehydrator.

Drying Vegetables

Some vegetables are quite good dried. Others lose their appeal and are better frozen or fresh. Vegetables have a low acid and sugar content that makes them more subject to spoilage, and tend to have a far shorter shelf life than dried fruits. Packaging and ideal storage conditions are key elements to producing dried vegetables which will taste as good in December as they did in the summer from your garden!

Selection

Choose fresh, crisp vegetables for a high quality dehydrated product. Just like fruits, vegetables should be picked ripe and dried as soon as possible to minimize nutritional loss.

Preparation

Wash vegetables thoroughly and remove any blemishes. Peel, trim, core, and/or slice vegetables.

Blanching

Most vegetables must be blanched, either by steaming over boiling water or in the microwave to slow the enzyme action which will continue during drying and storage. Water blanching is not recommended because of the loss of water soluble vitamins and minerals.

Note: Blanching softens the cell structure, allowing the moisture to escape more easily and also allows vegetables to rehydrate faster. There is no need to blanch onions, garlic, peppers, and mushrooms. Herbs also are not blanched.

Steam Blanching

Use a commercial steamer or a pan with a tight fitting lid and a steaming rack. Bring about 1 inch of water to a brisk boil and drop in sliced vegetables. Cover and steam until vegetables are heated completely through, but not cooked. This is usually about 1/3 of the time required to cook the vegetable. Vegetables should still be crunchy. Drain in steamer rack and place immediately on dryer trays.

Microwave Blanching

A microwave is ideal for blanching vegetables. Prepare them in the same manner as for steam blanching. Place them in a microwave-safe dish, cover, and cook on high for about 1/2 of the time required to completely cook the fresh vegetable. Depending on the age and design of your microwave, you may want to stop the cooking halfway through and stir the vegetables to achieve a more even blanching.

Drying

Load blanched vegetables onto drying trays, making sure that air can move freely between the pieces. For vegetables that tend to clump together, such as corn or peas, stir occasionally to allow air to reach all of the pieces. Vegetables are dried until they are crisp, tough, or brittle. Package immediately after drying to prevent absorption of moisture from the air.

Hints and Suggestions

CARROTS

to save time grating, dry carrots for salads, carrot cake or coleslaw.

GREEN PEPPER, ONION, CELERY, CHIVES, ETC.,

chop and dry in a one-day effort for use instantly all year!

GREEN BEANS, WAX BEANS & GREEN PEAS

best when used in soups, stews or casseroles.

ONION POWDER

dry the whole vegetable slice until crisp, then either powder or chop in blender.

TOMATO SLICES

use for color and crunch when crumbled over a tossed salad. They rehydrate well in soups, stews and casseroles. Tomato leathers can be powdered and used as instant soup, sauces and paste.

ALL PURPOSE TOMATO SAUCE

Wash and core 15 lbs. of ripe tomatoes. Chop in blender. Chop or grind:

4 large green peppers	2 garlic cloves
3 large onions	1 jar pimentos
3 large carrots	

Mix all ingredients together, then blend in portions until smooth. Press through a strainer to remove any pulp. In a very large kettle (12 qt. or larger) or 2 smaller kettles (6 qts.) bring mixture to a boil over medium heat. Boil gently, uncovered for about 5 hours. Stir often to prevent scorching. Mixture should be thick enough to mound on a spoon. Ladle onto 5 Fruit Roll sheets and dry until crisp. Powder in blender.

Add different amounts of water to your powder mixture to make:

Tomato Paste – 1 t. powder and 1 t. water.

Tomato Sauce – 1 t. powder and 3 t. water.

Tomato Soup – 1 t. powder, 1 t. water and 2 t. cream.

Tomato Juice – 1 t. powder and 1/2 c. water or more.

Adjust amount of water to taste for soup and juice.

Vegetable Drying Guidelines

Vegetables will also vary in their drying times. Blanching decreases drying times, but not all vegetables are blanched. Again, the average drying times below are general and depend on different variables. For more accurate times, keep records of your own specific experience and record them in the space provided under each general time guideline.

Spread vegetables in single layers unless otherwise noted.

Food	Preparation	*Average Drying Time	Uses
Artichoke	Cut hearts into 1/8" strips. Blanch.	8-14 hrs.	Marinade or dip in batter and fry
Asparagus	Wash and cut into 1" pieces. Blanch.	8-12 hrs.	Rehydrate, serve in cream sauce
Beans Green/Wax	Remove ends, cut into 1" pieces. Blanch.	10-14 hrs.	Stews, soups and casseroles
Beets	Steam until tender. Cool and peel. Cut into 1/2" pieces	8-10 hrs.	Soups and stews
Broccoli	Wash, cut as for serving. Blanch.	4-10 hrs.	Soups, quiche or souffles, cream or cheese sauce
Carrots	Peel, cut ends, slice in 3/8" thick or shred. Blanch.	8-12 hrs.	Salads, soups, stews and carrot cake
Cauliflower	Wash, cut as for serving. Blanch.	18-24 hrs.	Soups and stews
Celery	Trim, wash and cut 1/2" slices. Blanch in solution of 1/2 t baking soda to 1 cup water.	6-10 hrs.	Soups, stews, powder for celery salt (add equal parts celery and salt)
Corn	Husk, remove silk and blanch. Remove from cob	10-14 hrs.	Fritters, soups, stews or grind for cornmeal
Eggplant	Peel, slice 1/4" thick. Blanch.	8-14 hrs.	Cream sauces, casseroles, dip in batter and fry

* Times may vary depending on the wattage of the dehydrator.

Vegetable Drying Guidelines (continued)

Food	Preparation	*Average Drying Time	Uses
Garlic	Separate and peel cloves	14-18 hrs.	Powder for seasoning
Onions	Remove skins, tops, and root ends. Slice 3/8" thick	9-13 hrs.	Soups, stews and sauces. Powder for seasoning salt Package immediately
Peas	Shell, wash and blanch	10-14 hrs.	Soups, stews and mixed vegetables
Peppers	Remove stem & seeds. Cut into 1/2" pieces	14-18 hrs.	Soups, stews, pizza, meat dishes and seasoning
Peppers (hot)	Wash, slice or cut in half. Remove seeds if you desire a milder pepper.	14-18 hrs.	Soups, stews, pizza, and seasoning
Potatoes	Use white potatoes. Peel and slice 3/8" thick. Blanch. Rinse and dry*	6-10 hrs.	Stews, soups and casseroles
Tomatoes	Wash and slice 3/8" circles or dip in boiling water to loosen skins, halve or quarter	10-14 hrs.	Soups and stews. Powder in blender and add water for paste or sauce.** Dry in roll-up form for pizza sauce
Zucchini or Squash	Wash, remove ends and slice 3/8" thick or grate. Steam if you plan to rehydrate	8-12 hrs.	Breads, chips with dip, soups and casserole. (1 week shelf life)

* Blanch for 5 minutes or until translucent. If not steamed long enough, they will turn black during drying and storage.

** For information on rehydrating tomato powder and uses, see page 14.

Recipes

BEST BANANA BREAD

Chunks of dried bananas, nuts, and dates make this a delightful breakfast bread.

- 3/4 cup margarine or butter
- 2 cups flour
- 1-1/2 cups sugar
- 1 teaspoon baking soda
- 2 eggs
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1-1/2 cups mashed ripe banana
(4 to 6 medium size)
- 1/2 cup chopped dried banana
- 1/2 cup chopped pecans
- 1/2 cup buttermilk
- 1/2 cup chopped dates
- 2 Tablespoons brown sugar

Preheat oven to 350°F (175°C). Generously grease and flour 3 small (3" x 5") loaf pans or two medium (3-1/2" x 7-1/2") loaf pans. Cut waxed or parchment paper to fit bottoms and line pans. In a large bowl, cream margarine or butter with sugar. Add eggs and vanilla. Mash bananas in separate bowl with a fork. Add to margarine/egg mixture. In a separate bowl, combine flour, soda, and salt. Stir until well mixed. Add flour to creamed mixture alternately with 1/2 cup buttermilk, blending just until combined. Fold in dried banana chunks, pecans, and dates. Pour into prepared pans. Sprinkle brown sugar over tops of loaves. Bake in preheated oven about 45 minutes, until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan. Remove from pan and cool on a cooling rack. Makes 3 small or 2 medium loaves.

Variation: Add dried pineapple instead of dates

FRUIT HORS D' OEUVRES

Serve these savory Hors d'Oeuvres at your next party.

- 24 pieces halved dried fruit
(apricots, peaches, pears, or prunes)
- 1/8 teaspoon paprika
- 1/3 cup shredded Monterey Jack cheese
- 3 ounces cream cheese, softened
- 1/3 cup shredded sharp Cheddar cheese
- 3 Tablespoons plain yogurt
- 1/4 cup chopped slivered almonds

Dried fruits should be pliable. If too hard, allow to stand in boiling water 5 minutes to soften. Drain. In small bowl, beat cream cheese until fluffy. Stir in sour cream, paprika, Monterey Jack and Cheddar cheese and chopped almonds. Spoon 1 teaspoon filling into pit cavity of each piece of dried fruit. Garnish with parsley.
Makes 24 appetizers.

AWESOME BRAN MUFFINS

Make these for breakfast, and pop the extra in your children's lunch box!

- 1 cup bran
- 2-1/2 cups all-purpose flour
- 1 cup boiling water
- 2-1/2 teaspoons baking soda
- 1/2 cup margarine
- 1/2 teaspoon salt
- 2 cups buttermilk
- 1 cup chopped dried apple, dates, raisins or pineapple
- 2 eggs, beaten
- 1 cup granulated sugar
- 1/2 cup chopped walnuts or pecans
- 1/2 cup brown sugar, firmly packed
- 2 cups bran
- 1/4 cup sugar

Preheat oven to 400°F (205°C). Fill 24 muffin pans with muffin liners. Wipe muffin liners with vegetable oil. In large bowl, pour boiling water over 1 cup bran and let stand. Add 1/2 cup margarine to bran/boiling water mixture. Stir in buttermilk, eggs, white and brown sugars and bran. In large bowl, sift together dry ingredients: all-purpose flour, baking soda, and salt. Add chopped dried fruit and stir. Combine with wet ingredients and stir only until dry ingredients are moist. Mixture should be lumpy. Spoon into prepared muffin cups. Sprinkle sugar on tops. Bake at 400°F (205°C) for 20 to 25 minutes. Remove from pan and place on rack to cool. Makes 24 of the best bran muffins you've ever tasted!

Variation: Substitute 1 cup oat bran for wheat bran for an oat taste.

HOMEMADE CHILI POWDER

Add to your favorite Mexican recipe or use in ground meat for tacos.

- 3 ounces dried chilies (mild peppers such as Anaheim, or a combination of mild and hot peppers)
- 1 Tablespoon ground cumin
- 2 teaspoons salt
- 1 teaspoon ground allspice
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground oregano
- 1/2 teaspoon ground cloves
- 1 teaspoon ground coriander

Peppers dried in a dehydrator retain their original color and flavor. They may either be dried whole or in halves, skin side down. Hotness and flavor will vary with the chilies used. Removing the seeds will decrease the hotness. Make sure that peppers are completely dry and stored in airtight containers. Remove and discard stems and seeds. Whirl pods in a blender until finely ground. Allow powder to settle. Add remaining ingredients and whirl briefly. Store in an airtight container. Makes 1/2 cup.

CUP-OF-VEGETABLE SOUP

This soup cooks in your thermos and is ready to eat by lunch time.

1/3 cup dried vegetable flakes (any combo of tomatoes, peas, onions, broccoli, zucchini, celery, carrots)
1 Tablespoon bulgur wheat
1 Tablespoon small pasta (spaghetti, linguini, etc.), broken
1/4 teaspoon dried parsley
1/4 teaspoon dried sweet basil
pinch garlic powder
pinch onion powder
salt and pepper to taste
2 cups boiling chicken or beef broth

Place the dried vegetables in a dry blender and whir until the size of flakes. Measure 1/3 cup. Save remaining vegetables for another day. Place 1/3 cup flaked vegetables in a pint thermos. Add parsley, basil, garlic powder, onion powder, salt and pepper. Add bulgur wheat and pasta to thermos. Bring broth to a rolling boil and pour over dry ingredients. Quickly cover thermos and close securely. Yield: 2 cups.

DRIED TOMATOES IN OLIVE OIL

These tomatoes taste better than the expensive "sun dried" ones .

1 cup extra light olive oil
1 teaspoon fresh basil, chopped (or 1/2 teaspoon dried basil)
4 garlic cloves, minced
1 cup dried tomato flakes
1 teaspoon dried oregano

Flake dried tomatoes in blender to make 1 cup. In 1 pint canning jar, add tomatoes,

olive oil, minced garlic, basil and oregano. Close jar with a canning lid and keep refrigerated up to 6 months. Makes 1 pint.

Caution: Do not add fresh garlic or fresh herbs to oil packed tomatoes. The US Department of Agriculture cautions against this because garlic and herbs are low-acid, foods which create a low-acid anaerobic environment when placed in oil. This could result in the perfect breeding ground for botulism.

CHEESY CORN CHIPS

Great for after school munchies.

1 cup whole kernel or creamed corn
1 cup sharp cheddar cheese, grated (the ready grated cheese is not as satisfactory)
1/2 cup red and green peppers, diced
1 tablespoon onion, chopped
1/8 teaspoon cayenne pepper
1/8 teaspoon chili powder
salt to taste

In a blender or food processor, blend together all ingredients at high speed. Spread mixture thinly onto Fruit Roll sheets. Dry for approximately 10 hours or until dry on one side. Lift entire corn ring off of the Fruit Roll sheet, turn over and dry for two hours longer or until crisp. Break into pieces.

HARVEST GRANOLA

Most often served as a breakfast food, it can also be a snack or an ingredient in desserts, cookies, or main dishes.

- 5 cups rolled oats
- 3/4 cup brown sugar, firmly packed
- 1/2 cup wheat germ
- 1/2 cup dried apple, chopped
- 1/2 cup honey
- 1/2 cup sesame seeds
- 1 cup raisins
- 1/2 cup date crystals
- 1 cup pecans or almonds, chopped
- 1/3 cup salad oil
- 1 teaspoon vanilla
- 3/4 cup margarine, melted
- 1 teaspoon cinnamon

Mix together very well so that all ingredients are distributed evenly.

Adding dry ingredients to wet ingredients makes a crunchier granola. Spread onto a Fruit

Roll sheet. Dry until crunchy.

Crumble and store in an airtight container.

FRUIT CARAMEL CORN

- 1 cup butter or margarine
- 2 cups brown sugar
- 1/2 cup light corn syrup
- 6 cups popped popcorn
- 2 cups finely chopped dried fruit (pineapple, apples, raisins, prunes, etc.)
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla

Melt butter or margarine in large

heavy-bottom pot. Stir in brown sugar, syrup, and salt. Bring to a boil, stirring constantly. Boil 5 minutes without stirring. Remove from heat and stir in soda and vanilla. It foams. Pour over popped corn and mix well. Pour into a shallow 11" x 14" baking pan. Bake in a 250°F (129°C) oven for 1 hour, stirring every 20 minutes. During last 5 minutes, stir in finely chopped dried fruit. Remove from oven, cool, and break apart. Makes 7 cups caramel corn.

ENERGY BARS

Grind Together:

- 1/3 cup carob chips
- 1 cup slivered almonds
- 4 cups dried fruit (pliable) (apple, raisin, date, pear, peach, apricot, pineapple)

Mix In:

- 3/4 cup unsweetened pineapple juice
- 1/2 teaspoon almond extract
- 1/2 cup honey wheat germ
- 1 cup carob chips

Mix all ingredients thoroughly. More juice may be needed to allow mixture to stick together. Put onto Fruit Roll sheet. Dry for approximately 14 hours. Cut into small squares and place on unlined tray to finish drying. May be coated with melted chocolate, yogurt coating, or carob to make candy bars. Makes 24 squares.

PET TREATS

TURKEY & SWEET POTATO TREATS FOR DOGS

This recipe can be served at any time of the year but they make wonderful treats at Thanksgiving so you can include your dog in the festivities. They are also attractive treats and packaged with clear cellophane and a ribbon, will make great gifts for friends with dogs.

Makes about 3 dozen treats, depending upon the size of the treats.

- 2 cups of turkey, cooked
- 1 cup water
- 1 cup sweet potato, cooked until soft
- 1 tablespoon molasses
- 1- ½ cup oatmeal, dry, uncooked
- 3 dozen cranberries, fresh or frozen

Shred or chop the cooked turkey so that it's in small pieces. Put the turkey and water into the food processor or blender until a thick paste. There should be no meat chunks. Add the sweet potato and molasses to the meat and puree until a thick paste. Pour or spoon the mixture into a large bowl. Add the oatmeal and mix well. The dough should not be too wet or runny; if it is, add a little more oatmeal. Spoon the dough onto the dehydrator rack by teaspoonful. Place a cranberry on top of each treat, pressing it in slightly so that the berry stays on the treat. Leave treats in the dehydrator for four to five hours or until thoroughly dry but not crispy.

Store in an airtight container in the refrigerator. Treats will be good for about three weeks.

To give as a gift, place the treats (cranberry side up) on a decorative holiday paper plate. Wrap in clear or holiday colored cellophane and gather

the cellophane at the top of the plate. Tie the gathered cellophane with a holiday colored ribbon. Variations: Use fresh or frozen blueberries instead of cranberries. Use cooked potatoes instead of sweet potatoes.

TINY SHRIMP TREATS FOR CATS

This very simple recipe was a favorite with many of our taste test cats. Havoc, a huge, 13 year old Russian Blue, ate this with gusto and he's usually very picky!

Makes as many treats as there are shrimp in the can; usually at least two dozen.

- 1 four ounce can small peeled shrimp
- 1/3 cup catnip flowers, fresh

Open the can of shrimp and pour out the water the shrimp were packed in. Put the shrimp in a small bowl. Chop the catnip flowers into ¼ inch pieces. Although some leaves are fine, discard any stems. Add the flowers to the shrimp and mix, taking care not to break up the shrimp. Some of the flowers will stick to the shrimp; others will not and that's fine. Put the shrimp and flowers onto the dehydrator rack. The shrimp and flowers should remain in the dehydrator for about two hours or until thoroughly dry.

Remove shrimp and flowers from the rack and store in an airtight container in the refrigerator. One or two shrimp and a pinch of flowers makes a good treat for most cats. Variation: If you can't find any fresh catnip flowers, you can use dehydrated or dried catnip, just add it to the dehydrated shrimp as you serve your cat a treat.

Drying Jerky

Jerky is a favorite snack for school, lunch, trail or just about anywhere! It is made by seasoning raw meat in a salt mixture, and then drying it without cooking. You won't have to pay the exorbitant prices for jerky slices or sticks at the supermarket. Most lean meats will yield about 1 pound of jerky from 2 pounds of fresh meat.

Selection

Jerky may be made from a variety of different meats. When purchasing meats for making jerky, choose lean meats with minimal fat, as fat tends to go rancid during storage. A lean cut of flank steak or round steak makes excellent jerky.

Using the Nesco®/American Harvest®'s Jerky Works™ Kit, you can make delicious jerky from ground meat. Use ground round or extra lean ground beef. Season with a Nesco®/American Harvest® Jerky Seasoning Mix and follow package directions.

Preparation

If you are making jerky from a ground meat, add one package each of Nesco®/American Harvest® Jerky Spice seasoning and cure per pound of ground meat. Mix well and form strips by using the Jerky Works™ press or a cookie press. Place on trays in your dehydrator and dry. See detailed instructions on page 23.

If making jerky from meat, remove all fat and cut into cubes or thin strips 1/4" to 3/8" thick. It is easier to slice partially frozen meat for jerky. If meats are cut on the cross-wise grain, jerky is less chewy than if meats are cut on the lengthwise grain.

Marinate cut meats in store-bought or your own recipe marinade for 6 to 8 hours in the refrigerator before drying. If you are using your own recipe, be sure to include 1 teaspoon of salt for each pound of meat. The salt slows surface bacterial growth during the initial stages of drying. To use Nesco®/American Harvest® Jerky Spice seasoning and cure, and 1/4 cup water, mix well and put mix and meat in plastic storage bag to marinate.

Drying and Storage

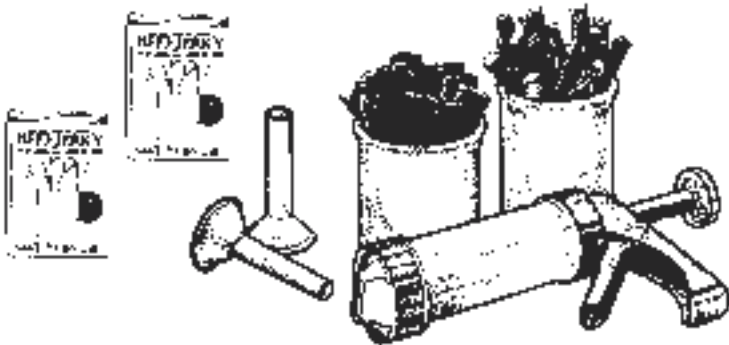
Depending on how thick the meat is cut, how heavily the dryer is loaded and the humidity, it will take from 4 to 15 hours to dry. Pat jerky with clean paper towels several times as it dries to remove the oil which accumulates on the top of the jerky. When removing jerky from the dryer, wrap it in paper towels and let it stand for a couple of hours prior to packaging. Beef jerky that is stored on the shelf will start to go rancid at room temperature after 3 or 4 weeks. Refrigerate or freeze for longer storage.

Note: After drying poultry, pork or fresh game, heat them in your oven at 160°F (71°C) for 30 minutes to avoid the risk of salmonella.

Simple steps to fresh delicious jerky

USING NESCO®/AMERICAN HARVEST® SPICES & JERKY WORKS™ KIT

1. Blend one pack seasoning and one pack cure with one pound extra lean ground beef, game, or poultry. For spicier jerky: add 1/4 tsp. or more of cayenne pepper. For less spicy jerky, add 1/2 pound extra meat.
2. While holding the silver tab down, pull the white knob all the way out on the Jerky Works™ gun.
3. Unscrew the red ring from the end of the white tube. Place meat mixture into the tube.
4. Place desired tip into the red ring and screw the ring tightly back onto the tube.
5. Press the white knob until it pushes against the meat. Hold the jerky gun over the dehydrator tray and squeeze the silver trigger repeatedly to release mixture onto the tray. When desired length is reached, cut end with scissors or knife.
6. Depending on meat thickness, dehydrator load and humidity, it will take from 4 to 15 hours to dry. However, other brand dehydrators may take longer to dry and additional care must be used. When dry, remove jerky and pat with paper towels to absorb oil. Make sure jerky is dried until "leathery," not brittle. Allow jerky to cool before packaging.



Storing Your Dried Food

Some pieces may dry in a shorter time than others and should be removed and placed in an airtight container while allowing the rest of the pieces to remain in the dehydrator until sufficiently dry.

Package all dried foods promptly to prevent contamination by insects and to prevent stickiness and rehydration caused by humidity. Store dried foods in airtight, moisture-proof containers.

Home vacuum packaging devices are ideal for packaging dried foods. They extend the shelf life of dried foods three to four times. Home vacuum packaging can be done in bags or glass jars. Manufacturers' bags, designed for use in home vacuum packaging, are moisture-proof and airtight. Glass jars are vacuum sealed using a lid with a rubber gasket. Only glass jars which have been tempered for canning should be used. Other storage jars may explode under the pressure of vacuum packaging.

Bag sealers can also be used to package dehydrated foods. Bag sealers do not remove air within the package, but the bags are moisture-proof and airtight. Squeeze the pouch tightly against the food to remove as much air as possible before sealing.

Plastic freezer bags can be used. Plastic storage bags, not labeled for use in the freezer, generally are not airtight nor moisture-proof and should not be used to store dried foods.

Since most packaging materials are transparent, store packaged dried foods in a plastic or metal container which will not allow the light to penetrate. Do not store fruits and vegetables together in the same storage container because flavor and moisture may transfer.

Fruit roll is best if removed while still warm. Wrap in plastic wrap and place in airtight moisture-proof containers for storage.

If foods are insufficiently dried, or are exposed to moisture from incomplete packaging, they can lose quality and nutrition, and can even mold during storage.

For more information, please visit our internet web site at www.nesco.com or call 1-800-288-4545

Rehydrating Dried Food

Eat dehydrated foods dry or rehydrate for use in recipes. Rehydrate by placing dried foods in a container (with enough water to cover food) and soaking for 30 minutes to 2 hours. Boiling water rehydrates foods more quickly than cold water or water at room temperature. Fruits or vegetables may also be rehydrated in liquids other than water, including fruit juices, cider, vegetable juices, milk, consomme, etc. Refrigerate these foods while they are soaking to reduce any risk of spoilage. Do not add seasonings, especially salt or sugar, during rehydration because they slow the rehydration process.

Cooking with Dried Food

After rehydrating food, cook it as you would normally. If foods are cooked before they are fully rehydrated, they will cook in a shriveled state and will not be plump. Most fruits and vegetables will rehydrate to about 80% of their fresh state. Consequently, they are a little more chewy than a fresh or frozen fruit or vegetable, even when rehydrated.

Dried food used in cooking will absorb additional liquid, so adjust the recipe accordingly by adding more water.

- vegetables — add one additional cup of water for one cup dried food.
- stewed fruits — add 2 additional cups of water for each cup of fruit, allow to stand for 1 hour and simmer until tender.
- pies or fillings — use 1 additional cup of water per 1 cup of fruit – less, if you desire a thicker consistency.

Note: When using fruits in baking or for ice cream, they may be softened by covering with boiling water and allowing them to stand for 5 minutes. Then chop or blend, depending upon use.

Drying Crafts

You've all seen a flower so perfect in form, color, and texture that you wish you could keep it forever. With a dehydrator, it now can become a reality.

Drying Flowers

Preserve garden and natural favorites for attractive dried flower arrangements, Christmas and holiday decorations, party favors, place cards and corsages. Help your children dry specimens for their science class. Many lovely flowers, foliage, flowering grasses, seedheads, cones, and non-flowering plants may be dried simply by placing on drying trays and drying until no moisture is evident. This is wonderful for those of us who are too busy to experiment with other techniques, and also for the beginner who has not attempted preserving flowers before. Quite interesting arrangements can be made with these dried materials. Materials suitable for drying by this method are bracts, cultivated and wild grasses, seedheads, foliage, and everlasting flowers.

Using Desiccant

For flowers with petals, leaves, ferns, fungi, and some varieties of mosses, the best way to preserve them is to use a desiccant powder. A desiccant is a substance which absorbs moisture. It speeds the drying process, especially when used in a dehydrator, preserving the vibrant colors and delicate structure of the flower. The longer the drying process, the more colors will fade. Using a desiccant in your dehydrator will allow flowers to dry in a day instead of a week or two. There are several brands of flower desiccants available from craft stores. They may seem a little expensive, but can be reused indefinitely. Silica gel is the generic name and absorbs up to 50 percent of its own weight in moisture. Use perfect flowers, fresh and free of moisture. Yellows and blues maintain their color better than reds or whites.

- Remove stems from flowers and insert a short 20-gauge stub wire.
(Add a longer stem when arranging later.)
- Place 1/2" desiccant in bottom of containers that are no higher than 3-1/4".
- Place flat-faced flower face-down, with petals resting easily on the sand. Rounded double flowers such as roses and daffodils should be dried with their heads upwards. Flowers which are trumpet or bell-shaped should be laid on their sides.
- Gently sprinkle desiccant between the flowers and into every petal and crevice, with about 1/2" desiccant covering top. Do not cover. When desiccant drying is done outside of the dehydrator, containers should be covered.
- Place containers on the dehydrator tray. Place lid on top of dryer and plug in dehydrator. Most flowers will be totally dry in 24 hours or less.
- To test for dryness, gently scrape back the desiccant and remove one flower. Hold the flower to your ear and give it a gentle tap. If it is dry, it will sound crisp and papery.
- Remove remaining flowers by carefully pouring off desiccant, letting it fall slowly through

your fingers, catching each flower and carefully removing it by its stem. Stand preserved flowers in a block of flower foam until arranged.

- Store in airtight tins until ready to use. In humid climates, protect loose-petal flowers with a light application of finishing spray to prevent moisture absorption.

Dried Apple Wreath

Supplies:

Mod Podge sealer (available in craft supply stores)

brush

1500 mgs. vitamin C (dissolved in 1 gallon of water or lemon or pineapple juice.)

8 or more apples (depending on the size of wreath)

hot glue gun & glue sticks

styrofoam wreath

grapevines

straw

cardboard

ribbon

thin wire

baby's breath

cinnamon sticks

Slice apples into 1/8 inch uniform slices. A meat slicer, apple slicer, or potato slicer results in even slices (do not core apples since the core forms an attractive star shape when dried).

As you slice each apple, immediately place slices in a solution of pineapple or lemon juice and water (50/50 mix) or vitamin C and water solution. Soak apples 10 minutes, drain, and place on trays to dry. They will take 4 to 8 hours to dry. Remove apples when they are leather like with no pockets of moisture, but before they become crisp.

Secure a hanging device on the back of the styrofoam wreath form. Working a small area at a time from the outside in, squeeze a line of glue on the outside edge, place an apple slice, keep repeating, over-lapping the slices slightly for a more full look. Continue around the outer half of the wreath form, until the row is completed. Repeat process with the inside row, until there are 2 rows of apples side by side. When apples are glued in place, seal with Mod Podge on both sides of the wreath, one side at a time. Add a ribbon bow and any other decorative touches.

Dough Ornaments

This basic recipe is also called "Baker's Clay." Once mixed, it has a satiny texture, a delicious aroma and begs to be touched and shaped. Do not be surprised if everyone in the family gets involved in making ornaments!

4 cups flour

1 cup salt

1-1/2 cups water

Using a dough mixer or by hand, mix flour with salt in large mixer bowl. Add water until dough is a good consistency for kneading. If it is too dry, it will crack. If it's too wet, it will be sticky. Knead the dough by pressing and turning it with your hands until it becomes satiny smooth. It will take five to ten minutes or more, depending on the consistency of the dough and how smooth you want your finished objects to appear.

Dough that is insufficiently kneaded is difficult to form and may fall apart during drying and baking. The dough dries out quickly so keep unused dough in a plastic bag. For smaller projects, mix only half a recipe. Dough is best when used in about four hours. It may be refrigerated, but results from refrigerated dough are unpredictable.

Creating Ornaments

Shape objects directly on pieces of aluminum foil. All dough parts must be joined with water which acts as a glue. If parts are not joined properly, the dough may separate during baking and split when cooled. Use water sparingly.

To attach thin pieces of dough, adhere them firmly by pushing a toothpick or paper clip through them in addition to moistening them with water. Large ornaments should be strengthened with wire. Dough has no strength and requires support for larger ornaments. If the dough connects in small pieces (head and neck, arms or legs), insert toothpicks or wires between parts to keep the portions from separating over time.

Make impressions on dough with a variety of instruments. Impressions hold up best with a stiffer dough. All kinds of instruments can be used to make impressions to give texture and design to ornaments. Push dough through a garlic press or grater to make hair and other decorative effects. Cake decorating tubes with large nozzles can be used for making designs. Add extra water to soften dough to a good consistency.

Add a hanging device to the top or back of an ornament, before baking and drying, if it is to be hung. Use Christmas ornament hooks, bent wire, circles from pop-top drink cans, or paper clips. Push hanging device into dough at top center, close to the back of the piece. Remember, the final dough shape is the shape which will be baked. If there are loose pieces or undesirable marks in the dough, they will exist in the finished product.

Precoloring Dough

Before baking, raw dough can be precolored by adding drops of food coloring, watercolors, inks, and fabric dyes. Powdered colors should be mixed with the flour and salt before adding water. Liquid shoe polish or leather dye can also be brushed on lightly during the first 15 minutes of baking.

Baking and Drying Dough

Dough should be baked for 2 hours at 300°F (150°C) in your oven. Then transfer to your dehydrator. Dry for an additional 4 to 12 hours until completely dry (until you become more experienced with drying dough-art in your Nesco®/American Harvest® dehydrator, it is wise to place a piece of dough, the same size as the largest /thickest piece of your ornament, to use as a test piece. To test for dryness, break apart the test piece. It is done when it is completely dry inside). Remove ornaments when totally dry and cool prior to applying paint.

Painting Dough

Acrylic paints are the most popular and easily applied. They are available in jars, spray cans, and tubes. They mix easily and dry quickly. If you are adding different colored layers over one another, use a coat of sealer between them to prevent them from running or smearing. When painting is complete, dry in your dehydrator for 1 to 2 hours until thoroughly dry.

Sealing

It is extremely important to seal salt dough ornaments to prevent moisture from reentering and causing mold and disintegration. There is a wide variety of final coatings which can be used, but they should be transparent and non-penetrating so surface of dough-art is strengthened with a hard protective coating. The best choice is a polyurethane varnish. Be sure to remove ornaments from dehydrator and place in a well ventilated area (preferably out-of-doors) before applying varnish. Carefully place objects (on aluminum foil making sure that no foil covers the center hole or outer ring vents) in dehydrator to dry.

CAUTION: Make sure your dehydrator is placed in a room with adequate ventilation or an open window. Place ornaments in dehydrator. Most varnishes will dry in an hour or so in dehydrator. Repeat varnishing process until a minimum of 4 complete coats (both sides of object) have been applied, allowing ornament to dry thoroughly between coats. Again, it is handy to use dehydrator for this process to speed drying time.

Potpourri

Pick flowers when they are about three-quarters open – when they are fully open, they lose fragrance. Gather about twice the amount you believe you'll need, since they shrink as they dry. Remove petals from flower heads and pull herb leaves from their stems. Spread in a single layer on a Clean-A-Screen® accessory and place in dehydrator.

Dry until brittle-dry, which may take from 2 to 12 hours, depending upon the plants, the amount, and the model of dehydrator you are using.

Store different flowers and herbs separately in covered jars until you're ready to mix. Keep in a cool place, out of direct sunlight.

Experiment with different combinations, mixing small quantities and recording the results until you come up with a blend that you like.

To blend ingredients, measure and stir dried materials into a large bowl. When you have the right blend of color and fragrance, add fixative, spices, and oil. Age in a tightly sealed jar for 2 - 6 weeks, shaking occasionally to blend fragrances. Package in smaller decorative containers or bags for gifts or personal use.

Sweet & Spice Potpourri

For a perfect holiday gift, place one cup of this recipe in a lace bag tied with a colorful ribbon.

1 cup dried rose petals	1 tbl. whole cloves
1/4 cup dried lavender blossoms	1 stick cinnamon, crumbled
1/8 cup dried rosemary	1/3 tsp. ground cloves
1/8 cup dried chamomile	1/4 tsp. ground nutmeg
1/2 cup dried grated orange peel	2 drops rose oil
1 tsp. powdered orrisroot	1 drop orange oil
2 tsp. orange-spice tea	1 drop lavender oil
1 tbl. coriander seed	1/2 cup dried bachelor's button petals (for color)

In a large bowl, combine rose petals, lavender, rosemary, chamomile, and orange peel. Add orrisroot, tea, and spices. Add oils, sprinkling lightly over mixture. Mix in bachelor's button petals. Makes about 2 cups potpourri.

About Your Warranty and Service Satisfaction

Mail in your registration card, phone us, or register online at www.nesco.com to file your Nesco®/American Harvest® dehydrator model number and serial number now!

Your serial number and dehydrator model number are located on the power unit/blower of your dehydrator.

We enter this number into our database. It registers your product and identifies your machine specifically by its individual code. Should you call in for help on our 800 toll free line, your registration number helps us identify your machine and speeds up our assistance to you.



1-800-288-4545
www.nesco.com



One Year Limited Warranty

This appliance is warranted for one year from date of original purchase against defects in material and workmanship. This warranty does not cover transportation damage, misuse, accident or similar incident. This warranty gives you specific legal rights and you may have other rights which vary from state to state. This product is intended for household use only, not for commercial use. **Warranty does not cover commercial use.**

Your new food dehydrator comes equipped with numerous safety features. Any attempt to interfere with the operation of these safety features makes this warranty null and void. In the event we receive a dehydrator for service that has been tampered with, we reserve the right to restore it to its original state and charge for the repair.

Defective products may be returned, postage prepaid, with a description of the defect to: The Metal Ware Corporation, 1700 Monroe Street, Two Rivers, Wisconsin 54241, for no-charge repair or replacement at our option. **Must include proof of purchase** when returning product for warranty service.

Please call Customer Satisfaction at 800-288-4545 to obtain a return authorization before shipping.

Service and genuine Nesco®/American Harvest® replacement parts may be obtained from Nesco® Factory Service Department.

For service in warranty, follow instructions set forth in warranty. When ordering new parts, make sure that you always mention the model number of the product.

1. Call us on our toll-free number, 1-800-288-4545, and tell us about your problem.
2. If we instruct you to send us all or part of your appliance for repair or replacement, the Customer Satisfaction representative will give you a Return Authorization number (this number notifies our receiving department to expedite your repair.) Pack your unit carefully in a sturdy carton to prevent damage because any damage caused in shipping is not covered by the warranty.
3. Print your name, address and Return Authorization number on carton.
4. Write a letter explaining the problem. Include the following: your name, address and a copy of the **original bill of sale**.
5. Attach the sealed envelope containing the letter inside carton. Insure package for the value of dehydrator and ship prepaid to:

Attn: Repair Department
The Metal Ware Corporation
1700 Monroe Street
Two Rivers, WI 54241

ACCESSORIES



CLEAN-A-SCREEN

Flexible screens make drying sticky foods easier to remove. Screen flexes for easy removal of sticky fruits like pineapple. Perfect for drying small items like spices and herbs that would normally fall through the spokes of the tray, too.
Item Number: LM-2-6



JERKY SPICE WORKS

Hot & Spicy, Original or Teriyaki Flavor

Make great tasting Beef Jerky or Venison Jerky at Home!
Item Number: BJ-6
HJ-6
TJ-6

FRUIT ROLL SHEET

Great for making Fruit Rolls for the kids and for other messy foods. Exclusive "no spill" lip allows you to dry liquids and semi liquids. Dry up to 3 cups of pureed fruit on each sheet. Make fruit leather with no added sugar or preservatives. It's as easy as pouring applesauce on the Fruit Roll Sheet. Also great to dry soups and sauces. Perfect to use (if you're making messy foods) on the bottom tray of your dehydrator (without food on it) to catch the drips and make clean-up easier.

Item Number: LSS-2-6



NESCO American Harvest

Dehydrator

& jerky maker



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