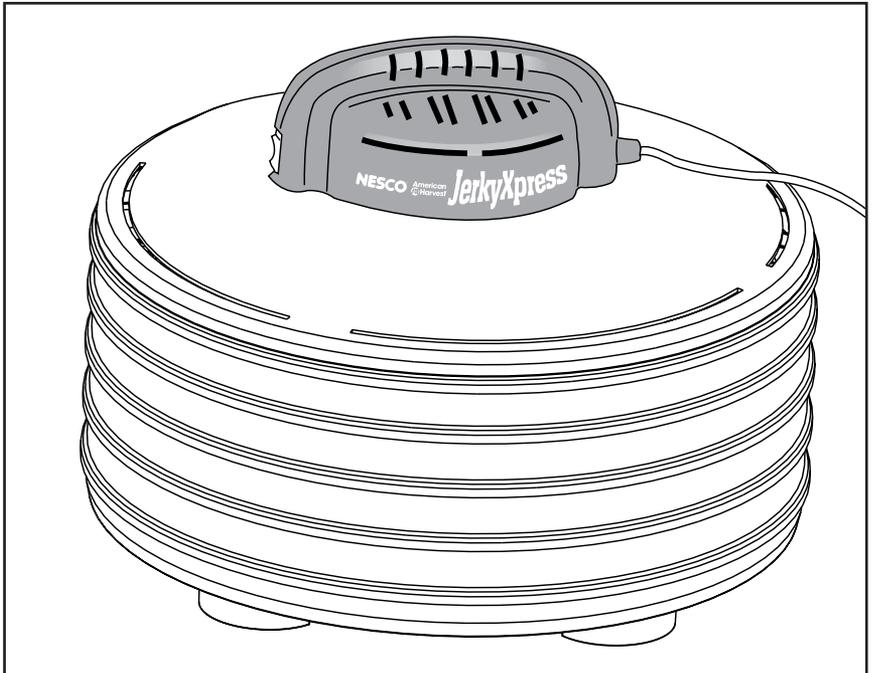


# NESCO® American Harvest®

*Food Dehydrator & Jerky Maker*

## *JerkyXpress™*

*Recipe & Use Book*

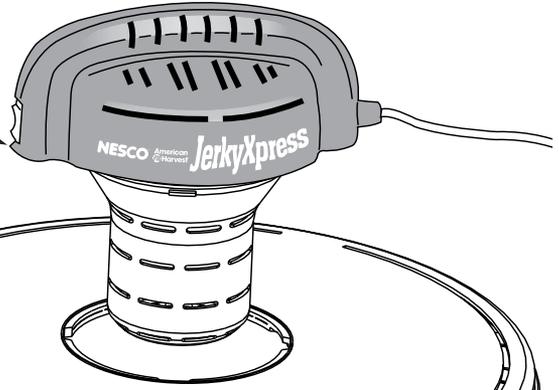


*Customer Satisfaction™*

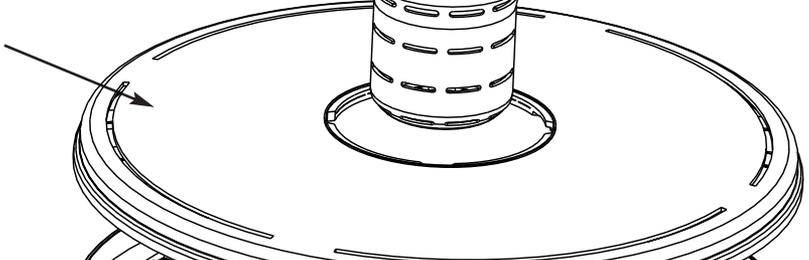
1-800-288-4545  
[www.nesco.com](http://www.nesco.com)

## Blower Assembly

Rotate counter clockwise into top cover to lock

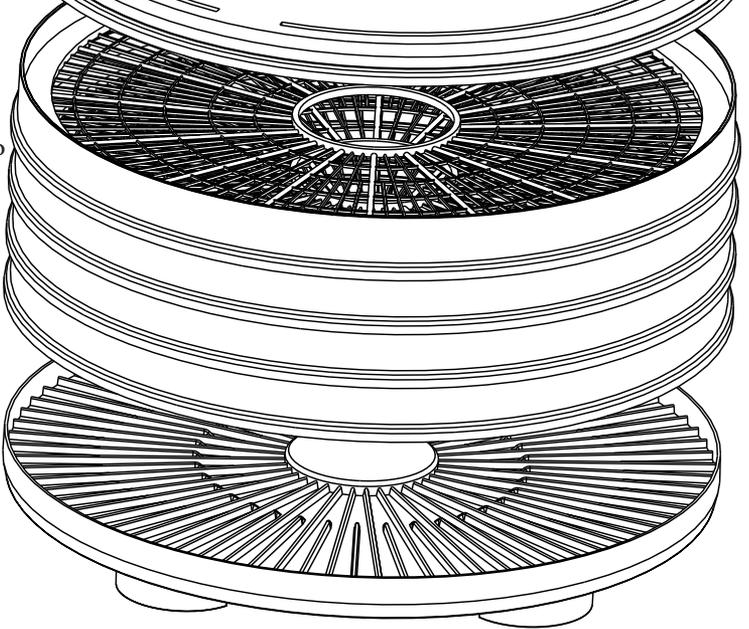


## Lid



## Trays

Expands to Maximum 7 trays



## Base Tray

The Metal Ware Corporation  
1700 Monroe Street  
P.O. Box 237  
Two Rivers, WI 54241-0237

300-03017 12/05

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of production in whole or part.

# IMPORTANT SAFEGUARDS

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## —This product is designed for household use—

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 shock, 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 injuries.
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). To reduce the risk of electric shock, this plug is intended to 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 modify the plug in any way.

**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 where it can be pulled on by children or tripped over unintentionally.

# Dehydrator Use and Care

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Before using your dehydrator for the first time, wash the trays and top lid in warm soapy water or in the dishwasher on the top rack. **Caution: Do not put the blower in water or in the dishwasher.** Wipe the blower with a damp cloth.

- Set the base tray on a sturdy countertop or table, away from sinks or any source of water.
- Stack additional trays on the 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 the top cover on the top tray, insert the blower into the trays and rotate to lock in place
- Plug the cord into an electrical outlet, switch power to ON and you're ready to dehydrate!

**Trays and Top Cover** — Your dehydrator trays and top lid are easy to clean. Simply soak the trays 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 trays with any metal objects or scouring pads as they tend to damage the surface of the trays. **Trays and top lid can be washed on the top rack of your dishwasher. Remove before beginning drying cycle of your dishwasher.**

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

## Precautions

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

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 the refrigerator before preparing for drying. Store dried foods in the refrigerator.
- After opening sealed containers of dried food, use food as soon as possible.
- Store unused portions of dried food, tightly sealed, in the 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 the trays either in a conventional oven or with any other appliance.

## Service

Should you experience any problems other than routine cleaning, please call Customer Satisfaction at Nesco American Harvest, 1-800-288-4545.

## General Drying Guidelines

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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 preparing foods to dry. Once placed in the dehydrator, they need to dry continuously for the recommended time. Do not turn off the dehydrator and leave partially dried foods sitting on the trays. The food 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® Food 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.

# Drying Jerky

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Jerky is a favorite snack for school, lunch, trail or just about anywhere! It is made by seasoning raw meat and then drying it without cooking. You won't have to pay the exorbitant prices for jerky slices or sticks at the grocery or convenience store. 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, 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 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 7.

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.

## 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.

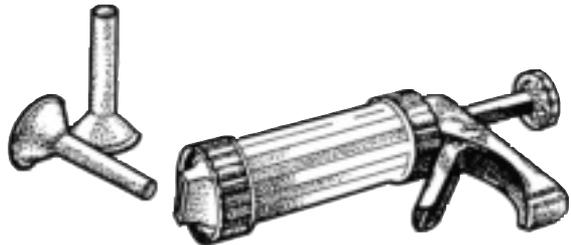
Pat jerky with clean paper towels several times as it dries to remove the oil which accumulates on the top of the jerky. When removing jerky from the dryer, wrap it in paper towels and let it stand for a couple of hours prior to packaging. Beef jerky that is stored on the shelf will start to go rancid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

**Note:** After drying, heat jerky in your oven at 160°F for one hour to avoid the risk of salmonella.

# Simple steps to fresh delicious jerky

Using Nesco®/American Harvest® Spices & Jerky Works™ Kit

1. Blend one seasoning and one cure packet with one lb. extra lean ground beef, game or poultry. For spicier jerky: add ¼ tsp. or more of cayenne pepper. For less spicy jerky: add ½ lb. extra meat.
2. While holding the silver tab down, pull the white knob all the way out.
3. Unscrew the red ring from the end of the white tube. Place the meat mixture into the tube.
4. Place the 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 tray. When desired length is reached, cut end with scissors or knife.
6. Dry meats in your Nesco® American Harvest® dehydrator. 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

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

Onions and tomatoes are especially prone to absorb moisture from the air and should be packaged immediately after removing from the dehydrator.

**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.**

## 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 so that you 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 nutritive 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.

## 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.

**For more information, please visit our internet web site at [www.nesco.com](http://www.nesco.com) or call**

**1-800-288-4545**



# Rehydrating Dried Food

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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

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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.

# Easy Jerky Recipes

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*You can make jerky marinades easily using Nesco® American Harvest® Jerky seasonings. Here are some of our favorites. Feel free to change or substitute ingredients to your taste.*

## Mouth Watering Original Jerky

1 pound sliced rump roast,\*\* cut into 1/8" to 1/4" thick strips

1 packet Nesco® American Harvest® Original jerky spice

1 packet Nesco® American Harvest® jerky cure

1 teaspoon Tabasco® Sauce

2 teaspoons cayenne pepper

1/4 cup water

Thoroughly mix all seasonings. Place marinade sauce and meat in a storage bag, seal and shake to mix completely. Refrigerate meat and marinade for 8 to 24 hours. Turning bag often will coat meat evenly. Place meat on dehydrator trays and dry for 6 to 12 hours, or until done. Makes approximately 3/4 pound of jerky when dried.

## Terrific Teriyaki Jerky

1 pound sliced rump roast,\*\* cut into 1/8" to 1/4" thick strips

1 packet Nesco® American Harvest® Teriyaki jerky spice

1 packet Nesco® American Harvest® jerky cure

1 teaspoon fresh ginger

1/4 cup water

1/8 cup soy sauce

1/8 cup honey

Thoroughly mix all seasonings. Place marinade sauce and meat in a storage bag, seal and shake to mix completely. Refrigerate meat and marinade for 8 to 24 hours. Turning bag often will coat meat evenly. Place meat on dehydrator trays and dry for 6 to 12 hours, or until done. Makes approximately 3/4 pound of jerky when dried.

**\*\*Note: venison, or game meat can be substituted**

# About Your Warranty and Service Satisfaction

One simple step sets you on the road to complete customer satisfaction:

Mail in your warranty card and file your dehydrator's exclusive registration number now!

We enter this number into our database. 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.

**ONE YEAR LIMITED WARRANTY.** This appliance is warranted for one year from the date of original purchase against defects in materials and workmanship. This warranty does not cover transportation damage, misuse, accident or similar incident. This warranty gives you special legal rights and you may have other rights which vary from state to state.

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 which is found on the bottom of the original carton.

Please contact the Nesco/American Harvest Customer Satisfaction Department at 1-800-288-4545 for any questions concerning your warranty.

## Five Easy Steps to Satisfaction

Should you have a problem, please refer to these steps for help:

1. First, call us on our toll free Customer Satisfaction Line, 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, pack it carefully in the original carton to prevent damage and ship postage prepaid. Any damage caused in shipping is not covered by the warranty.
3. Print your name and address on the carton.
4. Write a letter explaining the problem. Include the following:  
your name, address and a copy of the original bill of sale or proof of purchase.
5. Paste the sealed envelope, containing the letter, on the carton.  
Insure the package for the value of the dehydrator and ship prepaid to:

The Metal Ware Corporation, 1700 Monroe Street, Two Rivers, WI 54241

Note: Save the original carton for shipping your dehydrator to us.