

Sunbeam

MASTER
SERIES

DT6000

Food Lab™ Electronic Dehydrator

Healthy food dryer with
8 temperature settings

User Guide



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری یکنید کہ احتیاطهای بالا حتماً درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM DEHYDRATOR.

- Ensure your dehydrator is used at least 50cm (half a metre) away from a gas flame or electric element.
- Do not operate the dehydrator on an inclined surface.
- Do not move or cover the dehydrator while in operation.
- Do not immerse the dehydrator in water or any other liquid.
- Use your dehydrator well away from walls, curtains and cupboards that may be affected by steam.
- Do not use your dehydrator in confined spaces.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Food Dehydrator

Countdown Timer

19 and a half hours with 30 min increments with safety auto off. Perfect for overnight use.

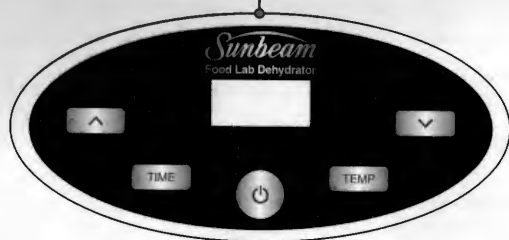
6 large drying shelves

Remove shelves to dry thicker foods – apricots, bunch of grapes, tomatoes etc. This also allows for leavening bread or culturing yoghurt. Do not exceed 500g of food per tray.

Rubber feet

Holds the Food Dehydrator in place and prevents it from scratching the bench top.

User Panel



Horizontal Air Flow

Rear fan allows for horizontal air flow, so no shelf rotation is required.

8 Temperature Settings

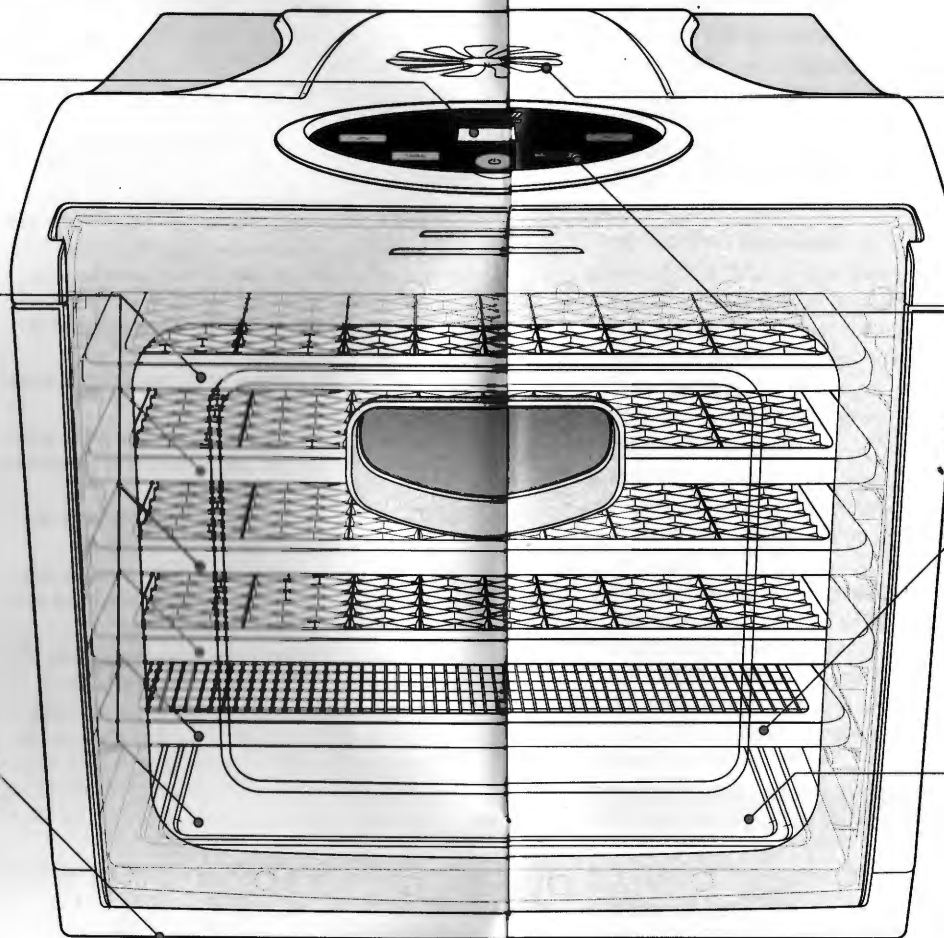
35°C to 70°C. Set the best temperature for each drying use.

Fine Foods Mesh Tray

Use for smaller items such as herbs and berries; and sticky items such as banana & tomatoes.

Fruit Roll Tray

Makes delicious fruit rolls naturally. When not using as Fruit Roll Tray, store at the bottom of the unit as a crumb tray.



Dehydrator Overview

How it works

Dehydrating food is an ancient method of preserving food. It is a gentle, natural process which removes moisture from food.

Using a controlled heat temperature, air is circulated from the rear of the unit to each of the six shelves and base. This method of drying seals in the flavours and nutrients of the food, leaving a high food nutrient and vitamin content.

Storage of dried food

Drying fresh, ripe fruit and vegetables allows you to enjoy these luxuries all year round.

Storing of food is easy and takes up little storage space. Dried foods have a longer shelf life of approximately 3-6 months when stored in air-tight storage jars depending on the type of food and climate.

No preservatives added

Fruit and vegetables dried using your

Food Dehydrator may differ in colour and appearance from produce purchased from health food stores and supermarkets.

Pre-dried store bought produce often contains artificial colouring and preservatives.

Using your Dehydrator

Before using your Food Dehydrator

- Wash the drying shelves, fruit roll tray, fine foods mesh tray and door in warm water using a mild detergent. Rinse and dry each part thoroughly before use.
- Before you assemble the Food Dehydrator ensure that the power cord is unplugged.

Using your Food Dehydrator

1. Arrange the food on the drying shelves, ensuring the pieces of food are not quite touching, to allow air to circulate freely.
2. Place the shelves into the machine, and close the door.
3. Plug in the unit. The unit will beep to show it's in standby mode.
4. Press the power button, and the screen will illuminate and the Dehydrator will default to a time of 10:00, and temperature setting of 70°C.
5. To select the time, press the TIME button, and then press the **Λ** and **∇** buttons, until your desired time appears in the screen. Each button press will adjust the time by 30 minutes up to 19 and a half hours. You can hold down the arrow button to speed up the selection.

6. To select the temperature, press the TEMP button, and then press the **Λ** and **∇** buttons, until your desired temperature appears in the screen. Each button press will adjust the temperature by 5°C, from 35°C to 70°C. You can hold down the arrow button to speed up the selection.
7. During the drying process, you can check the time and temperature setting, by pressing the TIME or TEMP button. To adjust the setting, use the arrow buttons.
8. After the time has elapsed, the screen will show 0:00 and the heating element will turn off. The fan will continue running for 20 seconds, and the unit will beep 20 times to signal that the drying time has finished and the heater element has switched off.
8. Unplug the unit at the power outlet.

NOTE: The maximum drying time is 19 and a half hours. If you wish to run for longer, you will need to allow the unit to cool down before restarting. Turn the power button off, then unplug and let the unit cool down for at least 2 hours before operating again.

Temperature Settings	Uses
35°C	Herbs, Flowers, Dough
40°C	Yoghurt
45°C	Soft Vegetables
50°C	Hard Vegetables
55°C	Citrus Peel
60°C	Fruit
65°C	Fish
70°C	Meat Jerky, Fruit Rolls

Care and Cleaning

NOTE: The maximum drying time is 19 and a half hours. If you wish to run for longer, you will need to allow the unit to cool down before restarting. Turn the power button off, then unplug and let the unit cool down for at least 2 hours before operating again.

Drying shelves, fruit roll tray, fine foods mesh tray and door.

To clean the drying shelves, fruit roll tray, fine foods mesh tray and door, allow them to cool down, then soak in warm soapy water. A soft bristle brush can be used to loosen stubborn food particles. Do not place in dishwasher.

Do not use steel wool, scouring pads or abrasive cleaners.

Do not place any parts in a dishwasher.

Important Guidelines and Hints

Use quality food

Best results are achieved when quality food is used. Select produce at the peak of ripeness, colour and flavour, for the highest nutritional content.

You can dry overripe produce successfully, as long as you remove any spoiled areas.

Wash food

Food should be washed and dried thoroughly, removing soft or spoiled areas. Be certain that your hands, cutting utensils and food preparation areas are clean.

Cut food uniformly

Produce can be shredded, sliced or diced, 5mm slices are best for efficient drying.

Drying Shelves

Place produce evenly on each shelf, without overlapping. Do not exceed 500g of produce per shelf. If you wish to dry thicker foods such as a bunch of grapes, or to leaven dough or culture yoghurt, remove shelves to allow for greater height between shelves.

Keep Door Closed

Keep the door closed so that the produce dries more efficiently.

Variation in drying times

Check the produce drying charts, as times can vary. Drying times are affected by the size of the load, thickness of the sliced produce, humidity, air temperature and the moisture content of the food itself. (Therefore, broad drying times have been given in the drying tables).

Check your Drying

Check the progress every hour to ensure it's drying as you wish.

Fruit Roll Trays

Non-stick baking paper can be cut to fit shelves, if you want more roll up trays.

Testing for dryness

Be sure to let the produce cool before testing for dryness. To test for dryness, cut a piece open – there should be no visible moisture inside.

Keep records

Records of humidity, weight of produce before and after drying times, will be helpful in improving your drying techniques for the future. Use the Drying Record Chart provided on page 35.

Storage of Dried Foods

- Containers should be moisture and insect free.
- Glass jars with metal screw lids are ideal containers. Food stored in plastic bags, should be stored inside an insect proof container.
- The storage area should be cool, dry and as dark as possible. The ideal temperature for storing dehydrated food is 5-20°C.
- Dried food can be covered in plastic wrap and stored in a container in the freezer.

See tips on Beef jerky for correct storage on page 21.

Important

Check for moisture by shaking the content of your storage container several times during the first week after the food has been dried. If moisture appears on the inside, the food has not been sufficiently dried and should be returned to the food dehydrator, for further drying.

Do not place warm produce into storage containers, as condensation will form causing mould and mildew. Allow food to cool on racks before storing.

Rehydrating Dried Foods

Rehydration is the process of putting the moisture back into foods that have been dried.

- Dried foods can be partially rehydrated by soaking in water or cooking.
- To conserve the nutritional value of the rehydrated food, use the liquid remaining after soaking or cooking, in the rehydration recipes.

- One cup of dried vegetables generally reconstitutes to two cups of vegetables.
- One cup of dried fruit reconstitutes to one and a half cups of fruit.

Uses of your Dehydrator

The Sunbeam Food Lab™ Dehydrator can be used for the following:

1. Drying Herbs and Spices
2. Drying Flowers
3. Making Dough
4. Culturing Yoghurt
5. Drying Vegetables
6. Drying Citrus Peel
7. Drying Fruit
8. Drying Fish
9. Drying Meat
10. Fruit Roll Ups

Drying Herbs and Spices, 35°C

Drying your own herbs and spices is an easy, economical way to make the most from your herb garden.

Hints

- Pick leaves when young and tender.
- Pick seed pods before they open.
- Most herbs and spices can be dried on the plant stalk or stem.
- The leaves and seeds are easily stripped off once they are dry.
- Do not store herbs in paper bags as the oils will be absorbed by the paper leading to less flavour.
- Store in a cool, dark place in an airtight container.

Drying Chart for Herbs and Spices

Herb/Spice	Preparation	Setting	Drying time	Use
Basil	Wash, pat dry with paper towel. Place leaves onto drying racks	35°C	2-4 hours	Soups and sauces
Chives	Wash, pat dry with paper towel. Slice into desired lengths	35°C	2-4 hours	Salads, casseroles and soups
Chilli, long fresh red, halved, deseeded	None	35°C	6-8 hours	Add to curries and stirfries, pound in a mortar and pestle and sprinkle over bread mixtures
Coriander	Wash, pat dry with paper towel. Place whole stems onto drying racks	35°C	2-4 hours	Curries, Thai dishes and soups
Garlic	Peel and chop, dry in the base	35°C	4-6 hours	Casseroles, soups and pasta
Ginger	Grate or slice, place onto drying racks	35°C	4-6 hours	Cakes and curries
Marjoram	Wash, pat dry with paper towel. Place whole stems onto drying racks	35°C	2-4 hours	Casseroles and soups
Mint	Wash, pat dry with paper towel. Place whole stems onto drying racks	35°C	2-4 hours	Thai dishes and sauces
Oregano	Wash, pat dry with paper towel. Place whole stems onto drying racks	35°C	2-4 hours	Soups, casseroles and pasta
Parsley	Wash, pat dry with paper towel. Place whole stems onto drying racks	35°C	2-4 hours	Soups and casseroles
Rosemary	None	35°C	3 hours	Add to scone and bread mixes and casseroles
Thyme	Wash, pat dry with paper towel. Place whole stems onto drying racks	35°C	2-4 hours	Soups and casseroles

Drying Vegetables, 45 - 50°C

Preparation

- Wash vegetables thoroughly and remove blemishes.
- Pre-treat where recommended.

Pre-Treatment

- Steam Blanching: Needed to speed up drying process for certain vegetables.
- Blanching: Preserves the colour, stops the ripening process and generally makes the produce dry faster.

To Blanch

1. Soak vegetables in boiling water for 1-2 minutes.
2. Plunge into ice cold water.
3. Slice and commence drying.

Dryness Test

- Cool vegetables before attempting the final test for dryness.
- Vegetables should feel hard and firm with no soft spots.

Expect a variance in the time needed to dry different foods. Drying times are affected by the size of the load, thickness of slices, humidity and temperature in your home.

For drying soft vegetables such as tomatoes, celery, eggplants set to 45°C. For drying hard vegetables such as carrots and pumpkin, set to 50°C.

Food type	Pre treatment	Setting	Drying time	Suggested Use
Carrot, peeled, 1cm dice	None	50°C	6-8 hours	Add to cake, bread and scone mixtures
Celery, 1cm dice	None	45°C	4-5 hours	Add to soup mixes and casseroles
Eggplant, 5mm slices	Blanch in hot water	45°C	6-8 hours	Add to tomato sauces
Ginger, peeled, 5mm slices	Scrub under warm water	50°C	8-10 hours	Add to curries, fruit cake and muffin mixtures
Mushrooms, button, cut into 1cm thick slices	None	45°C	6-8 hours	Add to risottos and pasta sauces

Drying Vegetables, 45 - 50°C (continued)

Food type	Pre treatment	Setting	Drying time	Suggested Use
Tomatoes, regular, cut into 2cm-thick wedges (dried)	None	45°C	6 hours	Add to risottos and pasta sauces
Tomatoes, Roma (egg) cut in half semi-dried	None	45°C	8 hours	Add to antipasto platters, sandwich fillings, pies and tarts
Tomato, Roma (egg) cut in half dried	None	45°C	10-12 hours	Add to pasta sauces
Onion, Brown, halved, cut into 1cm dice	None	45°C	14-16 hours	Add to bread mixtures, curries and muffin mixtures
Pea, green, shelled	None	45°C	6-8 hours	Add to soups and rice dishes
Pumpkin, peeled, deseeded, cut into 1cm dice	None	50°C	8-10 hours	Add to curries, scones and bread mixtures
Orange sweet potato (Kumara) peeled, cut into 1cm dice or cut into 1cm thick slices	None	50°C	8 hours	Curries, soups

Drying Citrus Peel, 55°C

Dehydrating citrus peel is incredibly easy to do, and has a myriad of uses. You can use a variety of citrus fruits to make peel - grapefruit, oranges, lemons, limes and mandarins. It's good to experiment with different citrus fruits as they all have very different flavours and aromas. Note that the citrus peel will change colour slightly during the dehydrating process. Don't worry as it's just the water being removed and the flavours and oils concentrating.

Refer to the Drying Fruits section on the next page for more general information on fruit. Below find some handy hints on making and using dried citrus peel.

Hints and Tips

- **Use fresh citrus.** This makes it easier to remove the skin without getting too much of the pith. The pith is the white area between the skin and the fruit. It's sour and quite bitter. If you dry the skin with pith the finished citrus peel will have a slightly bitter taste.
- When removing the skin it's easier when the fruit is whole. Using a sharp knife gently cut the skin off. If this is too difficult you can always use a vegetable peeler or a zester.
- **Storage.** Keep citrus peel in an air tight container/ bag. Citrus peel can be kept for up to one month if stored in the correct conditions.
- Citrus peel has been used for centuries. It is used a lot in Moroccan and Eastern African cuisines.
- **Olive Oil.** Place a citrus peel in olive oil. This will give your oil a citrus flavour which is great for baking or even salad dressings.

- **Curries.** Place citrus peel in curries or slow cooked casseroles. Add to your dish when adding the majority of the liquid. This will add a great depth of flavour- remove the citrus peel before eating though!
- **Potpourri.** Place citrus peel in pot pourri for a change.
- **Baking.** Finely grind citrus peel and add to sugar for baking. Even grind up and add to salt.
- **CAUTION:** Due to the concentrated oil levels in citrus peel, it can be used as a fire starter. Be careful as it sparks easily.

Drying Fruits, 60°C

Preparation

- Wash food and pat dry with paper towels.
- Remove any blemishes, pips and stones.
- Slice as recommended.
- Pre-treat where recommended.

NOTE: Food may be peeled or unpeeled when drying. Try drying both ways to distinguish preferred outcome. Unpeeled fruits will take longer to dry.

Pre-Treatment

The pre-treatment of food where recommended helps retard browning while the food is drying.

- Where recommended use a natural pre treatment of pineapple or lemon juice. Soak fruit for 3-4 minutes in the juice before placing on drying racks.

Blanching

- Some fruits with natural protective wax coatings e.g. figs, grapes and prunes, need to be blanched to speed the drying process.

To Blanch

1. Soak fruits in boiling water for 1-2 minutes.
2. Plunge into ice cold water. Dry well.
3. Slice and commence drying.

Dryness Test

- Cool fruit before testing for the final degree of dryness.
- Most fruit will be soft and pliable when properly dried.

Drying Chart for Fruit

Expect a variance in the time needed to dry different foods. Drying times are affected by the size of the load, thickness of slices, humidity and temperature in your home.

For drying fruit, set to 60°C. For drying citrus peel, set to 55°C.

NOTE: Times stated are based on drying using six shelves.

Food type	Pre treatment	Setting	Drying time	Suggested Use
Apples, core, peel, cut into 5mm slices	None	60°C	8-10 hours	Eat as is or add to cakes and slices
Apricot halves, de-stoned	None	60°C	12-14 hours	Add to slices, biscuits and muesli
Banana halves	Soak in lemon juice	60°C	12 hours	Eat as is, add to cakes, puddings and slices
Baby figs, halved	Blanch	60°C	6-8 hours	Add to fruit cake and bread mixtures, slices and muesli
Grapes, Muscatel On vine	Blanch	60°C	16-18 hours	Eat as part of a cheese platter
Grapes, Muscatel Off vine, deseeded, flattened slightly	Blanch	60°C	14-16 hours	Add to biscuit doughs, fruit cake mixtures and muesli
Kiwifruit, peeled, 5mm slices	None	60°C	6 hours	Eat as is or add to muesli
Lemon, skin on, 5mm slices	Scrub whole fruit under warm water	55°C	8 hours	Add to pasta sauces, chicken dishes, cakes and puddings

Drying Chart for Fruit (continued)

Food type	Pre treatment	Setting	Drying time	Suggested Use
Limes, skin on, 5mm slices	Scrub whole fruit under warm water	60°C	8-10 hours	Add to curries and potpourri mixes
Oranges, Naval, skin on, halved, cut into 5mm slices	Scrub whole fruit under warm water	60°C	6-8 hours	Add to potpourri mixes and dip in chocolate and serve with coffee
Paw Paw, peeled, deseeded, 5mm slices	None	60°C	10-12 hours	Eat as is, add to muffin mixtures, slices and muesli
Peaches, halved, de-stoned	Wash under water	60°C	8-10 hours	Eat as is, chop and add to cake and muffin mixtures or add to muesli
Pear large 1cm-thick slices	Soak in lemon juice	60°C	12-14 hours	Eat as is, chop and add to salads, cakes and muesli
Pear small halves	Soak in lemon juice	60°C	10-12 hours	Eat as is, chop and add to salads, cakes and muesli
Pineapple, 5mm thick slices	None	60°C	8-10 hours	Eat as is, chop and add to muffin mixtures, slices and muesli
Citrus Peel, 1-2mm	None	55°C	4-6 hours	Eat as is, chop and add to muffin, cake and slice mixtures; salads and muesli

Drying Fish, 65°C

Dehydrating fish is easy and it has great taste. It's a great way of preserving seasonal fish without sacrificing the flavour. You can buy fish on bulk when on sale, then put it in the dehydrator to preserve.

Hints and Tips

- **Avoid dehydrating fish that is high in fat.** The high oil content makes the fish spoil quickly.
- **Preparation.** When preparing the fish slice evenly. This will allow the fish to dehydrate evenly.
- **Salt.** By curing the fish in salt or high salt ingredients (soy sauce) you are creating an inhospitable environment for microorganisms, meaning bacteria won't reproduce.
- **Dry Brining.** There are many different ways to dehydrate fish. One way is 'dry brining'. This is coating the fish in salt. The salt draws the moisture out of the fish therefore drying it and forming fish jerky.
- **Wet Brining.** Another method of dehydrating is 'wet brining'. This is the process of soaking fish in salted water. This isn't the best technique for delicate fish as it may fall apart in the salt solution. If you find the finished fish a bit salty, rinse in cool water.
- **Spices.** Think of traditional fish combinations and coat your fish in these flavours before dehydrating. For example dried dill and lemon zest, lemon pepper or even dried parsley and black pepper. In the Sunbeam Test kitchen we found using dried herbs and spices (garlic granules, onion powder, Cajun spices etc.) easier to use as it coats the food evenly and didn't get patches of concentrated flavours. Head to the dried herbs and spices aisle of your supermarket and get creative with combinations!
- **Storage.** Make sure your fish has cooled to room temperature before storing. Storing the fish straight from the dehydrator means moisture will form and spoil quickly.

Drying Meat, 70°C

Dehydrating Meat

Here are some steps to ensure meat is dehydrated safely:

- Choose lean meat without much marbling (fat distributed throughout meat).

IMPORTANT: Meat must be of the highest quality and marinated on day of purchase.

- Marinate the meat in its whole form and slice after marinating. The marinade needs to be salty (see Beef jerky recipe) as this helps draw moisture from the meat reducing the water content and making the meat safe to consume.
- Store the marinated meat in the fridge for up to 12 hours. Drain well.
- The meat needs to be sliced thinly and each slice needs to be of equal thickness, preferably 5mm. You can achieve this with a deli-style meat slicer.
- Sometimes partially freezing the meat first, and then slicing it makes slicing easier. Then thaw meat before arranging on trays to dry.
- Always slice the meat across the grain. Meat sliced with the grain falls apart and can have a chewy texture.
- Dehydrated meat needs to be stored in an airtight container in the fridge for up to 3-4 weeks. If wanting to store for a longer period, label, date and freeze for up to 3 months. Thaw in fridge overnight.
- Once the drying time is complete, cool beef to room temperature and pat surface dry with a paper towel to remove any excess surface moisture and ensure keeping times are safe.

IMPORTANT: Meat must be stored in the fridge or freezer only. Storing meat at room temperature could promote the growth of bacteria if not dried thoroughly.

Beef jerky

Makes: 250g

Preparation: 10 mins (+ 12 hours marinating time)

Drying: 5 hrs

500g beef fillet or sirloin, excess fat trimmed

½ cup soy sauce

½ cup Worcestershire sauce

1 teaspoon salt

1. Place beef in a shallow glass dish. Pour over combined sauces and salt. Cover with plastic wrap and place in the fridge, turning occasionally, for 12 hours to marinate. Drain. Discard marinade.
2. Use a large sharp knife to cut beef fillet across the grain into 5mm-thick slices. Arrange beef on drying racks. Dry on 70°C for 5 hours, rotating racks halfway through drying process, for 5 hours.

Making Fruit Roll Ups, 70°C

Hints and Tips

Fruit rolls make delicious snacks ready to have on hand. Here are some hints to ensure perfect fruit rolls:

- Fresh or canned fruit can be used to make fruit rolls, simply substitute weight for weight. However, do not combine a mixture of canned and fresh fruit in the same roll up. If using fresh fruit, make sure it is of good quality without soft or discoloured patches.
- If using fresh fruit, you will need to peel and cook it first so that it can be pureed in a blender for the preparation required to make rolls.
- The prepared fruit must be evenly spread over the fruit roll trays to ensure even drying times.
- The fruit should be spread to an even thickness of about 5mm. The fruit, once pureed, needs to be a spoonable consistency. If the mixture is too runny the end result will be affected.
- If mixture is too runny, you can add pureed apple or pear to the mixture to make up the desired consistency.
- Make sure the fruit rolls are dried continuously at the recommended temperature and time.
- Once dried, the fruit rolls should be pliable and without any soft or sticky patches on top or underneath.
- Remove fruit rolls from trays when still warm and roll up to form logs.
- Wrap in non-stick baking paper and store in an airtight container in a cool, dark place for up to 1 week. Do not store in the fridge as the fruit rolls need to be stored in a moisture-free area to maintain a pliable, chewy texture.
- Suitable fruits for rolls include: Apple, apricot, berries, cherries, mango, peaches, pears, and plums.

Recipes for fruit rolls on page 33.

Recipes

All the recipes have been specifically created and tested by our Sunbeam Test Kitchen for the Sunbeam Food Lab™ Dehydrator. We hope you enjoy using and making some delicious snacks and produce.

V = Vegan

GF = Gluten free

DF = Dairy free

Almond Rosemary Crackers

- V, GF, DF, Paleo, Vegetarian

½ cup chia seeds

1 cup water

3 cups almonds, soaked overnight

2 tablespoons finely chopped rosemary

1 teaspoon sea salt

½ teaspoon freshly cracked black pepper

1. Set Dehydrator to 50°C. Line two of the Dehydrator shelves with baking paper.
2. Combine water and chia seeds and set aside for 30 minutes.
3. Meanwhile in a bowl of a food processor, process almonds until very fine.
4. Combine almond mixture, chia and all remaining ingredients.
5. Divide mixture between the two shelves. Spread out until ½cm thick.
6. Place in Dehydrator. Leave for 8 hours. Turn and dehydrate for a further 2 hours. Place in airtight container.

Sundried Tomato Olive Crackers

- V, GF, DF, Vegetarian

½ cup chia seeds

¼ cup water

2 cups walnuts, soaked overnight, drained

½ cup kalamata olives, stones removed

⅓ cup semi-sundried tomatoes

1 teaspoon oregano, roughly chopped

1 teaspoon sea salt

½ teaspoon freshly cracked black pepper

1. Set Dehydrator to 50°C. Line two of the Dehydrator shelves with baking paper.
2. Combine chia seeds and water and set aside for 30 minutes.
3. Meanwhile in a bowl of a food processor, process walnuts until fine.
4. Combine walnut mixture, chia and all remaining ingredients in the bowl of food processor. Pulse until well combined.
5. Divide mixture between the two shelves. Spread out until ½cm thick.
6. Place in Dehydrator. Leave for 8 hours. Turn and dehydrate for a further 2 hours. Place in airtight container.

Corn Crackers

- V, GF, DF, Paleo, Vegetarian

600g frozen corn, thawed

1 small onion

1 small red capsicum

½ cup flax seeds

2 teaspoons ground cumin

1 teaspoon chilli powder

1 teaspoon sea salt

1. Set Dehydrator to 50°C. Line two of the Dehydrator shelves with baking paper.
2. In a bowl of a food processor combine all ingredients. Pulse until all ingredients are chopped and combined.
3. Divide mixture between the two shelves. Spread out until ½cm thick.
4. Place in Dehydrator. Leave for 14 hours. Turn and dehydrate for a further 2 hours. Place in airtight container.

TIP: If you want traditional triangle shaped corn chips score the mixture lightly before placing in the Dehydrator. If you don't score the mixture you can just roughly break up into irregular sized shapes.

Basic White Bread

- V, DF,

Remember add whatever topping you like to this bread. Olives, rosemary, parmesan, roasted capsicum, sesame seeds.....the combinations are endless!

450ml warm water

2½ teaspoons dried yeast

1 teaspoon caster sugar

700g plain white flour

2 teaspoons sea salt

1 egg, beaten

Olive oil, greased tray

1. Set Dehydrator to 35°C. Line a Dehydrator shelf with baking paper.
2. In a jug combine water, yeast and sugar. Place jug in Dehydrator for 10 minutes. The yeast should be bubbly.
3. Place flour and salt on a work surface. Form into a mound and make a well in the center.
4. Add the liquid ingredients and slowly bring the flour into the center form a dough. Knead for about 5 minutes or until the dough is elastic and smooth.
5. Lightly grease a large bowl with oil. Place dough in the bowl and place in Dehydrator. Leave for 1 hour or until doubled in size.
6. Remove from the bowl and knead quickly for 1 minute.
7. Form the dough into desired shape. Place on prepared Dehydrator shelf.
8. Place in Dehydrator. Leave for 30 minutes. At this point preheat oven to 200°C.
9. Remove dough from Dehydrator and place on metal baking tray. Bake for 40 minutes or until golden and hollow sounding when the base of the bread is tapped. Serve hot or allow to cool.

Pesto Parmesan Rolls

- 3 cups plain flour
- 1 cup warm water
- 1 tablespoon yeast
- 1 tablespoon caster sugar
- ½ teaspoon salt
- ⅓ cup olive oil
- 1 egg

Filling:

- ½ cup basil pesto
- 2 cups grated mozzarella cheese
- 1 egg, whisked

1. Set Dehydrator to 35°C. Line a Dehydrator shelf with baking paper.
2. In a jug combine water, yeast and sugar. Place jug in Dehydrator for 10 minutes. The yeast should be bubbly.
3. Place flour and salt on a work surface. Form into a mound and make a well in the center.
4. Add the liquid ingredients and slowly bring the flour into the center to form a dough. Knead for about 5 minutes or until the dough is elastic and smooth.
5. Lightly grease a large bowl with oil. Place dough in the bowl and place in Dehydrator. Leave for 1 hour or until doubled in size.
6. Remove from the bowl and knead quickly for 1 minute.
7. Roll dough out into a large rectangle. Cover the dough with pesto and cheese. Roll up, using the widest side, into a cylinder. Cut into 3cm rounds.
8. Place rounds on a lined Dehydrator shelf. Place in Dehydrator. Leave for 30 minutes. At this point preheat oven to 200°C.
9. Remove dough from Dehydrator and place on metal baking tray. Bake for 20 minutes or until golden and cheese is bubbling.

Cheesy Bread

- 1 cup warm water
- 2 tablespoons sugar
- 1 tablespoon yeast
- 4½ cups flour
- ⅓ cup olive oil
- 1 tablespoon dried oregano
- 2 teaspoons salt

Filling:

- 500g bacon, cooked
- 2 cups grated mozzarella cheese
- 1 cup grated cheddar cheese

1. Set Dehydrator to 35°C. Line a Dehydrator shelf with baking paper.
2. In a jug combine water, yeast and sugar. Place jug in Dehydrator for 10 minutes. The yeast should be bubbly.
3. Place flour, olive oil, oregano and salt on a work surface. Form into a mound and make a well in the center.
4. Add the liquid ingredients and slowly bring the flour into the center to form a dough. Knead for about 5 minutes or until the dough is elastic and smooth.
5. Lightly grease a large bowl with oil. Place dough in the bowl and place in Dehydrator. Leave for 1 hour or until doubled in size.
6. Remove from the bowl and knead quickly for 1 minute.
7. Roll dough out into a large rectangle. Cover the dough with bacon and cheese. Roll up, using the widest side, into a cylinder. Bring the two ends of the dough together to form a circle. Pinch dough together to seal.
8. Place on a lined Dehydrator shelf. Place in Dehydrator. Leave for 30 minutes. At this point preheat oven to 200°C.
9. Remove dough from Dehydrator and place on metal baking tray. Bake for 20 minutes or until golden and cheese is bubbling.

Cheesy Kale Chips

- V, GF, DF, Vegetarian

The ingredients may not look cheesy but the flavour comes from the yeast and miso paste.

2 bunches kale, washed, roughly torn

1 cup nutritional yeast

1 cup white miso paste

2 tablespoons extra virgin olive oil

1 teaspoon sea salt

2 cloves garlic, crushed

1. Set Dehydrator to 50°C.

2. Combine yeast, miso, oil, salt and garlic. Stir to form a paste.

3. Rub kale leaves with miso mixture. Place on Dehydrator shelves.

4. Place in Dehydrator. Leave for 12-13 hours or until crispy. The length of time will depend on the thickness of the kale leaves. Store in an airtight container for up to one week.

Zucchini Wraps

- V, GF, DF, Paleo, Vegetarian

The ingredients may not look cheesy but the flavour comes from the yeast and miso paste.

2 large zucchini

2 cups water

1½ cups ground flax seeds

1 clove garlic

1 teaspoon dried oregano

1 teaspoon dried rosemary

½ teaspoon sea salt

1. Set Dehydrator to 40°C. Line two shelves with baking paper.

2. Place zucchini and water in a blender. Process for about 2 minutes.

3. Pour zucchini mixture into a bowl with the remaining ingredients. Stir to combine.

4. Pour mixture over prepared shelves. Spread to about ½cm thick.

5. Place in Dehydrator. Leave for 5-6 hours. Turn and Dehydrate for a further hour. Cut into desired shapes.

Raw Coconut Wraps

- V, GF, DF, Paleo, Vegetarian

2 cups raw young coconut meat

2 tablespoons coconut water

½ teaspoon sea salt

1. Set Dehydrator to 40°C. Line two of the Dehydrator shelves with baking paper.
2. In the bowl of a food processor, process coconut meat until a fine paste. Add enough coconut water until a spreadable consistency.
3. Pour half the mixture onto each prepared drying shelf. Spread to about ½cm thick. Place shelves in Dehydrator. Leave for about 8 hours. Turnover and dehydrate for a further 8 hours.
4. The wrap should be pliable. Fill with your favourite ingredients for a salad wrap or even use wraps as crepes!

Nutty Quinoa Granola

- V, GF, DF, Vegetarian

Instead of quinoa you can use buckwheat groats which are available from most health food stores.

2 cups quinoa, soaked for 2 hours

1 cup pecans, soaked for 2 hours

½ cup pumpkin seeds, soaked for 2 hours

½ cup sunflower seeds, soaked for 2 hours

⅓ cup maple syrup

2 teaspoons ground cinnamon

1 teaspoon ground mixed spice

1 teaspoon vanilla extract

1 teaspoon sea salt

2 tablespoons coconut oil

6 medjool dates, stones removed, roughly chopped

1. Set Dehydrator to 65°C. Line two of the Dehydrator shelves with baking paper.
2. Drain quinoa, pecans, pumpkin and sunflower seeds.
3. In a large bowl combine all ingredients. Make sure all ingredients are coated in oil and syrup.
4. Spread evenly over 2 Dehydrator shelves.
5. Place in Dehydrator. Leave for 24 hours or until crunchy. Place in airtight container.

Blueberry Crunch Granola

- V, DF, Vegetarian

Maca powder is available from most health food stores but can be left out of the recipe if you don't have it or can't find it.

2 cups rolled oats, soaked for 2 hours, drained

1 cup finely shredded coconut

¼ cup maple syrup

2 tablespoons maca powder

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

½ teaspoon sea salt

2 cups blueberries

1 cup blackberries

1. Set Dehydrator to 65°C.

2. Place all ingredients, except berries, into the bowl of a food processor. Process for 20 seconds or until all combined.

3. Fold through berries. Spread out onto two Dehydrator shelves, about 1/2cm thick.

4. Place in Dehydrator. Leave for 24 hours or until crisp. Break up into chunks. Place in airtight container.

Date, Oat & Chia Seed Muesli Bars

- V, GF, DF, Paleo, Vegetarian

1 cup almonds, roughly chopped

1 cup dried dates, stones removed

½ cup dried apricots

2 tablespoons water

½ cup dried cranberries

1 cup shredded coconut

½ cup sunflower seeds

½ cup rolled oats

⅓ cup ground flax seeds (flax seed meal)

¼ cup honey

¼ cup tahini

2 tablespoons coconut oil

2 tablespoons sesame seeds

1 tablespoon cinnamon

1 tablespoon pure vanilla extract

1 teaspoon ground cardamom

1. Set Dehydrator to 70°C.

2. Place almonds, dates, apricots and water in the bowl of a food processor. Process for 20 seconds or until roughly chopped.

3. Place all ingredients, including date mixture, into a large bowl. Using your hands or a large wooden spoon, mix all ingredients until well combined.

4. Form 2 tablespoons of mixture into logs. Place on Dehydrator shelf. Repeat with remaining mixture.

5. Place in Dehydrator. Leave for 7-8 hours or until firm. Store in an airtight container for up to one week.

Peanut Butter Muesli Bars

- *DF, Vegetarian*

- 1 cup dried dates
- 3 granny smith apples, grated
- 5 cups rolled oats
- 1 cup peanut
- 1 cup sunflower seeds
- ½ cup dried apple, roughly chopped
- ½ cup brown sugar
- ½ cup dried cranberries
- ⅓ cup honey
- ⅓ cup peanut butter
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

1. Set Dehydrator to 60°C.
2. Place dates and apples in the bowl of a food processor. Process for 20 seconds or until roughly chopped.
3. Add remaining ingredients and pulse until well combined.
4. Take 3 tablespoons of mixture and form into a rough log shape. About 3cm long and 1cm wide. Place on Dehydrator shelf. Repeat with remaining mixture.
5. Place in Dehydrator. Leave for 3 hours. Turn muesli bars over and dehydrate for another 3 hours. Store in a clean, covered container in the refrigerator for up to 1 week.

Apricot Coconut Cookies

- *V, GF, DF, Paleo, Vegetarian*

- 2 cups dried dates, stones removed
- 1 cup almond butter
- 1 cup dried apricots
- 1 cup shredded coconut
- ½ teaspoon salt

1. Set Dehydrator to 70°C.
2. Place all ingredients in the bowl of a food processor. Pulse until a chunky paste has formed.
3. Form mixture into 1 tablespoon-sized balls. Place on Dehydrator shelves. Press down to flatten.
4. Place in Dehydrator. Leave for 7-8 hours or until firm. Store in an airtight container for up to one week.

Chocolate Chip Cookies

- *Vegetarian*

2 cups rolled oats

1 cup oat flour*

1 teaspoon sea salt

1 cup cashew butter

¼ cup honey

¼ cup maple syrup

2 teaspoons vanilla extract

¼ cup coconut oil

1 cup dark chocolate chips

1. Set Dehydrator to 50°C.

2. Place all ingredients; except chocolate, into the bowl of a food processor. Pulse until all ingredients are combined.

3. Stir through chocolate chips.

4. Form mixture into tablespoon sized balls. Place on Dehydrator shelves. Press down to flatten.

5. Place in Dehydrator. Leave for 10 hours or until chewy and flexible. Store in an airtight container for up to one week.

*Oat flour is just rolled oats processed into flour. This just gives the cookies a nice textural taste.

Homemade Coconut Yoghurt

- *V, GF, DF, Paleo, Vegetarian*

3 x 400g cans coconut milk

¼ teaspoon yoghurt starter

2 tablespoons honey

2 tablespoons tapioca flour

Sterilised glass jars

1. Set Dehydrator to 40°C. Arrange shelves to accommodate the size of the jars. Remember the larger the jar the longer the yoghurt will take to form.

2. In a saucepan bring coconut milk to a simmer, about 85°C. If you are unsure use a candy thermometer. Do not boil.

3. Remove a small amount of hot coconut milk. Whisk in tapioca flour. Add back to the saucepan and whisk to combine.

4. Set coconut milk aside and allow to cool until body temperature.

5. Once cooled add yoghurt starter. Whisk to combine.

6. Pour into sterilised 500ml jars. Cover with lid.

7. Place in Dehydrator. Leave for 7-9 hours. The yoghurt should be firm but will be firmer once chilled. Refrigerate for up to 1 week.

TIP: Once refrigerated the yoghurt may separate. This is due to the yoghurt not being homogenised and emulsified with factory machinery. Just mix with a spoon to bring back together.

Greek Yoghurt

- GF, Vegetarian

If you like thicker yoghurt scoop finished yoghurt into a tea towel and from a height. All the extra liquid will drop out resulting in thicker yoghurt.

4 cups milk

2-3 teaspoons yoghurt

Sterilised glass jars

1. Set Dehydrator to 40°C. Arrange shelves to accommodate the size of the jars. Remember the larger the jar the longer the yoghurt will take to form.
2. In a saucepan bring milk to a simmer, about 85°C. If unsure use a candy thermometer. Do not boil.
3. Whisk in yoghurt. Pour into desired containers.
4. Place in Dehydrator. Leave for 7-9 hours. The yoghurt should be firm but will be firmer once chilled. Refrigerate for up to 1 week.

Classic Beef Jerky

- GF, DF

You can cut the beef into thicker or thinner slices. But the thicker the slices of beef are the longer it will take to dehydrate.

700g beef flank steak

$\frac{2}{3}$ cup Worcestershire sauce

$\frac{1}{2}$ cup soy sauce

1½ tablespoons maple syrup

2 teaspoons freshly cracked black pepper

2 teaspoons garlic powder

1 teaspoon onion powder

1. Cut beef flank steak into $\frac{1}{2}$ cm pieces.
2. In a large bowl combine all remaining ingredients.
3. Add beef and toss to combine. Cover and refrigerate for 24 hours.
4. Set Dehydrator to 70°C.
5. Drain beef. Lay beef across the Dehydrator shelves in a single layer.
6. Place in Dehydrator. Leave for 10 hours. Store in airtight container in refrigerator for up to 1 week.

Honey Garlic Beef Jerky

- GF, DF, Paleo

700g beef flank steak

½ cup honey, warmed to be liquid

2 tablespoons dried garlic

2 tablespoons sea salt

2 tablespoons freshly cracked black pepper

1. Cut beef flank steak into ½cm pieces.

2. In a large bowl combine all remaining ingredients.

3. Add beef and toss to combine. Cover and refrigerate for 24 hours.

4. Set Dehydrator to 70°C.

5. Lay beef across the Dehydrator shelves in a single layer.

6. Place in Dehydrator. Leave for 10 hours. Store in airtight container in refrigerator for up to 1 week.

5 Spice Teriyaki Beef Jerky

- GF, DF, Paleo

700g beef flank steak

1 cup soy sauce

¾ cup brown sugar

1 tablespoon ground ginger

2 teaspoons ground five spice

1 teaspoon ground cumin

1. Cut beef flank steak into ½cm pieces.

2. In a large bowl combine all remaining ingredients.

3. Add beef and toss to combine. Cover and refrigerate for 24 hours.

4. Set Dehydrator to 70°C.

5. Lay beef across the Dehydrator shelves in a single layer.

6. Place in Dehydrator. Leave for 10 hours. Store in airtight container in refrigerator for up to 1 week.

Fish Jerky

- *DF*

2 cups water

2 cups brown sugar

1 cup salt

¼ cup soy sauce

4 fillets firm white fish or salmon, skin removed

2 teaspoons paprika, optional

1. Combine water, sugar, salt and soy sauce in a saucepan over medium heat. Stir until all sugar has dissolved. Set aside until room temperature.

2. Cut fish into 2cm thick strips. Place in cooled marinade. Cover and refrigerate overnight or for at least 6 hours.

3. Set Dehydrator to 65°C.

4. Drain salmon. Lay salmon across the Dehydrator shelves in a single layer.

5. Place in Dehydrator. Leave for 8 hours. Store in airtight container in refrigerator for up to 1 week.

TIP: Remember if you are using salmon or any other high fat fish, the shelf life will be significantly reduced.

Pear & Maple Syrup Fruit Rolls

- *V, GF, DF, Paleo*

1kg jar pear slices in juice, drained

1 tablespoon maple syrup

1. Set Dehydrator to 70°C.

2. Place pear and maple syrup in the jug of a blender or bowl of a food processor. Process until smooth.

3. Spoon puree evenly onto greased fruit roll up tray.

4. Place in Dehydrator. Leave for 6-7 hours or until pliable. Roll up each fruit piece to form a log.

Mango Fruit Rolls

- *V, GF, DF, Paleo, Vegetarian*

800g sliced mango in natural juice, drained

1. Set Dehydrator to 70°C.

2. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.

3. Spoon puree evenly onto greased fruit roll up tray.

4. Place in Dehydrator. Leave for 6-7 hours or until pliable. Roll up each fruit piece to form a log.

Strawberry Fruit Rolls

- V, GF, DF, Paleo, Vegetarian

You can substitute the strawberries for blackberries, blueberries or raspberries.

500g fresh strawberries, hulled, halved

300g apple puree

1 teaspoon vanilla extract

1. Set Dehydrator to 70°C.
2. Place all the ingredients in the jug of a blender or bowl of a food processor. Process until smooth.
3. Spoon puree evenly onto greased fruit roll up tray.
4. Place in Dehydrator. Leave for 6-7 hours or until pliable. Roll up each fruit piece to form a log.

Drying Records Chart

Produce	Date	Weight of produce (before drying)	Pre-treatment	Temp	Humidity 1.....5 (low) (high)	Time drying started	Time drying finished	Weight of dried produce
Silver Beet	11/1/15		Bland	50°	mid	7 hours		
Carrots	12/1/15	Diced	Bland Carrots	45°	mid	8 hours		
Tomato	13/1/15	Cut	Dipped in lemon juice	60°	mid	9 hours		
Apple			cooked					
Tomato Puree			Washed	50°	mid	8 hours		
Chick Peas	16/1/15							
Fenugreek								
100g lent								
Kiwifruit	6.		Peeled & Cut	60°	mid	8 hours		
Pears (tinned x 3)								
Carrots 1.5kg				50°	mid	8 hours		
Diced and peel								
Capsicum x1								

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