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# Pure aroma

GASTROBACK recipe book  
for dehydrators

Fruit and vegetable crisps, fruit leather,  
cereal bars, sweet and savoury snacks,  
beef jerky and dried fish



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## PREPARATION METHODS

The preparation of food plays an important role in dehydrating. Below we present various preparation methods that prevent the discolouration of fruit and vegetables, for example, and improve the shelf life and storability of the processed food.

### WATER BLANCHING

Water blanching involves immersing the fruit in boiling water, which creates tiny cracks that are invisible to the naked eye. This process is only used for fruit with a firm skin such as blueberries, cranberries, cherries, figs, grapes and plums. This process opens the pores of the fruit skin to allow the fruit to dry evenly and completely. After blanching, they are drained, patted dry and immediately placed in a dehydrator.

### STEAM BLANCHING

In steam blanching, the food is not heated in a water bath, but only in steam. This can be done in a steamer or with a normal saucepan. The blanching time depends on the type of food, the size of the food pieces and the type of preparation. Steam blanching is recommended for the following reasons.

- 1.To prevent discolouration of sensitive fruit and vegetables, such as apples, pears, peaches, apricots, bananas, artichokes, aubergines and potatoes.
- 2.Inactivation of spoilage enzymes in all dried vegetables to improve quality and shelf life.

Test whether the vegetables are sufficiently blanched by cutting or biting into a piece. It should be tender and crunchy (tender on the outside, hard or crunchy in the centre). The blanching times given in the recipe are only guidelines. After blanching, drain the vegetables thoroughly, pat dry with kitchen paper and place directly in a dehydrator.



## ACIDIFY

Acid prevents the discolouration of fruit and vegetables by deactivating the enzymes that cause oxidation. Acidification of food is achieved using natural acids (fruit acids) or by adding acidifying agents. As a guideline, we recommend soaking the food in the acid solution for 5 minutes. After acidifying the fruit and vegetables, drain them thoroughly, pat them dry with kitchen paper and place them directly in a dehydrator.



Suitable acidifiers are:

- Ascorbic acid or vitamin C tablets without additives. Dissolve 3000 mg (crush 6 tablets of 500 mg each) in 4.5 litres of water.
- Citric acid powder. Dissolve 1 teaspoon (5 g) of the powder in 1 litre of water.
- Freshly squeezed or bottled 100 % fruit juice with no added sugar, e.g. apple, cranberry, white grape, lemon, lime, orange and pineapple.



## SUGAR SYRUP

Sugar slows down the browning of the fruit, although not as much as acidification. However, an additional advantage is that fruit cooked in sugar syrup before dehydrating becomes particularly sweet. Whether you use sugar syrup or not is a matter of taste. Dissolve 80 ml, 120 ml or 160 ml sugar together with 180 ml water. Allow the fruit to simmer in it for 1 to 2 minutes. Then leave to stand for 10 to 30 minutes, or until they are cool enough to handle. Then drain thoroughly, pat dry with kitchen paper and place directly into a dehydrator.

## SALT SOLUTIONS

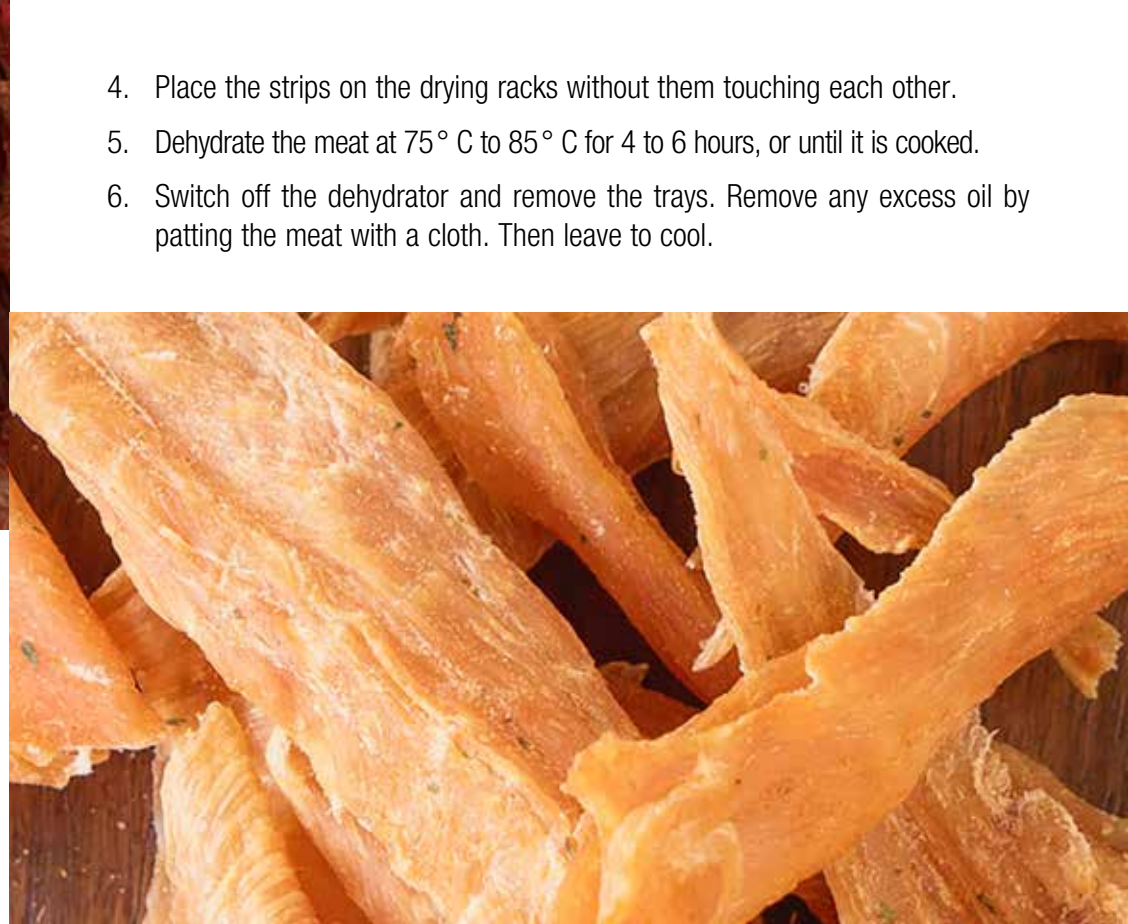
Salt inhibits the growth of microorganisms in fruit, vegetables and meat. For fruit or vegetables, dissolve 2 to 4 tablespoons of table salt or coarse sea salt in 1 litre of water and soak for 5 minutes. For meat, dissolve 110 to 150g of table salt in 1 litre of water, or 165 to 210g of coarse sea salt. Soak in the refrigerator for 4 to 24 hours (the duration depends on the strength of the brine, the thickness of the meat strips and how salty you want the meat to be). The brine can be used for marinating if desired. After soaking, drain, pat dry and immediately place in a dehydrator.





# JERKY





4. Place the strips on the drying racks without them touching each other.
5. Dehydrate the meat at 75° C to 85° C for 4 to 6 hours, or until it is cooked.
6. Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with a cloth. Then leave to cool.

## JERKY MADE FROM DIFFERENT TYPES OF MEAT

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 Preparation time: 2 - 48 min	 Temperature: 75 °C - 85 °C
 Drying time: 4 - 6 hours	 Portions: 14 - 20

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### INGREDIENTS

- 2 tbsp table salt or coarse sea salt
- 2 to 4 tbsp ground coriander seeds
- 1 to 2 tbsp other spices (optional), such as ground cumin, aniseed, black pepper or garlic
- 2 tbsp white vinegar (optional)
- 1 to 2 tbsp brown sugar (optional)
- 1 kg lean leg of lamb, beef, lean venison or turkey breast

### PREPARATION

1. Combine salt and coriander and other spices to taste, vinegar (if using) and brown sugar (if using) in a bowl. Cover and store in the fridge until ready to use. Can be prepared up to 3 days in advance.
2. Cut the meat into cubes or strips. Place in the marinade and toss until evenly coated. Cover and refrigerate for 2 to 48 hours in the fridge.
3. Remove the strips of meat from the marinade and pat dry.

## COCONUT CURRY CHICKEN JERKY

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 Preparation time: 1 hour	 Temperature: 55 °C - 60 °C
 Drying time: 4 - 6 hours	 Portions: 7 - 10

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### INGREDIENTS

- 2 ½ tsp coconut curry spice
- 1 ¼ tsp brown sugar
- ½ tsp ginger powder
- ¼ tsp hot chilli powder (optional)
- 550 g boneless, skinless chicken breast meat
- 1 tsp coarse sea salt or 1 tsp table salt
- 1 to 2 tbsp cold cashew, almond or coconut milk

## PREPARATION

1. Mix together the coconut curry spice, salt, brown sugar, ginger powder and chilli powder (if using). Line two baking trays with silicone baking mats or baking paper.
2. Season the chicken and drizzle with the milk. Preheat the oven to 150 °C. Line 2 baking trays with silicone baking mats or baking paper. Flatten the mixture, place on the lined baking tray and cover with a piece of cling film or baking paper. Use a rolling pin to shape the meat mixture to a centimetre thickness. Remove the cling film and cut the meat into strips 2.5 cm - 5 cm wide and as long as you like.
3. Bake the strips of minced meat for 8 to 10 minutes until they have reached an internal Temperature of 70 °C.
4. Preheat the dehydrator to 55 °C - 60 °C. Place the chicken strips on paper towels and pat dry. Arrange them on the dehydrator grids without them touching each other. Dry the meat until it is soft to the touch, not hard on the outside and can be bent without breaking (4 to 6 hours).
5. Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with paper towels. Then leave to cool.



## KOREAN-STYLE BULGOGI BEEF JERKY



Preparation time: 2 - 3 hours



Temperature: 75 °C - 85 °C



Drying time: 4 - 6 hours



Portions: 14 - 20

## INGREDIENTS

- 70 ml soy sauce
- 2 tbsp brown sugar
- 2 tbsp sesame seeds, roasted
- 1 tbsp pear powder  
(TIP: simply dry and grind the pear)
- 1 tbsp onion powder
- 1 tsp ginger powder
- ½ tsp garlic powder
- ½ tsp ground black pepper
- ¼ tsp hot chilli powder (optional)
- 1 kg beef or pork, e.g. round or sirloin

## PREPARATION

1. Mix together the soy sauce, brown sugar, sesame seeds, pear powder, shallot powder, ginger powder, garlic powder, black pepper and chilli powder (if using). Cover and store in the fridge for up to 3 days.





- Cut the meat into cubes or strips. Bulgogi is traditionally cut into thin (3 mm thick) strips. Add the meat to the marinade, toss until evenly coated, cover and refrigerate for 1 to 2 hours; longer may be too flavourful for thinly sliced meat.
- Remove the strips of meat from the marinade and drain well, but do not pat dry. Place the strips on the drying rack without them touching each other.
- Dehydrate the meat at 75 °C to 85 °C for 4 to 6 hours, or until cooked through.
- Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with a cloth. Then leave to cool.



## CLASSIC BEEF-JERKY



Preparation time: 2 - 10 hours



Temperature: 75 °C - 85 °C



Drying time: 4 - 6 hours



Portions: 14 - 20

## INGREDIENTS

- 75 g table salt or 150 g coarse sea salt
- 55 g granulated or brown sugar
- 3 tbsp smoke flavouring
- 1 tbsp pear powder (TIP: simply dry and grind the pear)
- ½ tsp ground black pepper
- 1 litre of cold water
- 1 kg beef steak (e.g. topside) or roast beef, sirloin, pork loin or lean brisket

## PREPARATION

- Stir the salt, sugar, smoke flavouring and pepper into the water until the salt and sugar are completely dissolved. Cover and keep in the fridge until ready to use. Can be prepared up to 3 days in advance.
- Cut the meat into even slices with a thickness of 7 mm - 10 mm.
- Dip the beef strips in the marinade, cover and refrigerate for 1 to 8 hours.
- Remove the meat from the marinade, drain and pat dry thoroughly.
- Place the marinated meat evenly on the drying grids.
- Dehydrate at 70 °C to 85 °C for 6 hours until cooked.







## CAJUN-STYLE TURKEY JERKY

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 Preparation time: 7-25 hours	 Temperature: 75 °C - 85 °C
 Drying time: 4-6 hours	 Portions: 14-20

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### INGREDIENTS

- 1 tbsp green paprika powder
- 1 tsp hot chilli powder or cayenne pepper
- 2 tsp celery salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground pepper
- 120 ml apple cider vinegar
- 120 ml water or stock
- 2 tbsp smoke flavouring
- 1 kg turkey breast or legs

### PREPARATION

1. Mix the water, salt and optional ingredients until the salt is completely dissolved. Cover and keep in the fridge until ready to use. Can be prepared up to 3 days in advance.
2. Cut the meat into cubes or strips. Add the meat to the marinade and toss until evenly coated. Cover and refrigerate for 6 to 24 hours.

3. Remove the strips of meat from the marinade, drain and pat dry. Place on the drying rack and spread evenly.
4. Dehydrate at 70 °C to 85 °C for 6 hours, or until cooked.
5. Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with a cloth. Then leave to cool.



## CRANBERRY-ORANGE-TURKEY JERKY

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 Preparation time: 7-25 hours	 Temperature: 75 °C - 85 °C
 Drying time: 4-6 hours	 Portions: 14-20

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### INGREDIENTS

- 2 tbsp cranberry powder
- 2 tbsp chopped dried orange peel
- 2 tbsp brown sugar
- 1 tsp table salt
- 1 tsp hot chilli powder, z. e.g. cayenne pepper
- 1 kg turkey breast or fillets
- 4 tbsp honey; diluted with 1 tablespoon of water



## PREPARATION

1. Mix the cranberry powder, milk, orange zest, brown sugar, salt and chilli powder. Cut the meat into cubes or strips. Add the meat to the marinade and toss until evenly coated. Cover and refrigerate for 6 - 24 hours.
2. Remove the strips of meat from the marinade and pat dry. Place the strips on the drying rack without them touching each other.
3. Dehydrate the meat at 70 °C to 85 °C. Turn after 2 hours. Leave to dry further. If the strips crack when bent but do not break, leave in the dehydrator for a further 2 to 4 hours.
4. Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with a cloth. Then leave to cool.



## GYROS BEEF AND LAMB JERKY



Preparation time: 7-25 hours



Temperature: 75 °C - 85 °C



Drying time: 4-6 hours



Portions: 14 - 20

## INGREDIENTS

- 1 to 2 tbsp cold red wine, wine vinegar or ice water as required to facilitate mixing
- 1 tsp table salt
- 1½ tsp crushed dried oregano or marjoram leaves
- 1½ tsp onion powder
- 1 tsp garlic powder
- ½ tsp crushed dried rosemary or mint leaves
- ½ tsp ground cumin
- ½ tsp ground black pepper
- 350 g very lean minced beef
- 250 g very lean minced lamb

## PREPARATION

1. Preheat the oven to 150 °C. Line the baking trays with silicone baking mats or baking paper.
2. In a large bowl, mix together the wine, salt, oregano, onion powder, garlic powder, rosemary, cumin and pepper. Add the meat and mix with your hands or a fork until everything is well combined. Press the mixture flat, place on the dehydrator trays and cover with a piece of cling film or similar. Use a rolling pin to roll out the meat mixture to a thickness of 1 cm. Remove the cling film and cut the meat into strips 3 cm to 5 cm wide and as long as you like.
3. Bake the meat strips until they have an internal temperature of 70 °C, approx. 8 - 10 minutes.
4. Preheat the dehydrator to 70 °C to 85 °C. Place the strips of meat on paper towels and pat dry. Place the strips on the dehydrator grids without them touching. Dehydrate until the meat is soft to the touch, not hard on the outside and can be bent without breaking, 4 to 6 hours. Place the meat on paper towels and pat dry.
5. Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with a cloth. Then leave to cool.





4. Dry the meat for 4 to 6 hours at 75 °C - 85 °C.
5. Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with a cloth. Then leave to cool.

## MAPLE SYRUP PORK JERKY

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- |  |  |
|--|--|
|  Preparation time: 9-24 hours |  Temperature: 75 °C - 85 °C |
|  Drying time: 4-6 hours       |  Portions: 7 - 10           |
- 

### INGREDIENTS

- 80g maple syrup
- 120ml water
- 1 tbsp brown sugar
- 1½ tsp cooking salt
- 550g pork loin

### PREPARATION

1. Stir together the maple syrup, water, brown sugar and salt. Cover and keep in the fridge until ready to use. Can be prepared up to 3 days in advance.
2. Remove the silver skin. Cut the meat into cubes or strips. Then add to the marinade, toss, cover and refrigerate for 8 to 24 hours
3. Remove the meat from the marinade, drain and pat dry. Place the strips on the drying racks without them touching.

## MEXICAN BEEF (CARNE SECA)

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- |   |   |
|---|---|
|  Preparation time: 9-48 hours |  Temperature: 75 °C - 85 °C |
|  Drying time: 4-6 hours      |  Portions: 7 - 10          |
- 

### INGREDIENTS

- 2tbsp sweet or smoked paprika
- 1½ tsp cooking salt
- 1 tsp ground cumin
- 1 tsp crushed dried oregano leaves
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp hot chilli powder
- 1 tbsp fresh lime zest or 1 tsp chopped dried lime zest (optional)
- 550g beef brisket
- 2tbsp lime juice (optional)



## PREPARATION

1. Mix together the paprika, salt, cumin, oregano, onion powder, garlic powder, chilli powder and lime zest (if using).
2. Cut the meat into cubes or strips. If you are using the lime juice, rub it over the meat first and then rub in the spice mixture. Or rub the spice mixture directly over the meat. Cover and refrigerate for 8 to 48 hours.
3. Remove the meat strips from the marinade, drain and pat dry. Place evenly on the drying rack.
4. Dry the meat for 4 to 6 hours at 75 °C - 85 °C.
5. Switch off the dehydrator and remove the trays. Remove any excess oil by patting the meat with a cloth. Then leave to cool.



## CHILLI BEEF JERKY



Preparation time: 2 - 9 hours



Temperature: 75 °C - 85 °C



Drying time: 4 - 6 hours



Portions: 4 - 8

## INGREDIENTS

- 550 g lean beef, e.g. round, sirloin or rump steak
- 1 to 2 tbsp crushed or ground hot chilli peppers
- 1 tbsp granulated sugar or brown sugar
- 1 tsp coarse sea salt

## PREPARATION

1. Cut the meat into cubes or strips.
2. Mix together the sugar, 1 tablespoon of ground chilli and salt. Add the beef, mix until evenly coated, cover and refrigerate for 1 to 8 hours.
3. Remove the meat from the marinade, drain and pat dry. If desired, sprinkle both sides of the meat with the remaining chilli peppers. Carefully place the meat on the drying rack.
4. Dry the meat at 75 °C to 85 °C for approx. 4 to 6 hours.
5. Remove any excess oil by patting the meat with a cloth. Then leave to cool.







## CHAR SIU-STYLE GLAZED PORK WITH SESAME SEEDS

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 Preparation time: 9-25 hours	 Temperature: 75 °C - 85 °C
 Drying time: 4-6 hours	 Portions: 7-10

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### INGREDIENTS

- 55 g brown sugar
- 2 tbsp rice or white wine
- ½ tsp ground fennel and/or aniseed seeds
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1½ tsp cooking salt
- ½ tsp ground white or black pepper
- ¼ tsp ginger powder
- ¼ tsp garlic powder
- 1 tsp tomato powder or 1 tbsp ketchup
- 550 g pork fillet
- 2 tbsp dried sesame seeds
- 3 tbsp honey, diluted with 1 tbsp water

### PREPARATION

1. Mix together the brown sugar, wine, hoisin, soya sauce, salt, tomato powder, fennel, pepper, ginger powder and garlic powder. Cover and refrigerate for up to 3 days in advance.
2. Cut the meat into cubes or strips. Pour over the marinade, cover and refrigerate for 8 to 24 hours.
3. Remove the pork from the marinade, drain and pat dry. Sprinkle both sides of the strips with the sesame seeds and press lightly into the meat. Place the strips on the drying racks without them touching. Brush half of the honey mixture over the meat.
4. Dehydrate the meat in the dehydrator for 2 hours at 75 °C - 85 °C, then turn the strips over and brush with the remaining honey mixture. Continue to dehydrate, if the strips crack when bent but do not break, dehydrate for a further 2 to 4 hours.
5. Switch off the dehydrator and remove the dehydrator grids. Remove any excess oil by patting the meat with a cloth. Then leave to cool.







## SPICY CURRY TURKEY JERKY

 Preparation time: 1 hour

 Drying time: 4-6 hours

 Temperature: 55 °C - 60 °C

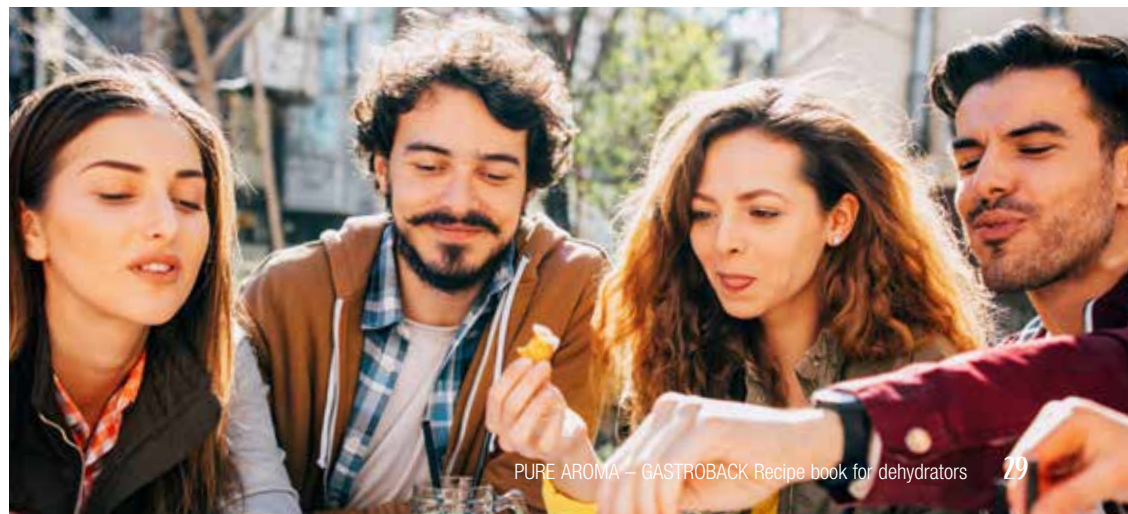
 Portions: 7 - 10

## INGREDIENTS

- 2 tsp Madras curry spice mix
- 1 tsp tomato powder
- 1 tsp onion powder
- 1 tsp crushed dried thyme leaves
- $\frac{3}{4}$  tsp cooking salt
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp ginger powder
- $\frac{1}{2}$  tsp habanero or chilli powder
- 550g turkey breast fillet
- 1 to 2 tbsp cold water, chicken stock or white wine

## PREPARATION

1. Mix all the spices together and set aside until ready to use. Line two baking trays with silicone baking mats or baking paper.
2. Pat the turkey breast with paper towels to remove excess moisture. Cut into 1.5 cm cubes, place in the bowl with the curry mixture and toss until evenly coated. Place in a single layer on the baking trays, cover and freeze for 30 minutes. Also freeze the mincer parts or food processor blade to keep the meat as cold as possible during preparation. Mince the turkey meat in a mincer or food processor. Add water as necessary to obtain a smooth, even mixture - if it is too coarse, the jerky will fall apart
3. Preheat the oven to 150 °C. Press the mixture flat, place on the lined baking tray and cover with a piece of cling film or similar. Use a rolling pin to roll out the meat mixture to a thickness of 1 cm. Remove the cling film and cut the meat into strips 2.5 cm - 5 cm wide and as long as you like.
4. Bake the minced meat strips until they reach a centre temperature of 70 °C for approx. 8 - 10 minutes.
5. Preheat the dehydrator to 55 °C to 60 °C. Place the turkey strips on paper towels and pat dry. Arrange on the dehydrator grids without them touching. Dehydrate the meat until it is soft to the touch, not hard on the outside and can be bent without breaking.
6. Switch off the dehydrator and remove the dehydrator grids. Remove any excess oil by patting the meat with paper towels. Then leave to cool.







3. Simmer the meat strips in the teriyaki marinade in the saucepan over a medium heat for 5 minutes or until the centre temperature reaches 70 °C.
4. Remove the meat strips from the marinade, drain and pat dry thoroughly.
5. Dry the meat evenly in the dehydrator until the strips crack when bent but do not break, at 55 °C - 60 °C for 4 to 6 hours.
6. Remove excess oil by patting the meat with paper towels. Then leave to cool.

## TERIYAKI BEEF JERKY

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 Preparation time: 2-9 hours	 Temperature: 55 °C - 60 °C
 Drying time: 4-6 hours	 Portions: 14-20

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### INGREDIENTS

- 1 kg lean beef, e.g. round, sirloin or rump steak
- 70 ml soy sauce
- 60 g brown sugar
- 60 g sake, rice vinegar or white wine
- 1 tsp tomato powder or ketchup (optional)
- 1 tsp ground black pepper
- 1 tsp garlic powder
- ½ tsp ginger powder
- 1 tsp onion powder
- 1 tbsp pineapple powder or 2 to 4 tbsp pineapple juice (optional)

### PREPARATION

1. Cut the meat into slices or strips.
2. Mix together the soy sauce, sugar, sake, pineapple powder, tomato powder, onion powder, pepper, garlic powder and ginger powder. Cover and refrigerate for up to 8 hours to intensify the flavour.





# FISH







3. Remove the strips from the brine and pat dry. Place the strips on the drying racks with some space between them.
4. Dry the fish at 70 °C - 75 °C for about 4 hours, or until it is cooked.
5. Switch off the dehydrator and remove the grids. Remove any excess oil by patting the fish with paper towels. Then leave to cool.

## CLASSIC DRIED FISH

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 Preparation time: 2 - 5 hours	 Temperature: 70 °C - 75 °C
 Drying time: 4 hours	 Portions: 14 - 20

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## INGREDIENTS

- 2 litres of water
- 120 g coarse sea salt
- Optional spices: 120 g brown sugar, 60 ml soy sauce, 2 tbsp black pepper grains or 1 tsp dried chopped garlic
- ½ tsp ginger powder
- 1 kg lean fish fillets, e.g. cod or flounder

## PREPARATION

1. Mix the water, salt and optional ingredients and stir until the salt is completely dissolved. Cover and keep in the fridge until ready to use. Can be prepared up to 3 days in advance.
2. Remove the bones from the fish and place it in the freezer for 30 minutes to firm up. Cut the fish into 1.5 cm wide strips. Place the strips in a shallow layer in the marinade and turn carefully to coat. Cover and refrigerate for 1 to 4 hours.

## HAWAIIAN-STYLE TUNA JERKY

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 Preparation time: 3 - 9 hours	 Temperature: 70 °C - 75 °C
 Drying time: 3 - 4 hours	 Portions: 7 - 10

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## INGREDIENTS

- 120 ml soy sauce
- 2 tbsp brown sugar
- 1 tbsp pineapple or mango powder
- 1 tsp tomato powder
- ½ tsp hot chilli powder
- ½ tsp garlic powder
- ½ tsp ginger powder
- 550 g tuna fillet



## PREPARATION

1. Mix together the soy sauce, brown sugar, pineapple powder, tomato powder, chilli powder, garlic powder and ginger powder. Place the tuna in the freezer for 30 minutes to firm up. Cut into 1 cm to 1.5 cm thick strips. Cut the strips into 3 to 10 cm long or shorter pieces.
2. Place the strips in a flat layer in the marinade and then carefully turn them over. Cover and refrigerate for 2 to 8 hours.
3. Remove the tuna strips from the marinade and pat dry. Place the strips on the drying racks with a little space between them.
4. Dry the fish at 70 °C - 75 °C for about 4 hours, or until it is cooked.
5. Switch off the dehydrator and remove the grids. Remove any excess oil by patting the fish with paper towels. Then leave to cool.







# FRUIT LEATHER





## FRUIT LEATHER BANANA-ORANGE

 Preparation time: 30 min

 Temperature: 60 °C - 70 °C

 Drying time: 4 - 6 hours

 Portions: 8

### INGREDIENTS

- 7 bananas (approx. 875 g)
- Zest of one organic orange
- 2 - 4 tbsp unsweetened cocoa powder (optional)
- 1 - 2 tbsp brown sugar (optional)

### PREPARATION

1. Peel the bananas and cut into slices. Peel the orange and finely chop the peel.
2. Blend the banana slices, orange zest, cocoa and brown sugar (if using) to a smooth puree.
3. Spread the banana puree evenly over the dehydrating grids lined with dehydrating film to a thickness of 5 mm. Banana puree takes longer to dry. To make it dry faster, it can also be spread in a thinner layer.


4. Dehydrate the fruit leather for 4 to 6 hours at 55 °C - 60 °C until it is firm but pliable. Press lightly in several places to check whether it is soft or sticky and dehydrate further if necessary.
5. Switch off the dehydrator and remove the fruit leather from the dehydrator foil while it is still warm. Cut the fruit leather into 8 pieces before it has cooled completely. Roll each piece in baking paper or wax paper.



## GREEN SMOOTHIE FRUIT LEATHER

 Preparation time: 1 hour

 Temperature: 60 °C - 70 °C

 Drying time: 4 - 6 hours

 Portions: 2

### INGREDIENTS

- 500 g fresh spinach or kale leaves
- 2 stalks of celery; cut into thin slices
- 1 avocado, peeled and pitted
- 1 green apple or pear, cored and grated
- ½ cucumber
- 240 g Greek yoghurt or coconut cream
- 1 tbsp seeds or nuts (e.g. sesame seeds, pumpkin seeds, peanuts or cashew nuts)
- 1 tbsp dried organic orange peel
- 1 tsp grated organic lemon zest



## PREPARATION

1. Blend the spinach, celery, avocado, apple, cucumber, yoghurt, seeds, orange zest and lemon zest to a smooth puree.
2. Spread the puree in an even layer, 5 mm thick, on the dehydrating grids lined with dehydrating film.
3. Dehydrate the fruit leather at 60 °C - 70 °C for 4 to 6 hours or until it is ready, firm to the bite but pliable.
4. Switch off the dehydrator and pull the flexible fruit leather off the dehydrator foil while it is still warm. The fruit leather should come off by itself. When it has almost cooled down, cut the fruit leather and roll each portion in a piece of baking paper or wax paper.



## BERRY MIX FRUIT LEATHER



Preparation time: 15 - 30 min



Temperature: 60 °C - 70 °C



Drying time: 4 - 8 hours



Portions: 8

## INGREDIENTS

- 2 kg berry mix (strawberries, raspberries, blueberries, redcurrants, blackberries)
- 2 tbsp sugar
- 1 tbsp fresh lemon juice or 1 tsp dried organic lemon zest

## PREPARATION

1. Blend the berry mix with the sugar and lemon juice to a smooth puree.
2. Spread the puree in an even layer, 5 mm thick, on the dehydrating grids lined with dehydrating film.
3. Dry the fruit leather until it is firm but flexible, at 55 °C - 60 °C for 4 to 8 hours.
4. Switch off the dehydrator. Remove the fruit leather from the dehydrator film while it is still warm. When it has almost cooled down, cut the fruit leather and roll each portion in a piece of baking paper or wax paper.







## TROPICAL FRUIT LEATHER

 Preparation time: 30 - 60 min	 Temperature: 60 °C - 70 °C
 Drying time: 4 - 6 hours	 Portions: 8

### INGREDIENTS

- 1 kg fruit mix (e.g. banana, kiwi, mango, papaya or pineapple)
- 60 g shredded coconut or finely chopped macadamia nuts
- 1 to 2 tbsp fresh lime juice
- pinch of salt

### PREPARATION

1. Blend the fruit mix with the lime juice and a pinch of salt to a smooth puree.
2. Spread the puree in a layer 5 mm thick on the dehydrating racks lined with cling film. Sprinkle evenly with the grated coconut.

3. Dehydrate the fruit leather for 4 to 6 hours at 55 °C - 60 °C until it is firm but smooth. Press lightly in several places to check whether it is soft or sticky and dehydrate further if necessary.
4. Switch off the dehydrator and remove the fruit leather from the dehydrator foil while it is still warm. When it has almost cooled down, cut the fruit leather and roll each portion in a piece of baking paper or wax paper.



## APPLE FRUIT LEATHER

 Preparation time: 30 - 60 min	 Temperature: 60 °C - 70 °C
 Drying time: 4 - 6 hours	 Portions: 8

### INGREDIENTS

- 8 apples (1 to 1.25 kg) or 1 kg unsweetened apple sauce
- 1 tsp orange peel powder
- ½ tsp ground cinnamon
- 1 to 2 tsp honey or maple syrup
- ½ to 1 tsp apple cider vinegar



## PREPARATION

1. Wash, peel and core the apples, cut into pieces and pre-treat for browning, see Blanching and acidifying (p. 5-7).
2. Blend the apple pieces or apple sauce with the orange zest, cinnamon, honey or maple syrup (if using) and apple vinegar (if using) in a blender or food processor to a smooth puree.
3. Spread the puree in an even layer, 5 mm thick, on the dehydrating grids lined with dehydrating film.
4. Preheat the dehydrator to 55 °C - 60 °C. Dehydrate the fruit leather until it is firm but pliable, 4 to 6 hours. Press lightly in several places to check whether it is soft or sticky. Dehydrate further if necessary.
5. Switch off the dehydrator and remove the fruit leather from the dehydrator foil while it is still warm. When it has almost cooled down, cut the fruit leather into 8 pieces and roll each piece in baking paper or wax paper.



## PEACH FRUIT LEATHER

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 Preparation time: 30 - 60 min	 Temperature: 60 °C - 70 °C
 Drying time: 4 - 8 hours	 Portions: 8

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## INGREDIENTS

- 6 peaches (1 to 1.25 kg) or 1 kg drained tinned peaches
- 250 g fresh raspberries
- 1 to 2 tbsp brown sugar
- 250 g natural yoghurt (fat-free or low-fat)

## PREPARATION

1. Wash the peaches, peel if necessary, halve, deseed, cut into pieces and preheat to brown; see Steam blanching or acidifying.
2. Process the peaches into a smooth puree. Place this mixture in a bowl. Blend the raspberries with the brown sugar to a smooth puree. Stir the yoghurt until it is smooth and pourable.
3. Spread the peach puree evenly on the dehydrating racks lined with cling film to a thickness of approx. 5 mm. Top with the raspberry puree and finally the yoghurt.





4. Dehydrate the fruit leather for 4 to 8 hours at 60°C - 70°C until it is firm but smooth. Press lightly in several places to check whether it is soft or sticky and dehydrate further if necessary.
5. Switch off the dehydrator and remove the fruit leather from the dehydrator foil while it is still warm. When it has almost cooled down, cut the fruit leather and roll each portion in a piece of baking paper or wax paper.





A top-down view of a wooden surface covered with a variety of dehydrated vegetable chips. The chips include sliced apples with dark centers, sliced mushrooms with gills, sliced zucchini with seeds, and sliced tomatoes. The colors range from light tan and yellow to deep red and brown. The word "CHIPS" is printed in large, white, distressed capital letters across the middle of the image.

# CHIPS





## APPLE, PEAR OR BANANA CHIPS

 Preparation time: 30 min

 Temperature: 55 °C - 60 °C

 Drying time: 4 - 6 hours

 Portions: 8

### INGREDIENTS

- 8 apples, pears or bananas
- 2 litres of acid (see p. 7)

### PREPARATION

1. Wash the apples/pears. Peel if desired. Unpeeled apples/pears take longer to dry.
2. Remove the core. Cut into slices 5 mm thick. Place the slices in the acid bath (see p. 7) to brown. Remove the apples/pears, drain and pat dry with paper towels.
3. Arrange the slices overlapping on the drying rack. Dehydrate at 55 °C - 60 °C for 4 to 6 hours until crispy.



## FRESH CORN CHIPS

 Preparation time: 15 min

 Temperature: 50 °C - 55 °C

 Drying time: 4 - 6 hours

 Portions: 4

### INGREDIENTS

- 480 g fresh or drained tinned corn kernels
- 60 g ground linseed, linseed flour or chia seeds
- 1 to 2 tsp olive or vegetable oil
- ½ tsp sea salt
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp smoked paprika powder or hot chilli powder
- 1 to 4 tbsp water, as required

### PREPARATION

1. Blend the corn kernels, linseed, oil, salt, onion powder, garlic powder and paprika to taste into a smooth, thick paste. If the mixture is too thick or too dry to spread, add 1 tablespoon of water at a time and blend for a few seconds. Repeat the process until a spreadable consistency is achieved.
2. Spread the mixture 5 mm thick on the dehydrating grids lined with dehydrating film.



- About halfway through the drying time, when the mixture is warm, turn over to finish drying. Dry at 50 °C - 55 °C for 4 to 6 hours until crispy.
- Cut the leaves apart or break them into portioned pieces.



### CARROT CHIPS WITH HERBS

- |   |  |
|---|--|
|  Preparation time: 15 - 30 min |  Temperature: 55 °C - 60 °C |
|  Drying time: 4 - 6 hours      |  Portions: 8                |

### INGREDIENTS

- 3 to 4 carrots (750 - 875 g)
- Olive oil, lemon juice or water, as required
- 2 to 3tbsp dried spices of your choice, such as dried oregano, Italian herbs, salt and pepper

### PREPARATION

1. Wash the carrots, peel if desired and cut into 3 mm thick slices. Steam blanch in a shallow layer (2.5 cm - 5 cm) over boiling water for approx. 1 minute to obtain thin chips. Then pat dry.
2. Mix the carrot slices with the spices until they are well coated. If the slices are very dry, drizzle a little oil over them so that the spices adhere better. A small amount of oil can also help to make the vegetables crispy.
3. Place the slices in a single layer on the drying rack without overlapping.
4. Dehydrate at 55 °C - 60 °C for 4 to 6 hours until crispy. Raw carrots take longer to dehydrate than blanched carrots.



### LEMON PEPPER PARSNIP CHIPS

- |  |  |
|--|--|
|  Preparation time: 30 min |  Temperature: 50 °C - 55 °C |
|  Drying time: 6 - 8 hours |  Portions: 8                |



## INGREDIENTS

- 8 parsnips (875 g to 1 kg)
- Olive oil, lemon juice or water, as required
- 2 to 3 tbsp lemon and pepper spice mix or spices of your choice such as dried dill, chives, salt and pepper

## PREPARATION

1. Wash and peel the parsnips.
2. Cut the parsnips into thin 3 mm slices. Steam blanching also helps to obtain crispier chips. To steam blanch, steam thin slices for 30 to 60 seconds, then pat dry.
3. Sprinkle the parsnip slices with the spices until they are well coated. If the slices are very dry, drizzle with oil, lemon juice or water to help the spices adhere better. A small amount of oil can help to make the vegetables crispy.
4. Place the slices in a single layer on the drying racks without overlapping.
5. Dehydrate at 50 °C - 55 °C for 6 - 8 hours until crispy. Raw parsnips take longer to dehydrate than cooked parsnips.



## MIXED VEGETABLE BREAD OR CRACKERS



Preparation time: 20 min



Temperature: 50 °C - 55 °C



Drying time: 4 - 8 Std.\*  
8 - 10 Std.\*\*



Portions: 6 slices of bread  
18 - 24 cracker

\* Bread \*\* Cracker

## INGREDIENTS

- 2 courgettes, roughly chopped
- 2 carrots, roughly chopped
- 2 onions, roughly chopped
- 240 g ground linseed or chia seeds
- 60 ml olive or sunflower oil
- 1 to 2 tbsp soy sauce or liquid seasoning mix
- 1 tsp coarse sea salt
- 240 g peeled sunflower seeds
- 1 to 2 tbsp water, as required

## PREPARATION

1. Chop the courgettes, carrots, onions, oil, 1 tbsp soy sauce and salt to taste until the mixture is finely chopped.
2. Add the sunflower seeds and linseed. Process into a coarse mixture, adding 1 tbsp water and soy sauce as required.





- Preheat the dehydrator to the specified temperature. Spread the mixture evenly on the dehydrator trays. 6 mm for bread or 3 mm for crackers. Lightly carve the slices of bread or crackers while the mixture is still soft. After 2 hours of drying, carve again in the same places.
- About halfway through the drying time, when the mixture is firm, turn over to accelerate the drying process. Dry breads or wraps until they are light to the touch and crackers until they are crispy.



## FRIED ONION

 Preparation time: 20 min

 Temperature: 55 °C - 60 °C

 Drying time: 4 - 6 hours

 Portions: 4

## INGREDIENTS

- 2 onions, peeled
- 2 tbsp apple cider vinegar
- 2 tbsp soy sauce or liquid seasoning mix
- 2 tbsp yeast flakes
- ½ tsp onion powder

- ½ tsp salt
- 1/8 tsp ground black pepper or hot chilli powder
- 1/8 tsp garlic powder

## PREPARATION

- Cut the onions into small pieces, 0.6 cm - 0.8 cm. Smaller pieces dry faster.
- Mix the onion pieces, soy sauce and vinegar until everything is evenly coated.
- Mix together the yeast flakes, onion powder, salt, garlic powder and pepper. Sprinkle evenly over the onions until they are evenly coated.
- Place the onions in a single, loose layer on the drying racks. A slight overlap is fine. About halfway through the drying time, turn the onions over to speed up the drying process. Dry at 55 °C to 60 °C for 4 to 6 hours until crispy.







## TURNIP MIX SWEET AND SOUR

⌚ Preparation time: 3 - 25 min

🌡️ Temperature: 55 °C - 60 °C

🕒 Drying time: 4 - 6 hours

📄 Portions: 7 - 10

### INGREDIENTS

- 8 turnips or 2 swedes
- 115 g apple cider vinegar
- 170 g honey
- 1 tsp chopped dried orange or lemon peel
- ½ tsp coarse sea salt
- ¼ tsp ground black pepper

### PREPARATION

1. Wash and peel the root vegetables.
2. Cut the vegetables into 2 mm to 3 mm thick slices.
3. Mix together the vinegar, honey, orange zest, salt and pepper. Add the raw slices, toss until evenly coated, cover and refrigerate for 2 to 24 hours. Drain and pat dry.
4. Heat the dehydrator to 50 °C - 55 °C. Place the slices on the dehydrator grids, without overlapping. Dehydrate until crispy, 2 to 6 hours. Raw vegetables take longer to dehydrate than cooked vegetables.







# SNACKS





## CHOCOLATE BISCUITS

 Preparation time: 15 - 30 min	 Temperature: 55 °C - 60 °C
 Drying time: 6 - 8 hours	 Plätzchen: 20 - 24

## INGREDIENTS

- 6 pitted dried dates
- 120g unsalted cashews or almonds
- 50g rolled oats
- 30g shredded coconut
- 1 tsp vanilla extract
- ½ tsp sea salt
- 30 - 60g cocoa nibs or grated chocolate

## PREPARATION

1. Soak the dates in a small bowl of hot water for 10 - 20 minutes. Then drain and cut into small pieces.
2. Crush the cashews and rolled oats in a food processor. Add the dates, vanilla extract, grated coconut and salt and process until the mixture forms a crumbly dough.
3. Transfer to a bowl and mix in the cocoa nibs to taste.

4. Divide the dough into 20 to 24 portions. Shape each portion into a ball and flatten by 3 mm using the base of a drinking glass. Spread evenly on the drying racks, 2.5 cm apart.
5. Dry at 50 °C - 55 °C for 6 to 10 hours until the biscuits are crumbly.



## SWEET SNACK WRAPS

 Preparation time: 15 min	 Temperature: 50 °C - 60 °C
 Drying time: 2 - 6 hours	 Wraps: 3 - 4

## INGREDIENTS

- 360g grated carrots or unsweetened coconut flakes
- 80g ground linseed or chia seeds
- 1 tsp coconut curry spice mix
- 150g mashed banana, ripe mango or sweet potato
- 1 tbsp honey or maple syrup
- 1 to 4 tbsp coconut milk, almond milk or water, as required



## PREPARATION

1. Mix the carrots, linseed, fruit, honey and spices to taste. Puree with a blender to the desired consistency, adding milk to taste. Flavour and refine as required.
2. Spread the mixture evenly, approx. 3 mm - 5 mm thick, onto the drying rack lined with drying film.
3. Dehydrate at 50 °C - 55 °C for 2 to 6 hours. About halfway through the drying time, when the wraps are warm, carefully remove them from the drying film and turn them over to speed up the drying process. Continue drying until they are evenly coloured and elastic and no longer have any sticky spots.
4. Carefully remove the wraps from the cling film while they are still warm. Cut large sheets into wrap size.



## CRISPY SAVOY CABBAGE CHIPS



Preparation time: 30 min



Temperature: 50 °C - 55 °C



Drying time: 2 - 4 hours



Portions: 8

## INGREDIENTS

- 1 savoy cabbage
- 3 to 4 tbsp olive oil, Worcester sauce, lemon juice, honey
- 1 to 2 tbsp spice mix e.g. salt, pepper, paprika and chilli powder
- ½ tsp salt

## PREPARATION

1. Clean the leaves thoroughly, dry them with paper towels or in a salad spinner and then cut them into pieces.
2. Mix the dry savoy cabbage leaves with the spice mix and 3 tbsp of oil. Add more oil if necessary.
3. Mix the dry savoy cabbage leaves with the spice mix and 3 tbsp of oil. Add more oil if necessary.







## SUGAR SNAP PEAS SNACK

 Preparation time: 15 min

 Temperature: 60 °C - 70 °C

 Drying time: 4 - 6 hours

 Portions: 4

### INGREDIENTS

- 1 kg fresh mangetout
- 3 to 4 tbsp yeast flakes
- ½ tsp coarse sea salt
- 1 to 2 tsp olive oil, soy sauce, hot sauce or water

### PREPARATION


1. Wash the pea pods, drain and pat dry. In a large bowl, mix the peas with the yeast flakes, salt and 1 teaspoon of oil, soya sauce, hot sauce or water until well coated.
2. Place the pods in a single layer on the drying rack without overlapping.
3. Dry at 60 °C - 70 °C for 4 to 6 hours until crispy.



## CEREAL BAR WITH DRIED FRUIT

 Preparation time: 15 min

 Temperature: 65 °C - 70 °C

 Drying time: 4 hours

 Portions: 12

### INGREDIENTS

- 200 g rolled oats
- 100 g honey
- 100 g dried fruit (e.g. apricots, dates, cranberries)
- 50 g nuts (e.g. almonds, walnuts, cashew nuts)
- 50 g peanut butter

### PREPARATION

1. Chop the dried fruit and nuts into a fine paste and mix with the rolled oats in a large bowl.
2. Heat the honey and peanut butter in a small pan until well combined. Then pour over the oatmeal mixture and fold everything in well with a large spoon. (You can also do this with your hands - but it's better to use a rubber glove).
3. Spread the mixture into the silicone moulds and press down a little. This works well with the back of a large spoon dipped in water from time to time; then it



won't stick so much.

4. Place the silicone moulds on a drying rack. Set the dehydrator to 70 °C and select a running time of 4 hours.
5. Once the time has elapsed, remove the grids together with the silicone moulds and leave to cool thoroughly.



## SAVOURY VEGETABLE WRAPS

 Preparation time: 15 min

 Drying time: 2-6 hours

 Temperature: 50 °C - 55 °C

 Wraps: 3 - 4

## INGREDIENTS

- 360 g chopped vegetables, e.g. courgettes, carrots, peppers, tomatoes
- 1 to 2 tsp Italian herb mix
- ½ avocado, pitted and peeled
- 3 tbsp ground linseed or chia seeds
- ½ teaspoon onion or garlic powder
- ½ teaspoon coarse sea salt

## PREPARATION

1. Mix the vegetables, avocado, linseed, spice mix, onion powder, salt and pepper and puree to the desired consistency. Add lemon juice if required. Season to taste with salt and pepper.
2. Spread the mixture evenly, 3 mm - 5 mm thick, onto the dehydrating tray lined with dehydrating film.
3. About halfway through the dehydrating time, when the wraps are firm, carefully remove from the dehydrator racks and turn over to finish dehydrating. Dehydrate until they are evenly coloured and flexible and have no sticky spots, at 50 °C - 55 °C for 2 to 6 hours.
4. Carefully remove the wraps from the cling film while they are still warm. Cut the wraps into portions ready to serve.





