Food Dehydrator
Healthy food dryer with 5 drying racks

Instruction/Recipe Booklet
DT5600

Please read these instructions carefully and retain for future reference.
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Important instructions – retain for future use.

上記の注意事項をよくお読みになり、安全を確認ください

Important instructions – retain for future use.

주의 주의사항과 안전에 관한 주의사항을 보관하여 변동 없이 유지하시기 바랍니다.
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 top of 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

**Lid with drying motor**
Acts as a lid for the Food Dehydrator and contains the motor and power switch. Air vents on the lid allow air to be circulated.

**5 large drying racks**
Holds the food in place for easy drying. Your unit includes 5 drying racks. You can purchase more drying racks from retail outlets and Sunbeam service centre.

**Rubber feet**
Holds the Food Dehydrator in place and prevents it from scratching the bench top.
On/Off switch with three heat settings
Enable the user to choose the type of drying needed with three heat settings.

Removable Filter
The filter is removable for easy cleaning.

Fruit Roll Tray
Makes delicious fruit rolls naturally.
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 top of the unit to each of the five trays 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 type of food and climate.

No preservatives added
Fruit and vegetables dried using your Food dehydrator, will differ in colour and appearance from produce purchased from Health food stores and supermarkets. This is due to these stores adding artificial colouring and preservatives to the produce. Whereas your Food dehydrator uses no preservatives and only natural additives.

Versatility
You can dry herbs and spices and flowers to make potpourri. You can even enjoy the advantages of rehydrating foods to make instant additions to soups, sauces and casseroles. The choice is endless.

Healthy snacks
Natural healthy snacks can easily be created using your Food dehydrator. A variety of fruit rolls such as pear, berry and apple rolls, to name a few. You can make tasty, muesli bars, using all natural ingredients. These snacks are great for picnics, camping and at snack time.
Before using your Food Dehydrator

• Wash the drying racks, base and fruit roll tray 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 racks, ensuring the pieces of food are not quite touching, to allow air to circulate freely. Place drying racks onto the base, ensuring that all racks are securely positioned in the grooves.
2. Place the lid on the top drying rack.
3. Plug the power cord into a 230/240V AC power outlet, and push the power to the desired heat setting.

**NOTE:** If only using base of Food Dryer ensure an empty drying rack is inserted between the Lid and Base, to avoid restriction of air flow.

<table>
<thead>
<tr>
<th>Settings</th>
<th>Approximate Temperatures</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setting 1</td>
<td>35°C</td>
<td>Herbs, Flowers</td>
</tr>
<tr>
<td>Setting 2</td>
<td>55°C</td>
<td>Fruits, vegetables, muesli bars, fruit rolls</td>
</tr>
<tr>
<td>Setting 3</td>
<td>75°C</td>
<td>Drying meats</td>
</tr>
</tbody>
</table>
Care and Cleaning

Drying racks, fruit roll trays and base
To clean the drying racks, fruit roll trays and the base, soak in warm soapy water. A soft bristle brush can be used to loosen stubborn food particles.

Lid
Do not immerse the Lid with Drying Motor in water. To clean, use a damp, soft sponge with a mild detergent.

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.

Variation in drying times
Check produce drying chart 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).

NOTE: The food dryer may be left on overnight, however this may not achieve optimum result.
We recommend the rotation of drying racks every 3-4 hours throughout drying time to achieve even drying.

Fruit Roll Trays
Non-stick baking paper can be cut to fit rocks, if you want more roll up trays.

Rotate Racks
Rotate racks while drying foods, this ensures even drying of produce and air circulation.

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.

Uneven drying
If you notice uneven drying, rotate the drying racks, i.e. move the bottom rack to the top and the top racks down.

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 29.
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 17.

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. See soup mix on page 18.
• One cup of dried fruit reconstitutes to one and a half cups of fruit.
Dehydrated fruits and vegetables can be used in a variety of dishes that can be used to make: sauces, casseroles, marinated vegetables, cakes, salads, pies, soups, cereals, pasta dishes and poultry dishes stuffing.

Foods such as garlic, chillies and tomatoes can be bottled in olive oil and stored in a cool dry place for several months.

Drying Fruits

• 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.

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

**NOTE:** Times stated are based on drying using five racks. Times will vary depending on number of racks used.

### Drying Chart for Fruit

<table>
<thead>
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<th>Food type</th>
<th>Pre treatment</th>
<th>Setting/drying time</th>
<th>Suggested Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples, core, peel, cut into .5mm slices</td>
<td>None</td>
<td>8-10 hours</td>
<td>Eat as is or add to cakes and slices</td>
</tr>
<tr>
<td>Apricot halves, de-stoned</td>
<td>None</td>
<td>12-14 hours</td>
<td>Add to slices, biscuits and muesli</td>
</tr>
<tr>
<td>Banana halves</td>
<td>Soak in lemon juice</td>
<td>12 hours</td>
<td>Eat as is, add to cakes, puddings and slices</td>
</tr>
<tr>
<td>Baby figs, halved</td>
<td>Blanch</td>
<td>6-8 hours</td>
<td>Add to fruit cake and bread mixtures, slices and muesli</td>
</tr>
<tr>
<td>Grapes, Muscatel On vine</td>
<td>Blanch</td>
<td>16-18 hours</td>
<td>Eat as part of a cheese platter</td>
</tr>
<tr>
<td>Grapes, Muscatel Off vine, deseeded, flattened slightly</td>
<td>Blanch</td>
<td>14-16 hours</td>
<td>Add to biscuit doughs, fruit cake mixtures and muesli</td>
</tr>
<tr>
<td>Kiwifruit, peeled, 5mm slices</td>
<td>None</td>
<td>6 hours</td>
<td>Eat as is or add to muesli</td>
</tr>
<tr>
<td>Lemon, skin on, 5mm slices</td>
<td>Scrub whole fruit under warm water</td>
<td>8 hours</td>
<td>Add to pasta sauces, chicken dishes, cakes and puddings</td>
</tr>
<tr>
<td>Food type</td>
<td>Pre treatment</td>
<td>Setting/drying time</td>
<td>Suggested Use</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>--------------------------------</td>
<td>---------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Limes, skin on, 5mm slices</td>
<td>Scrub whole fruit under warm water</td>
<td>8-10 hours</td>
<td>Add to curries and potpourri mixes</td>
</tr>
<tr>
<td>Oranges, Naval, skin on, halved, cut into 0.5mm slices</td>
<td>Scrub whole fruit under warm water</td>
<td>6-8 hours</td>
<td>Add to potpourri mixes and dip in chocolate and serve with coffee</td>
</tr>
<tr>
<td>Paw Paw, peeled, deseeded, 0.5mm slices</td>
<td>None</td>
<td>10-12 hours</td>
<td>Eat as is, add to muffin mixtures, slices and muesli</td>
</tr>
<tr>
<td>Peaches, halved, de-stoned</td>
<td>Wash under water</td>
<td>8-10 hours</td>
<td>Eat as is, chop and add to cake and muffin mixtures or add to muesli</td>
</tr>
<tr>
<td>Pear large 1cm-thick slices</td>
<td>Soak in lemon juice</td>
<td>12-14 hours</td>
<td>Eat as is, chop and add to salads, cakes and muesli</td>
</tr>
<tr>
<td>Pear small halves</td>
<td>Soak in lemon juice</td>
<td>10-12 hours</td>
<td>Eat as is, chop and add to salads, cakes and muesli</td>
</tr>
<tr>
<td>Pineapple, .5mm-thick slices</td>
<td>None</td>
<td>8-10 hours</td>
<td>Eat as is, chop and add to muffin mixtures, slices and muesli</td>
</tr>
</tbody>
</table>
Drying Vegetables

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

Pre-Treatment
- Steam Blanching: is 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.

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.

<table>
<thead>
<tr>
<th>Food type</th>
<th>Pre treatment</th>
<th>Setting/drying time</th>
<th>Suggested Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot, peeled, 1cm dice</td>
<td>None</td>
<td>6-8 hours</td>
<td>Add to cake, bread and scone mixtures</td>
</tr>
<tr>
<td>Celery, 1cm dice</td>
<td>None</td>
<td>4-5 hours</td>
<td>Add to soup mixes and casseroles</td>
</tr>
<tr>
<td>Eggplant, 5mm slices</td>
<td>Blanch in hot water</td>
<td>6-8 hours</td>
<td>Add to tomato sauces</td>
</tr>
<tr>
<td>Ginger, peeled, .5mm slices</td>
<td>Scrub under warm water</td>
<td>8-10 hours</td>
<td>Add to curries, fruit cake and muffin mixtures</td>
</tr>
<tr>
<td>Mushrooms, button, cut into 1cm thick slices</td>
<td>None</td>
<td>6-8 hours</td>
<td>Add to risottos and pasta sauces</td>
</tr>
</tbody>
</table>
### Drying Vegetables (continued)

<table>
<thead>
<tr>
<th>Food type</th>
<th>Pre treatment</th>
<th>Setting/drying time</th>
<th>Suggested Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomatoes, regular, cut into 2cm-thick wedges (dried)</td>
<td>None</td>
<td>6 hours</td>
<td>Add to risottos and pasta sauces</td>
</tr>
<tr>
<td>Tomatoes, Roma (egg) cut in half semi-dried</td>
<td>None</td>
<td>8 hours</td>
<td>Add to antipasto platters, sandwich fillings, pies and tarts</td>
</tr>
<tr>
<td>Tomato, Roma (egg) cut in half dried</td>
<td>None</td>
<td>10-12 hours</td>
<td>Add to pasta sauces</td>
</tr>
<tr>
<td>Onion, Brown, halved, cut into 1cm dice</td>
<td>None</td>
<td>14-16 hours</td>
<td>Add to bread mixtures, curries and muffin mixtures</td>
</tr>
<tr>
<td>Pea, green, shelled</td>
<td>None</td>
<td>6-8 hours</td>
<td>Add to soups and rice dishes</td>
</tr>
<tr>
<td>Pumpkin, peeled, deseeded, cut into 1cm dice</td>
<td>None</td>
<td>8-10 hours</td>
<td>Add to curries, scones and bread mixtures</td>
</tr>
<tr>
<td>Orange sweet potato (Kumara) peeled, cut into 1cm dice or cut into 1cm thick slices</td>
<td>None</td>
<td>8 hours</td>
<td>Curries, soups</td>
</tr>
</tbody>
</table>
Fruit rolls make delicious snacks ready to have on hand. Here are some steps 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 0.5mm. 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/setting 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.

Additional packs of three fruit rolls available separately (DTO300).

Recipes for fruit rolls on page 26.
Drying Herbs and Spices

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.
- Use the lowest heat setting to retain as much flavour and aroma from herbs.
- 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.
<table>
<thead>
<tr>
<th>Herb/Spice</th>
<th>Preparation</th>
<th>Drying time</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Wash, pat dry with paper towel. Place leaves onto drying racks.</td>
<td>2-4 hours</td>
<td>Soups and sauces.</td>
</tr>
<tr>
<td>Chives</td>
<td>Wash, pat dry with paper towel. Slice into desired lengths.</td>
<td>2-4 hours</td>
<td>Salads, casseroles and soups.</td>
</tr>
<tr>
<td>Chilli, long fresh red, halved, deseeded</td>
<td>None</td>
<td>6-8 hours</td>
<td>Add to curries and stirfries, pound in a mortar and pestle and sprinkle over bread mixtures</td>
</tr>
<tr>
<td>Coriander</td>
<td>Wash, pat dry with paper towel. Place whole stems onto drying racks.</td>
<td>2-4 hours</td>
<td>Curries, Thai dishes and soups.</td>
</tr>
<tr>
<td>Garlic</td>
<td>Peel and chop, dry in the base</td>
<td>4-6 hours</td>
<td>Casseroles, soups and pasta.</td>
</tr>
<tr>
<td>Ginger</td>
<td>Grate or slice, place onto drying racks</td>
<td>4-6 hours</td>
<td>Cakes and curries.</td>
</tr>
<tr>
<td>Marjoram</td>
<td>Wash, pat dry with paper towel. Place whole stems onto drying racks.</td>
<td>2-4 hours</td>
<td>Casseroles and soups.</td>
</tr>
<tr>
<td>Mint</td>
<td>Wash, pat dry with paper towel. Place whole stems onto drying racks.</td>
<td>2-4 hours</td>
<td>Thai dishes and sauces</td>
</tr>
<tr>
<td>Oregano</td>
<td>Wash, pat dry with paper towel. Place whole stems onto drying racks.</td>
<td>2-4 hours</td>
<td>Soups, casseroles and pasta.</td>
</tr>
<tr>
<td>Parsley</td>
<td>Wash, pat dry with paper towel. Place whole stems onto drying racks.</td>
<td>2-4 hours</td>
<td>Soups and casseroles</td>
</tr>
<tr>
<td>Rosemary</td>
<td>None</td>
<td>3 hours</td>
<td>Add to scone and bread mixes and casseroles</td>
</tr>
<tr>
<td>Thyme</td>
<td>Wash, pat dry with paper towel. Place whole stems onto drying racks.</td>
<td>2-4 hours</td>
<td>Soups and casseroles</td>
</tr>
</tbody>
</table>
Drying Meat

Dehydrating Meat
Here are some steps to ensure meat is dehydrated safely:

• Meats should be dried at 75ºC (Setting 3).
• 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 marinading 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 marinade. 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 setting 3 (75ºC), rotating racks halfway through drying process, for 5 hours.

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Using your Food Dehydrator, you are able to dry your own flowers, blossoms and petals.

Hints
• As flowers darken when they dry, try to select flowers which are several shades lighter.

Preparation Directions
1. Cut flowers when they are dry and cool.
2. Choose flowers that are firm but only half open. Full bloom flowers tend to lose their petals.
3. Position flowers and petals sparsely on the drying racks and base.
4. Dry for 8-10 hours until flowers are brittle.

Potpourri
To make potpourri: use handful of flowers, blossoms and petals and combine with 3-4 drops of perfumed oil e.g. tea rose or lavender.

Preparation Directions
1. Arrange flowers, blossoms and petals sparsely on the Drying Racks and Base.
2. Dry for 6-8 hours.
3. Place in a large air-tight glass container with 3-4 drops of perfumed oil, to enliven the fragrance. After a month, shake the petals or sprinkle more oil into the container.
Recipes

Pumpkin, corn & chilli loaf

Serves: 8-10  
Preparation: 15 mins (not including pumpkin drying time)  
Cooking: 1 hour 5 mins

- 2 cups self-raising flour  
- Pinch of salt  
- 2 cups dried pumpkin pieces  
- 2 x 125g cans creamed corn  
- ¾ cup extra light sour cream  
- ½ cup coarsely grated reduced-fat cheddar cheese  
- 2 eggs, lightly beaten  
- 80g butter, melted  
- 1 long fresh red chilli, finely chopped  
- 2 tablespoons mixed sunflower and pumpkin seeds

1. Preheat oven to 180C. Spray an 11 x 21cm loaf pan with cooking oil. Line the base and two long opposite sides with non-stick baking paper.
2. Sift flour and salt into a large bowl. Add pumpkin, corn, cream, cheese, eggs, butter and chilli. Stir until just combined. Spoon into prepared pan and smooth surface. Sprinkle with seeds. Bake for about 1 hour 5 minutes or until a skewer inserted into centre comes out clean.
3. Transfer to a wire rack to cool slightly. Cut into slices and serve warm.

Soup mix

Makes: 2 cups dried mixture  
Preparation: 10 mins  
Drying: 4-5 hours

- 2 large brown onions, halved, cut into 1cm cubes  
- 2 large carrots, peeled, halved lengthways, cut into 1cm-thick slices  
- 500g fresh or frozen thawed green peas  
- 2 x 300g can chickpeas, rinsed, drained overnight

1. Place onion, carrot, peas, mushrooms and chickpeas on separate drying racks. Stack racks and dry for 4-5 hours or until completely dried (onion may need extra drying time).
2. Store in an airtight container out of direct sunlight for up to 6 weeks.
3. To make soup. Combine 1 cup of soup mixture with 3 cups stock in a medium saucepan over medium heat. Bring to the boil and gently boil for 5 minutes. Remove from heat. Stand for 5 minutes. Stir in ⅓ cup chopped fresh flat-leaf parsley. Taste and season with salt and freshly ground black pepper. Serve.
Sour cream & chive scrolls - Low fat and gluten free!

Serves: 12  
Preparation: 15 mins  
Cooking: 25-30 mins

Melted butter, to grease  
2 ½ cups gluten-free self-raising flour  
½ teaspoon salt  
½ cup dried chopped onion  
2 tablespoons dried chopped chives  
50g reduced-fat dairy spread  
½ cup light sour cream  
½ cup skim milk  
½ cup coarsely grated light mozzarella  
80g reduced-fat feta, crumbled

1. Preheat oven to 200C. Brush a baking tray with melted butter to grease.  
2. Sift flour into a large bowl. Stir in salt, onion and chives until combined.  
3. Use your finger tips to rub in spread until mixture resembles breadcrumbs. Use a round-bladed knife in a cutting motion to stir in the sour cream and milk until combined. Turn out onto a lightly floured surface. Knead until smooth. Roll out to a 20 x 30cm rectangle.  
4. Sprinkle over the mozzarella and feta. Starting from the long side, roll dough up to form a log. Trim ends. Cut the log into 12 x 2cm-thick slices. Arrange scrolls, cut side down, side by side in prepared pan.  
5. Bake for about 25 minutes or until golden and cooked through. Transfer to a wire rack to cool slightly.  

**NOTE:** You can use wholemeal flour instead of white flour if desired.

**Nutritional information per serve**

5g fat; 747kJ; 2g sat fat; 1.1g fibre; 23g carbohydrate.

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Tomato, mozzarella & pancetta muffins

Makes: 12  
Preparation: 10 mins (not including drying time)  
Cooking: 22-25 mins

3 cups self-raising flour  
200g dried tomatoes, chopped  
8 slices mild pancetta, chopped  
1 cup coarsely grated mozzarella  
1½ cups skim milk  
125g unsalted butter, melted  
1 egg, lightly beaten

1. Preheat oven to 180C. Spray a 12 hole (¹⁄³ cup) capacity non-stick muffin pan with cooking oil.  
2. Combine the flour, tomato, pancetta and cheese in a large glass bowl. Stir in the combined milk, butter and egg until just combined (mixture should be lumpy).  
3. Spoon mixture evenly among prepared holes. Bake for 22-25 minutes or until a skewer inserted into the centres comes out clean. Remove from oven. Transfer to a wire rack to cool slightly. Serve.

**Note:** These muffins are suitable to freeze. Wrap in plastic wrap or place in sealable plastic bags. Label, date and freeze for up to 3 months.

**Nutritional information per muffin**

10g fat; 1004kJ; 5.8g sat fat; 3.4g fibre; 24g carbohydrate.
Apricot & coconut balls

Makes: 36
Preparation: 25 mins (+ 8 hours chilling time)

Melted butter, to grease
200g dried apricot halves
¾ cup freshly squeezed orange juice
1 cup skim milk powder
200g white chocolate, melted
¾ cup desiccated coconut

1. Brush a 20cm slab pan with melted butter to grease. Line base and sides with non-stick baking paper.
2. Place apricots and juice in a medium saucepan and bring to the boil over medium heat. Remove from heat. Cover with plastic wrap and stand for 10 minutes or until almost all of the liquid has been absorbed.
3. Place apricot mixture, powder and chocolate in the bowl of a food processor and process until pureed.
4. Spread mixture over base of prepared pan. Smooth surface with a spoon. Cover with plastic wrap and place in the fridge for 4 hours or until slightly set.
5. Place coconut on a plate. Roll teaspoon quantities of apricot mixture into balls and roll in coconut to coat. Place on a plate. Cover with plastic wrap and place in the fridge for a further 4 hours or until firm.

Carrot & walnut cake

Serves: 8
Preparation: 15 mins (not including drying carrot time)
Cooking: 1 hour 20 mins

Cooking oil spray
1 cup vegetable oil
1½ cups firmly packed brown sugar
3 eggs
2 cups self-raising flour
2 cups dried carrot pieces, finely chopped
1 cup walnut crumbs
¼ teaspoon ground cloves
Icing sugar mixture, to dust

1. Preheat oven to 180C. Spray a 20cm round cake pan with cooking oil. Line base and side with non-stick baking paper.
2. Use an electric beater to beat together the oil and sugar in a large glass bowl until pale and creamy.
3. Add eggs, one at a time, beating well between each addition until combined and fluffy.
4. Stir in flour, carrot, walnut crumbs and cloves until combined. Spoon mixture into prepared pan and smooth surface. Bake for about 1 hour and 20 minutes or until a skewer inserted into centre comes out clean (cover cake with foil during cooking if over browning).
5. Remove from oven. Stand for 5 minutes before turning out onto a wire rack to cool.
Choc-coated oranges

Makes: 35 slices
Preparation: 15 mins (not including drying time, + 3 hours setting time)

You will need to dry about 5-6 large seedless oranges for this recipe.

220g good-quality dark cooking chocolate
35 dried orange slices (.5cm thick)

1. Line two baking trays with non-stick baking paper. Break chocolate into pieces. Place in a medium glass heatproof bowl over a saucepan of simmering water (make sure bowl doesn’t touch water). Cook, stirring occasionally with a metal spoon, for 4-5 minutes or until chocolate melts.

2. Use a spoon to dip orange slices, one at a time, into melted chocolate to coat. Transfer to prepared trays. Set aside for 3 hours or until chocolate sets.

NOTE: Use organic seedless oranges for best results.

Coconut banana halves

Makes: 16 halves
Preparation: 10 mins
Drying: 10-12 hours

8 ripe bananas
½ cup freshly squeezed lemon juice
¾ cup shredded coconut


2. Place cut-side up on drying trays. Dry for 10-12 hours or until pliable.

Fig, cinnamon & banana cake

Serves: 12
Preparation: 15 mins (not including fig drying time)
Cooking: 1 hour 5 mins

Melted butter, to grease
125g butter, softened
½ cup firmly packed brown sugar
½ teaspoon ground cinnamon
2 eggs
1½ cups self-raising flour
1 cup almond meal
1 cup milk
2 large overripe bananas, mashed
200g dried figs, chopped
Icing sugar mixture, to dust
Vanilla custard, to serve

1. Preheat oven to 180C. Brush a 20cm round cake pan with melted butter to lightly grease. Line base and side with non-stick baking paper.

2. Use an electric mixer to beat together the butter, sugar and cinnamon until light and fluffy. Add eggs one at a time, beating well between each addition.

3. Stir in flour, meal, milk and banana until combined. Use a large metal spoon to gently fold in figs. Spoon into prepared pan and smooth surface. Bake for about 1 hour until a skewer inserted into the middle comes out clean. Remove from oven. Turn out onto a wire rack to cool.

Low-fat fruity muffins

Makes: 12 muffins
Preparation: 10 mins (not including drying pineapple)
Cooking: 22-25 mins

Cooking oil spray
3 cups self-raising flour
1½ cups skim milk
200g dried pineapple or paw paw pieces, chopped
½ cup firmly packed brown sugar
60g low-fat dairy spread, melted
1 egg, lightly beaten

1. Preheat oven to 180C. Spray 12 hole (⅓ cup capacity) non-stick muffin pan with cooking oil.
2. Place all ingredients in a large bowl. Stir until just combined (mixture should be lumpy).
3. Spoon mixture evenly among pan holes. Bake for 22-25 minutes or until cooked when tested with a skewer. Transfer to a wire rack to cool.

Nutritional information per serve
4g fat; 1061kJ; 2g sat fat; 3.5g fibre; 45g carbohydrate.

Peanut muesli bars

Makes: 14 bars
Preparation: 10 mins (+ 4 hours refrigerating time)
Drying: 6-8 hours

½ cup peanut butter
¼ cup firmly packed brown sugar
60g butter
¼ cup water
2 cups muesli

1. Line the base and two long opposite sides of an 11 x 21cm loaf pan with foil, allowing it to overhang.
2. Combine the peanut butter, sugar and butter in a medium saucepan and stir over low heat until butter melts and mixture combines. Remove from heat. Stir in water.
3. Place muesli in a large glass bowl. Stir in peanut butter mixture until combined. Press mixture over base of prepared pan. Place in the fridge for 4 hours or until partially set.
4. Remove muesli from pan using the foil. Use a sharp knife to cut loaf into 7 equal slices. Cut each slice in half. Shape into bars.
5. Arrange muesli bars on two lightly greased drying racks, allowing room for even drying. Dry on setting 2 for 6 hours for a chewy bar and longer for a firmer bar.

NOTE: You can keep these muesli bars in an airtight container for up to 2 weeks.
Pear & choc chip friands

Makes: 8 friands
Preparation: 10 mins (not including pear drying time)
Cooking: 20-25 mins

Cooking oil spray
6 egg whites
1 1/2 cups icing-sugar mixture
1 cup almond or hazelnut meal
1/2 cup plain flour
12 pieces dried pear, finely chopped
3/4 cup milk chocolate choc bits

1. Preheat oven to 190C. Spray 8 oval (1/3 cup) non-stick friand pans with cooking oil.
2. Place egg whites in a large bowl and whisk until well combined. Sift over icing sugar mixture. Add almond meal, flour and pear and stir until combined. Spoon mixture evenly among pans. Sprinkle with choc chip pieces. Bake for 20-25 minutes or until cooked when tested with a skewer. Turn out onto a wire rack to cool.

Paw paw, mango & honey muesli

Makes: 3 cups
Preparation: 10 mins
Drying: 2-3 hours

2 cups rolled oats
100g dried pineapple pieces, chopped
100g dried mango pieces
100g dried paw paw pieces, chopped
1/4 cup apple, pineapple or pear juice
2 tablespoons brown sugar
1 tablespoon honey
1/2 teaspoon ground cinnamon

1. Combine all ingredients in a large glass bowl.
2. Spoon mixture over fruit roll tray. Dry for 2-3 hours or until crunchy.

NOTE: This muesli will keep in an airtight container for up to 2-3 weeks. You can add slivered almonds or shredded coconut to this mixture if desired.
Sultana & oat cookies

Makes: 24  
Preparation: 10 mins  
Cooking: 20 mins

Melted butter, to grease  
2 cups self-raising flour  
1 cup rolled oats  
¾ cup sultanas, chopped  
½ cup firmly packed brown sugar  
½ teaspoon mixed spice  
150g butter, melted  
½ cup condensed milk  
1 egg, lightly beaten

1. Preheat oven to 190C. Brush two baking trays with melted butter to lightly grease with non-stick baking paper.
2. Combine the flour, oats, sultanas, sugar and mixed spice in a large bowl. Stir in the butter, milk and the egg until well combined.
3. Roll mixture into 24 balls and place on prepared trays, allowing rooms for spreading. Flatten slightly with a fork. Bake for 15 minutes or until golden. Remove from oven and set aside on trays to cool and firm slightly.
4. Store in an airtight container for up to 5 days.

NOTE: You can use dried apricot instead of sultanas if desired.

Tropical fruit slice

Makes: 18  
Preparation: 10 mins (not including fruit drying times)  
Cooking: 40 mins

Base  
Cooking oil spray  
½ cup firmly packed brown sugar  
90g butter  
1 ¼ cups plain flour  
1 egg yolk

Topping  
2 eggs  
1 cup firmly packed brown sugar  
½ cup self raising flour  
½ cup chopped dried pawpaw  
¾ cup sultanas  
1 ¼ cups whole blanched almonds, chopped  
¾ cup desiccated coconut

1. Preheat oven to 180C. Spray a 20 x 30cm lamington pan with cooking oil. Line base and two long opposite sides with non-stick baking paper, allowing it to overhang slightly.
2. To make base, combine sugar and butter in a small saucepan and stir over low heat until butter melts and sugar dissolves. Remove from heat, stir in flour and egg yolk.
3. Spread mixture over base of prepared pan. Smooth surface. Bake for 20 minutes or until golden. Remove from oven and set aside for 20 minutes to cool.
4. To make the topping, use an electric beater to beat together the eggs and sugar in a large bowl until creamy. Stir in remaining ingredients until combined. Spread mixture evenly over cold base. Bake for a further 30 minutes or until browned.
5. Remove from oven and set aside for 30 minutes or until cold and set. Cut into squares to serve.
Fruit rolls

Fruit salad rolls
Makes: 2 fruit roll ups
Preparation: 5 mins
Drying: 5-7 hours

840g canned fruit salad mix, drained
1. Place fruit salad in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 5-7 hours or until pliable. Roll up each fruit piece to form a log.

Apple & mixed spice fruit rolls
Makes: 2 fruit roll ups
Preparation: 10 mins
Drying: 5-7 hours

800g can Bakers Apple
¼ cup honey
½ teaspoon mixed spice
½ teaspoon ground cinnamon
4. Place apple, honey and spices in the jug of a blender or bowl of a food processor. Process until smooth.
5. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray.
6. Dry for 5-7 hours on Setting 2 or until pliable. Roll each fruit piece up to form a log.

Apricot, honey & cinnamon fruit rolls
Makes: 2 fruit roll ups
Preparation: 10 mins
Drying: 5-7 hours

825g can apricot halves in natural juices, drained
2 tablespoons honey
1 teaspoon ground cinnamon
4. Place apricot, honey and cinnamon in the jug of a blender or bowl of a food processor. Process until smooth.
5. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray.
6. Dry for 5-7 hours on Setting 2 or until pliable. Roll each fruit piece up to form a log.

NOTE: You can also add spices such as allspice or ground ginger.

Mango fruit rolls
Makes: 2 fruit rolls
Preparation: 5 mins
Drying: 5-7 hours

800g sliced mango in natural juice, drained
1. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 5-7 hours or until pliable. Roll up each fruit piece to form a log.
Pear & maple syrup fruit rolls
Makes: 2 fruit roll ups
Preparation: 10 mins
Drying: 6-7 hours

1kg jar pear slices in juice, drained
1 tablespoon maple syrup

1. Place pear and maple syrup in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 6-7 hours or until pliable. Roll up each fruit piece to form a log.

Strawberry fruit rolls
Makes: 2 roll ups
Preparation: 10 mins
Drying: 5-7 hours

500g fresh strawberries, hulled, halved
2 x 140g tubs apple puree
1 teaspoon vanilla extra

Plum fruit rolls
Makes: 2 fruit roll ups
Preparation: 10 mins
Drying: 5-7 hours

825g can plums in juice, drained, halved, stones removed
Pinch of ground cardamom (optional)

1. Place plums and cardamom (if using) in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 5-7 hours on Setting 2 or until pliable. Roll each fruit piece up to form a log.
Dried rose petals

Makes: 4 cups  
Preparation: 5 mins  
Drying: 3 hours  

3 bunches roses, rose buds removed, petals separated  
2-3 drops rose or vanilla oil  

1. Arrange petals evenly over drying trays. Dry on setting 2 for 3 hours or until dried.  
2. Place petals in a large container. Drizzle with oil and gently toss until combined.

Orange, star anise & vanilla potpourri

Makes: 3 cups  
Preparation: 5 mins (+ 1 week infusing time not including flower drying time)  

2 cups dried rose petals  
10 slices dried orange  
1 vanilla pod, split  
4 whole star anise  
1 drop vegetable oil  
Pinch of ground cinnamon  

1. Combine all ingredients in an airtight container. Set aside in a cool place out of direct sunlight for 1 week, shaking container occasionally. Use as desired.
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12 Month Replacement Guarantee

In the unlikely event that this appliance develops any malfunction within 12 months of purchase (3 months commercial use) due to faulty materials or manufacture, we will replace it for you free of charge.

Should you experience any difficulties with your appliance, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. Alternatively, you can send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the appliance is defective, advise you on how to obtain a replacement or refund.

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling and normal wear and tear.

Similarly your 12 Month Replacement Guarantee does not cover freight or any other costs incurred in making a claim. Please retain your receipt as proof of purchase.

The benefits given to you by this guarantee are in addition to your other rights and remedies under any laws which relate to the appliance.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law and under the New Zealand Consumer Guarantees Act.

In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Should your appliance require repair or service after the guarantee period, contact your nearest Sunbeam service centre.

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