

# recipe book

## FOOD DEHYDRATOR

# dear customer,

At MisterChef we won't promise to turn you into a Michelin-starred cook,  
a purveyor of artisanal produce of Nigella 2.0.

What we will do is provide you with really high-quality kitchenware and  
appliances, that won't cost the kitchen sink.

Our products aren't ornamental dust-collectors. They're sturdy and  
designed for everyday use for everyone.

We focus on designing attractive products built for efficiency, ease of use  
and longevity rather than extra you don't need.

The perfect blend of affordability and functionality.

At MisterChef, we're committed to keeping things fuss-free. We work  
hard to ensure that our products are easy to use, easy on the pocket and  
easy to return in the event you're unhappy or something goes awry.





# contents

<b>dear customer</b>	<b>1</b>
----------------------	----------

<b>fruit</b>	<b>5-6</b>
--------------	------------

Watermelon Candy	7-8
Dehydrated Blueberries	9-10
Banana Chips	11-12
Dried Grapes	13-14
Dried Orange Slices	15-16
Apple Chips	17-18
Dried Strawberries	19-20
Dried Mango	21-22
Dried Pears	23-24
Dried Kiwi	25-26

<b>roll ups</b>	<b>27-28</b>
-----------------	--------------

Strawberry Roll-Ups	29-30
Mango Roll-Ups	31-32
Pumpkin Roll-Ups	33-34
Strawberry Rhybarb Roll-Ups	35-36
Blueberry Chia Banana Roll-Ups	37-38
Raspberry Peach Roll-Ups	39-40
Apple Blueberry Fruit Leathers	41-42
Mixed Fruit Leathers	43-44
Kiwi Roll-Ups	45-46
Banana Roll-Ups	47-48



## **jerky** \_\_\_\_\_ **49-50**

Venison Jerky _____	51-52
Beef Jerky marinade with worcestershire sauce _____	53-54
Salmon Jerky _____	55-56
Chicken Jerky _____	57-58
Turkey Jerky _____	59-60
Beef Jerky marinade with brown sugar _____	61-62
Duck Jerky _____	63-64
Teriyaki Beef Jerky _____	65-66
Trout Jerky _____	67-68
Beef Jerky _____	69-70

## **vegetables** \_\_\_\_\_ **71-72**

Carrot Chips _____	73-74
Zucchini Chips _____	75-76
Eggplant Chips _____	77-78
Cucumber Chips _____	79-80
Sweet Potato Chips _____	81-82
Sun-Dried Tomato _____	83-84
Dried Peppers _____	85-86
Dried Calliflower _____	87-88
Dried Mushrooms _____	89-90
Dehydrated Dill Pickels _____	91-92





## **herbs, powders & more \_\_\_\_\_ 93-94**

Dried Basil _____	95-96
Dried Herbs _____	97-98
Dried Garlic Powder _____	99-100
Garlic, Onion & Chilli Powder _____	101-102
Leak Powder _____	103-104
Dired Ginger _____	105-106
Italian Herb Rub _____	107-108
Tomato Powder _____	109-110
Cranberry Powder _____	111-112
Homemade Yogurt _____	113-114

## **thank you \_\_\_\_\_ 115**









**fruit**



# watermelon candy



**5 mins**  
prep



**8 hours**  
dry



**30**  
servings



**4**  
setting



## ingredients

- 1 ½ fresh watermelon

## method

1. Carefully cut rind from watermelon.
2. Slice watermelon into uniform strips, about 6 inches long, almost inches wide, ½ inch thick.
3. Arrange in single layer on dehydrator sheets.
4. Set dehydrator to 125 °F.
5. Place dehydrator sheets inside dehydrator, close and set timer for 6-8 hours. Check after several hours.







# dehydrated blueberries



**5 mins**  
prep



**16 hours**  
dry



**2**  
servings



**6-8**  
setting

## ingredients

- Blueberries fresh



## method

1. Wash your blueberries well to get rid of all impurities.
2. Dry them carefully with a clean kitchen towel. Keep in mind that blueberries stain. We don't want extra water on the berries as this can prolong the drying process.
3. Place and spread the blueberries on the dehydrator baskets. Don't overcrowd as this can prolong the drying time too but also keep enough berries to dry to use the space properly.
4. Keep one basket over the other on the dehydrator. The more baskets with fruits the longer it can take for the berries to dry in the top baskets.
5. Keep the berries to dry at a medium to high temperature. The drying time is about 16 hours, so you might want to turn on the dehydrator early mornings to leave it turned on over the course of a day.
6. Check on the drying process of your blueberries. I like to switch the position of the baskets every few hours so that the fruits get equally dried and I make sure that the berries don't stick on the grid.
7. The blueberries are finished dehydrated when they are a bit crunchy. Leaving the dehydrated blueberries out will turn them chewy due to the humidity in the room.
8. Store your cooled and dried berries in an airtight container until further use.





# banana chips



**15 mins**  
prep



**12 hours**  
dry



**20**  
servings



**5**  
setting



## method

1. Peel and slice one banana at a time into  $\frac{1}{4}$  inch thick slices.
2. Dip the banana slices into a pretreatment solution to prevent the banana from browning.
3. Arrange the banana slices on a dehydrator tray, leaving space between each banana slice.
4. Repeat with all the bananas and fill all the dehydrator trays.
5. Stack the trays on the dehydrator base and place the lid on.
6. Turn the dehydrator on and set the temperature to 135 F. degrees.
7. Dehydrate the banana chips for 6 to 12 hours. Every 3 to 4 hours rotate the dehydrator trays and check the banana chips. The dehydrating time will vary.
8. Once the chips are done allow them to cool completely before storing.
9. Conditioning is recommended.
10. Store the banana chips in air tight containers.

### Notes

Bananas: Use firm but ripe bananas for the best flavor.

Slicing the bananas: Slice the bananas  $\frac{1}{4}$  of an inch thick.

Preventing browning: Use a pretreatment method to prevent the bananas from browning while you are cutting them and loading the trays.

How to keep the banana chips from sticking: Use a plastic liner tray. The bananas will still stick a little bit but when you pull them from the liner tray they will not tear or break apart.

How do you know when they are done?:

Chewy or crunchy banana chips:

Conditioning dehydrated fruit: It is recommended to condition dehydrated fruit that will be put into long term storage to prevent mold.

Dehydrators: Dehydrators that have a set temperature run at a higher temperature then dehydrators with a temperature control.



## ingredients

- 7 Large Bananas ((cut into  $\frac{1}{4}$  inch slices))
- Fresh Fruit ((fruit pretreatment method))



# dried grapes



**10 mins**  
prep



**24 hours**  
dry



**4**  
servings



**5**  
setting

## ingredients

- Grapes





## method

1. Wash Grapes. Break the skin.
2. Place skin side down on dehydrator trays- skin side down
3. Dry at 135°F/57°C for 18-48 hours
4. Dryness Test: dry, leathery, and plink when you drop them on the table.

### Notes

Condition Grapes in a jar by shaking once a day for a week to check for any signs of moisture (dry more if you find it)

Store grapes in an airtight container for 1-2 years in a dark, cool, dry place.

Blanch. This process is used more for vegetables to prepare them for dehydration, but works great on berries, as well.

- o Boil pot of water
- o Dunk grapes in for 30 seconds
- o Remove and place into an ice bath to stop the cooking process

Use a knife to slice open. Don't cut all the way through if you want something more like raisins you purchase at the store.

Cut grapes in half. I recommend this mostly for large raisins, not tiny ones.

Pierce the skin to create holes. I use a sturdy metal hair pick to accomplish this quickly.

Dryness Test: You can dry grapes to a softer consistency, but store them in the fridge/freezer for optimal results. The softer they are, the more moisture they contain, the more prone to mold they become.

Condition: Place food into a large glass jar, shake once a day for a week to check for any signs of moisture buildup or sticking that isn't released by an easy shake of the jar. If you find signs, put it back into the dehydrator to dry more. This process is not necessary if you are eating these within the weeks.

Storage: Store in an airtight container for up to two years in a dark, cool, dry place.



# dried orange slices



**5 mins**  
prep



**3 hours**  
dry



**10**  
servings



**8**  
setting



## ingredients

- 2 large blood oranges or navel oranges, thinly sliced
- $\frac{1}{4}$  cup coconut sugar or granulated sugar substitute
- $\frac{1}{2}$  teaspoon ground cinnamon
- pinch of ground ginger
- dash of sea salt

## method

1. Wash and dry oranges, then cut into very thin slices (as thin as possible). Lay them flat on a baking sheet with parchment paper.
2. In a small bowl, mix your spices and sugar. Sprinkle evenly over orange slices.
3. Dry in the dehydrator at 200°F. for 2  $\frac{1}{2}$  to 3 hours. If your orange slices are thick, they will take longer.
4. After removing them from the dehydrator, add more spices and/or sugar, if desired.
5. Store in a cool dry place. Ziplock works great!







# apple chips



**10 mins**  
prep



**7 hours**  
dry



**10**  
servings



**5**  
setting





## ingredients

- 4–6 large Gala or Fuji apples, cleaned and dried
- 1 tablespoon lemon juice
- Cold water to coat the apples
- 1 teaspoon ground cinnamon
- 1–2 drops of cinnamon oil

## method

1. In a large bowl add the lemon juice and cold water, gently stir. Clean the apples and remove the stem. Using a Mandoline or sharp knife, slice the apples about 1/4-1/3" thick. Place the sliced apples into the lemon water. Gently stir to ensure that all of the slices are coated with the lemon water. Soak for a 30 seconds to a minute.
2. Drain the apples completely. If making cinnamon apples, place the drained apples back in the bowl, add in the cinnamon oil and ground cinnamon. Gently mix to combine.
3. On each rack add a single layer of apples. Once all of the apple slices have been placed, close the doors of the unit and turn it on.
4. Set the time to 7 hours (if the slices are very thin) or 10 hours (if they are thicker) and the temp to 135F. Press start and let it go.
5. Once done, test a chip. If it is crispy and crunchy then your apple chips are done. If not, continue cooking. To store, place in an air tight container.





# dried strawberries



**10 mins**  
prep



**8 hours**  
dry



**8**  
servings



**5**  
setting

## ingredients

- 6 quarts Fresh Strawberries
- 1 tablespoon sugar, optional



## method

1. Wash the strawberries. Make sure you cut out any bad spots on the fruit. To hull a strawberry simply cut off the top with a sharp knife and then discard the calyx.
2. Cut the strawberry in half or slice each strawberry into  $\frac{1}{4}$  inch thick slices.
3. Place all the strawberry slices onto the food dehydrator racks several inches apart. Once all the slices have been placed on the trays you are ready to close the door and start the fruit dehydrator process.
4. Cook on 135°F in the dehydrator.
5. If you're drying strawberry halves, it will take 16 to 18 hours. If you're dehydrating strawberry slices, they should be done in 8 hours.
6. Once they have completely cooled, remove the strawberries from racks using your fingers.
7. Store in glass jars or in an airtight container.

### Notes

Half vs. Sliced Strawberries - When it comes to snacking, best Way to Slice Strawberries - To cut the strawberries thin, use an egg slicer. It is very quick and easy!

Storage and Labeling - Do not package the dehydrated fruit for storage until they are completely cool. Store them in an airtight container. Label the storage containers with the date. Glass jars are also really great for storage.

Vacuum Seal - By vacuum sealing the fruit, you increase the shelf life and

reduce any chance for mold to grow.

### Dehydrating Fruit with Direct Sunlight

You can actually dry strawberries in the sun. All you need is a low humidity environment. Since I live in Arizona, this works really well. To dry strawberry slices in the sun, simply lay them on a cookie sheet lined with parchment paper. After 6 hours, turn each strawberry over. Allow to dry in the sun for 6 more hours until they reach the desired texture.

Sugar - Feel free to mix in some sugar to add to the sweetness before you dehydrate the strawberries.





# dried mango



**15 mins**  
prep



**14 hours**  
dry



**2**  
servings



**5-6**  
setting



## ingredients

- 2 mangoes

## method

1. Cut mango lengthwise close to the seed. Repeat on the other side. Cut off the skin of your mango.
2. Cut fruit pulp into slices, small or large. Make sure they are almost the same thickness. Also cut off fruit pulp from around the seed core.
3. Spread mango slices over dehydrator trays.
4. Set temperature somewhere between 135 – 145 Fahrenheit/ 57- 62 Celsius and dry for about 12-14 hours or until you have the desired consistency.
5. Take from the trays and place into airtight containers or vacuum bags or enjoy straight away.

## Notes

You can flavor your dried mango slices too, see in the post for flavor ideas.





# dried pears



**10 mins**  
prep



**10 hours**  
dry



**10**  
servings



**4-6**  
setting





## ingredients

- 10 Pears (still slightly green)
- ¼ cup lemon juice (optional)

## method

1. Slice pears into thin slices ( $\frac{1}{8}$  inch -  $\frac{1}{4}$  inch) with skins still on, discard core.
2. If desired, lemon juice can be mixed with 4 cups of water. Slice pears can be dipped into water to help prevent discoloration. This step is optional ¼ cup lemon juice
3. Place on dehydrator trays so the slices are not overlapping.
4. Dry at 130°-140°F for 8-10 hour until pears are dry and leathery with no moist spots.

### Notes

You can use any amount of pears. You are only limited to the amount of drying space you have on your dehydrator or oven.

It is best to use pears while they are still slightly green.

Drying times vary, depending on your dehydrator, amount of pears drying, thickness of slices and ripeness of pears.

### Variations:

Cinnamon and Sugar - Mix a tablespoon of sugar with ½ teaspoon of cinnamon. Sprinkle a light coating on one side of the pears before drying.



# dried kiwi



**10 mins**  
prep



**6 hours**  
dry



**48**  
servings



**5**  
setting



## ingredients

- 6 Kiwis

## method

1. Wash and dry kiwi well.
2. Peel the kiwi: Cut the end off of the kiwi, then place a small spoon right underneath the skin. Scoop the spoon around the underside of the peel to release the flesh.
3. Slice the kiwi halves into ¼-inch pieces.
4. Place in a single layer on a dehydrator sheet. Do not overlap.
5. Dehydrate at 135°F for 6-10 hours. Kiwi chips are done when they are still slightly green and feel dry to the touch (no tackiness or stickiness), but still bendable.
6. Let chips cool completely, then enjoy!













# roll-ups



# strawberry roll-ups



**30 mins**  
prep



**8 hours**  
dry



**4**  
servings



**6**  
setting





## ingredients

- 4 cups fresh strawberries, washed with stems removed
- 2 teaspoons lemon juice
- 3 tablespoons monk fruit powdered sweetener or Swerve Sweetener

## method

1. Place all the ingredients in a blender or food processor. Blend on high until the strawberries are frothy, about 20-30 seconds.
2. Pour liquid into a medium saucepan. Make sure to scrape down the sides of the blender or food processor bowl with a spatula to get everything into the saucepan!
3. Bring liquid to a boil over medium-high heat. Keep liquid boiling over medium heat. Stir frequently with a whisk.
4. Cook for 5-10 minutes until the liquid has thickened into a puree. (It should be like runny strawberry jam.)
5. Pour strawberry mixture into a dehydrator tray. (You may need 2 or more trays depending on the size of your dehydrator.)
6. Bake strawberry fruit leather for 8 hours at 140 degrees F or until it is no longer sticky and you can easily peel it off the trays.
7. When the fruit leather is still warm, peel it off and wrap it in parchment paper, if desired. Store in an airtight container or baggie.



# mango roll-up



**6 mins**  
prep



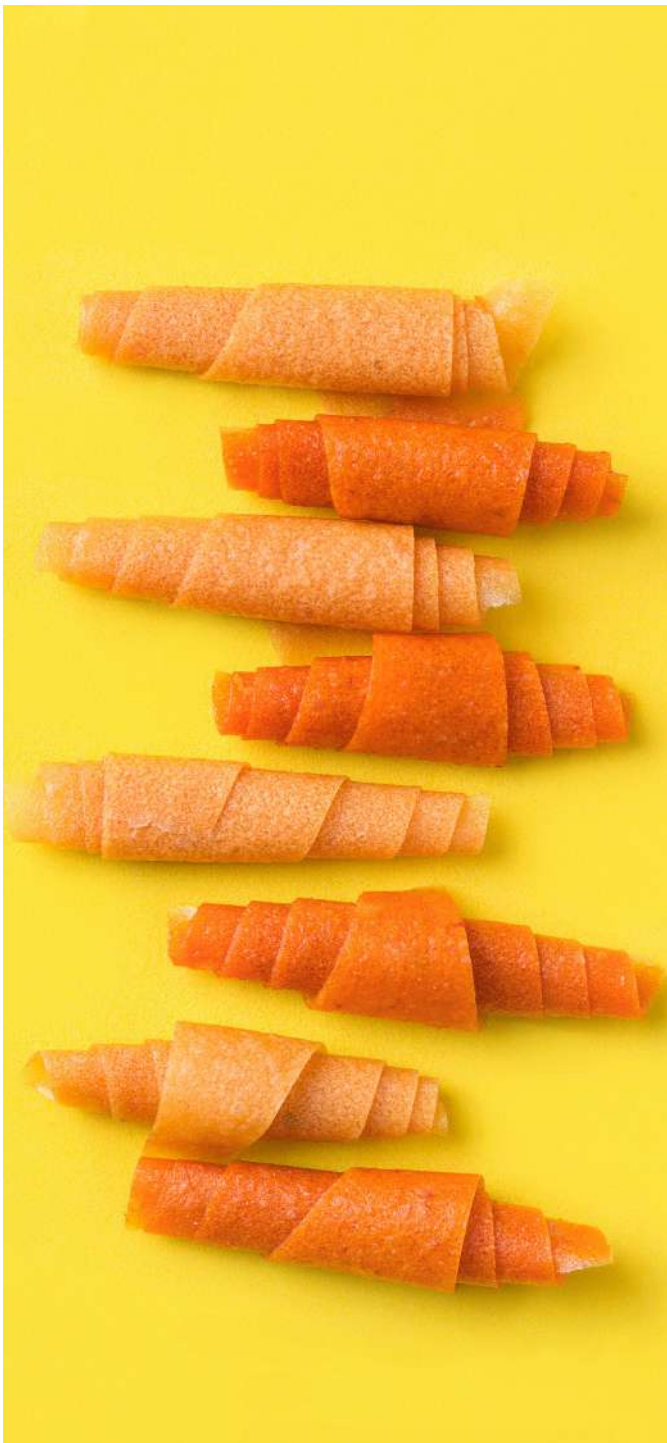
**6 hours**  
dry



**8**  
servings



**6**  
setting



## ingredients

- 2 large ripe mangoes
- 1/2 lemon juice

## method

1. Place mango flesh in a blender with the lemon juice. Whizz until smooth.
2. Line a solid dehydrator tray with parchment paper). Depending on your tray, lining with parchment paper is not essential but it will help cut the fruit leather into strips.
3. Spread the mango puree evenly on the tray.
4. Place in the dehydrator at 60°C / 140°F for 6 to 8 hours. Check every hour or so until the mango puree feels dry to the finger and looks like leather. When done you can simply peel it off and cut it into strips to roll-up.







# pumpkin roll-ups



**20 mins**  
prep



**10 hours**  
dry



**16**  
servings



**5**  
setting





## method

### Roasted Pumpkin

1. Preheat the oven to 400°F (204°C).
2. Remove the stem of the pumpkin, cut it in half, and scoop out the seeds.
3. Rub a little bit of coconut oil on a baking sheet and put the pumpkin cut side down. Roast for about 30 minutes, or until a knife pierces the skin easily.
4. Remove from the oven and let cool for 5-10 minutes, then flip the pumpkins over to cool even more before scooping out the flesh.

### Pumpkin Leather

1. Put the apples, water, and lemon juice in a medium pot and bring the water to a boil.
2. Reduce the heat to medium and cover the pot. Cook the apples for about 15 minutes, or until they are soft.
3. Remove the apples from the heat and let them cool for 5-10 minutes.
4. Transfer the apples into a blender or food processor, then add the pumpkin and spices. Blend until the mixture is smooth, about the consistency of applesauce.
5. Put 2 cups of the pumpkin apple mixture on a dehydrator tray that has been lined with parchment paper or silicone mats. Spread it out so that it evenly covers the tray to about 1/4" thick.
6. Repeat with the remaining 2 cups of pumpkin apple mixture on a second dehydrator tray.

7. Put the trays into the dehydrator and dehydrate at 135°F (57°C) for 10-12 hours. It may take more or less time depending on how thick the pumpkin mixture is spread.
8. Check periodically for doneness, and if there are still moist spots then continue to dehydrate until it is totally dry.
9. When the pumpkin leather is completely dry but still pliable, gently remove it from the trays. Roll it up and cut it into strips for storing.
10. Store the pumpkin leather roll ups in a jar with a tight fitting lid at room temperature.



## ingredients

- 1 sugar pie pumpkin or butternut squash
- 1 tbsp virgin coconut oil
- 2 pounds apples cored and sliced
- 1/2 cup water
- 1 tbsp lemon juice
- 2 cups pumpkin puree
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground allspice
- 1/8 tsp salt

# strawberry rhubarb fruit roll-ups



**15 mins**  
prep



**6 hours**  
dry



**4**  
servings



**6**  
setting

## ingredients

- 2 cups rhubarb, diced & cooked\*
- 3 cups strawberries, diced
- $\frac{1}{4}$  cup honey





## method

1. Wash, peel and remove any stems or pits, if needed. The skin of the fruit is highly nutritious so we always use the peel as well (exception: bananas, pineapples, oranges, etc).
2. Put all the produce into a blender or food processor, with your sweetener of choice, and blend until smooth.\* If making the Strawberry Rhubarb variation: The rhubarb needs to be softened so after dicing put into a pot with just enough water to cover them and cook on medium until soft, we pour everything from the pot, water and all, into the processor so we don't lose the nutrients
3. Optional Step: We have found if you preheat the mixture in a pot before putting it in the dehydrator it speeds up the drying time. Just dump the blended mixture into a pot and heat on medium for 10-15 minutes, stirring occasionally
4. Line trays with parchment paper. Spread onto dehydrated trays. Since the sides dry quicker, make the puree thicker around the edges - approx 1/4" inch and 1/8" at the center.
5. Dry at 145F/63C for 6-8 hours. Another way to speed up drying time is to check after a few hours and remove the wrap/paper. When the leathers are dried, they will be a little bit shiny and non-sticky to the touch. Allow them to cool before removing them from the trays.
6. Roll the leather into a tight roll and with a sharp knife, cut into a lengths of your choice. Store in a cool, dark & dry place.



# blueberry chia banana roll-ups



**15 mins**  
prep



**6 hours**  
dry



**4**  
servings



**6**  
setting

## ingredients

- 2 cups blueberries
- 2 small ripe bananas, peeled
- $\frac{1}{4}$  cup chia seeds
- 5-10 dates, pitted





## method

1. Wash, peel and remove any stems or pits, if needed. The skin of the fruit is highly nutritious so we always use the peel as well (exception: bananas, pineapples, oranges, etc).
2. Put all the produce into a blender or food processor, with your sweetener of choice, and blend until smooth.\* If making the Strawberry Rhubarb variation: The rhubarb needs to be softened so after dicing put into a pot with just enough water to cover them and cook on medium until soft, we pour everything from the pot, water and all, into the processor so we don't lose the nutrients
3. Optional Step: We have found if you preheat the mixture in a pot before putting it in the dehydrator it speeds up the drying time. Just dump the blended mixture into a pot and heat on medium for 10-15 minutes, stirring occasionally
4. Line trays with parchment paper. Spread onto dehydrated trays. Since the sides dry quicker, make the puree thicker around the edges - approx 1/4" inch and 1/8" at the center.
5. Dry at 145F/63C for 6-8 hours. Another way to speed up drying time is to check after a few hours and remove the wrap/paper. When the leathers are dried, they will be a little bit shiny and non-sticky to the touch. Allow them to cool before removing them from the trays.
6. Roll the leather into a tight roll and with a sharp knife, cut into a lengths of your choice. Store in a cool, dark & dry place.



# rasberry peach fruit roll-ups



**15 mins**  
prep



**6 hours**  
dry



**4**  
servings



**6**  
setting

## ingredients

- 2 cups raspberries
- 3 peaches, pitted & diced
- $\frac{1}{4}$  cup honey





## method

1. Wash, peel and remove any stems or pits, if needed. The skin of the fruit is highly nutritious so we always use the peel as well (exception: bananas, pineapples, oranges, etc).
2. Put all the produce into a blender or food processor, with your sweetener of choice, and blend until smooth.\* If making the Strawberry Rhubarb variation: The rhubarb needs to be softened so after dicing put into a pot with just enough water to cover them and cook on medium until soft, we pour everything from the pot, water and all, into the processor so we don't lose the nutrients
3. Optional Step: We have found if you preheat the mixture in a pot before putting it in the dehydrator it speeds up the drying time. Just dump the blended mixture into a pot and heat on medium for 10-15 minutes, stirring occasionally
4. Line trays with parchment paper. Spread onto dehydrated trays. Since the sides dry quicker, make the puree thicker around the edges - approx 1/4" inch and 1/8" at the center.
5. Dry at 145F/63C for 6-8 hours. Another way to speed up drying time is to check after a few hours and remove the wrap/paper. When the leathers are dried, they will be a little bit shiny and non-sticky to the touch. Allow them to cool before removing them from the trays.
6. Roll the leather into a tight roll and with a sharp knife, cut into a lengths of your choice. Store in a cool, dark & dry place.



# apple blueberry fruit leathers



**10 mins**  
prep



**8 hours**  
dry



**4**  
servings



**6**  
setting

## ingredients

- 3 medium apples, cored, chopped (don't peel) OR 1 cup 'natural' applesauce
- 2 cups fresh or frozen blueberries
- 3 tablespoons lemon juice
- 3 tablespoons of sugar OR 2 tablespoons honey

## method

1. Combine apples, blueberries, lemon juice, sugar (or honey) and 1/4 cup water in a saucepan. Bring to a boil, turn down heat to low and cook about 10-15 minutes until apples are very tender, stirring often. Cool slightly then use an immersion blender to puree; or puree in a food processor or blender.
2. Cover food dehydrator trays with parchment paper that has been sprayed with cooking spray. Spread apple blueberry puree over trays with a spatula or off-set spatula to about 1/8-inch thickness. OR if you are using the OVEN, cover baking trays with sprayed parchment paper; spread puree over the paper.
3. Dry in dehydrator for about 6-8 hours until the fruit leather is not sticky to the touch.







# mixed fruit leathers



**10 mins**  
prep



**4 hours**  
dry



**4**  
servings



**6**  
setting



## ingredients

- 2 cups fresh fruit (raspberries, strawberries, blueberries,
- 3 tbsp white sugar
- 1/2 lemon, juiced

## method

1. Blend the fruit, sugar and lemon juice until well blended and smooth.
2. Line the food dehydrator fruit tray with parchment paper.
3. Spread the fruit mixture evenly across the fruit dehydrator tray.
4. Put on the lid and set the food dehydrator to 140F (60C).
5. The dehydrating time varies depending on the fruit and can be anywhere from 4-12 hours. It is done when the fruit is leather and no longer sticky to the touch.
6. Cut into individual portions and roll up in parchment paper. Store in the fridge in an airtight container. You can also keep them in the fridge if you make multiple batches.







# kiwi roll ups



**10 mins**  
prep



**3 hours**  
dry



**10**  
servings



**6**  
setting

## ingredients

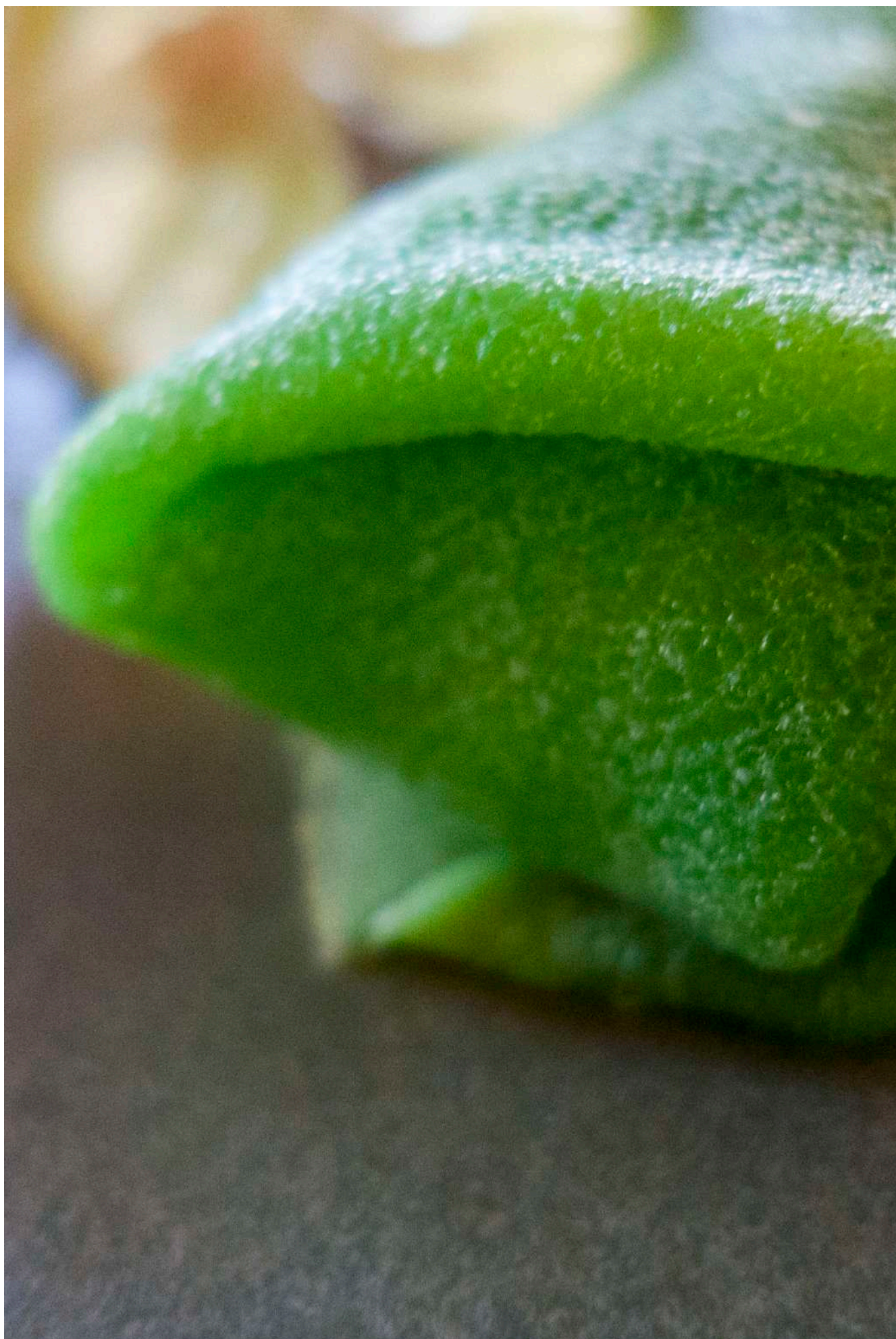
- 1 lb Fresh fruit of your choice (strawberries, blueberries, mangoes, etc.)
- 1 tsp Lemon juice

## method

1. Heat the dehydrator to the lowest temperature possible. Line the dehydrator trays with baking sheets.
2. Puree the fruit in a high-speed blender until super smooth.
3. Add the lemon juice and puree again.
4. Spread the smooth fruit puree onto the lined baking sheet.
5. Dehydrate fruit leather in the dehydrator for 3-4 hours, until the center is not sticky to the touch.
6. Remove from the dehydrator and let the fruit leather cool completely on the baking sheet.
7. Slide the parchment paper off the baking sheet (this is a good size for this recipe) onto a cutting board. Using a pizza cutter or knife, cut into five strips lengthwise, then cut across all of them crosswise, to make 10 pieces total.
8. To make fruit roll ups, roll the individual strips, preferably together with the parchment paper to prevent sticking, but without is fine as well.









# banana roll ups



**10 mins**  
prep



**3 hours**  
dry



**10**  
servings



**6**  
setting





## ingredients

- 1 lb Fresh fruit of your choice (strawberries, blueberries, mangoes, etc. — see notes)
- 1 tsp Lemon juice

## method

1. Heat the dehydrator to the lowest temperature possible. Line the dehydrator trays with baking sheets.
2. Puree the fruit in a high-speed blender until super smooth.
3. Add the lemon juice and puree again.
4. Spread the smooth fruit puree onto the lined baking sheet.
5. Dehydrate fruit leather in the dehydrator for 3-4 hours, until the center is not sticky to the touch.
6. Remove from the dehydrator and let the fruit leather cool completely on the baking sheet.
7. Slide the parchment paper off the baking sheet (this is a good size for this recipe) onto a cutting board. Using a pizza cutter or knife, cut into five strips lengthwise, then cut across all of them crosswise, to make 10 pieces total.
8. To make fruit roll ups, roll the individual strips, preferably together with the parchment paper to prevent sticking, but without is fine as well.









**jerky**



# venison jerky



**15 mins**  
prep



**4 hours**  
dry



**10**  
servings



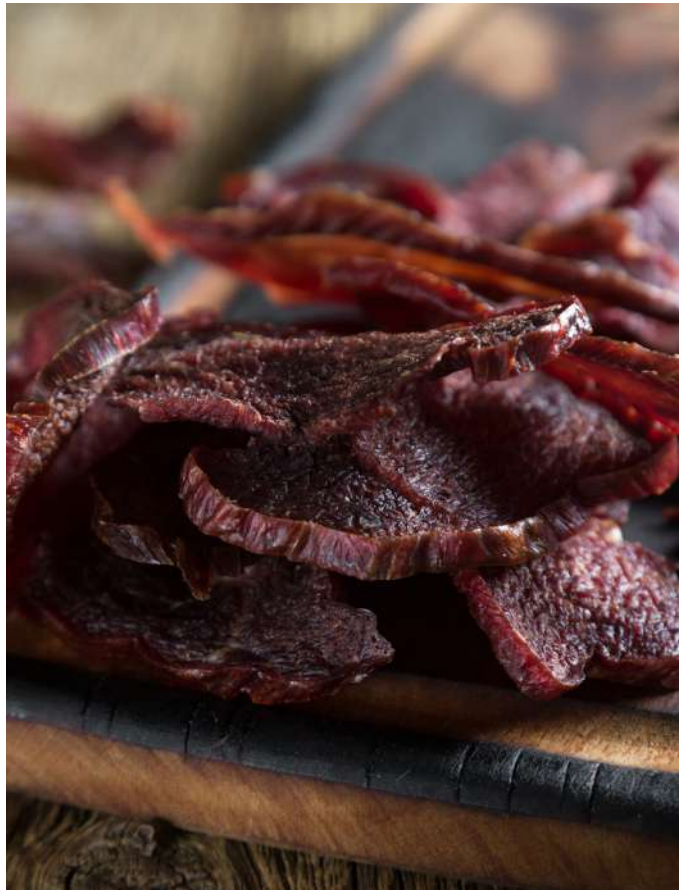
**8**  
setting





## method

1. Start by removing all of the silverskin from your venison. Then, place it in the freezer for about an hour.
2. Once the meat is chilled, slice it into slices about 1/4" thick and 1" wide. Roughly. This isn't an exact science. The thicker they are, the longer they will take to dehydrate....
3. In a large, non-reactive bowl (glass, stainless steel, etc) combine the coconut aminos, Worcestershire sauce, black pepper, garlic powder, onion powder, red pepper flakes, sea salt and honey.
4. Add the strips of venison a few at a time to the bowl, stirring each addition to make sure each slice is covered well with the marinade.
5. Cover the bowl, place in the refrigerator, and allow to chill for at least 24 hours and up to 48 hours. The longer it sits in the marinade, the saltier the meat will become. I occasionally slosh it around, still covered, to make sure the marinade stays evenly distributed on the meat.
6. Once the meat has marinated, pull it out of the bowl onto cooling racks situated on top of cookie sheets to drain them off a bit. Discard the marinade.
7. Place the strips on your dehydrator racks, making sure they do not touch one another. Dehydrate at 160°F for around 4 hours or until the jerky is finished. You'll know it's finished when it bends and cracks, but does not break in half.
8. Place finished jerky in vacuum seal bags and vacuum seal to keep for several months. If you don't have a vacuum sealer, you can put them in ziplock bags for a few months. Store in a cool, dark place for best longevity.



## ingredients

- 1 LB Venison Roast (thinly sliced)
- 4 Tablespoons Coconut Aminos
- 4 Tablespoons Worcestershire Sauce
- 1/4 teaspoon Black Pepper
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Onion Powder
- 1/4 teaspoon Red Pepper Flakes
- 1/2 teaspoon Sea Salt
- 1 Tablespoon Honey

# beef jerky marinade with worcestershire sauce



**10 mins**  
prep



**8 hours**  
dry



**20**  
servings



**8**  
setting





## ingredients

- 2 pounds flank steak (or eye or round or top round steak)
- 1/2 cup low-sodium soy sauce
- 2 tablespoons worcestershire sauce
- 2 teaspoons coarsely-ground black pepper
- 1 teaspoon liquid smoke
- 1 teaspoon onion powder
- 1 teaspoon seasoned salt
- 1/2 teaspoon garlic powder

## method

1. Thinly-slice the steak into 1/8-inch thick strips, either with the grain (which will result in a chewier beef jerky) or against the grain (which will be more tender).
2. Transfer the strips of steak to a large ziplock bag\*.
3. In a separate small mixing bowl, whisk together the remaining ingredients until combined. Pour the mixture into the ziplock bag with the steak, seal the bag, and toss until the steak is evenly coated.
4. Refrigerate for at least 30 minutes, or up to 1 day.
5. Lay the strips out in a single layer on the trays of your dehydrator. Then follow the dehydrator's instructions to cook the beef jerky until it is dry and firm, yet still a little bit pliable. ( But cooking times will vary based on the thickness of your meat, and the heat/brand of your dehydrator.)

Remove jerky and transfer to a sealed container. Refrigerate for up to 1 month.

## Notes

\*Or you can also mix the beef and seasoning sauce together in a large mixing bowl.

\*\*Cooking time does not include the amount of time needed to marinate the beef, which can be between 30 minutes to 24 hours. Also, the recipe yield was hard to gauge. With 2 pounds of beef, I usually yield around 50 individual pieces of beef jerky. But that will totally depend on how thick the beef is sliced, and what size of strips you have.



# salmon jerky



**60 mins**  
prep



**9 hours**  
dry



**5**  
servings



**7**  
setting





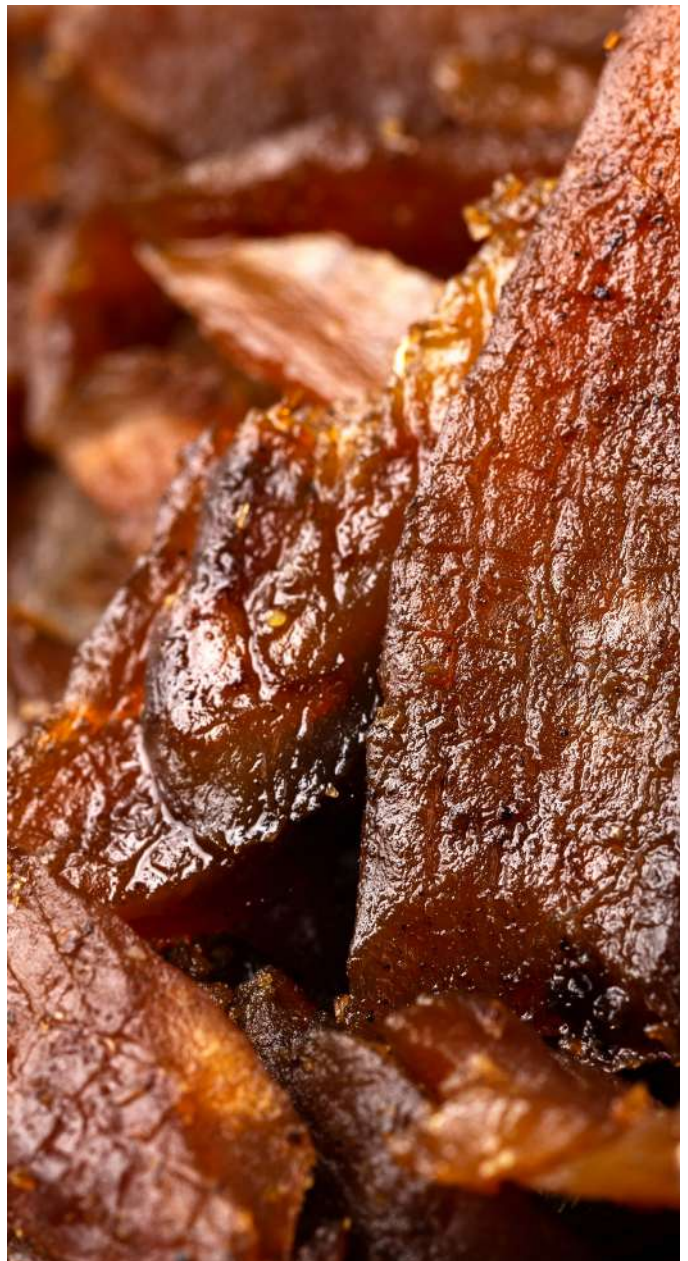
## method

1. Remove pin bones from fish fillet with needle nose pliers. Leave skin on fillet.
2. With a sharp knife, slice long strips lengthwise  $\frac{1}{4}$ "- $\frac{1}{2}$ " thick from the "head" of the fillet to the "tail".
3. Slice across the previously sliced long strips cutting into 3"-4" pieces.
4. Assemble all the ingredients of marinade in a bowl or ziplock bag and mix well.
5. Add the salmon strips to the marinade and marinate for 6-24 hours in the refrigerator. Mix the strips several times during marinating for evenly coated strips.
6. Strain jerky strips in a colander and then dry with paper towels to remove any excess marinade.
7. Place strips on a dehydrator tray or oven cooling rack on top of a oven pan to catch any drippings.
8. Dry at 150F if using a dehydrator or as low as your oven will go if using an oven.
9. Jerky will be done when it is completely dry and to your texture liking. Remove skin from jerky and eat!



## ingredients

- 1 lb Wild Caught Sockeye Salmon (can use any salmon)
- Marinade
  - $\frac{1}{2}$  cup soy sauce
  - 1 tablespoon lemon juice
  - 1 tablespoon brown sugar
  - 2 teaspoon black pepper
  - 2 teaspoon liquid smoke
  - $\frac{1}{2}$  teaspoon garlic powder
  - $\frac{1}{4}$  teaspoon curing salt (optional)



# chicken jerky



**60 mins**  
prep



**3 hours**  
dry



**5**  
servings



**8**  
setting

## ingredients

- 1 lb Chicken Breast
- Marinade
- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{3}$  cup worcestershire sauce
- $\frac{1}{4}$  cup honey
- 2 tablespoon chili garlic sauce
- 1 tablespoon liquid smoke (optional (hickory))
- $\frac{1}{4}$  teaspoon curing salt (optional)

## method

1. Combine all of the ingredients in a bowl and mix well until the brown sugar is dissolved. Pour into ziplock bag. Trim all visible fat from the chicken breast and slice into  $\frac{1}{4}$ " strips.
3. Add sliced chicken breast to the marinade in the ziplock bag and marinate for 12-24 hours in the refrigerator.
4. After the meat has finished marinating, remove from refrigerator and strain excess marinade in a colander.
5. Lay the strips on the dehydrator trays leaving space between the meat for air to circulate. Make sure the strips are not touching.
6. Dehydrate for 4-6 hours. Start checking the jerky if it's finished around the 3.5hr mark.
7. The jerky is finished when it bends and cracks, but does not break in half.

If you are unsure if your dehydrator will heat the strips to an internal temperature of 165°F, heat them in the oven either before or after drying at 300°F for 10 minutes.







# turkey jerky



**60 mins**  
prep



**3 hours**  
dry



**5**  
servings



**8**  
setting

## ingredients

- 1 lb Turkey Breast
- Marinade
- ¼ cup soy sauce
- ¼ cup worcestershire sauce
- 1 tablespoon brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon liquid smoke (optional (hickory))
- ¼ teaspoon curing salt (optional)

## method

1. Combine all of the ingredients in a bowl and mix well until the brown sugar is dissolved. Pour into ziplock bag. Trim all visible fat from the turkey breast and slice into ¼" strips.
3. Add sliced turkey breast to the marinade in the ziplock bag and marinate for 12-24 hours in the refrigerator.
4. After the meat has finished marinating, remove from refrigerator and strain excess marinade in a colander.
5. Lay the strips on the dehydrator trays leaving space between the meat for air to circulate. Make sure the strips are not touching.
6. Dehydrate for 4-6 hours. Start checking the jerky if it's finished around the 3.5hr mark.
7. The jerky is finished when it bends and cracks, but does not break in half.

If you are unsure if your dehydrator will heat the strips to an internal temperature of 165°F, heat them in the oven either before or after drying at 300°F for 10 minutes.









# beef jerky marinade with brown sugar



**10 mins**  
prep



**4 hours**  
dry



**8**  
servings



**8**  
setting





## ingredients

- 2 pounds beef round roast (thinly sliced)
- Jerky Marinade
- $\frac{2}{3}$  cup Worcestershire sauce
- $\frac{2}{3}$  cup Soy sauce
- 1 teaspoon Liquid smoke
- 1 tablespoon Smoked paprika
- 1 tablespoon Brown sugar
- 2 teaspoons Freshly ground black pepper
- 1 teaspoon Cayenne pepper
- 1 teaspoon Garlic powder
- 1 teaspoon Onion powder

## method

1. (Optional) Place beef in freezer for two hours. This will make it easier to slice thinly.
2. Slice beef thinly against the grain. (approximately  $\frac{1}{8}$ " )
3. Add all marinade ingredients into a bowl and mix to combine.
4. Place sliced beef in ziplock plastic bag (gallon sized) and pour in marinade. Ensure it is evenly coating the meat and place in the refrigerator overnight.
5. Remove beef from bag and pat dry with paper towels (drying with a paper towel will speed cooking time). The excess marinade can be discarded.
6. Lay the jerky strips a single layer on dehydrator trays and set your food dehydrator at 160 degrees. Dehydrate, rotating racks each hour, for 4 hours, or until the beef jerky is dry and cracks when you bend it.



# duck jerky



**15 mins**  
prep



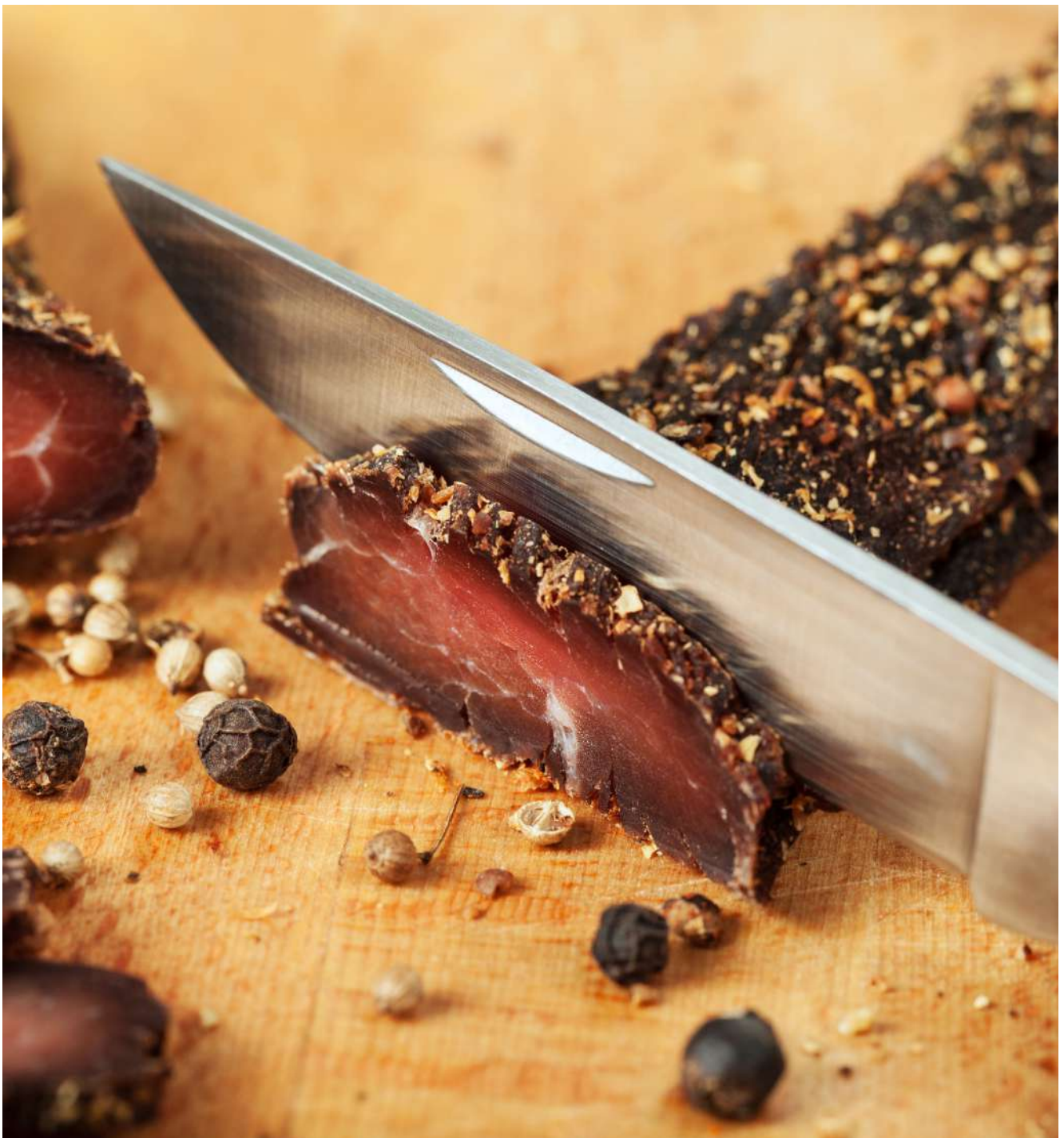
**7 hours**  
dry



**10**  
servings



**6**  
setting





## ingredients

- 3 pounds skinless, de-fatted duck or goose breast
- 2 cups water
- 2 tablespoons kosher salt
- 1/2 teaspoon Instacure No. 1 (optional)
- 1/4 cup Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon cayenne
- 1 teaspoon porcini powder (optional)
- 3 tablespoons brown sugar

## method

1. Slice the duck breasts into roughly 1/4 inch thick strips. Mix remaining ingredients well in a large bowl.
2. Put the meat into the marinade and massage it all around to coat evenly. Pour everything into a sealable plastic bag or container and set in the fridge. Marinate for at least 24 and up to 72 hours -- the longer it is in the mix, the saltier the meat will get, but the more flavorful it will be. During the marinating process, massage the meat around in the bag to keep all the pieces in contact with the marinade.
3. Remove the duck from the bag and pat dry with paper towels. dehydrate at 140°F, or lay the strips on a wire rack set over a cookie sheet. Set the rack in an oven set on Warm until the meat is dried out, but still pliable, about 6 to 8 hours. Store either in the fridge indefinitely, or at room temperature for up to 1 month.





# teriyaki beef jerky



**12 mins**  
prep



**6 hours**  
dry



**8**  
servings



**8**  
setting





## ingredients

- 2 lbs top round, sliced  $\frac{1}{4}$  or  $\frac{1}{8}$ -inch thick slices
- 1 Tablespoon sesame oil
- $\frac{1}{2}$  cup soy sauce
- $\frac{1}{4}$  cup light brown sugar
- $\frac{1}{4}$  teaspoon ginger, finely chopped
- 1 garlic clove, minced
- $\frac{1}{4}$  cup pineapple juice
- 1 Tablespoon sesame seeds, optional

## method

1. Cut the beef across the grain into  $\frac{1}{4}$  to  $\frac{1}{8}$ -inch thick slices. Or, have the butcher slice the meat.
2. Mix the sesame oil, soy sauce, light brown sugar, fresh garlic, pineapple juice, ginger, and sesame seeds in a bowl.
3. Place the beef and marinade in a gallon size plastic bag and move the content around until the meat is covered.
4. Marinate in the refrigerator for 12-24 hours. Drain and discard the marinade.
5. Place the marinated beef on the wire trays in the dehydrator. Expert Tip: You don't want to dry the marinade off the meat but you can lightly pat any dripping liquid from the beef jerky sticks if they are dripping too much.
6. Close the door and dehydrate at 165°F for 4-6 hours.
7. To test for doneness, remove a

piece of jerky from the food dehydrator and allow it to cool for at least 5 minutes. When bent, it should slightly crack, but not break.

8. When done, serve and enjoy. Store leftovers in an airtight container.

## Notes

Too much fat makes homemade jerky spoil faster. If there is a layer of fat on the outside of the meat, cut it off before slicing the beef. There is no need to remove any intramuscular fat running through the meat unless it's large.

While the marinade does a great job at tenderize the beef, using a meat mallet can also help with ensuring the meat is extra tender. Using a mallet helps break down the muscle fibers which helps result in more of a tender texture. Pound to an even thickness ensuring you don't overpound the meat.

When placing the raw beef slices in the dehydrator, ensure the edges are not touching or overlapping. This will ensure that an even and balanced dehydration process occurs.



# trout jerky



**20 mins**  
prep



**6 hours**  
dry



**5**  
servings



**6-8**  
setting





## ingredients

- 1/4 cup soy sauce
- 1 tablespoon light brown sugar
- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon freshly ground black pepper
- 1 pound trout fillets, cut into 1-inch wide strips lengthwise

## method

1. In a small saucepan over low heat, whisk together soy sauce, brown sugar, olive oil, garlic, and pepper. Once the sugar is gently melted, remove immediately from heat and cool completely to room temperature.
2. Place the fish strips in a plastic Ziploc bag and cover in the cold marinade. Squeeze the air out of the bag and close tightly. Place in refrigerator for at least 4 hours and up to 8.
3. Place fish in a big strainer and let all the juices drip for 5 minutes.
4. Gently pat dry each strip of fish with an absorbent paper towel.
5. For dehydrator: Follow your commercial dehydrator instructions. Most machines run for a suggested 4 hours.
6. Place the fish strips on a rack without overlapping them.
7. Cook the fish for the suggested amounts of time and check strips when the time has passed for a leathery and chewy texture.
8. Let cool on cooling rack at room temperature. Enjoy!



# beef jerky



**15 mins**  
prep



**10 hours**  
dry



**1**  
servings



**6**  
setting

## ingredients

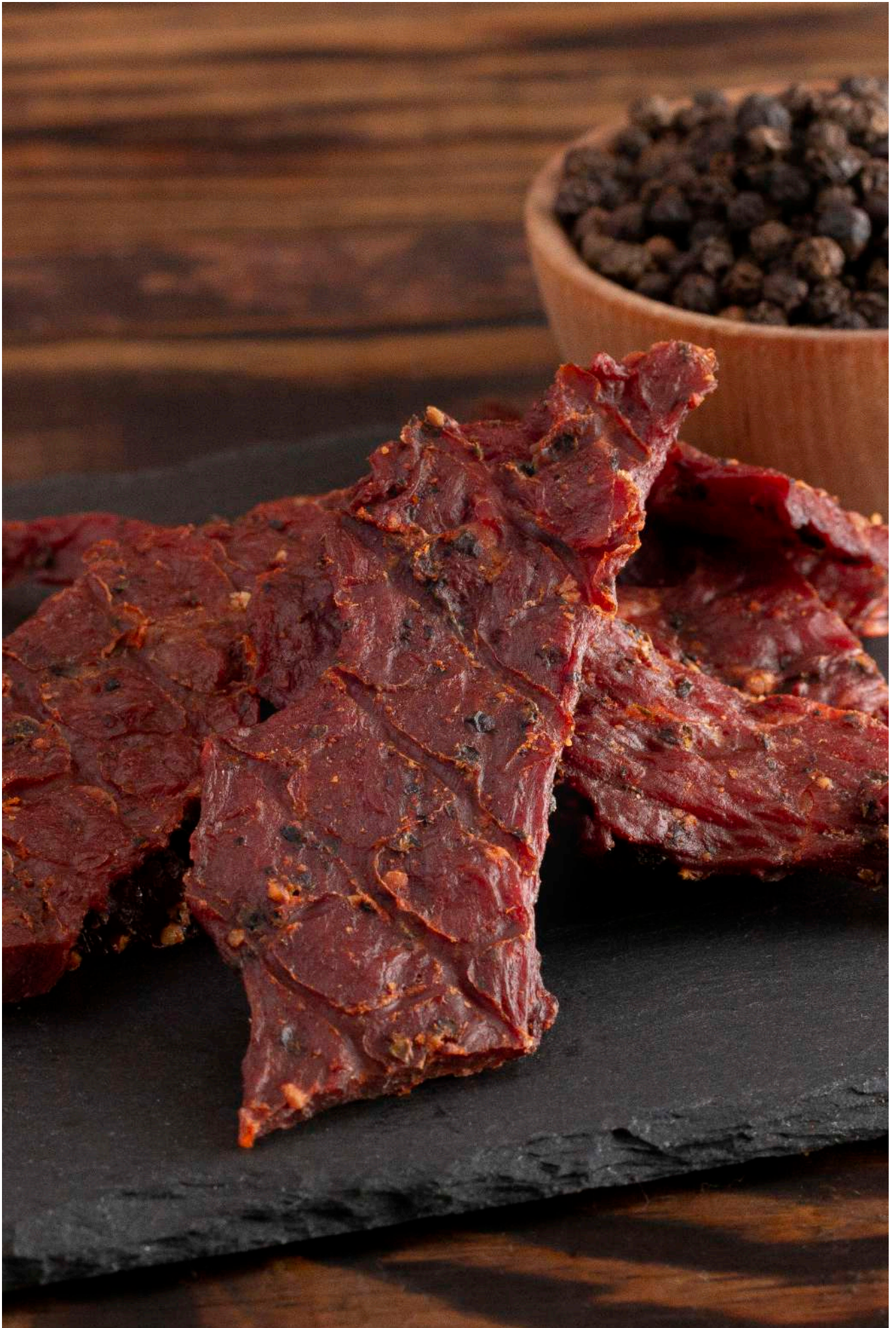
- 1 pound round steak
- 4 tablespoons soy sauce
- 4 tablespoons Worcestershire sauce
- 1 tablespoon ketchup
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion salt
- 1/2 teaspoon salt
- A few dashes Tabasco, optional
- A few drops Liquid Smoke flavoring, optional
- An Electric Food Dehydrator is needed that cooks at 145°F or above. (You can determine your dehydrator's operating temperature by putting in a cooking thermometer after machine has been on for 20 minutes, and is empty.)

## method

1. Remove the fat as desired from the meat and place in freezer for one to two hours. When it is semi-frozen, cut it into 3/8 to 1/4 inch thick strips. (To save time, you can ask a butcher at the grocery store meat counter to slice it very thin for you. This skips the need to freeze the meat for slicing.) Keep in mind, meat cut against the grain will be tender and break easily, meat cut with the grain will be chewy.
2. Mix remaining ingredients together in a bowl to make the marinade. Place meat into a glass container and pour marinade overtop. Cover and place in the refrigerator for at least 1 hour (I have had great success with leaving it overnight.)
3. Drain meat in a colander and place on dehydrator trays. Do not overlap the meat and turn once while drying. Dry at 145°F for 8 to 10 hours. I begin to check progress after 4 hours. It is ready when it bends like a willow without breaking. Store in refrigerator in ziploc bags or Mason jars.















# vegetables



# carrot chips



**10 mins**  
prep



**3 hours**  
dry



**4**  
servings



**6-8**  
setting





## ingredients

- 1 pound carrots, approximately 5 large carrots
- 1 teaspoon ground ginger

## method

1. Heat the dehydrator to 170°F or the lowest temperature possible.
2. Peel and discard the outer layer of the carrots. Continue using the peeler to cut the remaining carrots into ribbons.
3. They can be different lengths/shapes, as long as they are the same thickness. Measures approximately 5½ cups, packed.
4. Place the carrots onto the dehydrator tray. Add the ground ginger. Mix well to combine.
5. Spread the carrots out into a single layer. They can overlap and do not need to be flat and perfectly straight. They will curl up and form different shapes while cooking.
6. Bake for 2½ to 3 hours, until the carrots have completely dried. Mix every 30 minutes while they are cooking. Taste to make sure they are crunchy before removing them from the oven to serve.



# zucchini chips



**10 mins**  
prep



**12 hours**  
dry



**10**  
servings



**4**  
setting



## ingredients

- 10 cups thinly sliced zucchini
- 2 tablespoons Olive Oil
- 1/2 teaspoon Sea Salt
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1/2 teaspoon Italian seasoning
- 1/2 medium lemon, juiced
- 1/4 teaspoon Black Pepper
- 1/8 teaspoon Crushed Red Pepper Flakes
- Habenero Seasoning  
OPTIONAL for EXTRA SPICY

## method

1. Toss zucchini slices with all seasonings, olive oil and lemon juice. Taste and adjust as needed.
2. Arrange seasoned zucchini slices in a single layer on dehydrator trays
3. Dehydrate at 125 degrees for up to 24 hours or until completely dehydrated and crispy.
4. Store in an air tight container at room temperature for several months.





# eggplant chips



**15 mins**  
prep



**5 hours**  
dry



**6**  
servings



**5**  
setting



## ingredients

- 6 baby eggplants, thinly sliced lengthwise
- 1/4 cup extra virgin olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/4 teaspoon cayenne pepper
- generous amount of kosher salt and freshly ground black pepper

## method

1. Place eggplant slices in a large bowl.
2. Add olive oil and spices to the bowl and gently toss with tongs until each piece of eggplant is coated in the spices.
3. Place the eggplants slices on the trays of a dehydrator and dehydrate on the fruits/vegetable setting (about 135 degrees) for 4-5 hours until fully dried and crisp. You'll want to check the trays around 3-4 hours as some thinner slices may be done sooner.
4. Let eggplant cool completely before storing in a container.







# cucumber chips



**10 mins**  
prep



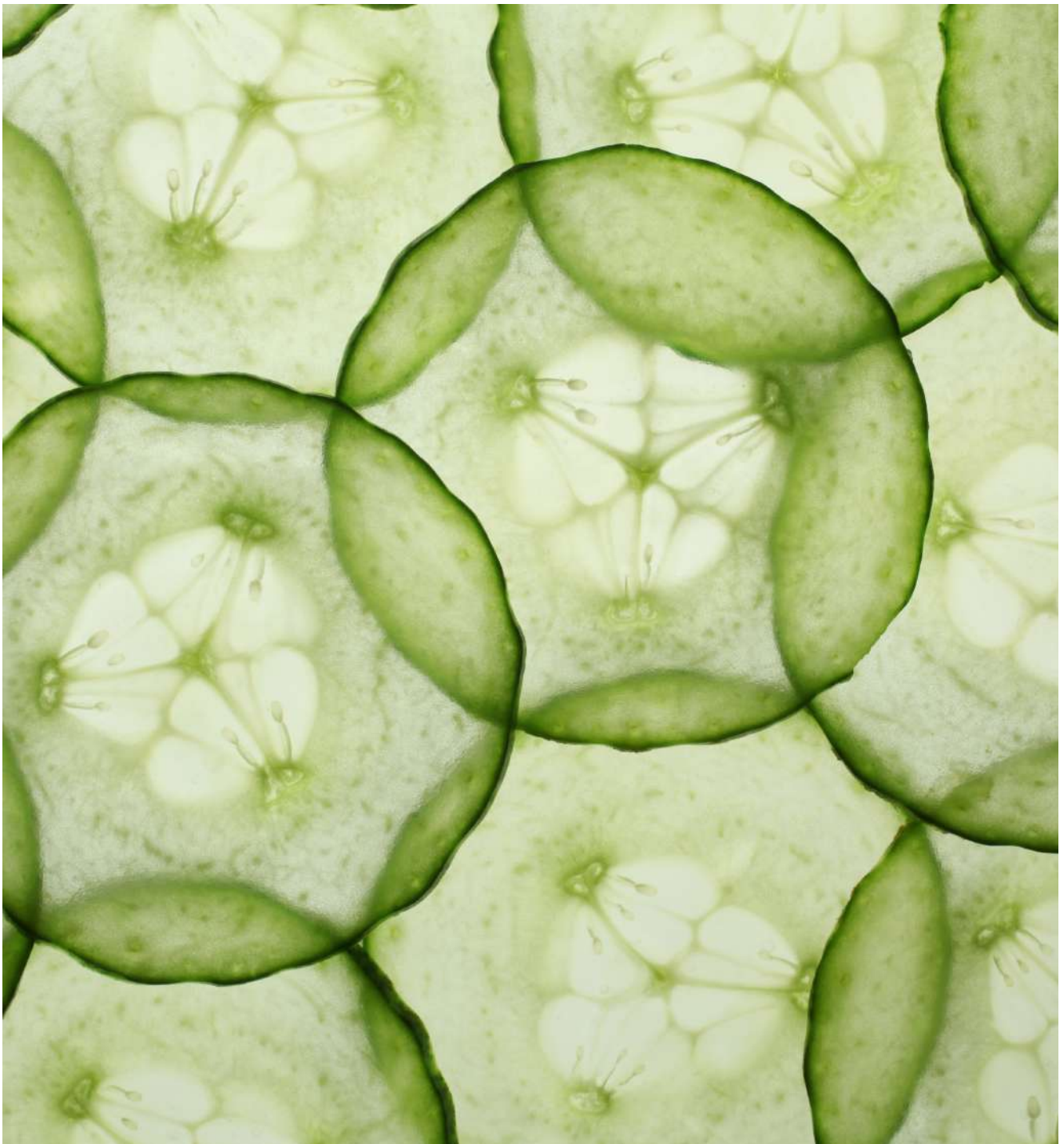
**12 hours**  
dry



**6**  
servings



**5**  
setting





## ingredients

- 2 Medium Cucumbers
- 1 Tbsp Olive oil
- 1 tsp salt or to taste
- 2 tsp Vinegar Apple cider vinegar or your favorite

## method

1. Slice cucumbers very thin, trying to get consistent thickness so they will dry evenly.
2. Use a mandolin slicer if available for best results. If you don't have a mandolin, use a very sharp knife.
3. Pat cucumber slices dry with a paper towel to remove as much moisture as possible. Place cucumbers in fairly large bowl and add the rest of the ingredients.
4. Toss together gently but thoroughly to combine.
5. Place cucumber slices on trays and dry at 135°F for 12 hours or until they reach your desired crispiness (start checking them at 10 hours).
6. For oven: Place slices on parchment lined baking tray. Dry at 175°F for 3-4 hours, checking every hour to ensure they don't brown around the edges or burn. Turn them over half way through. Allow slices to cool before serving.



# sweet potato chips



**15 mins**  
prep



**12 hours**  
dry



**10**  
servings



**3**  
setting





## ingredients

- 4 organic sweet potatoes
- 1 tablespoon 100% pure avocado oil
- 1/2 teaspoon Himalayan pink salt

## method

1. Cut off the ends and peel the sweet potatoes.
2. Using a mandoline slicer, slice the sweet potatoes into very thin slices (as thin as possible, 1/8 inch or less).
3. Add the sliced sweet potatoes to a large bowl with the avocado oil and toss until the avocado oil is evenly distributed and all pieces are covered.
4. Sprinkle the Himalayan pink salt over the chips and toss again to make sure the Himalayan pink salt is evenly distributed.
5. Place the seasoned sweet potato slices on mesh dehydrator trays spread out in a single layer, making sure they are not overlapping.
6. Dehydrate at 115 degrees for approximately 12-15 hours, or until dry and crispy.
7. Store in an air-tight BPA-free container at room temperature.

### Notes

We used (4) 5-inch sweet potatoes and it was enough to fill (2) dehydrator trays. The number of sweet potato chips you make will depend on the size of your sweet potato.

You can make the chips with and without the skins on and both ways will work fine.

Avocado Oil. You actually have two options here.

1. Use 100% pure avocado oil per the recipe instructions.
2. Make them healthier by substituting the avocado oil with filtered/purified water (I use a Berkey water filter). Instead of the avocado oil. Instead of tossing the sliced sweet potato slices with the avocado oil, use the same amount of water. Then, toss them with the Himalayan pink salt.

Preparation Tip. If you don't have the patience to spread each sweet potato chip out on the dehydrator tray so they don't overlap. A great way to get your children involved is to let them spread them out for you. They will love to help and it's a big help!



# sun-dried tomato



**10 mins**  
prep



**7 hours**  
dry



**18**  
servings



**6-8**  
setting





## ingredients

- 3 pounds ripe tomatoes (quantity is just a guideline, use more or less as desired), washed and cut in half if medium-sized and quartered if large. Cut out the little core/stem parts. Note: Try to keep the sizes uniform so they dry more or less at the same rate.
- sea salt
- dried herbs/spices (optional)
- olive oil for packing (optional, see blog post above for instructions)

## method

1. Set dehydrator temperature between 140 and 160 degrees F.
2. On a rack or parchment-lined baking sheet (do not use foil, it can react), arrange the tomatoes cut side up and sprinkle very lightly with sea salt. If desired, add some dried herbs or spices.
3. Turn the tomatoes over around the halfway point so they can continue drying on the other side.
4. For larger tomatoes press down on them gently with a spatula to flatten a little and release some of the liquid.

### Note

Even if your tomatoes are of uniform size they will still dry at somewhat different rates so keep an eye on them and remove the ones that are done while leaving the others to continue drying.

Drying the tomatoes will take several hours, how many will depend on the size and water content of your tomatoes.

The tomatoes are done when they are very dry but still pliable. If dried too long they will be tough and leathery or brittle, if not dried long enough they will become moldy quickly. When you press them between your fingers they should be pliable but not remotely squishy or moist.

### To store

Place the fully-cooled dried tomatoes in an airtight bag or container and store them in the refrigerator where they will keep for a few months (depending on how much moisture is left in the tomatoes) or in the freezer where they will keep even longer. If storing them in the fridge do not keep them in the crisper drawer, they need to be kept dry, in as moisture-free of an environment as possible. Check the tomatoes frequently for any signs of mold and discard the tomatoes if you see any.

Makes roughly 2 1/4 cups dried tomatoes depending on the water content of the tomatoes and how long they were dried.



# dried peppers



**10 mins**  
prep



**10 hours**  
dry



**10**  
servings



**5**  
setting



## ingredients

- hot peppers

## method

1. Rinse and dry off peppers. Cut out any bad spots or obvious blemishes.
2. Cut peppers in half to speed up drying time. Slice them to dry them even faster. You can remove seeds or leave them in.
3. Place them on the dehydrator racks and load into dehydrator.
4. Set time. Set temperature to 135°F. Times for drying peppers should be 8-15 hours, depending on the size of the peppers and if you cut or slice them. Whole peppers can take up to 36 hours, depending on the size.
5. Peppers are fully dry when they crack when you try to bend them.
6. Once peppers are fully dried, let them cool and then place them in a quart mason jar.





# dried calliflower



**10 mins**  
prep



**12 hours**  
dry



**2**  
servings



**4**  
setting



## ingredients

- 1 head cauliflower
- 3 tbsp coconut oil
- 4 tbsp hot sauce
- 1 tbsp paprika
- 1 tsp smoked cayenne
- 1/2 tsp ground cumin

## method

1. Rinse the cauliflower and chop the florets into bites slightly larger than popcorn. Toss them in a large bowl with the remaining ingredients. Get them nicely coated with all the seasonings. If you need to, go ahead and add in a few more dashes of hot sauce.
2. Spread the mixture out onto a couple dehydrator trays and dehydrate for 8-12 hours at 130 degrees F, or until they are completely dried through. You can eat them when they are not completely dried, but they will be chewier. Drying all the way through will result in crunchier “popcorn”.
3. Store in a cool, dry place in airtight baggies. Enjoy!







# dried mushrooms



**10 mins**  
prep



**6 hours**  
dry



**5**  
servings



**4**  
setting



## ingredients

- 1 Pack mushrooms

## method

1. Buy mushrooms
2. Clean them gently with a damp paper towel
3. Slice to desired thinness (You could cheat and buy pre-sliced if you wanted, or you can simply cut them in half, or dry them whole! Just adjust drying times as needed)
4. Place on dehydrator trays and dry on low for about 6 hours, until all moisture is gone, rotating the trays occasionally for even drying.
5. Store in a sealed glass jar.







# dehydrated dill pickels



**5 mins**  
prep



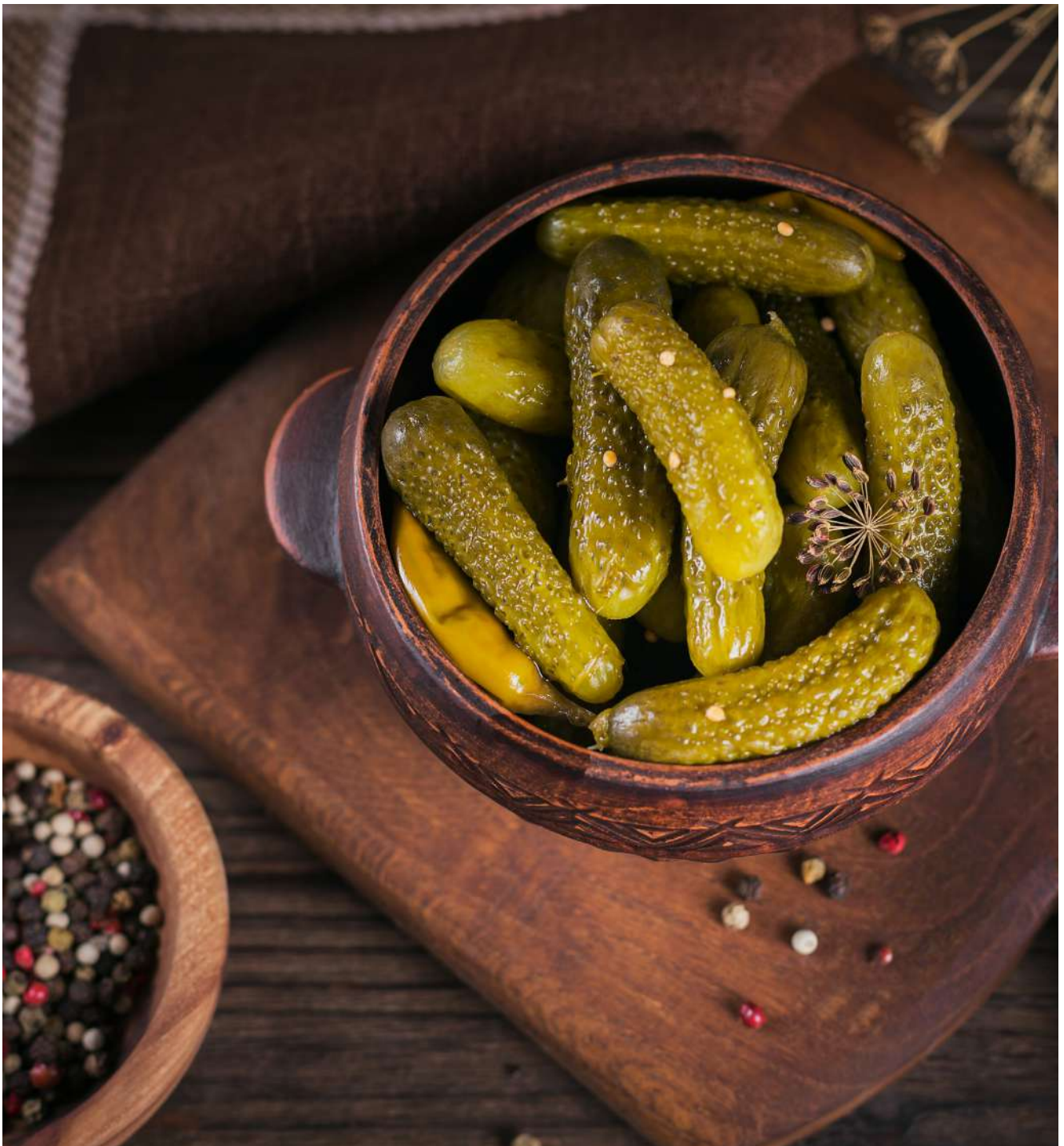
**6 hours**  
dry



**20**  
servings



**5**  
setting





## ingredients

- • 20 baby dill pickles

## method

1. Slice pickles into rounds about 1/8 to 1/4" inch thick.
2. Spread the sliced pickles in a single layer on your dehydrator trays, leaving a small gap between each round.
3. Dehydrated the pickles at 135f for 4-6 hours. Begin checking the pickles for doneness around the 3-hour mark. To check the pickles, remove one or two slices from the dehydrator, allow them to cool to room temperature then bend it. If the pickle bends, they are not done. If the pickle snaps easily, they are completely dehydrated.
4. Once pickles are dehydrated to the brittle stage, remove the dehydrator trays from the dehydrator and allow the pickles to cool to room temperature before storing.

Make dill pickle seasoning:

1. Add the dehydrated pickles to the bowl of your food processor or blender and pulse until they reach your desired consistency.

### Storage

Keep your dried pickle chips or pickle powder in an airtight jar in a cool cupboard.











# herbs, powders & more



# dried basil



**10 mins**  
prep



**12 hours**  
dry



**1**  
servings



**2**  
setting





## ingredients

- 3 or more cups of fresh basil
- A dehydrator (this is the one I use)
- An airtight container to store the powdered basil. I use an old empty spice jar.
- A blender (food processor or coffee grinder might work as well)

## method

1. Pick your fresh basil, rinse, and lay out the leaves onto dehydrator mesh trays. We used up a total of 3 trays. Anything less than 3 trays probably won't blend well enough, it's important to have enough basil for the blender to work properly.
2. Dehydrate at 105F for 10 – 15 hours. I give a range because dehydrating times vary by machines and by geographic location.
3. Once basil is fully dehydrated, blend using a high powered blender. The more basil you have, the better the blender will be able to process it. You can try using a coffee grinder or food processor.
4. Store in a spice jar, and use in your favorite basil recipes!

### Notes

Keep your dried herbs in room temperature but it is wise to always check your food for signs of spoilage.

It is important that the basil is completely dried before you blend it up or else you will have moisture and that allows bacteria to thrive, and leads to spoilage.



# dried herbs



**15 mins**  
prep



**4 hours**  
dry



**18**  
servings



**4-8**  
setting



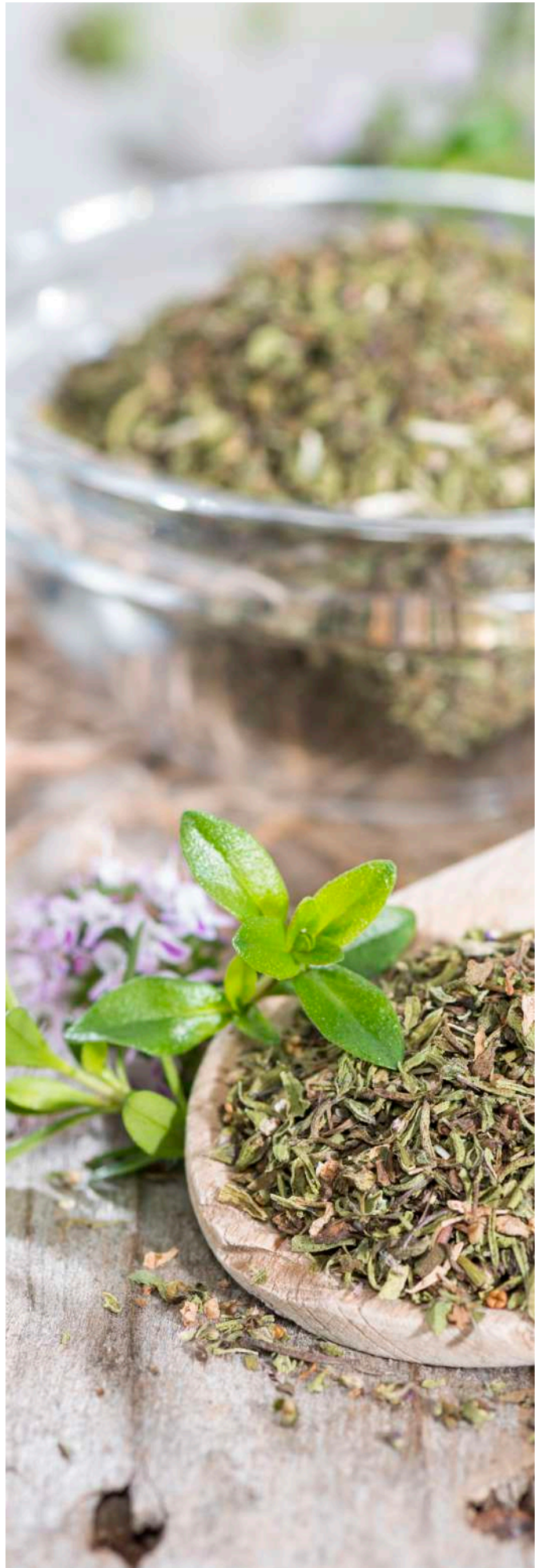


## ingredients

- 1/4 cup rosemary stems removed
- 3/4 cup thyme stems removed
- 1/2 cup oregano stems removed
- 3 medium lemons – zested
- 3 tablespoons dehydrated garlic flakes
- 1 tablespoon sea salt (optional)

## method

1. Heat the dehydrator to the lowest temperature (120-170°F is best) and set the dehydrator racks to the middle position.
2. Spread the herbs and lemon zest on a cookie sheet and place it in on the middle rack of the dehydrator. Let the herbs dry for 2-4 hours in the dehydrator, tossing the mixture every 30 minutes or so.
3. When the herb mixture feels dry, remove the racks from the dehydrator. Let the herbs cool.
4. When completely cool and dry, transfer the mixture to a mixing bowl. Crumble the herbs with your fingers and stir in the garlic and sea salt.
5. Transfer mixture to an airtight container or jar.



# dried garlic powder



**15 mins**  
prep



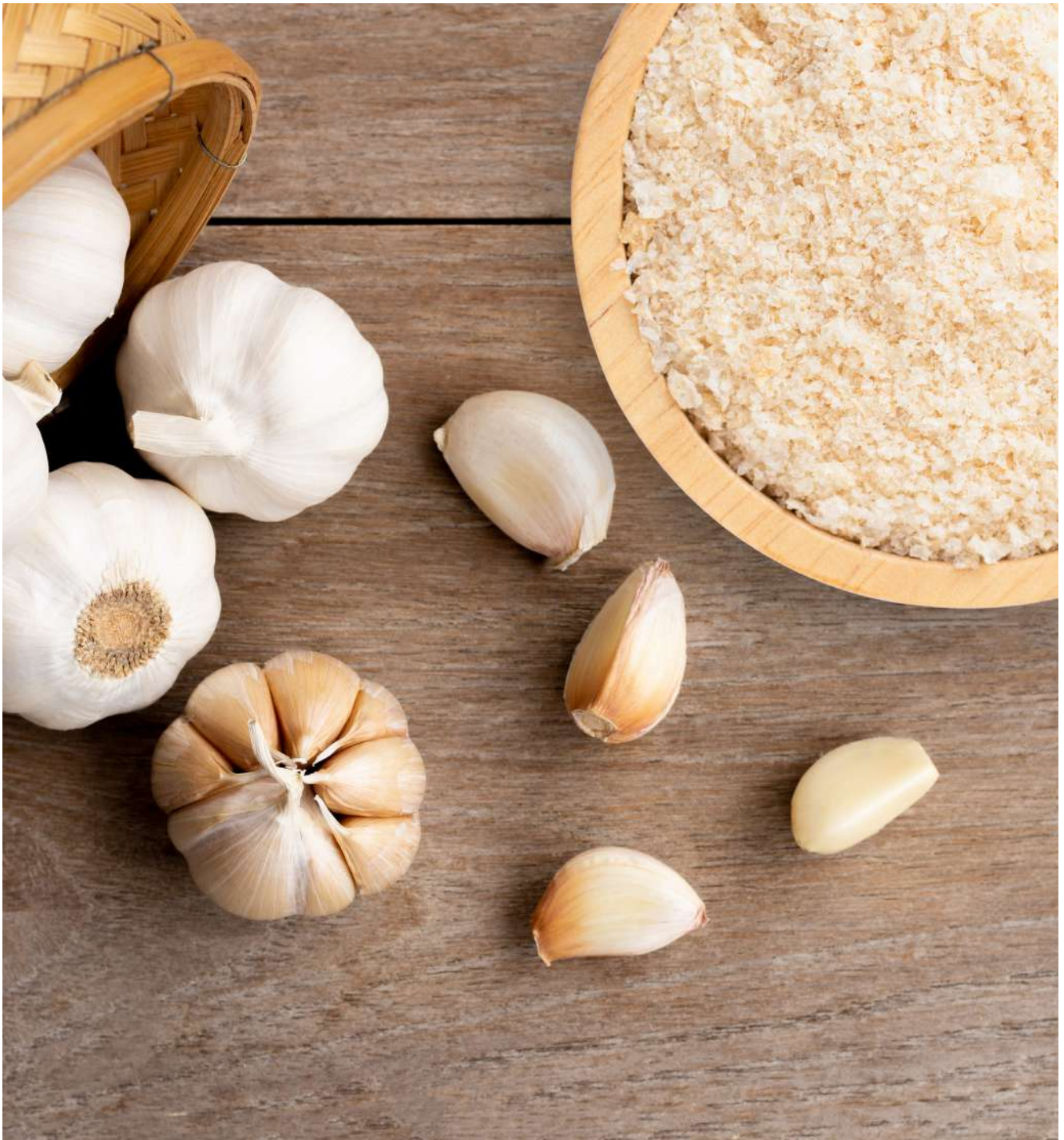
**12 hours**  
dry



**24**  
servings



**5**  
setting





## ingredients

- 6 heads garlic

## method

1. Separate the cloves of garlic from the head. Peel off the papery skins, and slice the cloves thin.
2. To dry garlic using a dehydrator: Spread out the sliced garlic in a single layer on the dehydrator screens and dehydrate at 125 °F (52 °C) until the garlic is crispy and snaps when you break it, up to 12 hours. Rotate your screens several times to dry evenly.
3. To dry garlic in an oven: Spread the sliced garlic on a parchment lined baking sheet and dry in a preheated, 150-200 °F (67-93 °C) oven for 1-2 hours until the garlic snaps when you break it.
4. Let the dehydrated garlic cool, then grind into a powder using a high quality blender, spice grinder, or coffee grinder. Sift the powder to remove large pieces, and store the garlic powder in an airtight container in a dark, cool, and dry location.
5. 6 large heads of garlic will make about 1/2 cup of garlic powder. Substitute 1/8 teaspoon of garlic powder for each clove called for in recipes.





# garlic, onion, & chili powder



**20 mins**  
prep



**12 hours**  
dry



**10**  
servings



**5**  
setting





## ingredients

- fresh onions garlic cloves, or chili peppers of choice

## method

1. Gather a few onions, several heads of garlic, or 8-10 peppers.
2. Make sure all vegetables are clean, and peel onions and garlic cloves.
3. Slice onions and garlic into thin slices and put on a sheet in the dehydrator or on lowest setting in the oven. Slice peppers in half and remove seeds and place on dehydrator sheet or on baking sheet in oven on lowest setting.
4. Dehydrate until they are completely dry and not leathery. They should be brittle enough to break by hand. Check every few hours and remove any pieces that are done.
5. When all are done drying, put into coffee grinder, food processor, or blender. If you want individual spices, blend separately.
6. Once they are finely powdered, leave them in the food processor or blender with the lid on for at least 10 minutes to let it settle. Store in glass jars and enjoy!

### Notes

Use a mix of sweet and spicy peppers to make chili powder. If you like spicier chili powder, use spicier peppers.

You can mix onion, garlic, and chili powders with salt, pepper, and paprika to make an all purpose seasoned salt



# leek powder



**10 mins**  
prep



**10 hours**  
dry



**10**  
servings



**5**  
setting





## ingredients

- leeks

## method

1. Start by thoroughly washing your leeks, and patting them dry. Discard any brown, dried bits.
2. Snip into pieces that will fit comfortably onto dehydrator trays. Be sure to separate any layers that sandwich themselves together - they'll dry much more efficiently if separated.

### DIY leek powder

1. Fill dehydrator trays with a generous layer of leek pieces. As long as the trays can correctly sit together, the leeks will dry just fine.
2. Dry at 135 degrees for about 4 hours, until completely dry. Leek pieces will be very dry and brittle, and should retain their green color well.
3. Allow dried leek pieces to cool to room temperature.
4. Stuff the pieces into your food processor, or the cup of a magic bullet. It's kind of like cramming dry hay in there.
5. Process until the powder is as fine as you like.
6. Store the finished powder in a tightly-sealed container, in a cool and dark place. Leek powder lasts well, and is not prone to clumping like onion powder sometimes can be.



# dried ginger



**15 mins**  
prep



**6 hours**  
dry



**4**  
servings



**1**  
setting



## ingredients

- ginger

## method

1. Prepare ginger in slices, chunks or shreds
2. Place on dehydrator trays
3. Dry at 95F/35C for 3-8 hours
4. Check for dry, breakable pieces  
Condition
5. Store in an airtight container for up to two years

## DIY Ginger Powder

- 1 Place ginger pieces into a coffee grinder
- 2 Pulse 3 or 4 times, then continuous grind for about 15 seconds.
- 3 Repeat if necessary
- 4 Store in an airtight container with desiccant pack if desired.





# italian herb rub



**5 mins**  
prep



**2 hours**  
dry



**12**  
servings



**5**  
setting





## ingredients

- 2 tablespoons brown sugar
- 2 tablespoons sea salt
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 2 tablespoons dried parsley

## method

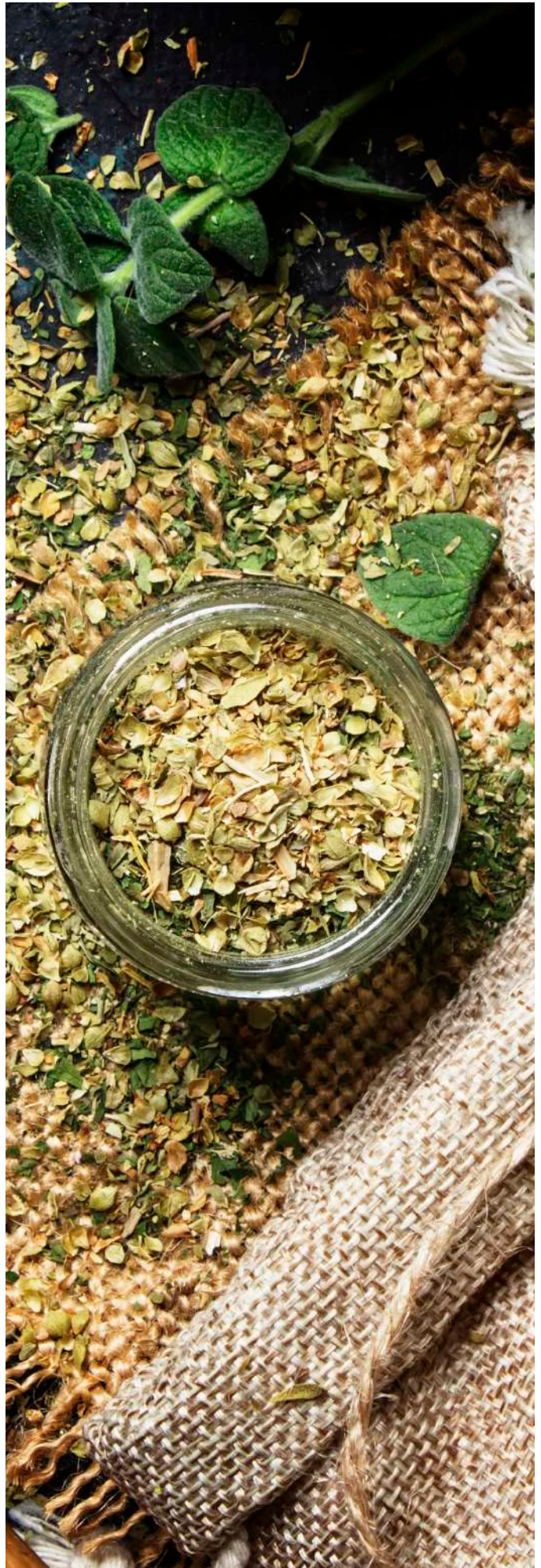
1. In a bowl combine all the spices and mix well.
2. Transfer to a spice jar, or mason jar, and store in a cool, dry, dark space until needed.
3. When using coat your meat first with some oil. Then sprinkle the rub over top and rub it into the meat. Make sure it gets everywhere.
4. Pop the meat in the fridge for a couple of hours. For herb rubs I don't really like to let them set up overnight. It can be a bit overpowering for the meat. So for this particular rub I put it on about 2 hours ahead, no more than
5. That's just a personal decision. Make sure you take the meat out of the fridge about 30 minutes before grilling. Do not grill cold meat. Can be used on fish, pork or poultry.

### Notes

Mix it up and play with the spices and herbs in this.

Lemon zest is lovely.  
Orange zest is lovely.  
Garlic is pure heaven.

Use your imagination and tailor this to your own taste buds.



# tomato powder



**5 mins**  
prep



**12 hours**  
dry



**4**  
servings



**5**  
setting

## ingredients

- Tomato Skins

## method

1. Gather your tomato skins.
2. Place on dehydrator sheets. Dehydrate at 135 degrees for 8-12 hours until brittle and no longer wet.
3. For powder: Put dried tomato skins in coffee grinder or blender and grind until powder. Store in jar.
4. For flakes: Put dried tomato skins in food processor and pulse a few times until flakes. Store in jar.







# cranberry powder



**15 mins**  
prep



**10 hours**  
dry



**4**  
servings



**3**  
setting





## ingredients

- 2 cups Cranberries
- 1/3 cup Water

## method

1. Wash cranberries well.
2. Combine cranberries and water in high speed blender and puree until you have a mostly smooth mixture.
3. Spread cranberry puree on an Excalibur Dehydrator tray lined with parchment paper to avoid staining.
4. Dry at 115° F for 10-14 hours or until very dry and brittle.
5. Remove from dehydrator and cool completely.
6. Break into pieces and blend in a high speed blender or coffee grinder until fine powder.
7. Use a fine mesh strainer and sift powder through it. Run any remaining larger pieces through blender again.
8. Store powder in an airtight container.



# homemade yogurt



**20 mins**  
prep



**20 hours**  
dry



**2**  
servings



**3**  
setting





## ingredients

- 1/2 gallon milk
- 2 Tablespoons organic, plain, whole milk yogurt

## method

1. Heat 1/2 gallon of organic milk in a pot over medium heat until it gets to 180°F.
2. Then take it off the heat to cool down to 110°F. (Do not let it go below 105.)
3. In the meantime, preheat 2 quart size jars with their lids in the dehydrator at 110°.
4. When the milk reaches temperature, add 1 Tbsp of organic plain, whole milk yogurt per quart of milk.
5. Whisk it in well to distribute all of the beneficial bacteria throughout the milk.
6. Take your preheated jars out and fill them up with the yogurt infused milk. Fill up both quart jars and put the lids on.
7. Put them in the preheated dehydrator.
8. Keep at 105°-110°F for 8-12 hours. Do not disturb while the milk is culturing.

### Notes

You can help cool the milk to 110°F more quickly by stirring it with a clean wooden spoon or placing the pot in a sink filled with cold water so that the water goes halfway up the outside of the pot.



# Thank You

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