

**L'EQUIP**<sup>®</sup>   
Life In **Healthy** Balance

# **FilterPro** **DEHYDRATOR**

Owner's Manual  
User Guide





## CONGRATULATIONS

You're now the proud owner of L'EQUIP's FilterPro Dehydrator. This dehydrator was designed with both your health and convenience in mind.

We're confident you will appreciate its ease of operation as you enjoy all the different creations you can make for years to come.



## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

### READ ALL INSTRUCTIONS.

- Do not touch hot surfaces.
- To protect against electrical hazards, do not immerse cord, plugs, or the base of the dehydrator in water or other liquid.
- Use close supervision when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning.
- Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions or if it has been damaged in any manner, return the appliance to an authorized service facility for examination, repair and/or adjustment.
- The use of accessory attachments not recommended by the manufacturer may cause hazards.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter or touch hot surfaces.
- Do not use appliance for other than intended household use.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Turn appliance off first, then remove plug from outlet.
- Do not place dehydrator on a towel or carpet as this will restrict the dehydrator's airflow and could result in damage to the appliance. Always leave at least one inch of space around the dehydrator for proper ventilation.
- The appliance has a short power cord to reduce the hazards resulting from becoming entangled in or tripping over a longer cord.
- An extension cord may be used if care is exercised during its use. Use a 5 amp rated, or heavier, extension cord. The longer cord should be arranged so it will not drape over the counter or tabletop.
- Do not expose dehydrator to temperatures above 180°F. Do not wash in dishwasher.
- This appliance has a polarized plug. One blade is wider than the other. As a safety feature this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

## SAVE THESE INSTRUCTIONS

HOUSEHOLD USE ONLY

# WELCOME TO THE WONDERFUL WORLD OF DEHYDRATING!



Dry foods quickly, economically and safely. Nothing captures the flavor and nutrition of fresh fruits, vegetables and meats like the L'Equip FilterPro Dehydrator.

Dehydrating food opens a new dimension in preserving fruits, vegetables and meats. Your new L'Equip FilterPro Food Dehydrator will perfectly capture the fresh-picked, in-season flavor and nutrition of almost any food for out-of-season eating enjoyment.

Computer-controlled temperature drying keeps the temperature in the drying chamber at a constant temperature. Food is bathed in a constant stream of filtered warm air, which gently removes moisture. The result is perfectly dried food every time.

This advanced dehydrator helps you prepare delicious, energy-filled snacks, as well as main courses, salads, baked dishes, even desserts – all made from nutritious, dried food. The L'Equip dries food faster, better and at less cost. The filter ensures that foods being dried will be free from impurities in the air.

You will find that drying food is practical, economical, as well as easy. It all starts with your state-of-the-art L'Equip FilterPro Food Dehydrator.



## WHAT IS DEHYDRATION?

Dehydration refers to a process in which moisture is removed from food, preventing spoilage, and allowing dried food to be stored safely for later use. Few nutrients are lost during dehydration.

### **Many people like Dehydration for preserving food because :**

- The food retains almost all of its nutrients and taste.
- You can control the quality of your food; preserving food at its nutritional height with filtered air.
- The weight and size of the food is reduced.
- There are no worries about spoilage, unlike frozen foods, if there is a loss of electricity.
- Food becomes more energy-dense.
- Food is not subjected to extreme high temperatures as in the canning process.
- Preparation is easy and the drying process doesn't need to be constantly attended.
- Dehydrating can be done overnight.
- Dehydrated foods are easy to store and simple to use.
- Storing dehydrated foods is energy efficient.
- Dehydration concentrates natural flavor, sweetness and aroma of food.

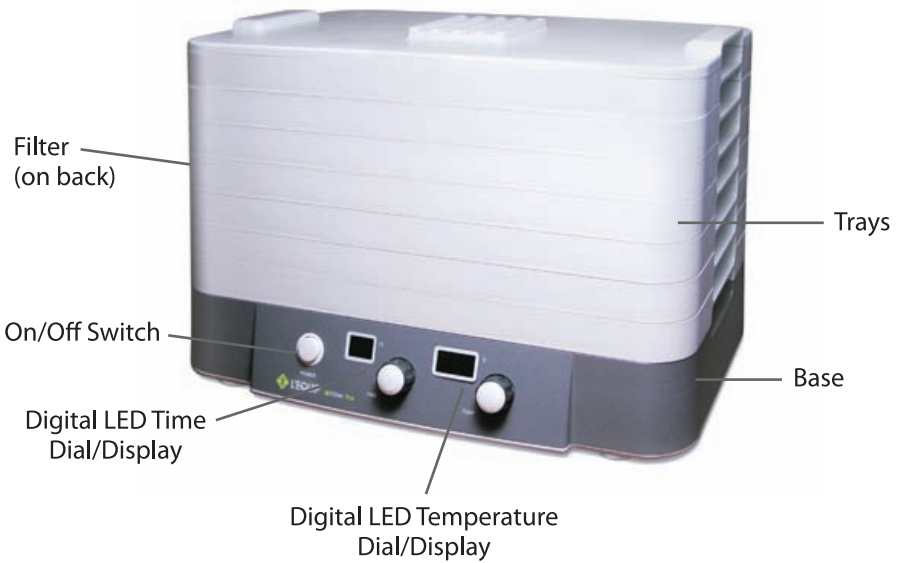
Since natural sugars concentrate as you remove moisture, the dried product is naturally sweet. Usually, you won't need to add sugar as dehydrated foods naturally taste good.

You will need to store dehydrated foods in an air-tight container.

**The FilterPro Dehydrator is made of safe, stable ABS plastic.**

Before using your dehydrator for the first time, wash the trays and top cover in warm, soapy water. Do not put trays, mesh inserts or fruit leather sheet in the dishwasher. Heat from most dishwashers (on drying cycle), can warp drying trays. Hand wash only.

Do not put the power unit/base in water. Wipe with a clean cloth.



### **Trays:**

Includes 6 trays (2 deep / 4 regular).

Deep trays can be used for the yogurt cups and for foods that need to be sliced thicker for dehydrating such as watermelon.

### **Timer:**

Timer display indicates hours of drying time remaining. Adjust time to turn the dehydrator off after the number of hours shown. When time is not set, the dehydrator will run continuously.

### **Temperature:**

Micro-processor controlled heat sensor stabilizes the drying environment. Solid-state variable temperature control insures precise results.

### **Filter:**

Includes 1 extra.

Your Filter Pro Dehydrator uses clean-air filtration to help maintain the purity of the foods you prepare for your family. Check the filter regularly. A clogged filter will reduce air-flow into the dehydrator, decreasing drying efficiency. Replacement filters are available from your FilterPro dealer.

### **Mesh Tray Inserts:**

Includes 6.

Prevents small or diced pieces of fruits and vegetables from falling through holes in the dehydrator trays. Additional trays are available as an accessory from your FilterPro dealer.

### **Fruit Leather Sheets:**

Includes 2.

Additional sheets are available as an accessory from your FilterPro Dealer.

## **HOW TO OPERATE YOUR DEHYDRATOR**

1. Place dehydrator on a flat (not carpeted), dry and stable surface. Stack trays on base. Place top cover on dehydrator.
2. Make sure drying trays are securely nestled on top of each other.
3. Make sure there is at least one inch of clearance around dehydrator to ensure proper airflow.
4. Prepare foods and fill drying trays. Do not cover center hole in trays!
5. Make sure filter is in place in bottom slot at back of base.
6. Plug power cord into any standard household outlet.
7. Turn switch on front of base to "ON." Set desired temperature and set auto shut-off timer, if desired.
8. Consult various tables to determine when food is properly dehydrated and ready to be stored.
9. You are now ready to dehydrate.

### **Care and Maintenance**

After each use, clean the drying trays and dehydrator lid with warm, soapy water. Do not wash trays, lid or base in the dishwasher. Heat from most dishwashers (on drying cycle) can warp drying trays. Soaking and/or using a plastic scrubber may remove stubborn particles. Do not use abrasive scrubbers, cleaners or solvents to clean plastic.

### **Filter**

Check the filter regularly. A clogged filter will reduce airflow decreasing drying efficiency. Replacement filters are available from your FilterPro dealer.

### **Service**

If your dehydrator experiences a problem, first refer to the Troubleshooting Chart on the following page. For service or warranty see Warranty and Service information at the back of this manual.



# DEHYDRATOR TROUBLING SHOOTING GUIDE

Symptom	Probable Cause	Items to Check
No Heat – No Fan	No Power to Unit Switch	<ol style="list-style-type: none"> <li>1. Unit is plugged in.</li> <li>2. Power switch on.</li> <li>3. House power on–outlet working.</li> </ol>
No Heat – Fan OK	Broken wire in unit	<ol style="list-style-type: none"> <li>1. Check temperature setting.</li> <li>2. Return for service if persists.</li> </ol>
Heat OK – No Fan	Motor stalled	<ol style="list-style-type: none"> <li>1. Turn off immediately.</li> <li>2. Check for foreign objects (pieces of dried food) jamming fan. Turn base assembly upside down and shake vigorously. Turn unit on side and shake particles out. If fan still doesn't operate, return unit for service.</li> <li>3. If liquid has been spilled into the air vents on the fan housing, the unit must be replaced or re-turned for inspection.</li> </ol>
Slow Drying	<p>Trays overfilled</p> <p>Air leaks due to warped or improperly stacked trays.</p>	<ol style="list-style-type: none"> <li>1. Air must flow around food freely for food to dry. Try reducing quantity on each tray.</li> <li>2. Check for foreign objects (pieces of dried food) jamming or slowing the fan.</li> <li>3. Fan motor running slow. Return for Service.</li> <li>4. Check the filter. Replace if dirty or clogged.</li> <li>5. Replace warped trays. Note: The heat from most dishwashers (on the drying cycle) can warp the drying trays. Trays must be hand washed only.</li> <li>6. Re-stack trays properly.</li> </ol>
Uneven Drying	<p>Variation in food thickness and ripeness.</p> <p>Trays not rotated.</p> <p>Too much food in trays.</p>	<ol style="list-style-type: none"> <li>1. Verify that foods are uniform in thickness.</li> <li>2. Periodically rotate trays</li> <li>3. Verify that food does not block air-flow through the tray stack.</li> </ol>
Over-heating or Insufficient Heat	Temperature control not functioning at proper range.	<ol style="list-style-type: none"> <li>1. Unplug dehydrator to clear the electronic controls. Re-set temperature. If temperature varies significantly, return for service.</li> </ol>
Noisy Fan or Motor	Foreign material in fan or motor bearings damaged.	<ol style="list-style-type: none"> <li>1. Try to clear foreign material by shaking as described above. If no change, return for service</li> </ol>

## HOW TO DEHYDRATE

The only way to become an expert is through experience. Experiment with various drying times and temperatures and then record what works best for your needs.

### Equipment:

- Sharp paring knife (Use stainless steel blades. Carbon blades may turn some fruits and vegetables dark. A vegetable slicer or electronic slicer may also be useful.)
- Cutting board
- Blender (for making leathers, flakes and powders)
- Storage containers
- Optional: Peeler, steamer and basket, or kettle and collapsible steamer

Before dehydrating, wash hands thoroughly. Also make sure that counter, cutting board, any utensils, equipment and storage containers are clean prior to using.

**Selecting Food:** Pick the best quality food at the peak of ripeness and flavor. Cut away any bruised or damaged sections.

**Decide Then Dehydrate:** Before beginning, decide how dehydrated food will be used, for example: snacks, baked goods, soups, sauces or dips. This will help determine how thick to slice food, whether to peel or not and whether to salt or season.

**To Peel or Not:** Peels tend to be tough when dried and take longer to dry; however, the peels of fruits and vegetables often contain much of the food's nutritional value. Peeling is a personal preference. If you would normally peel the food for a specific recipe, plan to peel the food to be dehydrated. Peel apples intended for pies or tomatoes intended for soup. It is better not to peel, if the dried food is to be eaten as a snack.

**Cutting Makes a Difference:** Always try to slice or cut food the same size. Slicing to a uniform thickness will result in more even drying. Don't slice food too thin. ¼" thick is perfect thickness for most fruits and vegetables. Some foods containing a large volume of water, such as watermelon, may need to be sliced thicker to dehydrate properly.

Moisture escapes best from a cut or broken surface, not through tough skin. The larger the cut area, the faster and better the food dehydrates.

Thin stalked vegetables like green beans, asparagus or rhubarb should be cut in half lengthwise, or with an extreme diagonal cut. Broccoli stems should be halved or quartered, depending upon diameter.

Fruit should be sliced across the core. Always try to make thin, flat cuts. Small fruits like strawberries can be cut in half, while even smaller berries should either be cut in half or blanched slightly to break the skin.



## PRETREATING

**Dipping:** Some fruits, such as apples, pears, peaches, apricots and bananas tend to oxidize and darken somewhat during the drying process or when stored beyond six to seven months. To prevent this, these fruits may be dipped in a solution of lemon juice, orange juice, pineapple juice, (fresh or bottled), or ascorbic acid prior to dehydrating. Dipping foods in pretreatment solution enhances appearance and extends shelf life.

Use full strength juice or prepare 2 parts juice to 1 part water. Ascorbic acid may be obtained from drug stores. Mix 1 tsp ascorbic acid per quart of water. Dip fruit in solution. Drain on paper towels and place in drying trays.

**Blanching/Steaming:** Many vegetables such as beans, corn, peas and broccoli must be steamed or blanched before drying. Although untreated vegetables used within three to four months will have acceptable flavor, heat-treated vegetables reconstitute much more quickly.

A few vegetables, such as onions, garlic, peppers, tomatoes and mushrooms can be dried and reconstituted successfully without heat treatment. In general, if vegetables must be steamed or blanched for freezing, they must be treated for drying.

Blanching is faster than steaming, but some nutrients are lost in the blanching water.

### Benefits of Blanching/Steaming:

- Sets color
- Stops ripening process (enzymatic action)
- Prevents changes in flavor
- Facilitates the drying process
- Reduces drying time
- Reduces contamination from molds and bacterial growth

**How to Steam:** Place a single layer of chopped or sliced vegetables in a colander or steam basket. Shredded vegetables can be ½ inch deep in the colander or basket. With vegetables in steam basket place in a pot above a small amount of boiling water and cover. Water should not touch the vegetables. Steam until vegetables are heated completely, barely tender but still crunchy. Drain in steamer basket. Spread steamed vegetables on trays and dehydrate.

**How to Blanch:** Blanching is not recommended for chopped or shredded vegetables, which would easily overcook.

To blanch sliced vegetables, drop prepared vegetables into a large pot of boiling water. Do not add more than 1 cup food per quart of boiling water. Cook vegetables until they are barely tender, but still crunchy, (approximately 3-6 minutes). Blanching takes approximately one-third to one-half the time of steaming.

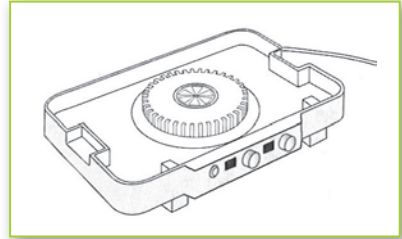
## FILLING THE DRYING TRAYS

Once the food has been properly sliced (and pretreated, if desired), begin filling the dehydrating trays. Arrange slices on the tray in a single layer, leaving a little space between slices. Center hole in each tray must always be left uncovered to allow air to circulate. If only one side of the food is cut, place the cut side up.

### To Prevent Dripping:

If moisture drips down to the base and gets into the motor, it will damage the electronics.

Place food on dehydrator tray.  
**Do not immediately place on the dehydrator base.**



To prevent dripping from foods that have been washed, sugared, marinated or are high moisture foods, such as very ripe tomatoes or citrus fruit, do the following before placing trays on the dehydrator base:

- Blot as much excess moisture from food as possible.
- Tap the tray firmly on a towel to remove excess moisture.
- Let food trays sit away from dehydrator for 10 minutes, to let excess moisture drip off. (You may want to place trays on a towel or paper towels for easy cleanup)

To catch any remaining overflow that may occur, use fruit leather sheets placed on the bottom two trays. Alternate placing the sheets on one half of each tray. This will allow the warm air to circulate. Then place these two bottom trays (without food), directly on the dehydrator base. Do not use wax paper, as the wax will melt at dehydration temperatures. Remember to always leave the center hole uncovered or unobstructed.

Fruit leather sheets and empty trays may be removed when food stops dripping.

### How Long To Dehydrate:

It is impossible to give exact drying times because the moisture content of each food varies with the weather, soil conditions, where it was grown, how thick it was sliced as well as the particular variety of food. Denser food takes longer to dry. With a little experience, you'll be able to tell which foods take the longest. For example tomatoes, which are normally quite juicy, will take longer than cabbage, which is dry. Citrus fruits will take longer than apples. Record your successes for future reference.

## How Long To Dehydrate Continued:

Begin to check sliced fruits, vegetables and meats periodically after several hours of drying time. Check more often near the end of the drying process. Herbs, leathers or chopped and shredded foods may dry sooner.

If foods have been over dried and seem brittle or slightly browned, they are still usable for soups or most baked goods. They may take slightly longer to reconstitute and require additional water, but flavor is generally not impaired.

## Tray Rotation:

The L'EQUIP Dehydrator is designed to operate with up to 20 trays. When using more than 4 trays, periodic rotation will give optimum results. Inspect drying trays periodically. Rotate trays if food being dried requires it. Place top tray on the bottom, followed by the next uppermost tray, etc.



## **STORING DRIED FOODS**

When food is sufficiently dehydrated, thoroughly cool before storing (approximately 15-30 minutes). If food is allowed to sit too long in the open air, it will begin to absorb moisture. Select appropriate storage containers and store at optimal conditions. If moisture or condensation appears in storage container, food has not completely dried. Return to dryer and continue to dehydrate until completely dry.

### **Containers:**

Any container that is clean, airtight, and moisture-proof is suitable for storage. Fill each container as much as possible. Heavy, zippered plastic bags or heat-sealing bags make excellent choices. Filled bags may be placed in metal cans with lids (shortening or coffee cans are good). This will keep out insects and light. Glass jars with tight-fitting lids can be used with or without plastic bags. Plastic containers with lids are good, but should be used in conjunction with locking plastic bags, because plastic containers are not airtight. Do not use paper or cloth bags, lightweight plastic bags, bread wrappers, unlined metal containers or any container without a tight-fitting lid.

### **Labeling:**

Label dehydrated food with the name of the product, date dried, and quantity/weight. This helps in rotating food and minimizes waste.

### **Location:**

Cool, dark and dry are the keys to maintaining the quality of dried food. Glass jars or plastic containers should be placed in a paper bag or in a closed cabinet to keep out light. Cement walls and floors are often damp. Dried food containers should not be placed directly on the floor, or touching a basement or cellar wall. Do not store dried food near items with a strong odor, such as varnish, paint remover or kerosene.

### **Length of Storage:**

In most cases, dried fruits and vegetables should not be stored longer than one year. Plan to use all dried meats, fish, poultry or jerky within a month or two. Rotate on a first-dried, first-to-be-used basis. Check dried foods periodically. If the food seems more moist than when packed, moisture may be getting into the container. Spread food on drying trays and re-dry. Then pack the food in an airtight container. Mold indicates that food was not properly dried the first time, or was not properly stored. Discard or compost moldy food. Do not try to use it.



## RECONSTITUTION

Reconstitution refers to putting moisture back into food. You will often want to reconstitute dried foods before adding to recipes, using as side dishes or combining with other ingredients.

- When allowed to soak in liquid dried food will swell to its original shape and size.
- Place food in a container with enough water or liquid to cover. Then soak until it is at desired consistency.
- Refrigerate while soaking to prevent spoilage. Do not add seasonings during this process.
- You may use liquids other than water, including juices, consommé, milk, etc.
- Try not to use more liquid than necessary for reconstitution, as nutrients will be drained away with the excess.
- There is no need to reconstitute ahead of time when making soups. Dried vegetables can be added directly to the soup about one hour before serving.
- For chopped or shredded vegetables and fruits to be used in cookies, no reconstitution is usually needed. If the pieces are crisp and dry, sprinkle with 1 Tbsp. water per ½ cup of dried food.
- For vegetables and fruits to be used in soufflés, pies, quick breads, doughs or batters, use 2 parts water to 3 parts (by volume) dried food.
- For vegetables and fruits which will be cooked in liquid, such as vegetable side dishes, fruit toppings, and compotes, use 1 to 1½ parts water to 1 part dried food. Extra liquid may be required for proper cooking.
- Chopped and shredded foods reconstitute quickly. Generally, 15 to 30 minutes is sufficient. Whole pieces or slices of fruit or vegetables and meat cubes take longest to reconstitute and are best left to soak in the refrigerator overnight.
- Some foods take longer to reconstitute than others. Carrots and beans require more time than green peas or potatoes. A rule of thumb: those that take the longest to dehydrate will take the longest to reconstitute.
- If food cannot be soaked as long as necessary, place in boiling water, remove from stove, and let stand 2 to 3 hours.
- Rehydrating meat is usually completed in 1 to 4 hours by soaking in an equal amount of water (in the refrigerator), or by gently simmering in water. Use only enough water to cover meat.
- If you drain reconstituted foods, save the liquid. This liquid has great nutritional value. Freeze for use in soups, leathers, pies or compotes.
- Do not add spices, salt, bouillon cubes or tomato products until vegetables are reconstituted and cooked. These items may hinder rehydration.

## FRUIT

Dried fruit has no preservatives, is nutritious, and has a naturally sweet taste.

Suggested uses: snacks, cookies, pies, cobblers, cakes, breads, ice creams, pancakes, jams, fruit leather, sweetener for waffles or cereals and more.

### Process:

- Select firm, ripe fruit (not overly ripe), that is free of bruises and blemishes. Sort through grapes and berries. Remove those with imperfections.
- Wash fruit that is to be dehydrated with the skin.
- Peel fruits, if desired or necessary. For easy peeling of fruits such as peaches, dip in boiling water until skin cracks.
- Waxy skinned fruits like cherries, cranberries, grapes (raisins), and blueberries that will be left whole must have their skins poked or be placed in boiling water for 1-2 minutes to remove waxy coating.
- Berries may be blanched or steamed to pop their skins which will shorten the dehydration time. Cut, remove stems, stones, pits, cores and seeds.
- Cut fruit into slices, pieces or halves. Uniform slices  $\frac{1}{4}$ " are best for most fruits.
- See PRETREATING section for fruits that may turn dark during the dehydrating process.

### Tutti-Fruit:

Dissolve flavored gelatin according to directions on package. Soak apple or pear slices in mixture for 10 minutes. Blot dry on paper towels. Dehydrate.



**NOTE:** Use times only as a general guideline. Many variables can contribute to a large difference in drying times. To test for dryness: Remove a piece of fruit. Let it cool. Cut or tear. No visible moisture should be apparent. Fruit roll-ups should be leathery with no sticky spots. Use mesh inserts for any small fruits or pieces that might fall through the holes in the dehydrator trays.

Fruit	Preparation	Average Drying Time (Hrs)	Test for Dryness
Apples	Peel if desired. Core. Cut slices, rings or chop into pieces.	4 - 10	Leathery, no moisture when cut
Apricots	Do not peel. Halve and pit. Turn inside out or cut silces.	8 - 16	Leathery, pliable
Bananas	Peel. Cut into slices 1/8" - 1/4".	6- 12	Leathery, slightly sticky in the center, brittle
Firm Skin Berries	(Blueberries, cranberries, etc) Sort. Poke skin or place in boiling water for 1-2 min. Blot dry.	10 -18	Hard
Berries	Leave whole.	10 - 18	Hard
Cantaloupe	Cut in half. Remove seeds and peel Cut slices. Blot dry on paper towel.	8 - 20	Leathery, suede-like
Cherries	Wash, pit and remove stems. Poke skin or place in boiling water for 1-2 min. Blot dry.	20 - 26	
Citrus Fruit	Peel, if desired. Cut into slices.	6 - 12	Hard
Coconut	Remove Outer Skin. Slice.	12 - 16	
Cranberries	Wash. Remove stems. Place in boiling water for 1 - 2 min. Blot dry.	14 - 22	
Grapes	Cut in half. Remove seeds. Place cut side up. Seedless green are better than red or black. Poke skin or place in boiling water 1 -2 min. Blot dry.	10 - 36	Raisin-like texture
Kiwi	Peel. Cut into slices. Slice 1/4" - 3/8 thick.	13 - 17	
Mangos	Remove skin and slice.	10 - 18	
Melons	Remove skin and seeds. Use deepest tray for watermelon. Cut in slices as thick as deep tray size will allow.	12 - 16	
Peaches	Peel, if desired. For easy peeling, dip in boiling water until skin cracks. Cut in half. Pit. Cut in slices.	6 - 16	Leathery, may be slightly sticky in center
Pears	Wash. Peel if desired. Core. Cut in slices or rings.	6 - 16	Leathery, no moisture when cut
Pineapple	Remove crown, skin & eyes. Cut in half. Cut in slices, leaving core in or remove, dice or chap and use Mesh Inserts.	6 - 12	Pliable, stil slightly sticky. No visible signs of moisture
Plums	Do not peel. Cut in half. Pit. Turn inside out or cut in slices.	8 - 16	Leathery, pliable
Rubarb	Trim. Wash. Slice diagonally into 3/4" pieces. Steam 3 - 4 min. Use Mesh Inserts.	6 - 14	Brittle
Strawberries	Wash. Cut in half. Place cut side up.	6 - 12	Hard, brittle



## FRUIT LEATHER

Fruit that is pureed and dried in thin sheets becomes a tasty, candy-like snack called fruit leather.

- Pit, then puree fruit of your choice, adding just enough liquid (fruit juice or water) for the blender to puree effectively. Often no liquid needs to be added at all.
- Place fruit leather sheet(s) into dehydrator tray(s). Pour one cup of fruit puree onto a sheet. If desired, use plastic wrap on leather sheets before pouring on fruit, so leather can be wrapped easily after drying. Remember to leave the drying tray's center hole uncovered.
- For adequate circulation, only one half of the drying tray should be used. Place fruit leather sheets on alternate halves of the trays in the stack.
- When drying sticky purees (bananas, for instance), spray a small amount of vegetable oil on the fruit leather sheet or plastic wrap. After all fruit leather sheets are filled, stack the drying trays on the base. Dehydrate until the fruit puree is the texture of leather. It should easily remove from the fruit leather sheet. Wrap in plastic wrap and store at room temperature or refrigerate.
- Spices, chopped nuts or coconut may be added to the puree for extra flavor. For further variation, puree several types of fruit together.

Don't be afraid to experiment! Vary the amounts according to availability, taste and imagination. If the puree tastes good, the leather will be better. Remember the flavors, and sweetness, concentrate with drying.

### Try the following combinations:

- Strawberries, bananas
- Strawberries, rhubarb
- Cooked cranberries, oranges, honey
- Pineapple, peach
- Raspberry, apple
- Raspberry, banana, coconut
- Apple, orange, banana, sunflower seeds
- Apricot, plum







## VEGETABLES

Dried vegetables are very versatile. Use them to make soups, stews, soufflés, casseroles, and dips. They can also be used in recipes calling for fresh or canned vegetables.

### Preparation:

- Select fresh, firm, ripe vegetables that are free from blemishes. Tender green beans, corn and peas are preferred. Celery, carrots and peppers should be crisp. Dry as soon as possible after picking to retain the most nutrients.
- Wash vegetables thoroughly in cold water before processing.
- Trim, core, peel, slice or shred vegetables.
- If cutting vegetables into slices make sure they are a uniform size. ¼" - ½" are best for drying.
- See section on PRETREATING for information about vegetables that need to be steamed/blanched before dehydrating. Some vegetables require no pretreatment. Blanching decreases drying time.
- Spread vegetables in a single layer, unless shredded or grated.
- Dry vegetables until there is no visible sign of moisture and they are brittle, hard, or crisp. Peas should shatter when hit with a knife.

### Vegetable Powders

Vegetables may be pureed, dried as leathers, and then powdered for making juices, soup bases, dips, salad dressings, or baby foods. Dehydrate vegetable leather until very brittle. Immediately powder small amounts at a time in a dry blender. Brittle, sliced or chopped vegetables can also be powdered. Powders must be stored in airtight containers to avoid clumping. Reconstituted powdered tomatoes, for example, make great tomato sauce or pizza sauce. Remember powders have very concentrated flavor.

### Vegetable Chips

Vegetable chips offer a great crunchy texture and taste. Select vegetables such as cucumbers, eggplants, zucchini, or parsnips. There is no need to peel. Cut very thin slices (1/8" thick). Steam 3 or 4 minutes, if chips will be stored longer than 5 months. Sprinkle generously with salt before drying. (Seasoned salts make an interesting chip). Dry until very brittle. These can be served plain or with dips.

**NOTE:** Use average times only as a general guideline. Many variables can contribute to a large difference in drying times. Use mesh inserts for small pieces or grated vegetables. Dried vegetable should be tough or crisp.

Vegetable	Preparation	Avg. Dry Time (Hrs)
Asparagus	Remove woody end. Slice diagonally into ½"-1" pieces. Blanch/steam.	3 - 10
Green Beans	Snip off ends, pull off strings. Dry whole or slice diagonally into ½"-1" pieces or cut lengthwise. Blanch/steam.	6 - 12
Beets	Steam until tender. Cool and peel. Cut in slices, cubes or shoestring strips.	3 - 10
Broccoli	Cut all stalks in halves or quarters. Blanch/steam.	4 - 10
Cabbage	Trim outer leaves. Cut in half. Core. Cut into strips or dry whole leaves. Blanch/steam.	4 - 10
Carrots	Remove tops and stringy end. Peel, cut crosswise, lengthwise or diagonally into slices, cubes or grate. Blanch/steam.	4 - 12
Cauliflower	Cut off woody base. Separate into small flowerets, slice or cube into pieces. Blanch/steam.	6 - 14
Celery	Trim. Cut lengthwise or crosswise into strips or pieces. Leaves may also be dried. Blanch/steam.	3 - 10
Corn	Remove husk and silk. Blanch/steam. Plunge immediately into cold water. When cool, drain. Cut kernels from cob.	6 - 12
Cucumbers	Peel (skin is bitter when dried). Slice or shred. Salt, if desired.	4 - 10
Eggplants	Trim. Peel. Cut into round slices, julienne strips or cubes. Blanch/steam. Skin may be dried separately.	4 - 14
Greens	Cut off stems. Blot dry on paper towels.	4 - 10
Mushrooms	Remove woody stems. Wipe with brush or cloth. Do not wash. Slice or cube. Small mushrooms may be dried whole.	4 - 10
Okra	Trim off stem and tip. Slice pods into pieces or cut lengthwise.	4 - 10
Onions	Cut off stem and root. Remove outer skin. Cut in slices, rings or dice.	6 - 12
Peas	Shell. Sort. Blanch/steam.	5 - 14
Peppers	Remove stem and seed head. Cut in rings, strips or dice. Seeds may also be dried. Blanch/steam. For seeds use leather sheets.	5 - 12
Potatoes	Peel. Remove green lining just under skin. Cut away bruises. Cut into slices, strips or grate. Blanch/steam.	4 - 12
Pumpkins	Cut in half. Scrape away pulp and seeds. Remove rind. Cut into wedges 1"-3" wide and then into strips ½" wide. Seeds can also be dried. Blanch/steam.	6 - 12
Winter Squash (Butternut, Acorn)	Cut in half. Remove seeds and stringy fiber. Peel off rind. Cut into strips or cubes. Seeds may also be dried. Blanch/steam.	4 - 10
Summer Squash (Zucchini)	Peel if desired. Cut in slices, cube, julienne strips or coarsely grate. If larger than 12" remove seeds and fibrous tissue. For vegetable chips soak in soy sauce before drying.	4 - 10
Tomatoes	Remove stem area. Peel, if desired. Cut in slices. Blot excess moisture before drying.	6 - 12

## MEATS, FISH AND POULTRY

The L'Equip FilterPro can make dried meat and jerky. Dried meat refers to meat, poultry, or fish that has been cooked then dried. Jerky is raw meat or fish that has been seasoned and dried.

Dried meats are best when made for upcoming camping and backpacking trips. When reconstituted, they yield a tasty meat, somewhat like fresh cooked. Practically any meat can be dried, but fatty meats are not recommended.

### **Suggested uses:**

Snacks, soups, stews, casseroles, pizza toppings or rehydrate and use in salads.

### **Guidelines:**

- Choose lean cuts of meat. The leaner the meat, the better quality of the dried product. Chicken breasts are leaner than dark meat.
- Cleanliness is critical when working with raw meats. Make sure all surfaces, utensils and your hands, are washed thoroughly.
- Except for jerky, all meats, fish and poultry should be cooked before being dried. Braising, pot roasting or steaming are best, because no fat is used with these cooking methods.
- Never dehydrate raw chicken or poultry because it could contain salmonella.
- Cut meats across the grain into thin strips about 1" wide and ¼" thick.
- Trim off all fat and connective tissues. For easier cutting, partially freeze by placing meats on the bottom of the freezer for about 30 minutes. Turn and freeze 15 minutes longer. To prepare fish, filet, then cut into 1" strips.
- Do not store dried meat, fish, or poultry longer than two months.
- Store dried meat in an airtight container, a sealed plastic bag, or jar with an airtight lid. Keep in the refrigerator or freezer.

### **Note:**

Meats, poultry, and fish generally take 6 to 12 hours to dry. This is a general guideline. Drying times may vary. Dehydrated meats, poultry and fish darken in color when dried. Dehydrate until pieces are dry but will bend without breaking, with no evidence of moisture.



## MEAT, FISH AND POULTRY

Meats	Cuts to Select	Preparation	Test for Dryness
Beef	Lean cuts: Round, rump, flank.	Cook as for pot roast, until tender. Chill. Remove all fat. Cut into cubes or strips. Season, if desired.	Brittle
Chicken or Turkey	White meat	Cook by steaming or roasting. Chill. Remove fat and skin. Cut or break into pieces or cubes ½" thick, 2" long. Season if desired.	Hard
Fish	Lean fish: Bass, haddock, pike, snapper, halibut, cod, perch, flounder, sole, whiting	Clean fish by removing head, skin and any bones. Steam fish without adding butter. Cool. Break into pieces about 2" square, not thicker than ½". Must not contain bones or skins. May be sprinkled with paprika, salt, pepper, onion and garlic powder or other spices before drying.	Brittle

## JERKY

Jerky is the only meat to be placed uncooked in the dehydrator. Your L'EQUIP FilterPro Dehydrator quickly turns thin strips of seasoned meat into a hearty snack. It is recommended that pork not be dried for jerky, as the drying temperature is not high enough to kill harmful bacteria.

- It is essential when working with raw meats to keep working conditions clean. Wash hands thoroughly each time you touch another item. Make sure all surfaces and utensils are washed completely.
- To prepare fish: filet, then cut into 1" strips.
- To prepare meat: Select lean meats, (lean flank or round steak makes great jerky). Trim off all fat and connective tissue. Cut into thin strips about 1" to 1½" thick.

For easier cutting, place meat on bottom of freezer for about 30 minutes to partially freeze. Turn over and freeze 15 more minutes. Cut across the grain into strips about 1/8" thick.

- Season or marinate meat or fish from ½ hour to overnight in the refrigerator. Increasing the marinating time for a stronger flavored jerky.

A simple salt solution marinade improves flavor while reducing the potential of spoilage. Most barbecue marinades may be used, as long as they contain no oil. Adding lemon juice to the marinade will help preserve redness. Vinegar added to a marinade will soften the wild taste of game meats.

## JERKY

- Meat may also be seasoned with salt, pepper, garlic, onion powder, or other spices instead of marinating. Because flavors intensify during dehydration, use salt sparingly. However, season meat dried for jerky a little heavier than for regular cooking.
- **To prevent dripping of marinade:**
  - Drain off any excess marinade.
  - Blot as much excess moisture from food as possible.
  - Tap the tray firmly on a towel to remove excess moisture.
  - Let food trays sit away from dehydrator for 10 minutes, to let excess marinade drip off. (You may want to place trays on a towel or paper towels for easy cleanup.)
- Jerky generally takes 6 to 12 hours to dry. This is a general guideline. Drying times may vary. Dehydrate until strips are dry, but can be bent without breaking. Jerky should be tough (slightly chewy), not brittle, with no evidence of moisture.

### Soy Marinade

Marinates about 1½ pounds beef

¼ cup soy sauce

2 Tbsp honey

½ tsp dry mustard

¼ tsp garlic powder

Combine ingredients in bowl. Add thinly sliced meat. Marinate 30 minutes, turning occasionally.



## YOGURT

### Items needed to make yogurt:

- **Starter Yogurt** - this is yogurt that has been made with active live cultures. Buy a small container of plain yogurt at the grocery store and make sure that it says "Made with Live Cultures" or something similar. Each time you make yogurt you will need starter. You can also use your own starter, but over time it loses its potency. Starter yogurt can also be frozen in ice cube trays so it is convenient to have on hand.
- **Thermometer – candy or instant read**
- **Pot**
- **Dehydrator – to incubate yogurt.**
- **Yogurt Cups**



### Quick Basic Yogurt – from Powdered Milk

Recipe by Carol Stiles

- 2 cups warm water
- 1 cup non-instant powdered milk (non-instant powdered skim milk also works well). Mix milk per instructions the night before
- 2 Tbsp yogurt starter (or good commercial yogurt)

Pour warm water (100°F) into a blender. Turn on low speed. Add powdered milk slowly. Blend until smooth. Add yogurt or yogurt starter and blend a few more seconds. This whole process can be done by hand, but make sure all lumps are gone.

Pour into yogurt cups. Place cups in one of the tall dehydrator trays. Set temperature to 100°F. for 3 to 4 hours. Check after 3 hours to see if mixture has set up. If it is not set, check every 20 minutes until done. Yogurt should be ready after 4 hours. Once set, chill immediately. Keep in refrigerator.

### Basic Yogurt – from Fresh Milk

Recipe by Carol Stiles

- 4 cups fresh milk (can use cold powdered milk made the night before)
- ½ cup non-instant powdered milk
- 2 Tbsp yogurt starter (unflavored)

Scald milk to 180°F. Use a thermometer to measure temperature. Cool to 100°F. Stir in powdered milk. Thoroughly mix yogurt starter with a little warm milk in a small bowl. Add to remaining warm milk. Stir well. Pour into yogurt cups. Place cups in one of the tall dehydrator trays. Set temperature to 110°F for 3-4 hours or until set. Chill immediately after yogurt sets. Keeps in refrigerator approximately 1 week.

## HERBS

Dried herbs are much more flavorful than fresh herbs. 8 oz. fresh herbs = 1 oz. dried herbs.

Many herbs can be harvested through the entire growing season. Two-thirds of the plant may be cut, leaving the rest to grow. Once plants are cut, regular cuttings will prevent them from flowering.

Flowers, seeds, leaves and stems can all be used for seasoning. If flowers are used in teas, dry them whole. Remove any tough or discolored parts.

Dried herbs have an excellent shelf life. If stored under normal storage conditions, they will keep their potency for four years or more. Dark colored containers are best for storage. Light fades color and weakens flavors.

### **Preparation:**

- Select herbs just before the plant blooms. Leaves should be fully developed, yet tender.
- Flowers should be harvested when they first open and are still very fresh.
- Harvest on a sunny morning after the dew has evaporated.
- Herbs require no pretreatment.
- Wash leaves and stems lightly in cold water. Spread on absorbent towel or shake off any visible moisture.
- Be sure to remove any brown spots and insect debris from the leaves.
- Strip leaves from larger stems. Parsley and sage may be dried on the stems. Entire pods or seeds of chili peppers can be dried.
- Herbs can be placed on the drying trays within minutes of picking and cleaning.
- Use either mesh insert trays or fruit leather sheets.
- Herbs will be brittle and crumble easily when dried. Some leaves will darken in color but that does not affect flavor.
- After drying leaves, they can be left whole, stripped from the stem, or crushed. To crush rub between fingers, use mortar and pestle or press through a fine screen.
- Store in airtight containers in a cool, dark, dry place. If moisture appears on the inside of the container, the herbs will need further drying.
- Dried herbs can be difficult to distinguish from one another, so storage containers should be labeled immediately following drying.

### **Suggested uses for dehydrated herbs:**

Use in Italian, Mexican and Chinese dishes. Also use in soups, stews, sauces, vegetables, salads, cakes, cookies, meat dishes, fish dishes, egg dishes and in seasoning mixes.

**NOTE:** Use average times only as a general guideline. Many variables can contribute to a large difference in drying times. Check herbs periodically to ensure correct drying results.

Herb	Part of plant to dehydrate	Avg. Dry Time (Hrs)
Basil	Leaves	1-3
Chili Peppers	Pods	5-12
Chives	Leaves (Chop)	2-3
Cilantro	Leaves	1-3
Cumin	Seeds	2-5
Dill	Leaves	1-3
Fennel	Leaves and seeds	1-3 leaves 2-5 seeds
Garlic	Cloves (Break bulbs into cloves. Remove outer peel of each clove)	3-5
Ginger	Root and leaves	1-3
Mint	Leaves	1-3
Oregano	Leaves	1-3
Parsley	Leaves and stems	1-3
Rosemary	Leaves	1-3
Sage	Leaves and stems	1-3
Tarragon	Leaves	1-3
Thyme	Leaves	1-3

### Herb Butter:

- ½ cup butter or margarine, softened
- 1 Tbsp lemon juice
- 1 Tbsp crushed dried herbs\*
- Salt and Pepper

\*Suggested herbs include dill, oregano, basil and tarragon.

In small bowl cream butter or margarine. Slowly add lemon juice. Add herbs, and salt and pepper to taste. Cover and refrigerate.



## POTPOURRI

Potpourri is a blend of flowers, herbs, essential oils, spices, and a fixative.

Use whole dried flower petals, heads, leaves, and buds. Almost any herb and spice can also be added. Dried roses are a popular scent but lilacs, lavender and violets also make good additions. Dried orange, lemon, lime, tangerine, and grapefruit peel are other flavors that can enhance potpourris. Be careful that one scent does not overpower the main one.

Remove petals and herbs from their stems. Dry in a single layer on mesh tray insert or fruit leather sheets. Dry until brittle, which may take from 2-10 hours. Store different herbs, flowers, etc. in different containers until ready to be mixed. Potpourris can be placed in cloth bags to make sachets.

### Rose Potpourri

- ¾ cup dried rose petals
- ¼ cup dried mint leaves
- 2 Tbsp dried lavender flowers
- 2 Tbsp powdered dried orange peel
- 1 Tbsp dried bay leaf pieces
- 1 Tbsp dried stick cinnamon pieces
- 1 Tbsp orrisroot \*
- 3 drops lavender oil

Combine all ingredients. Stir. Place in decorative airtight jar.

\* Orrisroot is a fixative commonly added to potpourris to hold fragrances for long periods of time. It has a violet scent. It is available at some drug stores, herb shops, or perfumery supply houses.

### Lavender Sachet

- ½ cup dried lavender leaves and flowers
- ½ cup dried orange peel pieces
- Small cloth bags

Combine lavender and orange peel. Fill cloth bags and stitch closed. Place in drawers and closets to freshen and scent clothes. Lavender sachet can also be used to scent bathwater.

# POTPOURRI

## Dry Potpourri

- 1 qt dried flowers
- 1 Tbsp orrisroot
- 1 Tbsp ground spices
- 2 Tbsp dried peels, leaves, or small pieces of fragrant wood
- 1 tsp sugar
- 1 tsp salt

In a large bowl thoroughly mix all ingredients. Cover and allow to sit for 4 to 6 weeks, stirring gently every other day. When potpourri begins to lose its smell, add a few drops of a scented oil to reactivate.

## Herb Potpourri

- ½ cup dried lemon balm
- ½ cup dried spearmint
- ¼ cup dried thyme
- 1 cup dried rosemary
- ½ cup dried sage
- ½ cup dried summer savory
- 12 cardamon seeds, crushed
- ¼ cup dried lemon peel
- 2 Tbsp orrisroot
- 5 drops pure lemon extract
- 5 drops pure orange extract

Combine all ingredients in a crock and mix periodically. Put in an airtight container or a decorative jar.



## RECIPES

Adapt your own recipes to include dried foods. You will generally need to substitute about  $\frac{1}{2}$  to  $\frac{2}{3}$  cup dried for every 1 cup fresh food when converting.

### Beverages

#### Fruit Fizz

- 1 cup water
- 1 cup fruit leather
- Ice cubes
- Ginger ale
- Sugar / Grenadine syrup (to taste)

Puree fruit leather with water. Let stand 15 minutes. Puree again. Fill tall glass with ice cubes. Pour glass two-thirds full of puree. Add ginger ale to fill. Stir. Sweeten to taste with grenadine syrup or sugar syrup.

#### Fruit Sipper

Reconstitute 1 part dried fruit with 2 parts water. Puree. Fill tall glass with ice cubes. Pour glass half full of puree. Add ginger ale to fill. Stir. Sweeten to taste with grenadine or sugar syrup.

#### Banana Smoothie

- $\frac{1}{2}$  cup dried banana chips
- 8 oz. yogurt
- 8 oz. milk
- $\frac{1}{2}$  tsp cinnamon (optional)
- $\frac{1}{4}$  tsp vanilla
- Honey
- 1-2 cups coarsely crushed ice.

Place banana chips, yogurt, milk, cinnamon and vanilla in blender. Whip until smooth. Add honey to taste, and blend again. Add ice and whip until ice is finely crushed and beverage is thinned to desired consistency. Makes about 3 cups.

#### **Substitution:**

Any dried fruit may be used instead of bananas.

## Breakfast

### Blueberry Pancakes

- 1 cup dried blueberries
- 1 cup grape juice
- 2 cups flour
- 3 tsp baking powder
- 1 tsp salt
- 2 cups milk
- ½ cup oil
- 1 Tbsp honey
- 3 eggs, beaten

Soak blueberries in grape juice for at least 1 hour. Overnight soaking is best. In a small bowl sift together flour, baking powder, and salt. Place milk, oil, and honey in a large bowl. Mix well. Add beaten eggs. Add dry ingredients and stir just until large lumps disappear. Do not over mix. Form pancakes on a hot, greased griddle. Place 1 tsp rehydrated blueberries on top of each pancake. Turn pancakes when bubbles appear. Serve with hot syrup. Makes 24 pancakes.

### Blueberry Muffins

- ½ cup dried blueberries
- ¼ cup grape juice
- 1 ½ cups flour
- ½ cup sugar
- 2 tsp baking powder
- ½ tsp salt
- 1 egg
- ½ cup milk
- ¼ cup oil

Soak dried blueberries in grape juice for at least 1 hour. Overnight soaking is best. In large mixing bowl sift together flour, sugar, baking powder, and salt. In another bowl mix egg, milk, and oil. Add to flour mixture, stirring lightly. Do not over mix. Batter will be lumpy. Drain blueberries and add to batter. Put in greased muffin pan. Bake in 400°F oven 25 minutes or until golden brown. Makes 12 muffins.

## Banana Bread

- 1 cup pulverized dried bananas
- 1 ½ cups milk (for rehydrating)
- ½ cup margarine
- 1 cup sugar
- 2 eggs
- 2 cups flour (can use 1 cup whole wheat and 1 cup white or all whole wheat flour)
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup nuts (chopped)

Combine pulverized bananas and milk. Let sit 10 minutes. Cream margarine and sugar. Add eggs and beat. Sift dry ingredients. Alternately add portions of the reconstituted bananas and flour mixture. Beating after each addition. Stir in nuts. Pour into well-greased loaf pan(s). Let batter sit in pans 10 minutes before baking. Bake 50-60 minutes at 350° F. or until toothpick inserted in the center comes out clean. Cool before removing from pan. Makes 1-2 loaves (depending on size of pan).

## Broccoli Quiche

- ½ cup dried broccoli pieces
- ½ cup milk
- ½ cup sour cream
- 3 eggs, beaten
- 1 cup grated Swiss cheese
- ¼ cup chopped onion
- ¼ tsp salt
- ⅛ tsp pepper
- 1 9-inch unbaked pie shell
- ¼ cup fried bacon pieces

Soak dried broccoli pieces in milk for 1 hour. Stir in sour cream. Add beaten eggs, grated cheese, chopped onion, salt and pepper. Mix. Pour into unbaked pie shell. Bake in a 375° F oven for 35-40 minutes or until a knife inserted in the center comes out clean. Top with fried bacon pieces. Serves 6.

Substitutions: Other vegetables such as spinach, zucchini, mushrooms, bell peppers, cauliflower or combination may be substituted for the broccoli.

## Apricot Jam

- 1 ½ cups coarsely diced dried apricots
- 1 cup water
- ¾ cup honey
- 1 tsp grated lemon peel or ½ tsp powdered dried lemon peel
- ½ cup chopped walnuts or pecans (optional)

In a small saucepan combine apricots and water. Bring to a boil. Remove from heat, cover, and let stand 30 minutes. Add honey and powdered dried lemon peel or dried lemon peel. Bring to a second boil. Boil gently, uncovered, over medium heat for 10 minutes or until jam is desired consistency. Stir in nuts. Pour into sterile jars and seal. Cool. Makes 2 cups.

## Fresh Peach Jam (An alternative drying procedure)

- 7 cups peeled and sliced fresh peaches
- 4 Tbsp lemon juice
- ½-1 cup honey

Puree peaches and lemon juice in blender. Add honey to taste. Spread mixture ¾" thick on leather sheets. Place in dehydrator and dry 3 to 3 ½ hours. Stir and re-spread jam about once each hour. When mixture is consistency of jam, pour into a glass jar and refrigerate or freeze (allow room for expansion). Makes 1 cup.

Substitution: Almost any fruit or berry can be substituted for peaches.

## Desserts

### Spicy Carrot Cookies

- 1 cup dried grated carrots
- ½ cup hot water
- ¾ cup butter or margarine
- 1 cup firmly packed brown sugar
- 1 egg
- 2 Tbsp water
- 1 tsp vanilla
- 1 ¾ cups flour
- 1 tsp salt
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 6 oz chocolate chips (optional)

Combine dried grated carrots and ½ cup hot water. Let sit 30 minutes, stirring twice. Beat together. Let sit 30 minutes, stirring twice. Beat together butter or margarine, brown sugar, egg, 2 Tbsp water, and vanilla until creamy. Stir together flour, salt, baking soda, cinnamon, and nutmeg. Add to creamed mixture. Fold in carrots. Drop by teaspoonfuls onto slightly greased baking sheets. Bake in 350° F oven for 15-18 minutes or until lightly browned. Makes 4 dozen

### Barb's Carrot Cake- Recipe by Barb Lockert

- 1 ½ cups oil\*
- 3 eggs
- 1 ½ cups sugar
- 2 cups whole wheat flour
- 2 tsp baking soda
- ½ tsp sea salt
- 2 ½ tsp cinnamon
- Dash nutmeg
- 1 cup dehydrated carrots, rehydrated
- 1 cup walnuts, chopped
- 1 cup (14 oz) drained, crushed pineapple\*

Rehydrate 1 cup dehydrated carrots in 1 cup warm water for 30 minutes. Do not drain. Preheat oven to 350 degrees F.

In a Bosch bowl with wire whips or cookie paddles, beat oil, eggs and sugar. Add remaining ingredients. Mix together. Pour into greased and floured 10" tube pan, bundt pan, or a 10" spring-form pan. Bake 1 hour. Cake tester should come out clean before removing from oven. Cool 5 to 10 minutes in pan. Invert pan to remove cake. Cool completely on a cooling rack. Frost with cream cheese icing.

\*Oil may be replaced with  $\frac{3}{4}$  cup oil and  $\frac{3}{4}$  cup applesauce.

\*Drained pineapple juice may be reserved for icing or as part of the oil measurement.

### **Cream Cheese Icing**

2 8-oz packages cream cheese softened

1 cup powdered sugar

1 tsp vanilla

Cream ingredients with wire whips.

Frost cooled cake. Sprinkle with  $\frac{3}{4}$  cup shredded coconut.

### **Apple-Raisin Cookies**

1 cup coarsely chopped dried apples

2 Tbsp hot water

$\frac{3}{4}$  cup butter

1 cup firmly packed light brown sugar

1 egg

2 Tbsp water

1 tsp vanilla

1 cup unsifted all-purpose or unbleached white flour

1 tsp salt

$\frac{1}{2}$  tsp baking soda

3 cups granola

$\frac{2}{3}$  cup raisins

Preheat oven to 350° F. Combine dried apples and hot water. Set aside. Beat butter, brown sugar, egg, 2 Tbsp water and vanilla together until creamy. Stir together flour, salt and baking soda. Add to creamy mixture. Blend well. Stir in apples (undrained), granola and raisins. Drop by teaspoonfuls onto greased baking sheets. Bake 15-18 minutes until lightly browned. Makes 5 dozen.

#### **Variations:**

#### **Pineapple-Coconut Cookies:**

Substitute 1 cup coarsely chopped dried pineapple for dried apples. Decrease granola to 2 cups. Add 1 cup flaked coconut. Omit raisins.

#### **Banana-Nut Cookies:**

Substitute 1 cup chopped dried bananas for dried apples. Increase flour to  $1\frac{1}{2}$  cups. Omit raisins and granola. Add 1 cup uncooked oatmeal and 1 cup chopped nuts.

## Apple Pie

- 5 cups dried sliced apples
- 3 cups boiling water
- ½ cup sugar
- 2 Tbsp cornstarch
- ½ tsp cinnamon
- Dash nutmeg
- Pastry for 9-inch 2-crust pie
- Sugar and cinnamon

Combine apples and boiling water. Let stand 15 minutes. Drain liquid into saucepan. Stir together sugar and cornstarch. Add to liquid. Add cinnamon and nutmeg. Cook over medium heat, stirring constantly, until mixture boils. Add apples. Pour into pastry lined pie plate. Top with remaining pastry. Seal edges well. Cut air slits in top pastry. Sprinkle lightly with sugar and cinnamon. Bake in 425°F oven 45 minutes or until apples are tender. Makes one 9" pie.

### *Variations:*

#### Apple Cobbler:

Prepare pie filling. Add ½ cup dark raisins, optional. Pour into baking dish. (To prevent bubbling over, baking dish should be at least one inch deeper than filling). Combine 2/3 cup granola, 2 Tbsp brown sugar and 2 Tbsp soft butter. Sprinkle over filling. Bake in 350°F for 45 minutes or until apples are tender.

#### Apple Turnovers:

Thaw 6 frozen pastry shells. Prepare ½ recipe pie filling. Roll out pasty shells, one at a time, on lightly floured board, to about a 7-inch square. Spoon filling into center of each. Brush edges with lightly beaten egg. Fold over one half of the square to form a triangle. Seal edges with fork. Brush tops with beaten egg. Sprinkle with sugar. Cut 2 air vents in each. Transfer to ungreased baking sheet with spatula. Bake in 435°F for 20 minutes or until browned. Makes 6.

## Nectarine Angel Cake

- 1 angel food cake
- 2 cups dried nectarine slices
- 2 cups water or fruit juice
- 1 tsp cinnamon
- ¼ cup sugar
- 2 Tbsp apricot nectar or orange juice
- 1 cup whipping cream
- 1 tsp vanilla
- 1 tsp sugar

In saucepan soak dried nectarine slices in water or fruit juice for 1 hour. Add cinnamon and bring to a boil. Cook until most of the liquid has been absorbed, approximately 10 minutes. Stir often. Place fruit in blender and puree. Add ¼ cup sugar and apricot nectar or orange juice. Mix well. Chill. In small bowl whip whipping cream until soft peaks form. Flavor with vanilla and 1 tsp sugar. Gently fold chilled nectarine puree into whipped cream. Slice angel food cake into 2-3 horizontal layers. Spread filling between each layer and chill before serving.

## Dips

### Herb Yogurt Dip

- 1 Tbsp crushed dried parsley
- 2 tsp water
- 1 cup plain yogurt
- 1 Tbsp cider vinegar
- 1 Tbsp salad oil
- ½ tsp dried dill weed
- ½ tsp dried marjoram
- ½ tsp dried oregano
- ¼ tsp salt
- ⅛ tsp pepper
- 1 clove garlic, crushed

Combine parsley and water. Let stand 5 minutes. Drain off excess water. Add remaining ingredients. Mix well. Chill 1 hour. Serve with dehydrated vegetable chips. Makes 1 cup.

### Cucumber Dip

- ½ cup coarsely pulverized dried cucumber
- 6 oz. cream cheese, softened
- 2 Tbsp sour cream
- 1 Tbsp mayonnaise
- 1 tsp dried dill
- Salt and Pepper

Mix all ingredients, salt and pepper to taste, and refrigerate until well chilled. Serve with chips or use as a sandwich spread. Makes 1 cup.

## Fruit Leather

### Crunchy Cantaloupe Leather

- 1 cup diced cantaloupe (about 1/3 small melon)
- 1/3 cup applesauce
- 2 Tbsp flaked coconut
- 3 Tbsp slivered almonds
- Dash cinnamon

Puree diced cantaloupe. Combine with applesauce, flaked coconut, slivered almonds and a dash of cinnamon. Pour onto two fruit leather sheets. Place on two separate dehydrating trays, placing on alternate sides of the dehydrator.

### Cherry-Rhubarb Leather

- 1 can (21 ounces), cherry pie filling
- 1 cup raw diced rhubarb

Combine cherry pie filling and rhubarb in saucepan. Simmer about 10 minutes until rhubarb is tender. Cool. Puree mixture. Pour onto fruit leather sheets. Fills five sheets. Place on separate dehydrating trays, placing on alternate sides of the dehydrator.

## Soups/Sauces

### Vegetable Soup

- 1/2 cup dried sliced potatoes
- 1/4 cup dried green beans
- 1/4 cup dried sliced carrots
- 2 Tbsp dried chopped onion
- 4 cups water
- 5 dried tomato slices
- 3 Tbsp dried green peas
- 1 heaping Tbsp dried Okra, optional
- 1 Tbsp dried parsley
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp pepper

Combine potatoes, green beans, carrots and onion with water in heavy pot. Bring to a boil. Remove from heat. Cover and let stand 3 hours or overnight. Simmer 30 minutes. Add remaining vegetables and additional water if needed. Continue to cook until vegetables are tender, about 30 minutes. Add seasonings. Simmer 10 minutes longer. Makes 5 cups.

**Variations:****Minestrone:**

Substitute ½ cup dried kidney beans, navy beans or chickpeas for potatoes. Increase tomato slices to 10 and add ¼ cup dried sliced zucchini. Add ¼ cup of shredded cabbage and ½ cup dried spinach. Add ½ tsp dried oregano to remaining seasonings. Increase final cooking to 20 minutes or until vegetables are tender. Season to taste with additional salt, pepper and ½ tsp worcestershire sauce. Makes about 7 cups.

**Beef or Chicken Stew:**

Prepare Vegetable Soup as directed, adding 2 cups cubed dried beef or chicken to vegetables before soaking. Increase dried potatoes to 1½ cups. To thicken, stir together 2 tbsp flour and ½ cup cold water. Pour into stew, stirring constantly, until thickened. Cover. Simmer 5 minutes. Makes about 7 cups.

**Pot Pie: Prepare Beef or Chicken Stew.**

Pour into casserole dish. Prepare pastry dough for 8 inch pie. Roll to size of casserole dish. Transfer to dish. Cut slits for steam to escape. Bake in 400°F oven for 30-35 minutes until browned and bubbly in center. Serves 6.

**French Onion Soup**

- 1 cup dried onion pieces
- 1 10 ½ oz can beef consommé
- 2 Tbsp butter
- 1 Tbsp flour
- ½ tsp salt
- ½ tsp pepper
- 3 cups water
- 4 slices toasted bread
- 4 tsp Parmesan cheese
- 4 slices mozzarella or provolone cheese

In a large pan soak onions in beef consommé for 30 minutes. Gently cook over medium heat for a few minutes until onions are soft. Strain onions, reserving liquid in pan. Melt butter or margarine in a small frying pan, add onions, and fry until onions are transparent, approximately 2-3 minutes. Stir in flour, salt and pepper. Return onion mixture to large pan and add water. Stir and heat through. Place toasted bread in oven proof bowls or individual casserole dishes. Pour soup over bread. Top each bowl with 1 tsp Parmesan cheese and a slice of mozzarella or provolone cheese. Bake in oven at 400°F until cheese melts. Serves 4.

## Cream of Broccoli-Zucchini Soup

- 1 cup dried broccoli (break stems for easy measuring)
- ¼ cup dried shredded or sliced zucchini
- 2 Tbsp dried chopped onion
- 1½ cups boiling water
- 1 cup chicken broth
- 2 Tbsp butter
- 2 Tbsp flour
- 1 cup light cream
- 1 cup milk
- ½ tsp salt
- ⅛ tsp pepper

Add broccoli, zucchini and onion to boiling water. Cover. Let stand 1 hour. Simmer 15 minutes. Combine undrained vegetables and chicken broth in blender. Puree until smooth. Melt butter in saucepan. Add flour. Cook over medium heat until bubbly. Remove from heat. Stir in light cream and milk. Continue cooking, stirring constantly, until mixture thickens. Add pureed mixture. Season to taste with salt and pepper. Serve hot. Makes 4 cups.

### *Variations*

#### **Low-Cal Broccoli-Zucchini Soup:**

Prepare vegetable puree according to directions. Pour into saucepan. Add 1 cup milk. Combine 2 tsp flour with 2 Tbsp water, stirring until smooth. Stir into soup. Cook, stirring constantly, until thickened. Makes 3 cups.

#### **Cream of Mushroom Soup:**

Substitute ¾ cup dried mushrooms for broccoli and zucchini. Add 1- ½ cups boiling water. Let stand 2 hours. Prepare according to Cream of Broccoli-Zucchini Soup recipe (above).

## Spaghetti Sauce

- 3 cloves fresh garlic
- 2 Tbsp olive oil
- 1 tsp dried oregano
- ½ - 1 tsp dried basil
- 1 lb hamburger
- 2 Tbsp dried bell pepper
- 3 Tbsp dried onion
- 1 dried bay leaf
- 1 cup dried tomato slices

¾ cup dried mushroom pieces  
1 tsp salt  
½ - 1 tsp pepper  
½ tsp sugar  
18 (eighteen) oz tomato paste  
4 ½ cups water  
2 stalks fresh celery, chopped  
Parmesan cheese  
Cooked spaghetti noodles

Chop garlic and place in skillet with olive oil, dried oregano, and dried basil. Fry lightly. Add hamburger and cook until browned. Remove from heat. Add dried bell pepper, onion, bay leaf, tomato slices, mushroom pieces, plus salt, pepper and sugar. Stir in tomato paste and water. Let sit 2 to 3 hours. Cook over medium heat until vegetables are tender, approximately 20-30 minutes. Add chopped celery 10 minutes before serving. Serve over noodles and top with Parmesan cheese. Serves 4-6.

### Sweet and Sour Sauce

¼ cup dried pineapple pieces  
¾ cup water  
3 Tbsp cooking oil  
1 Tbsp soy sauce  
¼ cup vinegar  
¼ tsp dried ginger  
2 Tbsp sugar  
1 tsp cornstarch

Combine the first seven ingredients in a small saucepan. Cook until pineapple softens. Place in blender and puree. Add cornstarch, and blend again. Return to pan and cook over medium heat until mixture thickens.

## Snacks

### Trail Mix

Combine bite-sized pieces of dried fruits, such as apple, pear, pineapple, or grapes with flaked coconut and unsalted nuts. Great for hiking!

### Dusted Pineapple

Sprinkle dried pineapple pieces with confectioner's sugar.

## Vegetables

### Cous Cous Creation

Recipe by Barbara Lockert

- ¼ cup dehydrated onion
- ¼ cup dehydrated celery
- ¼ cup dehydrated red pepper
- ¼ cup dehydrated green pepper
- ¼ cup dehydrated tomatoes
- ¼ cup dehydrated mushrooms
- 1 – 2 garlic cloves, minced
- 5 Tbsp vegetable broth powder (or chicken or beef)
- 2 cups cous cous
- 5 cups boiling water
- ½ tsp chili powder
- ¼ tsp cayenne pepper

Place dehydrated vegetables in a blender. Chop until desired size. Combine chopped vegetables, garlic, broth powder, cous cous & water; stir quickly. Cover. Let sit 5 to 10 minutes. Fluff with a fork. Top with freshly ground pepper. Add additional seasonings as desired. Serve with whole wheat or multigrain bread & salad.

This is a great backpacking meal. Veggie bits made from soy can be used. Jerky can also be broken into pieces and added for protein, if fresh meat is not available.

## Creamed Vegetables

- 2 cups dried sliced or diced vegetables\*
- 2½ cups boiling water
- ¼ cup butter
- 3 Tbsp flour
- 1 cup milk & liquid from reconstituting (see below)
- 1 bay leaf
- Salt and Pepper

\*Suggested vegetables: beans, peas, carrots, parsnips, broccoli, Brussels sprouts, cauliflower, or combinations of above.

Combine dried vegetables with boiling water. Cover. Let stand 1 to 2 hours. (If desired, use cold water and reconstitute overnight in refrigerator). Simmer until tender, add more liquid if necessary. Drain liquid from vegetables. Pour into a measuring cup. Add enough milk or liquid to equal 1 cup. Melt butter in separate saucepan. Add flour. Stir until bubbly and smooth. Remove from heat. Stir in 1 cup milk/water (from reconstitution). Add bay leaf. Cook, stirring constantly, until thickened. Add drained vegetables and simmer 5 minutes. Remove bay leaf. Season with salt and pepper. Makes 6 servings.

### *Variation*

#### **Au Gratin Vegetables:**

Prepare creamed vegetables, omitting bay leaf. Add ¾ cup grated cheddar cheese and ¼ tsp dry mustard. Pour into greased 2-quart baking dish. Combine ½ cup dry bread crumbs and 3 Tbsp melted butter. Sprinkle over vegetables. Bake in 350°F for 30-35 minutes until browned.

## Scalloped Potatoes

- 2 cups dried potato slices or diced potatoes
- ¼ cup dried onion (can use fresh chopped)
- 1 13 oz can evaporated milk
- 1 8 oz sour cream
- 1 10 ¾ oz can cream of chicken soup
- 1 ½ cups grated cheddar or jack cheese (less may be used)
- ¼ cup melted butter (optional)
- Milk (optional)

Soak dried potatoes and onions in evaporated milk for 1 hour. Drain potatoes, reserving any evaporated milk. Mix potatoes, 1 cup cheese, sour cream, soup and evaporated milk. If mixture is too thick add a little bit of regular milk. Put ingredients in greased 9x13 pan or casserole dish. Top with ¼ cup melted butter and cheese. Cover with aluminum foil and bake at 350° F for 30 minutes or until cheese has melted and potato mixture is thoroughly cooked. Foil may be removed last 5 minutes so the top browns.

## ACCESSORIES



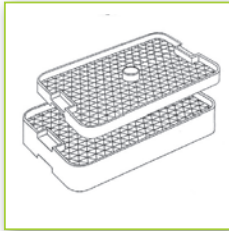
### **Fruit Leather Sheets**

Fruit leather is a delicious and nutritious fruit “candy.” Kids love it! L'EQUIP Fruit Leather Sheets fit perfectly in the drying trays, and are designed to prevent spilling. Available as an accessory. Remember to use only one sheet per drying tray, putting the sheets on alternating sides of the tray. 10 per pkg.



### **Mesh Tray Inserts**

Efficient drying of smaller or diced fruits and vegetables and herbs is a snap with Mesh Tray Inserts. You can even make your own breakfast cereal or trail mix. The stickiest fruits and vegetables come off the Mesh Tray Inserts much easier than the drying trays. Available as an accessory. 2 per pkg.



### **Extra trays and Deep trays**

Available in packs of two regular trays with two mesh tray inserts or two deep trays with two mesh inserts.

 **WARRANTY**

**Kitchen Resource L.L.C.**, warrants the **L'EQUIP FilterPro** Food Dehydrator, to the original purchaser, to be free of manufacturing defects in materials and workmanship for a period of 10 years. Defective product will be repaired or replaced with a comparable model at our discretion, upon receiving the defective product.

This warranty applies only to the original noncommercial purchaser. Since an unauthorized dealer is an original purchaser, the warranty does not apply to consumers purchasing from unauthorized dealers. It also does not apply to damage resulting from accident, misuse, shipping, normal wear, commercial use, neglect, incidental or consequential damages, or from damage caused by any foreign objects getting into the appliance.

Implied warranties of merchantability and fitness for a particular purpose and all other warranties express or implied, other than the limited warranty described on this page, are excluded. The only remedy for damage covered by the limited warranty is repair or replacement. Kitchen Resource will not refund the purchase price or provide any other remedy.

This warranty applies to products purchased and operated in the U.S.A. or Canada. Transportation, handling, and/or shipping costs are not included in this warranty.

**Read the instructions before attempting to use the product.**

This product contains no user serviceable parts. Any attempt to repair it will void the warranty. If you have a problem with your FilterPro Dehydrator and to obtain performance of this warranty, return it securely packed, along with a dated proof of purchase:

Kitchen Resource / 180 West 500 North / North Salt Lake, UT 84054

Or, for more info, call customer service at 1.877.267.2434...  
...or email [service@kitchenresource.com](mailto:service@kitchenresource.com)

To insure prompt service, include a statement with the product, giving specific reasons for the return, along with your information.

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