



Food Dehydrator

AFD-605



Instructions & Recipes

**THE FUN WAY TO PREPARE AND
ENJOY HEALTHY FOODS AND
SNACKS!**

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**U.S. \$4.95
Canada \$5.95**

IMPORTANT SAFEGUARDS

1. Read all instructions carefully.
2. Do not touch hot surfaces. Use handles.
3. To prevent electric hazards, do not immerse cord, plug or other electrical parts in water or other liquid.
4. Close supervision is necessary when any appliance is near children.
5. Unplug appliance from wall outlet when not in use and before cleaning. Allow appliance to cool completely before putting on or taking off parts.
6. Do not operate appliance if cord has been damaged, or if appliance malfunctions or suffers serious damage. In such case, contact manufacturer for repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.

10. Do not place appliance on or near gas or electric burner, or in heated oven.
11. Use extreme caution when moving appliances containing hot oil or other hot liquids.
12. To disconnect, turn the control to "off" before removing the plug from the outlet.
13. Do not use this appliance for other than intended use.

SAVE THESE INSTRUCTIONS.

Additional Notes:

- a) Flexible cord less than 4½ ft. (1.4m).
- b) A short power-supply cord is provided to reduce the risk resulting from tripping over or becoming entangled in a longer cord.
- c) Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.
- d) If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, and (2) the cord should be arranged so that it will not drape over the counter top or tabletop, where it can be pulled on by children or tripped over unintentionally. If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord.

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INSTRUCTION BOOK FOR AFD-605 FOOD DEHYDRATOR

Congratulations on your new purchase! The AROMA™ AFD-605 Food Dehydrator is designed to provide you and your family with many years of home food dehydration satisfaction. Use your imagination and you can successfully dehydrate most foods and keep them for months. Please take a moment to read these important precautions.

Any questions or comments? Please call our Customer Service experts at 1-800-276-6286, M-F, 8:30 AM - 5 PM Pacific Time.

PARTS IDENTIFICATION AND QUANTITY

- 1 VENTABLE, SEE-THROUGH LID FOR CONTROLLING DEHYDRATION
- 1 DEHYDRATOR BASE UNIT WITH INTEGRATED PROTECTIVE SHIELD
- 5 STACKABLE, ADJUSTABLE DEHYDRATOR TRAYS
- 1 DRYING SCREEN FOR HERBS & SCREENS
- 1 ROLL-UP SHEET FOR FRUIT ROLLS
- INSTRUCTIONS AND RECIPES

TIPS FOR DEHYDRATING FOODS:

CHOOSING FOODS: Always use good quality foods. Fruits and vegetables in peak season are more nutritious, have more flavor and cost less. Meats, fish and poultry should be as lean and fresh as possible.

MEAT AND DAIRY PRODUCTS: The animal fat in meat and dairy products may cause your trays to crack. The roll-up sheet with a paper towel underneath it can be used while dehydrating meats to absorb fat and make cleaning easier.

PRETREATMENT: Check foods for blemishes and bruises. Foods in bad condition may spoil the whole batch. Remove pits, peel or core food before dehydrating. Pretreated foods often look better and achieve better results. Proper storage is also essential to maintain the quality of foods.

Pretreatment of fruits: Fruits become dark and colorless when dry and stored, therefore, we recommend a few alternatives to pretreat fruits.

To prevent browning: Ascorbic Acid or Citric Acid Powder (found in most drugstores): Dissolve 2 TBSP of ascorbic or citric acid in 1 gallon of water. Place fruit into solution for 2 minutes. Drain and place on tray.

Pineapple, lemon juice or other fruit juices: Slice fruits directly into juice. Wait for 2 minutes, place on tray.

To prevent loss of Vitamin C and color: Use Sodium Bisulfite (found in most drugstores). Slice fruits directly into desired fruit juice or sodium bisulfite solution.

Fruits with protective wax coating (such as figs, prunes, peaches, grapes, blueberries, etc.): dip them in boiling water which removes wax and allows moisture to escape more easily.

Pretreatment of vegetables: A very popular method of pretreating vegetables is to blanch (quickly submerge) vegetables in boiling water or steam. Blanching does not destroy harmful enzymes, but helps keep important nutrients in vegetables.

CUT FOOD UNIFORMLY: For best results, slices should not be thinner than 1/4" or thicker than 3/4". Shred, slice or dice foods.

BEFORE YOU START: Make sure your dehydrator is clean before using it. Wash hands, bowl, containers, counters, boards and all utensils thoroughly.

PREHEAT DEHYDRATOR: The moisture in the food will cause an initial temperature drop inside the dehydrator. Start preheating dehydrator 5 minutes before you start dehydrating.

DRYING TIMES: Drying temperature is 150°F. Drying times will vary according to quantity, thickness of slices, moisture content of food, number of trays used, temperature, altitude and humidity of the location. Remove as much excess water as possible before starting (this can be done by patting dry with absorbent paper). Change the position of trays during the drying process. Work as fast as possible to minimize nutrition loss. Please note that the ventable lid can be adjusted in accordance to drying needs.

DRYING TEST: Make sure not to overlap foods while drying. Make sure foods are dried completely by checking a few samples (opening or cutting it in the middle). You can increase the drying time depending on the length of time you will keep it in storage.

DRYNESS: Check dryness after 4 hours and then every 2 hours until slices are crisp, pliable or leathery, depending on the quantity and consistency of what is being dried. A general rule is that it is done when the inside is totally dry.

LABEL FOOD: Labeling each container helps to remind you of the contents, date dried and original weight. There are no absolute rules in dehydrating. Keep record of humidity, weight of produce before and after drying, drying times and temperatures. This will be helpful in improving your drying techniques.

STORAGE: Wait until cool before storing food (except for fruit leather - they must be stored in plastic bags while warm). Foods can be kept longer if stored in cool, dry and dark places. Any container that has stored food before can be used again. Remove all the air you possibly can from the storage container and close it tightly. Ideal temperature is 60°F or lower (the lower the better).

STORAGE CONTAINERS: Store the dry food in plastic bags before storing in metal or glass containers. Avoid containers that "breathe" or have a weak seal. Fill the container as much as possible - air can destroy food. If you are using plastic bags or boiling pouches, squeeze the air out. Fruits and vegetables lose about 90% of their water content. Make your storage plans accordingly.

CHECK FOR MOISTURE REGULARLY: Check the contents of your dehydrated food for moisture during the weeks following dehydration. If there is moisture inside, you should dehydrate it for a longer time.

REHYDRATING: Dehydrated foods can be rehydrated by soaking in water or by pouring hot water over it. Do not add seasonings, especially salt or sugar, during this process because they may change the flavor of the food. As a general rule, the quantity of water is 1 cup of water for each cup of dehydrated food. For stewed fruits, add 2 cups of water and simmer until tender. Rehydrated foods can be cooked normally.

Fruit and vegetables can be soaked in cold water for 2 to 6 hours inside refrigerator (room temperature may create an environment for harmful bacteria to grow). They can be soaked in hot water or immersed in boiling water for 5 to 10 minutes or until desired consistency, or rehydrated while cooking. Always make sure you have enough water to rehydrate the food.

Consume the contents of an opened container as soon as possible and keep the uneaten portion refrigerated to avoid bacteria.

CONTAMINATION: If you suspect your food is contaminated, freeze it at 0°F for 48 hours to avoid bacteria growth or heat the food at 175°F for 15 minutes to pasteurize it. Some nutrition may be lost in the process, but it will stop the spoiling.

HINT: To keep foods from sticking, brush a light coat of vegetable oil on your roll-up sheet. It will make removing foods and cleaning easier.

FOR HOUSEHOLD USE ONLY

DRYING TIME CHART FOR VEGETABLES

VEGETABLE	PREPARATION	DRYNESS TEST	TIME (HRS)
Artichoke Hearts	Cut hearts into 1/3" strips. Boil about 10 minutes in 3/4 cup water containing 1 TBSP lemon juice.	Brittle	18
Asparagus	Wash and cut into 1" pieces. Tips yield better product. Stems, crushed after drying, make excellent seasoning.	Brittle	18
Beans (Green/Wax)	Cut into 1" pieces or cut French style. Steam blanch until translucent. Stir beans on tray after partial drying, rotating beans for more even drying.	Brittle	23
Beets	Trim off all but one inch of tops and roots. Wash, blanch, cool, remove tops, skin and roots. Dice or slice.	Brittle, dark red	23
Brussel Sprouts	Cut sprouts from stalks, cut in half lengthwise through stems.	Brittle	24
Broccoli	Trim, cut as for serving, wash thoroughly. Steam tender, about 3-5 minutes.	Brittle	18
Cabbage	Trim, cut into strips 1/8" thick. Cut core into 1/4" strips. Use bottom shelf of dehydrator.	Leathery	12
Carrot	Select young, tender carrots. Steam until tender. Cut into slices, shreds, cubes or strips.	Leathery	8

VEGETABLE	PREPARATION	DRYNESS TEST	TIME (HRS)
Cauliflower	Dip florets into 3 TBSP of salt per 2 quarts of water for 2 minutes. Steam until tender.	Leathery	18
Celery	Separate stalks from leaves. Wash both thoroughly. Cut stalks into 1/4" slices. Leaves dry first, so remove when dry. Crush leaves after drying for use as a seasoning.	Brittle	12
Chives	Chop - spread on tray.	Brittle	6
Cucumber	Pare, slice in 1/2" slices and dry.	Leathery	12
Eggplant / All types of squash	Trim, wash, and slice 1/4" to 1/2" thick, spread out evenly on tray.	Brittle	18
Garlic	Separate into cloves, remove outer skin. Slice and dry. Grind for seasoning after drying.	Very Brittle	18
Greens (spinach, kale, etc.	Wash thoroughly, trim tough stems. Steam until wilted but not soggy. Use bottom tray of dehydrator.	Very Brittle	8
Mushrooms	Clean mushrooms and slice, chop or dry whole.	Leathery to Brittle, depends on size	12

DRYING TIME CHART FOR FRUITS

FRUIT	PREPARATION	DRYNESS TEST	TIME (HRS)
Apples	Pare, core and cut into slices or rings. Dry and place on tray.	Pliable	23
Apricots	Clean, cut in half or in slices and place on tray.	Pliable	35
Bananas	Peel and cut into 1/8" slices.	Crisp	24
Berries	Slice strawberries 3/8" thick. Leave other berries whole.	No visible moisture	12
Cherries	Do not remove stems until ready to prepare. Pitting is optional, or pit when 50% dry.	Leathery, but sticky	24
Cranberries	Wash well, chop or leave whole.	No moisture	18
Grapes	Wash, remove stems and leave whole.	Pliable, leathery	24
Nectarines	No need to peel. Cut in half, dry with skin down on tray. Pit when 50% dry.	Pliable	36
Orange Rind	Peel in long strips and dry, do not grate until ready to use.	Brittle	12
Peaches	Remove peels during dehydration if desired. Pit when 50% dry. Halve or quarter with cup side up.	Pliable and leathery	42
Pears	Peel, remove core, cut into slices or rings, halves, quarters or eighths.	Pliable and leathery	30

FRUIT	PREPARATION	DRYNESS TEST	TIME (HRS)
Persimmons	Use only ripe fruit. Wash, remove cap, slice in 3/8" circles or slice.	Pliable	12
Pineapple (fresh)	Peel and remove core, cut in slices, wedges or chunks.	Pliable	24
Pineapple (canned)	Drain and pat dry, place on trays.	Leathery	24
Plums	Wash, leave whole or cut in half and remove pits or pop them out when half dried.	Pliable	24
Prunes	Same as plums, but soak in boiling water for two minutes first.	Leathery	30
Rhubarb	Use only tender stalks. Wash, remove outer skin, cut into 1/8" lengths.	No visible moisture	24

RECIPES AND GENERAL TIPS

FRUITS

APPLES

Wash and peel (if desired), core and slice into 1/4 inch slices or rounds. You may wish to pretreat in lemon juice for 2 to 3 minutes prior to drying. This will keep them from darkening. Dry approximately 4-6 hours. Apples should be slightly crisp. If you wish to rehydrate cover with hot water and soak for 10 to 15 minutes.

APRICOTS

Wash, halve and remove pits. It is not necessary to pretreat. Dry approximately 45 hours. Apricots should be pliable with no pockets of moisture. To rehydrate cover with hot water and soak for 15 minutes.

BANANAS

You should avoid overripe bananas. Peel and slice. You may wish to pretreat by soaking in lemon water 1-2 minutes to prevent darkening. Dehydrate approximately 24 hours or until crisp. If you would like to rehydrate, soak in hot water for about 10 minutes.

BERRIES

Remove stems, wash and shake dry. There is no pretreatment necessary. Dry approximately 35-50 hours. Rehydrate by soaking in hot water for 15 minutes. Drain well before using.

CANTALOUPE

Peel, seed and cut into 1/4 inch thick pieces. Pretreatment is not necessary. Dry approximately 16 hours or until pliable. To rehydrate soak in COLD water for about 2 hours.

FRUIT TRAIL MIX

1/2 Cup Dried Cantaloupe
1/2 Cup Dried Banana Chips
1/2 Cup Shredded Coconut
1/2 Cup Mixed Raisins

1/3 Cup Chopped Dried Dates
1 Cup Mixed Nuts (optional)
1/4 Cup Dried Apricots, Peaches or Pears

Cut fruit into small pieces and mix together. Add nuts, if desired. Store in airtight container.

GRAPES/BLUEBERRIES/CHERRIES/CRANBERRIES

Wash, remove pits from cherries, remove grapes from stems (best if seedless grapes are used) wash and drain cranberries and blueberries. Pretreat by dropping into boiling water for 1 to 2 minutes or until skins are cracked. Dehydrate cranberries and blueberries 5-7 hours or until leathery. Cherries need approximately 26 hours to dry and grapes about 50 hours. Both should have same raisin like texture.

CITRUS FRUITS AND PEELS

These fruits are usually dried with their skins on, however if you wish to dry only their skin, use a vegetable peeler to remove only the colored part of the peel (do not include the white pithy part). It is not necessary to pretreat. These fruits need approximately 30 hours to dry. They should be very brittle. The peel requires about 6 1/2 hours.

CITRUS CREAM CHEESE FILLING

8 Oz Softened Cream Cheese
1/4 Cup Sugar or Honey

1 TBSP Dried Powdered Citrus Fruits
1 Cup Raisins/Chopped Nuts

Mix ingredients. Taste and sweeten to your preference.

CRANBERRY APPLE RELISH

- 8 Cups Apples, peeled and sliced
- 2 Cups Sugar
- 3 Cups Rehydrated Cranberries
- 1 Cup Boiling Water
- 1/4 Cup Cornstarch

Cook apples, cranberries, and 1 cup of the sugar in boiling water over medium heat. Stir occasionally to prevent fruit from sticking to bottom of pan. Mix remaining 1 cup of sugar and cornstarch together thoroughly before adding to fruit. Continue cooking and stirring until sugar is dissolved. Juice should be clear. Refrigerate until ready to serve.

KIWI/MANGO/PAPAYA

Peel, remove seeds and cut into slices. No pretreatment is necessary. Dehydrate mango and papaya for approximately 15 hours or until pliable. Kiwi dries in about 24 hours.

PEACHES

Wash, scald and then dip into cold water to remove skins. Remove pit and cut into 1/4 slices. Pretreat by soaking in lemon water for 2 to 3 minutes. Dehydrate for approximately 20 hours or until pliable. Soak in COLD water for 1 hour to rehydrate.

GINGER PEACH JAM

- 3-3/4 Cups Rehydrated Peaches
- 5 Cups Sugar
- 1 to 2 oz finely chopped candied Ginger
- 1/4 cup Lemon Juice
- 1 Pkg Powdered Pectin

Chop rehydrated peaches and place in pan. Add lemon juice, candied ginger and pectin; stir well. Place on high heat and bring to boil, stirring constantly. Add sugar, continue to stir and bring to a full boil. Boil hard for 1 minute, stir constantly. Remove from heat. Fill canning jars with jam and process in hot water bath for 5 minutes.

PEARS

Peel, core and cut into slices. Pretreat by soaking in lemon water for 2 to 3 minutes. Dry at approximately 6 hours or until leathery. Rehydrate by soaking in COLD water for 20 minutes and drain.

PINEAPPLE

Wash, peel and remove hard core. Slice into 1/2 inch slices. No pretreatment is necessary. Dehydrate 36 hours or until leathery (not sticky). Rehydrate by soaking in hot water for 15 minutes.

VEGETABLES

GREEN BEANS

Wash, snip off ends, and break into segments. Steam blanch for 4 minutes. Freeze solid for 40 minutes to tenderize before drying. Dehydrate for about 20 hours or until crisp and brittle. Rehydrate by soaking 2 hours in COLD water.

BROCCOLI

Wash and peel the tough skin from the stalk. Separate the florets and slice the stem into 1/2 inch slices. Pretreatment is not necessary but you may wish to steam blanch for 4 minutes and then drain. Dehydrate for about 10 hours or until brittle. Rehydrate by soaking 1/2 in hot water then drain.

CABBAGE

Wash and trim outer leaves. Shred into 1/2 inch pieces. Steam blanch for about 2 minutes for pretreatment. Dry for 10 hours or until crisp. To rehydrate soak in COLD lemon water for 30 minutes.

CARROTS

Wash, trim tops, peel and slice into 1/4 inch pieces. Not necessary to pretreat. Dry about 12 hours or until brittle. To rehydrate soak in COLD water for 30 minutes.

CELERY

Wash and cut into 1/2 inch pieces. Pretreat by soaking celery in baking soda water (1 tablespoon to 6 cups cold water) for 5 minutes. Steam blanch for 2 minutes then drain. Dry for about 12 hours or until crisp. Soak in hot water for 1 hour to rehydrate.

CELERY FLAKES/CELERY SALT

Chop dried celery in blender for flakes. Add equal amount of salt and flakes and blend till fine for celery salt.

CORN

Husk, remove silk and wash. Steam blanch for about 4 minutes. Use a sharp knife and cut kernels off cob. Dehydrate for 10 hours or until crisp. Rehydrate by soaking 30 minutes in hot water.

CORNMEAL

Grind dried corn kernels in a food grinder or food mill till fine.

EGGPLANT

Wash and cut into 1/2 inch pieces. Do not pretreat as eggplant darkens when pretreated. Dry about 12 hours or until leathery. Soak for 30 minutes to rehydrate.

GINGER ROOT

Peel and slice into uniform pieces. No pretreatment is necessary. Dry for about 12 hours or until brittle. Rehydrate by soaking in BOILING water for 1 to 2 hours. (1 teaspoon rehydrated ginger root is equal to 1/2 teaspoon ground ginger powder.)

CANDIED GINGER

1 Cup Rehydrated Sliced Ginger Root
1 Cup Water
1/2 Cup Maple Syrup

In a saucepan, simmer rehydrated ginger, water and maple syrup until liquid evaporates (approximately 20 minutes). Remove from heat and spread on a greased roll-up sheet, making sure pieces are not touching. Dry for about 6 to 10 hours or until pieces become brittle.

LEEEKS

Cut off tops and cut stalk in half and wash in cold water. Cut into 1/4 inch slices and separate. Dehydrate for about 12 hours or until crisp. Rehydrate by soaking in hot water for 30 minutes.

MUSHROOMS

Rinse and slice (mushrooms absorb water so do not let them soak). Dehydrate for 12 hours or until crisp. To rehydrate soak in COLD water for 30 minutes.

ONIONS

Remove paper shell. Slice or dice. Dry for 12 hours or until brittle. Rehydrate by soaking in hot water for 15 minutes then drain.

ONION FLAKES/ONION POWDER/ONION SALT

For onion flakes or powder, grind in blender, food processor, or grinder until desired size. For onion salt add equal amounts of onion powder and salt.

PEAS

Shell and steam blanch for 3 minutes. Dehydrate for 8 hours or until brittle and shriveled. Rehydrate by soaking 30 minutes in hot water.

GREEN or RED PEPPERS

Wash, remove seeds, slice or dice. Dehydrate for 12 hours or until brittle. To rehydrate soak in hot water 20 minutes then drain.

POTATOES

Peel, wash and slice to 1/4 inch or dice or grate. Soak in lemon water for about 5 minutes then drain. Dehydrate for 6 hours or until crisp. Cover with COLD water and soak for 30 minutes to rehydrate.

TOMATOES

Wash, remove stem, and slice. Dehydrate for about 14 hours or until crisp. Rehydrate by soaking 15 minutes in COLD water.

ZUCCHINI

Wash and slice into 1/4 inch pieces. Dry for about 8 hours or until tough and brittle. Rehydrate by soaking in hot water for 30 minutes then drain.

VEGETABLE SOUP

2 Cups Boiling Water	1/2 TSP Dried Thyme
1/2 Cup Dried Onion	3 Cups Broth
2 Cups Mixed Dried Vegetables	3 to 4 TBSP Butter
1 Clove Garlic, Minced	3/4 Cup Barley or Small Pasta of Choice
1/2 Cup Dried Celery	1 TBSP Dried Parsley
1/2 TSP Dried Basil	Salt/Pepper to Taste
16 Oz Crushed Canned Tomatoes	

Pour boiling water over the mixed vegetables, onion and celery and set aside for 30 minutes. Heat broth and tomatoes together and add barley or pasta. Add seasonings and boil for 30 minutes. Melt the butter in a frying pan and saute the rehydrated onion and celery until wilted. Add to cooked mixture. Add vegetables and cook for 20 minutes. Season to taste.

MEAT JERKY/MARINADES

MEAT JERKY

Use lean meat. Cut off any visible fat as it can make jerky turn rancid. Cut meat into long narrow strips. Marinade meat 1 to 24 hours (depending on your preference) in the refrigerator and drain. Place roll-up sheet on bottom tray and place meat on trays. Dehydrate for 17 to 30 hours. Beef or fish do not need to be cooked prior to dehydrating. However it is recommended that turkey or chicken be cooked prior to dehydrating.

STANDARD JERKY MARINADE

1/2 Cup Soy Sauce
1 Clove Garlic, Mashed
2 TBSP Brown or White Sugar
2 TBSP Catsup
1/2 Cup Worcestershire Sauce

Mix ingredients. Marinate at least 1 hour before drying.

SWEET AND SOUR JERKY MARINADE

1/2 Cup Red Wine Vinegar
1/2 Cup Brown Sugar
1 TSP Garlic Powder
1/4 Cup Soy Sauce

Mix ingredients. Marinate in the refrigerator for at least 6 hours before drying.

HOT JERKY MARINADE

2 TSP Chili Powder
2 TSP Dried Garlic Powder
1 TSP Brown Sugar
1/2 TSP Cayenne Pepper
1/2 to 1 TSP Liquid Smoke

Mix ingredients. Marinate in the refrigerator for at least 6 hours before drying.

SPICY JERKY MARINADE

6 TSP Vegetable Oil
1 Cup Soy Sauce
2 TSP Finely Minced Garlic
3/4 TSP Ground Ginger

Mix ingredients. Marinate in the refrigerator for at least 6 hours before drying.

SIMPLE MARINADE

1/2 Cup Teriyaki Sauce
1/4 Cup Liquid Smoke
1/4 Cup Chopped Green Onion

1/4 Cup Water

1 LB Lean Meat, Cut into Strips
1/2 TSP Crushed Garlic

Mix ingredients. Marinate at least 2 1/2 hours before drying.

BABY FOODS

FRUITS

1/2 Cup Dried Fruit
1/2 to 1 Cup Hot Water

Chop fruit into small pieces. Pour hot water over fruit and rehydrate for approximately 30 minutes. Puree in a blender till smooth.

VEGETABLES

1/3 Cup Powdered Dried Vegetables
1 Cup Hot Water or Milk

Use vegetables that are very dry and brittle. Mix in blender till powdery. Pour hot water or milk over vegetable powder and rehydrate for approximately 20 minutes. Then pour into a blender and mix until smooth.

MEAT and VEGETABLE COMBINATION

1 Cup Hot Water or Milk
3 TBSP Chopped Cooked Meat
1/3 Cup Powdered Dried Vegetables

Pour hot water over the vegetables and rehydrate for about 20 minutes. Add meat and puree till smooth.

NUTS

NUTS

Shell and rinse with hot water. Spread in a single layer onto trays. Dry approximately 24 hours or until brittle. Allow nuts to cool before storing. Nuts contain a lot of oil and the oil could cause the nuts to become rancid so you should freeze them to guarantee freshness. When ready to use the nuts, bring them to room temperature.

NUT AND FRUIT MIX

1 LB Toasted Almonds	1/4 Cup Shredded Coconut
1 LB Toasted Brazil Nuts	1/4 Cup Salted Sunflower Seeds
1 LB Toasted Cashew Nuts	1/4 Cup Chopped Dried Fruit
1/2 LB Toasted Pine Nuts	1/4 Cup Marsala or Fruit Juice
1/2 LB Mixed Raisins	Salt to taste

Mix nuts and set aside. In a saucepan mix raisins and wine (juice) and bring to a boil. Reduce and simmer until liquid is evaporated. Remove from heat and cool. Combine mixture with remaining ingredients and mix well.

LEATHERS

FRUIT LEATHERS

Choose any fresh, ripe fruit. Wash, remove stems, pits or any seeds, peel and cut out any bruised sections. Puree in a blender until very smooth and of pouring consistency. Sweeten to taste by adding 1 tablespoon of honey, fruit juice concentrate or corn syrup per quart of puree. DO NOT USE SUGAR AS IT WILL CRYSTALLIZE THE PUREE. Spread on roll-up sheet and dehydrate for 8 to 10 hours or until leathery.

VEGETABLE LEATHERS

Wash, peel, steam blanch, chop and puree until smooth. You may need to add water to make it blend easily. Add spices to taste before drying. Spread on roll-up sheet and dehydrate for about 8 to 10 hours or until leathery.

LEATHER HELPFUL HINTS

If leather sticks, coat the roll-up sheet with any vegetable spray or oil. You may also line it with plastic wrap. DO NOT USE WAX PAPER OR FOIL.

If you experience uneven drying, tilt and shake trays until puree is evenly distributed. Rotate trays if necessary.

If leathers seem too brittle, you have over dried or you may need to adjust your vent settings. (Please remember the settings are suggested, you may adjust them to work best for you).

If your leathers are dark, you may add some lemon juice or ascorbic acid to the puree.

If the leather molds, the leather was not dry before storing or was exposed to moisture during storage.

If your puree was too thin or too thick; combine with fruit juices to thin thick puree or add thicker purees to thin purees.

DRIED FLOWERS/HERBS

FLOWERS

The flowers should be picked after the dew has dried and before the evening dampness. Flowers should be dried as quickly and as soon as possible after picking. Discard any damaged or brown leaves. Place in trays without overlapping. Drying times will vary depending on size and type of flower. Dry approximately 3 to 36 hours.

HERBS

Rinse and shake off excess water. Pat dry. Remove dead, mushy or discolored leaves. If using seed, pick when pods have changed color. Spread herbs loosely on tray and dry for approximately 3 to 5 hours. Drying times will vary according to size and type. You should leave herbs on the stem and remove when drying has been completed.

HERB POTPOURRI

- | | |
|-------------------------|----------------------------|
| 5 Cups Rose Petals | 1 Cup Dried Sweet Marjoram |
| 6 Crushed Bay Leaves | 2 TBSP Dried Orange Peel |
| 1 Cup Dried Thyme | 1 Cup Dried Lavender |
| 1 TBSP Allspice | 1 TSP Anise Seed |
| 1 Cup Dried Rosemary | 1 Cup Dried Sweet Basil |
| 2 TBSP Dried Lemon Peel | |

Mix ingredients and store in an airtight container in a dark and cool place until ready to use.

MINT POTPOURRI

- | | |
|-------------------------------|--------------------------------|
| 2 Cups Dried Lavender | Geranium Petals |
| 1 Cup Dried Whole Mint Leaves | Dried Flower Petals of Choice |
| 1/2 Cup Dried Thyme | Few Drops of Essential Oils of |
| 1/4 Cup Dried Rosemary | Choice |

Mix ingredients and store in airtight container until ready to use.

IMPORTANT NOTICE: DUE TO TEMPERATURE RANGE OF 100 TO 140 DEGREES FAHRENHEIT:

1. Do not operate the AFD-605 food dehydrator on non-heat resistant glass or wood cooking surfaces, or on any table cloth.
2. We recommend heat resistant cooking surfaces such as; tile, formica, or any surface protected with heat resistant finish

BEFORE USING THE DEHYDRATOR:

1. Check the fan to make sure it is turning properly before loading the dehydrator with food.
2. The dehydrator runs very quietly, you will not be able to detect whether the fan is operating by listening for a noise.
 - a. Turn the bottom unit upside down, the fan is visible through the vents on the fan housing.
 - b. Turn the switch on and make sure the fan is turning freely and not hitting against the cover around it.
 - c. You are ready to dehydrate your food if all the preceding steps have been followed.

HELPFUL HINTS ON DRYING TIMES:

The drying times listed in the brochure are not exact and differ between the chart and the recipes. When drying food the amount of moisture is what will determine how long it will take to dehydrate. So therefore each piece of food will dehydrate at a different rate giving different drying times each time you dehydrate.

The most accurate time table will be the ones you keep. Each time you dehydrate a food, note the beginning and ending times. Any factors that increased or decreased drying time for the same food such as, humidity level, outside temperature, juiciness of food, etc, should also be noted. If you do not want to bother with keeping a drying times chart, just check your food periodically and remove what is dry and leave in what isn't.

There are books available at your local book store that give hints on drying and recipes. They also have the pre-treatment methods for all different foods and are full of good advice.

VENT SETTINGS:

NOTE:

1st, 2nd, 3rd or 4th holes, refers to the top row of holes that are exposed as you open the vent cover on the lid, from right to left. This is primarily to allow steam to escape but will also help to cool down the dehydrator.

1. When drying meats, game, poultry or fish, open the vent to the 1st or 2nd hole opening.
2. When drying fruits and vegetables open the vents to the 3rd or 4th hole opening, the cooler the dehydrator runs the more nutrition is retained in the food.
3. When drying flowers or herbs open the vents all the way open, because flowers and herbs dehydrate very quickly and become brittle, therefore you do not need maximum heat.

LOADING TRAYS:

1. You can mix foods and dry any combination of foods at the same time.
2. Stack juicy fruits or meats on the bottom trays when drying with foods that are not juicy.
3. Do not load bottom cooking tray and leave unchecked for more than 4 hour intervals.
4. Rotate trays approximately every 4 hours, and check the food at this time, removing what is dry and leave in the undried food.

DRYING SHEETS:

1. The solid plastic drying sheet is used to dehydrate liquids or make what is commonly known as fruit or vegetable rollups (leathers).
2. The plastic screen drying sheet holds small food items, flowers and herbs, when these dehydrate they become brittle or may fall through the holes in the trays.

DRYING MEATS:

1. Line each tray being used with paper towels, then lay the meat directly on top of the paper towels. This will absorb the excess juices.
2. Or, you can use the solid drying sheet to catch the juices by placing it on the bottom tray. Use the remaining trays for the meat.
3. Marinate meat for better tasting jerky.
4. Pre-cook poultry, game or turkey.

DRYING FISH:

1. You must soak fish in a salt brine solution before drying.
2. Use low oil, fresh fish only.

LIMITED WARRANTY

Aroma Manufacturing Company warrants this product free from defects in material and workmanship for one year from provable date of purchase.

Within this warranty period, Aroma Mftg. co. will repair or replace, at its option, defective parts at no charge, provided the product is returned with freight prepaid. Be sure to enclose your name, address and phone number, the date of purchase (or receipt as a gift) and an explanation of the malfunction or reason for return. (Please call the toll free number below for a return authorization number.) Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart, altered or serviced by an unauthorized service station.

This warranty gives you specific legal rights and they may vary from state to state.

AROMA HOUSEWARES COMPANY
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619-587-8866

M-F, :30 AM.5:00PM, Pacific Time

IMPORTANT NOTICE:

DUE TO TEMPERATURE RANGE OF 100 TO 140 DEGREES FAHRENHEIT:

1. Do not operate the AFD-605 food dehydrator on non-heat resistant glass or wood cooking surfaces, or any table cloth.
2. We recommended heat resistant cooking surfaces such as: Tile, Formica, or any surface protected with heat resistant finish.