

Excalibur®

AMERICA'S BEST DEHYDRATOR

10 TRAY DIGITAL & STAINLESS STEEL – EXC10EL MANUAL



Excalibur®

AMERICA'S BEST DEHYDRATOR

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INTRODUCTION

Working on a simple premise, the Excalibur® Dehydrator removes water from food by a continuous circulation of thermostatically-controlled warm air. A variety of foods, from bright golden kernels of farm-fresh corn to rings of island-sweetened pineapple can be dehydrated. Produce, however, is not the only food commonly preserved in a food dryer! Slices of beef, chicken, fish or even venison can be marinated in a combination of sauces and spices and easily transformed into homemade jerky. A carton of yogurt spread over a sheet of Paraflexx® or plastic wrap, dries, and becomes a vividly colored, taffy-like snack or fruit roll.

ExcaliburDehydrator.com

IMPORTANT SAFEGUARDS

WHEN USING ELECTRICAL APPLIANCES, THESE BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED.

1. Read all instructions. **SAVE THESE INSTRUCTIONS.**

2. Do not touch hot surfaces.

3. To protect against electrical hazards do not immerse any part of the dehydrator, cord, or plug in water or other liquid.

4. Close supervision is necessary when any appliance is used near children. Keep the appliance and the cord away from children under the age of 8 years old.

5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.

6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.

7. The use of accessory attachments not recommended by the appliance manufacturer may cause hazards.

8. Sharp utensils should not be used inside the dehydrator.

9.  **CAUTION HOT SURFACE: THE DEHYDRATOR DOES GET HOT TO THE TOUCH.**

10. Do not let cord hang over the edge of the table or counter, or touch hot surfaces.

11. Do not use outdoors.

12. Do not place on or near a hot gas or electric burner, or in a heated oven.

13. Always plug cord into the wall outlet before turning machine on. To disconnect, turn switch to "off" before removing plug from wall outlet.

14. Do not use appliance for other than intended use.


15. Do not remove the ground pin on your power cord.

16. Avoid contacting moving parts.

17. Clean only sides and bottom, don't wipe any electrical components.

18. This appliance should not be used by children under 8 years old or persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge of using the appliance. Only persons who properly understand the safe use of the appliance the hazards involved shall use this appliance. Children should only operate the appliance under close supervision and in no case should they play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

19. This appliances is not intended to be operated with an external timer or separate remote control system.

 20. The symbol on the product or its packaging indicates that this product must not be disposed of with your other household waste. Instead, it is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for recycling of waste, electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where you can drop off your waste for recycling, please contact your local authority, or where you purchased your product.

21. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

22. This appliance is not intended to be operated by means of an external timer or separate remote-control system.

SAVE THESE INSTRUCTIONS.

10 STAINLESS STEEL TRAYS WITH DIGITAL CONTROLLER



Digital Interface Controller Adjustable Thermostat

Select precise drying temperature. 95°F to 165°F.



99-Hour Timer 2 Time / 2 Temperature

Program 2 time durations and 2 temperatures



Armoured Glass Doors



Removable Drip Tray

Large Drying Capacity

10 tray/16 square foot capacity dries large batches.

Hyperwave™ Technology

Fluctuates temperature to dry surface moisture and move inner moisture to the dryer surface.

Parallex™ Horizontal AirFlow

Distributes air for fast, even dehydrating.



EASY AS:



Simply wash, slice and load food onto the dehydrator trays.



Next, place trays in the dehydrator and set the time(s) and temperature(s).



Lastly, remove the dried food and store in airtight container or bag. Trays may be placed in the dishwasher.

TROUBLE SHOOTING GUIDE

All Excalibur® Dehydrators are checked before shipping for electrical or mechanical problems. If you see any damage to the machine due to rough shipping, report it to the shipper or dealer you purchased from. Excalibur® will not be responsible for damage due to shipping.

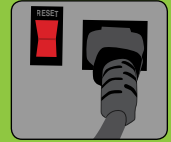
| Problem | Answer |
|----------------------------------|---|
| Nothing turns ON | Test the outlet with another appliance that works. Test the dehydrator on another outlet that you know has power. |
| Fan makes a rubbing noise | Due to rough shipping the trays may have been forced into the fan's protective screen. Take out the trays, and blow on the fan blade to locate where it is rubbing against the screen. You may need to turn the fan on and press gently against the screen and listen where the noise increases. With a pair of needle nose pliers pull the screen away from the fan blade at point of contact. |
| No heat, but fan works | Remove trays and check for any loose wires. There may be a piece of dust or shipping debris blocking the tiny electrical points in the thermostat, or it may simply be stuck due to rough shipping. |
| Accessories are missing | Kitchen accessories are shipped in the dehydrator box with exception of larger items like the apple peeler, v-slicer, jerky gun or cannon. They are placed on the side of the dehydrator and may have slid underneath. Double check by removing all packaging. Parallex® sheets are the same color as the corrugated box, so look closely. |

**For Product Registration or if you have Warranty Questions,
please contact Excalibur Customer Service or Technical Support
(800) 875-4254 or (916) 381-4254 from 8am-5pm Mon-Fri Pacific Standard Time.**

ONE TIME / ONE TEMPERATURE CYCLES Operating Instructions

Step 1

Connect power cord into back of unit and plug in to power source.



Step 2

Turn power switch on from back of unit.



Step 3

Default temperature is set to Fahrenheit (F). To select Celsius (C), press the "Start" key and the "Time Subtract" key simultaneously for two seconds.

Step 4

Set temperature & time. Press temp key once to change by 1° increments or "press and hold" for rapid change. Press time key once to change by 1 minute increments or "press and hold" briefly for 15 minute increments. Continue to "press and hold" for rapid hour change.



Step 5

Press START to begin



Step 6

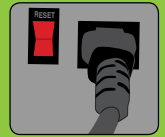
Press STOP to end or cancel program.



TWO TIME / TWO TEMPERATURE CYCLES Operating Instructions

Step 1

Connect power cord into back of unit and plug in to power source.



Step 2

Turn power switch on from back of unit.



Step 3

Default temperature is set to Fahrenheit (F). To select Celsius (C), press the "Start" key and the "Time Subtract" key simultaneously for two seconds.

Step 4

To select two time, two temp mode, press the "Stop" key and the "Time Subtract" key simultaneously for two seconds.



Step 5

Set temperature & time. Press temp key once to change by 1° increments or "press and hold" for rapid change.



Step 6

Press time key once to change by 1 minute increments or "press and hold" briefly for 15 minute increments. Continue to "press and hold" for rapid hour change.



Step 7

Press the "Stop" key and the "Time Subtract" key simultaneously for two seconds.

Step 8

Set temperature & time. Press temp key once to change by 1° increments or "press and hold" for rapid change.



Step 9

Press time key once to change by 1 minute increments or "press and hold" briefly for 15 minute increments. Continue to "press and hold" for rapid hour change.



Step 10

Press START to begin



Step 11

Press STOP to end or cancel program.



FRUITS DRYING GUIDE

Dry best at 135°F/57°C

| Food | Preparation | Test | Time |
|--------------|---|-------------------|-------------|
| Apples | Pare, core & cut into 1/4" slices or rings. May be sprinkled with cinnamon if desired. | Pliable | 7-15 hours |
| Apricots | Wash, cut in half, slice and remove pit. Push in backs dry skin side down. | Pliable | 20-28 hours |
| Bananas | Peel & cut into 1/8" slices. | Leathery or Crisp | 6-10 hours |
| Berries | Leave whole. For wax skin berries pretreat by crazing. | Leathery | 10-15 hours |
| Cherries | Remove stems & pits. Cut in half & place skin side down & sticky on tray. Will be like raisins, watch to prevent over drying. | Leathery & Sticky | 13-21 hours |
| Cranberries | Same process as berries. | Pliable | 10-12 hours |
| Figs | Wash, cut out blemishes, quarter & spread one layer deep, skin side down. | Pliable | 22-30 hours |
| Grapes | Wash, remove stems & cut in half or leave whole, skin side down. Blanching will reduce drying time by 50%. | Pliable | 22-30 hours |
| Nectarines | Wash, pit and peel. Cut into 3/8" slices, dry skin side down. | Pliable | 8-16 hours |
| Peaches | Wash, pit and peel-if desired 1/4" slices. | Pliable | 8-16 hours |
| Pears | Wash, remove core, peel 1/4" slices, or 1/4 the pear. | Pliable | 8-16 hours |
| Persimmons | Wash, remove cap & peel 1/4" slices. | Leathery | 11-19 hours |
| Pineapple | Peel, remove fibrous eyes and core. Cut into 1/4" slices or wedges. | Pliable | 10-18 hours |
| Prune Plums | Wash, cut in half, remove pit and pop the back to expose more surface to the air. | Leathery | 8-16 hours |
| Rhubarb | Wash, cut into 1" lengths. | Leathery | 6-10 hours |
| Strawberries | Wash, cut off caps, slice 1/4" thick. | Leathery & Sticky | 7-15 hours |
| Watermelon | Cut off rind, cut into wedges and remove seeds. | Pliable & Sticky | 8-10 hours |

*For raw & living foods - use 105°F/the drying time is extended





VEGETABLES DRYING GUIDE

Dry best at 125°F/52°C

| Food | Preparation | Test | Time |
|----------------------|---|---------------------|--------------|
| Asparagus | Wash & cut into 1" pieces. | Brittle | 5-6 hours |
| Beans, Greens or Wax | Wash, remove ends, cut 1" pieces or French style. | Brittle | 8-12 hours |
| Beets | Remove all but 1/2" of the top scrub thoroughly, steam until tender. Cool, peel & cut 1/4" slice or 1/8" cubes. | Leathery | 8-12 hours |
| Broccoli | Wash & trim, cut stems into 1/4" pieces. Dry florets whole. | Brittle | 10 -14 hours |
| Cabbage | Wash, trim & cut into 1/8" strips. | Brittle | 7-11 hours |
| Carrots | Wash, trim tops, peel if desired. Cut into 1/8" cubes or circles. | Leathery | 6-10 hours |
| Celery | Wash thoroughly, separate stalks, cut into 1/4" strips. | Leathery | 3-10 hours |
| Corn | Shuck corn, trim silk & steam until milk is set. Cut off from cob & spread on tray, stirring several times while drying. | Brittle | 6-10 hours |
| Cucumber | Wash, slice 1/8" thick. | Leathery | 4-8 hours |
| Eggplant | Wash, peel, slice 1/4" thick. | Leathery | 4-8 hours |
| Mushrooms | Brush off dirt or wipe with damp cloth, slice 3/8" slice from cap through stem ends. Spread in single layer on tray. | Leathery | 3-7 hours |
| Okra | Wash, trim, slice 1/4" circles. | Leathery | 4-8 hours |
| Onions | Remove root, top and skin, 1/4" slices, 1/8" rings or chop. Dry at 145°F/63°C. | Leathery | 4-8 hours |
| Peas | Shell peas, wash and steam only until they indent, rinse with cold water, blot dry with paper towel. | Brittle | 4-8 hours |
| Peppers | Remove stem, seeds and white section. Wash and pat dry, chop or cut 1/4" strips or rings. | Leathery | 4-8 hours |
| Popcorn | Leave kernels on cob until well dried, then remove from cob and dry until shriveled. | Shriveled | 4-8 hours |
| Potatoes | Use new potatoes, wash and steam for 4-6 minutes. Cut French style, in 1/4" slices, 1/8" circles or grate. | Brittle or Leathery | 6-14 hours |
| Pumpkin | Cut into pieces, remove all seeds. Bake or steam until tender, scrape pulp from skin and puree in a blender. Pour onto Paraflexx® sheets or kitchen parchment paper. When dry cover with plastic wrap & roll. | Leathery | 7-11 hours |
| Summer Squash | Wash, peel if desired, cut into 1/4" slices. | Leathery | 10-14 hours |
| Tomatoes | Wash & remove stems, slice 1/4". Circles & for cherry/grape tomatoes, slice in half, dry skin side down. | Leathery or Brittle | 5-9 hours |
| Winter Squash | Wash & cut into pieces, bake or steam until tender, puree pulp in blender, pour onto Paraflexx® drying sheets. | Brittle | 7-11 hours |
| Yams | Wash, steam until just tender, peel and cut into 1/4" slices. | Brittle | 7-11 hours |
| Zucchini | Wash & cut into 1/4" slices or into 1/8" slices for chips. | Brittle | 7-11 hours |

*For raw & living foods - use 105°F/the drying time is extended

RAW & LIVING FOODS

What are Living Foods?

Ann Wigmore Foundation: "Living foods or raw foods are uncooked, free from animal products, organic, easy to digest, rich in enzymes, and highly nutritious. They include home grown sprouted grains and beans, vegetables, fruits, nuts, fermented preparations, dehydrated snacks and delicious deserts such as fruit and nut pies and fruit ice cream."

There is no nutritional loss caused by the heat of cooking. Raw foods are easier for your body to digest than cooked food. The enzymes are what make raw foods easier to digest than cooked foods. When food is cooked the enzymes become deactivated by heat. During the digestive process, the natural food enzymes assist your body's digestive enzymes in breaking down food into digestive proteins.

Dehydration is the best way to preserve the essence of raw fruits and vegetables. Dehydrating does not subject foods to the high temperatures associated with cooking, or traditional canning methods.

Why Excalibur® is Superior for Living Foods

There are two important elements when dehydrating living foods to preserve the enzymes. The first element is the proper control of temperature, and the second, is the time it takes the food to dehydrate.

Excalibur's adjustable thermostat allows you to control the air temperature, and the rear-mounted fan that creates the Parallexx™ Horizontal-Airflow Drying System provides fast and even drying. With these two features, Excalibur® Dehydrators are able to keep the food temperature low enough to preserve the enzymes while raising the air temperature high enough to dry the food quickly, preventing mold and bacteria from growing.

Excalibur® adjustable thermostat has been specifically designed to create a proper fluctuation in the air temperature. This keeps the food temperature very constant throughout the entire dehydrating cycle.

Food Temperature vs. Air Temperature

During the dehydration process the food temperature is generally 20 to 30 degrees F cooler than the air temperature, due to the effects of evaporation.

Enzymes and Temperature

There are many varying opinions among raw foodists concerning the temperature at which enzymes become deactivated. The most frequently quoted temperature is 118°F/47°C (food temperature) based upon the studies of Dr. Edward Howell.

How to use your Dehydrator for Living Foods

According to Ann Wigmore and Viktoras Kulvinskas, the best way to preserve the living enzymes, and overcome the potential of spoilage or bacteria growth, is to set the dehydrator on the highest temperature setting for the first two or three hours, then turn it down to less than 120°F/49°C for the remaining time.

EXCALIBUR HYPERWAVE™

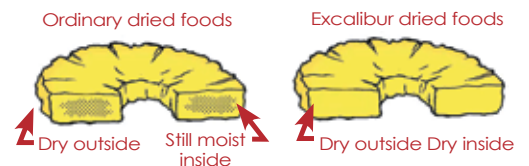
Excalibur dries BETTER, FASTER & SAFER thanks to our **HYPERWAVE™ FLUCTUATION TECHNOLOGY!**

Ordinary dehydrators produce constant, unchanging heat causing "case hardening," a dry surface with moisture trapped inside — a perfect environment for yeast, mold, and bacteria growth.

Excalibur's Adjustable Thermostat lets you take advantage of Hyperwave™ Fluctuation (changing heat through the drying cycle) for faster, better, safer dried foods. As the temperature fluctuates up, the surface moisture evaporates. Then, as the temperature fluctuates down the inner moisture moves to the drier surface. The food temperature stays LOW enough to keep the enzymes active, and the air temperature gets high enough to dry food fast, overcoming yeast, mold, and bacteria growth and spoilage.

Parallexx® Horizontal Airflow — Fast, even dehydration.

The fan, heating element, and thermostat are in the back. Cool air is drawn in, heated, and distributed evenly over each tray. This exclusive design helps the food dry faster, retain more nutrients, and look and taste better, without tray rotation.



DRYING GUIDE



Timing

Drying times, are enormously dependent on factors: amount of humidity in the air, the moisture content of the food being dried and the method of preparation.

Humidity: Check with your local weather service to determine the day's humidity level. The closer the humidity is to 100%, the longer it will take for your food to dry.

Moisture Content: Water content of a fruit or vegetable can vary due to growing season, rainfall and environmental factors, as well as the ripeness of the food.

Slicing: Should be uniformly sliced, (not more than 1/4" thick) and spread evenly in a single layer on the drying trays.



Cleaning

DO NOT USE harsh chemicals or abrasive materials for cleaning. DO NOT immerse any portion of this appliance in water except the trays. Clean interior with a cloth or sponge, warm water and mild detergent.

PREPARATION



Pre-treatment

Pretreating food is not an essential procedure when using your Excalibur® Food Dehydrator. There are basically two types of pre-treatment, dipping and blanching.



Dipping

Dipping is a treatment used primarily to prevent fruits or vegetables from oxidizing.

Sodium Bisulfite: When mixed with water, sodium bisulfite is a liquid form of sulfur. It is the most effective and least expensive anti-oxidant. Use only a food-safe grade of sodium bisulfite that is made especially for dehydration. Sodium Bisulfite is available directly through Excalibur®.

If subject to sulfur allergic reactions, check with your physician before using Sodium Bisulfite as a dip.

Fruits: Mix 1 1/2 tablespoons of Sodium Bisulfite in one gallon of water. Soak fruit slices for five minutes and halved fruit for fifteen minutes. Rinse.

Vegetables: Recommended for steam blanching only. Add 1 teaspoon Sodium Bisulfite to each cup of steaming water and blanch as you would normally. This is particularly recommended for vegetables to be stored in excess of three months.

Ascorbic Acid-Citric Acid Dip: is simply a form of vitamin C. Citric acid is found in all citrus fruits. These citrus type dips are available through Excalibur, in drug or health food stores in crystal, powder or tablet form. Soak the prepared produce in a solution of 2 tablespoons of powder to 1 quart of water for 2 minutes.

Fruit Juice Dip: Citrus juices, such as pineapple, lemon or lime, may be used as a natural anti-oxidant. Stir 1 cup of juice into 1 quart of lukewarm water and soak for 10 minutes. Note: fruit juice is only 1/6 as effective as pure ascorbic acid and may add taste to your food.

Honey Dip: Honey dips are used quite frequently on fruits to be dried. The honey will make fruit considerably sweeter and will add calories as well. Dissolve 1 cup of sugar in 3 cups of hot water. Allow mixture to cool until lukewarm, and add 1 cup honey. Dip fruits in small batches, remove with a slotted spoon and drain thoroughly before dehydrating.



Blanching

Blanching, as a means of pre-treatment, can be done either in boiling water or by steaming the foods. This pre-treatment is sometimes referred to as "checking" or "crazing." Use this method most effectively on tough-skinned fruits (sometimes having natural protective wax coating) such as grapes, plums, cranberries, etc. By boiling fruits in water for 1 to 2 minutes, the skin "cracks" and allows the moisture to more readily escape, thus the drying time is faster.

STORAGE & RECONSTITUTION

Containers for dried foods should be safe from moisture and insects. Glass jars with tightly fitted lids, plastic zip-lock and vacuum/heat-sealable bags are recommended storage containers. Food-safe metal cans, such as coffee cans or cookie tins, may be used to store individual bags for extra protection.

Your dried foods should be stored in a cool, dark and dry area. The ideal temperature for food storage is 50° - 60°F/10° - 16°C. Storing foods in this manner further protects the flavors and colors of your dried products from fading.



Reconstitution

Properly dried foods rehydrate well. They return practically to their original size, form and appearance.

An **Electric Steamer** is one of the most efficient and successful means of rehydrating foods. The food is placed into the rice bowl, and covered with a liquid.

Soaking: place the pieces in a shallow pan, cover with the liquid, and allow 1 to 2 hours for the rehydration process to occur. If rehydrating overnight, place the pan in the refrigerator.

Boiling Water: To reconstitute vegetables, place 1 cup of dried vegetables into 1 cup boiling water. Soak for 5 to 20 minutes. Prepare according to your recipe. To reconstitute fruits, place 1 cup of water and 1 cup dried fruit into a pan and simmer until tender.

Cooking: For vegetable side dishes, fruit toppings or compotes, use 1 part liquid to 1 part dried food. For foods used in soufflés, pies and quick breads, add 2 parts of liquid to 3 parts dried food. When cooking fruits, place them into a saucepan with boiling water, turn heat to low and simmer 1 to 15 minutes or until tender.

YEAR-ROUND SEASON FOR FRUITS/VEGETABLES

January

Good Buys: Avocados, Bananas, Cabbage, Cauliflower, Mushrooms, Pears, Potatoes, Turnips and Winter Squash.

February

Good Buys: Avocados, Bananas, Broccoli, Cabbage, Cauliflower, Kumquats, Mangos, Mushrooms, Pears, Tangerines, Winter Squash.

March

Good Buys: Artichokes, Asparagus, Avocados, Bananas, Broccoli, Grapefruit, Kumquats, Lettuce, Mushrooms, Radishes, Spinach.

April

Good Buys: Asparagus, Bananas, Cabbage, Chicory, Escarole, Onions, Pineapple, Radishes, Rhubarb, Spinach, Strawberries.

May

Good Buys: Asparagus, Bananas, Celery, Papaya, Peas, Pineapple, Potatoes, Strawberries, Tomatoes, Watercress.

June

Good Buys: Avocados, Apricots, Bananas, Cantaloupe, Cherries, Corn, Cucumber, Figs, Green Beans, Limes, Mangos, Nectarines, Onions, Peaches, Peas, Peppers, Pineapple, Plums, Summer Squash.

July

Good Buys: Apricots, Bananas, Blueberries, Cabbage, Cantaloupe, Cherries, Corn, Cucumbers, Dill, Eggplant, Figs, Gravenstein, Apples, Green Beans, Nectarines, Okra, Peaches, Peppers, Prunes, Watermelon.

August

Good Buys: Apples, Bananas, Beets, Berries, Cabbage, Carrots, Corn, Cucumbers, Dill, Eggplant, Figs, Melons, Nectarines, Peaches, Pears, Peppers, Plums, Potatoes, Summer Squash, Tomatoes.

September

Good Buys: Apples, Bananas, Broccoli, Carrots, Cauliflower, Corn, Cucumbers, Dill, Figs, Grapes, Greens, Melons, Okra, Onions, Pears, Peppers, Potatoes, Summer Squash, Tomatoes, Yams.

October

Good Buys: Apples, Bananas, Broccoli, Grapes, Peppers, Persimmons, Pumpkin, Yams.

November

Good Buys: Apples, Bananas, Broccoli, Cabbage, Cauliflower, Cranberries, Dates, Eggplant, Mushrooms, Pumpkin, Sweet Potatoes.

December

Good Buys: Apples, Avocados, Bananas, Grapefruit, Lemon, Limes, Mushrooms, Oranges, Pears, Pineapple, Tangerines.



HELPFUL HINTS & TIPS

Cut all your items the same thickness.

If you don't, they'll dry at different times. A slicer is helpful.

Do small or Large batches.

If you are doing a small batch, put the remaining empty trays in the dehydrator. Your dehydrator is designed to work with all or none of the trays.

Experiment with your drying times.

Everyone's tastes are different. You may like some food dried longer for a crispier texture. You may like other dried less for a chewier texture. Be sure to write down the food and times so you remember what you like!

Store your Paraflexx® sheets in the bottom of the dehydrator.

This is a great way to protect your sheets when you're not using them. They can also double as a drip liner at the bottom of your dehydrator for easy cleaning.

Cleaning tips for Paraflexx® sheets.

DO NOT SOAK your Paraflexx® sheets. This will damage them. Simply wipe down with a warm, soapy cloth. Then again with clean water. That's it.

Register your warranty online:

<http://www.ExcaliburDehydrator.com>

Not sure your foods are dry enough?

Put some of your foods in an air-tight bag and check it in a few minutes – if you see water droplets in the bag then you need to dry the food more. Some small fogging is normal as the food cools off.

One side of my drying trays seems to be dried before the other.

What should I do?

Because your dehydrator may dry one side faster than the other, halfway through the drying cycle you may want to turn the trays 180°. This will speed up the dehydration process and will reduce energy consumption.

My apples and pears have darkened to a rusty-brown color while drying.

Are they safe to eat?

Yes. Fruits that have turned brownish color are safe to eat. Many fruits will oxidize during the drying process. Oxidation happens when the flesh of the fruit is exposed to air. By pretreating fruits oxidation is reduced.

Why should the edges of my fruit leather be thicker than the center?

With fruit leathers, the edges of the mixture tend to dry first. If the edges are the same thickness as the center, they will dry too quickly and become brittle.

My fruit leathers are very thin and brittle. I'd like to make them like the ones sold commercially.

How can I do that?

Juicy fresh fruits, such as strawberries, can be too runny to create a thick, chewy leather like the commercial types. By simply adding a banana when pureeing, the mixture will become thick and the fruit leather will as well. Be sure to pour 3/4 to 1 cup of puree on each tray and allow it to spread out. Remember, the poured puree should be 1/4" thick at the edges.

If I powdered my dried vegetables, what could I use them for?

Powdered onion and garlic, of course, are favorite seasonings for meats and sauces. Powdered tomatoes can be reconstituted into tomato sauce, paste, catsup, juice or soup. Powders are easy to make. A blender or food processor will give you the finest texture. Simply place pieces of dried vegetables into a blender and process. Store in air-tight bottles or jars.

As items dry, should they be removed to allow better circulation for still moist foods and avoid over drying?

Yes. As foods dry, remove them from the trays and package. The other still moist pieces should remain in the dehydrator until they are completely dry. However, if you have sliced your food into uniform pieces and have turned your trays 180° halfway through the cycle, your load should be finished at the same time.

Do you have more detailed information in your Manual?

Check out our dehydrator book, *Preserve It, Naturally!* over 250 page book. It contains hundreds of color pictures and diagrams! The book completely details every aspect of drying from mint leaves to pistachio nuts. It has detailed directions for craft ideas, instructions for yogurt and cheese making, dehydrating grains and even making baby food! There are 275 recipes using home dried fruits, vegetables, meats and grains for you to try, experiment with or use as a guideline while concocting your own!

ON THE FOLLOWING PAGES

Dehydrating Recipes and
Recipes from Celebrity Chefs

LEATHERS & FRUIT ROLLS

APRICOT-CHERRY LEATHER

WHAT YOU NEED:

1 cup apricots
1/2 cup cherries
honey or sugar to taste

HOW TO PREPARE:

Puree apricots with a small amount of water. Add cherries and sweetener; blend and pour onto Paraflexx®, kitchen parchment paper, or plastic wrap. Dehydrate at 135°F/57°C until leathery.



Leathers are an easy answer to the often heard request of "What is there to eat?" Yogurt, leftover fruits or vegetables can be pureed, sweetened and spiced and made into a nutritious, high-energy snack food. Spread the puree, produce thinly on Paraflexx® sheets or plastic wrap and dehydrate, transforming the liquid into a chewy, quick-energy snack! Leathers are so simple to make!

Select ripe or slightly overripe (but not spoiling) produce that blends and tastes well together. Strawberries and rhubarb, or bananas and pineapple make great combinations. Wash, remove any blemishes, stems or pits and peel produce if desired. Keep in mind produce skins are highly nutritious. Puree the produce in a blender until it is smooth.

Pour 1 1/2 to 2 cups of puree or yogurt onto the Paraflexx® or plastic wrap covered trays. Since the edges tend to dry more rapidly, the poured puree should be 1/8" thick at the center and 1/4" thick at the edges. Place the prepared puree in the dehydrator with the temperature set at 135°/57°C. Average drying time for leathers is 4-6 hours. When the leather has dried, it will be a bit shiny and non-sticky to the touch. Allow the leather to cool and peel it from the tray. Roll it into a tight cylindrical shape. A piece of plastic wrap, measured to fit the length and width, is then tightly wrapped around the leather.



JERKY

Western BBQ Jerky

WHAT YOU NEED:

1 lb. lean meat
1 tsp. salt
3 tbsp. brown sugar
1/4 tsp. pepper
1/3 cup red wine vinegar
1/8 tsp. cayenne pepper
1 tsp. onion powder
1/2 tsp. garlic powder
1 tsp. dry mustard

HOW TO PREPARE:

Mix all ingredients except meat in shallow dish or bowl. Stir well. Cut meat into 3/16-inch-thick pieces.

Place in marinade making sure meat is covered. Cover and refrigerate for at least 12 hours. Place meat on dehydrator trays and dry at 155°F/68°C until meat cracks, approx. 5-6 hours. Serves 1.



You can use virtually any combination of the following ingredients: soy, Worcestershire, tomato or barbecue sauce; garlic, onion or curry powder, seasoned salt or pepper. Pick a lean cut of raw meat as free from fat as possible; the higher the fat content, the shorter the storage life of the jerky. The best way to get uniform pieces is with a meat slicer, but a sharp knife will do. When using a knife, partially freezing raw meat will make slicing easier. Slice the meat either with or across the grain. Jerky cut with the grain will be chewy; cut across the grain will be very tender but more brittle. Cut into strips 1" wide, 3/18" thick and as long as you want. Once sliced, cut off all visible fat.

Dry at 155°F/68°C for approximately 4-6 hours, occasionally blotting off any fat droplets that appear on the surface. While drying, the temperature will go up and down around the set point - this is important to dry correctly. Your meat will hit 160° if you use the 155° - set point on the dial.

Always test jerky using a cooled piece. Properly dried jerky, when bent, should crack but not break.

| Fish/Shellfish | % Fat |
|------------------|-------|
| Catfish* | 5.2 |
| Cod | 0.53 |
| Croaker | 2.5 |
| Flounder | 1.4 |
| Greenland Turbot | 3.5 |
| Grouper | 1.0 |
| Haddock | 0.5 |
| Hallbut | 4.3 |
| Lake Trout* | 11.1 |
| Mackerel* | 9.9 |
| Monkfish | 1.5 |
| Mullet* | 6.0 |
| Ocean Perch | 1.4 |
| Pollock | 1.3 |
| Rainbow Trout* | 6.8 |
| Rockfish | 0.2 |
| Salmon* | 9.3 |
| Sea Bass | 1.6 |
| Sea Herring | 2.8 |
| Sea Trout | 3.8 |
| Shark* | 5.2 |
| Shrimp | 1.6 |
| Smelt | 2.0 |
| Snapper | 1.1 |
| Sole | 1.4 |
| Tuna* | 5.1 |
| Whitefish* | 7.2 |
| Whiting | 1.3 |
| Yellow Perch | 1.1 |

VEGETABLES

Nacho - Cheese Kale Chips

WHAT YOU NEED:

1 cup cashews
1 cup shredded carrots
1 cup filtered water
2 tbsp. nutritional yeast
2 tsp. chili powder
½ tsp. lemon juice
1 tsp. salt
1 tsp. pureed garlic (about 2 cloves)
½ tsp. onion powder
½ tsp. ground cumin
1/8 tsp. ground cayenne pepper
½ pound stemmed curly kale
(about 1 ½ large bunches)

HOW TO PREPARE:

Soak the cashews in water for 4 to 6 hours. Rinse and drain. To make the cheese sauce, combine the cashews, carrot, water, nutritional yeast, chili powder, lemon juice, salt, garlic, onion powder, cumin, and cayenne, blend until smooth and creamy. Wash and dry the kale. Toss the kale with the sauce. Place the leaves on Excalibur dehydrator trays covered with a nonstick sheet. Make sure that each leaf is separated from the others. This ensures that the leaves dry quickly and evenly. Dehydrate at 105°F/41°C until completely crisp, about 12 hours or longer. Roll tight into bite size lengths and serve. Keep refrigerated.

You can dry a different vegetable each day for a month and still not go through the entire list. Some are more suitable for dehydrating than others but once you get started, you'll want to try them all.

To preserve most of this goodness in your dehydrated food, start with vegetables that are ripe and in prime condition. Buy or pick the crispest, freshest, most flavorful ones that can be obtained. Dehydrating retains most of the nutrition and good taste, but it can't improve on the original quality of the food. The fresher the vegetables are when processed, the better they will taste when rehydrated and cooked.

Dehydrating

Vegetables have a lower moisture content than fruits, so cooler drying temperatures must be employed. If the temperature is too high, the vegetable pieces will "case harden." Let the dehydrator's thermostat at 125°F/52°C and spread vegetables in a single layer on the drying trays. Leave space between pieces for better air circulation; do not overlap pieces. Note: For tomatoes and onions, dry at 155°F/68°C instead of 125°F/52°C. In case of other exceptions, always refer to the individual listings before beginning to dry. Different vegetables may be dried together as long as none are strong-smelling. Some strong-smelling vegetables include onions, peppers, and brussels sprouts. Dry on average 4 to 14 hours.



FRUITS

Blueberry Cookies

WHAT YOU NEED:

2 cups blueberries
2 cups almonds
blanch & soak over night
1 cup soaked raisins (small cup)

HOW TO PREPARE:

Blend all ingredients to a crumbly consistency. Drop 1 teaspoon of mixture on Excalibur® dehydrator tray. Dehydrate at 115°F for 18-22 hours until dry. Turn cookies over about halfway through drying cycle.

You'll have fun drying fruit; it's one of the oldest and most popular dehydrated foods. Enjoy dried fruit as a naturally sweet snack, in your favorite recipes, candied, or in good tasting leathers. Apples, peaches, bananas, and pears are long-time dehydrating favorites. But why stick to the tried and true? Dare to dry dates, have a fling with figs, or perk yourself up with persimmons. Challenge yourself to master them all!

General Rules for Dehydrating Fruits

If fruits (or vegetables) are to be dried with skins on, they should be washed thoroughly. Some fruits, like grapes and certain berries, have a natural wax coating that must be removed by checking.

Uniform slicing makes a big difference in how evenly your fruit dries.

Dehydrating

Most fruits do not have strong odors, so feel free to dry them together. Do not add fresh fruit to a batch that is nearly dry food. For exact instructions, refer to the fruit dehydrating guide.



TRAILMIXES, GRANOLA & NUTS

Candied Pecans

WHAT YOU NEED:

1 cup soaked, rinsed and towel blotted pecan halves
1/2 cup maple syrup
1 tsp. cinnamon
Pinch of nutmeg

HOW TO PREPARE:

Toss the soaked pecans, maple syrup, cinnamon and nutmeg together and spread them on a Paraflexx® sheet. Dehydrate pecans at 105°F for 12 hours or until they are crisp in a Excalibur® dehydrator. Enjoy as a snack or salad topper, or use in desserts, like Black Bottom Pecan Pie. Store Candied Pecans or other flavored nuts in a sealed glass jar in the refrigerator for up to 3 months.

Looking for an after school energy snack or a healthy treat before a big game? Heading out on the trail? Dried fruit and nut trail mix is easy to do in an Excalibur dehydrator and you can personalize it to your taste. Add dry fruits to include natural sugars, all the while controlling the sugar and salt content. These snacks also reduce pounds of juicy goodness into ounces for lightweight meals and snacking on longer backpacking trips.

Nuts about Nuts!

It is recommended that you prepare nuts, by soaking them. By soaking, enzyme inhibitors are neutralized, the beneficial enzymes are activated and the vitamin content increases. After nuts are done soaking for a period of 8-16 hours, place on drying trays and dehydrate. Time and temperature will vary based on the recipe.

Granola & Energy Bars

Most of the store-bought granolas are high in sugar, contain unhealthy fats and oils, and are packed full of fillers and unnecessary ingredients. Make your own deliciously sweet combination of granola with all the good-for-you ingredients your body craves.

Trail Blazers & Preppers

You know who you are! With an Excalibur, you can make healthy, delicious meals, snacks and desserts. Dehydrate and store for years at a fraction of the space and the weight of canning.



HERBS & SPICES

Basil

WHAT YOU NEED:

Basil Leaves

This herb is an excellent seasoning commonly employed in Italian and Mediterranean style cooking. Its leaves add a pleasant, spicy flavor to tomato and potato dishes, vegetable juices, cheese and egg mixtures, salads, and many types of meat. Although it has a savory clove-like aroma, basil actually belongs to the mint family. The leaves must be dried quickly to avoid molding. Because of its very delicate nature, treat basil carefully to prevent damage.

HOW TO PREPARE:

Wash plant leaves the evening prior to harvesting; if the leaves are still wet, they may turn brown when dried. Clip leaves before the flowers open. Subsequent cuttings may then be made. Throw away dirty leaves. Space the leaves on the trays so they are not touching. Dehydrate the leaves at no more than 95°F/35°C until the leaves are crisp enough to crumble in your hand.

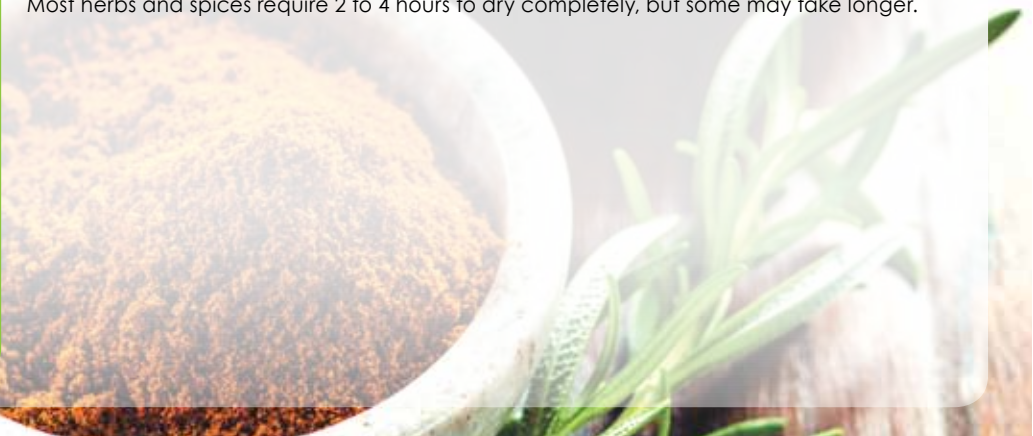
Use your Excalibur® dehydrator to dry your own freshly grown herbs! Buy bulk quantities of fresh herbs and spices, dry them and create special teas and seasonings. Left-over parsley will no longer be wasted...as drying herbs and spices require rather simple preparation.

Preparation

First, trim off any dead or discolored plant parts. Wash off the leaves and stems of most herbs in cool water. A sink spray attachment is ideal for this purpose because it is gentle. Flower heads should be rinsed thoroughly before the petals are removed. Discard damaged parts. Keep the heads whole for use in teas. After it is sufficiently dried, remove the outer covering of the herb seeds by rubbing it between your hands. Be sure to dry the seeds.

Dehydrating

Place the prepared plants on the trays in a sparse layer. When dehydrating large clusters, remove alternate trays so that the tops of the clusters are not touching the tray above. Most herbs and spices require 2 to 4 hours to dry completely, but some may take longer.



PET TREATS

Fluffy's Chicken Delights

WHAT YOU NEED:

8 oz. boiled chicken liver
1/2 cup cornmeal
1 cup wheat flour
1 tsp. garlic powder
1 tsp. beef bouillon
1 large egg
1 tbsp. yeast flakes
2 tbsp. vegetable oil
Parmesan cheese, set aside

HOW TO PREPARE:

Blend all ingredients in food processor until a dough is formed. Roll out dough about 1/4 inch thick. Lay on dehydrator trays and sprinkle Parmesan cheese on top. Dehydrate at 155°F/68°C until done. Approximately 1 hour before the dough is finished dehydrating, cut into shapes or squares. Finish dehydrating until thoroughly dry.

More and more Americans are tuning in to the food system, trying to avoid nasty artificial ingredients. And increasingly, people are looking harder at what's best for their four-legged family members, too.

Preparation

1. Use healthy, fresh, whole ingredients to create homemade dog treats free of additives and preservatives.
2. In a large bowl, mix all ingredients and form into a ball. On a flour-dusted cutting board, roll out the dough to about 1/4-inch thick.
3. Cut with bone-shaped cookie cutter or any cutter shape your pet will like.

Dehydrating

1. Dehydrate at the highest setting—145°-155°F (63°-68°C)—until done, approximately 6 to 8 hours.
2. For crunchier treats, dehydrate longer until they have the consistency you like.



YOGURT

FROZEN YOGURT

WHAT YOU NEED:

1 1/4 cup dried strawberries, raspberries, peaches, bananas, or any other favorite fruit.
1 cup milk
1 cup homemade yogurt
2-4 tbsp. honey (optional)

HOW TO PREPARE:

Blend dried fruit with milk in blender. Add yogurt and honey. Pour into freezer container. Freeze until crystal form around edges. Stir. Freeze until firm. 4 servings.

Yogurt is extremely easy to make. All that is required is 4 cups milk, 1/2 cup powdered milk, and 2 tablespoons of plain yogurt. Use either whole, low fat, or skimmed milk; it's up to you. The yogurt, though, must be plain; there's no substituting.

Making Your Yogurt

Add the powdered milk to the fresh milk and heat to boiling for a few seconds. Allow the milk to cool to 120°F/49°C; then take 1/4 cup of the mixture and stir in the yogurt. When it is thick and sauce-like, pour it into the remaining milk and mix well.

Spoon the yogurt into clean glass jars that have lids or into plastic yogurt cups. Place the containers on the bottom of the dehydrator, set the temperature for 115°F/46°C, and heat for 3 hours. Using a higher temperature would destroy the yogurt culture. If the yogurt has set, cool it. If not, continue to check the batch every 15 minutes until it does.

After the finished yogurt has cooled, add the fruit or flavoring before placing it in the refrigerator. If sweetening is desired, use powdered sugar or honey to maintain the thick, smooth texture. For a variation, blend 1/2 cup of fruit with 1/4 cup water and make a sauce to pour over the yogurt right before it is eaten.



RAISE BREAD & RECRISPING

WHEAT BREAD

WHAT YOU NEED:

1 package dry yeast
2 cups warm water
2 tbsp. sugar
2 tsp. salt
4 cups white flour
1/2 cup hot water
1/2 cup brown sugar, packed
3 tbsp. shortening
4 cups whole wheat flour

HOW TO PREPARE:

Place yeast in warm water. Add sugar, salt, and white flour. Beat until smooth. Cover and put in warm dehydrator until light in color and bubbles appear on top of dough, approximately 1 hour.

Combine hot water, brown sugar, and shortening. Cool to lukewarm. Add to yeast mixture. Now add whole wheat flour and mix until smooth. Turn dough out onto lightly floured surface. Knead about 10 minutes using a little wheat flour on your hands until dough loses its stickiness. Place dough into greased bowl; turn over once to grease top of dough. Cover. Let rise in warm dehydrator until double. Punch down dough. Cut in half with knife.

Shape each half to form a ball; cover and let rise 10 minutes. Place into lightly-greased loaf pans, cover, and let rise until double. Bake at 375°F/191°C approximately 40 to 50 minutes.

Yes, you can use your Excalibur Dehydrator to make your bread rise! An Excalibur can make a big difference in speeding up the time it takes for dough to rise. Remove the trays from the dehydrator, set the thermostat to 115°F / 46°C and allow the unit to pre-heat. Place a shallow pan of water on the bottom of the dehydrator. Insert a drying tray above the water and place the bowl of dough on the tray. Cover the dough with a cloth to keep it from drying out. Allow the dough 30 minutes to 1 hour of time to rise. When it has risen, continue with preparation to your recipe.

Re-Crisping

You'll never have to throw away crackers, chips, cookies or cereals that have become stale. Dry them at 145°F / 63°C for 1 hour.

Bread Crumbs, Stuffing Mixes & Poultry Seasonings

Put your extra breads of all types in your Excalibur to dry for making bread crumb recipes. Crumble by hand or process for a few seconds in your food processor. Store in air tight containers until needed. Add your favorite herbs and spices to create stuffing mixes for side dishes or poultry stuffing.



PASTA

PASTA PRIMAVERA WITH DRIED TOMATOES

WHAT YOU NEED:

8 oz. Rotini, Twists or Spirals, uncooked
1 tbsp. olive or vegetable oil
2 cloves garlic, minced
1/8 tsp. hot red pepper flakes
1 cup tender fresh green beans, cut into 1" pieces
2 small zucchini, sliced
2 small yellow squash, sliced

1 cup carrot sliced thin
1 medium red onion, cut into eighths
1/4 cup chicken broth
1/4 cup lightly pack fresh basil leaves, chopped
1/2 cup oil-packed dried tomatoes, chopped
1/4 cup grated Parmesan cheese
1/4 cup chopped fresh parsley

HOW TO PREPARE:

Prepare pasta according to package instructions. Drain. In medium skillet, heat oil and garlic. Stir in red pepper flakes. Add zucchini, squash, carrots and onion and stir-fry until tender-crisp about 5 minutes. Add chicken broth and simmer 1 minute. Toss together pasta, vegetables, basil and dried tomatoes. Garnish with Parmesan cheese and parsley. Serves 4.

Your dehydrator is perfect for preparing pasta. Store bought varieties can't compete with the taste of homemade.

Make and cut the noodles according to the recipe directions. No need for separate pasta racks! Place strips of freshly made pasta in single layers onto your drying trays. Dry for 2 to 4 hours at 135°F/57°C. Store in airtight packages. Dried noodles can be used in soups and casseroles; as a main dish buttered; or in a cream, tomato, or cheese sauce.

What to do with Dehydrated Pasta

1. Perfect for soups and stews
2. Excellent for thermos bottle cooking and MRE's
3. Serve with your favorite sauce
4. Use in salads and one dish meals



CHEESE

Cottage Cheese

WHAT YOU NEED:

1 gallon of pasteurized milk and either
4 tbsp. unflavored yogurt made in your dehydrator
1/2 cup fresh buttermilk, or 1/4 tablet of rennet (an enzyme) dissolved in 1/2 cup warm water

HOW TO PREPARE:

Pour the milk into a crock and warm it to room temperature, about 72°F/22°C. Mix in the yogurt, buttermilk, or rennet and cover the crock with cheesecloth. Place the crock in the dehydrator and hold the temperature inside at 85°F/29°C for 12 to 18 hours until clabbered. Clabbering means that the milk has separated to form thick, solid "curd" and watery, liquid "whey."

When the milk has thickened into curds and a little whey lays on the surface, the cheese is clabbered. Now your next task is to cut the curd as follows. Use a long-bladed knife and make all cuts approximately 1/2" apart. (1) Holding the knife vertically, make straight up and down cuts across the curd. (2) Now slant the knife and make diagonal slices down through the cheese following the cuts of step 1. Make the first cut at a 45° angle, but gradually straighten the blade so that the last cut is nearly vertical. (3) Repeat the process of step 2, only slant the knife in the opposite direction. (4) Turn the crock 180°/82°C and make a final set of vertical cuts to form a crosshatch pattern on the surface. This cubing process helps the sour whey to drain out.

The Final Steps. Place several inches of water in a large pan, set the crock in it, and heat to 115°F/46°C. Hold the cottage cheese at this temperature for 1/2 hour, stirring occasionally. Once the time is up, line a colander with cheesecloth and pour in the curds and whey. Allow the whey to drain off; otherwise, it will give the cottage cheese a bitter taste. To get rid of even more of the sour taste, dip the colander in cold water and gently stir the curds to wash away the last traces of the whey. Let the curds drain thoroughly. If desired add 1 teaspoon salt per pound of cottage cheese and 4 to 6 tablespoons of cream. After refrigeration, your cottage cheese will be ready to eat as is or in fruit salads, dips, cheesecake, and casseroles.

The low temperatures of your dehydrator are ideal for ripening milk into cheese. Cottage cheese is unripened cheese - that is, it has not been aged. Hard cheeses, on the other hand, are pressed, dipped in paraffin wax, and aged. Longhorn, cheddar, Colby, and Romano are all hard type cheeses. In addition, there are the semi-hard or soft cheeses: Scamorze, Neufchatel, and cheese spreads. These are generally milder in flavor than the hard cheeses and are only aged for a short time, if at all. Refer to Excalibur's Preserve It Naturally Book for more directions on making cheese.

POTPOURRI, ARTS & CRAFTS

Your dehydrator can help satisfy your creative cravings by shortening the drying times for ceramics, dough art or decoupage.

Potpourri

Nearly any garden blossoms, leaves, herbs, spices or cones can be used for potpourri. Fixatives must be added to the potpourri to prevent the fragrances from evaporating. Orris, benzoin, calamus and oak moss are common fixatives. Using scissors, cut only unblemished herbs and flower heads; one decaying leaf or petal can destroy a whole potpourri. Spread the petals or herbs sparsely over the drying trays. Try to avoid drying both at the same time to prevent the distinctive fragrances from mixing. Dry for 6 to 8 hours at 110°F/43°C until dry and brittle. Let cool.

Photographs

Treat and wash as usual; then shake or blot off the excess liquid. Place on the dryer trays. Dry until no wet spots remain. Note: Dry only photographs that have been printed on resin-coated stock; other paper types will crinkle unless pressed flat.

Pomander Balls

These charming, old-fashioned aromatic delights dry quickly and easily in a dehydrator. For each pomander, select a ripe, attractive apple, lemon, lime, or orange. Using an ice pick or awl, punch holes evenly all over the skin of the fruit and push a whole clove in each; the skin should be completely covered. Roll the ball in a mixture of 1/2 oz ground cinnamon, 1/2 oz ground allspice or nutmeg, 1 teaspoon powdered orris root, and a sprinkling of glitter. Thoroughly coat. Let it stand in the mixture for several days, turning occasionally. Next arrange on a Paraflexx® sheet and place in Excalibur dehydrator with the thermostat set at the lowest temperature. Dry till shrunken and lightweight; then tie a long ribbon or cord around it for hanging..

Dried Macrame Beads

With a little ingenuity, you can dehydrate vegetables for use as beads in macrame and other crafts.

Dough Art

Dough art is a fun craft for children and adults. Roll the dough, coil it, braid it, stamp it, or press it to make wall plaques, napkin rings, jewelry, figurines, small sculptures, and even Christmas tree ornaments.





Australian-born Tess Masters is a cook, writer, actor, voiceover artist and author of *The Blender Girl* cookbook. She shares her enthusiasm for healthy fast food on theblendergirl.com.

As a presenter and recipe developer, Tess collaborates with leading food, culinary, and lifestyle brands. She has been featured in the *LA Times*, *Vegetarian Times*, *InStyle*, *Real Simple*, *Clean Eating*, *Chow.Com*, *Today.Com*, and *Glamour.Com* among other publications and websites. Away from the blender, Tess enjoys a diverse performance career. She has toured internationally with stage productions, worked in film and television, and lent her voice to commercial campaigns, audiobooks, and popular video game characters.



What You'll Need:

- 1 large bunch of curly green kale – about 8 firmly packed cups
- 1 cup raw cashews soaked in filtered water for 2 – 4 hours (soaking is optional)
- 1/8 cup filtered water as needed for desired consistency
- 3 tbsp. freshly squeezed lemon juice
- 1/4 cup nutritional yeast to taste
- 1 whole bulb of garlic (about 8-10 cloves) chopped roughly
- 1 tsp. Celtic sea salt
- 1 tbsp. coconut nectar (optional)
- 4 tsp. granulated garlic

Let's Get Started!

- Rip the kale from off the stalks (discard the stalks), wash and place in a colander to drain. You want a little bit of water left on the kale.
- Transfer to a large bowl.
- Place all the ingredients except the granulated garlic in a food processor until smooth, thick and creamy. You want something like the consistency of hummus. You might need to add a little bit more water.
- Take small handfuls of the cashew cheese and massage into the kale. I use kitchen gloves for this. Repeat this until all of the mixture has been added and the kale is evenly coated with no large clumps of "cheese".
- Toss through the granulated garlic so that it is evenly distributed.
- Place the kale evenly on dehydrator sheets and dehydrate at 115°F/46°C for about 8 hours until crisp.
- If you don't have a dehydrator you can place them on baking sheets in the oven on the lowest setting for about 10-12 hours.

NUT-FREE VERSION

What You'll Need:

- 1 large bunch or curly green kale – about 8 firmly packed cups
- 2 1/2 tbsp. cold pressed extra virgin olive oil
- 1/4 cup nutritional yeast
- 3 tsp. granulated garlic
- 1 tsp. Celtic sea salt
- 3 tsp. extra granulated garlic (to toss through)

Let's Get Started!

- Rip the kale from the stalks (discard the stalks), wash, and place in a colander to drain slightly. You want a little bit of water left on the kale.
- Stir all of the other ingredients (except the extra garlic) together in a bowl.
- Massage the mixture into the wet kale.
- Sprinkle the extra granulated garlic onto the kale and toss through.
- Place in your Excalibur dehydrator on 105°F/41°C or about 4-6 hours until crispy.



A true superstar – Carol Alt. Since her days as the world's most famous supermodel, Carol Alt has been a multi-award-winning actress that has appeared in more than 65 films; host of countless TV and radio shows; had a number one music hit in Europe; graced the cover of over 700 magazines; worked as a dedicated philanthropist; and is now also a skincare entrepreneur, jewelry designer, and bestselling author on raw food nutrition. She's written three raw food books: EATING IN THE RAW, THE RAW 50, and EASY SEXY RAW. As well as raw food recipes, check out Carol's natural skincare line, Raw Essentials.



Pizza Crust:

- 1 cup ground flax seeds or chia seeds
- 2 tbsp. onion powder
- 5 cups roughly chopped mixed vegetables (some favorite combinations are cucumber and broccoli stalk, fennel and broccoli stalk, or zucchini)
- 2 cups soaked raw walnuts or pecans
- 2 garlic cloves
- 1 tbsp. plus 1 tsp. fresh lemon juice
- 2 to 4 drops liquid stevia OR 1 tbsp. plus 1 tsp. raw honey
- 1 tsp. sea salt or more to taste
- ¼ cup fresh basil leaves

*Makes two 8-inch pizza crusts

Mama Tanya's Favorite Tomato Sauce

- ¾ cup sun-dried tomatoes
- 1 large ripe tomato, seeded and roughly chopped
- 1 small garlic clove (optional)
- Small handful of basil leaves
- 1 tsp. dried oregano
- 2 tsp. pizza seasoning or Italian seasoning
- 1 ½ inch piece fresh ginger, peeled and chopped
- Pinch of cayenne pepper
- 2 to 4 tbsp. cold-pressed extra-virgin olive oil
- 2 tbsp. pitted sun-dried olives
- Sea salt

*Makes about 2 cups

Mama Claire's Red Wine Vinaigrette

- ¼ cup Eden raw red wine vinegar
- ½ cup cold-pressed extra-virgin olive oil
- 2 tsp. raw agave nectar, raw honey, or coconut nectar
- 1 tbsp. fresh lemon juice
- ½ tsp. sea salt
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- ½ tsp. dried basil

*Makes ¾ cup

Pizza Salad

- 1 head of romaine or green leaf lettuce
- 1 or 2 medium tomatoes, seeded and chopped (optional)
- 1/2 medium red onion, thinly sliced
- 1/4 cup sun-dried olives, pitted and sliced (optional)

To make the pizza crust:

Combine the flax meal and onion powder in a medium bowl and set aside. Place the chopped vegetables, walnuts, garlic, lemon juice, stevia, and salt in a food processor or high-speed blender and process until smooth, scraping the sides of the machine a couple of times or tamping down with the tamper if using a blender. Add the basil and pulse until well incorporated but with small bits remaining visible. Add the flax meal and onion powder and stir until well combined. Spread out half the dough on a Paraflexx®-lined Excalibur dehydrator tray in a circle about 8 inches in diameter and ½ inch thick. Repeat with the remaining dough on a second lined tray. Place in the dehydrator and set the machine to 105°F/41°C and dehydrate for 6 to 8 hours or overnight. Flip the crust onto a dehydrator screen (remove the Paraflexx®) and continue to dehydrate until the desired crispness is obtained, 2 to 8 hours, or longer if you like your crust very crisp.

While the pizza crust is dehydrating, make the sauce: In a medium bowl, soak the sun-dried tomatoes in water to cover for 1 hour to soften. In a blender or food processor, combine the sun-dried tomatoes and their soaking water, the fresh tomato, the garlic, if using, the basil, oregano, pizza seasoning, ginger, and cayenne and blend until smooth. With the motor running, slowly add the oil through the hole in the top of the food processor and blend well.

Add the olives and pulse until chopped. Season with salt.

To make the vinaigrette: Place all the dressing ingredients in a jar with a lid, cover, and shake until the mixture is emulsified.

To make the salad:

Combine the lettuce, tomatoes, red onion, and olives in a bowl and toss well with enough of the vinaigrette to coat

To assemble:

Spread the pizza sauce over the crusts. Arrange the salad over the crusts, cut the pizza into slices, and serve. *Serves 2-4

Hints and Tips:

The pizza crust takes under 30 minutes to put together, but it does involve some advance planning to soak the nuts, and a full day for dehydrating the pizza crust. A strategic way to go about this is to put together the crust the night before, dehydrate the first side while you sleep, then flip it, go to work, and come home to pizza night. That will give you a crisp crust. For a softer crust, you can start in the morning and it will be ready for dinner. You can make the sauce a day ahead as well. Tanya and Claire suggest doubling the recipe and freezing half of the crust after dehydrating. This way, whenever you are in the mood for a pizza, all you have to do is defrost briefly in the dehydrator.

If you think you won't be eating the entire pizza at one sitting, leave the crusts plain, cut them into individual portions, and let everybody top their own as they like. (Kids love the "make your own pizza" theme.) This keeps the dough from getting soggy and you can save the crust for another meal and top it on the spot.



Jason Wrobel is a world-renowned leader in organic raw vegan cuisine, culinary education and epicurean entertainment. With a focus on radical simplicity and artful presentation, he imbues his ecstatic raw food creations with the energy of fresh, local, organic produce and the healing properties of raw superfoods, which have rendered his dishes hands-down favorites among celebrity clients, and regular folk alike. Jason is also the host of the first longevity cooking show on television, *How to Live to 100*, which debuted on The Cooking Channel in January 2013. His DVD, *Simple Vegan Classics*, is an international bestseller, which teaches people how to prepare easy and nutritious raw vegan foods. He is also the host of *The J-Wro Show*®, on YouTube, showcasing healthy recipes, lifestyle transformation tips and culinary comedy. www.jasonwrobel.com



Superfood Brownie Mix

8 cups raw pecans, soaked for 8 hours & dehydrated for 24 hours, until crisp
1 1/2 cups dates, pitted & packed
1 1/2 cups raw cacao powder
1/2 tbsp. Vitamineral Green or other green superfood powder
1/2 tbsp. maca powder
1/2 tsp. Himalayan Crystal Salt or Celtic sea salt
1/4 tsp. shilajit powder
1/2 tsp. ground cinnamon
1/2 cup dried goji berries, reserved
1 tsp. ground vanilla powder
1 cup crushed raw pecans, reserved

Warm Fudge Sauce

2 3/4 cups clear raw agave nectar,
coconut palm nectar or Jerusalem Artichoke inulin
1 cup raw cacao powder
1 1/4 cup extra-virgin raw coconut oil
1/4 cup raw cacao butter
1/4 cup mesquite powder
1/4 tsp. Himalayan Crystal Salt or Celtic sea salt

For the Brownies:

In a large mixing bowl, soak the pecans for a minimum of 8 hours. Drain the water, rinse the pecans in fresh water and use your Excalibur dehydrator to dehydrate on Paraflexx® sheets for 24 hours, until crisp and dry to the touch. In a large food processor, pulse the pecans into medium-size crumbs, until mealy. Be sure not to over process, as the pecans can break down easily and become pecan butter. Add the dates slowly into the mixture and process until very well combined. The mixture should be somewhat cakey – a slightly moist batter with a little texture. Add the raw cacao powder, Vitamineral Green, maca, sea salt and shilajit powder and process. Once ready, the mixture should begin to “ball up” in the food processor as the raw cacao powder becomes well incorporated. Take the brownie mix out of the processor bowl and add to the baking dish. Spread the mixture evenly into the baking dish and fold in the reserved pecans and dried cherries. Mix with your hands. Press with even, medium pressure to make a flat, even distribution of the batter. Chill in the refrigerator for 30 minutes to 1 hour to set the brownie batter. Once set, cut the brownies to the size you desire. If you want warm brownies, place them in the Excalibur dehydrator at 118°F/48°C for 20 minutes to warm.

For the fudge sauce:

Add the agave nectar and coconut oil to a high-speed blender and blend until very smooth. Add the remaining ingredients, except the cacao butter, and blend again. Once an ultra-smooth consistency is attained, add the cacao butter (either solid or liquefied) and blend again. Place in the Excalibur dehydrator at 105°F/40°C for 10 minutes before serving with the Superfood Brownies. *Yields 16-20 medium brownies (Standard 9x13 baking dish)

Recipe Variations:

Instead of dried goji berries, try golden berries, mulberries or black cherries for an extra superfood nutrient kick OR substitute dried organic pineapple or mango for tropical tango brownies. Experiment and play, baby!



Marie-Claire Hermans from Ravishing Raw. Marie-Claire is a raw food chef, author, and coach in Belgium, Europe. She specializes in making raw food look and taste like cooked food. This is especially helpful for raw food beginners who are craving cooked foods during their transitional period. Those of you who sign up for Marie-Claire's free newsletter will receive explanations of the benefits of eating live raw foods, menu ideas, and shopping lists.



Vegetables required per person:

1/2 to 1 small round zucchini
1/2 red bell pepper
1/2 yellow bell pepper
Fresh basil to taste
1/2 pack of wild mushrooms
some sprigs of fresh thyme
a sprig of fresh rosemary
1/4 tsp. of Celtic sea salt or more to taste
organic cold pressed extra virgin olive oil

To make the cocktail sauce:

1/2 red bell pepper
2 tbsp. cold pressed extra virgin olive oil
1/4 cup sun dried tomatoes (soaked in oil)
1/4 cup of raw cashew nuts or pine nuts

Next prepare the vegetables:

- Cut the round zucchini in two halves.
- Slice up the zucchini with a wide potato peeler or a mandolin. Make about 5 to 6 thin slices
- Place them on a plate and cover them up with olive oil.
- Sprinkle some sea salt on top to soften.
- Marinate for one hour until they are soft and look like cooked.
- You can speed up the process by placing them in your Excalibur dehydrator for about a half hour and then covering them up with plastic to keep them moist.

In the meantime:

- Slice up the bell peppers into small strips.
- Slice up the mushrooms.
- Throw everything into separate bowls.
- Add fresh herbs and sea salt to taste.
- Pour olive oil generously on top, mix and let marinate for about 20 minutes.
- Spread the marinated veggies on a Paraflexx® sheet on Excalibur dehydrator sheets.
- Let them soften in your dehydrator at 108°F/42°C for about 60 minutes.

To assemble:

- Take a nice plate and start with a slice of zucchini at the bottom.
- Place some of the marinated vegetables on top and a few leaves of basil.
- Top with a new slice of zucchini.
- Put a spoon of cocktail sauce on the side of the plate and draw a line with the "head" of the spoon.
- Finish with some fresh herbs out of your garden or some course black pepper.
- Serve like this or warm them up in your dehydrator at 108°F/ 42°C.

Some tips from Marie-Claire:

- If you want a thinner sauce, add a little bit of water.
- These vegetable stacks are perfect with a fresh green salad.
- The longer these vegetables marinate, the softer they become.
- Enjoy as a starter, vegetable side, or main meal.

Eva Rawposa

SUPER EASY FALAFEL WITH LEMON GARLIC AIOLI



Eva Rawposa created Uncooking101.com with business partner Venita Hale. Eva is a raw chef and vegan health educator, who is passionate about sharing her knowledge about eating raw foods after noticing such a dramatic improvement in her health thanks to a raw foods diet. Determined to create an online community where people could come together, learn and share their experiences with raw foods, she created Uncooking 101.



To make the falafel:

2 cups roughly chopped carrots
1 cup dry sunflower seeds
1/4 cup flax seeds, ground (after grinding, equals 1/3 cup)
1 cup fresh parsley, chopped finely
3 tbsp. diced onion 1 clove minced garlic
1/4 tsp. Celtic sea salt 1/2 tsp. ground cumin
1/2 tsp. curry powder
1/2 cup sesame seeds (*to be added after processing)

Preparing the Falafel:

- First, add only the carrots to the food processor, and process until your carrots are nearly a paste. (Very well chopped!)
- Next add in the sunflower seeds, flax seeds, garlic, and spices and process until well mixed. Finally, add the onion and parsley, making sure to scrape the sides as needed to mix everything together well.
- Move to a large bowl, and add the sesame seeds by hand.
- Roll 1 tbsp. at a time into falafel balls. Place these balls directly onto your Excalibur dehydrator sheets and dehydrate for 2-12 hours depending on how moist you prefer the inside to be. The longer you dehydrate, the more crisp the outside becomes.

To make the lemon garlic aioli:

1/4 cup dry cashews
2 cloves garlic
1/8 tsp. salt
1 lemon, juiced

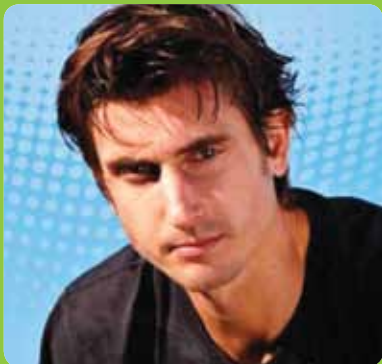
Preparing the Lemon Garlic Aioli:

- Process the cashews, garlic, and salt in a coffee grinder or spice grinder until there are NO remaining chunks.
- Remove from the food processor, add to bowl with the lemon juice, and whip with a fork.
- You can turn this aioli into a fabulous dressing by blending 2/3 cup cashews soaked in 2/3 cup water with 1/2 of a preserved lemon in your blender.

These falafels are fantastic as appetizers, or for use in raw wraps or as a topping on salads.

Brendan Brazier

VEGAN "TOASTED" APPLE CINNAMON CEREAL



Brendan Brazier, formulator of VEGA, and creator of Zon Fitness, and Thrive Foods Direct. Brendan is widely considered by many as an authority in plant-based nutrition. He trains elite sports stars and celebrities, consults and develops products for top companies, and is a notable public speaker. Brendan Brazier is a Canadian former pro ironman; formulator of the amazing VEGA products, (widely considered in health and athletic circles as the best protein supplements in the world), and bestselling author of the THRIVE series: THRIVE, THE THRIVE DIET, THRIVE FITNESS, and THRIVE FOODS. Brendan recently launched Thrive Foods Direct, a food delivery service based on the nutritional philosophy in his books.



What you will need:

1/2 apple, diced
1/2 cup diced raw almonds
1/2 cup hemp flour
1/2 cup sunflower seeds
1/4 tsp. ground nutmeg
1/4 cup blackstrap molasses
1/4 cup hemp oil or Vega Antioxidant & Omega Oil
1 cup gluten free oats or sprouted quinoa
1/4 tsp. Celtic sea salt
1/2 cup ground flaxseed
1/2 cup unhulled sesame seeds
1 1/2 tsp. ground cinnamon
1/4 tsp. ground stevia leaf
2 tbsp. fresh apple juice

Let's Get Started!

- Combine the apple, oats, almonds, ground flaxseed, hemp flour, sesame seeds, sunflower seeds, cinnamon, nutmeg, stevia, and sea salt and stir until well combined.
- Blend together the hemp oil, molasses, and apple juice.
- Combine the liquid and dry ingredients and mix well.
- Spread on lined Excalibur dehydrator sheets.
- Dehydrate on 115°F/46°C for 24 - 48 hours depending on how much "crunch" you want.
- If you don't have a dehydrator, you can use the lowest setting of your oven.
- Break up into pieces and enjoy.

*This will keep refrigerated for up to 2 weeks.

*Makes 4 cups or about 5 servings.



Matt's recipe Onion Bread Crisp,
(Courtesy of Matt Amsden, RAWvolution)

ONION BREAD CRISP

What you'll need:

- 1 large yellow onion
- 2 cups ground flaxseeds
- 2 cups ground sunflower seeds
- 3/4 cup coconut aminos or Nama Shoyu (*not gluten free)
- 3/4 cups cold pressed extra virgin olive oil

Lets get started!

- Peel and halve the onions.
- In a food processor, cut the onions using the slicing blade.
- Transfer the cut onions to a mixing bowl, add the remaining ingredients, and mix until the ingredients are thoroughly combined.
- Evenly spread 1 ½ cups of the mixture on an Excalibur dehydrator tray lined with a Paraflexx® sheet.
- Dehydrate at 100°F/38°C for 36 hours, removing the Paraflexx® sheet after the first 24 hours.
- Once dehydrated, cut into 9 equal pieces (2 cuts horizontally, 2 cuts vertically).
- Makes about 2 ½ trays



Kristina's recipe Zucchini Chips
with Marinara Dip,
(Courtesy of Kristina Gabrielle
Carillo-Bucaram, founder of
Fully Raw and Rawfull Organic)

ZUCCHINI CHIPS WITH MARINARA DIP

For Zucchini Chips:

- 2 - 4 zucchinis

Preparing the Zucchini Chips:

- Slice the zucchini into slices with a knife or with a mandolin.
- Place the slices in your Excalibur dehydrator and leave in for as long as desired.
- The longer that you leave the slices in the dehydrator, the more crisp they become.
- These "chips" were left in the dehydrator about 6 hours on a low setting of about 105° to 115°F (41° to 46°C).
- Once done, organize them beautifully on a platter and get ready to make your marinara!

For Marinara:

- | | |
|-------------------------------|--|
| 1-2 ripe fresh tomatoes | 1/2 cup fresh basil |
| 3 stalks of Swiss chard | 1/4 cup of fresh oregano or thyme (optional) |
| Juice of 1/2 Lemon (Optional) | 1/2 red bell pepper for an added kick (optional) |
| 1/2 cup fresh cilantro | Celtic sea salt to taste |

Preparing the Marinara:

- Place all of your ingredients into a food processor and process until you achieve the desired consistency.
- Serve and enjoy!



Christy's recipe Pumpkin Nut Cakes
and Caramel Cashew Cream,
(Courtesy of Christy Smith,
Nutrition Therapist, Whole to Healthy)

PUMPKIN NUT CAKES

- | | |
|---|--------------------------|
| ½ cup raw pumpkin seeds, soaked 4-6 hours | 2 medjool dates |
| ½ cup raw walnuts | ½ tsp. pumpkin pie spice |
| ½ cup raw pecans | ¼ tsp. Celtic sea salt |

- Pulse your ingredients in the food processor until the mixture holds together when pressed against the side of the bowl.
- Dump out onto waxed paper and flatten/roll out to about ¼" thick.
- At this point you could cut them into circles with a cookie cutter.
- Place on Paraflexx® sheets in your Excalibur dehydrator at 115°F/46°C for 6 hours, flipping half way through. You can also place them on the regular dehydrator screens after 3 hours for a drier texture. These can be dehydrated for longer, depending on what texture you want. The longer they are in the dehydrator, the crunchier they become.
- These cakes store very well. You could make them days ahead, or even freeze them for a future event.

Caramel Cashew Cream

- | | |
|---|---|
| 1 cup raw cashews (soaking not necessary) | 2 tsp. maca powder |
| ¼ cup date paste | 2-3 tbsp. filtered water, until desired consistency |
| 1 tbsp. maple syrup or raw agave | |

- Blend all the ingredients in your high speed blender until smooth, but still thick.
- You can always add more spices or sweetener to this until it suits your taste buds.
- This can be stored in the refrigerator for 3-4 days before use.

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