

Owner's
Manual
L'EQUIP™
Dehydrator
Model 528

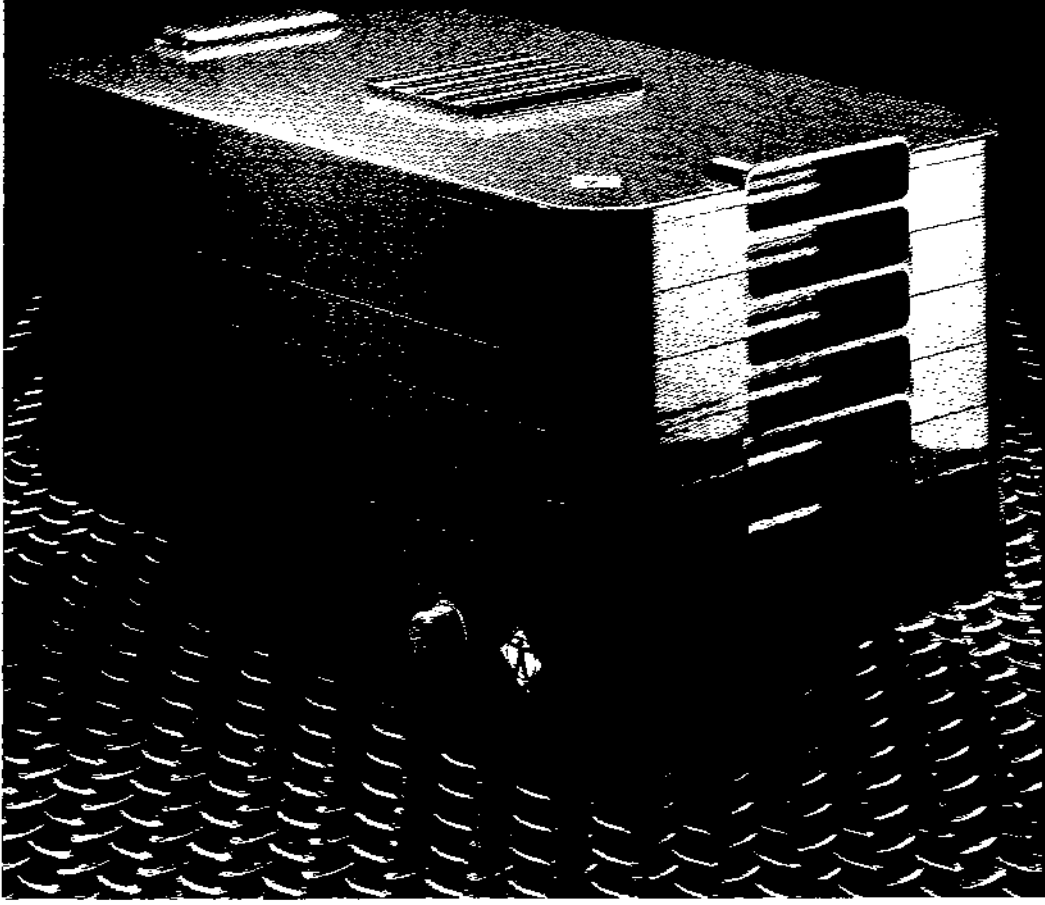
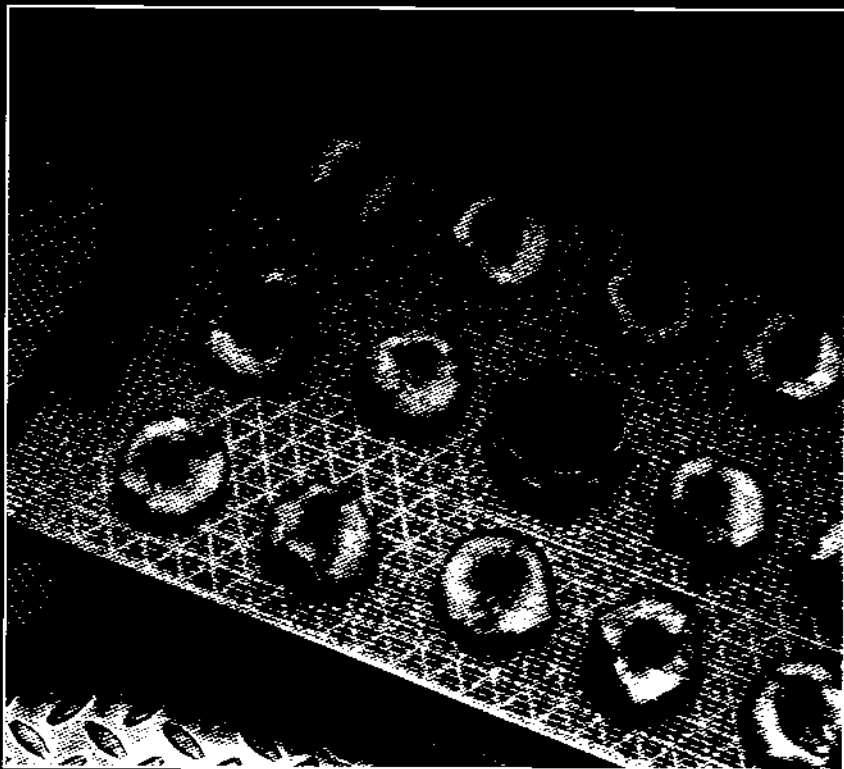


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Model 528

Preserve fresh foods in season for out-of-season eating pleasure without preservatives with the new L'EQUIP™ Food Dehydrator!

Welcome to the Wonderful World of Dehydrating!

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

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

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

What is Dehydration?

Dehydration refers to a process in which moisture is removed from food, allowing the dried food to be stored safely for later use.

Few nutrients are lost during dehydration. According to the Food and Drug Administration (FDA), dehydrating retains 95-97% of the nutrients in the original food. Canning and freezing, two other popular food-preservation methods, retain ONLY 20-30% and 40-60% respectively.

Dehydrated food tastes good. Since natural sugars concentrate as you remove moisture, the dried product is naturally sweet. You needn't add sugar.

As you will soon learn, reconstitution is an integral part of dehydration. Reconstitution refers to the adding of water to the dried food. When allowed to soak in water, dried food absorbs the water and swells to its original size, shape and texture.

How to Dehydrate:

Equipment you'll need

- Optional: Bosch Electronic Slicer
- Sharp paring knife (stainless steel blade)
- Cutting board
- Optional: Steamer and basket, or kettle and collapsible steamer
- Blender
- Storage containers

To Peel or Not

If you would normally peel the food for a specific recipe, plan to peel the food to be dehydrated.

The peels of fruits and vegetables often contain much of the food's nutritional value. Thus, it is better not to peel if the dried food is to be eaten as snacks or used in cookies. On the other hand, you'll want to peel apples intended for pies or tomatoes intended for soup.

Cutting Makes a Difference

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

For this reason, thin stalked vegetables like green beans, asparagus or rhubarb should be cut in half the long way, or with an extreme diagonal cut.

Fruit should be sliced across the core. Try to always make thin, flat cuts.

Broccoli stems should be halved or quartered, depending upon diameter. Small fruits like strawberries can be cut in half, while even smaller berries should either be cut in half, or blanched slightly, to break the skin.

Filling the Drying Trays

Once the food has been properly sliced (and pretreated, if desired), you are ready to fill the dehydrator's drying trays.

Arrange slices in the tray in a single layer, with a little space between slices. Some tray holes must always be left uncovered for good air circulation.

If only one side of the food is cut (as in asparagus spears), place the cut side up in the tray.

The L'EQUIP Dehydrator is designed to dehydrate with no more than 20 trays. Your most efficient use will come by using 20 trays or less. Periodic rotation when you use more than 4 trays will give optimum results.

For Small Pieces of Food

Food shrinkage during dehydration may cause smaller foods like peas, or chopped apples, to fall through holes in drying trays. To prevent this, line trays with Mesh Tray Inserts.

If you do not have mesh tray inserts available, use nylon netting, needlepoint canvas, cheesecloth or similarly coarse woven fabric. Cut a hole for the tray's center hole. Fabrics should be laundered before being used.

To dry chopped or shredded foods, spread the food on the Mesh Tray Insert. Food should not be spread thicker than 3/8 inch. Use a fork to expose the mesh tray insert in several places to provide proper air circulation.

It may be necessary to stir the finely chopped food once or twice during dehydration.

To Prevent Dripping

Some foods, such as very ripe tomatoes and citrus or sugared fruits, may drip. Place food on drying trays, and tap tray firmly on a towel to remove excess moisture.

To catch any remaining overflow that may occur, use fruit leather sheets placed on the bottom of two trays. Alternate placing the sheets on one half of each tray. Then place these two bottom trays directly on the dehydrator base. Do not use wax paper, as the wax will melt at dehydration temperatures, and remember to leave the center hole uncovered.

When the food stops dripping, remove the fruit leather sheets from the two bottom trays.

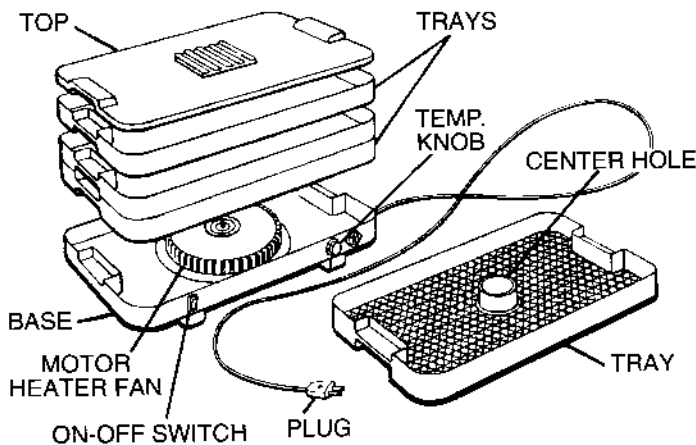
How Long Do I Dehydrate?

It is impossible to give exact drying times because the moisture content of each food varies with the weather and soil conditions where it was grown, as well as with the particular variety used. However, the denser the food, the longer the drying time. With a little experience, you'll be able to tell when you slice the foods which will take longest. Tomatoes, which are normally quite juicy, will take longer than cabbage, which is dry. Citrus fruits will take longer than apples.

Begin to check sliced fruits, vegetables and meats periodically after about four hours of drying time. Herbs, leathers or chopped and shredded foods may be dry sooner.

You may want to connect the dehydrator to an automatic timer similar to that recommended for turning lights on and off at a specific hour. (Be certain the timer has a capacity of at least 5 amps).

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



How to Operate Your Dehydrator

1. Place the dehydrator on a flat, dry and stable (not carpeted) surface. Make sure there is at least one inch of clearance around the dehydrator to ensure proper air flow.
2. Prepare foods according to the instructions given in the manual and fill the drying trays. Do not cover the center hole in the lid or trays!
3. Make sure the drying trays are securely nestled on top of each other.
4. Plug the power cord into any standard 100-120 volt household outlet.
5. Turn the switch on the base front to "On."
6. Consult the various tables to determine when food is properly dehydrated and ready to be stored.

Tray Rotation

Inspect drying trays periodically. Rotate trays if the food you are drying requires it. Place the top tray on the base, followed by the next uppermost tray, until all trays have been rotated.

Care and Maintenance

After each use, clean the drying trays and dehydrator lid with warm, soapy water. Do not wash shelves, lid or base in dishwasher. Stubborn particles may be removed by soaking and/or using a plastic scrubber. Do not use abrasive materials or solvents to clean plastic!

To clean the dehydrator's base (the part with the motor), unplug, and wipe clean with a damp sponge or cloth. Never immerse base in water!

Storage

After the dehydrator is cleaned, stack drying trays on the base and store in a safe place.

If Service Is Needed

If your dehydrator experiences a problem, first refer to the Troubleshooting Chart on page 7.

If this does not resolve the problem, return the dehydrator to your LEQUIP Distributor/Dealer, or mail it, freight prepaid, to LEQUIP, 555 Bosler Avenue, Lemoyne, PA 17043.

Note: Do not send drying trays unless defective.

Trained service representatives will repair your dehydrator and, if under warranty, will mail it freight prepaid back to you. The LEQUIP Dehydrator is warranted for 12 years from date of purchase (refer to warranty certificate for details).

Dehydrator Troubleshooting Guide

Symptom	Probable Cause	Items to Check
No Heat - No Fan	No Power to unit Switch	<ol style="list-style-type: none">1. Unit is plugged in.2. Power switch on.3. House power on - outlet working.
No Heat - Fan OK	Broken wire in unit	Return for service.
Heat OK - No Fan	Motor stalled	<ol style="list-style-type: none">1. Turn off immediately.2. Check for foreign objects (pieces of dried product) jamming fan. Turn base assembly upside down and shake vigorously. Turn unit on side and shake particles out. If fan still doesn't operate, return unit for service.3. If liquid has been spilled into the air vents on the fan housing, the unit must be returned for service.
Slow Drying	Trays overfilled Air leaks due to warped, or improperly stacked trays	<ol style="list-style-type: none">1. Air must flow around product freely for the product fan jammed or running slowly to dry. Reduce quantity in trays.2. Check for foreign objects (pieces of dried product) jamming fan.3. Fan motor running slow. Return for service.4. Replace warped trays. Note: The heat from most dishwashers (on the drying cycle) may warp the drying trays if washed in the dishwasher.5. Restack trays properly.
Uneven Drying	Variation in food thickness and ripeness Trays not rotated Too much material in drying trays	<ol style="list-style-type: none">1. Verify that foods are uniform in thickness2. Rotate trays top to bottom as shown on page 6 of owner's handbook.3. Verify that food on some trays do not block flow through the tray stack.
Over-heating or Insufficient Heat	Temperature control not functioning at proper range	Temperature in lowest tray should be approximately 140°F when empty trays in place. If temperature varies significantly, return for service.
Noisy Fan/Motor	Motor bearings worn Foreign material in fan	Return for service.

Storing Dried Foods

Once food is properly dried (see Fruit, Vegetable and Meat drying tables), allow it to cool thoroughly. Select containers and storage location according to these suggestions:

Containers

Any container which is clean, airtight, and moisture-proof is suitable for storage. Heavy, zippered plastic bags or heat sealing cooking bags are excellent. Fill each bag as much as possible. Filled bags may be placed in metal cans with lids (shortening or coffee cans are good) to keep out insects. Glass jars with tightfitting lids can be used with or without plastic bags. Plastic containers with lids are good, but should be used in conjunction with plastic bags, as they are not airtight. Do not use paper or cloth bags, lightweight plastic bags, bread wrappers, or any container without a tightfitting lid.

Location

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

Length of Storage

Dried fruits and vegetables should not be stored longer than one year. Plan to use all dried meats, fish, poultry or jerky within a month or two. Label dried foods, and rotate on a first-dried, first-to-be-used basis. Check dried foods periodically. If the food seems moister than when packed, moisture is getting into the container. Spread food on drying trays and re-dry. Then pack the food in an airtight container. Mold indicates the food was not properly dried

the first time. Destroy moldy food.

Reconstitution

Where dehydration refers to taking moisture out of food, reconstitution refers to putting moisture back in. You will often want to reconstitute dried foods before eating.

Add Water

- For chopped or shredded vegetables and fruits to be used in cookies, no reconstitution is usually needed. If the pieces are crisp and dry, sprinkle with 1 Tbsp. water per 1/2 cup of dried food.
- For vegetables and fruits to be used in souffles, pies, quick breads, doughs or batters, use 2 parts water to 3 parts (by volume) dried food.

For vegetables and fruits which will be cooked in the liquid, such as vegetable side dishes, fruit toppings, and compotes, use 1 to 1-1/2 parts water to 1 part dried food. Extra liquid may be required for proper cooking.

Let Stand

- Chopped and shredded foods reconstitute quickly. Generally, 15 to 30 minutes is sufficient.
Larger vegetable or fruit slices, and meat cubes, can be reconstituted overnight in water left in the refrigerator. If this is inconvenient, place in boiling water, remove from stove, and let stand 2 to 3 hours.
- Whole pieces of fruit take longest to reconstitute, and are best left to soak overnight.

Other Reconstitution Hints

- If you drain reconstituted foods, save the liquid. This liquid has great nutritional value. Freeze for use in soups, leathers, pies or compotes.
There is no need to reconstitute ahead of time when making soups. Dried vegetables can be added directly to the soup about one hour before serving.
- Do not add spices, salt, bouillon cubes or tomato products until vegetables are reconstituted and cooked. These items considerably hinder dehydration.
Some foods take longer to reconstitute than others. Carrots and beans require more time than green peas or potatoes. A rule of thumb: those that take the longest to dehydrate will take the longest to reconstitute.
Try not to use more liquid than necessary for reconstitution because nutrients will be drained away with the excess.

Fruit

Dried fruit is superb! Try it plain, as fruit leather, or in ice cream, cobblers and pies. It's hard to imagine a better tasting, more nutritious snack than dried fruit! Dried fruit is naturally sweet, has no preservatives, and is inexpensive. Your L'EQUIP Dehydrator makes drying fruit easy.

Most just need halving, coring or pitting, and slicing.

Pre-treatment

Some fruits, such as apples, pears, peaches, apricots and bananas tend to darken somewhat with drying, or storage beyond six to seven months.

To prevent this, fruit pieces may be dipped in solutions of lemon, pineapple, or orange juice, or ascorbic acid prior to dehydration. Dip the fruit in the solution for two minutes. Drain on paper towels and place in drying trays.

Lemon, Pineapple or Orange Juice

Fresh or bottled lemon, pineapple or orange juices are the best. Use full strength or with 2 parts juice to 1 part powder.

Ascorbic Acid

Crystalline ascorbic acid may be obtained from drug stores or from stores selling canning supplies. Mix 1 tsp. per quart of water.

Fruit	Which to Select	Preparation
Apples	Firm, ripe, free of bruises	Wash. Peel if desired. Trim off dark spots. Core. Cut 1/4" slices or rings or chop.
Apricot	Firm, ripe, free of bruises	Wash. Do not peel. Pit. Turn inside out. Cut 1/4" slices.
Bananas	Firm, just beginning to show brown spots on peel	Peel. Cut 1/4" slices. OR Peel. Cut 1/8" slices.
Berries	Blueberries, Cranberries, firm skin varieties	Wash. Sort. Blanch to pop skins. Line trays with Mesh Inserts.
Berries	Raspberries, Blackberries, etc.	Wash. Sort. Leave whole. Line trays with Mesh Inserts.
Cantaloupe	Ripe but not soft	Cut in half. Remove seeds. Remove peel. Cut 1/8" slices. Blot dry on paper towel.
Citrus Peel	Orange, Lemon, Lime	Wash. Grate down to white layer. Line trays with Fruit Leather. Sheers.
Grapes	Seedless green better than black or red	Wash. Sort. Cut in half. Pit if necessary. Place cut side up in trays.
Peaches	Firm, ripe, but not soft or bruised. Freestone are better	Peel, if desired, by dipping in boiling water until skin cracks. Cut in half. Pit. Cut 1/4" slices.
Pears	Firm, good eating variety, ripe	Wash. Peel if desired. Core. Cut 1/4" slices or rings.
Pineapple	Golden, firm, not overripe	Remove crown. Cut in half. Cut off skin and eyes. Cut 1/4" slices, leaving core in. OR Remove core. Dice or chop. Line trays with Mesh Inserts.
Plums	Firm, ripe	Wash. Do not peel. Cut in half. Pit. Turn inside out or cut 1/4" slices.
Rhubarb	Young stalks, red	Trim. Wash. Slice diagonally into 3/4" pieces. Steam 3-4 minutes. Line trays with Mesh Inserts.
Strawberries	Red, firm, free or blemished	Wash. Hull. Cut in half. Place cut side up in trays.

Some Darkening, Use Dipping Solution, If Desired	Average Drying Time	Test for Dryness	Suggested Uses
Yes	4-10 hrs.	leathery, no moisture when cut	Cookies, pies, cobblers, cakes, snacks.
Yes	8-16 hrs.	leathery, pliable	Cookies, pies, cobblers, breads, snacks.
Yes	6-12 hrs.	leathery, slightly sticky in center Brittle	Cookies, breads, compotes, Snacks.
No	10-18 hrs.	Hard	Ice cream, pies, cobblers, breads, pancakes.
No	10-18 hrs.	Hard	Pies, cobblers, ice cream.
No	8-20 hrs.	leathery, suede-like	Snacks.
No	4-10 hrs.	Brittle	Seasoning
No	10-36 hrs.	Raisin-like texture	Snacks, cookies, cobblers.
Yes	6-16 hrs.	leathery, may be slightly sticky in center	Pies, cobblers, ice cream, snacks.
Yes	6-16 hrs.	leathery, no moisture when cut	Cookies, cobblers, compotes, snacks.
No	6-12 hrs.	Pliable, still slightly sticky No visible signs of moisture, sticky	Snacks. Cookies, cobblers, ice cream.
No	8-16 hrs.	leathery, pliable	Snacks, cobblers, compotes.
No	6-14 hrs.	Brittle	Pies, cobblers.
No	6-12 hrs.	Hard, brittle	Pies, ice cream.

Fruit Leathers

Fruit that is pureed and dried in thin sheets becomes a tasty, candy-like snack called fruit leather. Once you've tasted it, you'll never discard leftover or overripe fruit again.

Making it is easy. Puree the fruit of your choice, adding just enough liquid (honey, fruit juice or water) for the blender to puree effectively. Often, no liquid need be added at all.

Pour one cup of fruit puree onto a fruit leather sheet (a L'EQUIP accessory).

As a substitute, one half of the drying tray may be lined with plastic wrap. Remember to leave the drying tray's center hole uncovered. For adequate circulation, only one half of the drying tray should be used. If more than one tray is used, place on alternate halves of the tray in the stack.

When drying sticky purees (bananas, for instance) spray a small amount of vegetable oil based spray on the fruit leather sheet or plastic wrap. After all fruit leather sheets are filled, stack the drying trays atop the base. Dehydrate until the fruit puree is the texture of leather. It should easily remove from the fruit leather sheet. Wrap in plastic wrap and store at room temperature. Spices, chopped nuts or coconut may be added to the puree for extra flavor. For further variation, puree several types of fruit together.

Note: fruit leather sheets are available as accessory items through L'EQUIP.

Try These Leathers

Crunchy Cantaloupe Leather: Puree 1 cup diced cantaloupe (about 1/3 small melon). Combine with 1/3 cup applesauce, 2 Tbsp. flaked coconut, 3 Tbsp. slivered almonds and a dash of cinnamon. Makes 2 one-half tray leathers.

Cherry-Rhubarb Leather: Combine 1 can (21 ounces) cherry pie filling and 1 cup raw diced rhubarb in saucepan. Simmer about 10 minutes until rhubarb is tender. Puree makes 5 one-half tray leathers.

AND MORE!

In addition, try these combinations and don't be afraid to experiment! Vary the amounts according to availability, taste and imagination. If the puree tastes good, the leather will be better. Remember the flavors, including sweetness, concentrate on drying.

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

Vegetables

Dried vegetables are every bit as versatile as fruits. With them, you can make delicious soups, stews, souffles, casseroles, and much more.

Wash vegetables in cold water before processing. A certain amount of coring, slicing, peeling or shredding is required. The Bosch Electronic Slicer can be an invaluable aid at this time.

Pretreatment procedures for vegetables vary from none at all to steam or water blanching. Suggested times for steam blanching, for those who desire to do so, are given in the vegetable table.

Heat Treatment

Most vegetables will need to be steamed or blanched before drying. This inactivates the enzyme which caused ripening and would continue to bring about changes in flavor and odor. Although untreated vegetables used within three to four months will have acceptable flavor, heat treated vegetables reconstitute much more quickly, making it desirable to treat even those to be used on next week's camping trip.

Steaming is the better method of treating. Place a single layer of chopped or sliced vegetables in a colander or steam basket. Shredded vegetables can be 1/2 inch deep in the colander or basket. Set vegetables in a pot above a small amount of boiling water and cover. Water should not touch the vegetables. Begin timing immediately. Refer to table for length of steaming. When ready to remove, vegetables should be barely tender. Spread steamed vegetables on trays and dehydrate.

Blanching is faster than steaming, but many nutrients are lost in the blanching water. It is not recommended for chopped or shredded vegetables, which would easily overcook during blanching. To blanch sliced vegetables, drop the prepared vegetable into a large pot of boiling water. Do not add more than 1 cup food per quart of boiling water. Begin timing immediately. For timing, follow standard freezing directions. Timing is approximately one-third to one-half that of

steaming, or until vegetables are barely tender.

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

Chips and Dip!

Vegetable chips, with their crunchy texture and great taste, are so good you'll certainly want to plan for them. Select vegetables such as cucumber, eggplant, zucchini, or parsnips. There is no need to peel. Cut very thin slices about 1/8 inch thick. Steam about 3 or 4 minutes if chips will be stored longer than 5 months. Sprinkle generously with salt before drying. (Seasoned salts make an interesting chip). Dry until very brittle. These can be served plain or with dips. For a particularly good dip, try Herb Yogurt Dip (page 20).

Vegetable Powders

Vegetables may be pureed, dried as leathers, then powdered for making juices, soup bases, chip dips, salad dressings, cream soups, or baby foods. Dehydrate the vegetable leather until very brittle, then immediately powder a small amount at a time in a dry electric blender. Sliced or chopped vegetables, if dried to a brittle texture, can also be powdered. All vegetable powders must be stored in airtight containers to avoid clumping.

Steam or blanch vegetables to be powdered if heat treatment is recommended in the following tables.

When using powders, remember that they are very concentrated in flavor!

Vegetables	Which to Select	Preparation
Asparagus	Young, firm	Wash. Slice diagonally into 1/2" pieces. Line trays with netting.
Green Beans	Tender, firm	Wash. Slice diagonally into 1" pieces or cut lengthwise.
Beets	Mature, fresh	Cook. Peel. Cut 1/4" slices or cube.
Broccoli	Young	Wash. Cut all stalks in halves or quarters not more than 3/8" thick.
Cabbage	The greener, the better	Trim. Cut in half. Core. Cut in 1/4" strips.
Carrots	Crisp, firm OR Peel. Shred.	Peel. Cut 1/4" slices. Line trays with mesh inserts.
Cauliflower	White, firm	Wash. Cut 1/4" slices.
Celery	Green, crisp	Wash. Trim. Cut 1/4" slices.
Corn	Juicy, tender	Husk. Trim. Cut from cob after steaming. Line trays with netting.
Cucumber	Firm, young	Wash. Cut 1/8" slices. Salt, if desired.
Eggplant	Firm, small	Wash. Trim. Cut 1/4" slices.
Greens	Beets, Spinach, Swiss Chard, etc.	Wash. Cut off stems. Blot dry on paper towels.
Herbs	Fresh parsley, dill, basil, etc.	Wash. Shake dry. Place several layers deep in trays. Line trays with mesh inserts.
Mushrooms	Small, no blemishes	Wash. Remove stems. Slice if more than 1" diameter.
Okra	Firm, no blemishes	Wash. Trim off stem. Cut lengthwise or in 1/4" slices.
Onion	Firm	Wash. Peel. Cut 1/8" or 1/4" slices or rings.
Peppers	Crisp	Wash. Remove stem. Cut in half. Remove seeds. Cut in 1/4" strips or dice. May also be cut in 1/4" rings.
Peas	Tender, full grown	Shell. Sort. Line trays with mesh inserts.
Potatoes	Firm	Wash. Peel. Cut 1/8" slices. OR Wash. Peel. Grate. Line trays with mesh inserts.
Squash	Butternut, Acorn	Cut in half. Remove seeds. Cut 1/4" slices.
Squash	Zucchini, Summer Squash	Wash. Cut 1/4" slices. OR Wash. Peel. Grate. Line trays with Mesh Inserts.
Tomatoes	Ripe, firm	Wash. Remove stem area. Peel, if desired. Cut 1/4" slices. Blot dry on paper towels.

Steaming Time (Minutes)	Average Drying Time	Test for Dryness	Suggested Uses
8	3-10 hrs.	Crisp, hard	Soups, creamed, souffles
12-15	6-12 hrs.	Brittle	Soups, casseroles. Same as fresh beans.
None	3-10 hrs.	Hard	In recipes using cooked beets.
6-8	4-10 hrs.	Brittle	Soups, in recipes using cooked broccoli
4-5	4-10 hrs.	Brittle	Soups, stews, in recipes using cooked cabbage
5-7	6-12 hrs.	Hard, tough	Soups, stews, casseroles, in recipes using cooked carrots.
3-4	4-10 hrs.	Brittle	Breads, cookies, in recipes using cooked, grated carrots
4-6	6-14 hrs.	Hard, crisp	In recipes using cooked cauliflower.
2-3	3-10 hrs.	Hard, crisp	Soups, stews, as seasoning.
5-8 (on cob)	6-12 hrs.	Hard	In recipes using cooked corn.
None	4-10 hrs.	Brittle	As chips for dipping.
4-5	4-14 hrs.	Brittle	Casseroles, in recipes using cooked eggplant
3-5	4-10 hrs.	Brittle	Soups, stews, souffles, creamed.
None	4-10 hrs.	Brittle	As seasoning.
5-8	4-10 hrs.	Hard	In recipes using cooked mushrooms.
4-6	4-10 hrs.	Hard	Soups, stews, casseroles.
None	6-12 hrs.	Brittle, leathery	As seasoning.
None	5-12 hrs.	Brittle	As seasoning, soups, stews, casseroles.
3-4	5-14 hrs.	Shatter when hit with knife handle	Same as for fresh peas.
5-8	6-12 hrs.	Hard	Au gratin, creamed, in recipes using cooked potatoes.
3-4	4-10 hrs.	Hard	Pancakes.
5-8	4-10 hrs.	Hard, brittle	Same as for fresh squash.
4-6	4-10 hrs.	Hard	Soups, stews, in recipes using cooked squash.
3-4	4-10 hrs.	Brittle	Breads, pancakes.
None	6-12 hrs.	Brittle, leathery	Soups, stews, in recipes using cooked tomatoes.

Meats, Fish, Poultry

Dried meats are best when made for upcoming camping and backpacking trips. When reconstituted, they yield a tasty meat, somewhat like fresh cooked.

Follow these simple guidelines:

- Choose lean cuts. Beef flank steak, round or rump are better than chuck or rib.
- Chicken breasts are leaner than dark meat.

When drying fish, sole and flounder are good choices.

All fat should be trimmed off before dehydration. If a marinade is used, it should contain no oil.

Except for jerky, all meats, fish and poultry should be cooked before being dried. Braising, pot roasting or steaming are best, because no fat is used with these cooking methods.

- Do not store dried meat, fish, or poultry longer than two months.

Beef Jerky

Long a cowboy favorite, jerky has now become popular as a nutritious snack.

Jerky is the only meat to be placed uncooked in the dehydrator. Your L'EQUIP Dehydrator quickly turns thin strips of seasoned beef into a hearty snack.

A Jerky Kit is also available as an accessory item from L'EQUIP. (see page 25)

How to Make Beef Jerky

Clean cutting board thoroughly with soap and water, and rinse well with very hot water. It is essential to keep working conditions clean. Wash hands each time you touch another item.

Select a lean flank or round steak about 1 to 1 1/2 inches thick. Trim off all fat and connective tissue.

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

Marinate about 30 minutes. A soy marinade recipe is provided on this page. Increase the marinating time for a stronger flavored jerky.

Meat may be seasoned with salt, pepper, garlic or onion powder, or other spices instead of marinating. Because flavors intensify during dehydration, use salt sparingly!

Drain marinated strips on paper towels, and place in drying trays. Dehydrate until strips are dry, but can be bent without breaking. Jerky should be slightly chewy, not brittle.

Soy Marinade

Marinates 1 1/2 pounds beef.

1/4 cup soy sauce

2 Tbsp. honey

1/2 tsp. dry mustard

1/4 tsp. garlic powder

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

Meats	Cuts to Select	Preparation	Test for Dryness	Suggested Uses
Beef	lean cuts: Round, rump, flank	Cook as for pot roast. Chill. Remove all fat. Cut into 1/2" cubes or strips OR Jerky (see recipe).	Brittle leathery, almost brittle	Camper stews, soups, casseroles Snacks
Chicken or Turkey	White meat	Cook by steaming or roasting. Chill. Remove fat and skin. Cut or break into pieces 1/2" thick, 2" long.	Hard	Camper stews, soups, casseroles.
Fish	Lean fish: Bass, haddock, pike, snapper, halibut, cod, perch, flounder, sole, whiting	Steam fish without adding butter. Cool. Break into pieces about 2" square, not thicker than 1/2". Must not contain bones or skin. May be sprinkled with paprika, salt, pepper, onion and garlic powder or other spices before drying.	Brittle	Snacks, camper stews, soups.

Recipes

Here's just a sampling of the delicious dishes you can make with dried fruits, vegetables, meats and herbs. After trying them, look through your own recipe file for favorites which might be adapted to dried. You will generally need to substitute about 1/2 to 2/3 cup dried for 1 cup fresh food when converting. Our recipes have used margarine. Butter may be substituted, if desired.

Creamed Vegetables

Makes 6 servings

- 2 cups dried sliced or diced vegetables
- 2 1/2 cups boiling water
- 1/4 cup margarine
- 3 Tbsp. flour
- 1 cup milk
- 1 cup liquid drained from vegetables
- 1 bay leaf
- Salt and pepper

Combine dried vegetables with boiling water. Cover. Let stand 2 to 3 hours. (If desired, use cold water and reconstitute overnight in refrigerator). Simmer until tender, adding more liquid if necessary. Drain liquid from vegetables into a 1 cup measuring cup. Add milk to make 1 cup. Melt margarine in separate saucepan. Add flour. Stir until bubbly and smooth. Remove from heat. Stir in milk and measured vegetable liquid. Add bay leaf. Cook, stirring constantly, until thickened. Add drained vegetables and simmer 5 minutes. Remove bay leaf. Season to taste with salt and pepper.

Variation

Au Gratin Vegetables: Preheat oven to 350°F. Prepare Creamed Vegetables, omitting bay leaf. Add 3/4 cup grated cheddar cheese and 1/4 tsp. dry mustard. Pour into greased 2-quart baking dish. Combine 1/2 cup dry bread crumbs and 3 Tbsp. melted margarine. Sprinkle over vegetables. Bake 30-35 minutes until browned.

Vegetable Soup

Makes about 5 cups

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

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

Variations

Minestrone: Substitute 1/2 cup dried kidney or navy beans or chick peas for potatoes. Increase tomato slices to 10 and add 1/4 cup dried sliced zucchini. Add 1 cup dried shredded cabbage, 1/2 cup dried spinach and 1/2 tsp. dried oregano with remaining seasonings. Increase final cooking period to 20 minutes or until vegetables are tender. Season to taste with additional salt, pepper and 1/2 tsp. Worcestershire sauce. Makes about 7 cups.

Beef or Chicken Stew: Prepare Vegetable Soup as directed, adding 2 cups cubed dried beef or chicken to vegetables before soaking. Increase dried potatoes to 1 1/2 cups. To thicken, stir together 2 Tbsp. flour and 1/2 cup cold water. Pour into stew, stirring constantly, until thickened. Cover. Simmer 5 minutes. Makes about 7 cups.

Pot Pie: Prepare Beef or Chicken Stew. Preheat oven to 400° F. Turn into casserole dish. Prepare pastry dough for 8-inch pie. Roll to size of casserole dish. Transfer to dish. Cut slits for steam to escape. Bake 30-35 minutes until browned and bubbly in center.

Camp Fire Versions of Soups and Stews: Soaking periods may be decreased or eliminated, if necessary. Increase first cooking period to at least 1 hour.

Cream of Broccoli-Zucchini Soup

Makes 4 cups

1 cup dried broccoli (break stems for easy measuring)
1/4 cup dried shredded or sliced zucchini
2 Tbsp. dried chopped onion
1 1/2 cups boiling water
1 cup chicken broth
2 Tbsp. margarine
2 Tbsp. flour
1 cup light cream
1 cup milk
1/2 tsp. salt
1/8 tsp. pepper

Add broccoli, zucchini and onion to boiling water. Cover. Let stand 1 hour. Simmer 15 minutes. Combine vegetables (undrained) and chicken broth in electric blender container. Puree until smooth. Melt margarine in saucepan. Add flour. Stir until bubbly. Remove from heat. Stir in light cream and milk. Cook over medium heat, stirring constantly, until mixture thickens. Add pureed mixture. Season to taste with salt and pepper. Heat.

Variations

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

Cream of Mushroom Soup: Substitute 3/4 cup dried mushrooms for the broccoli and zucchini. Add 1 1/2 cups boiling water. Let stand 2 hours. Prepare according to Cream of Broccoli-Zucchini Soup.

Herb Yogurt Dip

Makes 1 cup

- 1 Tbsp. crushed dried parsley
- 2 tsp. water
- 1 cup plain yogurt
- 1 Tbsp. cider vinegar
- 1 Tbsp. salad oil
- 1/2 tsp. dried dill weed
- 1/2 tsp. dried marjoram
- 1/2 tsp. dried oregano
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 clove garlic, crushed

Combine parsley and water. Let stand 5 minutes. Drain off excess water. Add remaining ingredients. Mix well. Chill 1 hour before serving with vegetable chips.

Banana-Apricot Nut Bread

Makes one 9 x 5-inch loaf

- 3/4 cup dried sliced bananas
- 1/2 cup lukewarm water
- 1/2 cup finely chopped dried apricots
- 1 cup sugar
- 2 Tbsp. soft shortening
- 1 egg
- 3/4 cup milk
- 2 1/2 cups unsifted flour
- 1/2 cup wheat germ
- 3 1/2 tsp. baking powder
- 1 tsp. salt
- 3/4 cup coarsely chopped nuts

Combine bananas and water in liquid measuring cup. Let stand 1 hour. Stir, mashing bananas. Add apricots and enough water to make 1 cup. Stir. Set aside. Preheat oven to 350°F. Combine sugar, shortening and egg in mixing bowl. Stir until smooth. Add milk. Stir together flour, wheat germ, baking powder and salt. Add dry ingredients and fruit

mixture to liquid. Stir just to moisten. Add nuts. Pour into greased 9 x 5-inch loaf pan. Bake 60-70 minutes or until toothpick inserted in center comes out clean. Remove from pan. Cool on rack. (For improved flavor, wrap cooled bread in foil. Let stand overnight before cutting).

Variation

Zucchini Bread: Combine 1/2 cup dried shredded zucchini with 1/4 cup hot water. Let stand 30 minutes. Do not add additional water. Prepare batter for Banana-Apricot Nut Bread, omitting fruit mixture, wheat germ and nuts. Reduce sugar to 3/4 cup. Increase milk to 1 cup and flour to 3 cups. Add 1/2 tsp. cinnamon and 1/8 tsp. nutmeg to dry ingredients.

Pancakes, Waffles, Fritters, Croquettes

You'll find dried fruit makes a flavorful addition to pancakes or waffles. Sprinkle about 2 to 3 tsp. well-drained reconstituted blueberries over each pancake or waffle just after the batter has been poured onto the griddle. Cook as usual. Or substitute reconstituted dried chopped apples or pineapple for the blueberries, increasing sugar in the batter by 1 Tbsp. per 1 cup flour. For a simple pancake-fruit combination, serve Apricot Jam on hot pancakes or waffles. Well-drained reconstituted fruits can be substituted for fresh when making fritters. Reconstituted dried vegetables, which have been cooked, can be used in croquettes. (For either fritters or croquettes, use your favorite recipe, substituting an equal amount of reconstituted fruit or vegetable for the fresh.)

Apricot Jam

Makes 2 cups

- 1 1/2 cups coarsely diced dried apricots
- 1 cup water
- 3/4 cup honey
- 1 tsp. grated lemon peel
- 1/2 cup chopped walnuts or pecans, optional

Combine apricots and water in saucepan. Bring to a boil. Remove from heat. Cover. Let stand 30 minutes. Add honey and lemon peel. Bring to a boil over medium heat. Boil gently, uncovered, about 10 minutes or until jam is desired consistency. Stir in nuts. Pour into sterile jars. Cool. Cover and refrigerate up to 6 weeks.

Strawberry Ice Cream

Makes 1 1/4 quarts

- 2 cups dried strawberry halves
- 1 1/2 cups lukewarm water
- 3/4 cup sugar
- 1/3 cup water
- 1 Tbsp. light corn syrup
- 2 egg whites
- 1/2 cup heavy cream
- 2-3 drops red food color, optional

Combine strawberries and lukewarm water. Let stand 1 hour, stirring occasionally. Pour into electric blender container. Puree until smooth. Set aside. Combine sugar, 1/3 cup water and corn syrup in small saucepan. Cook, stirring constantly, over medium heat until sugar is dissolved. Bring to a boil without stirring. Boil until mixture reaches soft ball stage, 234 to 240 on candy thermometer. (A small amount spooned into ice water can be molded into a soft ball with the fingers). MEANWHILE, beat egg whites until stiff but not dry. In separate bowl, beat heavy cream until soft peaks form when the beaters are lifted. When sugar mixture reaches soft ball stage, remove from heat immediately. Slowly pour into egg whites, beating constantly on high speed of electric mixer. Continue to beat until mixture is thick and shiny. Fold strawberry puree into whipped cream.

Gradually pour strawberry mixture into egg whites, beating slowly to blend. Add food color, if desired. Pour into a loaf pan or 1 1/2 quart container. Cover with plastic wrap and freeze in freezer compartment of refrigerator. (Ice cream may also be frozen in churn-type freezer).

Variations

Peach Ice Cream: Substitute 2 cups dried peaches for dried strawberries. Increase lukewarm water to 2 cups. Add 1/4 tsp. cinnamon to sugar syrup, if desired. Omit food coloring.

Super-Quick Strawberry Ice Cream: Combine 1/2 cup dried strawberries and 1/2 cup lukewarm water. Let stand 1 hour. Puree in electric blender. Add about 1/4 pint softened packaged vanilla ice cream. Blend well. Add remaining 3/4 pint vanilla ice cream. Blend just to mix. Pour into ice cube trays and freeze. Makes 1 pint.

Super-Quick Peach Ice Cream: Combine 1/2 cup dried peaches and 3/4 cup lukewarm water. Follow directions for Super-Quick Strawberry Ice Cream.

Apple-Raisin Cookies

Makes 5 dozen

- 1 cup coarsely chopped dried apples
- 2 Tbsp. hot water
- 3/4 cup margarine
- 1 cup firmly packed light brown sugar
- 1 egg
- 2 Tbsp. water
- 1 tsp. vanilla
- 1 cup unsifted all-purpose or unbleached white flour
- 1 tsp. salt
- 1/2 tsp. baking soda
- 3 cups granola
- 2/3 cup raisins

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

Variations

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

Banana-Nut Cookies: Substitute 1 cup chopped dried bananas for dried apples. Increase flour to 1 1/2 cups. Omit raisins and granola. Add 1 cup uncooked oatmeal and 1 cup chopped nuts.

Spicy Carrot Cookies: Prepare Banana-Nut Cookies, substituting 1 cup dried shredded carrots for dried bananas. Add 1/2 tsp. cinnamon and 1/4 tsp. nutmeg to dry ingredients. Omit nuts.

Apple Pie

Makes one 9-inch pie

- 5 cups dried sliced apples
- 3 cups boiling water
- 1/2 cup sugar
- 2 Tbsp. cornstarch
- 1/2 tsp. cinnamon
- Dash nutmeg
- Pastry for 9-inch 2-crust pie
- Sugar and cinnamon

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

Variations

Apple Cobbler: Preheat oven to 350°F. Prepare pie filling. Add 1/2 cup dark raisins, optional. Pour into baking dish. (To prevent bubbling over, baking dish should be at least one inch deeper than filling). Combine 2/3 cup granola, 2 Tbsp. brown sugar and 2 Tbsp. soft margarine. Sprinkle over filling. Bake 45 minutes or until apples are tender.

Apple Turnovers: Preheat oven to 425°F. Thaw 6 frozen patty shells. Prepare 1/2 recipe pie filling. Roll out patty shells, one at a time, on lightly floured board, to about a 7-inch square. Spoon filling into center of each. Brush edges with lightly beaten egg. Fold over one half of the square to form a triangle. Seal edges with fork. Brush tops with beaten egg. Sprinkle with sugar. Cut 2 air vents in each. Transfer to ungreased baking sheet with spatula. Bake 20 minutes or until browned. Makes 6.

Snacks

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

Dusted Pineapple: Sprinkle dried pineapple pieces with confectioners sugar.

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

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

OR

Puree 1 fruit leather with 1 cup water. Let stand 15 minutes. Puree again. Fill tall glass with ice cubes. Pour glass two-thirds full of puree. Add ginger ale to fill. Stir. Sweeten to taste with grenadine or sugar syrup.

Potpourris

Potpourris are blends of flowers, herbs, spices, and a fixative. There are two types of potpourris: dry and moist. Dry potpourris last for one to two years; whereas moist potpourris last indefinitely, especially if moistened yearly with a little brandy. The dry potpourri, which is more attractive than the moist one, is used to fill decorative jars.

A fixative is added to potpourris to hold the fragrances for long periods of time. Orrisroot, the most commonly used fixative, has a violet scent. Calamus, musk, benzoin, storax, and ambergris are other fixatives that can be used. Most fixatives are available at drug stores, herb shops, or perfumery supply houses.

Dried roses are the most popular flower and usually the main scent in potpourris, but lilacs and violets also make lovely additions. Use whole dried flower petals, nodes, leaves, and buds.

Lavender blossoms and mint blenders are herbs which are commonly used in potpourris; but almost any herb can be added, including rosemary, sweet marjoram, sage, basil, bay leaf, and oregano. When combining fragrances, be careful that one scent does not overpower the main one. Cinnamon stick or ground cinnamon, nutmeg, whole or ground cloves, and anise are common spices used in potpourris. Dried orange, lemon, tangerine, and grapefruit peels are other blenders that can be added to enhance the scent.

Herb Potpourri

- 1/2 cup dried lemon balm
- 1/2 cup dried spearmint
- 1/4 cup dried thyme
- 1 cup dried rosemary
- 1/2 cup dried sage
- 1/2 cup dried summer savory
- 12 cardamon seeds, crushed
- 1/4 cup dried lemon peel
- 2 tablespoons orrisroot
- 5 drops pure lemon extract
- 5 drops pure orange extract

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

Dry Potpourri

- 1 quart dried flowers
- 1 tablespoon fixative
- 1 tablespoon ground spices
- 2 tablespoons dried peels, leaves, or small pieces of fragrant wood
- 1 teaspoon sugar
- 1 teaspoon salt

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

Moist Potpourri

- 1 quart partially dried flowers
- 1 quart partially dried herbs
- 1/4 cup dried peels, leaves, or small pieces of fragrant wood
- 2 tablespoons fixative
- 1/2 cup salt
- 3 tablespoons brown sugar
- 1/4 cup ground spices
- 2 tablespoons brandy

In a small bowl mix flowers, herbs, peels, and fixative. Combine salt, sugar, and spices. In a large bowl alternate layer dried ingredients and salt mixture, sprinkling a little of the brandy on each layer. Gently stir the mixture. Place mixture in an airtight container and stir every few days.

Sachets

Sachets are basically the same as dry potpourris; however, sachets are placed in material bags. (Homemade sachets, make great gift items.) Place sachets in drawers or closets to subtly perfume clothing. Sachets can also be placed in containers to perfume a room.

Sachets are also made with dried flowers, dried herbs, and spices. As in potpourris, roses are usually the main ingredient. Herbs, such as scented geraniums, rosemary, thyme, violets, and mints, are also added to sachets. Dried orange, lemon, lime, and grapefruit peel are often included to give sachets added fragrance.

To make a sachet, mix roses and your choice of other flowers, herbs, spices, and citrus peel in a large bowl. The mixture can be sprinkled with a little brandy to add to the already-rich fragrance. Stuff into material bags and sew closed.

Accessories

Fruit Leather Sheets

Fruit leather is a delicious and nutritious fruit candy. Kids love it! L'EQUIP Fruit Leather Sheets fit perfectly in the drying trays, and are custom-designed to help prevent spilling. Included with dehydrator purchase; also available as accessory.

Jerky Kit

Jerky is a popular and nutritious snack made from dried meat. A Jerky Kit available from L'EQUIP as an accessory provides everything you need to make jerky from your favorite meat.

Mesh Tray Inserts

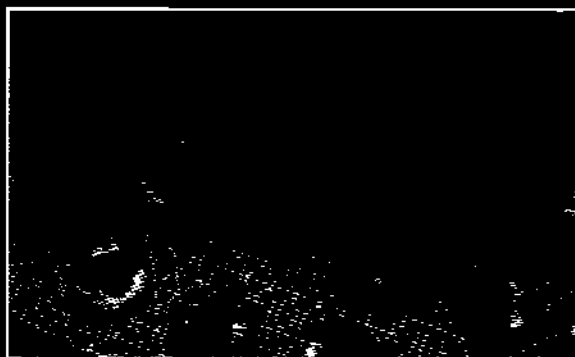
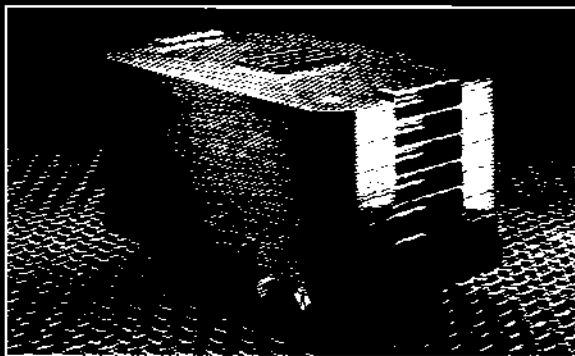
Efficient drying of smaller or diced fruits and vegetables is a snap with mesh tray inserts. You can even make your own breakfast cereal or trail mix. The stickiest fruits and vegetables will not stick to L'EQUIP mesh tray inserts. Included with dehydrator purchase; also available as accessory.

For additional accessories or extra parts, call L'EQUIP at (717) 730-7100.

L'EQUIP Food Dehydrator 12 Limited Warranty

L'EQUIP, as the exclusive Distributor of the L'EQUIP Food Dehydrator, warrants each new L'EQUIP Food Dehydrator power unit to be free from defects in materials and workmanship under intended normal use, as described in the L'EQUIP Food Dehydrator instruction booklet, for a period of 12 years from the date of sale provided that the original consumer registers the warranty with L'EQUIP within ten (10) days after purchase. There will be no charge on parts or labor necessary for warranty, associated repairs during the warranty period.

The provisions of this warranty shall not apply to any L'EQUIP Food Dehydrator that has been subjected to misuse, negligence or physical damage and expressly excludes any damage caused from liquids introduced into the motor housing. In addition, this warranty shall not apply to any L'EQUIP Food Dehydrator that has been repaired or altered by anyone other than an authorized L'EQUIP Service Center.





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