

# electriQ

Digital Dehydrator with Timer  
EDFD04



## USER MANUAL

Thank you for choosing **ElectriQ**

Please read this user manual before using the dessert maker  
and keep it safe for future reference.

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## FEATURES

This advanced digital dehydrator was specially designed for easy use, convenience and easy storage. ElectrIQ recognizes the limited kitchen space in modern households hence the nesting design allowing the appliance to be stored inside the cupboard with a small footprint. The ElectrIQ dehydrator has adjustable trays allowing a large variety of foods to be dehydrated.

Turbo vortex technology: fan circulates the hot air producing evenly dried foods in less than half the time of standard dehydrators.

Digital Temperature control with 4 settings (38°C, 48°C, 58°C, 68°C) allows accurate temperature control to match the food, providing consistent results every time. Digital Timer removes the need of manual intervention and ensure that your food will be dried according to the recommended time. Digital LED temperature and timer displays makes the operation of this appliance very easy.

Your ElectrIQ Food dehydrator brings a new dimension to ancient food preservation processes. It allows you to enjoy a simpler and more rapid drying process in the convenience of you own home. Now you can have the satisfaction of preparing healthful and delicious treats in the comfort and convenience of your own home and save money and have fun at the same time.

Dehydrated food was always part of the human diet and is a better way to preserve food than adding chemical additives. Our ancestors sustained themselves on natural dehydrated foods and later used heat from the sun or their fires to preserve food harvested between seasons.

### Why Dehydrate...?

Your dehydrator is a tool that uses relatively low temperatures and a turbo fan to dry food. It essentially removes the water from food, but it keeps the enzymes of your food intact.

You can now create foods that will have same texture as cooked or fried dishes while keeping all the goodness of raw food.

Dehydrated foods are a great way to transition to raw food, and even as a great gluten-free treat maker. Most of the dehydrated foods can replace the textures and tastes of the most addictive foods like bread, cookies, and chips. Who would not want that?

If you are dehydrating to below 50°C your food can still be considered raw. Note that meat or fish should always be dehydrated at maximum dehydrator temperature to prevent bacterial growth.

You can also use a dehydrator to preserve excess produce. If you are lucky enough to have an abundant garden (or just a great deal of fresh local produce) then you can use a dehydrator to preserve your pick.

Simply clean and cut your fruits or vegetables and place on your dehydrator trays. Depending on water content you might need to dehydrate for a longer time.

Dehydrated fruits and veggies make great snacks, or can be used to top salads, sauces and soups.

You may also consider that many of the supermarket dried food will still contain preservatives like sulfites or other substances, so is better to dehydrate yourself knowing that nothing else was added.

Dried food is easily stored, popular with backpackers, hikers, campers, boaters, cooks, gardeners, dieters, and health food enthusiasts. Also a great way to make tasty snacks for kids.

Dehydration is one of the easiest and most efficient methods of food preservation. Food is exposed to gentle heat and circulated air in order to remove moisture. Lacking moisture, bacteria and micro-organisms are inhibited so dehydrated foods can be preserved for long periods without refrigeration and they have far less weight and bulk.

You can also use a food dehydrator to dry flowers, herbs and grains.

## **SAFETY INSTRUCTIONS**

### **Important**

- Carefully read the instructions before operating the unit
- This appliance is for indoor use only.
- Rating: This unit must be only connected to a 220-240 V / 50 Hz earthed outlet. Always check the rating label against your electrical supply. If you are in any doubt about the suitability of your electrical supply have it checked and, if necessary, retested by a qualified electrician.
- This dehydrator has been tested and is safe to use. However, as with any electrical appliances - use it with care.
- Disconnect the power plug from socket before dismantling, assembling or cleaning.
- Do not clean the base of unit by spraying it or immersing it in water.
- Never operate this appliance if the cord or plug is damaged. Ensure the power cord is not stretched or exposed to sharp object/edges.
- Do not pull the mains cable to disconnect the mains plug from the mains.
- Do not use the appliance if any part or any accessory is damaged or defective.
- A damaged supply cord or plug should be replaced by the manufacturer or a qualified electrician in order to avoid a hazard.
- Avoid touching any moving parts of the appliance. Avoid touching any hot parts of the appliance.
- Make sure unit is assembled correctly before use.
- Never insert fingers, or any other objects in the appliance while is in operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities. It is also not intended for use by those with a lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.
- Do not leave children unsupervised with this appliance.
- Any service other than regular cleaning should be only performed by an authorized service representative. Failure to comply could result in a voided warranty.
- Do not use the appliance for any other purposes than its intended use.
- Always place the unit on a dry and stable surface.
- Do not use the appliance in places with high humidity (>80%RH)
- Do not immerse the appliance in water or other liquids. If the appliance is immersed in water or other liquids by mistake, do not touch the appliance with your hands. Immediately remove the mains plug from the wall socket. If the appliance was immersed in water or other liquids, discard it.

### **Unit Safety Protection and Performance Tips**

- Make sure the unit is correctly assembled before using it
- The maximum continuous operation of the dehydrator must not exceed 40 hours. After this period you must turn off the machine and unplug the power cord.
- Please unplug the unit before you remove the food from the dehydrator.
- Do not cover the dehydrator while in operation.
- Always clean the dehydrator immediately after use. Trays are only designed to work in your ElectrIQ dehydrator. Never use them in any other appliance.
- Incorrect usage will damage the machine.
- The Food Dehydrator should be exclusively used for drying food, herbs or plants. Do not use this food dehydrator for any other domestic or commercial drying process.
- Always unplug the power cord after use and store safely away from reach of children.

## Parts and Assembly

Open the package and account for all parts before disposing packing. Safely dispose of all plastic bags and other packaging components. They may be potentially dangerous to children.

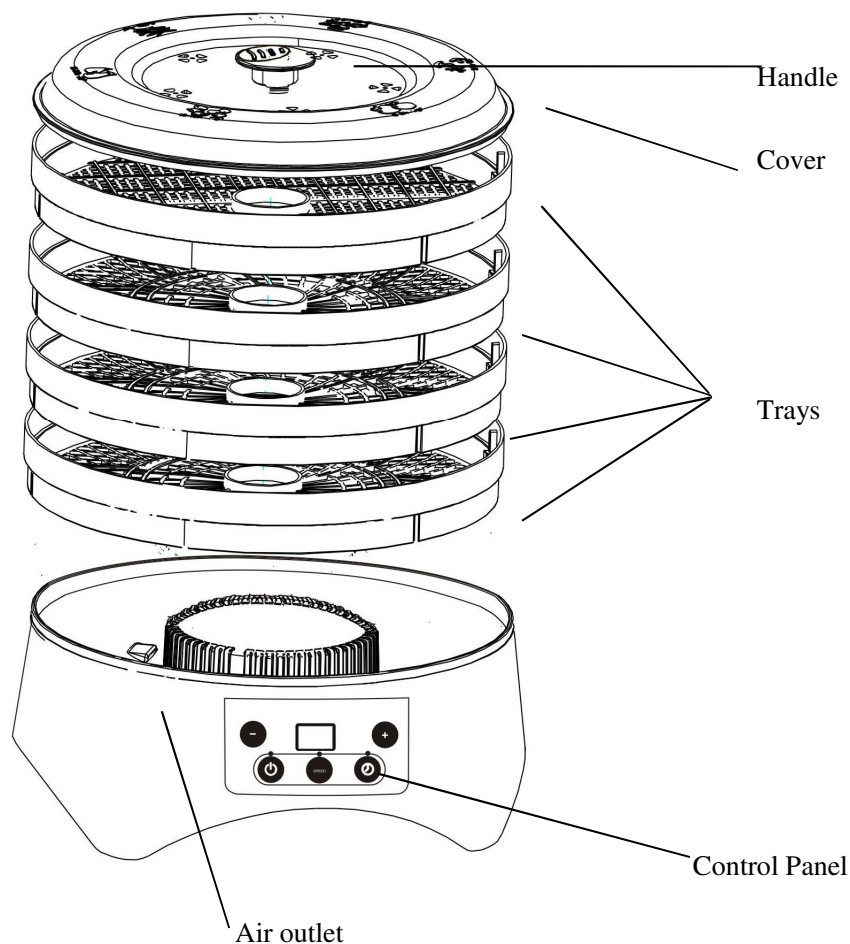
Before use please clean the lid and trays. Please clean with warm water mixed with a small quantity of mild detergent. Clean the base of the unit a wet cloth or a sponge. Never immerse the base in water.

The drying trays are nested for easy storage. Please lift them and turn them to full height before use so the hot air can freely flow among each tray.

Load each tray individually and make sure they are not overloaded, allowing air to move around.

If you want to dehydrate more liquid type like fruit leather we recommend to cut parchment paper rounds or Teflon sheet (you can reuse them) and lay them on the tray or half tray.

All the trays must be put onto the food dehydrator when the food dehydrator is working even if some trays are empty. Always put the tray with food onto the bottom of the food dehydrator first and add empty trays above. Always have the lid on when the dehydrator is in operation.

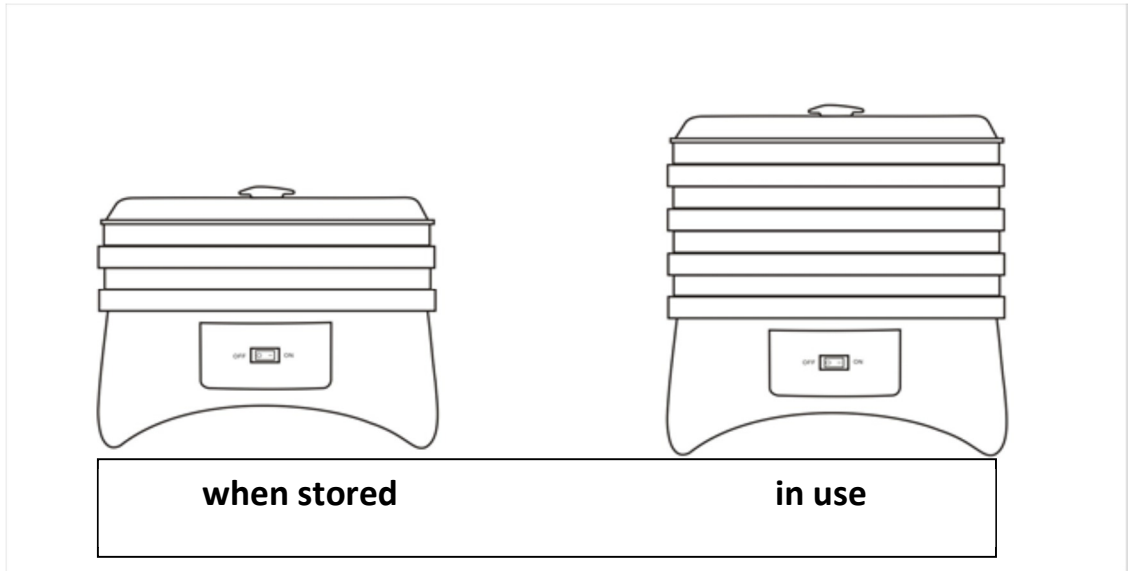


### Notes:

Never put water in the dehydrator. Size the food to match the dehydrator trays. The size and thickness of the food will influence the length of the drying process.

### **Adjustable Trays**

Trays are adjustable offering maximum flexibility in drying different food. For drying thick food, you can adjust trays to 36mm height. For drying fast thin food, you can adjust trays to 25.5mm height. See picture bellow.



### **OPERATION**

Start on the food dehydrator by pressing the “ON” button. Select the timer and the desired food temperature. There are four selectable temperature settings 38°C, 48°C, 58°C, 68°C and the timer is selectable with one hour increment. After the food is dried turn off the machine, unplug it and store it in a safe and dry place.

### **General Dehydrating Guidelines**

Certain varieties of produce, the humidity in the air, and even methods of food handling make quite a difference in the drying time and quality of the dried product.

Experiment with different drying temperatures, thickness of produce, pre-treatment versus no pre-treatment and different re-hydration methods. You will determine what works best for your particular needs and preferences.

### **Loading Trays and Selecting Produce**

To save nutrients and produce a quality product, it is necessary to work fast preparing foods to dry. When placed in your dehydrator, they need to dry continuously at the recommended temperatures and times. Do not turn off your dehydrator or leave partially dried food on the trays as it may spoil or develop bacterial growth.

Spread all foods evenly to dry in single layers. If slices overlap, the areas that are covert will not dry properly.

Do not add fresh produce to a partially dried batch. It will slow the rate of drying for both products. It is possible, however, to combine partially dried foods.

Select the best fresh produce at the peak of ripeness and flavour. Wash carefully to remove debris, dust and insects. Cut away bruised or damaged sections.

Lay food pieces evenly on trays. Do not overlap food pieces, as this will inhibit drying time. As each tray is loaded, place it on the dehydrator to begin drying. Please change the position of the trays during drying process if you find that certain trays are dried uneven..

Because of the unique design of your ElectriQ vortex system dehydrator, you will be surprised at how quick is the drying process.

### **Drying Times**

Drying times indicated in this user instructions are for reference only and they may vary a lot, depending on the type and amount of food, thickness and evenness of the slices, percentage of water in the food, humidity, temperature of air, altitude. Drying times may also vary greatly from one area to another and from day to day, depending on the climatic conditions. Keep records to help you predict drying times for specific foods.

### **Drying Temperature**

Fruits, fruit rolls (fruit leather) and vegetables should be dried at 48 - 58°C. By drying foods in this temperature range you will minimize the loss of heat-sensitive vitamins A and C. All foods sweat when they begin to dry, the temperature may be set higher at 58°C or 68°C during the first couple of hours of drying. The actual temperature of the food will remain to around 50 to 60°C, lower than the air temperature for the first couple of hours.

Meats and fish should be dried on the highest temperature setting of your dehydrator at 68°C. These temperatures also keep bacteria and other spoilage micro-organisms, common to meat and fish, to a minimum during the first stages of drying.

Nuts and seeds are high in oil, and if higher temperatures are used, they will tend to become rancid, developing unpleasant flavours. The best temperature is from 38 to 48°C.

Herbs and spices are most flavourful when they first open and should be harvested while very fresh, before they begin to blossom. Because the aromatic oils are very sensitive, temperature should be set to 38°C.

Flowers, herbs and spices used for potpourri should be dried at 38°C to maintain aroma and colour.

Take care not to load trays too heavily as this will prolong the drying time.

### **Packaging**

Some pieces may dry in a shorter time than others. The dried food should be removed and placed in an airtight container while allowing the rest of the pieces to remain in the dehydrator until sufficiently dry.

Package all dried foods promptly to prevent contamination and to prevent stickiness and re-hydration caused by humidity. Store dried foods in airtight, moisture proof containers.

Home vacuum packaging devices are ideal for packaging dried foods as eliminating the air will extend the shelf life of dried foods 3 to 4 times.

Since most packaging materials are transparent, store packaged dried foods in a plastic or metal container that will not allow the light to penetrate. Do not store fruits and vegetables together in the same storage container because flavour and moisture may transfer.

Fruit rolls are best if removed while still warm. Wrap in plastic wrap and place in airtight moisture-proof containers for storage.

Onions and tomatoes are especially prone to absorb moisture from the air and should be packaged immediately after removing from the dehydrator.

### **Testing for Dryness**

Food must be monitored during the final stages of dehydrating to prevent over-drying. Over-dried foods lose quality in texture, nutrition and taste. To test for dryness, remove a piece of food, let it cool and feel with your fingers for dryness.

- Fruits are pliable and leathery with no spots of moisture. Tear in half, pinch and watch for moisture drops along tear. If no moisture then it is sufficiently dry for long term storage.
- Fruit rolls should be leathery with no sticky spots.
- Jerky should be tough, but not brittle.
- Dried fish should be tough, but not brittle. If the fish is high in fat it may appear moist due to the high oil content.
- Vegetables should be tough or crisp.

If foods are insufficiently dried, or are exposed to moisture from faulty packaging, they can lose quality, nutrition value and can even develop mould during storage.

### **Storage**

The storage area should be cool, dry and as dark as possible. The darker and cooler the storage area, the longer the dried foods will last with good quality and nutritive value.



## **Drying Fruits**

Fruits picked at their prime have the highest natural sugar content and the best nutritional value. For the best quality product, choose only fresh and ripe.

Wash fruit thoroughly and remove any blemishes. Remove skins (if desired), stems and seeds. Halve or slice in 1/4" to 1/2" circles or slices (a food processor or slicer will speed the slicing and ensure uniform slices, which will allow fruits to dry at the same rate.) Some fruits have a natural protective wax coating such as figs, prunes, grapes, blueberries, cranberries, etc. If you want to dry these fruits whole, dip into boiling water for 1 to 2 minutes (the amount of time needed depends on the thickness and toughness of the skin) to speed dehydration. This makes the skin more porous by removing the natural wax coating and thereby speeds up the drying time. Small lines appear on the fruit skin allowing moisture to escape but may be too fine to be visible.

Many fruits can be dried in halves with the pits removed. If they are dried with the skins on, be sure to place them skin-side down to prevent fruit and pulp from dripping down through the trays. Check frequently near the end of the drying process and remove pieces as they become dry. To peel or not to peel is a decision only you can make (if the fruit has been artificially waxed, it should definitely be peeled to remove the wax). The skin has nutritional value, but skins tend to be very tough when dried and fruits take longer to dry with the skins on. Try fruits both ways – peeled and unpeeled – then decide for yourself what works best for you.

**Pre-treat** if desired and place the fruit into the dehydrator to dry at 48-58°C.

### **Pre-Treatment**

Pre-treatment minimizes oxidation, and gives you a superior quality, better tasting product with less vitamin loss. Apples, pears, peaches and apricots are better when pre-treated. They are more appetizing, have a longer shelf life and higher nutritional value. Place cut fruits that tend to brown in a holding solution of ascorbic acid to reduce browning during preparation. Do not keep cut fruit in a holding solution for more than one hour.

Pre-treatment can vary from soaking in fruit juice, ascorbic acid mixtures, syrup blanching, steaming. The results of these methods also vary. Experiment and decide for yourself which one you like best.

Use one of the following methods of pre-treatment:

#### ***Natural Pre-Treatment***

Fruit juices containing ascorbic acid may be used as a natural pre-treatment to reduce browning. Although if there will be some loss of colour, pineapple, orange, lemon, or lime juice can be used. Ascorbic acid mixtures, available from your supermarket, can also be used. Follow the directions on the package. Slice fruit directly into juice or ascorbic acid mixture. Soak 5 minutes and place on trays. Fruits can also be dipped in honey or a honey / juice mixture.

#### ***Hints and Suggestions***

- Place a cup of dried apple slices in the blender with a cup of water for instant apple sauce.
- Strawberries are perfect for malts, shakes and sundaes.
- Cantaloupe and watermelon slices become candy-like when dried.
- Dehydrate lemon and orange slices and powder for use in recipes for grated rind.
- Dehydrate grapes to make raisins that taste better and plump up in recipes better than store-bought raisins.
- Dry bananas 1/4" thick and dip into a glaze of 1/2 cup honey mixed with 1/4 cup water. Drain. Place on trays and dry. For variety add 1/8 teaspoon cinnamon to the glaze before dipping bananas.

## **Drying Fruit Rolls (Fruit Leather)**

Fruit leathers are a favourite kids snack. It is a chewy fruit product made from puréed fresh fruit, which has been dried and rolled into snack sized pieces. Fruit rolls are easy to make and cost less than those bought at the store. Any fruit high in pectin will make an excellent fruit roll. Most fruits can also be combined.

Some fruits, such as apples, are high in pectin and fibre, and have an excellent texture when dried. The combinations are limitless, use your imagination.

Certain fruits, such as citrus, should be used in combination with other fruits because they have so much liquid and very little pulp. If you find that a fruit is too runny, combine it with apple, applesauce or a similar fruit that will give it texture.

When fresh fruits are not available, canned fruits (either sweetened or un-sweetened) can be used. Simply drain the liquid, and pour the fruit into the blender. Applesauce can be taken directly from the container for wonderful fruit rolls. Frozen fruits can also be used, although they tend to be a bit runnier. Simply thaw and follow directions for using fresh fruits.

Wash fruits and cut away any blemished portions. Purée fruit in a blender until it is very smooth. In some blenders with some fruits, you may want to add a little juice or water to start the blending process. You can also add fruit pulp left from juicing.

Fruits generally need no added sweetening, but if fruits are under ripe or particularly tart, you may add light corn syrup or honey. Add one or more tablespoons sweetening for each quart of purée, depending on your preference.

### **Drying**

Place a trimmed baking parchment or Teflon sheet on the dehydrator tray and wipe lightly with a vegetable oil to prevent sticking. Purée should be about 1/4" to 3/8" thick and evenly spread. Dry at 58°C until fruit feels leather-like and is pliable, about 4 to 8 hours.

### **Storage**

Remove the fruit roll while it is still warm, roll, cut into smaller size pieces (if desired) and wrap in plastic wrap. Individually wrapped pieces of fruit leather should be stored in larger airtight and moisture proof containers.

### **Fruit Drying Chart**

Expect a variance in the time needed to dry different fruits. Drying times are affected by the size of the load, fruit thickness and the moisture content of the food itself. The guidelines are general. For more accurate drying times, keep records of your own drying experiences.

Food	Preparation	Average Drying Time	Drying Temp.	Uses
Apples	Pare, core, cut in 3/8" or slices Pre- treat	4-10 hrs	48 - 58°C	Applesauce, pies, cobblers, rings, snacks, breads and cookies
Apricots	Cut in half, remove pit and cut in quarters. Pre-treat	8-16 hrs	48 - 58°C	Desserts, muesli, meat dishes, pies and sauces
Bananas	Peel, cut in 3/8" slices or divide lengthwise	6-12 hrs	48 - 58°C	Snacks, baby food, granola, cookies, and banana bread
Blueberries	Wash and remove stems. Dip in boiling water until skins crack.	10-18 hrs	48 - 58°C	Breads, baked goods, snacks, ice cream, yogurt
Canned Fruit	Drain well. If small, place on mesh screen.	6-12 hrs	48 - 58°C	Snacks, breads, granola
Cherries	Wash, remove stems and pit	18-26 hrs	48 - 58°C	Breads, baked goods and snacks
Citrus Fruits	Peel, if desired. Slice 3/8" thick	6-12 hrs	48 - 58°C	Flavourings when Powdered
Cranberries	Wash and remove stems. Dip in boiling water until skins crack.	10-18 hrs	48 - 58°C	Breads, baked goods, snacks ice cream, yogurt
Coconut	Remove dark outer skin, slice 3/8" thick	3-8 hrs	48 - 58°C	Cakes, cookies, desserts and granola
Figs	Remove stems and Halve	8-15 hrs	48 - 58°C	Fillings, cakes, puddings, breads and cookies
Grapes	Leave whole, remove stems (if blanched)	10-36 hrs 6-10 hrs	48 - 58°C	Raisins; use in baked goods, cereals and Snacks
Kiwi	Peel, slice 3/8" to 1/2" thick	5-12 hrs	48 - 58°C	Snacks
Lemon Powder	Zest of Rind	8-12 hrs	48 - 58°C	Seasoning rubs, marinade
Mangos	Skinned, slice 3/8" thick from seed	6-16 hrs	48 - 58°C	Snacks, cereals and baked goods
Melons	Remove skin and seeds. Slice 1/2" thick	8-20 hrs	48 - 58°C	Snacks
Nectarines	Quarter or slice 3/8" to 1/2" thick. Pre-treat	6-16 hrs	48 - 58°C	Snacks, desserts and baked goods
Oranges, limes, lemons	Slice 1/4" thick	2-12 hrs	48 - 58°C	Crafts, snacks, baking
Peaches	Peel if desired. Halve or quarter. Pre-treat.	6-16 hrs	48 - 58°C	Snacks, breads, cobblers, cookies and Granola
Pears	Peel, core, and slice 3/8" thick. Pre-treat	6-16 hrs	48 - 58°C	Snacks, breads, cookies, fritters and granola
Pineapple	Peel, core, slice 3/8" to 1/2" thick	6-12 hrs	48 - 58°C	Snacks, baked goods, baked granola
Plums Prunes	Halve or quarter and remove pit	8-16 hrs	48 - 58°C	Snacks, cookies, muffins, bread and granola
Rhubarb	Slice in 1" lengths. Steam until slightly tender	6-14 hrs	48 - 58°C	Pies, tarts and other Desserts
Strawberries	Halve or slice 1/2" thick	6-12 hrs	48 - 58°C	Snacks, cereals, and baked goods

## **Drying Vegetables**

Some vegetables are quite good dried. Others lose their appeal and are better frozen or fresh. Some vegetables are far better frozen than dried, if you must preserve them. Vegetables have a low acid and sugar content that makes them more subject to spoilage, and tend to have far shorter shelf life than dried fruits.

Choose fresh, crisp vegetables for a high quality dehydrated product. Just like fruits, vegetables should be picked ripe and dried as soon as possible to minimize loss. Wash vegetables thoroughly and remove any blemishes. Peel, trim, core, slice or grate.

Most vegetables must be blanched, either steaming over boiling water or in the microwave oven to slow the enzyme action which will continue during drying and conditions are key elements to producing dried vegetables which will taste as good in winter as the summer product.

There is no need to blanch onions, garlic, peppers, and mushrooms. Herbs also are not to be blanched.

### **Blanching**

Bring about 1 inch of water to a brisk boil and drop in sliced or grated vegetables. Cover. Steam until vegetables are heated completely through, but not cooked. This is usually about 1/3 of the time required to cook the vegetable. Vegetables should still be crunchy. Drain and then dip them in cold or iced water for 3-5 minutes. Start dehydrating immediately after blanching.

### **Microwave Blanching**

A microwave oven is ideal for blanching vegetables. Prepare them in the same manner as for steam blanching. Place them in a microwave-safe dish with 3 table spoons of water at the bottom, cover and cook on high for about 1/2 of the time required to completely cook the fresh vegetable. Depending on the age and design of your microwave, you may want to stop the cooking half-way through and stir the vegetable to achieve a more even blanching. Dip the vegetables in cold or iced water for 3-5 minutes. Start dehydrating immediately after blanching.

### **Drying**

Load blanched vegetables onto drying trays, making sure that air can move freely between the pieces. For vegetables, such as corn or peas, that tend to clump together, stir occasionally to allow air to reach all of the pieces.

Vegetables are dried until they are crisp, tough or brittle. Package immediately after drying to prevent absorption of moisture from the air. Usual drying temperature for vegetables is 58°C - 68°C.

### **Hints and Suggestions**

Mix dried grated carrots, parsnips, onion, celery, chives, sweet peppers with turmeric powder, sea salt to make delicious vegan stock. Makes delicious base for soups. You can create your own soup mixture and store it for later use.

**CARROTS** to save time grating, dry carrots and parsnips for salads, carrot cake or coleslaw.

**GREEN PEPPER, ONION, CELERY, CHIVES, ETC.** chop and dry in a one-day effort for use instantly all year!

**GREEN BEANS, WAX BEANS & GREEN PEAS** best when used in soups, stews or casseroles.

**ONION POWDER** dry the whole vegetable slice until crisp, then either powder or chop in blender for chopped onions.

**TOMATO SLICES** use for colour and crunch when crumbled over a tossed salad. They rehydrate well in soups, stews and casseroles. Tomato leathers can be powdered and used as instant soup, sauces and paste.

Add different amounts of water to your powder mixture to make:

Tomato paste = 1 tsp. powder, 1 tsp. water

Tomato sauce = 1 tsp. powder, 3 tsp. water

Tomato soup = 1 tsp. powder, 1 tsp water, 2 tsp. cream

Tomato juice = 1 tsp. powder, 1/2 c. water

Adjust amount of water to taste for soup and juice.

### Vegetable Drying Guidelines

Vegetables will also vary in their drying times. Blanching decreases drying times, but not all vegetables are to be blanched. Again, the average drying times in the following table are general and depend on different variables. For more accurate times, keep records of your own specific experiences.

Food	Preparation	Average Drying Time	Drying Temp.	Uses
Artichoke	Cut hearts into 1/8" strips Blanch.	6-12 hrs	58 - 68°C	Marinate or dip in batter and fry
Asparagus	Wash and cut into 1" pieces. Blanch.	3-10 hrs	58 - 68°C	Rehydrate, serve in cream sauce
Beans Green/Wax	Remove ends, cut into 1" pieces. Blanch.	6-12 hrs	58 - 68°C	Stews, soups and Casseroles
Beets	Steam until tender. Cool and peel. Cut into 1/2" pieces	3-10 hrs	58 - 68°C	Soups and stews
Broccoli	Wash, cut as for serving. Blanch.	4-10 hrs	58 - 68°C	Soups, quiche or soufflés, cream or cheese sauce
Carrots	Peel, cut ends, slice in 3/8" thick or shred. Blanch.	6-12 hrs	58 - 68°C	Salads, soups, stews and carrot cake
Cauliflower	Wash, cut as for serving. Blanch.	6-14 hrs	58 - 68°C	Soups and stews

Celery	Trim, wash and cut 1/2" slices. Blanch in solution of 1/2 t baking soda to 1 cup water.	3-10 hrs	58 - 68°C	Soups, stews, powder for celery salt (add equal parts celery and salt)
Corn	Husk, remove silk and blanch. Remove from cob	6-12 hrs	58 - 68°C	Fritters, soups, stews or grind for cornmeal
Aubergines	Peel, slice 1/4" thick. Blanch.	4-14 hrs	58 - 68°C	Cream sauces, casseroles, dip in batter and fry
Garlic	Separate and peel cloves.	6-12 hrs	58 - 68°C	Powder for seasoning.
Mushrooms*	Clean with soft brush, don't wash.	4-10 hrs	58 - 68°C	Rehydrate for soups, meat dishes, omelettes or frying.
Onions	Remove skins, tops, and root ends. Slice 3/8" thick.	6-12 hrs	58 - 68°C	Soups, stews and sauces. Powder for seasoning salt. Package immediately.
Peas	Shell, wash and blanch.	5-14 hrs	58 - 68°C	Soups, stews and mixed vegetables.
Peppers	Remove stem & seeds. Cut into 1/2" pieces.	5-12 hrs	58 - 68°C	Soups, stews, pizza, meat dishes and seasoning.
Peppers (hot)	Wash, slice or cut in half. Remove seeds if you desire a milder pepper.	3-20 hrs	58 - 68°C	Soups, stews, pizza, and seasoning.
Potatoes**	Use white potatoes. Peel and slice 3/8" thick. Blanch. Rinse and dry.	6-12 hrs	58 - 68°C	Stews, soups and casseroles.
Tomatoes	Wash and slice 3/8" circles or dip in boiling water to loosen skins, halve or quarter.	6-12 hrs	58 - 68°C	Soups and stews. Powder in blender and add water for paste or sauce. Dry in roll-up form for pizza sauce.
Zucchini or Squash	Wash, remove ends and slice 3/8" thick or grate. Steam if you plan to rehydrate	5-10 hrs	58 - 68°C	Breads, chips with dip, soups and casserole. (1 week shelf life)

\* Dry at 38°C for 2 to 3 hrs, then increase temperature to 58°C and dry for remaining time.

\*\* Blanch for 5 minutes or until translucent. If not steamed long enough, they will turn black during drying and storage.

## Drying Herbs

Fresh herbs and spices have a stronger aroma and flavours than commercial dried herbs and spices. They are prized by food lovers and gourmet cooks. Dried herbs and spices are used more often than fresh because they are more readily available and convenient to use. Although some flavours are lost when they are dried, they become more concentrated because so much moisture is removed. Most herbs contain from 70 to 85 percent water. Eight ounces of fresh herbs will yield about one ounce dried.

The flower, seeds, leaves and stems of herbs can all be used for seasoning. Leaves and stems should be gathered early in the morning before the heat of the sun dissipates the flavouring oils.

Leaves should be harvested before plant begins to flower and while still tender. Snip stems at base, taking care to leave sufficient foliage for the plant to continue growing. The new leaves at the tip of the plant have the most concentrated flavours.

Plants usually survive three or four major harvests and, depending on climate, may produce all year round. Cold frames extend growing season and a sunny kitchen window will allow potted herbs to produce all year long.

When plants have begun to flower, a bitter taste develops and leaves are not as aromatic because the energy has gone into producing buds.

The flowers of some herbs may be used for seasoning. They should be harvested when they first open and while still very fresh. Seeds, such as caraway or mustard, are harvested when they are fully mature and have changed from brown to grey.

Leaves and stems should be lightly washed under cold running water to remove any dust or insects. Remove any dead or discoloured portions.

To dry large-leafed herbs, such as basil and sage, strip leaves from stem, cut in half across the leaf and place on a tray. Cutting allows dry air to get inside the stem and will shorten drying time.

To dry small-leafed herbs, like thyme, place on a lined tray. This helps keep dried herbs from falling through tray. As small herbs dry, they may fly around inside dehydrator. If this happens, place a screen over drying herbs to keep them in place.

If flowers are to be used in teas, dry them whole. Wash and separate petals, and remove any tough or discoloured parts. When seedpods have dried, their outer covering may be removed. Rub seeds between palms of your hands while blowing to remove husks. Place larger seeds on a trimmed baking parchment or Teflon sheet. Dehydrate until there is no moisture evident. If seeds are to be used for planting, dry at room temperature to maintain germination ability.

## **Testing for Dryness**

Herbs are dry when they snap and crumble easily. Stems should be brittle and break when bent. Seeds should be brittle and usually need additional drying after they are removed from the seed pods.

To be certain that herbs are sufficiently dry, place in an airtight container for several days. If condensation appears on the inside of the container, they need further drying.

## **Packaging**

Dark colour jars with airtight lids are ideal for storing herbs. They do not allow light in, which tends to fade and weaken herbs. You can use other containers as long as they exclude air, light and moisture. Air and light result in flavour loss; moisture results in caking and colour loss or insect infestation.

## **Storage**

As with other dried foods, dried herbs and seeds should be stored in the coolest place available, to maintain best flavour. Do not crush or grind until ready to use. Crushing exposes more surfaces to the air, resulting in flavour loss. With proper packaging and good storage conditions, dried herbs, seeds and spices should keep well for 12-18 months.

## **Using Dried Herbs & Spices**

Since herbs and spices are usually 3 to 4 times stronger than their fresh counterparts, use conservatively. Their taste should be subtle and not overpowering. The zest of dried herbs is dependent upon storage condition and length of time stored. Sharpness of flavour deteriorates with age. Some herbs, such as mint or basil, lose their flavour more rapidly than others when dried. It may take nearly an equal volume of some dried herbs to replace the amount of fresh called for in the recipe.



## Herb Drying Guide

Most herbs may be dried in ElectriQ dehydrator right on the plant stalk and stem. Seeds and leaves are easily stripped from the plant when dry. Drying temperature should be 38°C. Do not dry herbs with fruits and vegetables. Store in glass containers in a cool, dark place to reduce flavour loss. Label clearly before storage because they are difficult to recognize when dry. Do not powder until you are ready to use.

Food	Preparation	Average Drying Time	Drying Temp.	Uses
Anise Leaves	Rinse in cold water, pat dry	1-3 hrs	38°C	Soups, stews, sauces and vegetable and fruit salads.
Anise Seeds	Rinse in hot water, pat dry	2-5 hrs	38°C	Rehydrate, serve in cream sauce
Basil Leaves (break veins and stems to aid drying)	Clip leaves 3 to 4 inches from top of plant just as first buds appear pat dry	20-24 hrs	38°C	Italian and Mediterranean dishes, tomato dishes, meat salads, soups, fish, poultry
Caraway	Clip entire plant. Dip in boiling water, pat dry	2-5 hrs	38°C	Pork, sauerkraut, rye bread, cheese, vegetables, cookies
Chili Peppers	Rinse and dice, pat dry	5-12 hrs	38°C	Powder for seasoning
Chives Leaves	Chop, rinse in cold water, pat dry	20-24 hrs	38°C	Mild onion flavor, use in moist recipes
Coriander Leaves	Clip with stems. Rinse in cold water, pat dry	15-18 hrs	38°C	Mexican, Chinese and Mediterranean dishes
Coriander Seeds	Clip entire plant. Dip in boiling water, pat dry	2-5 hrs	38°C	Sausage, pickling spices apple, and pear dishes
Cumin Seeds	Rinse in cold water, pat dry	2-5 hrs	38°C	Curries and chili dishes
Dill Leaves	Rinse in cold water, pat dry	1-3 hrs	38°C	Salads, vegetables potatoes& Fish
Fennel	Rinse in cold water, pat dry	1-3 hrs	38°C	Salads, soups or stews
Fennel Seeds	Rinse in cold water, pat dry	2-5 hrs	38°C	Cakes, cookies, breads
Garlic Clove	Cut in half lengthwise, pat dry	6-12 hrs	38°C	Salt, powder, recipes
Ginger Root	Rinse, slice 3/8" or grate, pat dry	2-5 hrs	38°C	Meat, vegetables, cookies & dessert dishes
Ginger Leaves	Rinse in cold water, pat dry	1-3 hrs	38°C	Soups
Marjoram Leaves	Rinse in cold water, pat dry	1-3 hrs	38°C	Italian, meat, fish, egg & poultry dishes
Mint Leaves	Rinse in cold water, pat dry	20-24 hrs	38°C	Sauces, mint jelly & lamb dishes
Mustard Seeds	Rinse in cold water, pat dry	2-5 hrs	38°C	Corned beef, sauerkraut, salad dressings & cabbage
Oregano Leaves	Rinse in cold water, pat dry	15-18 hrs	38°C	Italian, Greek, Mexican & tomato dishes
Parsley Leaves/stem	Rinse in cold water, pat dry	20-24 hrs	38°C	Powder, use leaves for flakes

Rosemary Leaves	Rinse in cold water, pat dry	20-24 hrs	38°C	Barbecue sauces, poultry, meats, egg dishes, lamb, & vegetables
Sage Leaves/stem	Rinse in cold water, pat dry	20-24 hrs	38°C	Poultry, pork, lamb, veal & fish dishes
Tarragon Leaves	Rinse in cold water, pat dry	20-24 hrs	38°C	Sauces, salads, fish & poultry
Thyme Leaves	Rinse in cold water, pat dry	1-3 hrs	38°C	Meat, fish, poultry dishes green beans, beets, carrots, & potatoes

## Drying Meat

Meat must be always cured or pre-cooked before dehydrating. Dehydrated meat will taste better when cured first. Meats should be always dried at 68°C. Depending on how thick the meat is cut, how heavily the dryer is loaded, and the humidity, meat strips take from 4 to 15 hours to dry. Always use lean meat when dehydrating.

Pat meat strips with clean paper towels several times as it dries, to remove the excess oil that accumulates on the top of the meat strips. When removing meat strips from dehydrator trays, wrap it in paper towels and let it stand for a couple hours prior to packaging. Excess fat will be absorbed in the paper towels and the shelf life will be extended.

## Storage

Beef meat strips that are stored un-refrigerated will start to go rancid at room temperature after 3 to 4 weeks. Refrigerate or freeze for longer storage or until ready to go on a trip or camping. If any ice crystals have formed inside bag, re-package in a dry container. If meat strips are dried thoroughly, it will last for several weeks in the outdoors or while traveling. All types of meat strips must be dried sufficiently to avoid mould. If mould is found inside a storage bag of meat strips, the whole container must be thrown away.

## Drying Cooked Meats

If you are drying meats for other purposes than jerky such as for stew, sandwich spreads or stroganoff, the meat should be tender and high quality. It must be cooked so it will not be tough and chewy when reconstituted. Using the remainder of a dinner roast or leftover steak saves the step of pre-cooking the meat. Dehydrate those leftovers for snacks, backpacking and camping meals.

The shelf life of dried, cooked meats is 2 to 3 weeks at room temperature. Store in refrigerator or freezer to maintain the best quality until ready for use for backpacking or camping. They will stay fresh and tasty for up to 6 months in the freezer.

## **Drying Fish**

Lean fish can be easily dehydrated. You can also dry fat fish, but it will not keep at room temperature more than a week unless smoked. Fish meat strips should contain about 15% moisture when it is completely dry. It will be pliable and firm. If there is any doubt about the dryness, store in refrigerator or freezer to avoid the risk of spoilage.

Cooked fish may also be dried, although it has a different taste than fish meat strips. It still makes a nice snack. Re-hydrating cooked fish is not recommended because the resulting product isn't very good.

### **Selection**

Choose fresh fish to dry. If you catch the fish, clean it promptly and keep on ice until you are ready to dehydrate. If you are purchasing fish, make sure it is fresh and not previously frozen. Frozen fish can still be made into meat strips, but be aware that the quality is inferior to fresh.

### **Preparation**

Cut fish into 1/4 to 3/8 inch thick strips. Marinate in your own favourite marinade with high salt content.

When using your own recipe, be sure to include at least 1-1/2 to 2 teaspoons salt per pound of fresh fish. Salt slows the growth of surface bacteria during the initial stages of drying. Marinate for at least 4 to 8 hours in refrigerator so fish will absorb salt and seasonings.

### **Drying**

Dry fish meat strips at 68°C until they feel firm and dry, but do not crumble. There should be no moist spots.

### **Packaging and Storage**

Store dried fish meat strips in the freezer if it will not be consumed within 2 to 3 weeks.

## RECEIPES

Your ElectriQ dehydrator can be used to cook complex recipes. Many vegan or raw diet people are using dehydrators as their only cooking appliance.

For more recipes visit [www.food.com/recipes/dehydrator](http://www.food.com/recipes/dehydrator)

### Tastiest Kale Chips

1 bunch Curly Kale  
¼ cup Almond Butter  
½ Onion  
2 tbs Extra Virgin Olive Oil  
1 Garlic Clove  
1 ½ tbs Miso Paste  
1 tbs Thyme  
1 ts Apple Cider Vinegar or lemon juice  
1 teaspoon Mirin  
¼ teaspoon Turmeric

Wash kale and spin (or pat) dry. Tear leaves into pieces (removing stem), and place in a large bowl. Add rest of the ingredients to food processor and blend until smooth. Pour blended mixture over kale. Toss kale with rubber spatula until evenly coated (make sure it is even). Place kale on dehydrator trays.

Dehydrate at 58°C for 2-4 hours, or at 48°C (for raw food) for 3-6 hours (or until crispy)

### Squash Tortillas

2 Cups Diced Yellow Squash  
2 Cups Ground Flax Seed  
1 ½ Cups Water  
1 Tsp. Sea Salt  
2 Tbsp. Dried seasoning of choice (all spice mix, oregano, dill, sweet paprika or chili powder)  
Combine first the squash diced and the water and herbs in a blender. Blend into a vegetable stock and then add in the ground flax seeds. Blend again until a thick paste forms. Spread immediately onto a baking parchment or Teflon lined tray at 1/8-1/4 inch thickness and dehydrate for 6 hours at 48°C degrees. Gently remove from tray and cut down into 4 pieces to use for many types of wrap. Makes 4 trays. Do not allow mixture to sit before dehydrating as it will become very thick and un-spreadable. If this happens add in up to 1 additional cup of water to make spreadable but do this only 1 time.

### Sprouted Chips

2 Cups Sprouts (Barley, Rye, Kamut or Beans)  
1 Cup Ground Flax Seed  
1 Courgette  
2 Tbsp. Chili Powder or Sweet Paprika  
1 Tsp. Sea Salt  
2 Cups Water

In a high powered blender combine first the sprouted grains, courgette, spices and then ground flax seed. Blend on high until a thick paste that is well combined forms. Spread immediately onto a baking parchment or Teflon lined dehydrator tray in small round shapes and dehydrate at 48°C for 6 hours. At 3 hours flip the chips over to reduce drying time. Store in an airtight container for up to 14 days, makes 10-12 chips.

### Gardener Crackers

4 Cups Ground Golden Flax Seeds  
2 Cups Carrot Juice or/and Parsnips (and leftover pulp)  
2 Cups Water  
4 Tomatoes  
1 Clove Garlic  
1 Spring Onion  
1 Tbsp Dried Dill or Herbes de Provence  
1 Tsp Sea Salt

In a high powered blender combine the roots juice, water, tomato, garlic green onion, sea salt and dried seasonings until a puree forms. Add in ground flax seeds and blend until thick paste forms. Place the root pulp (and any others you'd like to add in up to 2 additional cups – beets, greens and celery taste great!) in medium sized bowl and pour over flax mixture. Fold the mixture together using a spatula. Spread onto a baking parchment or Teflon lined tray dehydrator tray at 1/4 inch thickness. Dehydrate at 48°C degrees for 12 hours or until crunchy. These should be dry completely through. For best results score the crackers with a knife prior

to loading dehydrator to create the desired shape. (Square, rectangle, triangle) Store in an airtight container. Makes 4 trays.

### **Sundried Tomatoes Crackers**

4 Cups Soaked Flax Seed  
1 Beef Tomato  
½ Cup of Sundried Tomatoes  
2 Tbsp Dried Basil  
1 Clove Garlic  
1 Tbsp Sea Salt

Soak flax seeds 4 hours until they are nice and sticky. Soak the sundried tomatoes for 8 hrs. In a blender blend the sundried tomatoes, sea salt, basil and garlic. Toss this mixture and the flax seeds with the sliced fresh tomato until a thick mixture of seeds and vegetables has formed. Using a spatula spread onto a baking parchment or Teflon lined tray dehydrator tray at 1/4 inch thickness. Dehydrate at 48°C degrees for 14 hours until dry all the way through. You may flip the crackers ½ way through drying to speed up drying time. Makes 4 trays of crackers which can be saved in an airtight container indefinitely.

### **Marinated Veggie Salad**

Vegetarian food does not have to be fad. Veggies are coming quite nice out of the dehydrator. If you marinate them and dehydrate them you are in fact just coating them with a nice glaze. Use vegetables like squash, red peppers and mushrooms etc. Make a marinade out of high quality extra virgin olive oil, sea salt, dried spices and 2 tablespoons of aged balsamic vinegar. Marinate the finely sliced veggies for 1-2 hours in the fridge. Use a dehydrator tray to drain them in the fridge for 15 minutes before dehydrating. Dehydrate at 48°C degrees for 1-2 hours. Serve straight from dehydrator.

### **Tasty Brownies**

2 Cups Walnuts or Hazelnuts  
¾ Cup Agave Nectar or Maple Syrup  
1 Cup Cacao or grated raw cocoa liquor  
1 Tsp Cinnamon  
1 Tsp Sea Salt

for the Sauce

1 Cup Cacao  
¼ Cup Raw Agave or Raw Honey  
2 Tbsp. Coconut Butter  
1 Tsp. Sea Salt

To prepare the brownie:

In a food processor, process nuts to a meal being careful not to over process into a butter. Then add to the mixture the cacao and spices and pulse to combine. Add the desired sweetener from the top while processing until a dough ball forms. Remove mixture from processor and spread over onto a baking parchment or Teflon lined dehydrator tray in equal square shapes. Dehydrate at 48°C degrees for 8 hours. For the sauce blend all ingredients until a thick uniform sauce forms. Spread the sauce over the brownies and refrigerate for at least 30 minutes.

### **Nutty Cookies**

5 Cups Wall Nuts or Cashews  
1 Cup Raw Cacao  
¾ Cup Raw Honey or Agave Nectar  
1 Tsp. Cinnamon  
1 Tsp. Sea Salt  
1 Dash Nutmeg  
For Garnish – Desiccated Coconut, fresh berries or decorticated hemp seeds

In a food processor add the nuts, cacao, cinnamon, nutmeg, and sea salt. Process down until a nut meal forms being careful not to process into butter at this point. It is important the mixture still has body to create cookies. Then add the sweetener from the top of the food processor while processing until a dough ball begins to form. Turn off processor and scoop out mixture into a bowl. Line a plate with topping of choice, even just additional cacao will do and form the cookies. Garnish with the coconut or berries. Dehydrate at 48°C degrees for 14 hours on a baking parchment or Teflon lined tray dehydrator tray. Makes 15-20 cookies.

## CLEANING & MAINTENANCE

1. Make sure the unit is unplugged before cleaning.
2. Your dehydrator trays and lid are easy to clean. Simply soak them in warm water with a mild detergent for several minutes. Wash trays and lid with a non-abrasive moist sponge or cloth. A soft-bristle brush will loosen food particles that resist softening by soaking. Dry thoroughly with a non-abrasive towel.
3. Do not clean any parts with scouring pads, abrasive cleaners, or sharp utensils, as they tend to damage the surface.
4. Wipe the Base with a damp, non-abrasive cloth and dry thoroughly. DO NOT immerse the Base or cord in water or any other liquid.
5. To prolong the life for your appliance, hand-washing of parts is advised. Dishwasher use is not recommended. Never place the base in a dishwasher. If using a dishwasher remove the trays from dishwasher before the drying cycle.
6. Reassemble the unit and insert the cord into the storage area under the base.

## TROUBLESHOOTING

Fault	Probable Cause	Solution
Machine does not turn on	the plug is not correctly inserted in the electrical outlet the machine switch is not on fuse is burnt	plug in again turn the switch on change fuse
Display lights are not on	The machine is not switched on	Check the electrical outlet switch turn the switch on
Fan is working but there is no heat	heating system is out of order	turn the machine off and contact the nearest service centre asap
Heater is working but the fan is not working	the fan is out of order foreign material is stuck on the fan	turn dehydrator off and contact the nearest service centre remove the foreign material
Not dehydrating	too much food on the trays food is overlapping on the tray	reduce the food quantity distribute food evenly on trays
Water drops on dehydrator walls	too much food on the tray food contains too much water	reduce the food quantity reduce the food quantity and increase the dehydration time
Foods are not evenly dehydrated	the thickness of food is not even too much food on the tray foods on upper or lower tray	slice evenly the food reduce the food on the tray choose the correct tray
Abnormal sound from the fan	the fan is out of order	turn the machine OFF and contact the nearest service centre

## **ElectriQ UK SUPPORT**

**[www.ElectriQ.co.uk/support](http://www.ElectriQ.co.uk/support)**

**Please, for your own convenience, check the troubleshooting guide before calling the service line.**

**If the unit still fails to operate call: 0871 620 1057 or complete the online form**

**Office hours: 9AM - 5PM Monday to Friday**

**[www.ElectriQ.co.uk](http://www.ElectriQ.co.uk)**

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