

AROMA[®]

Food Dehydrator



Instruction Manual

Model AFD-615/615C

Congratulations!

Your **AROMA** Food Dehydrator will surely become one of the most versatile and useful appliances in your home. Now you can enjoy delicious homemade beef jerky, nutritious dried fruits, fruit leathers and even add a pleasant aroma to your home by creating your very own potpourri.

Please read the following instructions carefully before your first use.



Published By:

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IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Important: Read all instructions carefully before first use.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock, do not immerse cord, plug or the appliance itself in water or other liquid.
4. Close supervision is necessary when the appliance is used near children.
5. Unplug from outlet when not in use and before cleaning. Allow unit to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. Do not use attachments or accessories other than those supplied or recommended by the manufacturer. Incompatible parts may create a hazard.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot burner or in a heated oven.
11. Do not use the appliance for other than its intended use.
12. Do not clean with metal scouring pads. Pieces can break off the pad and touch electrical parts, creating a risk of electric shock. Metal-scouring pads may also damage the finish.
13. Always unplug by grasping the plug itself. Never pull on the cord.
14. Extreme caution should be exercised when using or moving an appliance containing hot oil or other hot liquids.
15. Store in a cool, dry place.
16. To disconnect, switch this appliance off before unplugging from the electrical outlet.
17. Place the food dehydrator on a flat and heat-resistant surface, and use it in a well-ventilated area.
18. Do not place too close to the edge of the table or countertop as it may be knocked off.

SAVE THESE INSTRUCTIONS

Product for Household Use Only

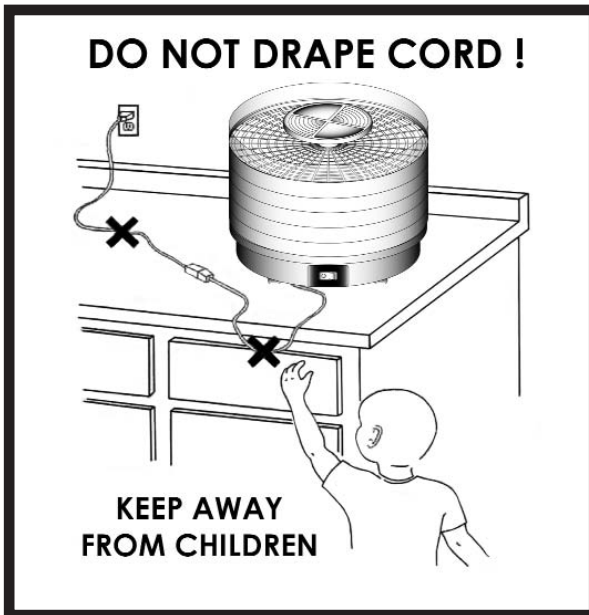
SHORT CORD INSTRUCTIONS

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

POLARIZED PLUG

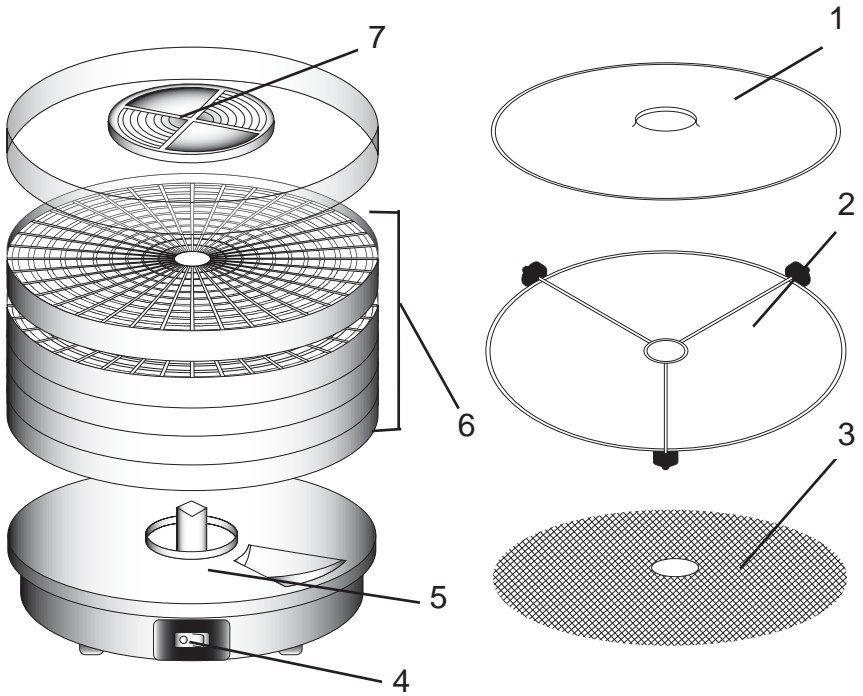
This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If plug does not fully fit into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.



This appliance is for household use only.

PARTS IDENTIFICATION



1. Fruit Leather Sheet
2. Tray Support Rotater
3. Drying Screen
4. On/Off Switch
5. Dehydrator Base
6. Stackable Adjustable Trays
7. Ventilating Lid

HOW TO USE

Before First Use:

1. Read all instructions and important safeguards.
 2. Remove all packaging materials and make sure items are received in good condition.
 3. Tear up all plastic bags as they can pose a risk to children.
 4. Wash all trays and accessories in warm soapy water. Rinse and dry thoroughly.
- **Do not use abrasive cleaners or scouring pads.**
 - **Do not immerse the dehydrator base, cord or plug in water at any time.**

To Use:

1. Plug the dehydrator into the proper electrical outlet.
2. Place food on the dehydrating racks and position so that the pieces do not touch each other or other drying racks.
3. Turn the dehydrator on by pressing the On switch.
4. Allow appliance to run for the time designated in your recipe.
5. Remove pieces and enjoy.

TIPS

Your Automatic Rotating Food Dehydrator provides a fast and economical way to increase the time that your food will keep. The best way to obtain optimum results is to experiment and adjust accordingly. There are some guidelines however, that will help towards obtaining good results.

FOOD SELECTION: Always uses the best quality foods. Fruits and vegetables in peak season are more nutritious, have better flavor and cost less. Meat, fish and poultry should always be as lean and fresh as possible.

MEAT AND DAIRY PRODUCTS: The animal fat in meat and dairy products may result in cracks in your tray. Use the fruit leather sheet with a paper towel underneath when dehydrating meat to absorb fat and make the cleaning easier.

PRETREATMENT: Pretreated foods often look better and taste better. Check foods for blemishes and bruises. Foods in bad condition may spoil the whole batch. Remove pits and peel or core food before dehydrating.

PRETREATMENT OF FRUITS: Fruits with protective wax coating (such as figs, prunes, peaches, grapes, blueberries, etc.): should be dipped in boiling water which removes wax and allows moisture to escape easily. Fruits may become dark and colorless after dehydrating but there are some steps you can take to maintain color in your fruit.

NOTE:

To help maintain color and appearance use either technique:

1. Use vitamin C or citric acid (can be found in most drugstores): Dissolve 2 tbsp of vitamin C or citric acid in 1 gallon of water. Place fruit into solution for 2 minutes. Drain well before placing on trays.
2. Use fruit juices such as pineapple juice or lemon juice: Slice fruits directly into juices. Wait about 2 minutes, then place on tray.

PRETREATMENT OF VEGETABLES: A very popular way to pretreat vegetables is to blanch (quickly submerge) them in boiling water or to steam. Blanching does not destroy helpful enzymes, and it helps keep important nutrients in the vegetables.

PRETREATMENT OF MEATS: Always use lean meat. Remove as much fat as you can before dehydration.

TIPS

FOOD CUTTING:

Shred, slice or dice foods uniformly. For the best results, slices should be between ¼" and ¾" thick.

BEFORE YOU START:

Make sure your dehydrator is clean before using it. Wash your hands, bowls, containers, counters, boards and all utensils thoroughly.

PREHEAT DEHYDRATOR:

The moisture in the food will cause an initial temperature drop inside the dehydrator. Preheat your dehydrator by turning it on for 5-10 minutes.

DRYING TIME:

Drying temperature is about 150° F. Drying time will vary according to the quantity of the food, thickness of slices, moisture content of the food, number of trays being used, temperature, altitude and humidity of the location. Make sure to remove as much excess water as possible before starting (this can be done by patting dry with absorbent paper).

DRYING TEST:

Do not overlap foods while drying. Make sure foods are dried completely by checking a few samples (opening or cutting it down the middle). Adjust your drying time based on the length of time the food will need to keep.

DRYNESS:

Check dryness after 6 hours of dehydrating and then do it every 2 hours until slices are crisp, pliable or leathery depending on the food item.

TIPS

FOOD LABELING:

Labeling each container helps to remind you of the contents, date of drying and original weight. Keeping records of all of this information will be of great help towards improving your drying techniques and obtaining better results.

STORAGE:

Proper storage is essential to maintain the quality of foods. Wait until the food is cool before you store (Remember: fruit leather must be stored in plastic bags while still warm). Foods can be kept longer if stored in cool, dry and dark places. Ideally, storage temperatures should be below 60 degrees (the lower the better).

STORAGE CONTAINERS:

Store the dry food in plastic freezer bags before storing them in metal or glass containers. Avoid those containers that "breathe" or have weak seals. Fill the container with as much as possible. Remember, air can destroy food. Squeeze air out if using plastic bags or boiling pouches.

MOISTURE CHECK:

Check moisture of your dehydrated food on a regular basis. If you notice moisture inside, dehydrate it for a longer time.

REHYDRATING:

Dehydrated food can be rehydrated by soaking in water or by pouring hot water over them. Do not add seasonings, especially salt or sugar during this process because they may change the flavor of the foods. Usually one cup of water is appropriate for one cup of dehydrated food. For stewed fruits, add 2 cups of water and simmer until tender. Rehydrated foods can be cooked normally.

Dehydrated fruits and vegetables can be soaked in cold water for 2 to 6 hours in the refrigerator (room temperature may create an environment for harmful bacteria to grow). They can be soaked in hot water or immersed in boiling water for 5 to 10 minutes or until desired consistency. Remember to always use enough water to rehydrate the food.

Consume the food as soon as possible once the container is opened. Always keep the remaining portion in the refrigerator to avoid contamination.

RECIPES/TIPS

PREPARING AND DEHYDRATING FRUITS:

Hint: To keep foods from sticking, brush a light coat of vegetable oil on your fruit leather sheet. It will make removing food and cleaning easier.

APPLES:

Wash and peel (if desired), core and slice into ¼ inch slices or rounds. You may wish to soak the fruits in lemon juice for 2-3 minutes prior to dehydrating. This will keep them from darkening. Dry approximately 8-10 hours. Apples should be slightly crisp. If you wish to rehydrate, soak in hot water for 10 to 15 minutes.

APRICOTS:

Wash, halve and remove the pits. Pretreatment is not necessary. Dry approximately 55-60 hours. Apricots should be pliable with no pockets of moisture. To rehydrate, soak in hot water for 15 minutes.

BANANAS:

Avoid using overripe bananas. Peel and slice. You may wish to pretreat by soaking in lemon juice for 1-2 minutes to prevent darkening. Dehydrate approximately 45-50 hours or until crisp. If you would like to rehydrate, soak in hot water for about 10 minutes.

BERRIES:

Remove stems, wash and shake dry. Pretreatment is not necessary. Drying time is approximately 90-100 hours. Rehydrate by soaking in hot water for about 15 minutes. Drain well before using.

CANTALOUPE:

Peel, seed and then cut into ¼ inch thick pieces. Pretreatment is not necessary. Dry approximately 30-33 hours or until pliable. To rehydrate, soak in cold water for about 2 hours.

RECIPES/TIPS

PREPARING AND DEHYDRATING VEGETABLES:

GREEN BEANS:

Wash, snip off ends and break into segments. Steam or blanch for 4 minutes. Freeze solid for 40 minutes to tenderize before drying. Dehydrate for about 23-30 hours or until crisp and brittle. To rehydrate, soak for 2 hours in cold water.

BROCCOLI:

Wash and peel the tough skin from the stalk. Separate the florets and slice the stem into ½ inch slices. Pretreatment is not necessary (steam for 4 minutes if desired). Dehydrate for about 18 hours or until brittle. For rehydration, soak about 30 minutes in hot water then drain.

CABBAGE:

Wash and then remove the outer leaves. Shred into ½ inch pieces. Steam for about 2 minutes. Dry for 12-18 hours or until crisp. To rehydrate, soak in cold lemon water for 30 minutes.

CARROTS:

Wash, trim tops, peel, and slice into ¼ inch pieces. Pretreatment is not necessary. Dry about 12-16 hours or until brittle. To rehydrate soak in cold water for 30 minutes.

CELERY:

Wash, cut into ½ inch pieces. Soak celery in a solution of baking soda and water for 5 minutes (1 tablespoon to 6 cups cold water). Steam for about 2 minutes and then drain. Dry for about 12-18 hours or until crisp. To rehydrate, soak in hot water for 1 hour.

CELERY FLAKES/CELERY SALT:

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

CORN:

Remove husk and silk before washing. Steam for about 4 minutes. Use a sharp knife to cut kernels off the cob. Dehydrate for 10-18 hours or until crisp. To rehydrate, soak in hot water for about 30 minutes.

RECIPES/TIPS

PREPARING AND DEHYDRATING JERKY AND LEATHERS:

MEAT JERKY:

Use lean meat. Cut off any visible fat as it can make jerky turn rancid. Cut meat into long narrow strips. Marinate meat 1 to 24 hours (depending on your preference) in the refrigerator and drain. Place roll-up sheet on bottom tray and place meat on trays. Dehydrate for about 10 to 17 hours. Beef or fish do not need to be cooked prior to dehydrating. However, it is recommended that turkey or chicken be cooked prior to dehydrating.

FRUIT LEATHERS:

Choose fresh, ripe fruit. Wash and remove stems and pits. Peel the fruit and cut out any bruised sections. Puree in a blender until very smooth. Sweeten to taste by adding 1 tbsp. of honey, fruit juice concentrate or corn syrup per quart of puree. **DO NOT USE SUGAR AS IT WILL CRYSTALLIZE AS IT DRIES.** Spread on fruit leather sheet and dehydrate for 8 to 10 hours or until leathery.

VEGETABLE LEATHERS:

Wash, peel, steam, chop and puree vegetables until smooth. Water may be needed to make blending easier. Add spices to taste before drying. Spread on fruit leather sheet and dehydrate for 8 to 10 hours or until leathery.

HELPFUL HINTS FOR LEATHERS:

To prevent leather from sticking, coat the fruit leather sheet with any vegetable spray or oil. You may also line it with plastic wrap. **DO NOT USE PAPER OR FOIL.**

If you experience uneven drying, tilt and shake trays until puree is evenly distributed. If leathers seem too brittle, you have probably over dried or you may need to adjust your vent settings. (Please remember the settings are always suggested. Adjust them to suit your needs.)

If your leathers look dark, you may add some lemon juice or vitamin C to the puree. Adjust the consistency of your puree with fruit juices or other thicker purees.

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

HOW TO CLEAN

HOW TO CLEAN:

1. Always unplug the unit from wall outlet prior to any cleaning operation.
2. Use warm water and soap to clean the trays and cover. Do not use scouring pads or any abrasive cleansers.
3. The trays and cover can also be safely washed in the top rack of the dishwasher. The fruit leather sheet is not dishwasher safe, as it will not withstand the high temperatures reached during the dishwasher's drying cycle.
4. Use paper towels or napkins to remove any excess marinade from the base of the unit.
5. Wipe the base clean with a damp cloth. Do not immerse in water.

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in the continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$8.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

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

This warranty gives you specific legal rights which may vary from state to state, and does not cover areas outside the United States.

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