

NutriWare®



# instruction manual

NFD-815D

Digital Food Dehydrator

*Create memorable moments with  
your new Aroma product!*

**DISCOVER  
more of our  
products!**



Multicookers/  
Rice Cookers



Pressure Cookers



Water Kettles



Indoor Grills



Induction Cooktops

# AROMA®

To Enhance and Enrich Lives.

Here at Aroma we strive to make a difference—to design and distribute products that enhance and enrich people's lives.

Aroma offers an array of exceptional products to make cooking simple and satisfying. Discover other countertop appliances and cookware from our current product lineup to complement your kitchen.

**Stay connected for more recipe ideas and monthly giveaways!**



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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 the handles or knobs.
3. Use only on a level, dry and heat-resistant surface.
4. To protect against fire, electric shock and injury to persons, do not immerse cord, plug or the appliance in water or any other liquid. See instructions for cleaning.
5. Close supervision is necessary when the appliance is used by or near children.
6. 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.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Contact Aroma® customer service for examination, repair or adjustment.
8. The use of accessory attachments not recommended by Aroma® Housewares may result in fire, electrical shock or injury.
9. Do not use outdoors.
10. Do not let cord touch hot surfaces or hang over the edge of a counter or table.
11. Do not place on or near a hot gas or electric burner or in a heated oven.
12. Do not use the appliance for other than its intended use.
13. Use only with a 110V AC power outlet.
14. 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.
15. Always unplug from the plug gripping area. Never pull on the cord.
16. To disconnect, turn any control to OFF, then remove the plug from the wall outlet.
17. Do not wrap or tie cord around appliance.
18. Store in a cool, dry place.
19. Extreme caution should be exercised when using or moving an appliance containing food.
20. Intended for countertop use only.
21. Place the food dehydrator on a flat and heat-resistant surface, and use in a well-ventilated area.
22. Do not place too close to the edge of the table or countertop as it may be knocked off.
23. The food dehydrator should be operated on a separate electrical circuit from other operating appliances. If the electrical circuit is overloaded with other appliances, the appliance may not operate properly.

## SAVE THESE INSTRUCTIONS



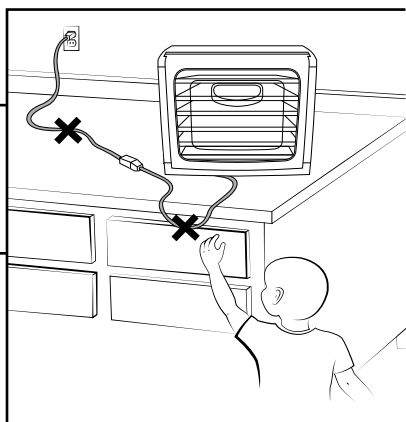
# IMPORTANT SAFEGUARDS

## Short Cord Instructions

1. A short power-supply cord is provided to reduce the risks 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 in their use.
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.

**DO NOT DRAPE CORD!**

**KEEP AWAY  
FROM CHILDREN!**



## Polarized Plug

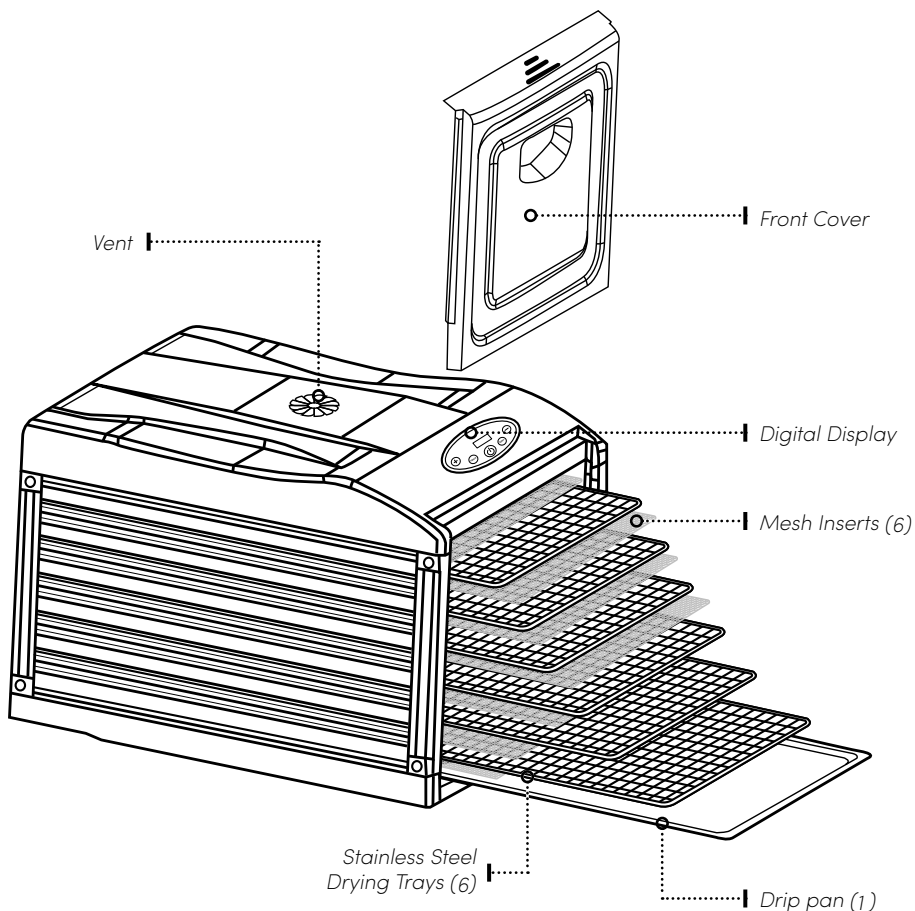
This appliance has a polarized plug (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully 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.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

# THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

# Parts Identification



## Controls/Functions

### Power (⏻)

Turns the dehydrator on and off.

### Timer

When pressed, it activates the (+) or (-) to adjust the desired time for dehydrating your foods.

### Time/Temperature Adjust (+) or (-)

Toggles the timer in  $\pm 30$  minute increments. Toggles temperature in  $\pm 9^{\circ}\text{F}$  or  $\pm 5^{\circ}\text{C}$  increments. Available temperatures  
 $^{\circ}\text{F}$  Temperatures 95°, 104°, 113°, 122°, 131°, 140°, 149°, 158°F.  
 $^{\circ}\text{C}$  Temperatures: 35°, 40°, 45°, 50°, 55°, 60°, 65°, 70°C.

### Temperature

When pressed, it activates the (+) or (-) to adjust the desired temperature for dehydrating your foods.

# BEFORE FIRST USE

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1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and check that all items have been received in good condition.
3. Tear up all plastic bags and dispose of properly as they can pose a risk to children.
4. Wash removable Front Cover, Drying Trays, Mesh Inserts, and Drip Tray in warm, soapy water. Rinse and dry thoroughly. Wipe the surface of the body with a wet cloth. Do not wash the fan or heating element at the back of the unit.
5. After cleaning, the unit must be broken in by running for 30 minutes without any food inside. Any smoke or smells produced during this time frame are normal. Please ensure sufficient ventilation of the room and at least an inch of clearance on all sides of the food dehydrator is available. After the breaking in period, rinse and dry all removable parts. This action is only necessary once before using for the first time.
6. Do not operate the dehydrator for more than 20 hours in one single use. After 20 hours, power off and unplug the unit, and let it cool down for at least 2 hours before operating again.  
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# TO CLEAN

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1. Wash removable Front Cover, Drying Trays, Mesh Inserts, and Drip Pan in warm, soapy water.
2. Use a soft brush to remove food sticking to the trays.
3. Wipe the surface of the body with a wet cloth.
4. Do not wash the fan or heating element at the back of the unit.
5. Dry all parts thoroughly. Reassemble for next use.  
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## Caution:

Do not immerse the food dehydrator base, cord or plug in water at any time.

## Note:

- Do not wash parts in a dishwasher, as heat may cause the parts to warp or deform.
- Do not use abrasive cleaners or scouring pads.

# DEHYDRATING FOODS

1. Place pre-treated ingredients onto the drying trays. Do not overload the trays and/or have ingredients overlap.
2. Slide the loaded trays into the food dehydrator. Ensure that the Drip Tray is loaded at the bottom of the unit.
3. Slide on the Front Cover.
4. Ensure at least an inch of clearance on all sides of the food dehydrator for ventilation.
5. Plug the power cord into an available 120V AC wall outlet.
6. Press **Power** (⏻). The digital display will show "10:00". This starts the dehydrator.
7. Press **Temp.** and then adjust with (+) or (-) to get the desired temperature.
8. Press **Timer** and then adjust with (+) or (-) to get the desired dehydrating time.
9. Your dehydrator is now in operation. Check the status of the food periodically.
10. When the timer has reached "End", the dehydrator will beep several times and shut off. Unplug the power cord.
11. Allow finished food items to cool, and then enjoy!

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## Note:

\*For meat/poultry cook to 160-165 °F or 71-74 °C respectively, prior to dehydrating.

· For smaller ingredients, fit the mesh insert onto a drying tray to prevent pieces from falling through the holes.

· For best results, set a lower temperature for thinner/smaller pieces of food or for smaller loads, and a higher temperature for thicker/larger pieces and larger loads. The temperature knob can also be used to decrease the temperature as the food nears the end of its drying cycle to allow more control over the final moisture level.

## Temperature Settings (Recommendations)

FOOD	TEMPERATURE
Jerky*	158°F or 70°C
Fruits	149°F or 65°C
Vegetables	140°F or 60°C
Granola	122°F or 50°C
Yogurt	113°F or 45°C
Herbs	104°F or 40°C
Potpourri	95°F or 35°C

# REHYDRATING

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Dehydrated food can be rehydrated by soaking in water or by pouring hot water over it. Do not add seasonings, especially salt or sugar during this process because they may change the flavor of the food. 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.

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## USEFUL TIPS

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### **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 7-15 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 10-18 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 6-10 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 10-15 hours. Rehydrate by soaking in hot water for about 15 minutes. Drain well before using.

## Helpful Hints:

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.



# USEFUL TIPS (CONT.)

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## **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 maintaining the quality of foods. Wait until the food is cool before storing (note: 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° F or 16°C (the lower the better).

## **Storage Containers**

Place dried food in plastic freezer bags before storing it 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 the moisture of your dehydrated food on a regular basis. If you notice moisture inside, dehydrate it for a longer time.  
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# RECIPES

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## *Cinnamon Apple Chips*

3-4	apples
½ tbsp	lemon juice
----	cinnamon

Slice apples 1/8-1/4 inch thick and place in a bowl of water with the lemon juice to prevent browning.

Arrange evenly on each tray, sprinkle with cinnamon and dry at 149°F/65°C for 7-8 hours until apples are completely dry to the touch.  
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# RECIPES (CONT.)

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## *Mango Chili Fruit Leather*

32 oz                    mango chunks  
----                    chili powder

Line 4 trays with parchment paper. Add mango to a blender or food processor and blend until smooth.

Spread 1/4 of the puree onto each tray and spread into a thin layer roughly 1/4 inch thick. Sprinkle evenly with chili powder.

Dry at 140°F/60°C for 6–8 hours until leather is no longer sticky to the touch. Cut into strips or pieces and enjoy.

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## *Berry & Green Fruit Leather*

1 cup                    fresh strawberries  
1 cup                    fresh blueberries  
¾ cup                    applesauce  
¼ cup                    kale, finely minced

Wash strawberries and blueberries. Remove the stem from the strawberries.

Place strawberries and berries in a blender or food processor to make a puree.

Add applesauce to mixture and blend for 5 seconds. Add Kale to the mixture and stir in with a spatula.

Pour mixture onto tray lined with wax paper. Layer should be about a ¼-inch thick. Dry at 131°F/55°C for 8 hours or until leathery. Let leather cool and remove with spatula.

Wrap rolls in cellophane and store in an airtight container.

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# LIMITED WARRANTY

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Aroma Housewares Company warrants its products against defects in material and workmanship for two years from provable date of purchase in Taiwan.

Within this warranty period, Aroma Housewares Company will repair or replace, at its discretion, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase. Before returning an item, please call the number below for a return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not apply if the warranty period expired; the products has been modified by a ny unauthorized service center or personnel; the defect was subject to abuse, improper use not conforming to product manual instructions, or environment conditions more severe than those specified in the manual and specification, neglect of the owner or improper installation; the defect was subject to Force Majeure such as flood, lightning, earthquake, other natural calamities, war, vandalism, theft, brownouts or sags (damage due to low voltage disturbances).

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

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# SERVICE & SUPPORT

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In the event of a warranty claim, or if service is required for this product, please contact Aroma® customer service at:

**02-25593557**

M-F, 09:00AM-5:00PM

Or we can be reached online at:

**CustomerServiceTW@AromaCo.com**

For your records, we recommend stapling your sales receipt to this page along with a written record of the following:

- Date of Purchase:
- Place of Purchase:

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Aroma Housewares Company  
7F, 67, Tai Yuan Road Taipei, Taiwan 103  
**02-25593557 | [www.AromaCo.com](http://www.AromaCo.com)**  
M-F, 9:00AM – 5:00PM

## Note:

- Proof of purchase is required for all warranty claims.



To Enhance and Enrich Lives.



[www.AromaCo.com](http://www.AromaCo.com)